

Best Practice 1:

The Title:

XavADAPT - Xaverian Academic Dissemination and Practicing Tradition

Objectives:

St. Xavier's College for Women, Aluva aims at college-community linkage in terms of deliberations and actions on academic and societal levels. The Best Practice, XavADAPT focuses upon:

- Instilling scientific bent in the knowledge incurred
- Infusing social commitment
- Inseminating positive stance to environment

The Context:

Targeting affiliation with the society and aiming to establish a veracious rapport with the surrounding communities, St. Xavier's College for Women, Aluva has adopted an ethos of inclusion as one of its Best Practices. The institution envisages to establish a culture of academia-meet-application through its venture of XavADAPT- Xaverian Academic Dissemination and Practicing Tradition. It is a practice of knowledge dissemination among students and society embracing a theme of pivotal concern. The institution considers Environment as an area of focus to be propagated and proliferated amongst students and society. To achieve the goal, programmes are organised each year at two levels- at the academic level and at the societal level.

The Practice:

The Best Practice, XavADAPT functions at two levels. The Academic Level accomplishes the activities in the institutional scenario, incorporating the participation of the student community. The Societal Level suffuses social responsibility in the students by ensuring their participation in the community linkage programmes.

i. Academic Level – Academic Week and other Academic Activities

The IQAC organises an Academic Week every year espousing the motif of Environment. Academic week is a concept conceived by the institution to ruminate on the issues of

contemporary concern in an institutional set up. The modus operandi works on three realms- Institutional, Departmental and Students'. In the academic year 2019-20, the institution embraced the theme of "Environmental Concerns" which is a global issue. At the institutional level, Academic Week- "ACADEMIA '19" was organised with the theme "Hope and Healing for the Environment" from December 16-18,2019. In Event 1 titled "How Smart are You?", an intercollegiate PowerPoint presentation competition was organised on the topic: "Smart Policies for an Eco-Smart City." Students from different colleges participated in the event exhibiting their innovative ideas. For Event 2: "Oracle" offered a platform for the departments to organise interdisciplinary talks on Environment related topics. The expert talks on varied aspects of the environment prompted the students to deliberate on the matter. The lectures offered by the various department were on the following topics

1. Sustainable Development- It Starts with You - Department of Physics
2. Chemistry of the Ecosystem - Introducing 118 Elements - Department of Chemistry
3. Environmental News Reporting - Department of Communicative English
4. Prakriti Jeevanam Athijeevanam - Department of Malayalam
5. How Math can save the Planet - Department of Mathematics
6. Yoga and Sustainability - Department of Microbiology and Bhoomitrasena
7. Company Secretariatship - Department of Commerce (Self)
8. Man and Environment - Department of Botany
9. Vikasana Mathrukakal Thiruthi Ezhuthendathundo - Pralayam Nalkunna Padam' - Bhoomitrasena

Event 3: "Interact" was organised at the Students' level, wherein the selected students from each department gave lectures on Green Topics to the students of the twinned departments.

The topics include:

1. How Long Can you Hold your Breath- Department of English
2. Environment Impact Assessment – Department of Physics
3. Smart phones-Elements behind the screen- Department of Chemistry
4. Greta Thunberg and the Economics of Global Warming- Department of Communicative English
5. Waste Management- Department of Communicative English
6. Types of Ecosystem- Department of Communicative English
7. Talk on ' Herbarium'- a Novel by Soniya Rafeeq- Department of Malayalam
8. Mathematics in Environment and Human Body- Department of Mathematics

9. Refilling Our Water Resources- Department of Microbiology
10. Gentrification-The basis of sustainable development- Department of Economics
11. Green Auditing- Department of Commerce(Reg)
12. Green Banking – Department of Commerce(TaxSelf)
13. Eco-Tourism in Kerala- Department of Commerce(TT)
14. Green Entrepreneurship- Department of Commerce(CA)
15. Rice Cultivation in Kerala : An Overview- Department of Botany
16. Social Organization in Animals- Department of Zoology
17. Forest Fires- Department of Zoology(ModII)

The Academic Week proved a fruitful endeavour as it enriched the student community by sensitising them with the issues of universal magnitude.

