

Best Practices

Best Practice I: Roti Bank: A Student-Led Initiative for Community Service

Objectives of the Practice

- To instill the values of compassion, empathy, and social responsibility among students.
- To encourage selfless service through sharing, caring, and **daan** (charitable giving).

The Practice

The **Roti Bank** is a student-led community service initiative that has been operating for over six years to support patients and their attendants at the Cancer Hospital, IGMC Shimla. Pioneered by the institution, this activity has grown into a deeply rooted culture of social responsibility.

Every Monday, more than 500 fresh chapatis are prepared in the Home Science Laboratory by student volunteers representing various departments, clubs, and societies. Once prepared, the chapatis are handed over to the local NGO “Almighty Blessings”, which distributes them to patients and their attendants at IGMC Shimla. This partnership ensures that the food reaches the most deserving beneficiaries efficiently and reliably.

Despite the demanding academic schedules of students, the practice continues uninterrupted throughout the year, pausing only during university vacations. During internal and annual examinations, when students are fully engaged in academic commitments, the teaching and non-teaching staff voluntarily step in to prepare the chapatis, demonstrating exemplary support and institutional solidarity.

The Roti Bank initiative is sustained through the generous voluntary contributions of both staff and students, reflecting the college’s shared commitment to community welfare and social upliftment. To further support this noble cause and ensure the efficient functioning of the program, the SLAs and JLAs kindly donated a new gas stove and tawa valued at ₹3,000.

Impact

The Roti Bank has evolved into a model institutional best practice, successfully integrating value-based education with meaningful community engagement. It provides essential nutritional and emotional support to hospital visitors while fostering compassion, generosity, leadership, and civic responsibility among students.

The emphasis on daan, teamwork, and shared responsibility strengthens the social fabric of the institution and reinforces its long-standing commitment to serving the community with empathy and dedication.


PRINCIPAL
Rajendra Khatwal
SRKMV Shimla



Shimla, Himachal Pradesh, India
 Auckland, Lakkar Bazar, Shimla, Himachal Pradesh 171001, India
 Lat 31.108554°
 Long 77.17961°
 10/06/24 11:00 AM GMT +05:30



Shimla, Himachal Pradesh, India
 3, Circular Road, Upper Kaithu, Chaura Maidan, Shimla, Himachal Pradesh 171001, India
 Lat 31.308564°
 Long 77.17961°
 21/04/25 11:12 AM GMT +05:30



Shimla, Himachal Pradesh, India
 456H+6WG, Longwood, Shimla, Himachal Pradesh 171001, India
 Lat 31.110735°
 Long 77.179612°
 05/05/25 11:14 AM GMT +05:30



Shimla, Himachal Pradesh, India
 456H+6WG, Longwood, Shimla, Himachal Pradesh 171001, India
 Lat 31.110755°
 Long 77.179688°
 03/03/25 10:36 AM GMT +05:30



Shimla, Himachal Pradesh, India
 456H+6WG, Longwood, Shimla, Himachal Pradesh 171001, India
 Lat 31.110315°
 Long 77.17961°
 10/03/25 11:32 AM GMT +05:30

Principal
 PRINCIPAL
 Rajiya Kanya Mahavidyalaya
 Shimla-171001



The college sincerely expresses its gratitude to the SLAs and JLAs for their generous contribution of a new gas chulha and tawa, valued at ₹3,000, in support of the institution's Roti Bank initiative.

Outcome

The Roti Bank initiative has created a strong culture of compassion, volunteerism, and social responsibility on campus. It ensures a steady supply of fresh rotis to support needy individuals, especially attendants of patients at IGMC. Students develop empathy, leadership, teamwork, and organizational skills through active participation. Generous contributions from staff and students—including the donation of essential equipment—reflect collective ownership of the initiative. The practice has strengthened the college's community outreach, enhanced its social impact, and nurtured environmentally and socially conscious young citizens committed to serving society.

Best Practice II: Eco-Smart Campus – Sensitizing Young Girls Toward Environmental Responsibility

Eco-Smart Campus: Implementing Sustainable Practices to Create a Green Footprint

Objectives of the Practice

1. To **sensitize students, particularly young girls**, toward their responsibility in protecting and conserving the environment.
2. To **promote sustainable practices** through **Reduce, Reuse, and Recycle (3Rs)** initiatives, fostering eco-friendly behavior and creating a positive societal impact.

