



THE COCHIN COLLEGE

Koovapadam, Kochi-2

Affiliated To Mahatma Gandhi University

Re-accredited by NAAC With B+ Grade



Fourth Cycle
NAAC Accreditation 2024

Criterion 7 Institutional Values and Best Practices

7.2 - Best Practices

Metric No. 7.2.1

Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual

Best Practices

Submitted to



National Assessment and Accreditation Council

Digitally signed by
Mrudula Menon V.
Principal-in-charge
The Cochin College, Kochi-2



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Declaration on Principal

This is to declare that the following document explains the Best Practices of The Cochin College

Mrudula Menon V.





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1 Best Practice 1: HARITHAM -Promoting Sustainable Urban Development through Environmental Stewardship

The best practice, "HARITHAM - Promoting Sustainable Urban Development through Environmental Stewardship," is an initiative that aligns with Sustainable Development Goal 11 (SDG 11), which focuses on making cities and human settlements inclusive, safe, resilient, and sustainable. This practice aims to foster sustainable urban development by integrating paperless AQAR preparation, organic farming, biodiversity conservation, waste management, and water quality improvement both on the campus and in the surrounding community. By promoting environmental stewardship and encouraging sustainable practices, HARITHAM contributes to the creation of greener, more resilient urban spaces that support the well-being of both people and the planet.

1.1 Title of the Practice

Fostering Sustainable Urban Development: Integrating Paperless SSR preparation, Organic Farming, Biodiversity Conservation, Waste Management, and Water Quality Improvement on and Beyond the Campus

1.2 Objectives of the Practice

The primary objectives of these practices are:

- To promote sustainable agricultural practices and enhance biodiversity within the college campus, contributing to the overall environmental quality.
- To support sustainable solid waste management through vermicomposting and bio enzyme usage, reducing the environmental footprint of organic waste and harmful chemicals.
- To engage students and the local community in hands-on learning experiences that foster a sense of environmental responsibility and sustainability.
- To improve water quality and restore aquatic ecosystems by addressing the impact of invasive species such as water hyacinth.
- To align with the United Nations Sustainable Development Goal (SDG) 11, which aims to make cities and human settlements inclusive, safe, resilient, and sustainable. These practices contribute to urban sustainability by addressing critical environmental challenges such as waste management, biodiversity loss, sustainable agriculture, pollution reduction, and water conservation.





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1.3 The Context

As urbanization continues to increase, cities face significant challenges related to sustainable development, including waste management, loss of biodiversity, the need for sustainable agricultural practices, and water quality issues caused by pollution and invasive species. SDG 11 focuses on making cities and human settlements inclusive, safe, resilient, and sustainable. The Cochin College, located in the heart of Kochi, has recognized the importance of addressing these challenges through various initiatives that contribute to the sustainable development of urban communities. By integrating organic farming, biodiversity conservation, waste management, water quality improvement, and eco-friendly practices, the college aims to create a model of sustainable urban living that can be replicated in other urban areas.

These initiatives include institutional organic farming, the creation of a biodiversity register, the BIOMAG solid waste management project, vermicomposting, the development of eco-friendly bio enzyme detergents, and water hyacinth removal to restore water quality. Each of these practices plays a vital role in promoting environmental stewardship, reducing the environmental impact of urban activities, and fostering a culture of sustainability within the college and the broader community.

1.4 The Practices

1.4.1 Paperless SSR Preparation eCO-SSR

The Cochin College adopted a fully paperless approach for the preparation of its Self-Study Report (SSR), utilizing digital tools for data collection, compilation, and analysis. This initiative aimed to reduce the environmental impact associated with paper use and promote operational efficiency by shifting to electronic methods.

- Implementation:** Data from various sources such as faculty, departments, management, and students were collected using Google Forms. The entire process, including data analysis, was conducted electronically, with no paper being printed. The IQAC ensured that digital tools were used at every stage, eliminating the need for physical documentation. This approach aligned with the institution's commitment to sustainability, ensuring zero resource consumption in terms of paper and printing.
- Impact:** By avoiding the printing of 19,247 A4 sheets, The Cochin College significantly reduced its carbon footprint. The carbon emissions saved from paper production alone amounted to 96.2 kg CO, calculated at 5g CO per A4 sheet. In addition, emissions related to ink and toner production were reduced by 9.6 kg CO estimated at 0.5g CO per sheet and the printer energy consumption saved a further 3.46 kg CO, based on 0.04 kWh of energy used per 100 sheets. Altogether, the college saved a total of 109.26 kg of CO emissions.





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This reduction is equivalent to the emissions generated by driving a car for approximately 500 kilometers. Furthermore, the shift to a paperless process prevented the waste of 19,247 sheets of paper, equivalent to saving approximately 2.3 trees and thousands of liters of water required for paper production.

This practice not only reduced waste and resource consumption but also increased operational efficiency, streamlining the SSR preparation process. The paperless SSR preparation highlights The Cochin College's commitment to environmental sustainability and serves as a model for other institutions aiming to reduce their carbon footprint by an amount of 139 kg through digital transformation.

eCO-SSR											
49 out of 56 Metrics stand Camera-ready Proof complete											
Thank you for adhering to SSR Preparation Protocol. You saved the earth by:											
1. Reducing carbon footprint by 136 kg of Carbon Dioxide. 2. Not letting 2.88 trees be cut.											
Here is how you did it:											
1. You printed zero paper out of 23990 A4 pages while preparing this SSR. 2. You used zero millilitres of ink for printing. 3. You reduced the size of documents stored in cloud services by 4211.41 megabytes. This will reduce the Recurring Carbon Footprint of Data Centers by 59.7 kg of Carbon Dioxide per year (A whopping 85.58 % reduction each year ahead)											
<i>Powered by Digital Solutions Committee & IQAC</i>											
Sl. No.	Metric	Team	Stage 1: Proof Preparation	Stage 2: Camera-ready Proof	Stage 3: Digital Sign	Stage 4: SSR Portal (Response update and Proof upload)	Question	Overleaf Versions	Pages (Total=23990)	Size before compressing= 4921.08 MB	Size after compressing= 709.67 MB
4	1.3.1	Manju, Uma	Complete	Complete	Complete	Incomplete	number of students during the last five years	V1	313	180	28.4
5	1.3.2	Liance, Parvathy, Nalinam	Complete	Complete	Complete	Incomplete	Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability in transacting the Curriculum		1008	304	57.9
6	1.4.1	Priya, Georgina	Complete	Complete	Complete	Incomplete	Percentage of students undertaking project work/field work/ internships (Data for the latest completed academic year)		441	77.8	6.62
7	2.1.1	Anu, Jana	Complete	Complete	Complete	Incomplete	Institution obtains feedback on the academic performance and ambience of the institution from various stakeholders, such as Students, Teachers, Employers, Alumni etc, and action taken report on the feedback is made available on institutional website.		467	51	4.45
8	2.1.2	Anu, Jana	Complete	Complete	Complete	Incomplete	Enrollment percentage		661	53.5	6.69
9	2.2.1	Self generated	Complete	Complete	Complete	Complete	Percentage of seats filled against reserved categories (SC, ST, OBC etc.) as per applicable reservation policy for the first year admission during the last five years		1		
10	2.3.1	Uma, Manju	Complete	Complete	Complete	Incomplete	Student - Full time Teacher Ratio (Data for the latest completed academic year)				
							Student centric methods, such as experiential learning, participative learning and problem solving				

Figure 1: Green Impact of eCO SSR, The Cochin College

1.4.2 Institutional Organic Farming

The Cochin College has implemented an organic farming initiative on a 50-cent plot of land within the campus. This initiative, conducted in association with ESAF and the Kerala Agricultural Department, involves the cultivation of various vegetables using organic farming methods. The project provides students with hands-on experience in sustainable agriculture and promotes healthy living by producing organic food free from synthetic chemicals.

