



Nirmala Memorial Foundation College of Commerce and Science

(Permanently Affiliated to University of Mumbai)

Re-Accredited by NAAC with B++ and ISO 9001 : 2015 Certified

Recognised under section 2 (f) and 12 (B) of the UGC Act, 1956

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**7.2.1 - Describe two best practices successfully implemented by the Institution
as per NAAC format provided in the Manual**

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Best Practice – I

Optimising Physical and Mental Health to Promote Holistic Well-being of the stakeholders.

Navigating Stress

The Internal Quality Assurance Cell (IQAC) of the college organized a highly insightful and impactful workshop on Stress Management titled "Navigating Stress: Tools for a Balanced Life" on Wednesday, 11th October, 2023. The event aimed to equip all staff members with effective strategies to manage and navigate stress in their professional and personal lives. Dr. Harish Shetty (MBBS, MD, DPM, DCM), a renowned expert in the field of psychology and stress management, conducted the workshop. His extensive experience and expertise in the subject made him the perfect choice to guide our staff through the intricacies of stress management. The workshop comprised interactive sessions that encourage active participation from all attendees. Dr. Shetty engaged the staff in discussions and provided real-world examples, making the learning experience engaging and relatable. The Stress Management Workshop provided all the staff members valuable tools to navigate the challenges of everyday life, ultimately contributing to a healthier and more balanced work environment. A total of 69 teaching and 10 Non-Teaching Staff benefited from the event.



Yoga Training Workshop

The Internal Quality Assurance Cell in association with The Art of Living organized a rejuvenating yoga training program for non-teaching staff members on Friday, April 19, 2024. The event held in Block No. 211, aimed to promote physical well-being and reduce stress through a series of yoga exercises, breathing techniques, and meditation practices. With an overwhelming response, 30 enthusiastic non-teaching staff members participated in the event, eager to prioritize their health and well-being. Led by experienced yoga instructors Ms. Jignasa Pandya, Art of Living Meditation Coach. As the session concluded, non-teaching staff left with a sense of accomplishment and a commitment to incorporating yoga and mindfulness practices into their daily routines.



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Best Practice – II

Institutional Social Responsibility - Adoption of a Village

Not me, But you

NSS Unit organized a residential camp from Monday, 18th December 2023 to Sunday, 24th December 2023 at Hamrapur Village, Wada-Marol Road, Thane to acquaint the volunteers with the real life experience of the village. 50 volunteers were part of this camp along with the Programme Officer Mr. Rishabh Desai. The activities undertaken were as follows:

Day 1: 18th December 2023

Volunteers were briefed about the camp rules and regulations and teams were formed. Mime on social issues was organized by the volunteers to sensitize the group. Team building games were also organized.

Day 2: 19th December 2023

The day started with yoga and exercise, followed by vanrai bandhara. Along with this, a swachhta rally was organized to sensitize the locals.

Day 3: 20th December 2023

Vanrai bandhara was completed and there was a session on street play by Mr. Jagdish Sansare to acquaint the volunteers with street play rules and regulations.

Day 4: 21st December 2023

Soak Pit was formed at two locations in the village so that the villagers could benefit from it. There was a session on Bachat Badhat Nirdesh by Ms. Vaishali Shinde. Volunteers also interacted with the school children, and they were sensitized on the effects of substance abuse.

Day 5: 22nd December 2023

Tree plantation activity was undertaken by the volunteers to promote the message of a green and clean environment. A Swachhta rally was organized for the villagers.

Day 6: 23rd December 2023

The day begins with yoga and exercise. A toy library was set up for the local children. Sharing with care was undertaken by donating the clothes, eatables and other things to the locals.

Day 7: 24th December 2023

The volunteers visited Govardhan eco-village to be close to nature and nurture the sense of environment conservation responsibility. NSS Unit was felicitated by the Gram Panchayat of the village.



