### **Institutional Best Practices**

#### **Best Practice 1 "GREEN PROTOCOL"**

We, the Cochin College, as an ecologically responsible and environmentally committed institution implemented the "Green protocol" in the year 2018. Green protocol is essentially a set of measures which when implemented results in significant reduction of waste with primary focus on prevention of use of disposables and using reusable alternatives like glass/stainless/porcelain cutleries.

We initiated this programme in association with Plan@Earth a voluntary non-profitable organisation registered as a charitable trust. Plan@Earth works in the area of environment conservation by offering solutions for waste management. The College aimed at constantly observing this Green protocol with a view to achieve the following objectives.

### **Objectives**

- 1. To create awareness among the students and staff about the practice of green protocol for the conservation of environment.
- 2. To prevent generation of waste and reduce carbon footprint on campus events.
- 3. To set up a proper system for managing disposables.
- 4. To build and sustain a new ecological culture in the institution, that will bring about lifestyle changes amongst people in such a way that is environmentally sustainable in the long term.
- 5. To spread environmental consciousness and responsible waste management practices to the nearby community through awareness programmes

#### Context

Waste management is the biggest crisis we have been facing for the last few years. A deep analysis into the problem of solid waste management will light the fact that, waste becoming an unmanageable problem is a very recent phenomenon that began hardly ten to fifteen years back at the most. Increase in population as claimed by many is definitely not the main reason. If one analyses critically, why only in recent times waste management has become such a big problem, it boils down to one word "Disposables".

By disposables what is meant here is that the use of one time use and throw products has increased drastically in the past ten to fifteen years and with it the magnitude of the problem of its disposable water bottles, disposable paper, Styrofoam and plastic cups, disposable paper, plastic and Styrofoam plates, disposable food packaging including aluminium and Styrofoam packaging, plastic bags, etc. The biggest challenge is these disposable materials causes mixed waste which can neither be composted (Biodegradable part) nor recycled (the non-biodegradable part) increasing the percentage of inert in a waste

stream. As a socially responsible institution in the field of higher education, we felt it obligatory to address this issue. It is in this context that we started this program. Therefore Green protocol is essentially a set of measures which when implemented results in significant reduction of waste. The primary focus is on waste minimization through prevention of use of disposables.

### The practice

In order to implement the green protocol a multi pronged approach was adopted by the college. As a first step a green protocol committee was constituted consisting of student and faculty representatives. The recommendations of the green protocol committee were put up at the college entrance and in all departments, library and college office. Below are the further actions taken to practice the Green Protocol.

- 1. The committee promoted the use of fountain pens instead of ball pens for avoiding accumulation of plastic waste through discarded ball point pens.
- 2. Both the students and staff are encouraged to use glass bottles and steel cups instead of using plastic bottles and paper cups.
- 3. Directions given to stop the use of plastic covers and flex boards in the campus.
- 4. Students are advised to use soft bound copy in lieu of spiral bound copy to submit their project.
- 5. A workshop on re-cycling disposables was organised in the campus.
- 6. A compost facility has been set up to convert bio degradable waste into compost.
- 7. A seminar was conducted by Plan @ Earth about the wastage of foods and the need of minimising wastage and donating food to charitable institutions.