Aiming to propagate green awareness among the student community on a large scale, the departments, associations and Cells organised different Eco related awareness programmes. These helped to sensitise the student community about the need for environment conservation. Some of the activities include:

1. Touch Me? Not? An Eco-Study of Android Kunjappan- a talk - Research Promotion Council
2. Green Periods: Menstrual Health and Hygiene- Department of English
3. Environment Impact Assessment- Department of Zoology
4. Webinar on ENERGY CONSERVATION AND MANAGEMENT- Department of Physics
5. Role of Youth in attaining Atma Nirbhar Bharath in Energy- Department of Physics
6. “Learn to Design Solar Systems” - An online course in connection with Energy Literacy Drive is conducted by Energy Swaraj Foundation(ESF) – Department of Physics
7. State Level Quiz competition on Energy and Environment Conservation- Department of Physics
8. Observation of World environment day - Department of Chemistry
9. Celebration of World paper bag day on 12th July 2020- Department of Chemistry
10. International webinar on “Recent developments in water analysis-emerging contaminants” – Department of Chemistry
11. Webinar of on “Is Ecological Survival Possible? EIA 2020: Issues and Challenges” – Department of Economics

12. E-workshop ECOTAXON – 5 Series Department of Zoology in Collaboration with Nirmala College, Muvattupuzha
13. Webinar -Conservation of Sacred groves and Urban Greenery
14. 16. Awareness Class- "Keralathile Marunna Paristhithiyum Manushyavakasha Prasnangalum"- Malayalam Department

The programmes under the auspices of the different departments helped instil environment awareness and eco- responsibility in the students.

ii. Societal Level – Knowledge Dissemination and Practice in Society

To implant social responsibility, social accountability and civic liability, the college deems it mandatory for the students to participate in societal activities. Moreover, the environment initiatives demand exposure into the outside world through which the students can amass first-hand knowledge about the eco-concerns and their possible remedies. The IQAC took initiative to usher in a culture of societal alliance amongst the students by instituting varied programmes. To engage the students in the ecological concerns, varied Green Initiatives were organised under the auspices of different departments and Cells.

- Under the initiative of the Energy Conservation Club, the **college became a partner institution in the Student Solar Ambassador**, a Central Govt project. Training was given to 100 students and 4 teachers are selected as trainers
- **Urjakiran-** It was a campaign for government employees in which 165 government employees in Aluva municipality were given awareness on energy conservation. Signature campaign on observation of energy conservation day was also taken up.
- **Business Idea Presentation:** As part of Environment & Swachh Bharat initiative of the Government of India, the college participated in the competition event on innovative ideas. The college was selected to represent the state in the Business Idea Presentation
- **Relief activity to landslide affected people in Wayanad** – After the onslaught of the natural disaster that struck the natives of Wayanad, the students were engaged in the relief activities extended to landslide victims of Wayanad.

- Under the auspices of the Energy and Conservation Club, the students **distributed solar study lamps** to the deserving students of the five adapted villages. The move helped to instil among the public the golden principle of utilisation of Alternative Energy sources.
- **Paper Bag making challenge** by Bhoomitrasena- Around 7000 paper bags were made by students which were distributed among the college students and the public. The venture helped internalise in students the need to minimise the use of plastic.
- A PG English student did a **research on “Waste Colonialism: A Study on Plastic Colonialism and Environmental Justice Movements in South Asian Countries”** as part of ASPIRE Scholarship. The study offered a platform to deeply analyse and explore the ill effects of Waste imperialism that has not only colonised human life but also the human minds.
- **“XAV CARE”** Initiatives by the Chemistry department is a novel and productive venture in environmental conservation. As part of the programme, each student of the chemistry department is a ‘Go Green Ambassador’ working selflessly to ensure the greenery of the environs to be conserved.
- As part of Wildlife week observation, the Inter School & College Photography & Painting competition (Brush and Lens) was organised by the Bhoomitrasena Club. The theme of the competition was based on the birdlife in and around our vicinity.
- **Lockdown Birding Challenge** was organised by the Department of Zoology in association with the Popular Citizen Science Event. The lockdown birding challenge was organized by bird India in association with ebird.org, a popular citizen science website. It was held from 27 March to 16 May 2020. The idea was to try and turn a difficult time into a positive contribution towards understanding India’s birds. The basic idea was to watch birds every day, twice a day (morning and evening) in a standardized manner so that the information generated could be compared over time and space. In all, 2,560 bird watchers across the country uploaded bird lists during the period of the challenge. Our students also participated in the challenge.
- The students paid a visit to Rice research Centre, Vytilla and **participated in Pokkali cultivation**. The students were highly inspired by their first-hand experience in cultivation which gave them the smell of the soil and the taste of farming.

