



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the

4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



7.2 Best Practice 02 - SPARSH

BLOOM: MEASURES ENACTED TO CULTIVATE INCLUSIVE ENVIRONMENT

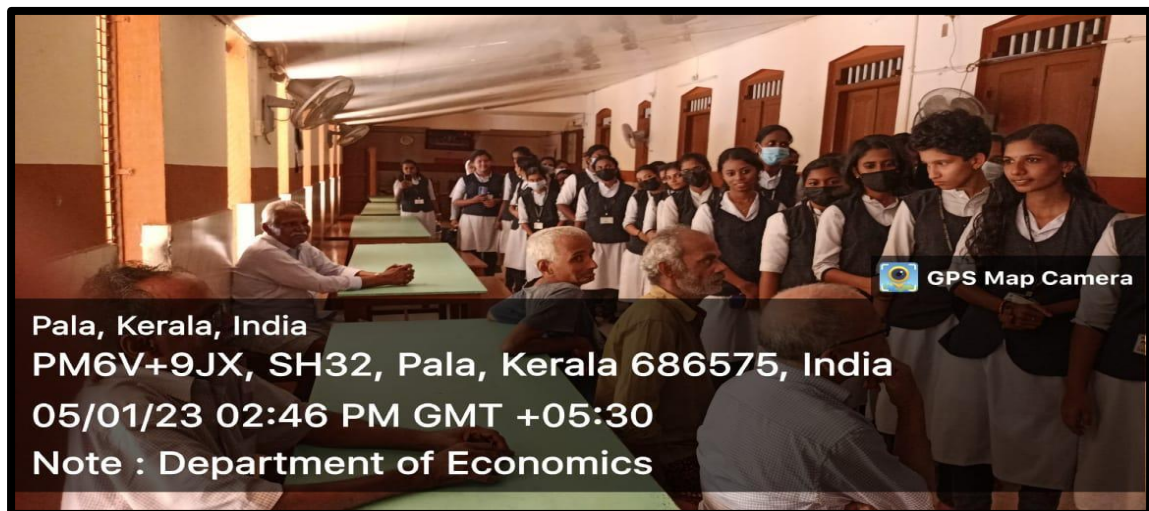
1. TOGETHER WE CELEBRATE

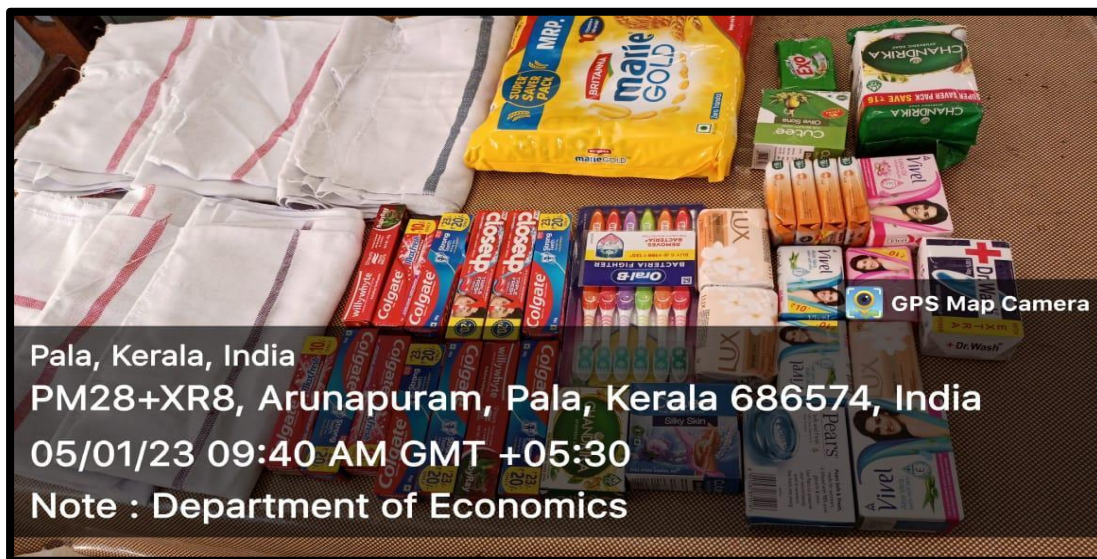
Students and teachers of Department of Chemistry celebrated festival of Kerala 'Onam' with differently abled children at shalom DCMR School, Puliyanoor on 30th August 2022. Students organized various cultural programmes and activities for them and had 'Onam Sadhya' with them. This visit gave chance to rub shoulders with the children who require special needs. The aim of this programme was to understand the process of teaching disabled students, create an empathic attitude towards them and train to respect and treat them with great concern.



