



## Best Practices

### Practice 1

**Title of the practice: Combining practical aspects of learning with theory.**

**“Theory without practice is of little value, whereas practice is the proof of theory. Theory is the knowledge, practice the ability.”- Alois Podhajsky**

#### **Objectives of the Practice:**

- To equip students to relate to the context and content of theory presented in the books and apply it to real life situations.
- To engage students in the learning process and equip them with skills to be active participants.
- To equip them with problem solving techniques.
- To increase employability.

**The Context:** Traditional system of learning and training is a one-way process and does not expose students to real life situations, making them passive recipients. In today's competitive environment the graduates require scientific application of knowledge and specialized skills. The student should be able to apply theoretical knowledge for problem solving purposes and learn real life skills and help build confidence and effectiveness. Applying theoretical frameworks to practical aspects can enhance the prospects of students to be successful in the job market.

**The Practice:** Eminent personalities and professionals from academia-industry are invited to deliver lectures on various topics.

Faculties interweave practical issues especially in Accountancy, Management and Social Sciences within the prescribed syllabus.

BAF Department conducts a 'Business Week' where current topics are studied in innovative way.

Special sessions are conducted for preparing google sheets & writing research papers and students are encouraged to participate in seminars and present papers.

Workshops on photography, videography, story and poetry writing, exercises in listening, speaking, reading-writing skills, educational field visits, seminars/webinars on digital marketing, soft skills, self-development and activity-based teaching help generate interest in students thus improving their effectiveness.



## SADHANA EDUCATION SOCIETY'S

(Registered under society's act of 1860 & Bombay Public Trust Act 1950)  
Linguistic (Gujarati) Minority

# L. S. RAHEJA COLLEGE OF ARTS & COMMERCE

Estd : 1980

Relief Road, Santacruz (W), Mumbai - 400 054.

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The college has a preplacement training programme 'Antarang' for aided courses and 'Talerang' for self-financing programmes that aid students learn to face placement interviews.

The institution has an Entrepreneurship Cell (BMS) in association with the Asian Institute of Family Managed Business. The idea of the cell is to inculcate and enhance entrepreneurial skills among students and to motivate them to enter into start-ups.

The BFM Department has a Stockers' Association where students discuss and analyse the functioning of the stock market. The students speculate on the market trends by giving timely reports on buying, selling and holding stocks on the Stockers' Association notice board. The association live streams the Union Budget every year, providing a platform for students to discuss & deliberate the nuances of the budget.

Mathematics, Statistics & Computers Department conducted Bridge course by preparing booklet covering basics of Mathematics, Statistics & Computers. Workbooks are prepared in Mathematics, Statistics & Computers, Business Communication, Communication Skills and Economics.

Field visits and internship programmes are conducted to expose students to experiential learning. Exhibitions, poster competitions, quizzes, debates, balance sheet presentation, mock interview sessions and slogan writing are conducted by departments to give students insight into the various nuances of various subjects.

The Self-Financing courses organize intra-collegiate competitive events that expose students to the practical aspects of marketing & business strategies.

The Forum for Digital Education provides infrastructure support, information and encouragement to students for pursuing online courses. This forum aims for skill development to bridge the gap between education and employability.

BMS Department through Indian Institute of Digital Marketing trains students for digital skills like social media marketing, graphic designing, google ads and MS Excel across various colleges in Mumbai. The best speakers of the industry share their knowledge and experience with the students giving them view of the practical world.

### Evidence of success:

To expose students to practical aspect of education, field visits were conducted to Santacruz (West) police station, Bandra East court, Indian Institute of Packaging, Dharavi, RBI monetary museum, Numismatics Museum Archives, Thane Mental Hospital, Industrial visit to Patanjali, Coca Cola plant etc.





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The BSc.IT students have developed Wi-Fi Samai, SES's StudyLite App which is available on Google Playstore & Management Quota Software which has been implemented and used in the admission process in the college.

Students participated in Avishkar Research Convention in 2019-2020 organized by Mumbai University. Students presented their research on the topics of 'Differences in Happiness and Life Satisfaction between people practising meditation and people not practising meditation' and 'Impact of 2 different coloured highlighters on memory in college students in Mumbai'. Two groups won the poster round at the zonal level from which one group got selected for inter zonal round. In 2020-2021, 4 groups participated in the research convention.

The Sociology Department organized exhibition on Rethinking Development, Deconstructing Society where students through power point presentations and posters critically examined issues like practice of Nikah Halala, misogyny, motherhood myths, homophobia, development, displacement etc. History Department conducted exhibition 'Experience history with five senses' to inculcate interest in students about their history and heritage. Exhibition was conducted by BBI Department to get better understanding of the Foundation course subject and learn presentation and develop communication skills.

The History Department students visited and participated as volunteers in 'Exhibition of Rocks, Minerals and Archaeological Antiquities' at University of Mumbai, organized by Centre of Extra-Mural studies.

