



Since 1951

JAMAL MOHAMED COLLEGE

(Autonomous)

College with Potential for Excellence
Accredited (3rd Cycle) with 'A' Grade by NAAC
(Affiliated to Bharathidasan University)

TIRUCHIRAPPALLI – 620 020, TAMIL NADU

BEST PRACTICES

1. Title of the Best Practice: NUTRITIA - SNACK STALL

Objectives of the Practice:

The objectives of operating 'NUTRITIA' snack stall are:

- To provide healthy and nutritious snacks at nominal price to the students and staff members during morning break time.
- To revive the forgotten traditional recipes using organic vegetables and locally available raw materials
- To provide an opportunity for hands-on training in bulk cooking to the students and train them to become future entrepreneurs
- To generate funds in the department in a small measure, even while providing an option of 'Earn while you learn' scheme for financially backward students

The Context:

As the commercial eateries provide fast/junk foods rich in saturated oils and fats which are detrimental to the health, a need was felt to rectify this situation in our college campus. Also there was desire to revive the traditional recipes and popularise them among our students and faculty and make them available during morning tea break.

The Practice:

To realise these objectives the Department of Hotel Management has taken the initiative (NUTRITIA), to provide highly nutritious and traditional healthy foods at affordable prices to the students and staff of our college during the morning break. In this venture, batches of students of the department on a rotation basis, under the guidance of the faculty prepare healthy snacks and sell them in a stall like setup. As the planning, preparation, selling and accounts maintenance are made by the students themselves, this provides them with the required skill set to become successful entrepreneurs.

Evidence of Success:

That this new initiative 'NUTRITIA' was successful is evidenced by the fact that

- A small fund of Rs.6,000/- (Rupees Six Thousands) had been generated in the very first semester itself

- Appreciations have been received from the students and staff for the provision of healthy and nutritious snacks at a nominal price
- Students have been trained hands-on on a rotation basis in bulk cooking of traditional and forgotten food recipes made from cereals, nuts, grains etc.
- This scheme has generated in the students, confidence to become successful entrepreneurs.

Problems Encountered and Resources Required:

- As NUTRITIA is not a commercial venture, the pricing was kept very much minimal.
- As this scheme is solely dependent on the college community (staff and students), the selling of products and the financial returns took a dip during holidays, vacations and unexpected closures of the college. Hence additional resources are required from time to time to continue this venture

2. Title of Best Practice: BLOOD DONATION

Objectives:

- To save life by donating blood at times of emergencies.
- To inculcate service mentality among the student community.
- To create awareness on blood donation among the public.

The Context

The proliferation of hospitals, availability of highly qualified medical professionals, paramedics, induction of modern technology and adoption of newer procedural techniques have led to a vast increase in Medicare, ameliorating the suffering of the people and increasing their average life span. However, all these call for interventional surgeries, critical care and necessity for blood transfusions at short notice. It is in such situations of crisis that our students' rise to the occasion. They play a stellar role in donating blood to the needy, thereby providing "a second chance at life".

The Practice

To facilitate immediate response to emergency calls, the college has a setup a systematic procedure for blood donation. At the start of every academic year, identification camps under the guidance and help of hospitals / blood banks to identify the blood groups of the students are organized. All the students are encouraged to participate in these camps as well as to donate blood. They are educated on the essential conditions to be fulfilled by the volunteers before blood donation. A list of blood donors is prepared and three students representing the first year, second year and third year of the UG course, are nominated as blood donation incharges. When a call for blood transfusion is routed by the hospitals through the needy patient's caretakers the student representatives identify and approach the student volunteers for blood donation based on the prepared list.

To recognize the services of the volunteers, certificates of voluntary service to the society are upon recommendation by the college, awarded to them. Further nutritious food specially prepared, are provided to them. During times of examination when the students are busy with their preparations, the college approaches the blood banks which have already availed blood donations by our students to satisfy the calls by needy patients.

Evidence of Success

For the academic year 2019-2020 alone, 1233 units of blood have been donated by our student volunteers. In recognition of their service, our college has received many awards for blood donation from International Lion Club and other service organizations.

Problems Encountered

During the holidays, examinations as well as semester vacations, we find it difficult in arranging blood donors to the needy.