



# 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

## BEST PRACTICE: SPARSH

Sparsh," meaning “gentle healing touch”, represents the ethos of the Alphonsian response to a world characterized by fragmentation, narrow-mindedness, and social inequalities. It encapsulates the notion of reaching out with compassion and understanding to mend the rifts in society and promote healing globally. Within this framework, the Alphonsian approach acknowledges the existence of disparities and injustices prevalent in the world and has designed ways and means to address them through proactive engagement and service-oriented initiatives. These initiatives are not limited to mere philanthropy but are driven by a deeper commitment to fostering meaningful connections and effecting positive change.

Through departmental associations and clubs, students are provided with platforms to channel their energy and talents towards serving the community. These associations serve as hubs for organizing a diverse array of social service and outreach programs, ranging from environmental and educational initiatives to healthcare services and beyond. By actively participating in these programs, students are not only exposed to the realities of the world around them but also empowered to make a tangible difference in the lives of others. The social service initiatives run by the college are categorized under

**SPROUT:** Initiatives designed for environmental preservation

**NURTURE:** Endeavours focused on addressing healthcare needs

**RISE:** Support provided to strengthen the educational sector

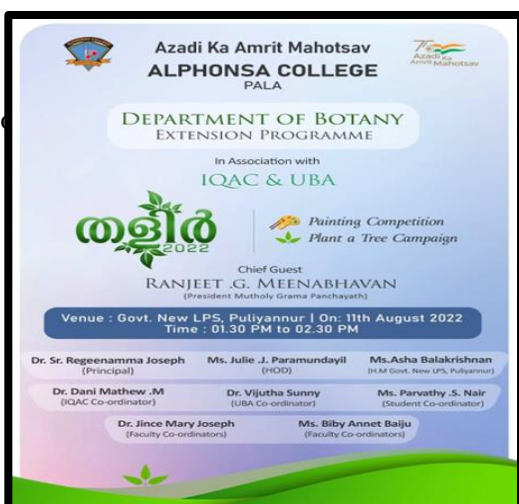
**GROW:** Assistance and aid directed towards economic development

**BLOOM:** Measures enacted to cultivate inclusive environments

## **SPROUT: INITIATIVES DESIGNED FOR ENVIRONMENTAL PRESERVATION**

### **1. "THALIRU 2022"**

Botany Association organized a painting competition and 'plant a tree' campaign as a part of Thaliru 2022 in association with IQAC and UBA at Govt.New LPS,Puliyanoor on 11th August 2022 from 1:30pm to 2:30pm.The campaign was inaugurated by Sri.Ranjeet G Meenabhavan, President of Mutholy Grama Panchayat by planting tree saplings in the school yard.



## 2. VEGETABLE SEED DISTRIBUTION

In connection with Farmers Day, the Department of Botany conducted free vegetable seed distribution on 21 December, 2022. B Sc Botany students distributed seeds to teaching, non teaching staff and students of our College and also to their neighbours. Students distributed seeds to their neighbours. This programme was a good effort to encourage all to develop kitchen gardens in their homes.



