



# BEST PRACTICES OF THE INSTITUTION AY-2021-2022

## Best Practice 1

Title: **Igniting Young Minds**

### Objective:

1. To focus on fun way and application based teaching-learning for inquisitive school children.
2. To empower students beyond the campus through various programs.

**The Context:** The institute has planned its activities, keeping in mind the holistic development of students. We believe this has made our students stronger and self-reliant. The play-way and experiential methods of learning is a proven recipe for easier grasping and retention of difficult concepts. As a responsible institution we have always tried to share this idea with extended Menon family and community around us.

### The Practices:

Highlights of some of the activities:

#### **Celebration of National Festivals:**

The institution celebrates occasions like **Independence day, Republic day, Gandhi Jayanti, Founder's day etc.** as one family. During such celebrations we always make special efforts to keep school children in the forefront, to give them an opportunity to manifest their latent talent and to strengthen their confidence in self. These celebrations also inculcate the spirit of **'Unity in Diversity'**

#### **Indian Army Our Pride:**

'The child is the future of a nation'. Our institution has pledged to sensitize our students at a very young age towards patriotism and the sacrifices made by our soldiers. To institutionalize this concept, "**Indian Army Our Pride**" is celebrated in our institution, since 2008 under the initiative by our ex- students "Menonite 99". College and School students actively participate in this program. This year also a webinar was conducted in remembrance of Kargil Heroes. Lt. Col. Manoj Kumar Sinha, shared his experiences, hard work and sacrifices made by of army officers in the Kargil war.

#### **Extension activity by T.Y. Computer Science students**

A group of T.Y.B.Sc. computer Science students had organized 4 days "Cyber Security



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Awareness program" for students of P. A. Menon English High School, Bhandup. This program was designed by our college students to make school students aware about cyber etiquettes, threats and security.

### **LAKSHH:**

Lakshh fest, an intercollegiate event **which is organised for the students of other colleges by the teachers and students of our college.** The fest was started in the year 2018-19. This year the duration of the fest was from 12<sup>th</sup> January 2022 to 25<sup>th</sup> January 2022 in online mode. During this online fest, total 106 participants from 26 different colleges actively participated in the events. Our theme for this year's fest was **Creative Fight Back** which aimed to showcase the amazing fight back by each one of us. The sub-themes were: **1) A Tribute to the Covid Warrior 2) 2021- A new normal 3) Covid 19 and its impact on the environment.** Some of the competitions were conducted online and live whereas judgment of some competitions like Solo dance, Brushes n strokes and Face mask painting were through judgment of videos submitted by the participants. Participants had shown their amazing talent, creativity and imagination.

### **Seeding the Career Path:**

Various departments have conducted this activity under the guidance of IQAC in association with Center of Gandhian Studies and Action organized an online awareness program for the **neighboring school children** viz. K.E.M. High School and P. A. Menon English High School, with the objective to **enlighten the young minds and help them to choose the right career path.** It was an endeavor by faculties of different departments and some of our college students to expose the younger generation of the school to numerous avenues which they can explore during the course of their education journey. Some of the activities in the field of science and commerce were **Treasure Hunt** by BMS department, **Video Screening on Fundamental duties** by Law department, **Interesting facts about Economics** by Economics department, **Fun in Maths** by Mathematics department, **Career options in CA and CS course** by BMS and BAF, **Acids and Bases in the Kitchen** by Chemistry, **Interesting Experiments in Physics** by Physic and **Presentation on Environmental Protection** by EVS and Botany departments. All activities were highly appreciated by the school students.

**WDC/DLLE/NSS units** organized several community enrich program like Rally to create awareness on women's safety and women's power, COVID -19 Vaccination, Blood Donation and Cleanliness drive and Food Grain Donation etc. to inculcate feeling of care and compassion among the organizer and beneficiaries.

### **Outcome:**

### **College:**



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The College was happy to conduct such programs. The college has provided a platform to all participants of neighboring school and colleges to showcase their talent and has encouraged students to engage in extracurricular activities. The programme has boasted the energy, enthusiasm and confidence of the organisers. This kind of programs has also fuelled the college's reputation.

### **Students/Event Managers:**

This type of activities has expanded the horizons of a *student's* learning experience. The *activities* augmented a *student's* practical learning experience. It helped the event managers and participants to learn networking and soft skills. Four essential skills that were built by organizing program of these types are planning, teamwork, leadership, and multi-tasking. Such skills will help the students later in their career and future life.

### **Teachers:**

Each year these programs bring the entire college community together through a series of engaging discussions. Teachers and students working together was a wonderful experience where the teachers got an opportunity to guide the students with their wisdom and students had the privilege to interact and learn from them. Teachers also learned a lot from the performance of the participants and this kept them updated with the current generation. Some teachers were the judges for the events. The valuable inputs given by the judges will help the participants to perform better in future. The various activities organized for school students was an interesting means of connecting our faculties with the young minds, who are our nation's future.