- **The Microgreen Challenge** for a healthier tomorrow was organised for the residents of Aluva Municipality. Dr. Revathy.S, Assistant Professor, Department of Zoology also gave a radio talk in Radio Suno Qatar FM on microgreens and their importance for health on 28-04-2020
- World Environment Day- "**Celebrate Biodiversity**" was the theme of the celebration of the day. Saplings of Shady trees and fruit trees were planted in the barren areas near the college premises.
- World Water Day 2021 was observed with the theme **Water2 me campaign** – The students of the college participated in the campaign to indoctrinate the concept of wise use of water and conservation of water resources
- The students of the college endeavoured for **Mangrove Conservation**. Huge number of Mangrove saplings were prepared by the students at Vaduthala, Ernakulam.
- **Clean Kochi Drive** was taken up very enthusiastically by the students as part of “Green Kochi Mission”. The students cleaned Kaloor 44 Division, Ernakulam.
- **Kulirekam KULIRMAYEKAM** was a project to give water to the birds on World Birds Day. The students and staff placed eco-friendly water filled pots to quench the thirst of the birds at their own houses.
- **Aluva Manapuram cleaning** – The students took up cleaning activities of the banks of periyar soon after the rituals related to KARUTHAVAVU when thousands of devotees flocked to the traditionally acclaimed Aluva Manappuram littering the banks of the river near the Siva Temple.
- **Suchitwa Bhodhana Padhayathra**- The students participated in the Suchitwa Bodhana Yajnam to proliferate the positive message on how to preserve our environment clean and healthy.
- **Green campus clean campus** was initiated by the students propagating the idea of keeping the surroundings clean and tidy.

Under the auspices of IQAC and UBA, five villages were selected as Adopted Villages. The villages selected were

1. Kalady
2. Malayattoor
3. Kadungalloor
4. Chendamangalam

5. Karumalore

To instil environmental sensitisation among the public, the IQAC initiated a project named “Eco-Sense.” Under the project, 2000 Cloth bags were distributed along with an awareness campaign to the households of the 5 adapted villages. A skit on the need to conserve nature was also staged on the day of PTA annual meeting to implant the idea of environment conservation among students, staff, parents and guardians. The programme had a wide reach to accomplish its vision and motive.

Evidence of Success:

The integration of the students with the society was a rewarding endeavour as it helped in the synthesis of academic and societal cultures. The academic deliberations on the environmental issues impregnated the student community with deep insights about Eco-concerns. The active participation of the students in the theoretical ponderings and in the community service are proof enough of the success of the enterprise. Various achievements also came our way as a token of concurring merit to the institution.

St. Xavier’s College for Women, Aluva was **rated with 5 Stars in the IIC Annual Performance Report of Ministry of Education, Government of India**. The environment related topics were selected by the students in the presentation for which 5 Star rating was conferred. St. Xavier’s College for Women, Aluva is **the only Arts and Science college from Kerala** to receive the rank competing with 125 institutions.

A team of students of the college has also won first position in the **State Level Hackathon ED Conclave, Enlight 2020** organised by the Industry and Commerce Ministry, Government of Kerala. It was an eco- sensitive project with Fish Scales that the students exhibited in the conclave.

Under the initiative of the Energy Conservation Club, the college became **a partner institution in the Student Solar Ambassador**, a Central Govt project. 4 teachers of the college are selected as state level trainers.

Lockdown Birding Challenge was organised by the college in association with the **Popular Citizen Science Event**. The lockdown birding challenge was organized by Bird India in association with ebird.org, a popular citizen science website. Lakshmi Satyapal of I B.Sc. Zoology Model 1 could contribute for 48 days in a stretch and she was given a special mention in the birdcount.in website for her contributions. Students transformed their bird findings into scientific data recording by uploading the data in

citizen science website ebird.org. This exercise helped to answer how birds are distributed across the country and how they are affected by habitat changes and weather conditions especially during the lockdown period.

Under the initiative of Malayala Manorama Weekly Division, Kochi, a project entitled “**Mini Krishi Farm**” was organised in which St. Xavier’s College for Women, Aluva won the **Certificate of Appreciation** from the Awarding Agency – Malayala Manorama for the students’ active participation in promoting Environmental awareness and eco-sensitisation to the public.

The students of the college also won a **Certificate of Appreciation** from **7 (K) Bn. NCC, Thrissur** for the extension activities done in connection with Kerala Floods 2018, Swachh Bharath Abhiyan, Environment Day, Road Safety, Kargil Day and AIDS Day.

Problems Encountered:

The college had to face some problems in the process of executing its modus operandi.

- Time constraints to incorporate beyond the Curriculum endeavours
- COVID 19 Pandemic had restrained the regular working of the college activities
- The UBA villages adopted are vast in expanse which was hard to be covered by the students amidst the academic pursuits
- Non-cooperation from the natives’ side was also challenging to make the practice fruitful.

To meet the challenges and problems encountered, the institution has to accelerate new paradigms of teaching-learning system wherein more time could be devoted to strengthen and to bolster academia-meet-application ventures.