**DEPARTMENT OF BOTANY  
ALPHONSA COLLEGE, PALAI**

**'Click My Kitchen Garden'**

**Photography Contest & Free vegetable Seeds Distribution.**

In connection with  
**Farmers Day**

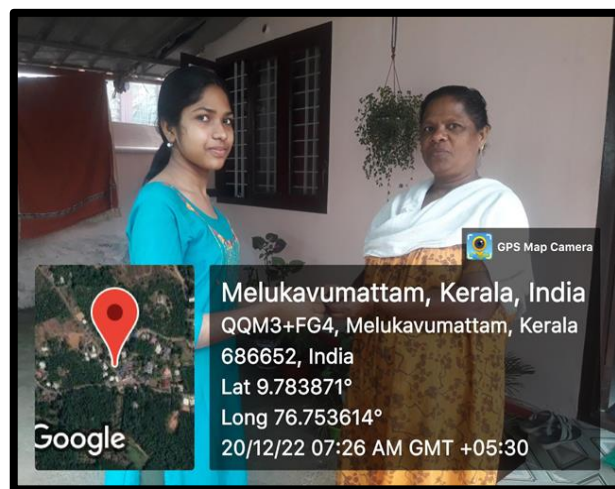
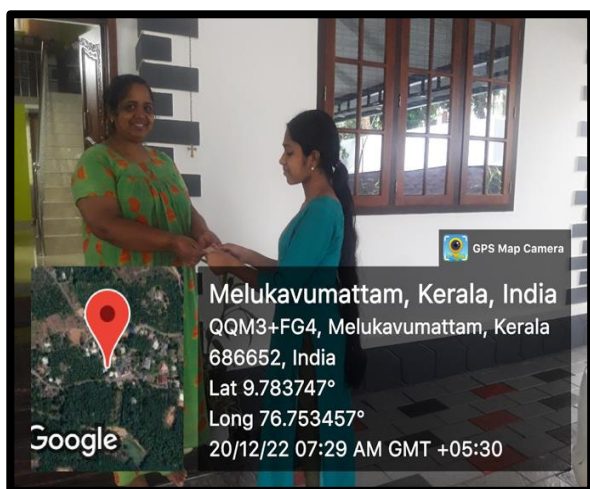
Photos should be sent to : [acpbotany@gmail.com](mailto:acpbotany@gmail.com)

Last date for submission: 20/12/2022

Sent one geo tagged colour photo of your kitchen garden, including the contestant also in the photograph and mention your name and department

**Programme committee**  
Smt. Julie J Paramundayil (HOD)  
Dr. Dani Mathew M  
Dr. Jince Mary Joseph  
Smt. Biby Annet Balju

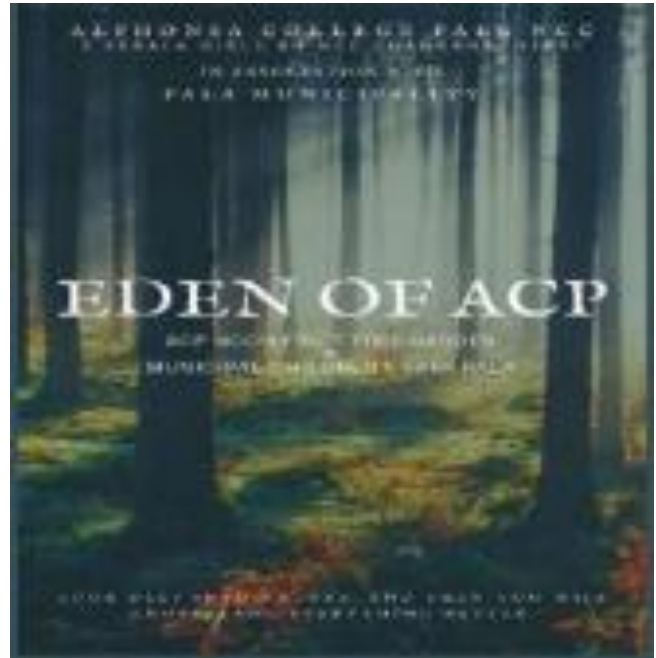
**College Administrative Committee**  
Rev. Dr. Sr. Ragesamma Joseph (Principal)  
Rev. Dr. Shaji John (Vice-Principal)  
Rev. Dr. Sr. Minamol Mathew (Vice Principal)  
Rev. Dr. Jose Joseph (Bursar)



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### 3. EDEN OF ACP

Eden of ACP is a green initiative launched by the NCC sub unit to plant fruit tree garden at public places. The project was inaugurated by the Municipal Chairman at Kumaranasan Children's Park Pala.



### 4. VEGETABLE GARDEN AT ST.GEORGE LPS CHITTAR

On December 28, 2022, NSS volunteers undertook a cleanliness drive in the vicinity of St. George L.P. School at Chittar. The initiative was inaugurated by Dr. Shaji John, Vice Principal of Alphonsa College Pala. In addition to cleaning the surroundings, volunteers also established a vegetable garden, enhancing the school environment and promoting sustainable practices. This collaborative effort reflects the commitment of both the college and the volunteers to community welfare and environmental stewardship.



### 5. TREE PLANTATION PAKWADA

The NCC unit organized a tree plantation Pakwada, emphasizing the vital role trees play in enhancing community well-being. During this event, the "One Cadet One Tree" program was launched, aiming to instil awareness among cadets about the significance of tree planting. This initiative not only educates cadets about the importance of trees but also empowers them to contribute positively to the environment. By actively participating in tree planting, cadets are encouraged to recognize their responsibility in nurturing nature and fostering a greener, more sustainable future.



