



BEST PRACTICE 1: CARE AND SHARE

Objectives:

- **Foster humane qualities and promote social and environmental sensitivity.**
- **Assist in patient rehabilitation and encourage community participation in palliative care.**
- **Create a family-like environment for the elderly.**

The *Care and Share* initiative, established in 2022 under the National Service Scheme, partners with Shantinilayam Old Age Home in Yenthayar. Responding to a request from Shantinilayam, the college decided to provide meals to its inmates every Wednesday. Volunteers, trained in healthcare and hygiene by the local health department, collect approximately 100 homemade meals from students and teachers on a rotational basis. Meals are distributed weekly, and the volunteers organize activities to foster interaction between students and the elderly. The project has completed a successful year, earning recognition from Malayala Manorama and appreciation letters from Shantinilayam and Peerumade Taluk Hospital.



BEST PRACTICE 2: BLOOD DONATION

OBJECTIVES:

- Promote awareness of voluntary blood donation and its life-saving impact.
- Encourage a culture of selflessness and social responsibility among students.

Since 2022-23, the NSS unit has organized annual blood donation drives to support Kottayam Medical College, located 40 km from the college. Each year, students contribute 80-90 units of blood, ensuring availability for critical patients. This initiative instills a spirit of voluntary sacrifice and inspires students to embrace humane values.