The History Department students through the exhibition 'Museum on Wheels' undertook activities like coin making, seal making, pottery making and making book mark with Ancient Scripts.

The Commerce Department organized Monsoon Mania and Commerce Mall where students learnt application of management principles like Direction, Coordination, Planning, Staffing etc. through innovative games.

The Self-financing departments organize annual intra-collegiate festivals like MYOB (BMS), Technika (BSc.IT), Earning while Learning (BBI), Finzard (BFM), Food Carnival (BMM) and Trends Association (BAF) with the aim to provide a platform to the students to combine theory with practical application where students learn the skills of stock market trends, management principles, marketing skills, entrepreneurship etc.

UC Berkeley in association with Talerang organized an employability training project in 2019-2020. Antarang foundation has begun CareerReady programme from February 2020.

The college offers certificate and skill-based courses to enable the students to learn beyond the curriculum. Some of these courses are as under:

- Certificate course on English Speaking for employability.
- Certificate Course on 'Basic Listening Skills'.



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- Certificate course on GST.
- Certificate course on 'An Introduction to Data Analysis using R software and MS Excel'
- Certificate course on 'An Introduction to Research Methodology for Social Sciences' and one day workshop on 'Action Research'.
- Certificate course on Ashokan ब्राह्मी लिपी & मोडी लिपी.
- University Approved online add-on course under Skill Development Programme with Financial Planning Academy.
- One-week course in collaboration with Zell Education's Ride of Investment.

### Problems encountered and resources required:

Since syllabus is framed by University of Mumbai the scope to include current topics is limited due to time constraint. It is difficult to sustain interest of students in actively participating in various activities throughout the year.

### Practice 2 Title of the Practice: Community engagement through Extension Activities

**"The ability to think straight, some knowledge of the past, some vision of the future, some skill to do useful service, some urge to fit that service into the well-being of the community—these are the most vital things education must try to produce." -Virginia Gildersleeve**

### Objectives of the Practice:

- To instil a sense of social and civic responsibility among the students.
- To develop positive outlook inspired by the spirit of service and contributing to nation building.
- To enable students to grow into responsible citizens & become effective nation builders.
- To facilitate community empowerment.
- To help in personality development and fostering spirit of volunteerism.

### The Context:

Apart from imparting theoretical and practical education, it is important to create link between knowledge and action inculcating in students' sense of community service and volunteerism making them responsible citizens, conscious of the society around them. Extension activities awaken students' sense of social responsibility and helps in developing leadership, organizational and team work skills.





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### The Practice:

**“Only a life lived in the service to others is worth living.”- Albert Einstein**

The college has a well-organized NSS and DLLE unit where students engage in community service voluntarily and contribute to wellbeing of the society. Participation in various community driven projects creates environmental, social and political awareness. Through Population Education Club, the objective of DLLE is to sensitize the students towards socio-cultural realities and environmental issues.

The students participate in tree plantation drive, cleanliness drive and voter awareness programmes annually.

Awareness camps on health issues are undertaken regularly. Lectures by experts are held to create awareness about organ, skin and eye donation. Malaria, dengue and typhoid awareness workshop, AIDS awareness week, eye check-up camp, yoga workshops are conducted to promote health and fitness. The NSS organises blood donation and thalassemia check-up camps.

The institution annually organizes voluntary donation drives to encourage the staff and students to make or buy toys / DIY gifts / puzzles for children and donates the proceeds to NGOs working for the underprivileged.

The NSS unit has adopted the Sakwar Village, Palghar district in 2018-2019 and 2019-2020 where the students went for week-long residential camp. NSS volunteers undertook various activities like construction of garden area at Jila Parishad School, wall painting, text books, stationery and clothes donation at school, Voters ID card awareness to Adivasi people, assisting Ramakrishna Mission in garden construction etc.

To promote self-reliance of tribal women and market their products, the NSS unit promoted the sale of Bamboo Rakhi made by tribal women.

In times of natural calamities, the NSS and DLLE units contribute towards the relief fund through voluntary monetary and non-monetary contributions.

### Evidence of success:

The NSS/ DLLE conducted tree plantation drive, best out of waste competition, anti-plastic campaign, swachata pakhwara, Juhu beach cleaning and Swachhata He Seva.

NSS unit actively participated in 'Bottles for Change', an initiative by Bisleri that aims to educate citizens about the importance of recycling plastic. Students participated with the objective to collect the plastic bottles for recycling and to provide clean environment under the guidance of experts from Bisleri International Pvt. Ltd.