The Practice

RKMV is dedicated to nurturing environmentally conscious citizens by integrating behavioral change, awareness, and sustainable practices into student life, with a special emphasis on girls. The college actively involves students in a wide range of initiatives such as *Cleanliness Drives, Plastic Collection Campaigns, Source Segregation of Waste, Plantation Drives, Milk Packet Collection Campaigns, Project Katran, Pre-Loved Fashion Shows, The Use of Fountain Pens, and the Reuse of Old Folders*. These activities cultivate personal responsibility, encourage sustainable habits, and help students adopt environmental stewardship as a lifestyle.

The college is actively **exploring and implementing renewable energy solutions** and sustainable infrastructure to minimize its environmental footprint. Initiatives include the **installation of solar panels and solar geysers, maximizing the use of natural light in buildings, and adopting power-efficient equipment, LED lighting, and sensor-based lighting systems**. The campus is designated as a **Plastic-Free Zone** as part of an endeavor to make the college campus a zero-plastic zone, the use of plastics has been significantly decreased and promotes a **vehicle-free environment** to reduce pollution and encourage eco-friendly practices among students and staff.

Community Outreach

The institution extends its environmental initiatives beyond campus boundaries to actively engage the broader community. The college conducts city-wide cleanliness drives, educates residents on the importance of source segregation of waste, and organizes plastic collection campaigns, regular plantation drives, awareness programs, and rallies. Through these efforts, students reinforce their eco-friendly habits while promoting environmental consciousness and sustainable practices throughout society.

Collaboration and Support

To enhance the effectiveness of its sustainability initiatives, the college has established partnerships through MOUs with environmental organizations and NGOs, including Earthjust, Project Milk Bag, and the Municipal Corporation. These collaborations provide technical guidance, resources, and mentorship, ensuring that the programs are efficiently implemented and have a wider societal impact.


PRINCIPAL
Rajya Kanya Mahavidyalaya
RKMV, Shimoga-1



Composting of Biodegradable Waste: Under a Memorandum of Understanding (MOU) with the EarthJust NGO, the department has introduced a composting project to process biodegradable waste generated by the college canteen and two girls' hostels. This initiative converts organic waste into nutrient-rich compost, reducing landfill waste and providing natural fertilizer for the college's gardens

Memorandum of Understanding (MOU) with the Municipal Corporation (MC)

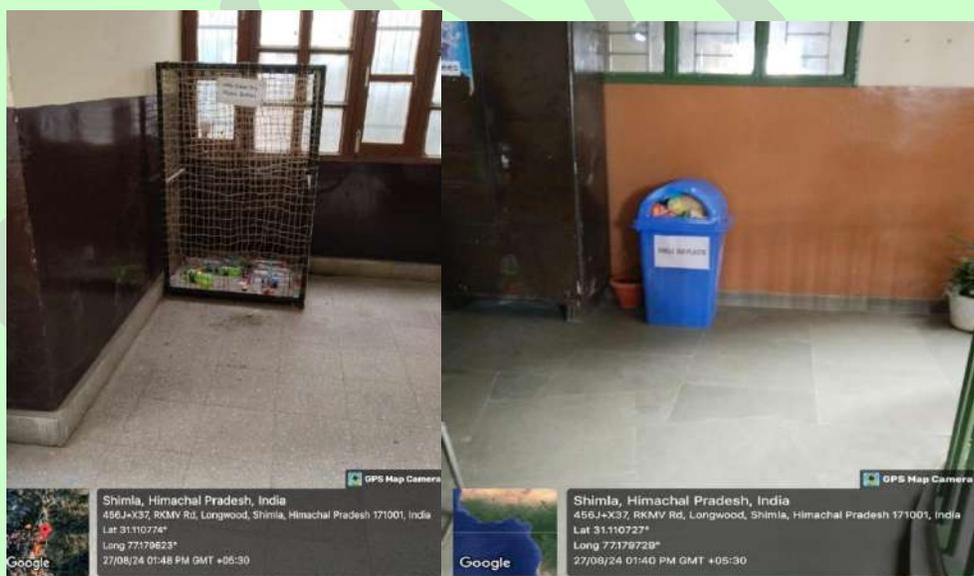
RKMV became the first college in Himachal Pradesh to sign an MoU with the Municipal Corporation, Shimla for the proper collection and disposal of plastic waste. Shri Bhupender Attri, Commissioner of MC Shimla, officially declared RKMV as a Single-Use Plastic Collection Centre. Under this agreement, the corporation will collect non-biodegradable waste at a rate of ₹75 per kilogram on a fortnightly basis. Dr. Anurita Saxena highlighted that the RKMV Eco-Club would adopt the area from IGMC to the Ridge for a collection and awareness drive, educating local vendors and tourists on the proper disposal of waste. This formal collaboration ensures that plastic waste collected from the campus, staff, and students is handed over to MC Shimla for proper processing, contributing to environmental sustainability and waste management efforts in the region


