

## Best practice 1

### Snehasparsham: Embracing the Warmth of Compassion

**Vision:** To cultivate empathy and social responsibility within the college community through meaningful community service.

**Mission:** To engage students, staff, and faculty in initiatives that support social welfare and promote a culture of compassion and active citizenship.

#### The Context

Snehasparsham is an initiative by Paramekkavu College of Arts and Science aimed at Fostering social welfare and community support. Launched in the academic year 2018-19, it initially focused on distributing noon meals to pain and palliative care unit patients and resumed in 2022-23 with a cloth donation drive in Thrissur district. The objectives are to raise social awareness among students.

**Food Kit Distribution:** The College partnered with ACTS, a voluntary social organization, to distribute food kits to pain and palliative care patients. After collecting food pack students distributed it at the care centre.

**Cloth Donation:** The College collects reusable clothes from students, teachers, and staff. Donors are instructed to ensure the clothes are not too old or torn and are properly washed, ironed, and folded. The clothes are then sorted by teachers and handed over to a cloth bank at Pallimoola, where they are distributed to the needy. The funds generated from selling some clothes are used for various social purposes

**Evidence of Success:** The food pack distribution program has increased students' awareness of palliative care needs and fostered a sense of empathy and responsibility. The cloth donation drive has instilled humility and social responsibility among students, contributing to their personal and academic growth.







## Best practice 2

### Building a Sustainable Campus

**Vision:** To create an environmentally sustainable campus that serves as a model for Responsible resource use and conservation.

**Mission:** To integrate sustainable practices into campus life, reducing environmental impact while educating and empowering the community.

#### **The Context**

Paramekkavu College of Arts and Science is committed to promoting sustainability through various practices. The objectives are to reduce energy and water consumption, and foster a sustainable campus culture.

**Green Campus Policy:** The College's Green Campus Policy promotes sustainable practices and environmental education. Planting saplings during important functions, maintaining a garden, and establishing a medicinal garden called Vidyavanam with 41 plant species are part of the initiative.

**Energy Use and Conservation:** The College has implemented energy-efficient measures, including using LED bulbs and tubes, to reduce energy consumption and promote sustainability.

**Rainwater and Waste Management:** Rainwater conservation involves collecting rainwater from the terrace and storing it in the campus well. The college also has a solid waste management system.

**Water Conservation:** Water conservation is the practice of using water efficiently to reduce unnecessary water usage. Rainwater harvesting systems capture and store rainwater for non-potable uses.

**Restricted Use of Automobiles:** The College promotes alternative transportation methods such as walking and public transit to reduce carbon emissions and create a safer campus environment.

**Evidence of Success:** The project has significantly reduced the college carbon footprint, with over 60% of students and faculty using bikes as their primary mode of transportation. Initiatives such as plastic elimination, water conservation, and renewable resource use have been successfully implemented.



## GREEN ACTIVITIES