- **Implementation:** The farm was planted with vegetable seedlings, including lady's finger, bitter gourd, brinjal, tomato, lentils, and other crops. The harvest, yielding more than 100 kg of produce, was distributed within the



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college community, showcasing the benefits of organic farming.

- **Impact:** The initiative has enriched students' educational experiences, enhanced campus biodiversity, and promoted a healthy lifestyle within the college community.





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Figure 2: Plot ready for Institutional Organic Farming





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Figure 3: Planting of Saplings by Students

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Figure 4: Vegetables ready for harvesting

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Figure 5: Report of organic farming in Daily News paper



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1.4.3 Biodiversity Register Creation

The college conducted a comprehensive biodiversity audit, resulting in the creation of a Biodiversity Register. This register documents the flora and fauna present on the campus, provides valuable data for conservation efforts, and offers students unique learning opportunities beyond traditional classroom settings.

- **Implementation:** The biodiversity audit involved systematic surveys of the campus, conducted by students and experts from the Tropical Institute of Ecological Sciences (TIES). The findings highlighted the need for improved biodiversity and led to the development of conservation strategies, including the introduction of native plant species and the creation of thematic gardens.
- **Impact:** The register serves as both a conservation tool and an educational resource, fostering a sense of ecological stewardship and responsibility among students.



Figure 6: Release of Biodiversity Register






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 **THE COCHIN COLLEGE**
CAMPUS BIODIVERSITY REGISTER



Under the aegis of Department of Zoology and Department of Botany, The Cochin College
Funded by DBT Star College Scheme and Bhoomithra Sena Club The Cochin College.

TROPICAL INSTITUTE OF ECOLOGICAL SCIENCES
TIES - *ties Mind & Nature*
www.ties.org.in




Figure 7: Biodiversity Register



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Table 1. Checklist of plants found in the Cochin College campus

Sl.No.	Scientific Name	Malayalam Name	English Name	Number
1.	<i>Acacia auriculoformis</i>	അറേക്കേഷ്യ	NORTHERN BLACK WATTLE	1
2.	<i>Acacia catechu</i>	കരിങ്ങാലി	BLACK CUTCH	1
3.	<i>Acorus calamus</i>	വയമ്പ്	SWEET FLAG	1
4.	<i>Adenanthera pavonina</i>	മഞ്ചാടി	CIRCASSIAN TREE	1
5.	<i>Adhatoda vasica</i>	ആടലോടകം	MALABAR NUT	1
6.	<i>Aegle marmelos</i>	കുവളം	INDIAN BAELE	1
7.	<i>Aerva lanata</i>	ചെറുള	MOUNTAIN KNOT	1
8.	<i>Alangium salviifolium</i>	അങ്കാലം	SAGE LEAVED ALANGIUM	1
9.	<i>Aloe vera</i>	കറ്റാർവാഴ	ALOE	1
10.	<i>Alpinia calcarata</i>	ചിറ്റുരത്ത	INDIAN GINGER	1
11.	<i>Anacardium occidentale</i>	കശുമാവ്	CASHEW	1
12.	<i>Anthocephalus cadamba</i>	കടമ്പ്	BURFLOWER TREE	1
13.	<i>Aporosa lindleyana</i>	ഐട്ടി	APOROSA	1
14.	<i>Artocarpus hirsutus</i>	ആഞ്ഞിലി	WILD JACK	2
15.	<i>Asparagus racemosus</i>	ശതാവരി	ASPARAGUS	1
16.	<i>Averrhoa bilimbi</i>	ഇരുമ്പൻ പുളി	BILIMBI	1
17.	<i>Azadirachta indica</i>	ആര്യവേപ്പ്	NEEM	1
18.	<i>Bacopa monnieri</i>	ബ്രഹ്മി	WATER HYSSOP	1
19.	<i>Barringtonia acutangula</i>	നീർപേഴ്	BARRINGTONIA	1
20.	<i>Bauhinia variegata</i>	ചുവന്ന മരം	ORCHID TREE	1
21.	<i>Beloperone plumbaginifolia</i>	വിഷമുളി	SNAKE GRASS	1
22.	<i>Butea monosperma</i>	പ്ലാശ്	FLAME OF THE FOREST	1
23.	<i>Calotropis gigantea</i>	എരിക്ക്	GAIN MILK WEED	1
24.	<i>Cananga odorata</i>	കനകമരം	LANGI LANGI	1
25.	<i>Capsicum frutescens</i>	മുളക്	CHILLY	1
26.	<i>Carica papaya</i>	പപ്പായ	PAPAYA	1
27.	<i>Caryota urens</i>	ചുപ്പന	TODDY PALM	3
28.	<i>Cassia fistula</i>	കണിക്കൊന്ന	GOLDEN SHOWER TREE	2
29.	<i>Casuarina equisetifolia</i>	കാറ്റാടി	CASUARINA	1
30.	<i>Catharanthus roseus</i>	ശവനാറി	MADAGASCAR PERIWINKLE	1
31.	<i>Chrysophyllum oliviforme</i>	സ്തർണ്ണപുത്രി	STAR APPLE	1
32.	<i>Cinnamomum camphora</i>	കർപ്പൂരം	CAMPHOR	1
33.	<i>Cinnamomum verum</i>	കറുവ	CINNAMON	3
34.	<i>Cinnamomum verum</i>	വയന	CINNAMON	1
35.	<i>Cissus quadrangularis</i>	ചങ്ങലംപരിങ്ങ	VELDT GRAPE	1
36.	<i>Citrus limon</i>	ചെറുനാരകം	LEMON	4
37.	<i>Clitoria ternatea</i>	ശംഖ് പൂപ്പം	ASIAN PIGEONWINGS	1
38.	<i>Cocos nucifera</i>	തെങ്ങ്	COCONUT	1
39.	<i>Coriandrum sativum</i>	മല്ലി	CORIANDER	1
40.	<i>Costus igneus</i>	ഇൻസുലിൻ ചെടി	INSULIN PLANT	1
41.	<i>Couroupita guianensis</i>	നാഗലിംഗമരം	CANNON BALL TREE	1

Biodiversity Register – Cochin college campus 04





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Table 5. List of Butterflies

Scientific Name	Malayalam Name	English Name
<i>Tirumala limniace</i>	നീലക്കടുവ	BLUE TIGER
<i>Ariadane merione</i>	ആവണച്ചോപ്പൻ	CASTOR
<i>Jamides celeno</i>	പൊട്ടുവാലാട്ടി	COMMON CERULEAN
<i>Euploea core</i>	അരളിശവഭം	COMMON CROW
<i>Captopsilia pomona</i>	മഞ്ഞത്തകരമുത്തി	COMMON EMIGRENT
<i>Danaus chrysippus</i>	എരികുതപ്പി	PLAIN TIGER
<i>Leptostia nina</i>	പൊട്ടുവെള്ളാട്ടി	PSYCHE
<i>Eurema hecabe</i>	മഞ്ഞപ്പൊപ്പാത്തി	SMALL GRASS YELLOW
<i>Acraea violae</i>	തീച്ചിറകൻ	TOWNY COSTER



Fig. 8. Blue tiger





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Odonate Diversity of the campus

The campus exhibits notably low odonate diversity, and this deficiency extends to the scarcity of individuals within each species. The survey identified merely four species of odonates, and the numbers of individuals within each species were found to be less than three. This paucity is indicative of a constrained and less favorable environment for these dragonflies and damselflies. The presence of a canal encircling the campus and a pond within it adds an aquatic dimension to the habitat.