## 6. ENDE MARAM” SAPLING PLANTING CHALLENGE

Department of Botany in association with UBA Cell and IQAC Alphonsa College Pala Organised by “ENDE MARAM” Sapling planting challenge for Alphonsians on JUNE 5<sup>th</sup> 2020–World Environment Day. As part of conserving our biodiversity students were asked to plant a tree sapling, take a photo of planting a sapling and write about the plant they have planted in maximum 50 words. The photos of the best five entries were displayed in the college website.



## 7. VEGETABLE GARDENING

During the lock down all the volunteers were confined to their houses and so they focused on vegetable garden making for the creation of a sustainable environment and healthy food habits. Each of them planted at least one fruit tree in their house premises during that time. It is also decided to use the amount they collect from their vegetables will be used for the benefit of the

community.



### 8. DISTRIBUTION OF SEEDS

The NSS Unit also distributed vegetable seeds among the houses in Pala municipality on 7 June 2018. The volunteers and programme officers actively participated in the distribution and enlightened the housewives of the area on the need of organic farming





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**9. SWATCH BHARAT INITIATIVES**

NSS volunteers cleaned the surroundings of St. George L.P. School at Chittar on 28<sup>th</sup> December 2022. Dr. Shaji John (Vice Principal, Alphonsa College Pala) inaugurated the cleaning programme.



NSS volunteers cleaned the classrooms and surroundings of Govt. U.P. School at Poovarany on 30<sup>th</sup> December 2022. Sri.Sajo (Member of ward 9, Meenachil Grammapanchayath) inaugurated the cleaning programme. 70 NSS volunteers were participated in this programme.



## 10. CLEANING OF MEENACHIL RIVER

On December 31, 2021, the NSS unit, in collaboration with the Pioneer Club Pala, embarked on a significant cleaning endeavor along the Meenachil River at Kalariammakkal Check Dam, Chethimattam. A remarkable turnout of 100 dedicated NSS volunteers actively participated in this commendable initiative, reflecting their commitment to environmental stewardship.



## 11. KVALIPPUZHA MINI BEACH CLEANING

The NSS unit of Alphonsa College has undertaken the admirable initiative of adopting Kavalippuzha Mini Beach, a stunning natural gem in Kidangoor. Each year, members of the unit dedicate themselves to cleaning the beach and enhancing its surroundings.

On February 18, 2023, a group of 10 enthusiastic NSS volunteers convened to clean Kavalippuzha Mini Beach, ensuring its preservation and beauty.



The journey of stewardship began on September 21, 2022, when the college unit embraced Kavalippuzha Mini Beach, situated along the Meenachil River. The cleaning endeavour commenced with great fervor, inaugurated by Ms. Sheelarani Chandran, the esteemed recipient of the Nightingale Award for the year 2022. A commendable turnout of 22 volunteers actively participated in this day-long program, reflecting their commitment to environmental welfare.

These endeavours were witnessed and appreciated by members of the Meenachil River Protection Committee, reflecting the collaborative spirit in safeguarding this precious natural resource.



Kavalippuzha Mini Beach Cleaning by NSS Unit of ACP



## 12. ROAD CLEANING

On October 2nd, commemorating Gandhi Jayanti, volunteers from both NSS and NCC engaged in a collective effort to clean the roads in front of their respective houses. This initiative, aligned with the principles of service and community betterment, saw enthusiastic participation from all volunteers.

In addition to the physical cleaning up, volunteers creatively captured the spirit of Gandhi through the creation of a video tribute. Moreover, they demonstrated their artistic talents by designing a poster and cover page, further amplifying the message of cleanliness and homage to the Mahatma. Through their actions, the volunteers not only honoured the legacy of Gandhiji but also instilled a sense of responsibility towards environmental cleanliness and societal welfare within their communities.



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**13. ROAD CLEANING AND PLASTIC COLLECTION**

NSS volunteers cleaned the road in front of Govt. U.P. School at Poovarany and collected waste plastics from the road on 30<sup>th</sup> December 2022. Sri. Shibu (Head master, Govt. U.P. School, Poovarany) inaugurated the cleaning programme. 30 NSS volunteers were participated.



