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**Best Practices -1**

**Title of the Practice: Chalo Ananaya Baniye—Promoting Indian Culture**

To promote and preserve Indian culture, this initiative was started. The students were asked to wear Indian attire and apply bindi reflecting our culture. Every Friday, girls used to come in sarees or Indian suits with bindis reflecting our traditions and Culture.

This endeavour got huge positive response and still we are doing it with same spirit and passion. It helps in keeping Indian Culture intact and thus promoting Indian values among new generation. In a real sense, the next generation is the one shaping culture and values.

**Objectives**

- **Cultural Awareness:** Educate young girls about India's rich cultural heritage, traditions, and values.
- **Engagement:** Encourage active participation in cultural activities such as festivals, traditional arts, and crafts.
- **Preservation:** Ensure the continuity of cultural practices by passing them down to younger generations.
- **Integration:** Foster a sense of pride and identity among the youth by integrating cultural education into the school curriculum, like the Indian Knowledge System and Value Education.
- **Application:** To put the idea into practice, every Friday female students were asked to wear Indian attire and groom accordingly.

**Evidence of Success**

- **Great Response:** In the initial stage of practice, there was a mixed response, but gradually it became the policy of the institution, and students are now actively participating in this practice.
- **Spreading Indian Values:** Successful implementation of this practice has helped in spreading Indian values among the young generation. The students have embraced the tradition and values quite well.
- **Youth Ambassadors:** The young students have emerged as cultural ambassadors in their respective classes, ultimately, the ambassadors for the college. They have begun promoting and participating in activities that reflects Indian Culture.

**Problems Encountered**

- **Modernization and Western Influence:** The allure of modern and Western lifestyles can sometimes overshadow traditional cultural practices. Hence, there was initial hesitation among students which declined over the time.
- **Lack of Awareness:** Insufficient awareness and interest among some students was found.

- **Social Media Influence:** The young generation is highly engaged and affected by social media. The western culture and lifestyle fascinate them, and they easily divert towards western culture.
- Glimpses of Best Practice





## Best Practices – 2

### **Title of the Practice: Promote Homemade Nutritious Food**

(अपनावो पौष्टिक नास्तो)

**Objectives of the Practice:** To inculcate a habit of eating healthy food among students instead of junk food.

#### **The Practice:**

Promoting homemade nutritious food involves encouraging students to prepare and consume meals made from fresh, wholesome ingredients at home. This practice aims to improve dietary habits, enhance nutritional intake, and foster healthier lifestyles. It emphasizes the benefits of cooking at home, such as better control over ingredients, portion sizes, and the ability to cater to specific dietary needs.

To make students aware of the importance of a balanced and healthy diet, this activity was started. It has been observed that students now a days prefer junk food and street food over homemade breakfast. Due to western culture's impact, food habits have drastically changed. To divert them towards healthy and nutritious homemade food, this practice was introduced.

They were informed about the lists of nutritious recipes with its nutritious values. The committee was formed comprising faculty and students for food preparation and arrangements. Every Friday, they prepare Paushtik Nasta and serve it to all students and faculties. They charge 10 rupees for it.

#### **Evidence of Success:**

- **Realization of Health Benefits:** Home-cooked meals are often lower in calories, sugar, and unhealthy fats compared to restaurant or processed foods. The traditional Indian breakfast recipes are chosen for each week. The students have started realizing benefits of homemade food.

