



INSTITUTIONAL BEST PRACTICE – 2

(Presented in NAAC format)

1. Title of The Practice

“HANDFUL OF RICE”

2. Goals

A) Aims & Objectives

- To sensitize students about poverty in the society.
- To create a sense of social responsibility among them.

B) Principles or Concepts

- **“Sangham saranam gacchami.”** Apart from academic knowledge and skills, it is essential for the students to understand the issues in the society.
- **“Service to man is service to God.”** The youth of the country must be trained to feel their responsibility towards the society they belong to and serve it.

3. The Context

“Food grains rot in India while millions live with empty stomachs.” A caption in the leading newspaper goes thus. One of the most important issues in the Third World countries is poverty; many governments fail to handle the issue in a commendable way. Lakhs of poor people still suffer from hunger in the country; and on the other hand, huge quantities of rice and other grains spoil in the storage go-downs. In the current scenario, it is felt essential that the future citizens of the country from rural India need to be enlightened about the issue of hunger and extend a helping hand to the needy.

4. The Practice

‘Handful of Rice’ is observed on the third Tuesday of every month by the students. On this specific day, all the students bring a handful of rice and collect it in a gunny bag. Students are allowed to bring more quantities if they desire to do so. Toward the end of the day, this collected quantity of rice will be distributed to the needy in the town under the supervision of a lecturer who acts as a monitoring officer for this practice. At times, a general lecture is arranged to sensitize the students on the issue of hunger across the globe; or an interactive session is also arranged to discuss the progress of the practice and students’ involvement and any other constraints.

Constraints & Limitations: Nil

5. Evidence of Success

- Students developed social-consciousness and are extending their awareness in their neighborhood too.
- The quantity of rice being collected keeps increasing.

6. Problems Encountered & Resources Required

- In the beginning, students did not take it seriously; however, once they were enlightened about the brighter side of the practice, they caught on with great enthusiasm.
- As per the students' feedback, resources for continuing this best practice never mattered for the students.

7. Notes

Buhfai tham ('handful of rice') was started in the state of Mizoram in north-east India in 1910. It is a practice where each family, mainly from the Mizo ethnic group, puts aside a handful of rice every time they cook a meal. Later, they gather it and offer it to the church. The church in turn sells the rice and generates income to support its work. It is a great inspiration for the students to follow this practice for a societal cause and help the needy. Thus, they too grow socially responsible and are vowed never to waste food.

PRINCIPAL

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Ganapavaram, Andhra Pradesh, India
PF38+QCX, Ganapavaram, Andhra Pradesh
534198, India
Lat 16.70449°
Long 81.466238°
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