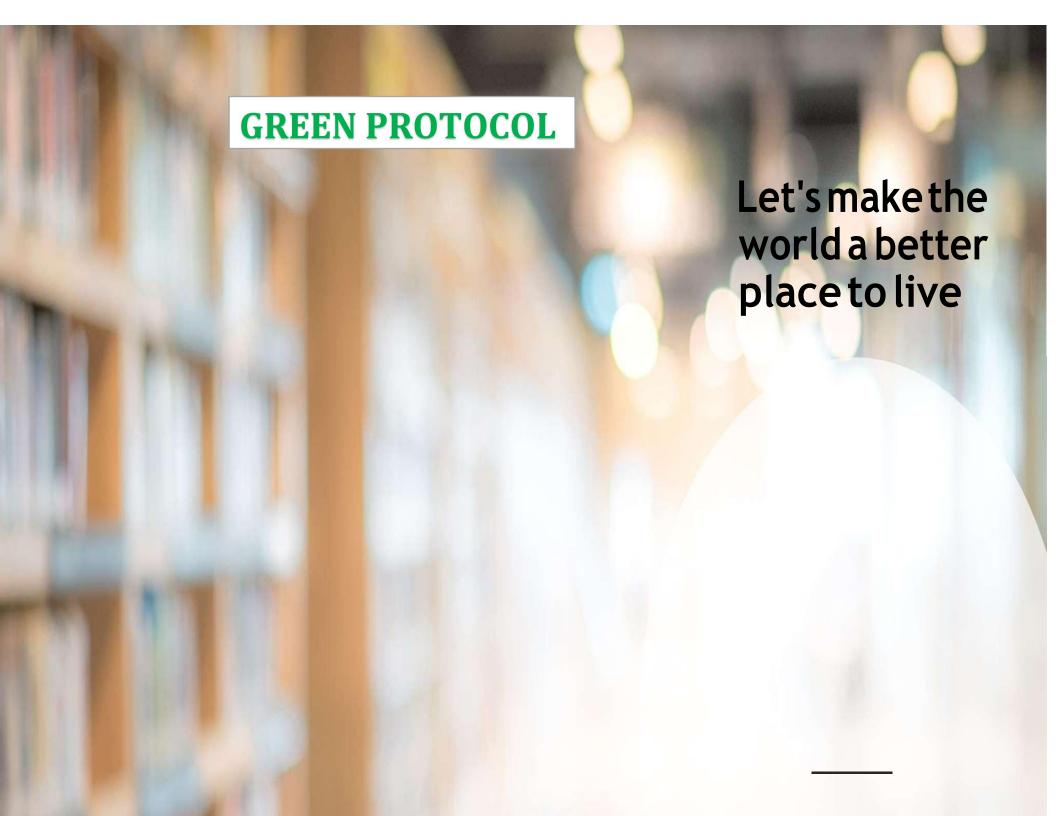
### **Evidence of success**

Plan@earth collected all paper waste from the campus for recycling on 6th July 2018. There would be no monetary benefit for the college. College would only be provided with a green certificate and green credit, based on the amount of paper recycled. The paper waste was converted into fresh A4 papers and distributed among the departments.

Students and faculty members were advised about the phenomenal environmental costs of ball pens and the prefer-ability of reusable fountain pens. There has been an increase in the number of students submitting soft bound copies of the project. The practice of using glass bottles and steel cups were adopted by the college, vermicompost pots were employed to deal with bio-waste. As a practical session on vermicomposting, vegetable waste was collected from Koovapadam market and converted into vermicompost which was then distributed. After the workshop conducted about up-cycling of plastics, an exhibition of up-cycled plastic and waste cloth was held in the campus. The exhibition attracted the students from other institutions and the local community.

### Problems encountered and resources required

Problems encountered	Resources required
Reluctance from the people to switch	More awareness programmes required
from one habit to another	and a proper follow-up procedure is to
	be practised
Inadequacy of materials to replace	With the help of local authorities and
plastic and disposables	their inclusion in this project this
	constraint can be solved up to to a limit
The increased cost of other alternatives	Through recycling of disposables and its
in place of disposable and its	marketing a nominal amount of income
maintenance	can be generated. This can be utilised for
	solving this issue



Launch of Green protocol in the campus

### **Green Protocol**



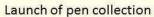




Launch of green protocol

Green volunteer with badge launch of paper collection







Distribution of paper collection boxes First trip to plan@earth



 Green Volunteers Badge and Recommendations to implement Green protocol in the campus put up in the notice boards in the campus.







Supporting staff encouraged to collect plastic pens from the campus



Recycled A4 size paper being distributed to departments, equivalent to the amount of wastepaper given for recycling.





**Green initiatives encouraged in the campus** 

Steel glasses and glass bottles encouraged in the campus.

Project submission: soft bind copies instead of spiral bind plastic copies











Students were encouraged to use ink pens and also to reuse ballpoint pens,

## Vermipots for Biowastes



### Vegetable waste from koovapadam market



### Preparing the Vermipot



Training given to students for vermicopost preparation





• Distribution of vermicompost









Exhibition of upcycled plastics and waste cloth in the campus

Seminar on Food wastage:Pandhals parties and us.

Date: 09-01-2020







### Seminar highlights:

- The need for responsible use of food and food portions.
- Minimizing food wastage and donation of food to Charity organization.
- Impact of single use disposable paper plates and glasses.



