

Best Practices

Best Practice 1:

Title: Best practice: Blood Donation Camp by Alumni Association of the College.

Objectives:

- ❖ Educating the community on the importance of blood donation,
- ❖ The need for safe blood transfusions,
- ❖ Motivating people to donate blood regularly, especially young people.

The Context:

The Alumni Association of the college in association with the college and KMC Hospital Mangaluru organised a blood donation camp in the college auditorium. The camp was inaugurated by the Principal Dr Lakshminarayana Bhat A. Dr Nikita spoke about the importance of Blood donation. Office bearers of the Alumni Association, staff were present. 48 units of blood was collected in the camp.

It's novel attempt on behalf of college to involve one and all associated with the college to promote the blood donation for healthy atmosphere because healthy mind is healthy body. It's a lifesaving camp for human beings.

The Practice

The Alumni Association of our college are committed towards the vision of blood donation for saving the life. In the department of higher education donating blood is voluntarily, due to lack of awareness some students do not donate blood. Students with lower age limit, lower weight limit, & lower-level hemoglobin are not able to donate blood even students with transmitted diseases cannot give blood. Blood donation camp cannot always be organized in the college, As the camp could not be set up during the lockdown period.

Evidence of success: The Camp was very successful and appreciated by all the stakeholders including blood bank. Is that the proof of success is -

- A. More than the target students donated blood of their own free will.
- B. Parents, management & others colleges highly appreciate the successfully organized the blood donation camp.
- C. KMC hospital & Blood Bank staff advised to organize more blood bank camps in future.

Problems encountered & recourses required: Initially students & faculty members in different attitude but they gradually realize the significance of this practice and value of donation. Problems encountered during the camp was lack of awareness on blood donation camp.

Best practice 2 : Orphanage visit

1. Title of the practice: Ashram visit 2023

2. Objectives of the practice:

- ❖ Supporting children: Students can learn about the children's stories and aspirations, and pledge to support their well-being.
- ❖ Providing donations: Students can bring donations of food, clothing, and school supplies.
- ❖ Engaging with children: Students can play games and have conversations with the children.
- ❖ Empowering children: Students can help children build a brighter future for themselves.
- ❖ Raising awareness: Students can learn that even small acts of kindness can have a big impact on the lives of others.
- ❖ Renewing purpose: Students can leave the ashram with a renewed sense of purpose.

The Context:

The Alumni Association of our college under the leadership of Alumni Association President Mr. Adithya Shetty along with the executive committee members visited Sneha Deepa orphanage home and donated the daily requirements of the inmates. The list items as required by the inmates was collected from the chief of the Ashram. One month requirements of the grocery worth Rs 35000/ were donated. The chief of the Asram thanked the Association and said that they were badly in need of grocery items. The Principal of the College, Dr. Lakshminarayana Bhat A and selection grade librarian Dr Vasappa Gowda were present on the occasion.

The Practice: The visit was a profound experience, prompting many alumni to reflect on their life paths. Participants reported increased clarity about personal and professional goals, and a renewed commitment to mindfulness practices. The ashram provided a unique setting for alumni to reconnect and strengthen relationships. Sharing experiences in such a serene environment fostered deeper conversations and reinforced the sense of community that began during our college years.

Evidence of Success:

The alumni visit to ashram was a transformative experience, promoting personal growth, mindfulness, and community bonding. Despite some challenges, the overall feedback was overwhelmingly positive, with many expressing a desire to return for future retreats. This visit reinforced the importance of ongoing spiritual exploration and connection with fellow alumni. Surveys conducted after the visit revealed that over 85% of participants felt the experience was transformative. Students expressed gratitude for the insights gained and showed interest in

attending similar events in the future.

Problems encountered: While the visit to the ashram was largely positive, few challenges highlight areas for improvement in future visits. Addressing communication, dietary preferences, and accommodating personal needs can enhance the experience for all participants.