



Best practice 1

Annapoorna

Objectives

To inculcate;

- Compassion and empathy
- Community engagement
- Team work and collaboration
- Leadership skills

The Context

This program is aimed at addressing the issue of hunger and malnutrition among the homeless people of Kandanassery Panchayath and Guruvayur Municipality in Thrissur District, Kerala. Derived from the Sanskrit word, Annapoorna means “the provider of food”. This program combats hunger of the poor, fosters community well being and promotes holistic development of the students.

The Practice

Our NSS Volunteers collect lunch packets prepared by faculty members and students from all departments every Wednesday and distribute them among needy people. It fosters awareness about serving the less fortunate. Every Tuesday volunteers conduct a class campaign on Annapoorna, reminding the staff and students about bringing the food packets. This campaign is also considered as a sustainable endeavour to cultivate humanitarian values in our students. There are two collection centres arranged for the food packets. Special events are organised during festivals like Onam, distributing grocery items to poor families.

Evidence of Success

The program has been running successfully and was able to distribute 1299 food packets to the less fortunate in the community in last three years. Staff and students of our college enthusiastically participate in this program every week

Problems Encountered and Resources Required

It requires continuous support of students and teachers as it is made possible by the generous donations of them. During Covid 19 pandemic this program faced a set back in 2021 but in later years it gained momentum

Best practice 2

Feel n' heal

Objective

Under the motto "Feel 'n Heal," we launch a series of events with the intention of giving back to society and the environment. The main objectives are:

- To acquire sensitivity to the environment and its problems.
- To engage students in environment protection endeavours.
- To create awareness about organic farming.
- To cultivate humanitarian values in students
- To be empathetic towards elders and less fortunate in the society.

Context

It is necessary to inculcate the feeling of belongingness and compassion in students towards their fellow beings and environment. There are individuals in our society who are deprived of so many skills and abilities that we possess. The institution conceives it as its duty to bring these individuals to the mainstream society and takes every effort to support them. In the present scenario of global pollution hitting alarming levels the college makes every effort to maintain the campus and its surroundings as green as possible. The value of nature should really be understood and we should live in harmony with it so that it can continue to sustain us all into the future.

The Practice

Under the umbrella of Feel n' Heel the college organises various events and activities keeping this broad perspective in mind. The college is closely associated with a special school called Chaithanya for autistic children. It's a privately run institution and most of the students are from financially backward families. The students of Chaithanya school make notebooks, cleaning products etc. and sell them to meet the daily expenses of the institution. Our college makes every effort to support these children in their struggle for survival.

Our students are advocated to adopt ecofriendly living habits. Campus-based organic farming is encouraged among students. A Mango tree plantation area in the college campus was initiated with the help of a charitable organisation called Mercy Cops. Nearly 89 fruits plants are bedded there. 40 staff of our college are members of this charitable organisation and they financially contribute monthly to this organisation and actively participate in their voluntary work. Students cultivate various vegetables and also maintain the gardens, adding on to the natural greenery of our campus. Awareness events are conducted for our students to develop healthy organic and ecofriendly way of living.

Evidence of success

To financially support the Chaithanya Special School, our staff and students bought notebooks made by them. The college in association with Chaithanya special school conducted a cultural fest for the children and a motivational class for their parents. The chief guest of the event was Mr. Anjan Sathish the icon of Kerala Cartoon Academy and National Award winner. He being a differently abled person became an inspiration for the children and parents to pursue their

dreams. The Mango tree plantation in the campus had its first harvest . It also proved to be a favourite recreation spot both for students and public. Our teaching and non-teaching staff continue to support Mercy Cops as active members of the organisation. As part of developing ecofriendly habits, an Exhibition and demonstration on healthy drinks was conducted. Students actively participated in the event. Sanitary pad disposal causes severe environment damage. An awareness class was conducted to introduce the benefits of using reusable products like menstrual cup. 300 students attended this event. In association with Manappuram Foundation a menstrual cup distribution program was organised for economically disadvantaged students of our college. This event addressed the problem of menstrual hygiene among BPL students and also enlightened the college community regarding the positive impact of using such products on environment. Waste management class and exhibition was organised to educate students regarding proper waste disposal. The millet exhibition and sale made the students to realise the benefits of including millets in our daily meal. They were also introduced to delicious millet recipes.

Problems encountered and resources required

Maintenance of the trees during summer seems difficult due to water shortage. Continuous support from students and teachers has to be ensured to extend help to children with special needs.