Unfortunately, the water quality in the canal is a significant factor contributing to the limited odonate diversity. The canal water is highly polluted, primarily due to the discharge of waste from households and shops. This pollution is starkly evident in the dragonfly species observed, specifically the Ditch Jewel (*Brachythemis contaminata*), which is known to thrive in contaminated water. The dominance of this particular species reflects the compromised water quality in the canal around the campus.

This situation underscores the crucial interplay between environmental conditions, specifically water quality, and the health of odonate populations. Addressing the pollution in the water body could potentially improve the habitat for odonates, fostering a more diverse and resilient population in the campus ecosystem.

Table 6. List of Odonates

Scientific Name	Malayalam Name	English Name
<i>Brachythemis contaminata</i>	ചങ്ങാതിത്തുമ്പി	DITCH JEWEL
<i>Orthetrum sabina</i>	പച്ചവടാളി	GREEN MARSH HAWK
<i>Diplacodes trivialis</i>	നാട്ടു നിലത്തൻ	GROUND SKIMMER
<i>Ceriagrion coromandelianum</i>	നാട്ടു ചതുപ്പൻ	YELLOW WAX-TAIL



Fig. 9. *Brachythemis contaminata*



Fig. 10. *Ceriagrion coromandelianum*



Fig. 11. *Orthetrum sabina* and *Diplacodes trivialis*





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Oriental Magpie robin



Red Wattled lapwing



Jungle babbler



White-cheeked barbet



Red Vented Bulbul



Rock Pigeon





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Peltophorum pterocarpum



Artocarpus hirsutus



Magnolia champaca



Mangifera indica



Canaga odorata



Casuarina equisetifolia





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Black-hooded oriole



Red whiskered bulbul



Common myna



Black Rumped Flameback



Asian Koel



Rose-ringed parakeet



White-throated kingfisher





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Table 4. Checklist of birds of Cochin College campus (2023)

Sl.No.	Scientific Name	Malayalam Name	English Name
1.	<i>Eudynamys scolopaceus</i>	കുയിൽ	ASIAN KOEL
2.	<i>Dicrurus macrocerus</i>	ആനറാഞ്ചി പക്ഷി	BLACK DRONGO
3.	<i>Oriolus xanthornus</i>	മഞ്ഞക്കുപ്പൻ	BLACK HOODED ORIOLE
4.	<i>Milvus migrans</i>	ചക്കി പരുന്ത്	BLACK KITE
5.	<i>Dinopium benghalense</i>	നാട്ടുമരംകൊത്തി	BLACK RUMPED FLAMEBACK
6.	<i>Merops philippinus</i>	വേലിത്തത്ത	BLUE TAILED BEE EATER
7.	<i>Halastur indus</i>	കൃഷ്ണപ്പരുന്ത്	BRAHMINY KITE
8.	<i>Bubulcus ibis</i>	കാമിതൃണി	CATTLE EGRET
9.	<i>Acridotheres tristis</i>	നാട്ടുമൈന	COMMON MYNA
10.	<i>Orithotomus sutorius</i>	തുന്നാരൻ	COMMON TAILER BIRD
11.	<i>Centropus sinensis</i>	ചെമ്പോത്ത്	GREATER COUCAL
12.	<i>Corvus splendens</i>	പേനക്കൊക്ക	HOUSE CROW
13.	<i>Ardeola grayii</i>	കുളക്കൊക്ക്	INDIAN POND HERON
14.	<i>Turdoides striata</i>	കരിയിലക്കിളി	JUNGLE BABBLER
15.	<i>Egretta garzetta</i>	ചിന്നമുണ്ടി	LITTLE EGRET
16.	<i>Cinnyris lotenius</i>	കൊക്കൻതേൻകിളി	LOTEN'S SUNBIRD
17.	<i>Copsychus saularis</i>	മണ്ണാത്തിപ്പുള്ളി	ORIENTAL MAGPIE ROBIN
18.	<i>Pycnonotus cafer</i>	നാട്ടു ബുൾബുൾ	RED VENTED BULBUL
19.	<i>Vanellus indicus</i>	ചെങ്കണ്ണി തിത്തിരി	RED WATTLED LAPWING
20.	<i>Pycnonotus jocosus</i>	ഇരട്ടത്തലച്ചി	RED WISKERD BULBUL
21.	<i>Columba livia</i>	മടപ്രാവ്	ROCK PIGEON
22.	<i>Psittacula krameri</i>	മോതിരത്തത്ത	ROSE RINGED PARAKEET
23.	<i>Pelargopsis capensis</i>	കാക്ക മീൻകൊത്തി	STOCK BILLED KINGFISHER
24.	<i>Amaurornis phoenicurus</i>	കുളക്കോഴി	WHITE BREASTED WATERHEN
25.	<i>Psilopogon viridis</i>	ചിന്നകുട്ടുറുവൻ	WHITE CHEEKED BARBET
26.	<i>Halcyon smyrnensis</i>	മീൻകൊത്തിച്ചാത്തൻ	WHITE THROTED KINGFISHER



Fig.6. Cattle Egret

Biodiversity Register – Cochin college campus / 10





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For accessing the biodiversity register: [click](#)





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1.4.4 BIOMAG - Community-Based Solid Waste Management Project

The BIOMAG project focuses on sustainable solid waste management in Ward VII of the Kochi Corporation. This initiative includes door-to-door awareness campaigns, workshops on recycling and upcycling, and partnerships with local NGOs like Plan@Earth.

- **Implementation:** The project involved educating residents on waste segregation and proper disposal methods, as well as conducting workshops on vermicomposting and recycling. The initiative successfully removed over 5,500 kg of plastic waste from the community, significantly reducing the environmental impact of solid waste.
- **Impact:** The BIOMAG project has increased community awareness and participation in sustainable waste management, contributing to the overall resilience and sustainability of the urban environment.



Figure 8: Biomag - Survey at ward 7 of Cochin Co operation





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Glimpses of Awareness class and collection process –BIOMAG 2018

Figure 9: BIOMAG - Collection Process at Ward 7 of Cochin Co operation





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Figure 10: News paper report on BIOMAG - Official Launch and Awareness sessions at Mattancherry Town Hall by councillor Smt Shyamala



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Mrudula Menon V.
Principal-in-Charge
The Cochin College



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1.4.5 Vermicomposting

Vermicomposting is an integral part of the college's waste management strategy. This practice converts organic waste into nutrient-rich compost, reducing the volume of waste sent to landfills and providing a sustainable solution for waste disposal.

- Implementation:** In the 2023-24 academic year, The Cochin College, in collaboration with Plan@Earth, launched a comprehensive vermicomposting training program aimed at promoting sustainable waste management. The program, primarily supported by students, involved a series of hands-on sessions where participants learned to set up and maintain vermicomposting units. The training included practical workshops on various aspects of vermicomposting, such as selecting containers, preparing bedding materials, feeding worms, and harvesting compost. Additionally, the initiative featured field visits and live demonstrations, providing participants with real-world insights into large-scale vermicomposting operations.
- Impact:** The vermicomposting training program had a significant impact, particularly in raising environmental awareness and fostering sustainable practices. Students acquired practical skills that they were able to implement in their homes and institutions, effectively promoting vermicomposting as a viable waste management solution. The initiative also successfully engaged the local community, with many residents adopting vermicomposting as a regular practice.