Resource person: Sooraj Abraham, Secretary Plan@earth, NGO Aluva





# മട്ടാഞ്ചേരിയിൽ പ്ലാസ്റ്റിക് മാലിന്യ നിർമാർജന പദ്ധതി തുടങ്ങി

ട്ടോണ്ടേൻം ട്യോബോടി പ്യാഴാം വാർഡിൽ പ്ലാസ്റ്റിക് മാലിന്റ് നിർ മാർജന പദ്ധതിക്ക് തുടക്കമായി. മാലിനും ശേഖരിച്ച് തമിഴ്നാട്ടി ലെത്തിച്ച് റി സൈക്ലിങ് നടത്തു ന്ന പദ്ധതിയാണിൻ. വാർഡിലെ എല്ലാ കുടുംബങ്ങളെയും ഉദം പ്ലൈട്രത്തി നടപ്പാക്കുന്ന പദ്ധതി, കൊച്ചിൻ കോട്ടേജിലെ സുവോ ഉജി വിടാഗത്തിന്റെ സഹകര നേത്തോടെയാണ് നടപ്പാക്കുന്ന ൽ. 'പ്ലാൻ അറ്റ് എർത്ത്' എന്ന സന്നദ്ധ സംഘടനയും സഹക ജിക്കുന്നു വനിതകരം ജിക്കവാറും ദിവ സങ്ങളിൽ വീടുകളിലെത്തി പ്ലാ സ്റ്റിക് മാലിനും ശേഖരിക്കും. പാൽ കവർ മുതൽ വലിയ പാ ത്രങ്ങരം വരെ ഏതുതരം പ്ലാസ്സി ക്കും ഇവർ ശേഖരിക്കും. എല്ലാം വൃത്തിയാക്കി നൽകണമെന്നു

വാർഡിലെ അങ്ങുറോളം കുടുംബങ്ങളെയാണ് ആദ്യഘ ട്രത്തിൽ പലതിയിൽ ഉഗപ്പെടു ത്തിയത്. കൂടുതൽ വീടുകളെ ചേർക്കാൻ ശ്രമം നടക്കുന്നു. നാട്ടുകാരെ പരങ്ങുപ്പിച്ച് ബോ ധവര്കരണ പരിപാടിക്കാ സം ഘടിപ്പിക്കുന്നത് കൊച്ചിൻ കോ ളേജിലെ വിദ്യാർഥികളും അധ്യാ പകരുമാണ്.

വധതിക്ക് തുടക്കംകൂറിക്കു ന്ന ചടങ്ങിൽ നഗരസഭാംഗം ശുടള എസ്. പ്രജ് അധ്യക്ഷത വഹിച്ചു, കൊച്ചിൻ കോളേജ് അധുവകരായ ഡോ. സ്വിത എൻ.ആർ. ഡോ. എസ്. മഞ്ജു. ഡോ. വിൻജ് കൂമാർ എന്നിവ രൂം, റസിഡൻറ്സ് അസോസി യേഷൻ പ്രസിഡൻറ് സനാതന പൈ. 'പ്ലാൻ അറ്റ് എർത്ത്' പ്ര തിനിധികളായ അബ്ലാം റഹീം, രോഹിണി ഗോപിനാഥ് തുടങ്ങി യവരും പങ്കെടുത്തു.

ഏഴാം വാർഡ് പൂർണമായും പ്ലാസ്റ്റിക് വിടുക്ത മേഖലയാക്കാ നാണ് ലക്ഷ്യമിടുന്നതെന്ന് ശ്യാമള എസ്. പ്രഭൂ പറഞ്ഞു.

മാലിനും രണ്ടാഴ്ച കൂടുമ്പോ ഴാൺ കൊപ്പിയിൽ നിന്ന് കൊ ബ്യപോകുന്നത്. ഈ വാർഡിൽ പദ്ധതി വിജയിക്കുന്നതോടെ നഗരത്തിൻെ എല്ലാ ഭാഗത്തേ ക്കും വ്യാപിപ്പിക്കാനും പരിപാടി യുണ്ടെന്ന് അധികൃതർ പറഞ്ഞു.

