



**Children Welfare Centre
Clara's College Of Education,
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Practice - "One cups of rice for needy people"

The concept of giving "**One cups of rice for needy people**" is a simple, tangible expression of charitable giving and solidarity. The goals behind this Practice.

This is a very kind and thoughtful gesture! Giving One cup rice to a person in need, while seemingly small, can be driven by a number of powerful goals and motivations:

Philosophical and Ethical and Practical Goals of the practice-

- * **Provide Immediate Relief:** The most direct goal is to give a person a small, immediate source of sustenance. Rice is a staple food, easy to prepare, and can immediately satisfy hunger or contribute to a meal.
- * **A Symbol of Hope and Care:** The act itself is a powerful goal. It shows the recipient that someone cares about their well-being, which can be just as important as the physical sustenance itself. It's a small act of solidarity.
- * **Practicing Sewa (Selfless Service):** In many spiritual traditions (like Sikhism and Hinduism), the goal is to practice Sewa, or selfless service, without expectation of return. This small act is a perfect example of this principle in action.
- * **Fulfilling Charity:** For many faiths, especially Islam, giving to the poor is a mandatory or highly encouraged form of worship. The goal is to fulfill this religious obligation, no matter how small the donation.

* **Promoting Empathy and Gratitude:** For the giver, the goal can be to foster a sense of empathy and gratitude for their own abundance. It's a way to remain grounded and connected to the suffering of others.

* **Inspiring Others:** The goal may be to set a small example. If many people commit to giving just one cup of rice, the collective impact becomes massive. It encourages a community-wide culture of generosity.

* **Building a Connection:** For many who give directly, the goal is to have a momentary, human interaction with the person in need—a brief moment of acknowledging their dignity and humanity.

* **Offer Nutritional Support:** Rice is a staple food in many cultures. Providing it ensures that people have a basic, consistent, and accepted food source to meet their daily energy requirements.

* **Instill a Sense of Community and Hope:** This simple act of sharing is a powerful display of compassion and solidarity. It shows the recipients that they are not forgotten, which can offer psychological comfort and a sense of hope during difficult times.

Encourage Broader Action

* **Promote Sustainable Giving Habits:** The phrase "two hands full" is an accessible, manageable measure. It encourages people from all walks of life, regardless of their wealth, to regularly contribute a small but meaningful portion of their resources.

* **Raise Awareness:** By engaging in this action, people draw attention to the persistent problem of hunger and food insecurity in their community, which can mobilize others to participate or seek larger, more systemic solutions.

* **Foster Local Empowerment:** Often, these small donations are collected and distributed locally, fostering a stronger sense of community responsibility and encouraging local groups to take the lead in helping their neighbors.

In essence, the goals behind giving Two hands full of rice are often about dignity, sustenance, and solidarity, demonstrating that every person's contribution, no matter how

small, has value. The basic purpose of conducting novel activity “Two hands full of rice for needy people” is serving the underprivileged sections of the nearby rural areas.

The Process-

- One Cup full rice is contributed by every student and staff collected in container. The collected rice is distributed to needy people nearby rural areas.

Impact of the practice-

The service-learning concept, such as a "One Cup of Rice" initiative, typically involves students engaging in a community service activity (collecting and donating rice) that is integrated with academic learning and reflection.

The impact of such a service on participating students is generally very positive and multi-faceted, often including:

1. Personal Development:

* **Increased Empathy and Compassion:** Direct involvement with issues like hunger helps students understand and feel for the struggles of needy people.

* **Enhanced Sense of Responsibility:** Students learn the importance of civic duty and social responsibility towards their community.

* **Improved Self-Esteem and Self-Efficacy:** Successfully participating in a meaningful project and seeing the positive result of their efforts boosts their confidence in their ability to make a difference.

* **Moral Development:** It encourages ethical reasoning and a deeper understanding of fairness and social justice.

2. Social and Civic Development:

* **Greater Community Awareness:** Students gain a better understanding of local social issues, such as poverty and food insecurity, and how their community functions.

* **Civic Engagement:** It fosters a commitment to volunteerism and community service as a lifelong practice.

* **Teamwork and Collaboration:** Working together to organize and execute the collection and distribution effort builds important social and collaborative skills.

3. Academic/Cognitive Development (when formally integrated):

* **Connecting Learning to Real Life:** Students can link classroom lessons (e.g., in social studies, economics, or health) to the practical realities of the service project.

* **Problem-Solving Skills:** Organizing the logistics of the donation drive often requires planning, critical thinking, and problem-solving.

* **Communication Skills:** Students may need to communicate with peers, teachers, and the community to raise awareness and coordinate donations.

In summary, a "One Cup of Rice" project moves beyond simple charity to become a powerful educational experience that nurtures students into more engaged, empathetic, and socially conscious citizens.

Resources required

- Dedicated faculty and Student Council
- Support of the community people
- Collection of Rice

Remarks

Through this activity students and faculty get a chance to meet and witness the living conditions of the underprivileged group of the society

For further information contact

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Photos