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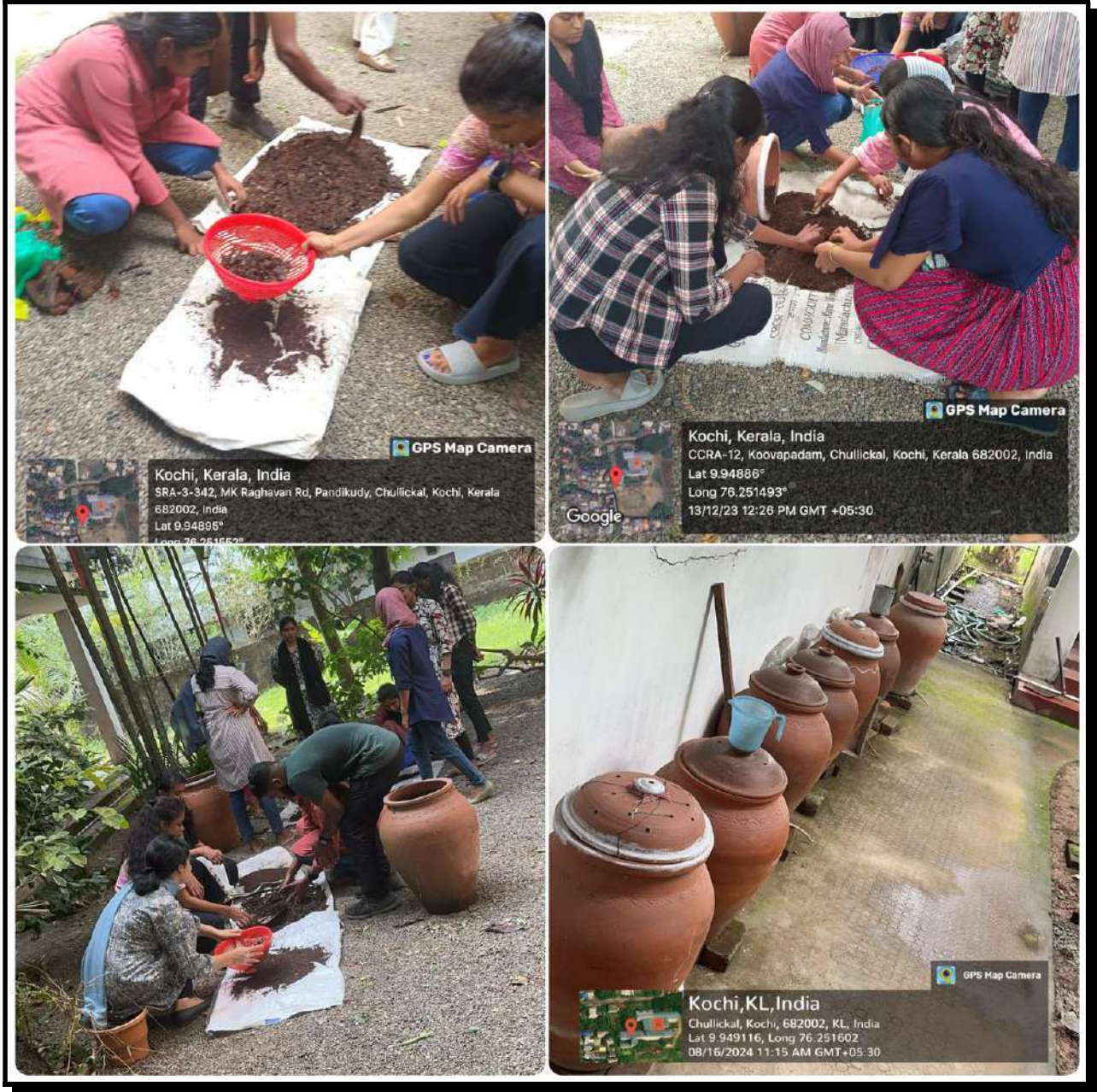


Figure 11: Students engaged in the process of Vermicomposting





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Figure 12: Weighing and packing of Students Vermicompost





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1.4.6 ECOWASH - Bio Enzyme Detergent Project

The ECOWASH project focuses on developing and promoting the use of eco-friendly bio enzyme detergents to address grey water pollution in urban areas, particularly in West Kochi.

- **Implementation:** Students from the Department of Zoology collaborated with Plan@Earth to develop bio enzyme detergents using natural ingredients like citrus peels, jaggery, and water. The project involved community engagement activities, including door-to-door surveys and workshops, to encourage the use of bio enzymes over chemical detergents.
- **Impact:** The ECOWASH project demonstrated significant environmental and health benefits, reducing chemical discharge into sewage systems and decreasing skin-related issues caused by conventional detergents. The initiative also fostered community engagement and a shift towards more sustainable cleaning practices.



Figure 13: Training session for ECOWASH Project





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Figure 14: Training session by plan@earth team for ECOWASH project





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Figure 15: ECOWASH project Team





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1.4.7 Water Hyacinth Removal and Water Quality Improvement

The Department of Zoology conducted a study on the impact of water hyacinth infestation on the physicochemical parameters of canal water in Karumalloor, Aluva, Kerala. The study focused on restoring water quality by removing the invasive water hyacinth and analyzing the subsequent changes in water parameters.

- **Implementation:** The study involved sampling water from a canal infested with water hyacinth before and after the removal of the invasive species. Parameters such as dissolved oxygen, carbon dioxide, pH, and microbial counts were analyzed to assess the impact of water hyacinth removal.
- **Impact:** The removal of water hyacinth resulted in significant improvements in water quality, including increased dissolved oxygen levels, reduced carbon dioxide, and better overall water clarity. The study highlighted the importance of controlling invasive species to maintain healthy aquatic ecosystems and improve water quality in urban areas.





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Figure 16: Sample collection for water testing

1.5 Evidence of Success

The success of these initiatives is evident in several outcomes:

- Reduction of carbon footprint and usage of paper:** The transition to the eCO-SSR paperless documentation dashboard has led to a significant reduction in its carbon footprint and paper usage. By adopting a fully digital process, the institution has effectively minimized the environmental impact traditionally associated with paper-based workflows, such as deforestation, energy consumption in paper production, and emissions from printing equipment.
- Increased Environmental Awareness:** Students and the local community have become more aware of the importance of sustainability, biodiversity, waste management, water conservation, and pollution reduction through





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their active participation in these initiatives.

- **Educational Impact:** These practices have provided students with hands-on learning experiences, enhancing their understanding of environmental issues and equipping them with the skills needed for future challenges.
- **Sustainable Outcomes:** The initiatives have contributed to reducing the environmental impact of the college, promoting sustainable agricultural practices, improving water quality, and enhancing the overall biodiversity and ecological balance on campus.

1.6 Problems Encountered and Resources Required

Challenges: Key challenges include securing adequate funding, maintaining community engagement, and addressing the physical and logistical demands of organic farming, waste management, water quality improvement, and eco-friendly practices.

Resources Required: Continued support from government bodies, NGOs, and the local community is essential to sustain and expand these initiatives. Additional funding and resources are needed to scale up organic farming, enhance biodiversity conservation efforts, expand the reach of waste management and pollution reduction programs, and continue water quality improvement efforts.