Road cleaning and plastic collection by NSS

## 14. CLEANING OF CHITTAR- VALAVOOR ROAD

NSS volunteers cleaned the Chittar- Valavoor Road on 29<sup>th</sup> December 2022. Dr. Sr. Regeenamma Joseph (Principal, Alphonsa College Pala) inaugurated the cleaning programme.



## 15. CLEANING PROGRAMMES COLLABORATION WITH PALA MUNICIPALITY

On January 25, 2020, the NSS unit collaborated with the Pala municipality in a concerted effort to combat plastic pollution. Volunteers actively participated in collecting plastic waste from public places and roads spanning from Kottaramattom private bus stand to Marian Medical Centre in Arunapuram. This initiative aimed to promote cleanliness and environmental sustainability, contributing to the beautification and hygiene of the local area.



## 16. INVOLVEMENT IN CLEAN PALA CAMPAIGN

Simultaneously, on the same day, NSS volunteers took part in the Clean Pala Campaign, furthering their commitment to community cleanliness. Through a compelling street play performed in Pala town, volunteers raised awareness about the importance of maintaining cleanliness and fostering a sense of environmental responsibility among the public. These efforts exemplify the NSS unit's dedication to promoting civic engagement and sustainable living practices within the community.



To commemorate Gandhi Jayanthi, our volunteers enthusiastically engaged in cleaning various locations within Pala Municipality, including the town itself. They diligently collected plastic waste from public areas, demonstrating their commitment to initiatives like the "Clean Kerala" project and Suchitva Mission. Their efforts reflected a broader dedication to preserving the environment and ensuring a green, clean, and safe planet for all.



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### 17. WATER BODY CLEANING

As part of Constitution Week, a Swachhatah program was initiated, focusing on cleanliness initiatives. Cadets took part in cleaning statues and water bodies, contributing to the Swachh Bharat (Clean India) campaign. This proactive engagement underscores their commitment to upholding the values enshrined in the Constitution, fostering civic responsibility and environmental stewardship.



Additionally, as part of the Swachh Bharat Abhiyan, our cadets regularly participate in campus cleaning and footpath maintenance along the Pala-Kottayam road. They also contribute to campus beautification and organize awareness rallies to promote the importance of cleanliness and environmental consciousness.

### 18. MEENACHILAR SAMRAKSHANA PADHATHI

On October 4, 2019, the Zoology Department collaborated with the Forestry Club Kottayam to conduct the "Meenachilar Samrakshana Padhathi" in remembrance of Mahatma Gandhi's 150th birthday. The event included planting bamboo seedlings along the river to promote environmental conservation. Mr. Tom from the Forestry Club Kottayam facilitated the program. The initiative engaged 4 faculty members and 30 female students.





### 19. RIVER REJUVENATION PROGRAMS

The Economics Department organized river rejuvenation programs in collaboration with Bhoomika Poonjar on September 9th. Dr. Roy Paul inaugurated the event. The initiative aimed to revitalize rivers for agricultural sustainability. One teacher and 20 female students participated.



Economics Department - River Rejuvenation Programmes

### 20. TREE PLANTATION ALONG RIVER MEENACHIL

In collaboration with the Department of Zoology, Alphonsa College, NSS volunteers undertook a significant tree plantation initiative aimed at preserving the Meenachil River. The project involved the planting of Aattuvanchi saplings along the riverbanks, with the goal of enhancing the river's ecosystem

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and safeguarding its natural beauty. In a commendable display of environmental stewardship, a hundred saplings were successfully planted within a single day. This endeavor underscores the NSS's commitment to environmental conservation and community-driven efforts to protect vital natural resources.



**21. MEENACHILAR SAMRAKSHANA PADHATHI**

In commemoration of Mahatma Gandhi's 150th birthday, the "Meenachilar Samrakshana Padhathi" event was held on October 4, 2019, in collaboration with the Forestry Club.



This event aimed to honour Gandhi's legacy through environmental conservation efforts. Students engaged in activities promoting river protection, fostering a sense of environmental stewardship inspired by Gandhi's teachings.

## 22. BAMBOO PLANTATION ALONG MEENACHIL RIVER

B.Sc second year and third year students of the department of Zoology participated in a bamboo plantation initiative along the shores of Meenachil River in the Chethimattam region of Pala on 04/05/2022. This hands-on activity, conducted on an unspecified date, demonstrated students' commitment to environmental sustainability by enhancing riverbank vegetation, contributing to ecosystem preservation and biodiversity conservation.



