



TWO BEST PRACTICES KAMALA NEHRU COLLEGE

1. Title of the Practice: 5Rs of Conservation and Sustainability **2. Objectives of the Practice (100 words)**

At KNC, the vision of excellence and value-based education encompasses fostering an environmental consciousness amongst the stakeholders:

- To supplement the theoretical study of environmental issues prescribed in syllabi with practical implementation.
- To help stakeholders make informed choices and internalize practices related to environmental conservation and sustainability so as to adopt these as a way of life.
- To conserve natural resources and promote alternate energy sources in an endeavor towards achieving carbon neutrality in the campus.
- To make the College campus and neighborhood clean and green by adopting and promoting eco-friendly measures for sustainable development.
- To increase mindfulness about flora and fauna in the surroundings.
- To facilitate value-addition and development of soft skills through students' direct involvement in the practices.
- To help inculcate a culture of self-reliance and sustainable development amongst the students, while propagating a sense of commitment and responsibility towards the society and the world we live in.

3. The Context (150 words)

India has become the largest producer of e-waste after China and the United States. We are battling with the problem of illegal collection and recycling of e-waste, aimed at profit and recovery of precious metals. This is done in an unscientific, unethical manner polluting air, water and soil, and posing great occupational hazard.

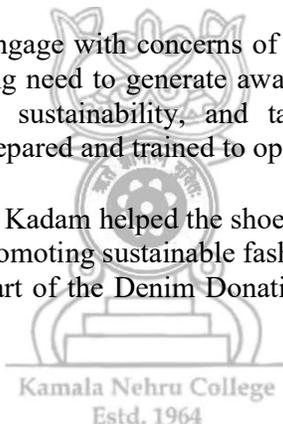
Similarly, the situation is equally alarming on the solid waste production and management front. In metro cities in India, an individual produces an average of 0.8 kg/ waste/ person daily. The total municipal solid waste (MSW) generated in urban India has been estimated at 68.8 million tons per year, of which 51% is organic waste. (Source: indiawaterportal.org) However, the organic waste can easily be managed on the point of generation itself without increasing the burden on landfills.

It is also worth mentioning that India is a country with the largest water footprint of 987 Gm³/year in the world.

The institution recognizes the need to engage with concerns of the environment as part of its Institutional Social Responsibility. Hence the pressing need to generate awareness amongst the stakeholders, inculcate environmental consciousness, promote sustainability, and take immediate action for environmental conservation. The students have to be prepared and trained to opt for sustainability as a lifestyle.

4. The Practice (400 words)

- REUSE: KNC Enactus with its Project Kadam helped the shoemakers to reuse and upcycle old, discarded denim into fashionable footwear, thus promoting sustainable fashion and generating sustainable solutions to social needs. Denim was collected as part of the Denim Donation Drive organized in college for the said purpose.





• **REDUCE:**

- (i) **Solid Waste Management:** In November 2019, the College canteen composting plant was inaugurated whereby kitchen waste from the College canteen is systematically treated to yield manure. The manure generated through this solid waste management process is used in planters in 'Project Hariyali' – an in-house nursery of curated potted plants for exhibition-cum-sale. The planters particularly appeal to the aesthetic sensibilities of the urban dwellers, who buy them, thus generating some revenue. Thus acquiring the skill of 'learning while doing' as well as exploring sustainable development as a prospective career option.
- (ii) **Water Footprint:** In a unique initiative of Green Beans, the Environment Society, the students calculated the water footprint of a representative sample of 800 KNC students using the water footprint calculator developed by the researchers at UNESCO-IHE from waterfootprint.org. It was found that the water footprint of 74% of the students was between 400-1899 cubic meter per year. The study was conducted to make students aware of the judicious use of water by reducing their personal water footprint for a sustainable future.
- (iii) **Carbon Footprint:** In an attempt to raise consciousness about sustainable and eco-friendly living in the community, the Green Beans Society conducted an online survey using a carbon footprint calculator and have gathered responses from 1000 respondents across the country. The questions covered varied aspects of life and it was observed that the respondents would like to go for eco-friendly, less carbon-emitting alternatives wherever available.

• **RECYCLE:** KNC encourages and supports FOD, Family of Disabled, through an MOU signed with it, as an initiative for the disadvantaged, and the environment, by donating newspapers for its recycling for the production of pencils that help to save wood and create a livelihood for the disabled people.

- **REPLACE:** LED lights have replaced the conventional high wattage bulbs and tube lights in the College campus in a phased manner in an attempt to conserve energy by using energy-efficient equipment and appliances.
- **RECOVER:** An e-waste collection bin was installed in the College lobby near the entrance on 12th July 2019. An MoU has been signed with Chintan, an NGO working on E-waste management for responsible and environmentally safe disposal of electronic waste by licensed recycling units, so as to prevent illegal recycling and help recover usable material and precious metals in a legal manner. The stakeholders use the bin to dispose of their e-waste, which is collected from the College in due time (as and when the box is full) and involves no financial benefits to the College.

