

**ST. TERESA’S COLLEGE (AUTONOMOUS)
ERNAKULAM
BEST PRACTICES OF THE COLLEGE**

BEST PRACTICE - 1

Title:

TERESIAN SOCIAL RESPONSIBILITY

**"Knowing is not enough, you must apply;
Willing is not enough, you must do."**

Goal:

The objective of this best practice is to Contribute to transformation of society through conduct of awareness campaigns and focused action

- Create a culture that infuses extension as a core ingredient of true education through **TROP**
- Foster Inter – connectedness, kinship and eco – justice through the activities of **Bhoomitra Sena**
- Mould socially conscious and responsible individuals through **NSS and E jalakam**

The Context:

St. Teresa’s College was envisioned as an educational institution that would be an inspiration and guiding force to mould, enlighten and empower generations of women. The College has always kept in mind its vision to “empower students to respond proactively” and “work for the integrity of creation.” This practice evolved quite naturally from this vision by engaging students in activities that would enable them to reach out to people in rural areas and extend a helping hand to the needy. The students are given hands on experience in imparting life skills.

The Practice:

Teresian Rural Outreach Programme (TROP) involves students in extension activities providing them hands on experiences in uplifting the community and bringing about social change.

All the departments have adopted areas in the outskirts of Ernakulam and conduct activities to create public awareness about environment, health and nutrition, communication and computer skills, self employment schemes, psychological issues of teenagers, etc., and give trainings appropriate to the area of specialization of each department.

Students and staff are actively and enthusiastically involved in fostering a link between the community and the College and addressing the needs of the community by coordinating with the parish/ Kudumbasree units of the respective areas. The target groups of the programmes include rural/economically underprivileged women and students of various schools.

The Departments and various clubs, particularly the **Bhoomithrasena Club**, are actively committed to the protection of the environment. **The Bhoomithra Sena club** of St. Teresa's college organizes awareness classes on the ill-effects of plastic and need to reduce the use of plastic bags in schools, colleges, rural communities and the coastal villages of Ernakulam. People are introduced to the 'Bhoomithra Sena' Prakriti Bags' which are eco-friendly bags made out of waste clothes.

As part of **Shuchithwa Bodhana Yajnam 2010 –2025** – the club representatives went to different colleges and took classes on the negative sides of the usage of plastic and how to reduce it. They screened the documentary against plastic made by the students of St Teresa's College. They also introduced the Bhoomithram bags, college bags and other products of the Bhoomithra club.

The Bhoomithra Sena, the Entrepreneurship Development of St. Teresa's College with the joint efforts of the department of Economics and Commerce formed the **STEP- Society of Teresians for Environment Protection (STEP)** in April 2016). This has been initiated in the College to promote alternatives to plastic, which has already impacted several districts across Kerala. STEP involves students in activities such as conducting workshops and training programmes for students and members of 'Kudumbasree,' a woman empowerment endeavour of the State Government of Kerala, to promote the manufacture of cloth alternatives to plastic/plexiglass bags.

STEP provides support to two Corporations - Cochin (in promoting such activities) and Trivandrum (in implementing their ban on plastics). They have created documentaries on the methods of stitching various types of cloth bags which is to be uploaded on the web page of the Suchitwa Mission, in support of the Haritha Kerala Mission of the Government of Kerala.

As part of Clean Paravoor Green Paravoor programme 300 eco-friendly bags were delivered to Paravoor Municipality by the STEP members of St. Teresa's College

'**Pendrive**' was a joint initiative run by the Bhoomithra Sena Club and Mathematics Department of St. Teresa's College in collaboration with Biennale 2016. Around 5230 used pens were collected and handed over for creating art from waste.

Urja Kiran - This Energy Conservation Awareness Campaign (ECAC) was conducted with the objective of creating awareness and to equip general public on efficient management of all forms of energy. An energy conservation awareness campaign was held at St. Peter's L P School, Vaduthala. St. Augustine's Church, Moolampilly and a workshop on LED bulb assembling was conducted by the students of the Physics department. This gave a hands-on-training in making LED bulbs for the public. The classes and the interactive sessions were very fruitful in spreading the technical details of the different equipments and the methods to reduce the electricity consumption in daily life.