Best practice of Sree Krishna College Guruvayur **ANNAPOORNA**

Collects food packets every Wednesday from students and staff

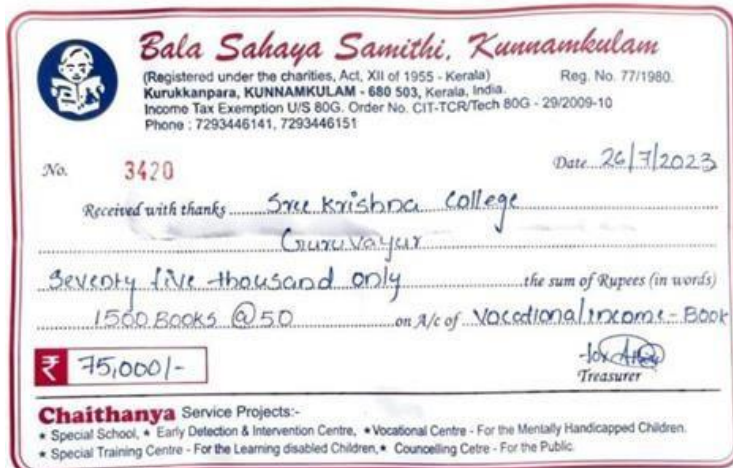


Distributes food packets among homeless, needy people



Feel n' heal

The staff and students financially supported the children with special needs (Chaithanya School) by purchasing their notebooks.



Cultural fest and motivational class for the parents

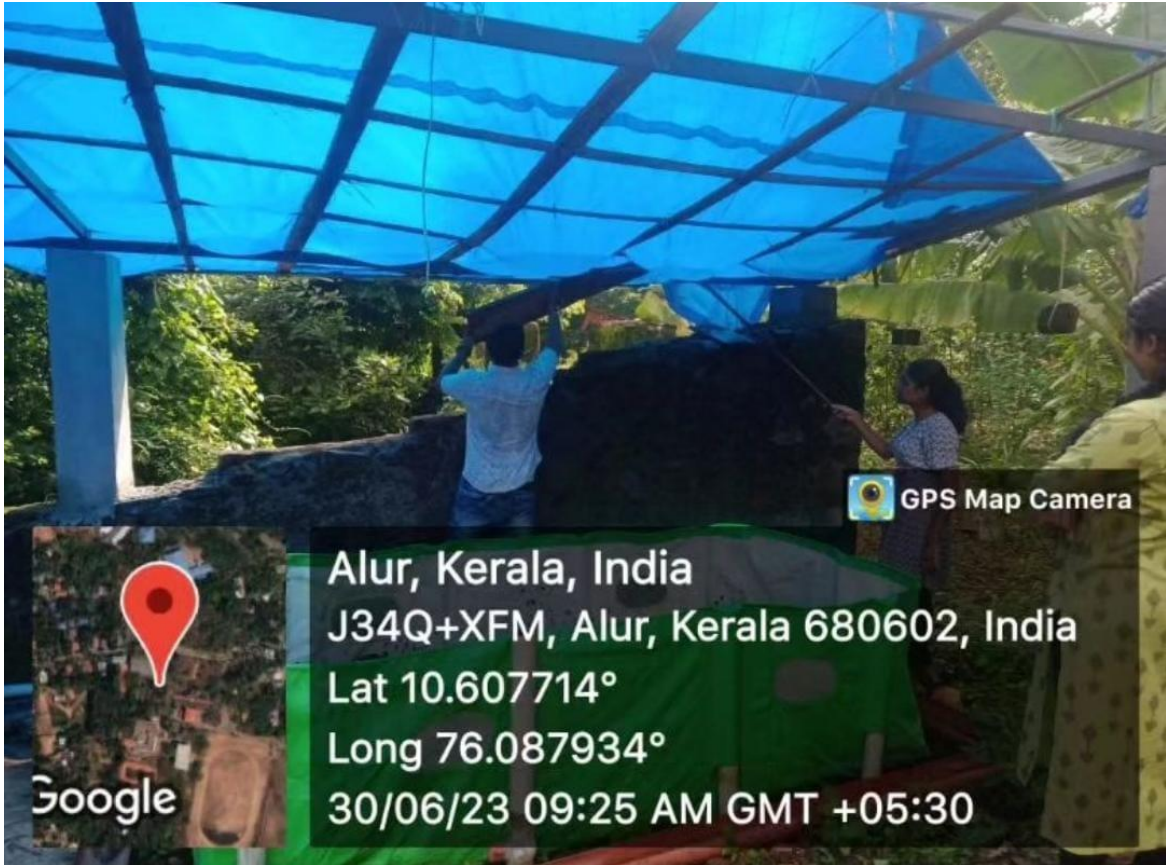


Vaidehi, differently abled student of Department of Sanskrit, Sree Krishna College performing at the cultural fest.