2. FUND RAISING TO SUPPORT OLD AGE HOME

Department of Economics organized a Christmas Fair on 23rd December 2022. Fair comprised of food counters, snap with Santa and game zone for students and an amount of Rs5000/- was mobilized and contributed to the inmates of Dhaya Bhavan Old Age home for men at Chethimattam on 5th January 2023, to make students realise their social responsibilities and develop in them a sense of compassion. The students also collected bath towels, toiletry items as their Xmas gift to the inmates.





3. CLOTH DONATION

As part of our Christmas celebration the students of the Department of Fashion Technology constructed 30 garments and gifted them to the Snehagiri orphanage, Ullanoor, Pala.



4. A VISIT TO MARIASADANAM

The students from the Department of Zoology visited Mariasadanam on 22.07.2022. They interacted with the inmates and also provided financial support to the orphanage.



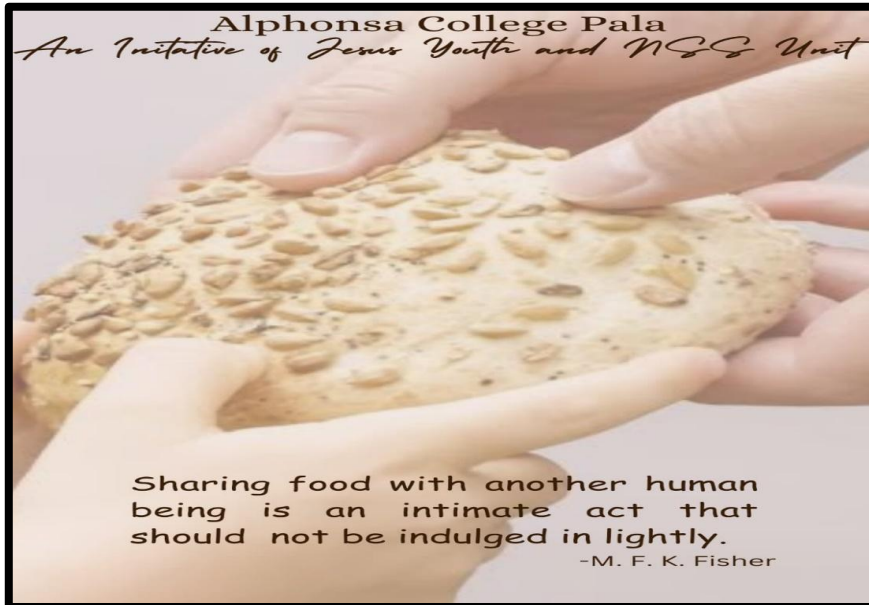
5. SPARSHAM- SUPPORTING INMATES OF OLD AGE HOME

The staff and students of the physics department take every chance to support the nearby old age homes. They make regular visits and help them by providing necessary grocery, stationary as well as medical items. This year students raised funds by conducting a cake fest to share their joy of Christmas with the inmates of Jubilee Bhavan, Chethimattom, Pala. Students and faculty members of the department contributed a sum of Rs.5000/- for the medical needs of the inmates of Jubilee Bhavan.



6. PADHEYAM: DISTRIBUTION OF NOON MEAL TO MARIASADHANAN

In association with Jesus youth, NSS started a noon meal programme “PADHEYAM” for the inmates of Mariasadan. Noon meal from students were collected and distributed to Mariasadan every Monday from 24th July 2022 onwards.



7. CLOTH COLLECTION

Old and new clothes were collected from students and teachers and distributed to the inmates of Mariasadan on 29th July 2022



8. MARIASADAN VISIT -NSS

40 NSS Volunteers visited Mariasadan (Home for mentally challenged persons) on 19th October 2022. This non-profit organization accommodates nearly 475 mentally challenged men and women generally aged between 19- 82 years. To break the monotony of their lives, volunteers interacted with the inmates and performed cultural programme for them. Donated Rs. 6,500/- to them.



9. JAIL VISIT

The NSS volunteers Visited Pala Subjail on 10th March 2023 and donated Rs.26000.



10. WHEEL CHAIR AND WASHING MACHINE DONATION TO MENTAL REHABILITATION CENTRE

NSS Unit Alphonsa College conducted fundraising activities like exhibitions and food fests to support charity initiatives. With the proceeds, they purchased two wheelchairs and a washing machine for Ananda Bhavan, a home for the mentally retarded near Chittar, their adopted village.



