

As an educational institution operating in a rural location, the college undertakes numerous projects for the benefit of all stakeholders, including instilling social and moral values in students. Three of our best actions are listed below as best practices:

- 1. Hair Donation Camp.**
- 2. Blood Donation Camp**
- 3. “A Shelter a Year” Programme .**

1. Hair Donation Campaign

As a means of raising awareness and encouraging individuals to donate their healthy hair for a good cause for someone who is badly in need and to make them feel complete from the inside out, the institution came with a hair donation campaign. For people who wish to make a difference in society, this was a unique humanitarian initiative.

Objectives:

It aims to boost the confidence of those diagnosed with cancer to step forward and avail treatment without inhibition.

It helps to create awareness on cancer and the effect of chemotherapy and radiation on human body

It inculcates in students a philanthropic attitude and extends support to the cancer patients.

Context:

Hair is a significant component of our appearance and how we present ourselves to others. Hair is valuable, and it becomes even more valuable when it is lost suddenly due to medical reasons. Hair loss is the most unpleasant and traumatic side effect of chemotherapy and radiation treatment for cancer patients. Patients who are already suffering from physical and emotional difficulties may find this influence on their look to be a further setback. Patients lose their sense of identity, self-esteem, and morale. It is in this context that hair donation becomes a good practice especially amidst youngsters.

The practice:

The NSS unit of the institution in collaboration with Hair and Blood Donors Association Perinthalmanna organized a camp to donate hair for the needy. The donors were given instructions prior to the day the hair was being donated. Discussions and talks were conducted to raise the level of awareness regarding the hair donation and the adverse effects of radiation on cancer patients. More students were thus encouraged to donate hair and those who donated were honoured with a token of gratitude. Thus, the practice was highly appreciated as it helps a lot in improving the morale of the people who had lost their hair due to treatment.

Evidence of Success:

The camp was very successful and appreciated by all. The organizers were overwhelmed by the participation of the students. Cancer survivors are winners against all odds and the campaigners were glad to bring a smile to those winners in life, through this initiative. Wigs were made out of the hair donated by our students and were handed to the patients for free. The student's enthusiasm motivates the institution to organize many programs like this.

Problems Encountered and Resources Required:

As this programme was first of its kind conducted by the institution, some unexpected problems were encountered. Although measures were taken to donate good quality hair, many students' willingness prompted the organizers to relax the quality measures taken for hair donation. So it has been suggested to the organizers that prior registration should be made mandatory for donating hair.

2. Blood Donation

Human blood is a necessary component of human life for which there is no alternative. The foundation for a safe and adequate supply of blood and blood products is voluntary blood donors. Voluntary, non-remunerated blood donors from low-risk demographics are the safest blood donors. The goal of a blood donation camp is to find a suitable donor whose blood is safe for recipients and who will not be harmed in any way by donating blood. Only volunteer blood donors can contribute to keeping a sufficient supply of blood on hand to save the lives of those in need. They are also a reliable source of safe blood.

Objectives of the Practice:

1. Raise awareness among all the stakeholders that individuals can save lives
3. Encourage people to give blood freely and without remuneration, as well as assist the running of safe and dependable blood services.
4. Identify the blood groups of the students and start a blood donation directory.

The Context:

Blood donors save lives and more donors are desperately needed. The NSS Unit supports voluntary blood donation without compensation. Regular donors constitute the foundation of a safe and long-term blood product distribution system, ensuring that blood is available to those who need it. A reliable and safe blood donor system is critical for health services. A patient always has the right to believe that the donation of blood, testing and processing of blood as well as the production and distribution of blood products has been carried out professionally.

The Practice:

The institution organises blood donation and blood grouping for all stakeholders through its NSS Unit. Blood donation camps are held on campus by the NSS unit in collaboration with the blood banks. With prior consent, blood banks are asked throughout the year to organise the camp. They will offer all necessary facilities for the camps organisation, as well as juice and fruits for the donors. Aside from that, the institution feeds all of the donors and staff. In the camp, the maximum number of students will get their grouping and those who are fit to donate blood will voluntarily donate blood. In the camp, around 80 to 100 students donated their blood, thereby assisting in the survival of many lives.

Evidence of Success:

The camp was very successful and appreciated by all the stakeholders including blood banks. The blood banks never went with even a single empty pocket which shows the success of the program. The student's enthusiasm motivates the institution to organize many programs like this.

Problems Encountered and Resources Required:

Because of the overwhelming response of the students, there was a shortage of pockets to collect the blood. Thus, many of the students were unable to donate blood and were disappointed. To enhance the number of blood donations, the blood bank must carry more pockets. They must also make the required provisions for large-scale blood grouping.

3. A Shelter a Year

A Shelter a Year is an initiative by the institution to provide shelter to landless and homeless people in Kerala. As the college is located in an economically backward area, there are many economically poor families who cannot realise their long cherished dream of having a house. Realizing the need to help them, the college NSS Unit decided to undertake an initiative of constructing at least a house every year, and handing it over to the most deserving family.

Objectives

1. To build the youth with the mind and spirit to serve the society and work for the social upliftment of the down-trodden masses of our nation as a movement.
2. To create awareness among the surrounding society about the social responsibility and necessity of helping others.
3. To inculcate values like social commitment, empathy and dignity for physical labour in our students.

Context:

Inspired by the Pradhan Mantri Awas Yojna concept, the institution and its NSS Unit decided to construct a home for the needy by identifying the ones in the locality who were deprived of shelters. With the help of the local community, a preliminary enquiry was conducted by the NSS unit to understand the gravity of this issue.

Practice:

NSS unit identifies the most deserving family by communicating with the college community, peoples' representatives and the local community. Alternatively, individuals/representatives of the people, such as ward/block members, may submit written requests to be included in the project at the start of each academic year. Members of the NSS and representatives from students and faculty pay a visit to the family in question to verify their claim to the residence. This initiative is actively supported by the college community and volunteer organisations from the surrounding community.

The Building Process and Resources:

There are several NSS jobs that can be done by volunteers but for a given task, skilled personnel are employed. Members of the local clubs are urged to lend a hand in the form of physical labour. The NSS volunteers are in charge of raising the necessary funds. Sponsors are contacted with monetary or material donations. Public spaces, such as bus stations, are also used for the collection. The college community also contributes to the projects materialization.