



KASTHURBA COLLEGE FOR WOMEN, VILLIANUR

(Run by Pondicherry Society for Higher Education funded by Government of Puducherry)

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Best Practice – I

1. Title: **Towards a Clean and Green Environment.**
2. **Goal:** To reduce our ecological footprint, to strive for a clean, green environment, to maintain a clean campus, to ensure proper waste management and to create awareness among our students and the community at large on how to create a sustainable future.
3. **The Context:** In an age where environmental sustainability is not just a choice but a necessity, educational institutions have a crucial role to play in shaping responsible citizens. Colleges as hubs of learning and innovation can lead the change toward a clean and green environment, by fostering eco-friendly practices, embracing green technologies and nurturing an environmentally conscious culture. Our college demonstrates the transformative power of collective effort.
4. **The Practice:** Kasthurba College for Women starts with the basics to showcase its commitment to a green environment-maintaining a clean campus and ensuring proper waste management. All the classrooms have separate dustbins for segregation of bio-degradable and non-degradable waste. Regular tree plantation drives are organised. The staff have made a major contribution through their car-pooling programme. Seminars and guest lectures on topics, such as renewable energy, climate change and sustainable living empower students to be agents of change in their respective communities.

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| 13.10.2023 | As part of Mission Life activities, II Year students of Psychology, History and Social Work visited the Narayanan Pond at Vadamangalam to perform cleaning and plantation activities (under Amrit Saravan Scheme). |
| 19.10.2023 | As part of Mission Life Activities, The Eco-Green Club of KCW organised a Quiz Competition on the theme “Save Energy”. |
| 18.01.2024 | Dr. A.Ananda Ramesh organized an Orientation Programme on the topics “Compost Food Waste”, “Create Kitchen/Terrace Garden” and |

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| | “Preparation of Organic Manure” at the Perunthalaivar Kamarajar Krishi Vigyan Kendra (PKKVK). It was attended by all the III year Students of the Departments of History and Social Work, and also the I year Psychology Students. |
| 25.01.2024 | As part of Mission Life Campaign, a programme on “ Waste Management” was organised by Dr. A.Ananda Ramesh at 02.30 p.m. The resource person was Mr. Gowthamugan, Officer-Community and Tech Implementation (Keep Namma Pondy Clean). |
| 29.01.2024 | An Awareness Rally on “Use Cloth Bag instead of Plastic Bag” along with rock Beach Cleaning was organised by Dr. A.Ananda Ramesh, as part of Mission Life Campaign. Volunteers from the III year of all the departments attended the programme |

5. **Evidence of Success:** A campus that is greener than ever before is evidence of collective efforts made. Maintaining a lush, green and clean campus has not only enhanced the aesthetic appeal but has also contributed to improving air quality and fostering biodiversity.

The action and regular participation of both staff and students in eco-friendly initiatives has instilled a sense of responsibility and pride in the campus.

The college serves as a beacon of hope, demonstrating that a cleaner, greener world is within our reach.

6. **Problems encountered and Resources Required.**

Budget Constraints – Green Projects like solar panels or waste recycling systems require initial investment.

Resistance to change from the community, such as reluctance to avoid single-use plastics or switch to eco-friendly practices.

Limited availability of vendors for sustainable waste processing.

Best Practice-II

1. Title: **Prioritising Mental Health: A Pathway to Holistic Education**
2. **Goal:** The aim of the system is to incorporate mental health resources in the framework and create an environment that not only fosters academic success but also promotes emotional well-being, personal growth and resilience.
3. **The Context:** College students face a unique set of stress factors which include demanding coursework, financial burden, peer pressure, disadvantageous family background and the transition to independent living. Studies show that mental health challenges, such as anxiety, depression and burnout are increasingly common among college students. Acknowledging emotional well-being is integral to academic performance and long-term success. Students need an environment which equips them with the tools necessary to manage stress, build emotional intelligence and develop coping mechanisms for life beyond college.
4. **The Practice:** Comprehensive Counselling Service is being provided for the students
 - Proactive Mental Health Education Seminars, Mental Health awareness programmes and peer-led initiatives are arranged at Kasthurba College for Women on a regular basis. These programmes help reduce stigma and encourage students to seek help from the staff whenever needed.
 - In Commemoration of World Mental Health Day (10.10.2023), the Department of Psychology, KCW organised a Gallery Walk based on the theme “Mental Health is a Universal Human Right. The Chief guest was Mr. K. Ashok, Member Secretary, “Puducherry State Higher Education Council”.
 - A one hour Webinar on Mental Health Awareness was conducted by Sakalwara Community Mental Health Center (CMHC), NIMHANS, Bangalore, for all the Social Work students and III Year Psychology Students on 17.10.2023.
 - “Our Mind, Our Rights” –Workshop conducted by Department of Social Work in association with Sri Aurobindo Society, Pondicherry on the topic “Self-Love and Empathy – The way to a Happy Life” at 10.30 a.m. It was attended by students of Social Work on 18.10.2023.
5. **Evidence of Success:** Focus on Psychological well-being has created a culture of openness and inclusivity. Furthermore, it has fostered a sense of community.

Students are better equipped to navigate challenges, maintain focus and achieve their goals. They thrive not only academically, but also emotionally and socially, and are ready to contribute to society.

A close-knit community during their years in campus has contributed to a healthier, more engaged alumni network.

6. Problems Encountered and Resource Required.

Due to limited knowledge about mental health and its importance, there is a stigma attached to seeking help. Lack of understanding in the family and peer pressure deter many students from opening up.



Kasthurba College for Women

Affiliated to Pondicherry University

Reaccredited by NAAC with 'B+' Grade

Run under the Aegis of the Pondicherry Society for Higher Education
(Fully Funded and Managed by the Government of Puducherry)

Department of Psychology

cordially invites you for the inauguration of

"Gallery Walk "

Mental Health Day (10th October 2023)

Theme : "Mental Health is a Universal Human Right"

Chief Guest: Mr. K. Ashok

Member Secretary

Puducherry State Higher Education Council

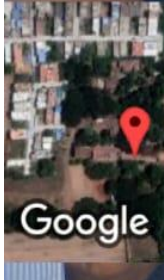
on 10.10.2023 (Tuesday)

at the Multipurpose Hall

Kasthurba College for Women, Villianur.



GPS Map Camera



Villianur, Puducherry, India

Kannagi government girls hr sec school, WQ52+GCG, Villianur,
Puducherry 605110, India

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