



Best Practice 2

DISHA (Desalite Initiative For Social and Holistic Activities)

Proofs/Evidence of Success

Introduction

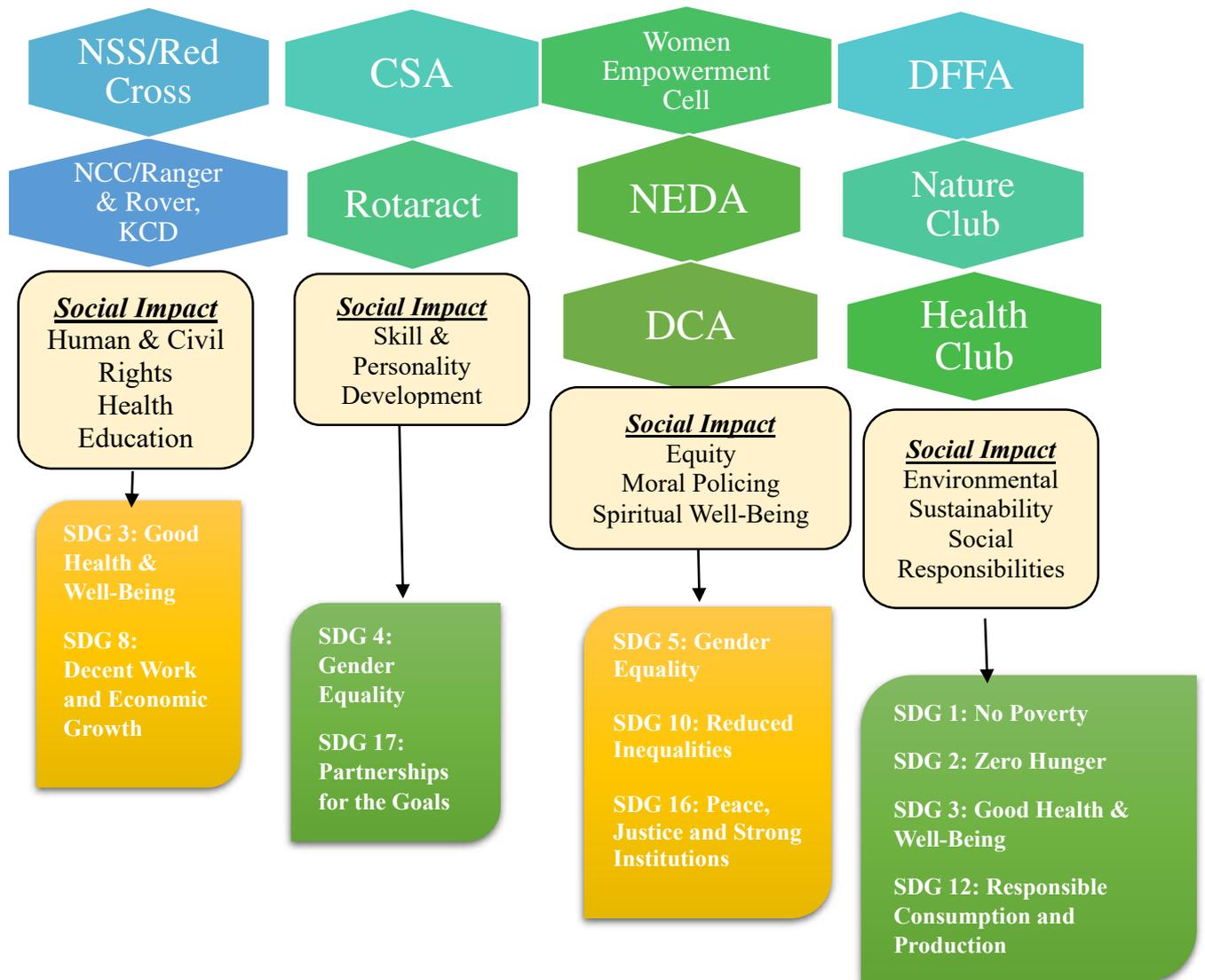
This exemplary practice fosters social responsibility through the active involvement of students in a diverse array of extension activities, emphasizing comprehensive development and societal contributions that transcend academic pursuits.

