

# BEST PRACTICE 1

Title of the Practice  
**SHARE A MEAL**

## Objectives of the Practice

- To continue the practice of serving *Kanji* for the patients and their companions in the Government Taluk Hospital, Kottappadi, Malappuram
- To assist the needy patients with nutritious and tasty fresh food congenial to the sick during the period of hospitalization
- To inculcate in the students a deeper sense of fellow feeling, by exposing them to the real life situations of the patients and their conditions
- To help the students learn the basics of sharing

## The Context

The practice of Share a Meal, started as early as 2014, is still vigorously going on in the College, in collaboration with the NSS units. The practice which was initially envisaged by a small group of teachers and students was later on taken up by a joint committee of Best Practice Team. This practice still bears relevance as the Malappuram Taluk Hospital normally caters to the lowest rung of the middle class.

## The Practise

As *kanji* (an indigenous sort of rice soup) is a refreshing drink which is often preferred and prescribed by traditional medical practitioners as it nourishes the demands of a sick body with enriching nutrients and also setting the proper bowel movements for the patients. This is accompanied by befitting side dishes like *chammanthi/ acchar* (pickles) prepared by the distributing team. Every morning by 10 A.M. *Kanji* with *chammanthi/ Acchar & Upperi* is served in the hospital for around a hundred to one fifty patients/inmates in the hospital verandah. Day after day teams of students participate in the preparation and sharing of meals quite enthusiastically in turns of their rounds. This practice has been well appreciated not only by the immediate beneficiaries, but also by the society around and media.

## Results/ Evidence of Impact

Students started taking initiatives on their own to extend a helping hand to the needy on the ensuing situations. This became most evident in both the floods which shook the whole state as well as the district. In the hitherto unforeseen natural calamities, student groups collected the essential items like food, clothing and others on their own, and sent them for the deserving people during the state-wide flood.

## Problems and Challenges encountered

The issue of fund raising for the practice was solved by receiving contributions from the willing members of the staff on a span of regular intervals.

# **BEST PRACTICE- 2**

## **Title of the Practice GREEN CAMPUS CLEAN CAMPUS INITIATIVE**

### **Objectives of the Practice**

- To make the campus clean and eco-friendly
- To make aware the students the importance of cleanliness and greenery
- Beautification of the campus
- To make campus plastic free
- To ensure proper waste management
- To reduce the waste
- Create the culture of organic farming
- Construct and maintain an Herbal Garden

### **The Context**

Keeping campus green and clean is the great message to the students and society. It helps to aware them the importance of both and at the same time ensure the calm and beautiful campus premises. Since thousands of students, hundreds of staffs and other stake holders are visiting the campus on all working days, the initiative is a bid task and hence college planned required programs and mechanism to implement through college NSS unit. The nurturing and enrichment of herbal garden and organic farm were also identified the key areas related with the initiative.

### **The Practise**

A preparatory training programme for the NSS volunteers describing the action plan was conducting with the help of District Shujithwa Mission. Soon after opening the campus, on Environmental day hundreds of saplings were planted. The art of green protocol was maintained in the campus in every aspect. The plastic waste was reduced and waste management was more easier.

The Herbal Garden in the campus was revitalised by adding new plants and forming the groups of students who would be caring for the keep up of the garden. NSS volunteers paid a regular session of maintenance work in the Garden.

An organic farming initiative was implemented on the terrace of the college building and was a remarkable success.

### **Results/ Evidence of Impact**

Students and the Staff at the college were changed over time to practise the green protocol. The amounts of plastic reduced to a great extent and people used to bring steel bottle for drinking water. The waste management system worked well and people used to deposit the waste in category wise bins. For the herbal garden, a number of medicinal herbs have been contributed by students themselves. The Campus has grown cooler. The environmental awareness among the students increased. The soil in the area seems to have become more fertile.

Apart from all that students and staff carried the message to their families and society.

### **Problems and Challenges encountered**

The major problem was the visitors, mainly the students other than regular students who visit the college for attending different exams and people attending election duties. Making awareness among

them was challenging task, since most of these activities were on holidays and vacations. And hence the littering of the small-scale plastic waste in the campus.