

ARULMIGU PALANIANDAVAR ARTS COLLEGE FOR WOMEN, PALANI (Autonomous)

Nationally Re-accredited with B++ by NAAC in 3rd Cycle

Affiliated to Mother Teresa Women's University, Kodaikanal)

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7.2.1. BEST PRACTICES

Best Practice – I:

1. Title of the Practice:

Stop Single Use Plastics & Save One Earth – Our Earth

2. Objectives of the Practice:

As per fundamental duties enshrined in Part-IV of Constitution of India, it is a fundamental duty of all “to protect and improve the natural environment including forests, lakes, rivers and wild life, and to have compassion for living creatures”. But the worst damage is being done to the earth due to plastic pollution caused by single-use plastics.

Being aware of the increasing adverse results of using SUP, Arulmigu Palaniandavar Arts College for Women, Palani has come forward with the noble motive of

- Preventing and combating plastic pollution in the campus
- Creating awareness on SUP among public
- Substituting with eco-friendly alternates

3. The Context

The benefits of plastics are undeniable. Plastic is cheap, light and easy to make. These benefits of plastic make it so convenient in our day-to-day lives. The positive contribution of plastics in our lives cannot be denied. Thanks to plastics, countless lives have been saved in the health sector. The growth of clean energy from wind turbines and solar panels has been greatly facilitated. Safe food storage has been revolutionized. These are some examples but the list is endless.

The problem has arisen with the emergence of SUP. The discarded plastic within a few minutes of its first use, gives rise to “throw away” culture, leading to plastic pollution of unimaginable magnitude in our environment.

Palani is a holy town, endowed with natural geographical abundance of hills and rivers. Multitudes of pilgrims throng the place every year. It is sure SUP will slide in and cause damage to the environment.

4. The Practice

Understanding that the curriculum-extension interface has an educational value, especially in rural India, Arulmigu Palaniandavar Arts College for Women, Palani, with all its servicing units such as NSS, YRC, RRC, NCC, Women Cell and the Associations has been working along with the rural society to promote them at all levels. Realizing the fast growing menace by the Single Use Plastics, the college has launched a mass scheme titled 'APAC - END SUP'. The volunteers have taken two resolutions.

- Let us practice ban on SUP in our campus before instructing others
- Let us instruct not by words but action of removing the plastic waste
- Let us introduce alternate products to SUP
- Let everyone use his own non-plastic eco-friendly bags

Inside college Activities:

The college campus is litter-free and plastic-free. Core values regarding environment imbibed by the students are

- banning all plastic products
- using alternate non-plastic products
- conserving the greenery around
- saving the water resources and
- safeguarding the flora and fauna

Schemes and programmes to actualize these good practices are

- Preparing and disseminating seed balls
- Giving training in preparing the alternatives to single use plastics
- Planting saplings inside the campus Carrying out research projects on the related content
- Nurturing organic seeds and herbal plants
- Preparing and selling non-plastic products in the college carnivals and
- Discharging the concept of 'Ban Plastics' through cultural programmes.

The institution adheres to

Zero Waste Policy: <http://apacwomen.ac.in/pdf/policies/7.pdf>

Green Campus Policy: <http://apacwomen.ac.in/pdf/policies/2.pdf>

This enables to sustain the core values with the coordination and cooperation of the student community.

Outside College Activities:

Outreach programmes conducted by the college are –

- Door-to-door campaigns
- Spreading message through Street dramas, skits, Villupaattu etc
- Conducting Mass Rallies
- Sharing Special Lecture on “Perils of Plastics” in other educational institutions
- Participating in Tree Plantation Drives
- Removing Juniflora and Parthenium Plants to save earth
- Pledge Taking on “Say No to Plastics”
- Displaying Hazardous Single Use Plastics and their Alternatives

Highlights of Ban Plastics Drive:

- 500 students and 35 staff participated in World Record Making attempt of planting 6,00,000 trees in Edaiyakkotti by Govt. of Tamil Nadu and planted 6000 plants in an hour.
- 2200 students and 100 staff took part in the Mass Rally on ‘Meendum manjappai’ in Palnai Town, covering 4 kilometres
- 2200 students prepared seed balls and disseminated among school children and passengers in bus stations and railway stations
- 100 NCC cadets and 50 sports players volunteered in Plastic Removal Campaign, conducted by the Dindigul District Collector

5. Evidence of Success

The college has secured the District Green Champion Award for the year 2020 – 2021, awarded by Mahatma Gandhi National Council of Rural Education and Ministry of Education. Milestones of APAC – END SUP in the recent past are -

- Students participated / presented papers / done projects on the theme “Earth / Environment / Ecology: 1098

