

**Sonopant Dandekar Shikshan Mandali's**  
**Sonopant Dandekar Arts, V.S. Apte Commerce**  
**M.H. Mehta Science College, Palghar**



**BEST PRACTICES – 2018-2019**

**TITLE OF THE PRACTICE :**

**Swachh Palghar Abhiyan: A Multifaced Approach.**

– Outer Cleanliness.

**GOAL –**

**“Alone we can do so little; together we can do so much”.**

Keeping this in mind, though carrying a cleanliness drive seems no innovative practice but shouldering the responsibility of the largest democracy in the world is important. Moreover when into the ecosystem of shaping the demographic dividend of the country this is holds added responsibility. Therefore with an aim to bring ripples, the mass cleanliness drive was planned and contribute towards Swachh Bharat Abhiyan in the true sense.

**THE CONTEXT –**

Swachh Bharat Abhiyan is a countrywide program launched on 2<sup>nd</sup> October 2014 to meet the larger goals of attaining our commitments to UNESCO SDG and MDG. However, India being geographically and culturally diverse, the effectiveness of this drive was stagnant in the long run. Realizing this, the Institute that lays its foundation for serving its people decided to enroll the massive demographic dividend available for leading the torch in the Palghar District. It is



a known fact the little drops make a mighty ocean and instilling this thought process amongst the millennials and the team, IQAC resolved to develop a hub and spoke model in collaboration with NGOs and the Palghar Municipal Council for its field implementation. The entire district was divided into 50 wards wherein One faculty member and 20 students were allotted the responsibility of each ward. Ensuring the safety of the entire crew was our responsibility too, and hence the plan of action was carved in 3 phases as below –

## 1. PRE- SWACHTA DRIVE

- a. Training and Observations: The members of each ward were first made to visit and observe the key areas of improvement and type of garbage such as wet or dry so that the required number and type of equipment are available at the time of cleaning drive. The required list was then handed over to the Project Coordinator, Mr. Mahesh Deshmukh for procurement. Medical Practitioner's Association provided the masks and rubber gloves for the same.
- b. Second level training was imparted in areas of how to handle and dispose of waste so that no volunteer suffers from any kind of skin disease or rashes or epidemic. These sessions were delivered by the Medical Practitioners and members of the Lion's Club.
- c. To keep the enthusiasm of the volunteers high, wide publicity on social media and print media was used.
- d. Posters, street plays, and small videos were also circulated at the district level to create awareness amongst the people of the city.



## 2. ON THE DAY OF SWACHTA DRIVE

- a. The material procured was to be handed over to the volunteers at 7.00 am in the morning so that the drive initiates off before the heat of the sun.
- b. Every volunteer was to be given breakfast in the morning and with each volunteer, another small team of two volunteers was to be deputed who were equipped with a medical first aid kit, water and glucose, and few biscuits.
- c. The faculty member would be in constant touch with the Program Coordinator for any reference.
- d. Lastly the entire waste was to be deposited at the designated place in the ward from where the municipal council bodies would pick it up.

## 3. POST DRIVE INITIATIVE:

- a. The team was determined that to inculcate that cleanliness was not a single activity but needs to be habit-forming. To this, every month end the same team would visit the allotted ward and conducted the drive.
- b. Post campaign awareness program and regular follow-ups formed the importance in the entire practice.

## THE PRACTICE

The entire planning had begun in the month of September and an announcement for this drive was made on 2<sup>nd</sup> October 2018 using social media and mouth–mouth publicity and through the collaborating agencies. The institute collaborated with the Lions Club of Palghar and Palghar Medical Practitioner’s Association to conduct the drive on 11th October 2018 in Palghar City. The zeal was so high that the Alumni and the Parents too lend their helping hand. Official permission too was obtained from the Municipal Council.



## EVIDENCE OF SUCCESS

On the day of the drive, 1200 registered volunteers comprising of college staff, students, alumni, and parents participated. Apart from this, we also had local shopkeepers and people from the housing societies joined the initiative spontaneously. It was made sure that no volunteer is without masks and rubber gloves. Simultaneously while the fieldwork of collecting the waste was done, five teams on a rotation basis were propagating the need for making cleanliness a habit through street plays and posters, and slogans. The volunteers received an overwhelming response.

## PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

**Some of the problems which were faced by the volunteer were –**

1. Poor response amongst the residents of the ward during post activity follow-ups.
2. Limited segregation of dry and wet waste.





## BEST PRACTICES

### TITLE OF THE PRACTICE –

## Protocolizing Mental Health

### GOAL -

Depression and Anxiety disorders have penetrated deeper amongst the millennial and middle age population more prominently. But has never been addressed at the institutional level with focussed-based solutions. Standing out distinctively, the team aims to address this through a concrete plan of action with professional expertise. In order words, it aims to protocolize mental health in the realm of the educational ecosystem.

### THE CONTEXT-

'Mental pain is less dramatic than physical pain, but it is more common and also harder to bear.' One in seven Indians were affected by mental disorders of varying severity in 2017. The proportional contribution of mental disorders to the total disease burden in India has almost doubled since 1990. Substantial variations exist between states in the burden of different mental disorders and in their trends over time. –Extracts WHO Report 2017. But unfortunately, the realization of this problem is negligible and even worse in rural areas. Mental Health is perceived to be no health. Once again upholding the task of catering to the societal needs the Institute documented and strived all around the year towards the protocolizing mental health of all its stakeholders on regular basis. Workshops and Counselling Sessions complemented the mentor-mentee relationships in a big way.. It was observed that fear of examination and achieving name and fame blurred the capabilities of



the students. Being in the transitional phase of life and peer pressure there exists a conflict between the parents and ward. Also, parents faced the syndrome of resistance to change. The importance of Mental Health Education in Present Context lies in life-skills training - educating stakeholders on enhancing self and emotional awareness, improving communication skills such as empathy and assertiveness, thinking critically and taking effective decisions, and coping effectively with stress, with a positive attitude and mindset.

## THE PRACTICE

Analysing the observations and informal feedback from the students and parents, the IQAC acted as a mediator in resolving these conflicts by firstly appointing a full-time counsellor who was not an academician but a trained psychiatrist. This ensured availability of personal and professional counselling to the students at no extra cost. Secondly, customized workshops were conducted with a maximum capacity of 100 in each session in varied topics such as memory techniques, being you, confidence building, change is only constant and communicating effectively.

## EVIDENCE OF SUCCESS-

“When the going gets tough, the tough get going” – This was exactly what we evidenced when the initiatives in this arena were introduced but gradually it rolled to be best practice for the team. The confidence-building was phenomenal which was evidenced in the increased student participation in the co-curricular activities and laurels to the institute. Faculties too progressively started implementing STEM education and accepting the technology with grace. The personal counselling proved to be beneficial and helped the students and faculty to improve personal relationships. Though the quantification on papers is difficult but the development of persona and improved efficacy was observed.



## PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

- The social stigma of taking care of mental health is still prominent.
- Reluctance from the stakeholders to approach the counselor.



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