Social and holistic activities aim to strengthen harmony in society. Awareness makes people self-sufficient. Mahatma Gandhi said “Be the change you wish to see in the world”. *St Francis de Sales College intends to organize several activities to enhance social responsibility among students to bring change in the society.* Social works helps in improving social functioning at community level. *Community corrections are required to improve living conditions of people in society.* Physical, mental and social skills are important to deal with life challenges.

St Francis de Sales College not only focuses on academic success of students, but the holistic growth of students and serving the society at large. *DISHA (Desalite Initiative for Social and Holistic Activities)* was formed to bring all social and holistic activities under one umbrella. The 10 Cells working efficiently under DISHA are given below.

The College emphasizes overall development and community contributions, going beyond just academic achievements. Through DISHA, we actively handle various psycho-social community issues, aiming to promote self-sufficiency, uplift community well-being, and contribute to a democratic society. DISHA organizes a variety of activities to enhance students' sense of social responsibility.

Cells under DISHA mapped to Social Impact and SDG's



1. Increased Student Participation

St Francis de Sales aims at holistic growth. Building skills among students, building civic sense and also contributing to the society has been the prime focus. Activities planned and executed has varied approach and included social responsibility factor. ***Over 103 activities are successfully conducted under DISHA.*** Awareness programs (environmental, health, mental health), Outreach programs, extension activities, financial aid, charity and social activities/services have been organized and implemented by DISHA.

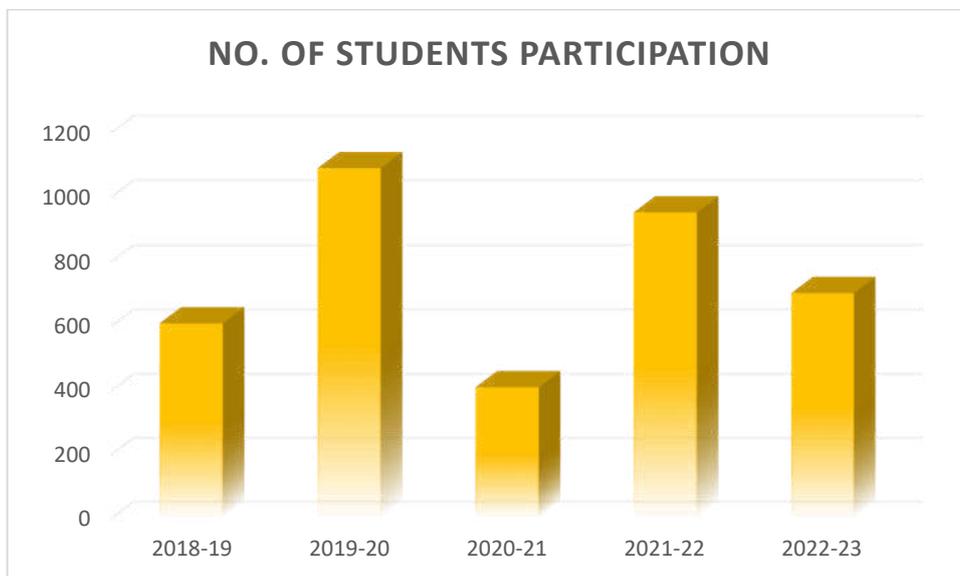
Each cell in association with certain departments in the campus have conducted several activities. Students from each department have been part of these activities. No. of students participated has increased over the years. Covid-19 had a global impact on the society. No. of activities had to be reduced for the same. Slowly the world has come back to routine.

Tabular column speaks about the number of student participation. **75% to 80% students have participated** in activities conducted under DISHA. For the academic year **2022-23, we have had 100% student participation** in social and holistic activities. Larger the group, larger the impact on society.

