

Pushpanjali College of Education

Institutional Best Practices 2023-24

Best Practice One

1. **Title of the Practice:** Driving Change through Women's Empowerment
2. **The context that required initiation of the practice:** Pushpanjali College of Education is managed by the Sisters of the Congregation of Carmelite Religious. The management has always focused on women empowerment. During the community work activities carried out by students, it was seen that the area chosen for outreach was quite marginalized. Women did not have adequate knowledge of personal hygiene and life skills. Hence it was decided that women empowerment initiatives could be undertaken.
3. **Objectives of the Practice:**
 - i. To create awareness of personal health and hygiene
 - ii. To conduct sessions for personality development of women
 - iii. To support poor families through collection drives organised in the society

4. The Practice:

Menstrual Health Awareness programme: One of the areas chosen for outreach was Achole Dongri, which is predominantly a slum area. While speaking to women, it was seen that they had many myths about menstrual hygiene. Hence a Menstrual Health Awareness session was organised along with Aditya Birla Education Trust in collaboration with Paranubhuti Foundation. Students helped to distribute sanitary pads. Dr. Shubhangi Dhanurdhari helped young girls and women to understand about Menstrual process and hygiene. She informed them about how maintaining hygiene helps prevent various diseases, reproductive issues and cancers. She also cleared the stigmas and taboos associated with menstruation and introduced them to menstrual cups.

Personality Development Camp for women: Students selected areas where women required inputs on basic life skills like financial management, self-care and public speaking. Interactive sessions were planned and conducted.

Annapurna Campaign: Many families in the area lacked basic amenities. Hence students visited shops located at Evershine City to collect donation or ration for

the needy. They explained the cause of the campaign. Most shopkeepers donated different grocery items which were then distributed among marginalised families.

5. Obstacles faced and strategies adopted to overcome them: It took time to build a rapport and convince women to attend the sessions. Many women lacked scientific attitude and hence breaking myths related to women health and nutrition was a challenge. During the collection drives, the local shopkeepers were involved. They had to be convinced of the Annapurna Campaign initiative. However, they showed great support and readily shared their resources. Collaborating with NGO Paranubhuti Foundation and industry support by Aditya Birla Foundation helped to overcome challenges.

6. Impact of Practice: Students could reach out to many women and instruct them on hygiene and health. Awareness of anaemia, diet to be followed, menstrual hygiene were some important aspects discussed. Many women did not have this awareness and hence the sessions were useful. Distribution of groceries and clothes helped to provide help to needy families. The personality development sessions were useful to women who needed skills in financial management, nutrition management and stress management.

7. Resources Required:

Resources like sanitary pads etc were provided by the NGO Paranubhuti Foundation and Aditya Birla Group.

Expertise of medical personnel- Dr. Shubhangi Dhanurdhari offered her support
Grocery items and finance-collected by collaborating with local shopkeepers



Collaborating with shopkeepers to collect grains for marginalised families during Annapurna Campaign



Menstrual Hygiene session



Door to door awareness about Menstrual Hygiene



Personality Development for women



With officials from NGO Paranubhuti Foundation



Certificate from NGO Paranubhuti Foundation

Best Practice Two

1. **Title of the Practice:** Think Globally, Act Locally
2. **The context that required initiation of the practice:** Pushpanjali College of Education is situated in Vasai, a verdant land where farming and fishing are traditional occupations. Economy and Environment are closely related. Environment issues like plastic pollution, degradation of soil and urban sprawl are adversely impacting the local economy. Hence the practice 'Think Globally, act Locally' is adopted.

3.Objectives of the Practice:

- i.To develop a sense of responsibility towards a clean and green environment
- ii.To develop a problem-solving attitude with respect to pertinent issues related to environment
- iii.To promote capacity building to become stewards of the environment

4. The Practice

Vermi composting: A workshop in vermicompost entitled from Trash to Treasure was held on 21 March 2024. Fr Alex Simon was the chief resource person and was assisted by students opting for the course Environmental Education. Fr Alex demonstrated the making of the vermi compost set up using Red Wrigglers species of earthworm. The method of preparing the base using coco peat, soil, shredded paper and left overs of vegetable was demonstrated. Precautions to be taken and the method of harvesting the vermi compost was elucidated. Students regularly maintain the vermicompost pit of the college with help of the support staff.



Demonstration on Vermicomposting



Vermicomposting in college

Tree plantations: Students carried out tree plantation in Nazareth Convent School and S.S Dhuri School during the internship programme. Local indigenous species were chosen and their significance to the ecosystem was elucidated. Van Mahotsav (Forest Festival) Week was observed in the college from 1 to 7 July 2024.



Tree plantation in internship schools



Tree plantation in the college during Vanmahotsav

Beach cleaning: Beach Cleaning drives were organised by collaborating with Luna Story Foundation. Two local beaches were selected and students helped to clear the beaches of litter left by visitors and waste washed ashore by the tides.





Programmes for Awareness of Indigenous Knowledge Systems: Vasai is well known for its indigenous practices related to water conservation, use of medicinal plants and ecofriendly agriculture. Due to modernisation and rapid urbanisation, these practices are under threat. Students conducted awareness drives in the community to emphasize the need to clean and conserve local water bodies. They also conducted an action research related to awareness of preservation of local biodiversity, medicinal plants, mangroves and water security.



Cleaning local water bodies



Session on Indigenous Knowledge Systems (IKS) related to environment

5. Obstacles faced and strategies adopted to overcome them:

There have not been any major obstacles faced. Support from local community, NGO Luna Story Foundation, local municipal authorities and internship schools has helped to have successful events.

6. Impact of Practice:

- Beaches cleared of litter

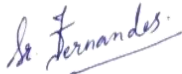
- Vermi compost is produced in the college garden and used for plants and trees on the premises.
- School students were made aware of Indigenous Knowledge Practices related to local ecosystem
- Sustained efforts to generate awareness of water conservation
- Indigenous species of trees planted and maintained

7.Resources Required:

Vermicompost project: Earthworms and coco peat

Tree plantation: saplings

Beach cleaning: Gloves, cleaning equipment


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