**Society:** Lakshh festival contributed to the enhancement of community cohesion, promoted unity among organizer, inculcating the qualities of tolerance and harmony towards our competitors. Many of the events like Elocution, Rap Singing, Brushes and Strokes, Face Mask Painting were theme Based and this has created awareness among all and has sensitized all. “**Indian Army Our Pride**” celebration every year helps keeping the patriotic fire burning in every mind. Cyber Security Awareness program has made our school students aware about cyber etiquettes, threats and security. The various activities organized for school students enlightened the young minds and helped them to gather knowledge beyond the text book.

### **Evidence of Success:**

Feedback from participants is Excellent. The on-going nature of these activities speaks about its success. Certificates are issued to successful students.

Photographs, Attendance, Reports, etc. are other evidences.

### **Problems Encountered:**



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Since many of these programmes are being organized by the institution online, each activity is well planned and equally well implemented without any major problem. Some technical glitches have been encountered but are taken care off.

**Resources Required:**

Volunteers, Resource Person, College Infrastructure, internet, Computers, online meet platforms.

## **Best Practice - 2**

**Title:**

Centre of Gandhian Studies and Action

**Objectives of the Practice:**

To emerge as a Forum for Study, Research and Outreach activities to propagate Gandhian Vision of Social Transformation and Individual Empowerment by involving students, staff and community around.

**The Context:**

- Our Founder chairman **Advocate P.A. Menonji** was an ardent follower of Gandhiji. He not only followed the Gandhian principles of Non-violence, Simplicity, Truth and Faith throughout his life but also ensured that these principles are percolated down to the staff and students of the institutions established by him.
- With an objective to let his acquaintances, including the students and teachers, imbibe the Gandhian principles, he founded the **Centre of Gandhian Studies and Action on September 30, 2008.**

**The Practice:**

With an intension to achieve its objectives, the Centre is organizing several activities every year. In the year 2021-2022 following activities are conducted:

**Gandhi Week (30/09/2021 to 12.10.2021)**

- The program was organised in hybrid mode, i.e. partially offline and partially online.
- The week commenced with inaugural session on online yoga. During the session students of demonstrated aasanas to students of Junior College and school Students under the guidance of a Professional Yoga Teacher Shri R.P. Athalye from Ambika Yog Kutir.





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- On 1.10.2022, Quiz Competition Based on life of Mahatma Gandhi was organized for all the students of degree college. The questions were based on Gandhiji's Life. The quiz was conducted using Google forms.
- **Gandhi Jayanti Program:** On the occasion of 152th birth anniversary of Mahatma Gandhi on October 2<sup>nd</sup> a programme was nicely set up by bhajans sung by school students, the ones that Gandhiji liked. The program commenced by garlanding the photo of Bapu and lightening the lamp by our respected chairman. The program was telecast online for all students using Zoom platform. Approximately 484 participants witnessed the program online along with offline participants. Eminent Resource persons Dr. Ravikanth Sangurde and Dr. Neeta Khandpekar motivated students about leading simple and healthy lives.
- **Founder's day:** October 4<sup>th</sup> 2021 was celebrated as Founder's Day to commemorate the birth anniversary of the Founder - Chairman of Bhandup Educational Society, the late Advocate Shri P. A. Menon. A video on "The Life of Advocate Shri P. A. Menon" was streamed in all Google Classrooms to motivate them with the success story of a simple man with great thoughts. Further a function was organized in the college premises which was attended by a small group of management representatives, guests and staff. The entire function was conducted on Zoom platform where students, staff and some speakers joined Online. In the fond remembrance of our Founder Chairman several speeches were dedicated to the selfless services of Adv. Shri P.A. Menon by distinguished guests and staff members of the college. A power point presentation on, "Journey of a successful Gandhian in building Menon group of institutions" was also streamed.
- On October 5, A webinar on "Relevance of Gandhian Ideology in the Current Scenario" using Zoom Meeting for staff and students was organised. Major Gandhian ideologies such as Truth and non-violence, Satyagraha, Sarvodaya, Swaraj, Trusteeship, Swadeshi were touched upon by the speakers. The speakers helped us to understand many things like cultivate peace within us, compassionate towards others, care of our mother earth and to refrain from any conflicts with our nature and other living beings, importance of silence, cleanliness, socialism and many aspects.
- October 6, 2021 was the sixth day of Gandhi Week was observed as death anniversary of our former defence minister and our founder President Shri V. K. Krishna Menon. To observe this day, the Centre for Gandhian Studies and Action had organized a webinar and an Intercollegiate Online Elocution Competition on "V. K. Krishna Menon-The man of the Century".
- October 7, 2021, Intercollegiate Essay competition on 'What Gandhi Visualized for 21<sup>st</sup> Century and Intercollegiate Poster Making Competition on life of Gandhi ji was conducted. Students from many colleges affiliated to Mumbai university have participated enthusiastically.