The **NSS** unit of the College contributes immensely in this regard with a plethora of activities, reaching out to varied sections of society and those in need. This year the unit conducted awareness programmes, workshops, talks, street plays, camps and walkathons in association with NGOs, charitable and social service societies, hospitals and government departments in an effort to reach out to varied sections of society and those in need.

Some of their endeavours were blood donation, fund raising to help street children and orphans, helping cancer survivors, AIDS awareness, relief for victims of natural calamities, awareness campaigns to end violence against women, energy conservation campaigns, participating in the Swachh Bharat Abhiyan by conducting local cleaning campaigns, campaign against street dogs, organic farming, environment protection and campaign against pollution. Days such as International Day against Drug Abuse and Illicit Trafficking, National Voluntary Blood Donation Day, UN International Day of Older Persons, International White Cane Day, Gandhi Jayanti, etc were commemorated so as to spread the message to the public.

E-Jaalakam –This is an model e-governance literacy project to create awareness about e-governance services among public in general and girls/women in particular .this helps in promoting citizen’s participation in governance.

The Age Friendly College initiative ‘Vayovigyan,’is conducted by the College and is aimed at providing basic computer training to senior citizens and facilitating intergenerational sharing of teaching and knowledge by providing a platform for students to become trainers.

Evidence of Success

The College won the **Paristhithi Mithra Award** instituted by CEERD, St. Stephen’s College,Uzhavoor and the **Suchitwa Haritha Award** instituted by Mithradham and RajagiriOutreach in recognition of its innovative green initiatives in 2016.

A Green Audit was conducted and the College has framed an Environment Policy for the institution.Several practices that encourage a spirit of environmental friendliness were implemented in the College and the Community .Green initiatives such as practicing organic farming, conservation of water bodies, promoting water literacy, cleaning of the college campus, solid waste management and promoting the use of eco-friendly products were taken up.

The promotion of Bhoomithram Sanchi- (cloth bag),a product designed and developed by Bhoomithra Sena club of the college as an alternative to plastic carry bags was popularized among the people of rural areas. It also facilitated economic empowerment through providing employment opportunities to Kudumbasree members. The students of the College have opted to use Bhoomithra bags instead of plastic/rexin bags.

Students and participants from the Community assembled different electronic components and made low cost LED bulbs which could be used for household lighting purposes

Problems Encountered:

- Difficult to change the set habits of people.
- There is a tendency to discount effects of pollution which is not clearly visible, especially in the rural areas. People in Coastal regions either burn or dump waste in the surrounding water bodies and feel there is no accumulation of waste in their surroundings.
- Non availability of disposal methods, systems for electric waste, plastic waste.

- The lack of clarity on effects of GST on social entrepreneurship has slowed down initiatives in production of cloth bags as an alternative to plastics.

BEST PRACTICES – 1I

Title:

TERESIAN RESEARCH AND CONSULTANCY ENTERPRISE

Goal:

This best practice aims at

- Providing a forum for advancement of Learning, Research and Consultancy through TRACC
- Facilitating high quality research and promotion of innovative thinking
- Enhancing Collaborations and Consultancies with Institutes/Agencies through the R and D Department
- Facilitating knowledge transfer through International and National seminars
- Enabling interactions among scholars and guides of research centres in and out of the institution and promote interdisciplinary research

The Context:

St. Teresa's College has always promoted research as an integral part of the curriculum. This research led and practice driven ethos makes Teresian teaching-learning distinctive. The College seeks to ensure that learning is informed by current research and practice in the subject area or discipline. This is the context that enabled the evolution of this best practice.

The Practice:

TRACC - The Teresian Research and Consultancy Cell of St. Teresa's College coordinates and promotes a research culture, facilitates interdisciplinary and interdepartmental participation in research activities, and provides a common platform for the research scholars, faculty and research guides of the institution to come together to achieve excellence in research and to evolve as a thought leadership centre.

In its venture to achieve excellence in research, during the year 2016-17, TRACC convened a Conference for the Research guides and the faculty members who are pursuing research in various research centers of the Institution. Altogether 72 research scholars from various disciplines presented their research works. The conference enabled the interactions between researchers which could promote interdisciplinary research works which will be benefitted by the society.