1.7 Conclusion

The integration of organic farming, biodiversity conservation, sustainable waste management, water quality improvement, and eco-friendly practices at The Cochin College exemplifies a comprehensive approach to environmental stewardship and urban sustainability. These best practices not only align with SDG 11 but also directly contribute to the goal of making cities and human settlements inclusive, safe, resilient, and sustainable. By promoting sustainable development practices, The Cochin College is contributing to the creation of resilient, inclusive, and sustainable urban environments, serving as a model for other institutions and communities to follow.

2 Best Practice - 2 VIDYA VAHINI

2.1 Title of the Practice: VIDYA VAHINI - "Pathways to Empowerment: A Literacy and Education Initiative"

Vidya Vahini is a flagship initiative of The Cochin College that embodies the institution's commitment to contributing to the community, particularly in supporting vulnerable sections and promoting lifelong learning. This best practice





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aligns with Sustainable Development Goal 4 (SDG 4), which aims to ensure inclusive and equitable quality education and foster lifelong learning opportunities for all. As an institution of higher learning, the College recognizes its duty to impart knowledge beyond its campus, empowering the community through education and literacy, and ultimately paving the way for a more informed, skilled, and resilient society.

2.2 Objectives of the Practice:

The VIDYA VAHINI initiative is designed to promote literacy, enhance reading skills, and educate the community on essential topics such as financial management and waste management. The program's primary objectives are:

- To foster a culture of reading and literacy within the local community, particularly among families in the college's neighborhood.
- To provide opportunities for community members to enhance their reading and language skills.
- To educate women and other community members on core financial management principles, empowering them to make informed decisions.
- To promote environmental sustainability through waste management education and to improve public health by promoting safer menstrual practices.
- To enhance public health and safety during the COVID-19 pandemic by ensuring access to essential hygiene products and educating the community on the critical importance of hand hygiene.

2.3 The Context

In an era dominated by digital media, promoting the habit of reading, especially in underserved communities, has become increasingly challenging. The college identified a need to reach out to its neighbouring families to enhance their access to educational resources. Simultaneously, the college sought to strengthen its library's collection through a sustainable and community-driven approach. The "Books on Wheels" and "Pirannal Pusthakam" (Birthday Book Donation) initiatives were born out of this dual need to promote literacy and enrich the college library.

The college library, recognizing the importance of expanding its collection and fostering a sense of responsibility within the college community, envisaged the "Pirannal Pusthakam" project. This initiative encourages staff to contribute books to the library as a meaningful way of celebrating the birthdays of their loved ones. The project not only adds to the library's resources but also instils a sense of pride and community among the contributors.





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Additionally, the college recognized that certain segments of the local population, such as homemakers and senior citizens, faced significant barriers in accessing library resources. These initiatives aimed to bring books directly to their doorsteps, ensuring that these community members could enjoy the benefits of reading and continuous learning.

Beyond promoting literacy, the college has also taken proactive steps to address broader community needs through its various outreach programs. The "Promoting Financial Literacy among Women" initiative, led by Dr. Liance Mathew, Assistant Professor in the Department of Commerce and a certified financial literacy trainer of SEBI, focuses on empowering women across the Kochi Corporation by providing essential financial management skills. This program equips women with the knowledge needed to make informed financial decisions, thereby enhancing their economic independence and contributing to their overall well-being.

Similarly, the "English Enhancement Programme," organized by the Department of English, targets Anganwadi mothers and teachers, providing them with the tools to overcome common pronunciation challenges faced by native Malayalee speakers. This program not only improves their English language skills but also boosts their confidence, enabling them to communicate more effectively in their personal and professional lives.

In addition to these educational initiatives, the college has also placed a strong emphasis on health and environmental sustainability through the "Swatchatha Awareness Programme." Led by Dr. Manju Subramanian, this program, conducted in Kodakara, raises awareness about effective waste management practices and promotes safer menstrual hygiene. By addressing both environmental sustainability and public health, this initiative has had a lasting impact on the community, encouraging the adoption of healthier and more sustainable practices. As part of the Vidya Vahini initiative, the Chemistry Department at The Cochin College played a pivotal role in public health during the COVID-19 pandemic by launching a Sanitizer Distribution and Awareness Campaign. Recognizing that distribution alone was insufficient, the department paired the sanitizer distribution with a comprehensive health awareness drive.

Together, these initiatives—whether through the promotion of literacy, financial empowerment, language proficiency, or environmental awareness—reflect The Cochin College's deep commitment to serving its community. By identifying and addressing the unique challenges faced by different segments of the population, the college not only enhances its own resources but also fosters a more educated, empowered, and environmentally conscious community. These efforts demonstrate the college's dedication to creating a lasting, positive impact that extends far beyond its campus.

2.4 The Practice: VIDYA VAHINI includes several key initiatives

- **Books on Wheels - Mobile Lending Library and Pirannal Pusthakam-Birthday Book Donation:**

This component of the program promotes literacy by bringing books directly to the community, encouraging reading as a regular habit, and enriching the college library through book donations.





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- **English Enhancement Programme:** Organized by the Department of English, this program focuses on improving the English language skills of Anganwadi mothers and teachers, addressing common pronunciation challenges faced by native Malayalee speakers.
- **Promoting Financial Literacy among Women:** Led by Dr. Liance Mathew, Assistant Professor in the Department of Commerce, a certified financial literacy trainer of SEBI, this initiative educates women across the Kochi Corporation on essential financial management skills, empowering them to make informed financial decisions.
- **Swatchatha Awareness Programme:** Conducted in Kodakara, this program, led by Dr. Manju Subramanian, focuses on raising awareness about effective waste management practices and promoting safer menstrual hygiene, thereby contributing to both environmental sustainability and public health.
- **Health Awareness During the Pandemic Period:** As part of the Vidya Vahini initiative, the Chemistry Department at The Cochin College undertook a significant public health project during the COVID-19 pandemic—a Sanitizer Distribution a comprehensive health awareness campaign to educate the community on the critical importance of hand hygiene in preventing the spread of COVID-19 and other infectious diseases.

2.4.1 "Books on Wheels" - Mobile Lending Library

"Books on Wheels" is a mobile library service initiated by the college to bring books directly to the doorsteps of families living in nearby neighbourhoods. This service is designed to reach those who may not have easy access to a library or books, particularly in communities where financial constraints limit book purchases.

- **Implementation:** Volunteers, including students, visit the homes of residents using bicycles and motorbikes to distribute books. The volunteers carry a selection of books that includes literature, educational materials, and children's books, which they lend out to community members. They follow a regular schedule, ensuring that residents can borrow and return books easily.
- **Community Involvement:** The initiative involves active participation from students who manage the distribution, assist borrowers, and recommend books. Faculty members contribute by curating the book selection based on the interests and educational needs of the community.
- **Impact:** The "Books on Wheels" initiative has successfully brought the joy of reading to many households, fostering a reading habit among children and adults alike. It also strengthens the bond between the college and the local community, as the college becomes a hub of knowledge and learning for all.





