



# ST. DOMINIC'S COLLEGE, KANJIRAPALLY

AFFILIATED TO MAHATMA GANDHI UNIVERSITY KOTTAYAM

RE-ACCREDITED WITH A GRADE BY NAAC

ABSORB & RADIATE



## DETAILS OF BEST PRACTICE

### “KARUTHAL”



## **KARUTHAL – CARE TO STUDENTS AND COMMUNITY**

### **OBJECTIVES**

**Karuthal** is our initiative to care the students, community and environment with objectives

- To create an atmosphere of mutual care and support among student community with peers identifying and helping each other in needy situations.
- To extend a helping hand to the community in times of need
- To engage in collective development of society by providing public access to college facilities in a fruitful manner.
- To share the expertise potential of the college to the society.
- To create awareness among stakeholders and community about traffic rules and road safety, disaster management, life saving skills.
- To create an awareness on needs of environmental protection and sustainability.

The final objective is **creating a sense of humanity and service mentality among students, by participating in these activities.**

### **THE CONTEXT**

In the present world of reckless competition and hectic scrambles, it's the duty of the institution to develop a mindset among its students which accommodates the traditional values of care and support. Along with curricular and co curricular activities, provision of essential emotional and psychological attention to needy students, that too with peer support forms a core part of this initiative. The caring hands are extended to the needy ones in the society through possible ways. The counseling facilities provided within the college for the students and tele-counseling facilities offered to the community. The thrift store is another initiative implemented with the same objectives.

The college situated in a rural agrarian belt and being the first higher education institution in the region, reaches to the neighboring community in all possible ways by sharing its potentials. The Physical Education Department is providing training sessions to general public appearing for physical fitness tests conducted by Public Service Commission recruitments. The

## Details of Best Practices - KARUTHAL

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College facilities are shared with schools and other government bodies to conduct sports activities and training programmes. The college regularly hosts and conducts programmes that are beneficial to the students of neighboring schools.

As the number of road accidents involving youth is increasing, awareness on traffic rules and road safety is frequently given to students. In addition, awareness classes on disaster management, life saving skills and activities for environmental protection etc form part of this initiative. Awareness programmes against use of narcotics are conducted every year.

### **THE PRACTICE**

All faculty members, especially class teachers and mentors, are closely associated with student community and create a conducive atmosphere. The practices of providing regular counseling service to needy students by a trained counselor, initiatives like Oppam (With You), Kaithangu ( Helping Hand), Dominican Educational Assistance, Koodeundu SDC (SDC with You) etc address different emotional issues faced by students.

The community service activities are realized through NSS, Bhoomitrasena, Anti narcotics Club, Charity Club, Population Education Club and Women Empowerment Centre. The college promotes a sports culture in tune with Fit India Campaign, by making its sports facilities being available to community. The physical education department is offering training programmes for aspirants of state and central services to clear physical fitness tests. The Schools around the locality as well as government organizations conduct their sports events and sports training using the college facilities. People around the locality are using the play grounds for morning walks.

Awareness programmes and posters on traffic rules and road safety, disaster management, life saving methods and health were delivered to the community through college YouTube channel and public programmes. The NSS unit and Botany department leads the environment protection awareness through nature camps and other activities. The college maintains botanical, herbal and butterfly gardens to pass message of environment protection.

### **EVIDENCE OF SUCCESS**

## Details of Best Practices - KARUTHAL

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- Positive and supportive network for students.
- More than 160 trainees successfully passed the Physical Fitness tests and entered into Kerala Police Service and Indian Army.
- Clean and Green Campus due to environment education.
- Awareness on Physical fitness and more participation in sports.
- Safeguards against road accidents and use of narcotics.

### **PROBLEMS ENCOUNTERED & RESOURCES REQUIRED**

- No Credits for participation in community service programs.
- Include credit based courses and projects in areas of
  - Community engagement and service
  - Environmental education
  - Life saving skills
  - Road safety measures