 PRINCIPAL
 Rajendra Prasad
 RKMV Shimla



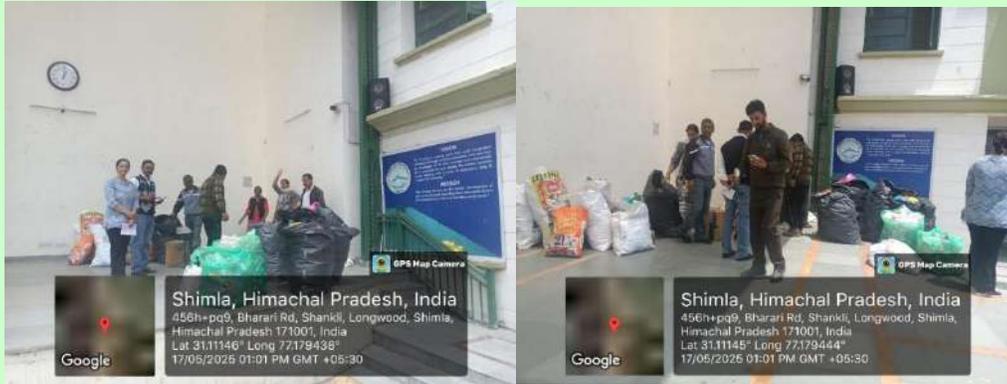
Memorandum of Understanding (MOU) with the Municipal Corporation, Shimla Single-Use Plastic Collection Drive

In an effort to combat plastic pollution, the department launched a campus-wide and community-based drive to collect single-use plastic. Plastic waste is collected from students, staff, and localities, then handed over to the Municipal Corporation (MC) Shimla for proper disposal at a rate of ₹75 per kg.



Collection of single use plastic

Rajendra
Principal
Rajendra Khanna
RKMV Shimla



Handing Over Collected Plastic to the Municipal Corporation

Sl. No. 119

MUNICIPAL CORPORATION SHIMLA
Receipt

Received non-recyclable/single use plastic waste as per indicative list of the Payback Plastic Waste Policy of the Department of Environment, Science & Technology, Government of Himachal Pradesh as per the details given below:

- Name of the Rag Picker/Individual R.K.M.V College
- Aadhar No. of Rag picker/Individual _____
Registration No. of Rag picker: _____
- Particulars such as Address, Contact no. Longwood, Shimla, 9459009108
- Registration Number of Rag Picker _____
- Quantity of Waste 33.200 - Kg. kg
- Type of Waste Single Use Plastic
- Amount Rs. Rs 35/kg. (Rs 2452.50/-)

Signature [Signature] 14/09/24
Name of Officer/Official/Staff Dr. J.P. Singh Project Coordinator
Contact No. 8219421719
9816878989

Principal
R.K.M.V. Shimla

Date 12.09.24
Time 12:40 PM

Sl. No. 203

MUNICIPAL CORPORATION SHIMLA
Receipt

Received non-recyclable/single use plastic waste as per indicative list of the Payback Plastic Waste Policy of the Department of Environment, Science & Technology, Government of Himachal Pradesh as per the details given below:

- Name of the Rag Picker/Individual R.K.M.V College
- Aadhar No. of Rag picker/Individual _____
Registration No. of Rag picker: R.K.M.V
- Particulars such as Address, Contact no. 0177-2807851
- Registration Number of Rag Picker 9459009108
- Quantity of Waste 9 kg @ 75/- Kg kg
- Type of Waste Single use Plastic
- Amount Rs. 675/- (See Numbers, Seventy five only)

Received by a P.A. [Signature]
Signature [Signature]
Name of Officer/Official/Staff Arun Kumar Sharma (SI)
Contact No. 787641596

Principal
Rajendra Khatwal
S: RKMV Shimla

Date 22/10/24
Time _____

[Signature]
PRINCIPAL
Rajendra Khatwal
S: RKMV Shimla

MUNICIPAL CORPORATION SHIMLA
Receipt

Received from recyclable/waste use plastic waste as per indicative list of the Backlog Plastic Waste Policy of the Department of Environment, Science & Technology, Government of Himachal Pradesh as per the details given below:

- Name of the Rag Picker/Individual: RKMV College
- Author No. of Rag picker/Individual: _____
- Registration No. of Rag picker: RKMV
- Particulars such as Address, Contact no.: 0177 2807754
- Registration Number of Rag Picker: _____
- Quantity of Waste: 42 Kg. Plastic waste only
- Type of Waste: Single use Plastic
- Amount Rs: 625/- *See thousand Rupee of one Rupee only*

Amount Rs: 625/- *See thousand Rupee of one Rupee only*
 Balance: 625/- *See thousand Rupee of one Rupee only*
 These amount by means of cheques, bank draft, etc. are received on 21/02/24.

Signature: _____
 Name of Officer/Staff: _____
 Contact No: 748800599

Date: 21/02/24

MUNICIPAL CORPORATION SHIMLA
Receipt

Received from recyclable/waste use plastic waste as per indicative list of the Backlog Plastic Waste Policy of the Department of Environment, Science & Technology, Government of Himachal Pradesh as per the details given below:

- Name of the Rag Picker/Individual: RKMV College
- Author No. of Rag picker/Individual: _____
- Registration No. of Rag picker: RKMV
- Particulars such as Address, Contact no.: 0177 2807754
- Registration Number of Rag Picker: _____
- Quantity of Waste: 42 Kg. Plastic waste only
- Type of Waste: Single use Plastic
- Amount Rs: 625/- *See thousand Rupee of one Rupee only*

Amount Rs: 625/- *See thousand Rupee of one Rupee only*
 Balance: 625/- *See thousand Rupee of one Rupee only*
 These amount by means of cheques, bank draft, etc. are received on 21/02/24.

Signature: _____
 Name of Officer/Staff: _____
 Contact No: _____

Date: _____

MUNICIPAL CORPORATION SHIMLA
Receipt

Received from recyclable/waste use plastic waste as per indicative list of the Backlog Plastic Waste Policy of the Department of Environment, Science & Technology, Government of Himachal Pradesh as per the details given below:

- Name of the Rag Picker/Individual: RKMV College
- Author No. of Rag picker/Individual: _____
- Registration No. of Rag picker: RKMV
- Particulars such as Address, Contact no.: 0177 2807754
- Registration Number of Rag Picker: _____
- Quantity of Waste: 42 Kg. Plastic waste only
- Type of Waste: Single use Plastic
- Amount Rs: 625/- *See thousand Rupee of one Rupee only*

Amount Rs: 625/- *See thousand Rupee of one Rupee only*
 Balance: 625/- *See thousand Rupee of one Rupee only*
 These amount by means of cheques, bank draft, etc. are received on 21/02/24.

Signature: _____
 Name of Officer/Staff: _____
 Contact No: _____

Date: 21/02/24

MC, Shimla Receipts

Milk Bag Collection and Recycling Project



Anurag
 PRINCIPAL
 Rajya Janta Mahavidyalaya
 RKMV Shimla-1



Milk Bag Collection and Recycling Project

A notable eco-friendly initiative is the Milk Packet Collection Drive, through which used milk packets are collected and handed over to the Milk Packet Project, initiated by Hansu Pardiwala, Kunti Oza, and Chitra Hiremath of Mumbai. The institution has also signed an MoU w (MOU) with a Mumbai-based NGO, reinforcing its commitment to reducing plastic waste and promoting environmental sustainability

Community Engagement for Environmental Sustainability

The institution extends its sustainability efforts to the surrounding community through regular cleanliness drives, plastic bottle collection campaigns, and plastic picker initiatives. As part of the **Plastic Picker Campaign**, shopkeepers from IGMC to Lakkur Bazar were sensitized about proper plastic waste disposal, promoting broader community participation in environmental conservation.



