

BEST PRACTICES OF THE INSTITUTION 2017-18

1. PAIN AND PALLIATIVE CARE

Objectives

1. To serve as a supporting system for terminally ill patients who have lost hopes
2. To extend voluntary service to the desired group of patients near by the college.
3. To act as a soothing mechanism to cope up with life in the midst of perennial suffering owing to disease and consequent sufferings
4. To develop and cultivate a sense of empathy and compassion in student volunteers who engage in palliative care.
5. To inculcate civic responsibility among the participating volunteers

The context

In the year 1993, a palliative care initiative was started in Kozhikode and it has extended to all the districts with the unstinted support of local self-government and different non-governmental organisations. In 2016, an awareness session on palliative care was conducted at the college for students and teachers. A few students and teachers thought of starting palliative care under the auspices of the college. Thus, a meeting was convened accommodating interested students and teachers of the college and it was decided to initiate the process of extending palliative care to the needy. A special committee was constituted for the purpose of running the programme effectively.

The Practice

In association with Trippangottur Grama Panchayath, a sample survey has been conducted to identify the deserving patients who have been bedridden for more than five years owing to various ailments. An additional attention has been given to cancer patients who were destined to be in the bed for long period. In the initial survey, our volunteers could identify fourteen patients who are terminally ill within five kilometre radius and their details have been collected for designing the schedule of visit and related mode of operation. To facilitate the program, the designated committee decided to possess an ambulance for periodic visit to the patients to render adequate support. Mr. Haseeb V V, Asst. Professor of Computer Science as staff representative coordinated the entire programme. A team of 24 student volunteers engaged in this benevolent programme. The schedule of visit during weekends and holidays is designed in such a way to give adequate exposure to students and teachers in rotation. A small amount

intermittently collected or donated by students and teachers would be utilised to run this venture. This gracious endeavour is a permanent programme envisaged by college authorities for a noble cause. About sixteen visits have been conducted and rendered appropriate service has been rendered to the identified patients for the year 2017-18. Since it is a continuous project, this humanitarian service would be resumed in subsequent years. Even during the summer vacation our palliative team visited the designated houses.

Evidence of success

The genuine feedback of the volunteers who participated in the palliative care itself is an ample testimony of the project *Santhwanan* initiated by the college. The smiling face and the firm clasp of the patients during the visit definitely strengthened the project to pursue for further years. As a token of appreciation Trippangottur Grama Panchayath presented a certificate of recognition for the dedicated service extended to the poor and needy. All these positive strokes provide an impetus to do further in this area.

2. WOMEN EMPOWERMENT

1. WOMEN/GIRL STUDENTS EMPOWERMENT PROJECTS

Objectives

- To enhance the leadership capabilities in girl students
- To act as a supporting mechanism to develop the skills already in them.
- To act as a platform to identify the strength and weakness and to devise appropriate strategy to overcome the weakness
- To develop creativity and critical thinking among girls.
- To impart skills and knowledge and to equip them to apply the same for their livelihood
- To ensure the involvement of girls for the sustainable development of the college

The context

“If you educate a man, you educate an individual. If you educate a woman, you educate a nation.” – African proverb

The sustainable development of a nation predominantly depends on the status of women in the existing society. The Report on Human Development in 1999 recommended that if governance has to promote human development, it has to go beyond being people-centered. The Report recognized that women occupying half of the South Asian population are allocated with

much of the responsibilities and burden for care. This recognition of the differentiation in nature of work among women and men defines status of women in society.

Women's economic empowerment includes women's ability to participate equally in existing markets, their access to and control over productive resources, access to decent work, control over their own time, lives and bodies and increased voice and meaningful participation in economic decision-making at all levels from the household to international institutions.

The Panchayath Raj Institutions (PRI) and the People's Plan Campaign (PPC) a State-wide campaign to formulate the Ninth Five Year Plan meant to transfer of substantial funds to women empowerment programs. A genuine thrust was given to women empowerment accommodating projects at all levels. As girl students constitute 75 percent of the total strength, it is necessary to sensitize this lively group to elicit positive changes in them.

Practice

A separate committee has been constituted to ensure the quality of the program and to monitor the conduct of the projects. As we have girls up to 75 percent of the total strength it is desirable to augment the capacities of this dynamic group on par with the mission and vision of the college. Say no to plastic, paper bag making, entrepreneurial skills to ladies, 15 days karate training were a few notable programs organized during 2017-18. Besides Mehendi contest and cooking competitions held on competitive mode attracted and appreciated by students and teachers. Miss Minimol VK, Assistant Professor Computer Science and Sreeja K V acted as facilitators and motivated them to envisage more effective projects which ensure vitality and diversification.

Evidence of Success

The genuine feedback received from the participants both oral and written and the zest shown by the participants and silent observers are the sufficient evidences to prove the effectiveness of the projects. The participants enthusiasm to take up the activities and their initiatives shown during the conduct of each program certainly have tremendous impact in developing a sense of optimism in their activity and approach.