Topics like Modern Research- Methodology, Intellectual Property Rights and plagiarism, Laws of Universities for the award of Research Degree, University Library Facility for the researchers were given by experts- Dr. Rajan Gurukkal, Dr. Rajan Varghese and Dr. Sheena Shukkur. Talks by subject experts on Research Advancements on the respective disciplines were given by the experts in various disciplines- Dr N. Shaji - Physics, Dr. Prasanth Kumar-

English, Dr. Lismitha Godwin - Home Science, Dr. Bijin Vincent - Sociology, Dr. L Jose - Botany, Dr. S Muraleedharan - Economics. There was also a presentation of brief review of work by research scholars.

Ph.D Course Work conducted by Research Centres of various departments at St. Teresa's College, 2016-17

Six departments are Centres for Research under Mahatma Gandhi University and 34 faculty members are research guides. The College is a recognized centre under the University and offers course work for PhD scholars. A total of 25 research scholars registered for course work out of whom 16 were full time candidates and 9 were part time scholars. An orientation programme on Introduction to Research and Foundations of Research, Data analysis using Statistical Package for Social Sciences, were given by various experts in the field - Dr. Varghese Abraham, Mrs. Raji S. Pillai, Ms. Sajithamony. T. M and Dr. Mathew .

The R&D Department constituted solely for coordinating the research activities of the College, take the initiative to facilitate necessary infrastructure. The Research & Development Department support and advance high quality research and introduces new interdisciplinary and career oriented programmes and encourages International and National Seminars and Workshops. The academic year 2016-17 witnessed a series of international, national and regional level seminars; conferences and international training programmes and workshops organized for the staff and students. Some of the international Seminars organized are as follows.

An International Conference on Capital Market and Finance was organized by the Department of Economics on 6 and 7 January 2017. It was held in collaboration with the Indian Econometric Society (TIES), National Institute of Securities Markets (NISM) and the Kerala Economic Association (KEA).

International Seminar on "Recent Advances in Solar Energy Applications"-RASE-2016 was organized by the Post Graduate Dept. of Chemistry organized an International Seminar on "Recent Advances in Solar Energy Applications"-RASE-2016 on 15 December 2016.

International Drama Workshop was organized by the Department of English by famous theatre practitioner, Ms. Nandita Dinesh on 17 June, 2016 and also conducted an International Seminar Series on "International Travel Discourse" on 23 and 24 January 2017.

International Seminar was jointly organized by the Department of Bharathanatyam and the Department of Fashion Technology, on Make-up by Cecilia Muench, a professional makeup artist and educator for the 'Creativismo' program of UMAG University, Puebla, Mexico.

International Seminar on Representing the Dialectics of Water and Soil in Contemporary Literature was organized by the Department of Hindi on 18 and 19 August 2016.

International Workshop on Art in Process for Social Change was organised by the Department of Communicative English on 19, 20 and 21 January 2017 as part of the Public Relations campaign, Meraki 2017.

National Seminars conducted were on Advancements in Polymer Science and Technology was organized by the Department of Chemistry, Digital Literature by the department of English, Consumer Protection and Empowerment by the Department of Commerce, Annual National level Physics Symposium, Milk Value chain by the Department of B.Voc Food

Technolog,Palliative Care: Transforming Care beyond Cure by the Vocational Studies-Community College-Diploma in Health care assistance.Requisites of Design Intervention in Handicrafts Sector by the Department of Fashion Designing.

Evidence of Success:

All together 6 research scholars were awarded PhD during the current year. The College has also been recommended for financial support under the DBT Star College Scheme to 5 departments in 2017

Several research projects has been supported by pioneer agencies such as FIST, Department of Science and Technology (DST), Kerala State Council for Science, Technology and Environment, Coconut Development Board, Spices Board, Centre for Environment and Development under Ministry of Environment and Forests, Govt. of India

A total of 6 International Seminars 7 National Seminars, 5 State level seminars,5 Regional Seminars,15 Workshops,36 Talks were conducted during the year 2016- 17.

Problems Encountered:

- Project funds are restricted to purchase of equipments alone. There is no provision to build infrastructure to house/instal these complex equipments and to maintain them effectively.
- Space Constraint in Science laboratories .
- Regular faculty find it difficult to pursue course work and other formalities leading to Phd and the research guides lack sufficient time for guidance due to their responsibilities in teaching and administrative work.
- Consultants for science related pursuits usually approach departments in the Field of Engineering and only to a lesser extent to those departments under the Arts and Science Colleges.