Dr. Anurag
 PRINCIPAL
 Rajya Kanya Mahavidyalaya
 SRKMV Shimla



Shopkeepers sensitized regarding proper disposal of plastics by Eco Club, RKMV

Project – Katran

An initiative of **Clothing and Textiles branch of Home Science Department**, striving to join a national level collective efforts towards promoting up cycling as a solution to divert waste from reaching municipal dumps and fostering a circular economy by keeping textiles in use for longer periods and minimizing the need for virgin materials. Under this project students are being taught the concept of designing and construction of various usable textile articles. The project is self-sustaining and is earning money already.



Use of Fountain Pens Initiative – A Step Toward Reducing Carbon Footprint

On **9th December 2024**, RKMV Shimla introduced an innovative sustainability initiative encouraging the use of **fountain pens** as yet another step toward **reducing the institution's carbon footprint**. By minimizing reliance on single-use plastic pens, the initiative aims to significantly cut down plastic waste while promoting environmentally responsible habits among students and staff.

The campaign includes **awareness workshops**, distribution of **affordable fountain pen kits**, and the installation of **ink refill stations** throughout the campus to make the transition convenient and practical. To further inspire participation, the college organized **handwriting and calligraphy competitions**, helping students rediscover the creative and educational value of fountain pen writing.

This thoughtful shift from disposable pens to reusable fountain pens not only reduces environmental impact but also fosters a culture of **mindful consumption and sustainability**. The initiative reflects RKMV Shimla's strong commitment to environmental stewardship and its continuous efforts toward building a greener, more responsible campus community.


 PRINCIPAL
 Rajya Prinsal
 RKMV Shimla



Yuwaah Satat Samwaad: The Fabric of Sustainability"

RKMV College, Shimla, in collaboration with the National Youth Climate Consortium and supported by YuWaah UNICEF and Earth Just Ecosystems, organized ***Yuwaah Satat Samwaad: The Fabric of Sustainability*** on 18th December 2024. The event aimed to spark an engaging dialogue on the environmental impact of fast fashion and to inspire individuals to adopt sustainable habits to reduce their carbon footprint. Such initiatives hold immense importance in educational institutions, as they not only create awareness but also empower students to become responsible, environmentally conscious citizens. With fast fashion being one of the world's most polluting industries—contributing to excessive water usage, chemical pollution, carbon emissions, and growing textile waste—the program helped young learners understand the need for urgent action. By highlighting reuse, upcycling, pre-loved fashion, and mindful consumption, the event motivated students to rethink their clothing choices and actively participate in textile waste reduction. Through interactive discussions, creative activities, and hands-on demonstrations, the

event reinforced that sustainability begins with everyday decisions and that colleges serve as crucial spaces for shaping behaviors and long-term commitment toward protecting the planet.



Pyare Podhe

Gifting Green – “Pyare Podhe”

RKMV has embraced the eco-friendly tradition of presenting plants and potted saplings to guests during college functions, symbolizing growth, sustainability, and the nurturing of meaningful relationships. All plants are grown and propagated in the college greenhouse. The initiative is self-sustaining and has already begun generating revenue.





Glass house

Outcome

The Eco-Smart Campus initiative has successfully fostered strong environmental awareness and sustainable habits among students, especially young girls. It has led to a significant reduction in single-use plastic, improved waste segregation, and increased adoption of eco-friendly alternatives on campus. Renewable energy installations and energy-efficient systems have lowered the college's carbon footprint. Through community outreach and collaborations with environmental organizations, students have extended the impact beyond the campus, promoting environmental responsibility in society. Overall, the practice has nurtured environmentally conscious young citizens committed to building a greener and more sustainable future.