

1. Title of the Best Practice: Shaashwat Eco sustainability activities

2. The Context: Every engineering discipline has specific field to work on. If Students have awareness and experience of various projects of sustainability, they can use knowledge and experience gained in practical life to build eco-system which is having Sustainable energy management. Our institute has stated this practice since 2017 with students' involvement. Various activities like, waste water management, green energy, mental health and stress management related activities, Yoga workshop, organizing various expert sessions to create awareness a sense of social responsibility among students and staff.

3. Objectives of the Practice

- To develop awareness about life skills and physical fitness.
- To develop awareness, about environmental sustainability and green energy
- To organize various activities like celebration of world environmental day, organizing expert lecture on sustainability, activities like "Journey of River" to spread awareness on pollution of river etc.
- To develop leadership qualities.
- To inculcate the values of 'generosity' and a 'sense of social responsibility' among the students.
- Creating synchronization of the academic, cultural, and social environment of the institution.

- Arranging special sessions for environmental sustainability and ecofriendly activities.

4. The Practice: Shaashwat Eco sustainability activities pursued by JSPM's Rajarshi Shahu College of Engineering is a mark of our commitment to nurture and sustain the environment.

Following best practices adopted by the institute to contribute about various aspects of life like Yoga, Importance of Aayurveda in our life, vaccination, Life during lockdown and mental health and happiness. Various activities organized for students and faculties for happiness and health during lockdown.

World environment day was celebrated by Shaashwat Eco Sustainability club by arranging various activities and expert session.

The courtyard of word competition was organized where faculties had opportunity to talk on various topics like the best day of my student life. 2) The first lecture I taught. 3) Me and lockdown.

5. Advantages

1. This practice has enabled the institute adopting a Student-Centric approach not only in learning process but also in institutional quality enhancement.
2. It has created a platform for students to share their ideas and views.
3. It has developed leadership qualities among students.
4. It has created sense of social responsibility towards sustainable energy among students and faculties

5. It has not only enhanced the knowledge among the students, but also builds the overall personality skills among them along with the technical skills.

6. Challenges:

- Political issues for proposal sanction.
- Making people aware about activities and convincing them about implementation of projects like waste water management and solid waste management is quite challenging.
- Funds are not available most of the time, getting it sanctioned is again a challenge.
- Space availability for various project implementation.

7. Evidences of Success

Date wise activities are listed as follows

<u>Name of activity</u>	<u>Date</u>
A Courtyard of words Faculty Elocution Competition	23/12/20
Inaugural Ceremony of newsletter “Manthan”	25/1/21
SDG Activity on Good Health and Well-Being	21/2/21
Yoga Workshop by certified Yoga trainer Umin Inamdar	21/2/21
A Session on Ayurveda in Everyday life by Dr. Shyambala Girhe (MD Ayurveda)	28/2/21
Vaccination Awareness Campaign Awareness through social media	7/2/21
Shaashwat Eco sustainability Club Challenge 1: #stayactive60 Activity for Students and Faculty	8/2/2021 to 12/2/2021
Challenge 2: #happiness30 Activity for Students and Faculty	15/2/2021 to 19/2/2021
Challenge 3: #heal15 Activity for Students and Faculty	22/2/2021 to 26/2/2021
World Environmental Day Expert session by Dr Praktan Wadnerkar	5/6/21
The Courtyard of Words	23/12/2020

Some of the Glimses

The screenshot displays a Zoom meeting in progress. The main area is a grid of 20 video feeds arranged in 4 rows and 5 columns. Most feeds show individual participants, while some are blacked out or show a logo (e.g., 'RIN RIN'). Names are visible below several feeds, including 'Nikhil Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar', 'Siddhant Kumar'. The top bar shows 'Zoom Meeting' and the bottom bar shows system icons and a taskbar.

GURL-3

Good Health and Well-Being





Solution

- Development of **THREE WHEELER (ZAMBULANCE)** manually operated cart as emergency service like **AMBULANCE** in villages.
- For Mental Health of students, Activities such as **YOGA, Meditation** can be included once or twice a week in school hours.