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Figure 17: Flag off of VIDYA VAHINI-Book of Wheels by Principal Dr M Geetha





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Figure 18: Distribution of Books by students in Ward 8 of Cochin Co operation



Figure 19: Distribution of Books by students in Ward 7 of Cochin Co operation





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Figure 20: VIDYA VAHINI- Books on wheels ready for distribution



Figure 21: News Paper Report on VIDYA VAHINI-Book of Wheels



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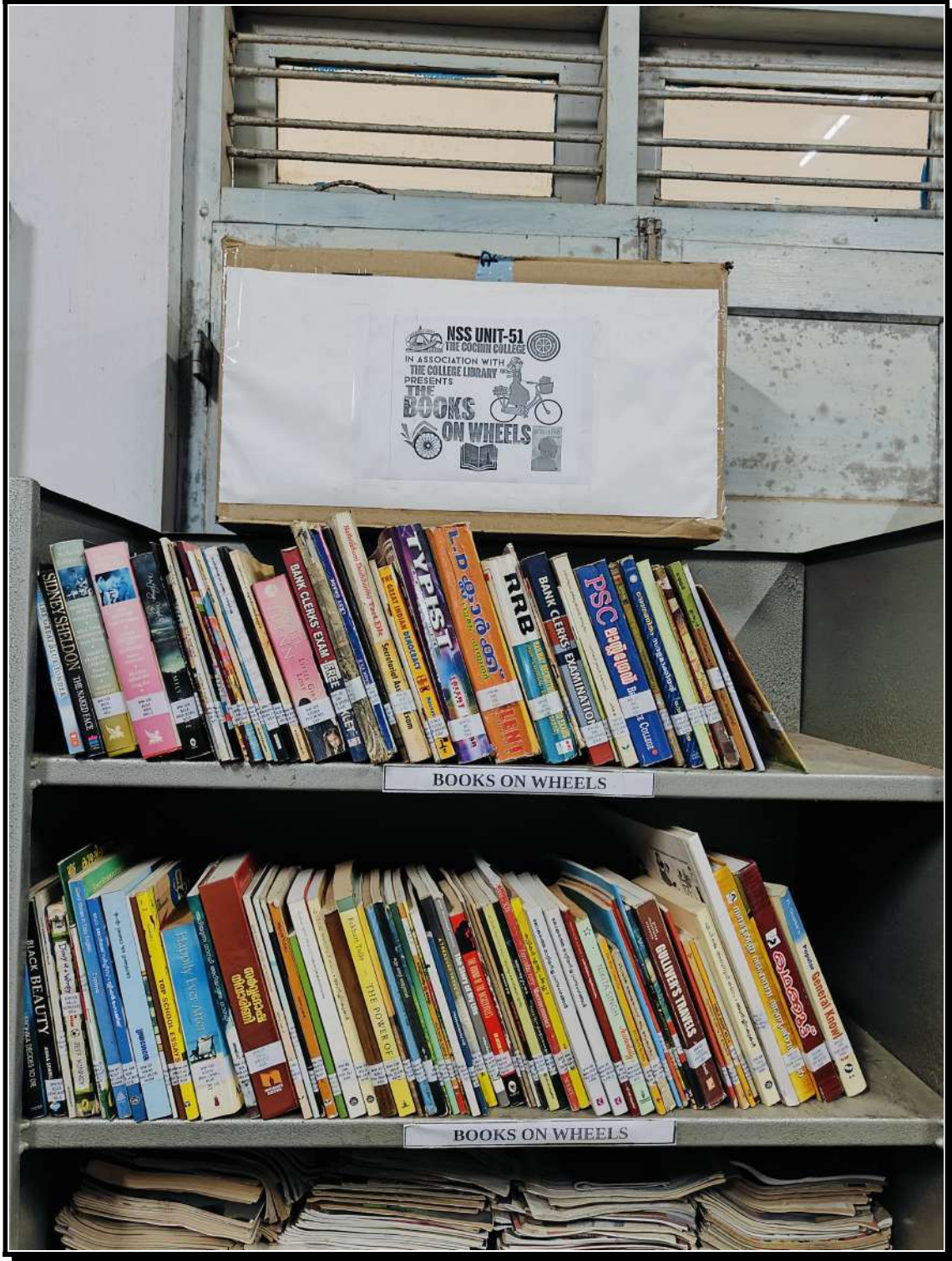


Figure 22: Collection of books in Library for Book on Wheels





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2.4.2 Pirannal Pusthakam (Birthday Book Donation Initiative)

The "Pirannal Pusthakam" initiative encourages students, faculty, and staff to mark their birthdays with a special contribution to the college library. Instead of traditional birthday celebrations, individuals are encouraged to donate a book of their choice to the library.

- Implementation:** The librarian formulates a book list based on the preferences and interests of students, which is provided to potential contributors as a reference. However, contributors are also free to donate books that reflect their personal interests or research fields. On their birthdays, individuals select a book that has personal significance or educational value and donate it to the college library. The donated books are labelled with the donor's name and the occasion, creating a personalised and lasting legacy in the library.
- Recognition:** The college recognizes and celebrates the contributions of these donors through a special mention in the college's annual report and a dedicated section in the library for birthday-donated books.
- Impact:** This initiative has not only enriched the college library with a diverse collection of books but also instilled a sense of pride and ownership among donors. It has created a culture of giving and a tradition of celebrating personal milestones with a contribution to the collective knowledge of the college.






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Reading Week Celebration :- June 19- 25, 2022
Organised by College Library

വായനാവാതേതാനുബന്ധിച്ഛു കൊച്ചിൻ
 കോളേജിൽ ആരംഭിക്കുന്നു.....

 **"പിറന്നാൾ പുസ്തകം"**

അറിവ് ഒരു പുതിയ ജന്മത്തിലേക്കുള്ള
 പിറവിയാണ്. നിങ്ങൾ പിറവിയെടുത്ത
 നിങ്ങളുടെ പിറന്നാൾ ദിനത്തിൽ, മറ്റൊരാൾക്ക്
 അറിവ് പകർന്നു നൽകിയാലോ! ഒരു
 പുസ്തകത്തിലൂടെ...


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 ഉപകാരപ്രദമായ ഒരു പുസ്തകം
 സംഭാവനയായി നൽകൂ ...
 അറിവിന്റെ ഈ ചങ്ങലയിൽ കണ്ണി ചേരു.



For more details contact Librarian

Figure 23: Birthday Book Programme Announcement "Gift a Book-Share the Joy" by Library




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Figure 24: Handing over Birthday Books by faculty





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Figure 25: Handing over Birthday Books by Non Teaching Staffs to Librarian





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Figure 26: Birthday Book Collection in Library



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Figure 27: Birthday books by Faculties and Non Teaching Staffs



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2.4.3 English Enhancement Programme

- **Implementation:**

The English Enhancement Programme is organized by the Department of English at The Cochin College. The program is designed to improve the English language skills of Anganwadi mothers and teachers. The curriculum specifically addresses common pronunciation challenges faced by native Malayalee speakers, providing tailored lessons and practice sessions to enhance their speaking abilities.

- **Community Involvement:**

The program actively involves the local community by targeting Anganwadi mothers and teachers, who play a crucial role in early childhood education. Their participation is encouraged through outreach efforts by the college, ensuring that they receive the support and resources necessary to improve their English language skills. The involvement of the community strengthens the ties between the college and the local population, fostering a collaborative environment for learning and development.

- **Impact:** The impact of the English Enhancement Programme is significant, as it empowers Anganwadi mothers and teachers with better communication skills, which in turn improves their ability to teach and interact with children. By addressing the specific pronunciation challenges faced by native Malayalee speakers, the program enhances their confidence in using English, contributing to better educational outcomes in the community and creating a more inclusive learning environment.