1.1: Tabular presentation of participation list:

Academic Year	No. of Students Participation
2018-19	607
2019-20	1088
2020-21	409
2021-22	951
2022-23	701

1.2: Graphical Representation of participation list:



2. Impactful Social Engagement

Each cell in association with certain departments in the campus have conducted activities. Students from respective departments have been part of these activities. Animal welfare, AIDS awareness, Mental health check-up, mental health awareness, hair donation campaign, awareness on menstrual hygiene, blood donation camps, traffic awareness, raitha mitra sangama (meeting the farmers), drug awareness, tobacco awareness, human rights, visits to orphanages, swatch bhara, CISF camps, pulse polio awareness, walkathon, plastic free awareness, e-waste management, homage to brave soldiers are some of the major initiatives

under DISHA. Each of the activity had an effective and efficient social engagement.

2.1: List of activities under DISHA:



DETAILED REPORT FOR EACH EXTENSION AND OUTREACH PROGRAM WITH NO OF STUDENTS PARTICIPATED AND DETAILS OF COLLABORATING AGENCY

YEAR	NAME OF THE ACTIVITY	COLLABORATING AGENCY	NO OF STUDENTS PARTICIPATED	LINK TO THE REPORT
2022-23	AWARENESS PROGRAM ON THE OCCASION OF NATIONAL GIRL CHILD DAY	CSA	30	Click here
2022-23	ANIMAL WELFARE CENTRE	CSA	30	Click here
2022-23	UDYOG MELA	ROTARACT	355	Click here
2022-23	POLIO PULSE REPORT	ROTARACT	13	Click here
2022-23	ORPHANAGE VISIT ORPHANAGE VISIT	NCC	25	Click here
2022-23	NO TOBACCO DAY	NCC	31	Click here
2022-23	RAITHA MITHRA SANGAMA	DFFA	40	Click here
2022-23	DRUG AWARENESS WALK	NSS	50	Click here
2022-23	RALLY ON GANDHIYAN STUDIES	NSS	127	Click here
2021-22	PHOTOGRAPHY DAY	CSA	25	Click here
2021-22	SLOGAN WRITING ON BIO -FUEL	CSA	10	Click here
2021-22	PHOTO WITH SENIOR CITIZEN	CSA	20	Click here
2021-22	AIDS AWARENESS	CSA	31	Click here
2021-22	DOCUMENTARY ON HUMAN RIGHTS	CSA	31	Click here
2021-22	VISIT TO ORPHANAGE	CSA	31	Click here
2021-22	AWARENESS ON ANTI TOBACCO	CSA	57	Click here
2021-22	FREE VACCINATION	ROTARACT	300	Click here
2021-22	BLOOD DONATION CAMP	ROTARACT	133	Click here
2021-22	PUNEETH SAGAR ABHIYAN	NCC	30	Click here
2021-22	SSLC DUTY	NCC	06	Click here
2021-22	ANTI TOBACCO RALLY	CSA	31	Click here
2021-22	UNNATH BHARATH ABHIYAN	NSS	17	Click here
2021-22	VIDHYARTHI -RAITHA SAMAGAMA	DFFA	10	Click here
2021-22	AWARENESS ON SAVING PLANTS	NSS	20	Click here
2021-22	PLASTIC FREE FOREST	NSS	50	Click here
2021-22	YOUTH PARLIAMENT FEST	NSS	35	Click here

