

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 is vehemently going on in the campus, in collaboration with the NSS units. The practice which was initially for small group of beneficiaries has metamorphosed into a larger scale. This practice still bears relevance as the Malappuram Taluk Hospital normally caters to the lowest rung of the middle class, and more number of beneficiaries are in need of the same.

The Practice

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

As in the previous years, students started taking initiatives on their own to extend a helping hand to the needy on the ensuing situations. This became most evident in the flood which shook the district thoroughly. In the hitherto unforeseen natural calamities, student groups collected the essentials like food, clothing and others items on their own, and took them for the deserving people during the flood. Teams of students and teachers worked at the flood site in groups and assisted with physical labour for days on end. In addition to all these, the college team participated in constructing a house for a 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 challenge of the year was the increase in the number of beneficiaries which went even up to two hundred plus during the monsoon season. The issue was solved by adding the measure of the meal, and increasing the number of students in the working team. The other issue of fund raising for the practice was solved by gearing up the contribution amounts from the willing members of the staff and expanding it to the generous stakeholders of the campus, too.

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 the students aware of 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 make them aware of 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 big 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 as the key areas related to the initiative.

The Practice

A preparatory training programme for the NSS volunteers was conducted describing the action plan for 2019-20. Soon after the commencement of the class in the academic year, on the Environmental day hundreds of saplings were planted inside the campus. In June itself, an event was held to promote the use of cloth bags instead of plastic bags. Cloth bags were prepared by collaborating with *Kudumbasree units* and then distributed among NSS volunteers and in adopted village Aanakayam. As part of the Green Protocol, the waste collected in different parts of the campus were gathered by NSS volunteers and then sorted into different categories such as electronics, plastics, paper, wooden and other degradable wastes under the guidance of *Kudumbasree members*. NSS volunteers participated in the project of *Malappuram Municipality*, 'Collect plastic...Collect food (plastic tharu... bhakshanam tharaam...)' inaugurated by the collector of Malappuram Mr. Jafar Malik IAS.

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An organic farming and Mushroom culture also successfully implemented during the year. Moreover, the profit from mushroom culture became a source of fund for NSS activities.

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. Students learned variety of agricultural skills and environmental issues faced by the locality.

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.

BEST PRACTICE 3

Title of the Practice

***GCM BHAVANA NIRMANA PADHATHI* (HOUSE CONSTRUCTING PROJECT)**

Objectives of the Practice

- To construct a house for a family who had lost their residence in the flood of the year in Nilambur, Malappuram
- To participate in the social reconstruction programme after the large-scale havoc unleashed by the flood.
- To inculcate in the students as well as academic community a deeper and larger sense of being in creative solidarity with the suffering lot, on the faces of natural calamities.
- To help the students learn the basics of constructive sharing

The Context

This year (August 2019), the State faced a massive flood which hit in particular the Northern part of Kerala, especially, Malappuram District. A hamlet called Kavalappara in Nilambur Taluk was almost washed off in the flood, where around seventy people got buried under the soil in a heavy landslide, and hundreds were rendered homeless in this part of the district. As the District authority requested help from all the sections of society, the students and teachers and non-teaching staff of the campus rose to the demand of the situations and provided assistance to the flood-stricken folks on various levels. After witnessing the paramount miseries of the lot there, it was decided to support at least one family constructing a house for them.

The Practice

In August 2019, a committee was constituted with the Principal as the Chairman and Mr. Jahfar ali, Assistant Professor, Department of Commerce as the Convenor. A plan for the house was discussed, blueprint prepared, and a joint account opened on 4th September 2019 in the Munduparamba branch of Malappuram Service Cooperative Bank. On 7th December 2019 the foundation stone was laid for the house. The house is 640 square feet in size, with two bed rooms, one dining hall, kitchen and one common bathroom. The key was handed over to the family on 10th August 2020. The total amount expended on the house is Rs. 754550/- (Rupees Seven Lakhs, fifty-Four Thousand, Five Hundred and Fifty).

Results/ Evidence of Impact

It gave a totally novel fillip to all the rungs of academic community of the campus to have participated in such a live creative process. The enthusiasm which all the strata of the campus community expressed in this project was really incomparable. The teachers and students took their turns to visit the work site on working as well as off days. The participatory zest that the student community displayed at various levels of the construction itself was a real-life lesson for them.

Problems and Challenges encountered

This project had too many challenges. First of all, the work site was kilometres away from the campus, and participation in the work by the college team and supervision of the work being done by the labourers, too, were to be managed. The participating teams were divided into groups and these groups took part in the work in alternate turns. These teams were led by small groups of teachers so that the participation of the campus team got ensured in the work. Local assistance was made use in the case of supervising the ongoing work.

Secondly, raising the fund was a big challenge which was addressed by the contribution of the the present academic community in the campus, and also by incorporating the financial assistance from the former teachers and alumni of the college. Altogether, the challenges were made opportunities and limitations turned into prospects.