



# PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU  
(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

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## BEST PRACTICE -1

### TITLE

Snehasparsam: Embracing the Warmth of Compassion

### OBJECTIVES OF THE PRACTICE

- To raise social awareness among students and staff.
- To involve students in meaningful community service activities, fostering empathy and social responsibility.
- To create a sense of belonging and community among students.
- To develop service attitude and confidence in students to contribute to the well-being of others.
- To contribute to societal and national improvement.

### THE CONTEXT

Snehasparsam is a compassionate initiative spearheaded by Paramekkavu College of Arts and Science, dedicated to fostering social welfare and community support. The program embodies the college's commitment to instilling a sense of social responsibility among its students while addressing pressing societal needs. Through a range of activities and outreach programs, Snehasparsam aims to uplift underprivileged communities, promote educational opportunities, and support environmental sustainability. By harnessing the collective effort of students, faculty, and volunteers, Snehasparsam strives to create a positive and lasting impact on society, nurturing a culture of empathy and active citizenship.

Snehasparsam initiated in the academic year 2018-19 by distributing Noon-meal to pain and palliative care unit patients. The college restarted the programme in the academic year 2022-23 by donating clothes to cloth bank in Thrissur district and continued in the coming academic years.

## **THE PRACTICE**

### **❖ Food Kit Distribution**

A formal tie-up was established by Paramekkavu College of Arts and Science with ACTS– a voluntary social organisation, to distribute the food kits to pain and palliative care patients. Students, teachers and staff are instructed to bring food pack that is properly packed on a particular date. A cardboard box was placed in college campus for collecting the food packs. Those students who are not able to bring food packs are allowed to donate cash for buying food packs from outside if they wish to be part of this social responsibility. After the collection of food packs students from various departments came forward to volunteer the food distribution. Food packs are brought to pain and palliative care centre along with ACTS coordinators and later the food packs are distributed to the inmates of pain and palliative care unit. Students spend their time by serving food to inmates and shares their happiness with them.

### **❖ Cloth Donation**

Paramekkavu College of Arts and Science as a part of social activity collected reusable clothes from students, teachers and non-teaching staff to help the needy. Students and staff are given proper instruction regarding donation of clothes to cloth bank. Directions like the clothes should not be too old or torn and it should be properly washed, ironed and folded were given to all. A box was kept in college where the clothes were deposited. Later these clothes were sorted by teachers as those which are in good condition to be donated, worn-out items that can be recycled or repurposed, clothes that might need minor repairs before donating etc. When the box is almost full these clothes were handed over to cloth bank at Pallimoola, where they distributed it to the needy for free or at sometimes they charged reasonable prices. Later they use the amount for various social purposes including providing food and amenities for the poor.

## **EVIDENCE OF SUCCESS**

- ❖ The food pack distribution programme developed a sense of responsibility and empathy through direct engagement with the community among the students. The initiative increased awareness about palliative care needs within the local community.



- ❖ The practice of donating clothes to the cloth bank helped to instil a sense of humility and fostered a sense of social responsibility among students. Donating clothes to cloth bank not only helped students contribute to their community but also nurtures important values and skills that are beneficial for their personal and academic growth.

### **Cloth donation in the academic year 2023-24**





## **PROBLEMS ENCOUNTERED AND RESOURCE REQUIRED**

- ❖ Food pack distribution- The prime problem was that the students whose parents were working were not able to bring food packs on the particular day. Some food packs are not properly packed with newspaper.
- ❖ Cloth donation-One of the main problem was that some of the received clothes were damaged, stained, or unsuitable for further use, which increased the burden to dispose of or recycle these items responsibly. Competing priorities, lack of interest, or apathy hindered the efforts to collect enough donations to make a meaningful impact. Donations of clothing often fluctuated seasonally, with peaks during specific times such as the end of the academic year and holiday seasons.
- ❖ The initiative Snehasparsam were not able to continue in every academic year due to Covid-19 pandemic.