### 23. RIVER REJUVENATION FOR KARSHIKAVENDEUPPINU

On September 9th, a river rejuvenation initiative named "Karshikavendeduppinu" was conducted in collaboration with Bhoomika Poonjar. The event, inaugurated by Dr. Roypaul, aimed to revitalize river ecosystems for agricultural sustainability. Through community engagement and environmental stewardship, participants contributed to the preservation of water resources, fostering a symbiotic relationship between agriculture and ecology.



River Rejuvenation for Karshikavendeduppinu

### 24. NEERCHAL PUNARGEEVANA PROGRAMME

From December 14th to 22nd, 2019, the Neerchal Punargeevana Programme was organized in partnership with Bhoomika Poonjar. This comprehensive initiative focused on water conservation and restoration efforts. Participants engaged in activities aimed at rejuvenating water bodies, promoting sustainable water management practices, and raising awareness about the importance of preserving freshwater ecosystems.



## 25. ENVIRONMENTAL AWARENESS RALLY

The English (Self Finance) Department, in collaboration with the Nature Club of St. Thomas College Pala and Arunapuram Residents Association, organized a rally for the prohibition of plastics on December 16, 2019. The event aimed to raise awareness about environmental conservation and involved 4 teachers and 50 participants. Additionally, another community extension activity promoting social responsibility took place on the same date, engaging 6 teachers and 50 participants. Neither event received external funding.

## 26. PLOG RUN

As part of Gandhi Jayanti celebrations, the NCC and NSS unit organized a plog run, merging fitness with environmental stewardship. Participants jogged while collecting litter, emphasizing the importance of reducing plastic consumption and promoting cleanliness. This initiative not only honored Gandhi's principles but also demonstrated proactive efforts towards a cleaner and healthier environment.



## **27. VISIT TO TROPICAL INSTITUTE OF ECOLOGICAL SCIENCES (TIES)**

On August 22, 2019, B.Sc IIIrd year students and PG students from the Department of Zoology embarked on a field trip to TIES. They attended a one-hour lecture on biodiversity and its significance, enhancing their understanding of ecological principles. This educational excursion provided valuable insights into the intricate relationships within ecosystems, enriching their academic experience.



## **28. WATER AND SOIL ANALYSIS**

Two students of II PG undertook an assessment of water quality parameters in various sources within the Palai municipality. Samples were collected from wells, paddy fields, and streams. Analysis revealed that the sample from the paddy field exhibited higher levels of pollutants, with 200 mg/liter of chloride and 47 mg/liter of nitrate, compared to other sources.



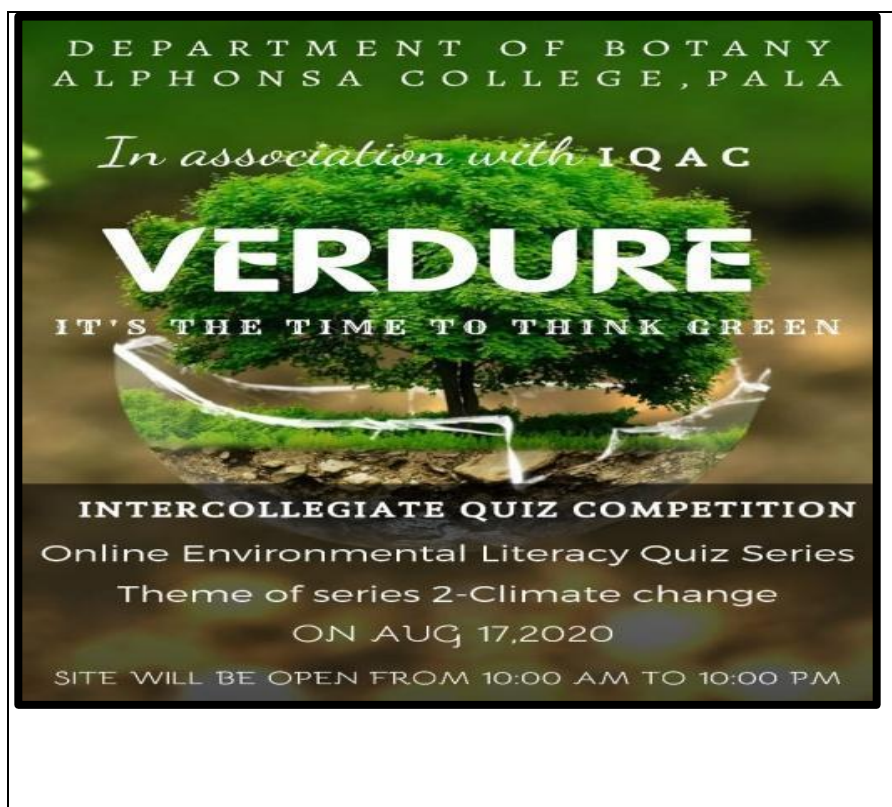
In a separate study, these students conducted soil analysis in potential cardamom growing tracts of Idukki. The soil, identified as loamy type, was found to be slightly acidic and non-saline. High levels of carbon and micronutrients such as sulfur, iron, and zinc were observed, along with exceptionally high levels of available phosphorus and potassium. While the soil was deemed suitable for cardamom cultivation, the students recommended the addition of specific fertilizers to ensure optimal growth and yield.

