

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. In the district-hit mega flood of the year, teams of students and teachers visited the site in groups and assisted with physical labour for days on end. In addition to all these, the college team is constructing a house for one family that lost their house in the Kavalappara landslide mishap. All these bear evidence to the impact of Share a Meal programme in the campus.

Problems and Challenges encountered

The main challenges that we faced this year were of twofold in nature. Firstly, the time schedule of the practice was changed from the previous evening slot to morning so that the team of students had to reach the campus earlier, so that the practice could be continued without hindering the academic schedule of the students. To bypass the time issue of the students' missing the first hour, an auto was arranged on a regular basis to carry the meals to the hospital in time. The other issue of the 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 a 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 staff 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 nearly 500 saplings were planted. In June itself, a beat plastic pollution campaign was observed. In July a novel program named 'Steel Bottle Selfie' was conducted to make aware the students the importance of usage steel bottles instead of plastic bottles. A street play programme and sign campaign for green protocol in general election became the two events highlighting the mission to public.

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. Dr. Pramod Irumpuzhi gave a presentation on the relevance of herbs and the Herbal Garden, illustrating it with a number of variety of herbs from his own home garden. Dr. Pramod Irumpuzhi, an alumnus of the College, was designated as the Guardian of the Herbal Garden. All the replanting in the Garden was done under his supervision. 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.