- Student - led campaigns undertaken by the college for creating awareness on plastic ban, outside the college premises: 38
- Student - led campaigns undertaken by the college for creating awareness on plastic ban and its importance, inside the college premises: 33
- Events / Activities Conducted on the theme 'SUP Reduction' in Environment Day and Earth day Celebrations: 36
- Cleaning up Activities Conducted in Public Places: 22; Quantity of Plastic Collected: 118.500 Kgs
- Cleaning up Activities Conducted inside College: 09; Quantity of Plastic Collected: 6.55 Kgs
- Awards / Certificates of Appreciation won for plastic/ waste management practices/ initiatives: 34

The college has won the 'Meendum Manjappai Award" and a cash prize of Rs. 5,00,000/-, awarded by the Ministry of Climate and Environmental Science, Stae Government of Tamil Nadu in 2022.

The thought of 'Stop SUP' has been aroused in the minds of people of the locality.

6. Problems Encountered and Resources Required:

Social awareness and public education are very important for inculcating behavioural change in plastic usage. Palani is a town Panchayat with its floating population, arising out of the visiting pilgrims. So, stability in adopting the practice of Ban Plastics is a challenging task to the awareness creators. Much of the plastic produced currently is meant for single-use and is discarded within a few minutes of its first use, giving rise to what is called a "throw away" culture. Bringing in behavioural change is limited.

The students of the college prepare Alternate Traditional bags to distribute to the society. But the service is expensive.

The students of Zoology produce Bio-plastic utensils, out of corn waste. This is an experimental study and practising it needs enlarged laboratory facilities and investment.

Resources Required:

Every village needs a recycling unit for plastic waste management. Till then, disposal of the collected plastic waste is hazardous.

7. Notes

The Cells, Associations, Units and Forums of Arulmigu Palaniandavar Arts College for Women, Palani have taken up the sole mission of 'Protecting the One Earth – Our earth from SUP (Single Use Plastics)'. The behavioural change among the student community is quite visible and evident. It is every individual's responsibility to accelerate collective action to solve the climate crisis through groundbreaking science, inspiring media, and an innovative approach to climate philanthropy. The solutions for the climate crisis already exist, and the latest science led by One Earth shows we can achieve the critical goal through our three pillars of collective action:

- A just transition to 100% renewable energy;
- Protection and restoration of half of the world's lands and oceans

"The Earth has enough resources for our need but not for our greed." says Mahatma Gandhi, the World's early environmentalist in vision and practice. Let us follow his foot prints.

Link to Documents: <http://apacwomen.ac.in/pdf/naac/BP01.pdf>

Website Link: <https://www.apacwomen.ac.in/page/best-practices->

Best Practice – II:

1. Title of the Practice:

Promoting Indian Knowledge System through Value Education

2. Objectives of the Practice:

Arulmigu Palaniandavar Arts College for Women, Palani has its origin with the aid of Swamy Dhandayuthapani Swamy Temple, with the Logo 'Gnanathaal Veedagum Naattu' (Enlighten the world with your knowledge). It extends its service in the field of Higher Education, with its deep-rooted morality to revive the Indian knowledge systems.

The objectives are

To sensitize the students to the contributions made by the ancient Indians in all fields.

- To incorporate the long forgotten Indian way of Healthy and Peaceful Life with the present 'fret and fever filled stressed life'.
- To attain holistic development of graduates emerging out of the college

3. The Context

The stakeholders who undergo this practice of reviving the waning Indian Knowledge System and benefitting out of it are the students of the modern era. In the digitalized world and scenario, it is a challenge in drawing them completely to gain the real life experience of the valuable practices for the betterment of their life. The modern lifestyle is an inhibition in imbibing the traditional way of life among the learners of higher education.

The institution attempts to instil the reverence for Indian culture, heritage, language, arts in the minds of the learners by adopting the contextual efforts such as

- Introducing the Indian Heritage through curriculum
- Organizing co-curricular activities on the theme 'Ancient Indian Glory'
- Conducting extra-curricular activities as a way of unlearning the modernity and relearning the ancestry
- Celebrating National festivities with relics of recollections of the past
- Reviving the millet-based food habits of the people in the past.

4. The Practice

The course titled 'Value Education' (Theory & Practical) is prescribed to the students in Under-graduation Programmes. The course content is on the Art of Living, the Value of Meditation and the Yoga practices. Special practical training is offered, which enables the students to practise by themselves in the forth-coming days for the betterment of their lives.

The syllabi of all the Programmes partly touches upon the Ancient Indian Knowledge and Practices by an amalgamation with the major subject. This enriches the knowledge of the students on IKS and paves a morality and ethics-oriented life. The Tamil Linguistics is taught at the Under-graduation level.