5. Evidence of Success (200 words):

- ✓ The in-house composting of wet canteen waste produces about 25 kg of organic manure from a waste of 75-80 kg per month. This is directly utilized for enriching the campus soil for cultivation and gardening.
- ✓ Further, this organic manure is used to promote Project Hariyali. The latter, as a unique initiative, has been successful in establishing a green entrepreneurial ecosystem on the campus, whereby alongside the harnessing of green consciousness the students are encouraged to adopt sustainable lifestyles.
- ✓ The revenue generation under Project Hariyali promotes a sense of independence and creativity with an entrepreneurial mindset.





- ✓ The same is true of the e-waste management endeavour as well. Students not only responsibly dispose off their personal e-waste in the College e-waste bin, but also collect the same from their families and neighborhood. It is worthwhile to note that within three months the 2'x 5' e-waste bin was filled with all kinds of mobile chargers, discarded cell phones, adapters, modems, etc.
- ✓ The beautiful, lush green environs of the College promote a sense of wellbeing and joy among the students/ stakeholders.
- ✓ This dissemination of green ideology, thus, has successfully initiated a green dialogue in College and beyond.
- ✓ The involvement of students in these institutionalized practices also has qualitative value for the world and planet at large.

6. Problems Encountered and Resources Required (150 words)

- The E-waste bin was fabricated with carbonated poly-sheets in the appropriate size and style to have it placed in the College lobby.
- Similarly, the canteen waste composting containers were designed indigenously to suit the volume of canteen waste and ease of use. The high cost of specialized types of equipment and setup were avoided in order to adopt economical indigenous options, and thus promote sustainability.
- Some of the environmental initiatives such as water harvesting, the use of non-conventional energy option such as solar paneling or waste management plants needs huge investment with a long gestation period which is invariably ridden with problems that are technical, monetary and administrative in nature as located within the institutional machinery.
- Due to the onset of Covid -19, and the imposition of the lockdown since March 2020 as per government guidelines, Project Hariyali is yet to achieve full swing.

7. Notes (Optional)

Environment conservation and sustainable development is a continuous discourse at KNC. The stakeholders deliberate on ideas and explore options to adopt an environment-conscious approach and practices, that seeks to minimize environmental degradation.

For more information, please see the following:

<https://www.knc.edu.in/greenBeans.php>

<https://www.knc.edu.in/greentalk.php>

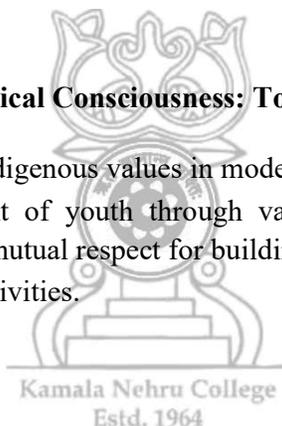
<https://www.knc.edu.in/innovation.php>

B)

1. Title of the Practice: Promoting Ethical Consciousness: Towards Building a Culture of Peace

2. Objectives of the Practice:

- To incorporate traditional and indigenous values in modern curricula.
- To work towards empowerment of youth through value-based learning, cultivation of ethical consciousness, compassion and mutual respect for building a culture of peace and wellbeing.
- To initiate mindfulness-based activities.





- To encourage self-reflection and contemplation in order to promote individual wellbeing and peace in society at large.
- To promote belief in dialogue as a means for conflict management and resolution.
- To cultivate an appreciation for diversity in order to promote 'unity in diversity.'
- To promote Gandhian philosophy as a practical knowledge system.
- To inculcate a sense of social responsibility towards society and the nation.
- To propagate values fundamental to civic society.

3. The Context:

In today's globalized world, the pace of change in all areas of life is unprecedented. As an institution in the pursuit of excellence, we dynamically evolve with changing scenarios and practices, while marching ahead into a digital, technological era. However, it is equally important to be anchored within a framework of values indigenous to our social and national context.

In response to this, the institution recognized the need to stimulate young minds to consciously work towards cultivating values enshrined in the Constitution of India, along with the universal values of acceptance, mutual respect, truth and righteousness as the fundamental basis of peace and harmony.

In order to realize this objective, the institution has adopted innovative ways of participative learning for inculcating ethical consciousness to achieve the larger goals of a progressive civic society and national development. Over the period of last few years, these have evolved into institutionalized practices.

