



Best Practices-I

# Nirmala *Hasstham*

“GIVE A HAND, GIVE A LIFE”



## 1. Best Practice I: NIRMALA HASTHAM “Give A Hand, Give A Life”

Nirmala College, Muvattupuzha is an institution that always keeps **social transformation and social justice** well above the individual prosperity and success. It is very evident in its vision statement “**Academic Excellence with Integrity of Character**”. The college believes that higher education institution has responsibility to all its stakeholders and it can be fulfilled only through continuous community engagement and fostering the social responsibility of the students and teachers.

## 2. Aims and Objectives

The practice has the following aims and objectives.

- To catalyse new initiatives of community engagement to help the local community.
- To contribute to the socio-economic development of the rural community.
- To gain understanding of social realities and find out solutions.  
To appreciate local knowledge and wisdom.
- To help the needy people during natural disasters.

## 3. The Context

Nirmala college has a tradition of community engagement and the institution is always committed to the progress and development of the local community. The college *has been organising lot of programmes to empower the society and to help the downtrodden*. In 2015, the college institutionalised these efforts under a **well-coordinated initiative titled “Nirmala Hastham”**. The objectives of the programme were highly in tune with the initiatives taken by the Ministry of Human Resource Development on “**Fostering Social Responsibility in Higher Education Institutions**” in 2012. The college also takes active participation in the **Unnat Bharat Abhiyan** initiative of MHRD.

## 4. The Practice

The college has organised a good number of programmes with the purpose of educating and helping the society through continuous community engagement and extending support. The practices followed under this initiative are given below.

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## SOCIAL CARE

**Mid-Day Meals Programme:** It is one of the key charity programmes of the college. In this initiative, the college provides noon meals for **150 physically and mentally challenged orphans** every day.



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**Home for the Homeless:** The students offer financial and physical help to **build homes** for poor sections of the society.



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The college has organised a programme “**Hair for Hope**” a hair donation programme, in association with Sargashektra Cultural and Charitable Centre.



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Free medical camp was organised in association with SBI Life insurance company in 2016.



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The departments **visit orphanages on a regular basis** and interact with them.  
The students and teachers often celebrate important events with the members in orphanages.



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## TRIBAL CARE

The college established a Rural Library in Vellaramkuthu Tribal Colony in 2015. It was a joint venture of all the students and staff in the college.





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The college has also conducted a **Tribal Health Survey** at Vellaramkuthu



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The students of the college took initiative to **construct toilets** for socially backward people at Peringassery



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**Cultural Interaction and Exchange: Meet the Tribal Doctor** programme helped the students to know about the various ethnic medicines. During special camps students organise cultural programmes for tribes.



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## SOCIAL CHANGE AND COMMUNITY ENGAGEMENT

The students have successfully cultivated paddy in a leased waste land.



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The college has collaborated with **Muvattupuzha Municipality and Kudumbasree** for **Clean India Mission** in 2015.



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The college has been organising **blood donation camps** every year in association with various organisations such as **Regional Blood Transfusion Centre, Red Cross, HDFC Bank Ltd, etc.**



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The college has organised **Stem Cell Donation and Donor Registration Camp** in association with **DATRI**, an NGO based in Bangalore.



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The college has successfully initiated Anikadu Waterbody Conservation Project in collaboration with Green People, an environmental organisational 2017.



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The students of the college have immensely contributed to the field of **renovation of rural roads** in different panchayats.



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The college has participated in the  
**Clean Vembanadu Awareness Campaign.**



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The college has organised a mega collection campaign “AARAMBHAM” of study materials such as book, pen, pencil and other item to distribute among poor school students.



ആരംഭം  
National Service Scheme  
പുതുവർഷത്തിൽ  
പുതുനന്മയുമായി  
നോട്ടുബുക്കുകളും  
പേനകളും ശേഖരിക്കുന്നു  
4&5 Jan 2018



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The college has observed **Road Safety Week** during Jan 11-17, 2015  
in association with N ATPAC and Kerala Road Safety Authority.



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The students of the college **distributed plants** to households in Muvattupuzha Municipality to **promote organic farming**.



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## KNOWLEDGE SHARING

The college has distributed study materials among households of Avoly Panchayat to spread awareness on **E-payment methods** and **financial literacy**.



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The college has a practice of observing **FARMERS' DAY** and honouring farmers.



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The college has conducted an awareness programme on **Solid Waste Management for households in association with Suchitwa Mission.**



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The college participated in the Sujitwa Bodana Yanjam to create awareness on health, hygiene, sanitation, water, etc.



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The students of the college have actively participated in the Emakulam AIDS Awareness Rally organised by the Health Department, Government of Kerala.



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A workshop on **cloth carry bag making** was conducted with the help of experts from Kudumbasree.



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The students of the college distributed notices and brochures as part of the **Haritha Keralam Mission of Government of Kerala to promote organic farming.** The college also took a **survey** on organic farming and waste management.



## HARITHA KERALAM- Data entry



## DISASTER MANAGEMENT

In collaboration with Fire and Safety Department, a **Mock Drill and seminar on the topic “Fire and Safety-Rescue measures”** was organised in 2018.



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The students of the college served as a **paramilitary force** during the flood rescue operations. They **shifted patients from flood affected areas to rescue camp.**



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The college organised **medical camp** for **camp inmates**.



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## Distribution of Free Medicine



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The college acted a **Centre for distributing relief to flood affected areas** in 2018.



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The students took active participation in the **cleaning process and making the homes ready for living.**



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## **NIRMALA COLLEGE MUVATTUPUZHA**

Ranked on the 91<sup>st</sup> position among the colleges in India  
by the NIRF Rankings 2017 and accredited by NAAC with B++ grade

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