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Figure 29: Interactions with participants





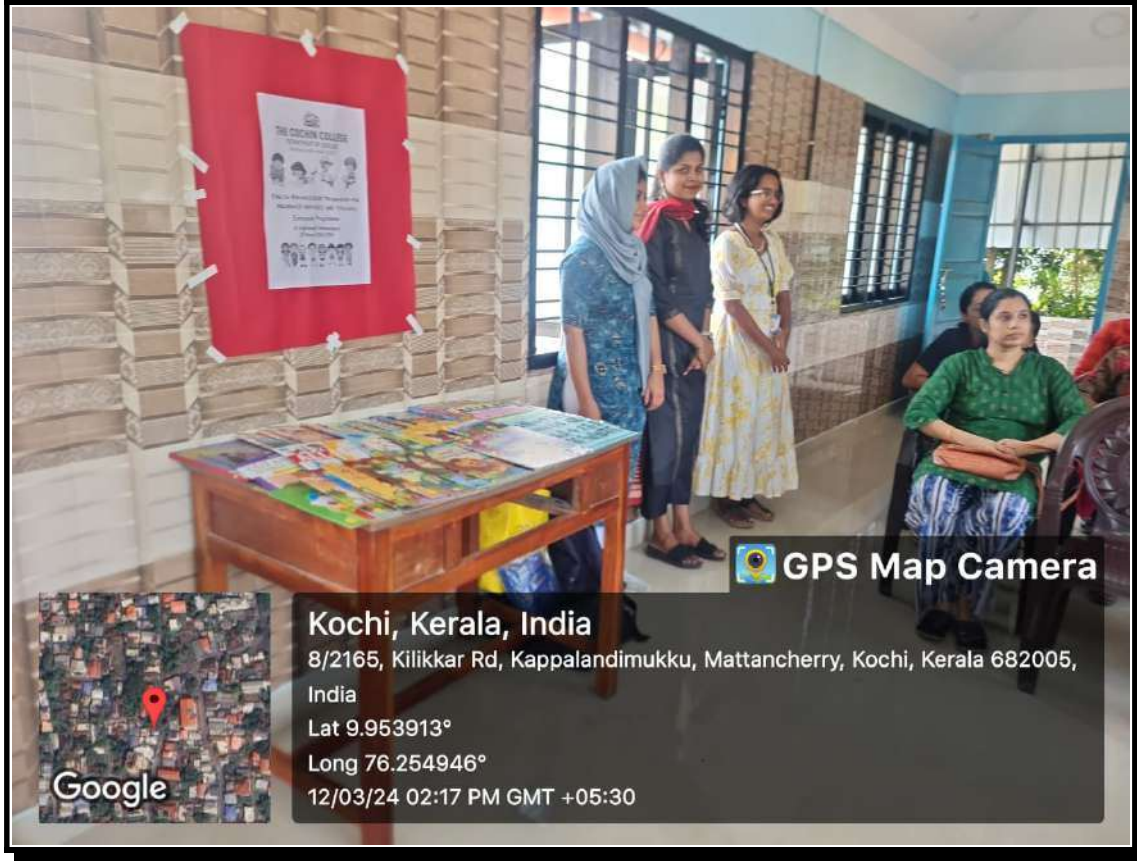
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Long 76.254903°
12/03/24 02:21 PM GMT +05:30

GPS Map Camera





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2.4.4 Promotion of Financial Literacy among Women

- **Implementation:**

The "Promoting Financial Literacy among Women" initiative is led by Dr. Liance Mathew, an Assistant Professor in the Department of Commerce at The Cochin College and a certified financial literacy trainer of SEBI. The program is structured to educate women across the Kochi Corporation on essential financial management skills. The curriculum covers key topics such as budgeting, savings, investment strategies, and understanding financial products, with the goal of empowering participants to make informed financial decisions.

- **Community Involvement:**

This initiative directly engages with the community by targeting women across the Kochi Corporation. Through outreach and collaboration with local leaders and organizations, the program reaches a wide audience of women, encouraging their active participation. The involvement of the community is further strengthened by the local support and resources provided during the sessions, ensuring that the program is accessible and relevant to the needs of the participants.

- **Impact:**

The impact of the "Promoting Financial Literacy among Women" initiative is profound, as it equips women with the knowledge and skills needed to manage their finances effectively. By empowering women to make informed financial decisions, the program contributes to their economic independence and overall well-being. The initiative also has a broader societal impact, as financially literate women are better positioned to support their families and contribute to the economic development of the community.





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Figure 30: Financial Literacy for women





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Figure 31: Promoting Financial Literacy among Women





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2.4.5 Swatchatha Awareness Programme

- **Implementation:**

The Swatchatha Awareness Programme, conducted in Kodakara, is led by Dr. Manju Subramanian. The program is designed to raise awareness about effective waste management practices and promote safer menstrual hygiene. Through a series of educational sessions and practical demonstrations, the program provides participants with the knowledge and tools necessary to implement sustainable waste management practices and adopt safer menstrual hygiene routines.

- **Community Involvement:** This initiative actively involves the local community in Kodakara by engaging residents, particularly women, in discussions and activities focused on environmental sustainability and public health. The program is tailored to address the specific needs of the community, with local leaders and volunteers playing a crucial role in mobilizing participation and ensuring the program's success. Community members are encouraged to take part in the program, contributing to a collective effort to improve both environmental and health outcomes in the area.

- **Impact** The impact of the Swatchatha Awareness Programme is significant, as it enhances the community's understanding of effective waste management and menstrual hygiene. By promoting sustainable practices and safer health routines, the program contributes to environmental sustainability and improves public health standards in Kodakara. The initiative empowers participants to take proactive steps in maintaining a cleaner environment and better personal health, leading to long-term benefits for the community as a whole.





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Figure 34: Swachhata Awareness Programme at Kodakara





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Figure 32: Swatchatha Awareness Programme at Kodakkara



Figure 33: Swatchatha Awareness Programme



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2.4.6 Health Awareness campaign during Covid-19

- **Implementation:**

The Sanitizer Distribution and Health Awareness Campaign was planned and executed by the Chemistry Department of The Cochin College as part of the Vidya Vahini initiative. The department produced hand sanitizers in its laboratories, ensuring that they met the necessary safety and efficacy standards. Once the sanitizers were ready, the faculty and students of the department organized a distribution drive targeting key areas within the local community. Sanitizers were distributed to commercial centers, offices, markets, banks, and other public spaces in the neighborhood where there was a high risk of viral transmission due to frequent human interaction.

In addition to the distribution of sanitizers, the Chemistry Department organized several awareness campaigns to educate the community on the importance of hygiene during the pandemic. These campaigns included practical demonstrations on proper hand sanitization techniques and the distribution of informational pamphlets and posters. Furthermore, the College, in collaboration with local health authorities, facilitated a free COVID-19 vaccination drive, ensuring that the community had access to vaccines in a safe and organized manner.





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Figure 35: Preparation of Hand Sanitizer at chemistry Lab during Covid Pandemic by faculty and staff





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Figure 36: Handing over of Hand sanitizers to public



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കൊച്ചിൻ കോളേജ് രസതന്ത്ര വിഭാഗം തയ്യാറാക്കിയ സാനിറ്റൈസറുകൾ പ്രിൻസിപ്പൽ മുല്ല മേനോനും മാനേജർ തോമസ് വയലാറും ചേർന്ന് നഗരസഭാംഗം ടി.കെ. അഷറഫിന് കൈമാറുന്നു

കൊറോണയെ നേരിടാൻ കൊച്ചിൻ കോളേജിന്റെ സാനിറ്റൈസറുകൾ

മട്ടാഞ്ചേരി► കൊറോണയെ നേരിടാൻ സർക്കാർ പ്രഖ്യാപിച്ച ബ്രേക്ക് ദ ചെയിൻ പദ്ധതിയിൽ പങ്കാളിയാകാൻ ശാസ്ത്രീയമായ രീതിയിൽ സാനിറ്റൈസറുകൾ തയ്യാറാക്കി കൊച്ചിൻ കോളേജ് രംഗത്ത്.