4. The Practice:

- At KNC, two students' societies, namely, Shining Network, the Youth Empowering and Value-Creating Society and the Gandhi Study Circle dedicatedly work in this direction.
- Shining Network endeavours to inculcate a value system based on compassion, ethics and Indian values. It has successfully conducted sessions on topics like 'mindfulness', 'happiness', nature of 'good life', 'Leadership and Moral Courage', Life Coaching, among others, and deliberated upon philosophical ideas oriented towards positive self and social transformation.
- The 'Shining Network SOPHIA Chapter', the international collaboration under SOPHIA, 'Society of Philosophers in America' continues to promote dialogue on Public Philosophy, so as to encourage the application of philosophical concepts in daily life and for public policy, as well as to strengthen the peace building project using the Western and Eastern philosophical traditions.
- It conducts participatory activities based on art and creativity; 'Action for Compassion'; commemorates International Peace Day by conducting an annual Peace Meet, and holds dialogues and interpersonal discussions while reaching out to many students of the college across various disciplines.
- During the Covid-19 pandemic, the methods of the practice were improvised as online wellbeing campaigns, like 'Pamper the Paws' were initiated. The social media platforms were reinvented to boost morale and promote a sense of collective management, as illustrated in a series of activities under 'Shine Through Solitude'.
- The Gandhi Study Circle undertakes activities that awaken students' interest in Gandhian philosophy and values through creative means. The orientation of the Circle is towards hands-on learning and



generating awareness about contemporary issues while analysing them from the Gandhian perspective.

- The enthusiastic involvement of the students is witnessed in a wide range of activities like 'Charkha Utsav,' 'Khadi Fashion Show', webinars on pertinent topics. The workshops organised on 'Spinning Charkha' and 'Pottery Making' had over 300 participants! Activities like 'Gandhi in Me' serve as a platform for students to find solutions using Gandhian ways. Through 'Gandhi Vandan' students remember the greatness of Bapu in songs and bhajans on the occasion of Martyrs' Day on 30th of January.
- As part of following the Gandhian system of cherishing the local and traditional, the students were reintroduced to the Indian field/village games like Pitthu, Snakes and Ladders and Stapu, among others.
- Dr. Sarvepalli Radhakrishnan Memorial Lecture Series annually organized by the Philosophy Department to commemorate the occasion of Teachers' Day, also seeks to foster the indigenous philosophic knowledge systems and ethos of India.

5. Evidence of Success:

- ✓ The practice cannot be quantitatively analyzed as the objectives envisioned and activities undertaken are qualitative in nature, i.e. it is aimed to bring about a change of heart in order to appreciate the importance and need of value systems to bring about a positive transformation in the immediate environment.
- ✓ The student leaders of the societies conceive, plan and manage the activities themselves, thus firming up leadership skills and teamwork.
- ✓ The student members have expressed the desire to hold the 'Charkha' workshop on a regular basis. The fact that the young minds feel inspired enough to learn the use of charkha, speaks volumes about the success of the GSC.
- ✓ 'Natak Competition' organised by Gandhi Bhawan in 2019 had participation from 15 colleges and the Gandhi Study Circle of KNC bagged a special prize for "Ek Katha Champaran Ki."
- ✓ At the 'Youth Confluence' at Gandhi Samiti and Darshan Samiti, Rajghat, Delhi, seven students presented their projects on 'Nonviolence in Communication', 'Nonviolence towards Animals' and 'Poetry Recitation on Gandhi', thus generating discourse on values in the public sphere as well as promoting Gandhian philosophy as a way of life.
- ✓ This helps in the capacity building of youth, and lays the foundation for raising ethically conscientious citizens of the nation.
- ✓ It has been observed/noted that value-based education and training imparted to students encourages positive thinking and better disaster management abilities.

6. Problems Encountered and Resources Required:

- The nature of the activities of both societies is such that it does not require any specialized resources.
- The infrastructural, administrative and support facilities already available in the institution enable the smooth conduction of activities.



- The idealistic orientation of this practice makes it difficult to attract students and sustain their interest.
- Special efforts have to be made to establish the relevance of these values amidst the youth, given the increasing number and range of distractions owing to digital, social platforms.
- Occasionally, it is challenging to convince the youth about the long-standing importance of these practices in inculcating life skills.
- Identifying and vetting Resource Persons equipped to address and motivate students on ethics and principles, sometimes poses a challenge too.

7. Notes (Optional)

Shining Network has partnered with the following during the past five years:

1. Department of Philosophy, University of Delhi
2. Society for Philosophers in America (SOPHIA)
3. Ahimsa Trust, a non-profit organization that assists in cultural, social and educational work, and endeavors to enkindle tranquility and euphony based on Zen tradition of the Vietnamese Master Thich Nhat Hanh.
4. Fountainhead focusing on LIFE COACHING
5. Shoolini University, Himachal Pradesh
6. The Foundation for Universal Responsibility of His Holiness the Dalai Lama
7. Isha Foundation

For details related to the activities of Shining Network, please visit:

<https://www.knc.edu.in/shiningnetwork.php>

For details related to the activities of Gandhi Study Circle, please visit:

<https://www.knc.edu.in/gandhistudycircle.php>