11. OLD AGE HOME VISIT

The unit provided support to the inmates of St. Rockey's Home, offering adult diapers and material assistance whenever needed.



12. CONTRIBUTION TO DEEPTHI DCMR SCHOOL HOSTEL

Through joint efforts, the unit contributed beds to the newly built Deepthi DCMR School Hostel for mentally retarded boys, enhancing their living conditions.



13. WHEELCHAIR DONATION TO DHAYABHAVAN

NSS Unit Alphonsa College donated a wheelchair to the inmates of Dhayabhavan, Vellilapalli, using funds raised from various activities.



14. VISIT TO DISTRICT JAIL

On February 3, 2020, an enlightening visit to the District Jail was organized, aimed at fostering a deeper understanding of Mahatma Gandhi's principles and nurturing social commitment among students. The event saw the participation of 26 students, providing them with a unique opportunity to witness firsthand the challenges faced by individuals within correctional facilities. By immersing themselves in this experience, students gained valuable insights into societal issues and cultivated empathy towards those impacted by incarceration. This initiative exemplified the educational value of real-world engagement in promoting social awareness and empathy among youth.

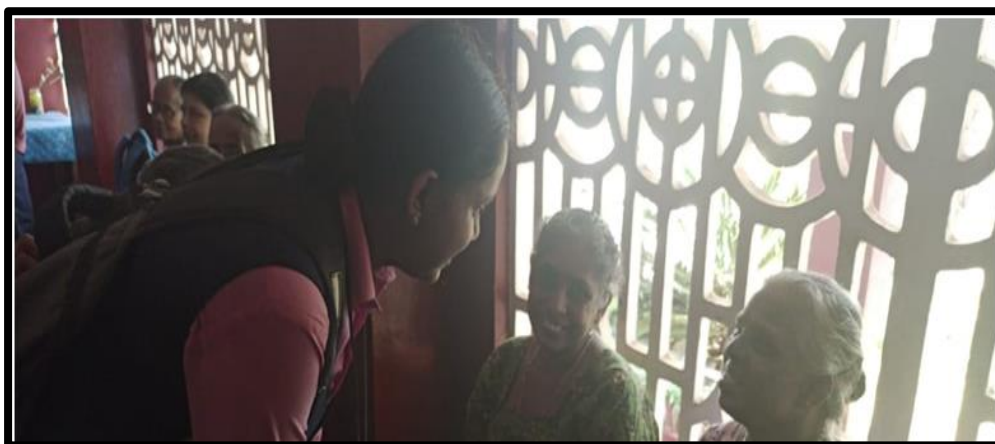
15. DCMR SCHOOL VISIT

On February 19, 2020, final year students of the History Department visited DCMR School for intellectually disabled students at Puliyanoor, Pala. Led by Ms. Alphons George and Ms. Sethulekshmi V M, the extension activity focused on spending quality time with the students. Two teachers participated in the event, engaging with 56 students. It was not externally funded.



16. VISIT TO MARIASADAN AND SPECIAL SCHOOLS FOR CHILDREN

On January 31, 2020, students of the Economics Department visited adopted institutions, Mariasadanam and Anthinadu Santhinilayam. The visit included lunch provision at Mariasadanam and financial support as part of a birthday celebration. The department contributed to institutional social responsibility by engaging 2 teachers and 65 female students. No male or transgender students participated, and the event was not externally funded.



17. JUVENILE DETENTION CENTRE VISIT

On July 5, 2019, the English Department organized an awareness program through a visit to the Government Children's Home in Thiruvanjur. Led by Fr. Joyal Jacob, the initiative aimed at child welfare and involved 4 teachers facilitating activities for 27 female students. No male or transgender students participated in this event. It was not externally funded.

18. SHALOM DCMR VISIT

On December 18, 2018, the History Department organized a heartwarming Christmas celebration at Shalom DCMR Special School in Puliyanoor. This event served as a platform to foster a sense of community and inclusivity. The students of the History Department joined the students of Shalom DCMR Special School in spreading the joy of the festive season.



19. PSYCHO-SOCIAL REHABILITATION CENTRE VISIT

On December 7, 2018, approximately 50 students accompanied by two teachers from the Physics Department visited St. Roche Asylum, a psycho-social Rehabilitation centre. Their purpose was to celebrate Christmas with the residents of the asylum, engaging in various programs to spread cheer and goodwill. This event was a demonstration of compassion and solidarity with those in need within the community, reflecting the values of empathy and social responsibility instilled within the Physics Department.