2021-22	SWATCH BHARATH(NARANYAGIRI)	NSS	94	Click here
2021-22	ORPHANAGE VISIT	B.COM	20	Click here
2020-21	AATMA NIRBHAR	CSA	108	Click here
2020-21	FIT INDIA	CSA	108	Click here
2020-21	CYCLE RALLY	CSA	108	Click here
2020-21	AWARENESS CAMPAIGN – SAFETY MEASURES ON COVID	CSA	45	Click here
2020-21	TREE PLANTATION PAKWADA	NCC	40	Click here
2019-20	NEWSPAPER RECYCLE AWARENESS	CSA	40	Click here
2019-20	RECYCLING OF PLASTIC	CSA	83	Click here
2019-20	TREE PLANTATION	CSA	55	Click here
2019-20	NO PLASTIC CAMPAIGN	CSA	45	Click here
2019-20	WORLD PLANTATION DAY	CSA	21	Click here
2019-20	FIT INDIA	CSA	250	Click here
2019-20	DISTRIBUTION OF FOOD	CSA	45	Click here
2019-20	DISTRIBUTION OF CLOTHS	CSA	50	Click here
2019-20	FOOD DISTRIBUTION ACTIVITY	NCC	45	Click here
2019-20	MILK DISTRIBUTION ACTIVITY	NCC	05	Click here
2019-20	STATUE CLEANING	NCC	25	Click here
2019-20	PULSE POLIO REPORT	NCC	25	Click here
2019-20	CLEANLINESS DRIVE	NCC	30	Click here
2019-20	PLOGGING	NCC	20	Click here
2019-20	CLEANING OF HISTORICAL MONUMENT	NCC	102	Click here
2019-20	SAY NO TO PLASTICS	CSA	60	Click here
2019-20	SEGREGATION OF WASTE	NCC	37	Click here
2019-20	SWACCH BHARATH PAKWADA	NCC	150	Click here
2018-19	VOTERS AWARENESS PROGRAM	NCC	50	Click here
2018-19	WATER CONSERVATION AWARENESS	NCC	46	Click here
2018-19	SWATCH BHARATH AT NANDI HILLS	NCC	96	Click here
2018-19	OLD AGE HOME VISIT	NCC	41	Click here
2018-19	REPORT OF FIRE FIGHTING DEMONSTRATION	NCC	50	Click here
2018-19	BICYCLE RALLY FOR KHARGIL VIJAY DIWAS	NCC	100	Click here
2018-19	BLOOD DONATION CAMP	NCC	22	Click here
2018-19	DRUG ABUSE RALLY	NCC	42	Click here
2018-19	AWARENESS ON CLEANLINESS AND HYGIENE AT YET ORPHANAGE	CSA	24	Click here
2018-19	YOGA AWARENESS	NCC	40	Click here
2018-19	SWACHH BHARATH	NCC	96	Click here

3. Larger social impact and groups

Awareness programs enriches skills among students. Social activities enhance well-being and creates self-sufficiency. Corrective and recreational services develop democratic values. Rehabilitative services uplift the optimal functioning of individuals contributing to the socio-economic growth in the society. Activities highlights the target audience and impact of the activity on the society.

3.1: Sample of extension and outreach program with no. of students participated and details of collaborating agency

Year	Name of the Activity	Collaborating Agency	No of Students Participated	Target Audience
2022-23	AWARENESS PROGRAM ON THE OCCASION OF NATIONAL GIRL CHILD DAY	CSA	30	High school students
2022-23	ANIMAL WELFARE CENTRE	CSA	30	CSA Volunteers
2022-23	UDYOG MELA	ROTARACT	355	Aspiring Degree Students From Various Colleges
2022-23	POLIO PULSE REPORT	ROTARACT	13	Children
2022-23	ORPHANAGE VISIT ORPHANAGE VISIT	NCC	25	Children in the orphanage
2022-23	NO TOBACCO DAY	NCC	31	General Public
2022-23	RAITHA MITHRA SANGAMA	DFFA	40	Farmers
2022-23	DRUG AWARENESS WALK	NSS	50	General Public
2022-23	RALLY ON GANDHIYAN STUDIES	NSS	127	General Public
2021-22	PHOTOGRAPHY DAY	CSA	25	General Public
2021-22	SLOGAN WRITING ON BIO -FUEL	CSA	10	General Public
2021-22	PHOTO WITH SENIOR CITIZEN	CSA	20	General Public
2021-22	AIDS AWARENESS	CSA	31	Students of a public school
2021-22	DOCUMENTARY ON HUMAN RIGHTS	CSA	31	General Public
2021-22	VISIT TO ORPHANAGE	CSA	31	Children in the orphanage
2021-22	AWARENESS ON ANTI TOBACCO	CSA	57	General Public
2021-22	FREE VACCINATION	ROTARACT	300	People from the local area