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[https://drive.google.com/file/d/1yIkGzo0zWua43-d81oFtuNa208Q-JcaD/view?usp=share\\_link](https://drive.google.com/file/d/1yIkGzo0zWua43-d81oFtuNa208Q-JcaD/view?usp=share_link)

## **29. NATIONAL ENVIRONMENT LITERACY QUIZ**

Department of Botany conducted an Online environmental literacy quiz series 'Verdure' in association with IQAC on 07-08-2020 & 17-08-2020 to promote environment awareness among the public.



### 30. CLOTH BAG DISTRIBUTION INITIATIVE

In an effort to promote environmental sustainability and reduce plastic usage, 200 self-made cloth bags were distributed to members of Kudumbasree and housewives in Kumbani. In exchange for used plastic carry bags, this initiative aimed to encourage eco-friendly practices and raise awareness about the detrimental effects of single-use plastics on the environment. Through community engagement and empowerment, the distribution initiative fostered a culture of environmental responsibility and collective action towards a greener future.



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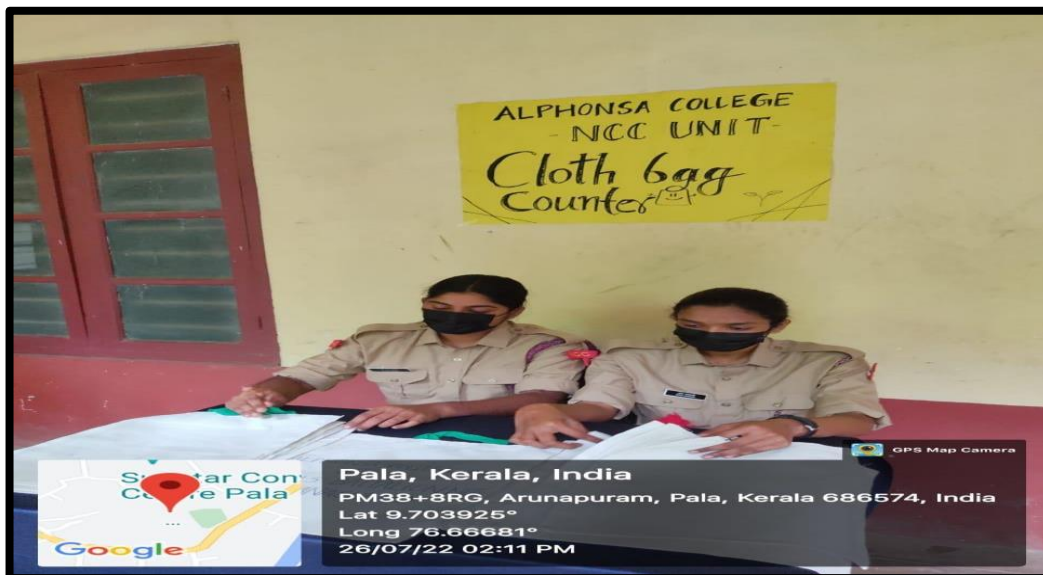


To spread an awareness among the students and public on environmental hazards caused by plastic and to initiate a green living the NCC sub unit of Alphonsa College Pala launched an anti-plastic campaign “UNLEARN PLASTIC”. As part of the campaign cadets visited 50 households in and around Pala and distributed Cloth carry bags as a substitute for Single use plastic carry bags. A cloth bag counter has also been opened by the cadets for the staff and students of the college. Separate bins are kept to collect plastic waste. 50 cadets served as volunteers.