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- During valedictory function, Mr. Prakash Shewale, Senior superintendent of Post office, North east Mumbai felicitated our Chairman Smt. Sarada Menon, with a Memento as a special recognition of her dedicated services towards the institution.

### Ahimsa Week-(15.1.2022-31.1.2022)

- It is a **2 week long Program** which includes several activities to spread the message of Harmony, peace, non-violence, simplicity, purity of means and humility among students and community. It happened in online mode using google meet platform.
- During this program, **many Intercollegiate competitions** like **Essay Competition** on title "Is Social Media Eroding our basic harmony? (17<sup>th</sup> January 2022), **Bhajans Singing Competition** (18<sup>th</sup> January 2022), **Gandhi Handicraft Making** ( 19<sup>th</sup> January, 2022), **Rangoli making** with theme Patriotism, **Song writing Competition** on Deshbhakti, **Cartoon Sketching Competition** with theme 'Stand up for truth at any cost' (22 January 2022) and **Inspiring Speech Competition**, 26<sup>th</sup> January 2022 were organized.
- 1. **A National level student webinar** on topic: "Give Non-Violence a Chance" was organized on 27 January 2022, in which students presented papers which were later published in college magazine.
- 2. **Martyrs day** was observed on 30<sup>th</sup> January 2022, during which a 2 minute silence was observed online by the whole Menon Family. Several staff members paid homage and shared their views about freedom Fighters, their struggle and sensitized students.

### International Webinar (28 January 2022)

**Theme: Let us learn from Gandhi.**

This webinar was organized to percolate the thoughts of Gandhiji related to following Topics

- Living in Harmony with Nature
- Bapu's Dream of Atmnirbhar Bharat
- Gandhi's critic of Violence
- Environmental responsibilities, social justice and law of Peace
- Discovering Education and Society -Gandhian Perspective

Many internationally acclaimed resource persons in the field of Gandhian studies shared their knowledge during the program, like Mr. Alex Damm, Instructor, Wilfrid Laurier University, Canada, Professor. **Matt Meyer**, Secretary-General of the International Peace Research Association, Dr. Bernedette Muthien, Social activist, South Africa were some of the resource persons who enlightened the participants with their thoughts.



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### **National Webinar on health (29 January 2022)**

This webinar was organized to create awareness about importance of Fasting, meditation and Yoga in keeping Good health. Resource persons were doctors and have been practicing these thoughts of Gandhi ji. They sensitized the beneficiaries about the following topics:

- I) Fasting influencing health and mind: Gandhian Perspective and others
- II) Yoga and Health
- III) Practicing Karuna in times of CORONA

### **Yoga Course (September 2021 to March 2022)**

During 2021-2022, yoga course was organised twice a year for FYBCOM students. It was conducted online jointly with Shri Ambika Yog Kutir. All FYBCOM students were registered and are divided in small Batches of 30 students each and were assigned to different Yog Kutir teachers so that every student can be monitored. Yoga practical exam and online test was also conducted for deciding eligibility of certification.

### **International Yoga Day (21.6.2021)**

An online Yoga session jointly with Shri Ambika Yog Kutir was organised on the occasion of International Yoga day. It was organized for Students and staff of Senior college and P.A. Menon English School. The Program started with Prarthna and Gayatri mantra chanted by Shri Sawant ji from Shri Ambika Yog Kutir. Yoga asana, which are useful for students and everyone in daily life very elegantly and clearly demonstrated and simultaneously the benefits of each aasan were explained and instructed about the correct posture to do it.

### **Outcome**

The centre was instituted with the thought of percolating the thoughts of Gandhi ji amongst the stake holders within the college and in the community.

1. Number of participants in GANDHI WEEK and AHIMSA WEEK proves the success of the program.
2. With regular and consistent teaching of morals and values through the activities organized during Gandhi week and ahimsa week students are sensitized about the need of Gandhian philosophy.
3. Yoga course and yoga day celebrations helped in improving mental and physical health of the beneficiaries and taught the lessons of simplicity, harmony and determination.

### **Evidence of Success:**

- Active participation from all teachers and students in the program.
- Photographs, Attendance etc. are other evidences.



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**Problems Encountered:**

Online attendance and confirmation of presence of student was the biggest challenge. Some technical glitches were also faced.

**Resources Required:**

Resource Person, College Infrastructure, internet, Computers, online meet platforms.

**Prin. (Mrs.) S. V. Phadnis**  
**PRINCIPAL**