2021-22	BLOOD DONATION CAMP	ROTARACT	133	General public
2021-22	PUNEETH SAGAR ABHIYAN	NCC	30	General Public
2021-22	SSLC DUTY	NCC	06	School students
2021-22	ANTI TOBACCO RALLY	CSA	31	General public
2021-22	UNNATH BHARATH ABHIYAN	NSS	17	People of Chakkanahalli grama panchayat
2021-22	VIDHYARTHI -RAITHA SAMAGAMA	DFFA	10	Farmers
2021-22	AWARENESS ON SAVING PLANTS	NSS	20	General Public
2021-22	PLASTIC FREE FOREST	NSS	50	General Public
2021-22	YOUTH PARLIAMENT FEST	NSS	35	Students
2021-22	SWATCH BHARATH(NARANYAGIRI)	NSS	94	General Public
2021-22	ORPHANAGE VISIT	B.COM	20	Children in the orphanage
2020-21	AATMA NIRBHAR	CSA	108	Students and General public
2020-21	FIT INDIA	CSA	108	Students and general public
2020-21	CYCLE RALLY	CSA	108	General Public
2020-21	AWARENESS CAMPAIGN – SAFETY MEASURES ON COVID	CSA	45	Youth of the age of 18-22
2020-21	TREE PLANTATION PAKWADA	NCC	40	General Public
2019-20	NEWSPAPER RECYCLE AWARENESS	CSA	40	Youth
2019-20	RECYCLING OF PLASTIC	CSA	83	General Public
2019-20	TREE PLANTATION	CSA	55	General Public
2019-20	NO PLASTIC CAMPAIGN	CSA	45	General Public
2019-20	WORLD PLANTATION DAY	CSA	21	General Public
2019-20	FIT INDIA	CSA	250	Youth

2019-20	DISTRIBUTION OF FOOD	CSA	45	Migrant workers, labourers, children and poor families
2019-20	DISTRIBUTION OF CLOTHS	CSA	50	Underprivileged children
2019-20	FOOD DISTRIBUTION ACTIVITY	NCC	45	Migrant workers, labourers, children and poor families
2019-20	MILK DISTRIBUTION ACTIVITY	NCC	05	People living in poverty
2019-20	STATUE CLEANING	NCC	25	General Public
2019-20	PULSE POLIO REPORT	NCC	25	Children
2019-20	CLEANLINESS DRIVE	NCC	30	Residents of Kammasandra Village
2019-20	PLOGGING	NCC	20	General Public
2019-20	CLEANING OF HISTORICAL MONUMENT	NCC	102	General Public
2019-20	SAY NO TO PLASTICS	CSA	60	School students
2019-20	SEGREGATION OF WASTE	NCC	37	General Public
2019-20	SWACCH BHARATH PAKWADA	NCC	150	Students
2018-19	VOTERS AWARENESS PROGRAM	NCC	50	Youth
2018-19	WATER CONSERVATION AWARENESS	NCC	46	Youth
2018-19	SWATCH BHARATH AT NANDI HILLS	NCC	96	College Students
2018-19	OLD AGE HOME VISIT	NCC	41	Inmates of the old age home
2018-19	REPORT OF FIRE FIGHTING DEMONSTRATION	NCC	50	Students
2018-19	BICYCLE RALLY FOR KHARGIL VIJAY DIWAS	NCC	100	General Public

2018-19	BLOOD DONATION CAMP	NCC	22	General Public
2018-19	DRUG ABUSE RALLY	NCC	42	General Public
2018-19	AWARENESS ON CLEANLINESS AND HYGIENE AT YET ORPHANAGE	CSA	24	Children in the orphanage
2018-19	YOGA AWARENESS	NCC	40	Youth
2018-19	SWACHH BHARATH	NCC	96	General Public

3.2: Pictorial Presentation of Target Population:

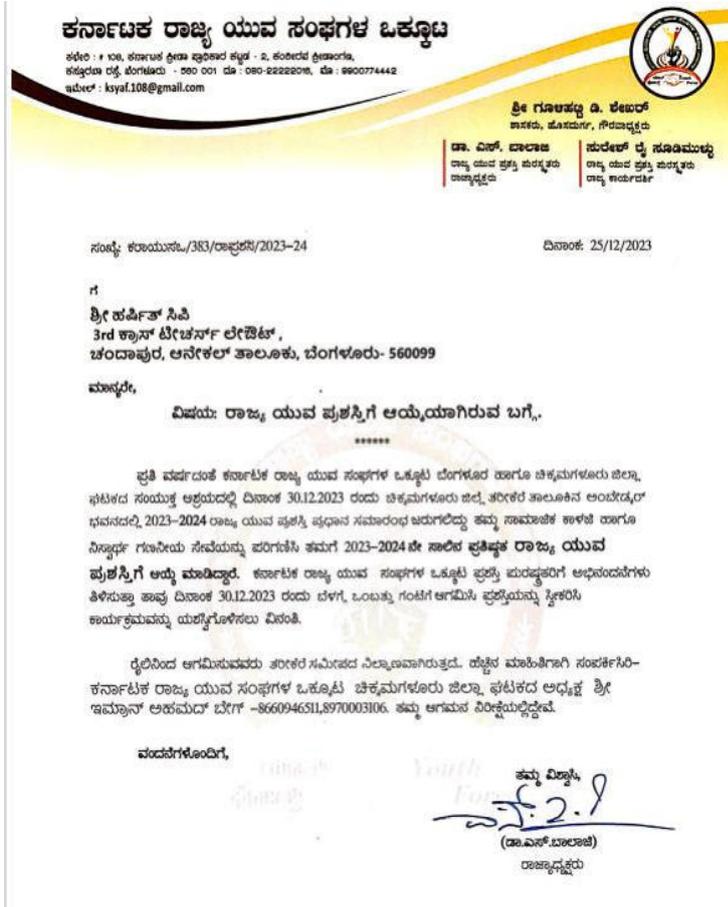


4. State and National-Level Awards, Appreciations, Recognition

Extension and outreach activities have contributed to the society and the same time have contributed to the success stories of the actions. Awards received by students and faculty has made college proud. ‘*State Yuva Award*’ was presented to Mr. Harshith, NSS volunteer for his social service organized by Karnataka State Yuva Association, ‘*Corona Warriors Award*’ was presented to Mr. Karibasavanagowda, NSS officer, SFS college by Karnataka Gandhi Smaraka Nidhi, *Karnataka State Level 2nd Place at AIDS Prevention Campaign* competition organized by NSS Unit, Karnataka and BBMP was presented at Yuva Janotsava. Awards and recognitions are the evidence of success of Best Practice ‘DISHA’ at SFS College. These are some of the

achievements of activities under DISHA.

4.1: Sample of Awards:



5. State and National-Level Recognition and acknowledgment from External Bodies

Reports of each activity highlights the immense benefit to students and the society. Feedbacks collected from the field are proofs of contribution. *Appreciation letters and Mementos* received have boosted the energy and motivated to initiate more social activities.

5.1: Sample of Appreciation from External Bodies:



6. Healthy balance of academic and societal contribution

Social Skills are tapped through DISHA. Social skills, social responsibility, caring, sharing, equality, mutual respect, positive thinking, hopefulness, conscious practice of healthy habits, training the public in keeping it livable for future generations, targeting millennials, gen z, gen alpha groups to bridge the gap are the outcomes of the activities from DISHA. Desalites have not only been participating. But also contributing and winning awards. These are the proofs of effective balance of academics and social contribution.

6.1: Sample of winning certificate:



7. Reports

Detailed reports are maintained by all Cells. Each report consists of brochure, participants list, report of the event, certificates, acknowledgements, appreciation letters and other documents depends on the events executed. Reports of all activities conducted has been maintained by respective cells.

Conclusion:

Consistency in action can bring change. **Structured** efforts can have an impact. **Planned steps** will enrich the experience. **Positive Thinking** will contribute to the society and well-being. **Increased participation** will inculcate oneness and sense of belonging.

Various activities enhance multiple skills. **Multiple skills** among young adults makes Skilled India. **Holistic Approach** has a greater Social Impact. Sustainable Development Goals are attained through all the highlighted factors of DISHA.