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Addressing environmental concerns, the NSS Club distributed cloth bags for sensitization from March 1 to March 8, 2020, at the Zonal level. Partnering with Kudumbasree, this initiative aimed to reduce plastic usage and promote eco-friendly practices.



### 31. CLASS ON WASTE DISPOSAL

NSS Volunteer Secretary Roshitha Sunil conducted a class on waste disposal for Kudumbasree Members, emphasizing the significance of managing waste effectively, particularly in the aftermath of the floods. The session underscored the understanding that various types of waste would pose significant challenges for Kerala during the post-flood period. Volunteers were urged to disseminate this awareness within their respective communities, fostering a collective effort to address the issue of waste management and ensure a cleaner and safer environment for all.



### 32. ENVIRONMENTAL AUDIT

NSS in association with Periyar Tiger Conservation Foundation Thekkady, conducted an Environmental audit in our campus on 21<sup>st</sup> June to 25<sup>th</sup> June 2022. All NSS volunteers participated by collecting data regarding energy conservation, water conservation and Green audit.

**Link:** <https://alphonsacollege.in/quality-audit-report/#accordion-2>

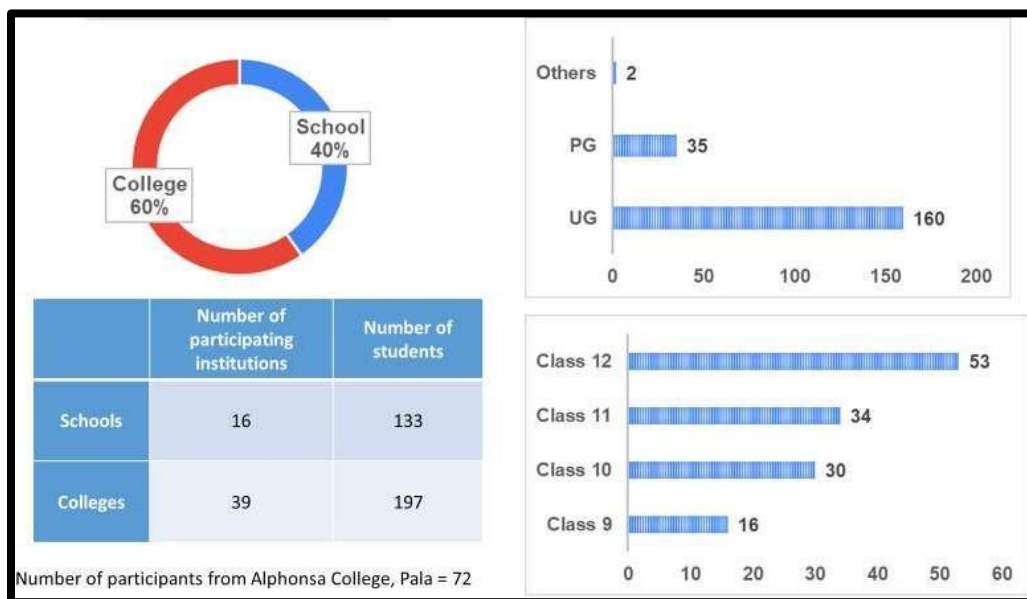
### 33. STUDY ON THE PROBLEMS OF CARDAMOM CULTIVATION

