



### **Best Practice 2**

#### **DISHA (Desalite Initiative For Social and Holistic Activities)**

##### **Proofs/Evidence of Success**

#### **Introduction**

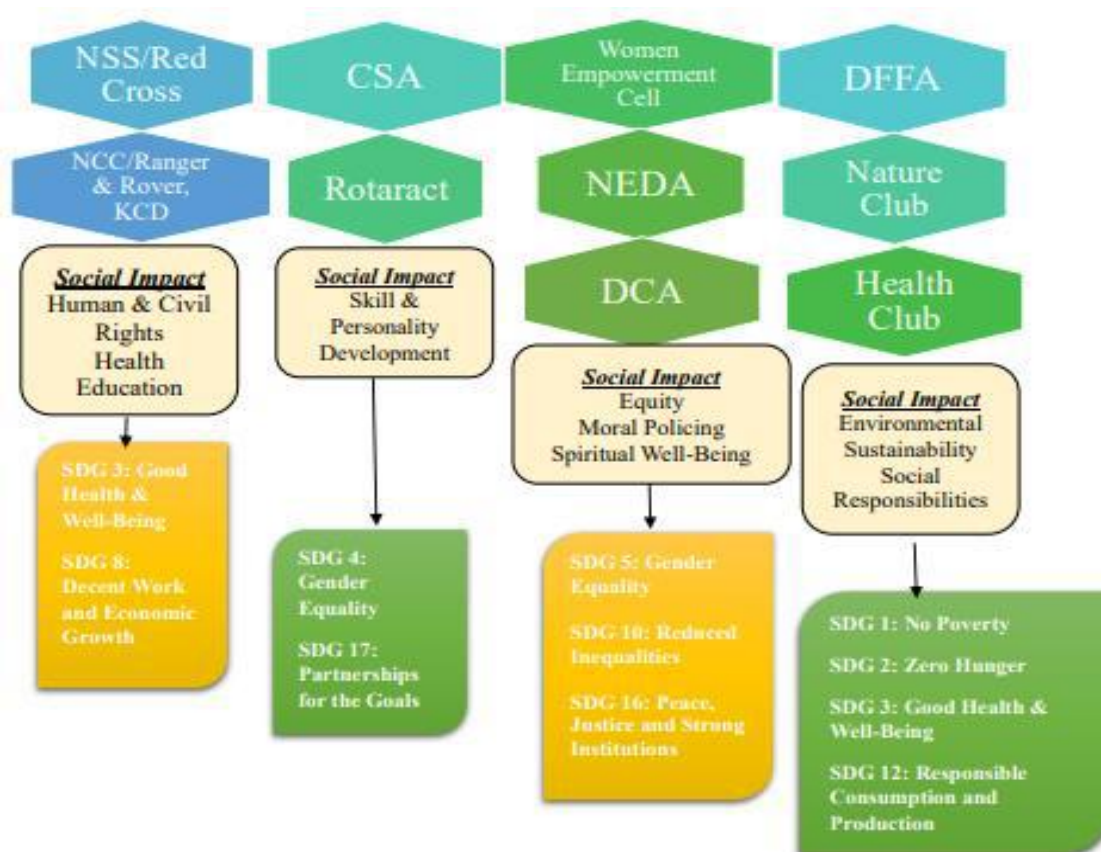
This exemplary practice fosters social responsibility through the active involvement of students in a diverse array of extension activities, emphasizing comprehensive development and societal contributions that transcend academic pursuits.

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.

### 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 bharaat, 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.

### **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 socioeconomic growth in the society. Activities highlights the target audience and impact of the activity on the society

### **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.

### **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.

### **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.

### **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

Principal