20. VISIT TO OLD AGE HOMES AT CHETHIMATTAM AND SERENITY CENTER AT PAIKA

The Zoology Department organized visits to old age homes at Chethimattam and the Serenity Center at Paika. Through these visits, students extended their support and companionship to the elderly residents, fostering empathy and understanding towards the aging population.



21. OBSERVANCE OF WORLD GERIATRIC DAY AT DEVADAN OLD AGE HOME

On October 3, the CND Department marked World Geriatric Day by visiting the old age home at Devadan, Chethimattom. This visit aimed to honor and spend time with the elderly residents, recognizing their contributions to society and providing companionship and support.



22. ORPHANAGE VISIT

The Department of CND extended their support to the children of Snehabhavan, a care home for orphaned girls in Melukavumattom, by collecting and donating various educational materials and essentials at the onset of the academic year. Their donation of notebooks, stationery items, school bags, and umbrellas aimed to empower and uplift the young residents, providing them with the tools they need for education and personal development.



23. JAIL VISIT

In alignment with their commitment to social responsibility and community development, members of the Gandhi Forum visited the Sub Jail in Pala on January 29th, 2019. During this visit, they contributed to the rehabilitation efforts by donating 85 books to the jail library and providing indoor games for the inmates. Additionally, copies of Mahatma Gandhi's autobiography and informational booklets on environmental conservation and civic awareness were distributed among both inmates and officials, aiming to foster positive engagement and personal growth.



24. MINI PROJECT

On December 19, 2018, students of II DC in the Fashion Technology (FT) department embarked on a mini-project where they meticulously crafted 63 garments. These garments were thoughtfully gifted to St. Joseph Children's Home Kummanoor, showcasing the students' practical skills and their compassionate spirit. This endeavor not only demonstrated their proficiency in fashion design but also reflected their altruistic commitment to giving back to the community. Through this project, the students exemplified the values of creativity, empathy, and social responsibility ingrained within the FT department.



25. WHEEL CHAIR DONATION

On World Kindness Day, November 13, 2022, the NSS Unit O of Alphonsa College Pala exemplified the spirit of compassion by donating a wheelchair to Mariasadan, a charitable organization in Pala. This gesture not only provided practical assistance to those in need but also symbolized the values of empathy and generosity promoted by the NSS unit. The donation of the wheelchair on such a significant day underscores the importance of spreading kindness and making a positive impact on the lives of others within the community.



26. USED CLOTH COLLECTION

the NSS Club initiated Used Cloth Collection on February 3, 2020, at the Zonal level. partnering with Mariasadanam, the event aimed to provide clothing support to the underprivileged. Cloth Donation: Old and new clothes were collected from students and teachers and distributed to the inmates of Mariasadan.



27. DISTRIBUTION OF SURVIVAL KIT

The NCC sub unit of Alphonsa college distributed survival kit to the inmates of Mariyasadanam and Snehabhavan, Pala. The survival kit consisted of essential grocery items and clothes, which helped the inmates to survive the severe financial crisis during the corona pandemic period.



28. SPORTS MEET FOR DIFFERENTLY ABLED

On January 12th, 2019, thirty dedicated volunteers from our college actively participated in facilitating a Joint Commission International (JCI) meet focused on addressing the needs of individuals with mental disabilities. This event aimed to provide support, guidance, and resources to those who are mentally challenged, emphasizing inclusivity and community support.



29. DISTRIBUTION OF BOOKLETS AGAINST ALCOHOLISM IN PALA SUB JAIL

CGS Coordinators Rosmy Kattoor and Ashley Thomas spoke at the valedictory function of the anti alcoholism drive in the Pala Sub-Jail. Copies of the booklet on the Problems of Alcoholism and Drug Abuse published by the Centre were distributed among the inmates of the jail.





CONCLUSION

By embracing the principles of **Sparsh**, students are encouraged to view service not as a one-time gesture but as an ongoing commitment to building a more equitable and compassionate society. It serves as a guiding principle that inspires students to approach the world with open hearts and outstretched hands, ready to offer healing and support to those in need. It represents a holistic approach to social change that recognizes the interconnectedness of all beings and seeks to nurture a culture of empathy, solidarity, and justice. Through Sparsh, the Alphonsien community endeavors to create a ripple effect of positive transformation that extends far beyond the confines of campus, leaving a lasting impact on the world at large.