Organic farming in the campus





Events

ON INTERNATIONAL MENSTRUAL HYGIENE DAY
28 MAY 2021 FRIDAY 4.00 PM

RESOURCE PERSON



FATHIMA SULTHANA
POST GRADUATE STUDENT
OF WOMEN'S STUDIES
TATA INSTITUTE OF SOCIAL SCIENCES
MUMBAI, MAHARASHTRA

**A
HAPPY
PERIOD**

ALL ARE
CORDIALLY
INVITED


MENSTRUAL CUP WEBINAR



NATIONAL SERVICE SCHEME
SREE KRISHNA COLLEGE,
GURUVAYUR, KERALAM - 680 102

[f](#) [i](#) [t](#) [v](#) @nssskcgvr

National Service Scheme
(Unit 190 & 191)
Sree Krishna College, Guruvayur
(University of Calicut)





**Orientation on
Advantages of
Menstrual Cup**

**No hesitation
around menstruation**

MARCH
28

Venue : Mini Auditorium
Time : 09:30 AM

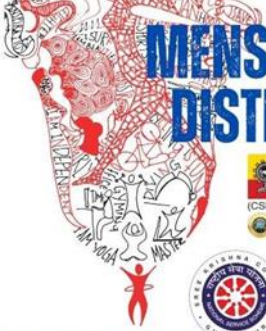
Jointly Organizing


March 28 2023

Menstrual cup distribution

**MENSTRUAL CUP
DISTRIBUTION**



**MANAPPURAM
FOUNDATION**
(CSR Body of Manappuram Finance Ltd)





getting period is not a nightmare




The NSS Unit 190 & 191 and the WDC of Sree Krishna College Guruvayur, in collaboration with the Manappuram Foundation, are jointly distributing 500 menstrual cups to BPL students. The menstrual cups are sponsored by the Manappuram Foundation as part of their CSR initiative.

Programme Schedule

NSS Song
Welcome: Amrutha T V, PO of NSS
Key Note Address: Dr. Vijoy P S, Principal
Inauguration and Distribution: Sri. Murali Perunelli, MLA
Chief Guest: Sri. V P Nandakumar
Managing Trustee, Manappuram Foundation
Vote of Thanks: Dr. Laxmi Sankar (WDC Member)

15 June 2023, 10.00 am
Venue: Mini Auditorium

Health drinks demonstration



Class on waste management 18/03/2023

**SREE KRISHNA COLLEGE
CURUVAYUR**
Govt. Aided college, managed by Curuvayur Devaswom
Affiliated to the University of Calicut
Re-accredited by NAAC with 'A' grade

IQAC, NCC and NSS of Sree Krishna College
In association with

**SUCHITWA
MISSION**

is conducting a **SEMINAR & EXHIBITION**
on the topic
**മാലിന്യരഹിതം
സ്ഥലം**

Venue: Sree Krishna College Mini auditorium
On 18th August at 10:30 am

Inauguration:
Mrs. Mini Jayan, Panchayat President, Kandanassery
Grama Panchayat

Speaker:
Mr. Rajnesh Rajan
Program officer,
Suchitwa mission.

Principal:
Dr. Vijoy P S

IQAC Co-ordinator:
Dr. Sreeja V N

Sree Krishna College, Curuvayur
Aryankur, Curuvayur, Thrissur -680102
0485 235027

www.sreekrishnacollege.in

Millets exhibition

The Departments of Botany,
Economics and Biochemistry
SREE KRISHNA COLLEGE, CURUVAYUR
Accredited by NAAC with 'A' Grade
Affiliated to University of Calicut

Join hands to organise
ONE DAY SEMINAR ON MILLETS
&
showcase their rich potential and
possibilities on the occasion of
International Year of Millets 2023

#IYM2023

Date: 24 Feb 2023
Time: 10.00 AM
Venue: Mini Auditorium

**MILLETS
2023**

An exhibition on Millets is arranged
by the organising Departments.

We also invite you to
a millet based food preparation competition and
a FunQuiz session, organised by
Dept. of Biochemistry.

**RICH IN HERITAGE.
FULL OF POTENTIAL**

www.sreekrishnacollege.in