### Best Practices 2 'PEPPERSAAV'- "Eat healthy live wealthy"

Fort Kochi is referred as'The Queen of Arabian Sea'. Kochi is bestowed with an interesting heritage influence and the eventful history behind the town presents a picture of relaxed grace that reflects a bygone era. Kochi is also well known for its varied styles of cooking and food culture. By adopting this unique food culture of Kochi , The Cochin College launched "Pepper Sav "a food festival in the year 2016 which was aimed to propagate the ethnic cuisine of Kochi . The program has been running continuously for the last four years, once in every year, under the leadership of Department of Commerce in association with Entrepreneurship Development Club of the college.

### **Aims & Objectives**

- 1. To present the ethnic and natural culinary culture of Kerala.
- 2. To develop a good food habit by showcasing and marketing Kochi's diverse cuisine.
- 3. To help the students for developing their entrepreneurial traits.
- 4. To give a real life experience to the students about the promotional strategies for selling a product and cash management.
- 5. To make the community aware of the value of good diet for healthy living.

#### Context

Kochi has a diverse, multicultural and secular community consisting of Hindus, Christians, Muslims, Jains, Sikhs, Konkanis and Buddhists among other denominations. The city's pan-Indian nature is highlighted by the substantial presence of various ethnic communities from different parts of the country. As a result, a variety of ethnic food flavors are intertwined with the culture of Kochi. At the same time, unhealthy eating habits like the consumption of fast food and junk food without control and the supply of substandard and adulterated food by the greedy participants in the food industry invites disease and shortens life expectancy of the people. Therefore, the goal of opening up Kerala's storehouse of traditional culinary culture to the younger generation along with promotion of our healthy and nutritious food habit is very relevant today.

It was in this context that we, the Cochin College as a renowned institution located in the heart of kochi came to this event. Moreover, the program, which is run

entirely by the students, paves the way for them to develop their organizational skills and discover entrepreneurial ability.

### The practice

For the practice of Peppersaav, a committee consists of faculty members and students was constituted under the leadership of Department of Commerce. The association from the Entrepreneurship Development Club of the College has also been sought. The committee convened meeting at regular intervals and planned to co-ordinate some activities. Following are the events conducted as a part of this venture.

- A food festival was conducted in the campus invoking the importance of the value of traditional and healthy food culture of Kerala.
- Around 10 temporary kiosks were opened in the campus offering different cousins
- All the kiosks were fully managed and controlled by the students divided into class groups
- > Separate area were also provided for dining
- Exhibition of ethnic, sumptuous and delicious food varieties were in all the 10 stalls
- Live cookery demonstration were also arranged in most of the stalls.
- The invitees from the local Self Government, the people from the nearby community and foreigners were also became part of this programme
- Competitions were held to find stalls where the products were well marketed and sold and prizes were awarded.

### Evidence of success

The students conceive of it as a tribute culinary culture of Kerala. The launch of this programme was as a continuation of their academic and creative pursuits . The presence of tourists from different parts of the world added grace to the occasion. All the stalls were equally good and the tireless effort of the members of each stall created a superb festival day for all. We evaluate the success of this program as follows

- This event offered a great opportunity for all those who attended the programme to enjoy the ethnic delicacies that were cooked using traditional recipes.
- The motto of 'Leading a Healthy Eating Habit' was conveyed to the participants to some extent through the promotion of non-harmful culinary arts.

- The students were acquainted with real life experience of marketing a product with all its intricacies.
- The students experienced the inside and out of a project by covering the area of financial, business and risk management
- Most of the units from the kiosks turned break even, some turned profitable and few ended up in loss
- The community outside the college enthusiastically embraced and collaborated on the event. The students were able to interact with them and sell their products.

### Problems encountered and resources required

Problems encountered	Resources required
The programme not gained its full	The programmes that give true
potential as it is being conceived. The	understanding about a healthy life style
complete pursuit of a healthy diet and its	should be conducted with the
proper knowledge is still a mirage	participation of the community
Unable to go down into the community	Need co-operation from the part of local
and turn it into a great outreach program	authority
Although there earned some profits from	The strategies for marketing the products
the kiosks as a separate unit, financial	that creates more income for running this
constraint is there for the establishment	programme should be planned
and implementation of the programme.	

# THE COCHIN COLLEGE, KOCHI -2

ENTREPRENEURSHIP DEVELOPMENT CLUB

THE POST GRADUATE AND RESEARCH DEPARTMENT OF COMMERCE

Organises

"PEPPERSAV = V"

Date: 30-01-2020

**Venue: Cochin College Campus** 