Obstacle:

To ensure that students understand importance of emotional well-being, to remove the taboo around mental illness and sensitive students to individuals who may be in distress.

- Improved transportation in medical emergencies.
- Depression is now the single largest causes of death among adolescents in the second leading cause of death among adolescents and young adults.

ZAMBULANCE



PROBLEM STATEMENT
In rural areas, the lack of proper roads and infrastructure makes it difficult for emergency services to reach patients in time. This leads to increased mortality and morbidity.

SOLUTION
A manually operated three-wheeler ambulance, known as the Zambulance, is designed to provide quick and reliable emergency transport in rural areas. It is built using locally sourced materials and is easy to maintain.

IMPACT
The Zambulance has been successfully used in several rural areas, providing a much-needed service to the community. It has helped to reduce the time it takes for emergency services to reach patients, leading to improved health outcomes.

Meditation & Mindfulness



PROBLEM STATEMENT
Students in schools are facing increasing mental health issues, including stress, anxiety, and depression. These issues can significantly impact their academic performance and overall well-being.

SOLUTION
Introducing a regular meditation and mindfulness program in schools can help students develop better emotional regulation skills, reduce stress, and improve their focus and concentration. This can lead to improved academic performance and overall mental health.

IMPACT
The program has been successfully implemented in several schools, leading to a noticeable decrease in student stress levels and an increase in their emotional well-being. Students are also reporting improved focus and concentration in the classroom.

YOGA & MEDITATION



PROBLEM STATEMENT
Students in schools are facing increasing mental health issues, including stress, anxiety, and depression. These issues can significantly impact their academic performance and overall well-being.

SOLUTION
Introducing a regular yoga and meditation program in schools can help students develop better emotional regulation skills, reduce stress, and improve their focus and concentration. This can lead to improved academic performance and overall mental health.

IMPACT
The program has been successfully implemented in several schools, leading to a noticeable decrease in student stress levels and an increase in their emotional well-being. Students are also reporting improved focus and concentration in the classroom.

Methodology:

- Students will be collected from schools or from scrap pickers.
- Availability of water, food or passengers in emergencies.
- Most of the medical appliances and medicines should be available.
- They can create this type of ambulance.
- Minimum half hour of counselling and be added in students curriculum.
- Yoga and Meditation : Counselling hour will be implemented by writing a request letter to respective school/college administration.

Timeline:

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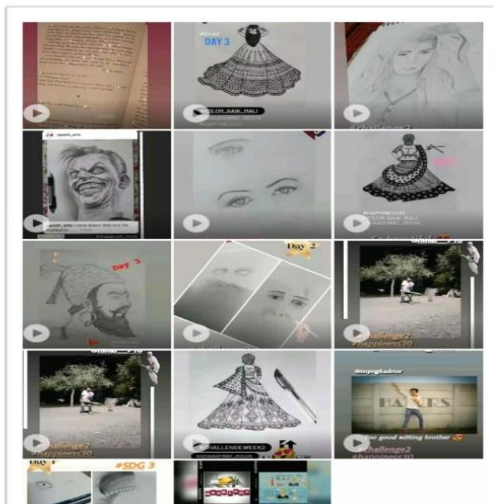
SHAASHWA

An Eco-Sustainability Club

Participants who completed the challenge:

1. Anand Bhanushali
2. Rushikesh Gaudale
3. Suyog Kadnor
4. Sujit Tikone
5. Shubham N.
6. Jishi Thakur
7. Om Naik
8. Shruti Vilas Pagade
16. Anuradha Ugile
17. Sachitha Nagutwad
9. Madure Shivprasad Narayan
10. Vishawas Panchal
11. Madhav Dnyaneshwar Mahajan
12. Ashlesha Bhaunashwar Thakran
13. Sourab Tiwari
14. Parth Hemant Jadhav
15. Abhishek Pawar
16. Nihal Shinde
19. Preksha Thakkar
20. Apeksha Patil
21. Jayesh Mandavkar
22. Prof. Akhil joshi sir





Participants who completed the challenge:

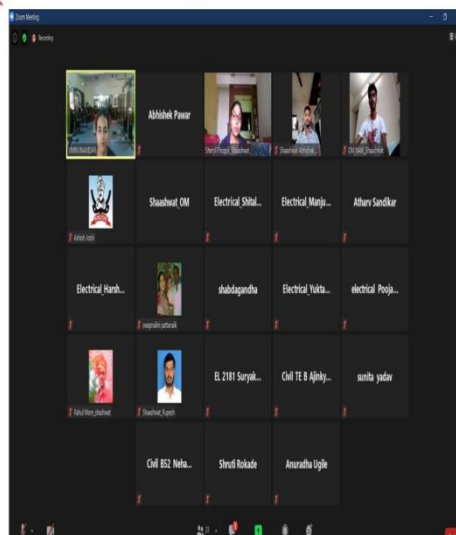
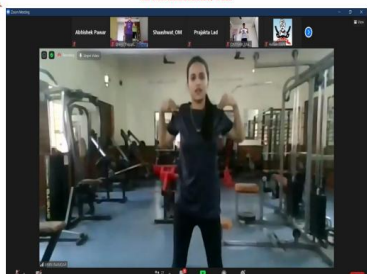
1. Sheryl Thopil
2. Nihal Shinde
3. Prof. Shruti Mahajan
4. Prof. Ashish Joshi
5. Snehal Salunke
6. Atharv Sandikar
7. Abhishek Pawar
8. Om Naik



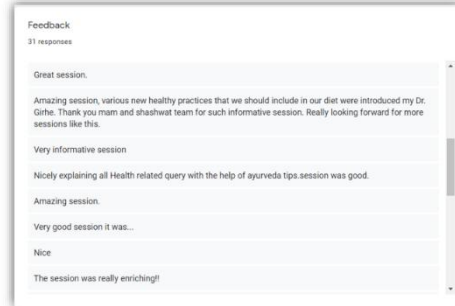
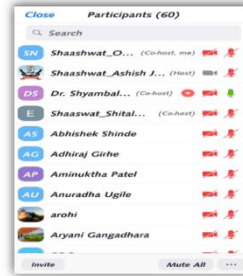
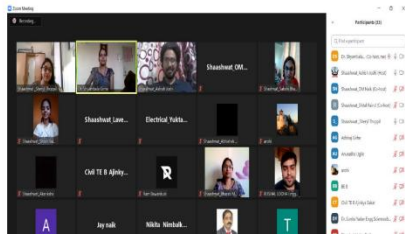
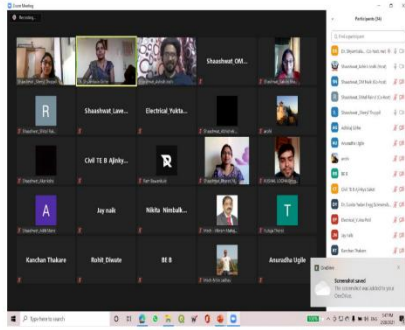
It was well received by all and we had total 67 registrations for this workshop. Also we got lot of good feedback from everyone.



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"Yoga is an art and science of living."



Feedback
31 responses

It was too good session today 😊

Nice work team really glad to be part of your team 🙌

It was amazing

Great session

The session was awesome and its a good initiative for the society in terms of maintaining good health. Keep it up...

Very helpful. Glad that i have attend it. Thank you so much!!

Mast lec tha, kya khana hai kya kha nahi hai ye sab pata chala.khane ke baad kya karana chahiye ye sab malum hua.

It was really good and helpful...

Feedback
31 responses

informative session and really helptul

It was really wisdom full session.Diet is an important factor for a healthy life. I Cleared many doubts regarding wrong practise in day to day life.It gave motivation to focus on regular intake. I urge to take such sessions in future.

Great Session

Nice session

Excellent

It was such a beautiful and usefull session for us.thank you for this session.

One more sessions

Extremely good

Informative session

8. Resources Required:

- Expert /human resource having knowledge of waste water management and various projects of sustainability
- Biological chemical and sludge treatment devices
- Energy management systems for tracking and optimizing usage of energy
- Facilities for water conservation.
- Skilled professionals.



DIRECTOR

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