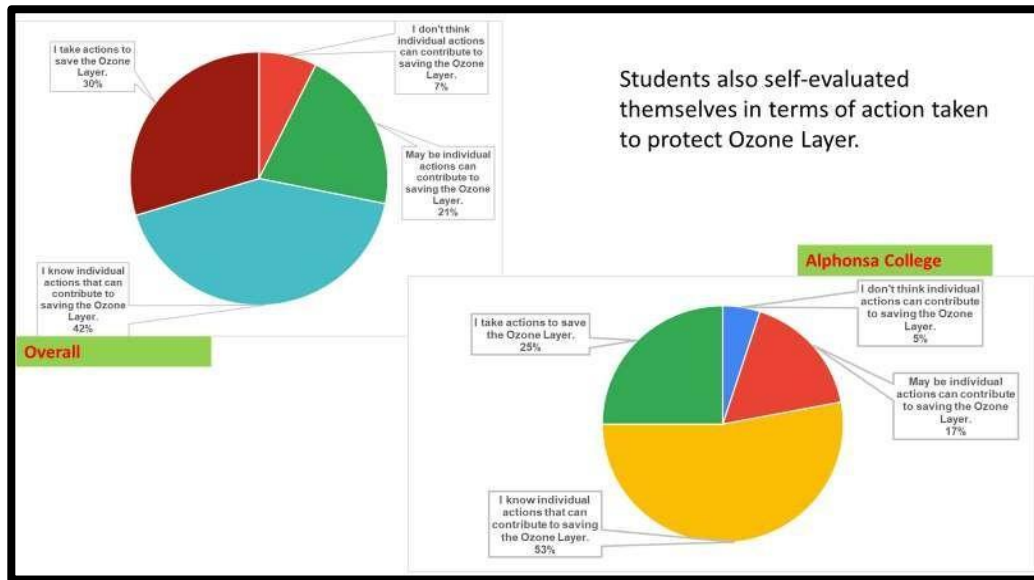
Department of Botany conducted a study on the problems of cardamom cultivation and cardamom farmers in Idukki district. The survey was conducted by III DC Botany students under the guidance of Dr. Dani Mathew M. The present study was conducted in randomly selected cardamom estates in Idukki district, coming under Adimaly, Kattappana and Nedumkandam blocks. The planters with 1-3 hectares of land were selected for the study. Information about the sample planters was collected through a field survey using a structured questionnaire.



### 34. OZONE DAY: POPULARISING OZONE PROTECTION

The department of physics conducted a survey on "Awareness of Ozone Layer in Students" in association with Dr. Susan George K, Scientist E, Ministry of Environment, Forest and Climate Change and Unnat Bharat Abhiyan to assess the awareness of Ozone Layer and its importance among students. Students from various schools and colleges of Kerala took part in this survey by filling the google form and helping to to understand how much more has to be done in popularising Ozone Protection. The survey was launched Ozone day September 16th for 6 days.





### 35. MEENACHIL ODONATE SURVEY

To nurture the interest among students for studies in biodiversity, our 10 students participated in the Meenachil odonate survey on March 12 – 13, 2022 in association with TIES, Kottayam and Department Forests and Wildlife, Govt. of Kerala.



### 36.SURVEY ON WATER QUALITY

The Post graduate Students of the Department of Zoology collected water samples from selected sites of Meenachil River and conducted a study on the various water quality parameters.



### 37. VEMBANADU ODONATE SURVEY

The Zoology Department participated in the Vembanadu Odonate Survey organized by TIES Pambadi and the Forestry Club of Kottayam on December 5, 2019. The survey aimed to study the odonate diversity in the Vembanadu Lake region. Dr. Abraham Samuel from TIES Pambadi led the survey. The department contributed 1 faculty member and 2 female students. No male or transgender students participated, and the event was not externally funded.



### **38. VERMICOMPOST TRAINING PROGRAM**

From December 11, 2019, to January 20, 2020, a vermicompost training program was conducted by Dr. Sr. Manju Elizabeth with the aim of reducing environmental pollution. The hands-on training sessions provided 49 students with practical knowledge and skills in vermicomposting, an eco-friendly method of recycling organic waste into nutrient-rich compost using earthworms. Through this program, participants learned about the importance of waste management and sustainability, while actively contributing to environmental conservation efforts. By equipping students with the necessary expertise, the training program empowered them to implement vermicomposting practices both individually and within their communities, fostering a culture of environmental responsibility and resource conservation.



### **39. APICULTURING FIELD VISIT**

On January 23, 2020, third-year B.Sc Zoology students visited an apiculturing field at Illickathazhe for a demonstration on beekeeping techniques. Kumari Beena Tom provided insights into apiculture practices, enriching students' knowledge of sustainable agriculture and pollinator conservation. This experiential learning opportunity allowed students to appreciate the ecological significance of beekeeping in biodiversity conservation efforts.

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**40. IDENTIFICATION OF PLANTS FOR SCHOOL STUDENTS**

Smt Julie J Paramundayil, Head of the department of Botany discussed and helped the students from St Marys GHSS Pala for identification of mosquito repellent plants on 23/11/22. They visited our department as a part of their project work.