കോളേജിലെ രസതന്ത്ര വിഭാഗമാണ് ജനങ്ങൾക്ക് സൗജന്യമായി നൽകാൻ സാനിറ്റൈസറുകൾ നിർമ്മിച്ചത്. കുട്ടികളും അധ്യാപകരും ചേർന്നാണ് ഇത് തയ്യാറാക്കിയത്.

കോളേജ് മാനേജ്മെന്റിന്റെ സഹകരണത്തോടെയാണ് ഇവ തയ്യാറാക്കിയതെന്ന് രസതന്ത്ര വിഭാഗം മേധാവി സഫ്ന റഷീദ് പറയുന്നു.

കോളേജിൽ നടന്ന ചടങ്ങിൽ കോളേജ് മാനേജർ തോമസ് ജെ. വയലാറ്, പ്രിൻസിപ്പൽ മുല്ല മേനോൻ എന്നിവർ ചേർന്ന് വിതരണം ഉദ്ഘാടനം ചെയ്തു.

നഗരസഭാംഗം ടി.കെ. അഷറഫ് ഏറ്റുവാങ്ങി.

Figure 37: Article published in News paper about the distribution of Hand sanitizers by the college



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Figure 38: Article published in Daily News about the distribution of Hand sanitizers by the college

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Figure 39: Covid Awareness and Distribution of sanitizers in Ward 8 of Cochin Co operation

- **Community Involvement:**

The success of the campaign was significantly bolstered by the active involvement of the community. Local businesses, market vendors, and bank officials readily participated in the initiative, welcoming the distribution of sanitizers and engaging in the awareness sessions. The Chemistry Department worked closely with community leaders to organize the vaccination drive, ensuring widespread participation and smooth execution.

Volunteers from the student body and faculty members played a crucial role in reaching out to the community, conducting door-to-door campaigns in the neighborhood to educate residents on the benefits of vaccination and proper hygiene practices. The community's positive response and willingness to participate were instrumental in the widespread dissemination of health information and resources.





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- **Impact:**

The Sanitizer Distribution and Awareness Campaign had a significant positive impact on the local community. The ready availability of sanitizers in public spaces like markets and banks improved overall hygiene, contributing to a safer environment during the pandemic. The awareness campaigns were effective in raising the community's understanding of the importance of hygiene, not only in preventing COVID-19 but also in maintaining general public health.

The free COVID-19 vaccination drive was another major success, as it provided critical immunization services to a large portion of the community. The initiative helped reduce the risk of severe COVID-19 outbreaks by ensuring that many community members were vaccinated.

2.5 Evidence of Success

- **Increased Library Usage:** The college library has seen a marked increase in the number of books borrowed and donated since the inception of these initiatives. Over one year, the "Pirannal Pusthakam" project successfully added 164 books to the library, significantly enhancing its resources.
- **Community Engagement:** The "Books on Wheels" program has received positive feedback from the local community, with many families expressing their gratitude for the easy access to quality reading materials. The expansion of the program in its second year to include additional community segments reflects its growing success.
- **Enhanced Library Collection:** The "Pirannal Pusthakam" initiative has significantly expanded the library's collection with books that cater to a wide range of interests and academic disciplines, ensuring that the library remains a vibrant and valuable resource for both students and the local community.
- **Financial Empowerment:** The "Promoting Financial Literacy among Women" initiative has empowered numerous women across the Kochi Corporation by equipping them with essential financial management skills. Participants have reported greater confidence in managing their finances and making informed decisions, contributing to their economic independence.
- **Improved English Proficiency:** The "English Enhancement Programme" has positively impacted Anganwadi mothers and teachers by addressing common pronunciation challenges faced by native Malayalee speakers. Participants have shown marked improvement in their English language skills, enhancing their communication abilities and boosting their confidence.





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- **Environmental and Health Awareness:** The "Swachatha Awareness Programme" in Kodakara has successfully raised awareness about effective waste management practices and safer menstrual hygiene. The program's focus on both environmental sustainability and public health has led to increased community involvement and the adoption of healthier practices.
- **Increased Sanitizer Use and High Vaccination Turnout:** There was a noticeable increase in sanitizer use in local businesses and public spaces, with many establishments adopting sanitizers at entry points. The vaccination drive saw a strong turnout, significantly raising the local vaccination rate and contributing to herd immunity in the community.

2.6 Problems Encountered and Resources Required

- **Logistical Challenges:** Coordinating the mobile library's schedule and managing the collection and return of books required meticulous planning and resources. Ensuring the safety of students, staff, and visitors, as well as addressing liability concerns, required implementing appropriate safety protocols, training, and supervision.
- **Sustaining Participation:** Ensuring continuous participation in the "Pirannal Pusthakam" initiative requires ongoing awareness campaigns and incentives. The project also required the allocation of additional time for cataloguing donated books and finding new storage spaces within the library. The college has incurred no additional cost for the implementation of this project, except for identifying the volunteers who have two wheelers to move around and distribute the books.
- **Program Expansion and Adaptation:** The "Promoting Financial Literacy among Women" and "English Enhancement Programme" required the development of tailored materials and resources to effectively address the specific needs of the target groups. Recruiting and training volunteers to deliver these programs, as well as ensuring consistent engagement, posed challenges that required innovative solutions.
- **Cultural and Social barriers:** The "Swachhata Awareness Programme" initially encountered challenges in securing active participation from the community. Overcoming cultural and social barriers, particularly in promoting safer menstrual hygiene practices and sustainable waste management, demanded persistent efforts and the creation of culturally sensitive strategies. There was notable hesitancy in adopting menstrual cups, a key component of the program, as many community members were resistant to this unfamiliar and innovative approach.
- **Initial Hesitancy:** In the case of awareness about Covid-19 and vaccination, Some community members initially displayed hesitancy towards vaccination and the use of sanitizers, due to misinformation and fear surrounding COVID-19. Overcoming this required additional effort in education and reassurance.





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- **Logistical Challenges:** Distributing sanitizers and conducting awareness sessions in densely populated areas posed logistical challenges, particularly in maintaining social distancing and ensuring the safety of both volunteers and participants.
- **Supply Constraints:** At times, there were constraints in the supply of raw materials needed for sanitizer production, which briefly slowed down the distribution process.

2.7 Conclusion

The Vidya Vahini initiative at The Cochin College encompassing a range of impactful programs, including "Books on Wheels," "Pirannal Pusthakam," "Promoting Financial Literacy among Women," the "English Enhancement Programme," the "Swachhata Awareness Programme," and the Health Awareness during Covid-19"s. These initiatives collectively demonstrate the college's comprehensive approach to education and community involvement. By advancing literacy, financial empowerment, language proficiency, environmental sustainability, and public health, they align with Sustainable Development Goal 4, which emphasizes inclusive, equitable, and quality education. The Vidya Vahini initiative has created a lasting positive impact on students and the broader community, positioning The Cochin College as a leader in social responsibility and sustainable development, serving as an exemplary model for other institutions to emulate. These best practices not only foster a love for reading, financial independence, and effective communication among students and the local community but also instil values of social responsibility and environmental stewardship. By encouraging personal contributions, delivering educational resources, and promoting healthier practices directly to those in need, these projects have created a lasting positive impact on both the college and the broader community, making them models for other institutions to emulate.