The Associations, clubs and Cells of the college conduct various Co-curricular and Extra-curricular activities to throw more light on the forgotten Ancient Indian Knowledge System.

The Research Department of History preserves a Museum, with the rare collection of things of ancestry such as 'Panaiyolai' (Manuscripts in Palm Leaves), Collection of Ancient Indian Coin System, Collection of Ancient Indian Maps, Models of Temple Architecture.

The Extension and Outreach activities of the students of History are centred on the betterment of Tribal People living on the foothills of Kodaikanal Foothills. This enables the volunteers to gain knowledge of the ancestral evergreen natural way of life.

The thrust area of the most of the project works of the students of History are on Temple Art', Sculptures and Inscription', Calligraphy

The Research Department of Tamil gives consistent training in the receding Indian Folk Arts of Tamil Nadu. The performers are sure to disseminate the gained practical knowledge to the future generation.

Palani is the well-known center for Siddha medicine. In association with the Registered Siddha Centers, the Department of Botany maintains Herbal Garden, wherein the saplings are nurtured by the students.

The Department of Zoology nurtures a Vermi-culture Unit to prepare the Vermi-compost, an ancient Indian method in Agriculture. Through the Hands-on-Training, the students gain knowledge and make it an entrepreneurial enterprise.

The Department of Physical Education gives training in sports such as 'Kho-kho' and 'Silambattam', one among the martial arts of ancient Tamil Nadu.

Traditional food Preparation is encouraged and carnivals are conducted.

The NSS Units distribute Herbal drinks, Nilavembu Drink and Kabasuraa Drink, which is the best attempt to prevent the communicable diseases and increase immunity.

The Spiritual Club of the college gives space for the practice of Reading from the Holy Scriptures during Independence and Republic Day celebrations.

5. Evidence of Success

The college is situated in the midst of a vast area of greenery. Most of the trees in the campus are rare age-old trees. The college community imbibes the thought of conserving them as the pride of the institution.

The college adheres to the practice of using traditional bags and mud pottery for drinking water. This practice has been awarded State-level Manjappai Award and a cash Award of 5 Lakhs by the Ministry of Climate and Environment Conservation Training in Art of Living a holistic life is offered by the 'Vaalga Valamudan Center in Coimbatore . Since 2022, the staff and students participate in the world record making event 'Performing 1001 Surya Namaskar' and bag awards and prizes.

The performers in Silambattam (Ancient Tamil Martial Arts have been bagging Prizes at the national Level competitions.

The college proudly registers that none of the college community has been affected by the Pandemic. This has been possible by the distribution of Herbal drinks of Ancient Tamil Nadu.

The college has a future plan to introduce a Diploma Course in 'Saiva Siddhantha'. A study of the Archaeological sites in and around Palani has been carried out, as part of Azad de Mahotsav Celebrations.

6. Problems Encountered and Resources Required:

Problems Encountered:

Any good practice must be everlasting and become habitual. Till being students of this institution, adopting the best life style practices is possible. Most of the outgoing students seem not to adhere to what they practised during their college days. Unless they educate the whole family, this is not possible.

The intrusion of the Pandemic wave was a hindrance to the routine practices as online mode for practising Yoga was not effective.

Resources Required:

The Folk Arts of Tamil Nadu is like a waning moon. It needs due recognition and award to the Folk Arts performers. In spite of giving practice to the students in Folk Arts, there is always a consciousness of the deprived recognition to the future performers.

There must be a scope for marketing the natural agricultural and herbal products by the college at greater level. This may increase the entrepreneurship opportunities of the learners.

7. Notes

Modernity is becoming a threatening term as it carries lot of connotations – referring to the risky life practices such as stress factors, anxiety creators, unnatural food habits and time consuming Android Phone user rate.

It is right time that NEP – 2020 has insisted reviving Indian Knowledge System as its mainstay.

In his ninth consecutive speech from the ramparts of Red Fort, Hon'ble PM, insisted PANCH PRAN: Resolves for Developed and Resurgent India. The Third Resolve is 'Taking pride in our legacy'. This is an important prerequisite for a positive and confident mindset among the citizen to have national pride- pride in its millennia old cultural and spiritual heritage, pride in or legacy and contributions to the world and the pride in

being the citizen of this glorious nation. It is right to say it is the inherent duty of higher educational institutions to pay attention to 'Promote Indian Knowledge System'.

Link to Documents: <http://apacwomen.ac.in/pdf/naac/BP02.pdf>

Website Link: <https://www.apacwomen.ac.in/page/best-practices->