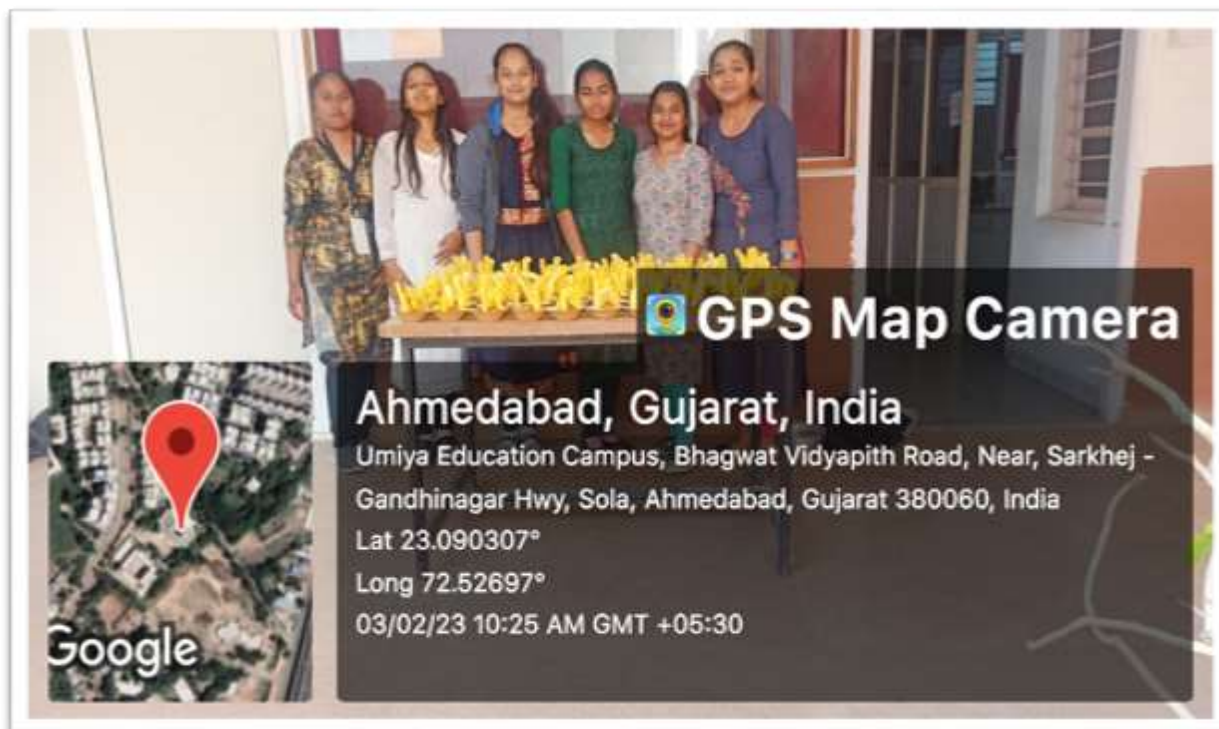
- **Promotion of Home Made Food:** Every Friday all students willingly have started buying and eating homemade breakfast arranged by group and there by developing hygienic food habits.
- **Huge Response:** This activity was a huge success, and we are still conducting it with great enthusiasm Healthy Chaat and season oriented breakfasts were planned and received huge response. The faculties and students enjoyed and demanded for repetition of that.
- **Learned Managerial and Entrepreneurship Skills:** As student group is self-sufficient to manage planning, preparation and execution of entire event, they learnt commercial and management skills. This can aid in running business independently in future. They have learned lessons about managing business and accounts at a smaller level.
- **Employability Skill:** The students got the chance to explore new recipes and can take advantage of this activity as a part-time earning opportunity. In future they can take it to next level in form of **Start-up**.

#### **Problems Encountered:**

- **Time Consuming:** The volunteers sometimes found arrangements and preparation time consuming. Though work is divided among all group members, they need to wake up early in the morning for cooking, as the college time is morning 7.30 a.m.
- **Time Constraints:** One of the main challenges is the time required for meal planning, shopping, and cooking. Busy schedules of students can make it difficult for them to consistently prepare homemade breakfast for large group.
- Lack of Culinary Skills







# Fit and fab!

Mirror profiles city colleges that are doing their bit to promote healthy living among students through their food and fitness initiatives

**Potluck Friday**

**UMIYA ARTS AND COMMERCE COLLEGE FOR GIRLS**

IT'S THE potluck Friday that the students eagerly await. A group of students from each class in this commerce college for girls takes charge of making healthy breakfast and sells it at a nominal price on the campus. The items vary from poha, khichu, sprouts, chana-zor-garam, moraiyo, fruit dish and corn dish to mention a few. Principal Sangeeta Ghate said, the idea is to encourage students to eat healthy and right. "We also teach the girls to make healthy eating a way of life," said Ghate. Jigisha Desai, general secretary and a TY B Com student said the initiative was quite popular and "booking" for the potluck is done two weeks in advance. A group of girls decide on what they want to make, go grocery shopping and make breakfast in kitchens of the hostel and college campus. Friday food menu is announced in the prayer meeting. The money earned is used to distribute items to the needy and at old age homes.

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