In 2017-2018 NSS organized a senior citizen's programme where the students interacted with senior citizens of the neighbouring areas regarding the problems they were facing. More than 100 Volunteers of NSS of the institution in collaboration with Mumbai Police, SantaCruz (West) Police Station in 2020-2021 undertook the Project Senior Citizen Mapping for the care and prevention of crime against senior citizens under the guidance of Senior Police Inspector Shri Gyaneshwar Ganore and his team. The programme will continue till the details of all the senior citizens living in different societies within the jurisdiction of SantaCruz West Police Station are collected.

Awareness sessions on thalassemia, covid plasma donation, covid appropriate behaviour and covid vaccination were organized to celebrate World Thalassaemia Day on 8<sup>th</sup> May, 2021. Blood donation camps are conducted regularly.

Pre diabetes research study sponsored by the World Health Organization was undertaken to study the effects of food-based intervention on pre diabetes for the students of age group 16-25 years.

The activity NGO Mela (Social Orbit) is organized by the NSS which is exhibition cum sale of gift items, stationery, decorative, food items, clothes etc. It offers the NGOs an opportunity to spread awareness among the students about the social cause that they worked for and to showcase their products and raise funds directly by selling the products to those present at the camp. Every year about 10 NGOs participate and sell their home-made products.

In 2017-2018 NSS unit conducted a voluntary donation drive 'Box of Hope' where students offered contributions in the form of clothes, stationery & newspapers to make paper bags, etc. and contributions were handed over to orphanages.

In 2019 DLLE students visited the NGO 'Sab kee Rasoi' in Bandra East to distribute clothes and stationery collected during 'Joy of Giving' to cancer patients and their family members. Students also participated in the *langar* service there. In 2019-2020 the DLLE students visited Disha Karnabadhira, a school for deaf and dumb to spend quality time with the students there and teach them craft and art work. On occasion of World NGO day, 27<sup>th</sup> February 2021, the DLLE staff and students celebrated the activity 'Lets gift a smile' where the staff and students donated toys and activity games for small children and the same were donated to Disha Karnabadhira Vidhyalaya, Vile Parle East.

The NSS took the initiative of collection of clothes, groceries, & medicines for Kerala Flood Victims in August 2018 which were donated to Goonj Foundation for the flood victims.

The DLLE and NSS unit organized a donation drive in August 2019 to aid the flood victims of Kolhapur –Sangli of Pune Division. Staff and students actively participated and made generous contributions of food, clothes, toiletries, medicines, and various other necessities that saw participation of 1000 students/staff members. Generous relief material collected by the staff, volunteers under the banner of NSS and DLLE as a result of the cumulative efforts, was distributed to more than 4000 families in villages Terwwad, Herwad, Shirti, Bastiwad,





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Merwad, Kurundwad, Tal. Shirol, Pundi, Tal. Palus, Avali BK, Karanjens Tal. Radhanagari, Bahireswar, Tal. Karveer, Khochi, Bhendawade Tal. Hatkanagale, Bhilwadi Tal. Tasgaon, Bahegaon, Islampur, some villages from Sindhudurg district and medicine Doxycycline in villages in Pen Tehsil.

The NSS students helped the Mumbai Traffic police during Ganapati Visarjan and Juhu beach cleaning. The Clean-A-Thon 2019 activity was organized with the objective to work for the cleaning and beautification of the beach every year post Ganpati visarjan under the guidance of resource persons from Rajani Foundation (India), United for Greater Cause and Municipal Corporation of Greater Mumbai.

To create awareness on importance of voting and voters' rights & responsibility the NSS and DLLE regularly organize activities like Voter's Awareness Pledge, Voter's ID Awareness through rallies, posters, banners and spread the message on the necessity to have Voter's ID to elect the right government. In 2016-2017 registration of Voter's ID was done by the NSS unit, Voters ID Card registration help desk in collaboration with election commission was organized in 2018. The National Voters' Day is celebrated on 25<sup>th</sup> January to create awareness about the election process and its importance.


Counselling sessions to assist the students with learning disability/differently abled about online examination was organized in 2020 with the objectives to make students aware about the examination pattern, extra time, dos & don'ts of online examinations and technical issues concerned with online examinations.

Under the able guidance of Ramsagar Yadav, NSS Programme Officer, the unit has won appreciation for their activities and the college was awarded the Certificate of Social Warrior on 21<sup>st</sup> July, 2019 and the Certificate of Opting Zero Plastic Model by Mr. Chinu Kwatra, the Founder and Secretary of Khushiyaan Foundation. It was also awarded certificate of appreciation in recognition of organizing Animal Rights Awareness Drive. The college received the best college award under the category Best Social and Community Service during the Progress Global Awards 2021 from The Progress, an Initiative of the Sri Aurobindo Yoga and Knowledge Foundation Trust, Chhattisgarh in the presence of the Chief Minister of Chattisgarh.

### Problems encountered and resources required.

More faculty participation is required. Appointment of full-time faculty as programme officer for effective utilization of human resources is required. More financial assistance is needed.



  
**Dr. Debajit N. Sarkar**  
(Principal)