

Title of the practice 1 – To carry out plantation drives '**Ek ped maa ke naam 2.0**' under the Green action plan of DHE

Objectives of the practice -

- **Honouring Mothers** - Encouraging individuals to plant a tree as a tribute to their mothers which symbolises care, love and the nurturing qualities that both mothers and trees represent.
- **Fostering Personal Responsibility** - A sense of responsibility in individuals to care for the environment by connecting it with the deep emotional bond shared with mothers.
- **Raising Awareness About Environmental Issues** - Using the theme to create awareness about the interconnectedness of life highlighting how caring for the environment is as vital as caring for family.

The context -

The plantation drive serves as a tribute to mothers symbolising their nurturing, caring and life-sustaining qualities. Just as a mother provides food, shelter and protection the trees do the same for the environment, making them a fitting symbol of motherhood.


The plantation drive serves as a platform for increasing awareness about the need for environmental conservation, climate change mitigation and the importance of trees in maintaining ecological balance. Linking the act of planting a tree to something deeply personal, like honouring one's mother adds emotional significance to environmental action.

The practice -

1. **Ek ped maa ke naam 2.0** - This step was taken by the teachers and students of College and by this initiative more trees were planted in Matri van, the garden dedicated to mothers.
2. **Haryali Teej** - On the occasion of Teej, the students and faculty of SRCASW planted trees, shrubs and flowering plants
3. **Plantation at home** - The students took initiatives and planted trees at their homes.

Evidence of Success -

This program was carried out under the able guidance and leadership of the faculty members including Prof. Rekha Mehrotraas the chief faculty coordinator and Dr. Richa Sharma as Nodal officer of Green action plan. The students and faculty members also participated and contributed to the plantation drive by planting trees in the Matri van. The college was also commended with the '**Eco-friendly college certificate**' by the National Edu Trust in September 2024.


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Problems Encountered and Resources Required:

Due to the heavy academic workload in science courses and time constraints, faculty and students face difficulty in integrating environmental activities within their regular academic schedules.



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Title of Practice 2: Prioritizing the mental health of students through Nirava - Mental health festival by Ehsaas

Ehsaas, the Mental Health Awareness Society of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, aims to create a safe and inclusive space where conversations around mental health feel natural, comfortable, and valued. The society believes that mental well-being is built on small yet essential foundations like self-awareness, acceptance, understanding, and emotional growth. Through its work, Ehsaas encourages students to recognize their feelings, understand their triggers, and accept themselves with kindness and openness. It believes that the first step toward healing and growth is to be aware, to accept, and to make space for one's emotions with care.

The objective:

The main objective of *Nirvana* was to establish a signature mental health festival that would be unique to Ehsaas something that truly reflected the society's identity and purpose. It aimed to celebrate mental health advocacy in an engaging, meaningful, and creative way, ensuring that the essence of awareness, acceptance, and self-expression remained central throughout. The festival sought to make mental health not just a topic of conversation but a shared experience that everyone could connect with.

The Context:

Nirvana was celebrated on the occasion of World Mental Health Day, observed every year on October 10. The idea was to create a campus-wide movement that recognized the importance of mental well-being and encouraged students to express themselves freely, engage in open dialogue, and find comfort in shared experiences.


Practice:

The 2024 edition of *Nirvana* marked the first-ever celebration of the festival by Ehsaas. It was conducted as a two-day event.

- **Day 1** featured a professional **Art Therapy Session** facilitated by two certified art therapists, where participants explored emotions through colors and creativity, reflecting on their mental and emotional states in a calm, supportive environment.
- **Day 2** transformed the college foyer into a space of joy, connection, and self-expression, featuring activities like Mind Over Matters where participants answered mental health related questions, Dil Pe Dastak an expressive activity where participants decorated an emotion they had recently experienced and shared their reflections, promoting openness and vulnerability, and a creative Photobooth corner designed for students to capture memories and celebrate their emotions visually. Each activity aimed to promote awareness and self-reflection in a light-hearted, interactive way.

Problems Encountered:

Organizing a two-day festival of this scale came with its challenges. From coordinating logistics and ensuring timely arrangements to dealing with last-minute changes, the team faced several hurdles in preparation. Managing resources, balancing academic schedules, and keeping morale high required constant communication and teamwork. Despite things occasionally going south at the last moment, the Ehsaas team ensured that every member stayed motivated and focused on the larger vision. The


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most important goal was to ensure that every participant took back something meaningful whether a realization, a feeling of connection, or a moment of peace.

Success:

Despite the challenges, *Nirvana* turned out to be a resounding success. It became a festival that was not only memorable for its creativity and warmth but also for its authenticity in representing what Ehsaas stands for. Students left the event with smiles, reflections, and a deeper sense of emotional awareness. *Nirvana* set a precedent for the years to come, establishing itself as a festival truly belonging to Ehsaas, one that celebrates the beauty of being aware, accepting, and emotionally expressive.

Within the society too, Ehsaas practices what it shares with others. Members engage in open discussions, check-ins, and reflective activities that help them stay connected and emotionally aware. The society strives to create not just awareness but meaningful experiences, a warm and supportive community that its members can always return to.

Every event at Ehsaas is created with the belief that awareness begins with connection, both with oneself and with others. Through creativity, compassion, and heartfelt conversations, society continues to make mental health a shared journey, reminding everyone that it is okay to feel, to pause, and to grow at one's own pace.




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