Case Study Report-
Semester-Long On-Going activity in a nearby old age home

Community Engagement at Earth Saviours Foundation by SOHMCT Students

Introduction:

The School of Hotel Management, Catering & Tourism (SOHMCT) at K.R. Mangalam University undertook a semester-long community outreach program in collaboration with the *Earth Saviours Foundation*, a respected old age home located near the university. This initiative was designed to provide students with practical exposure to social responsibility while allowing them to apply their culinary and hospitality knowledge in a meaningful, service-oriented context. The activity was closely aligned with **Sustainable Development Goal 3: Good Health and Well-being**, by contributing to the nutritional and emotional wellness of elderly individual.





Objective:

The primary objective of this initiative was to foster socially responsible behaviour among students while enhancing their professional competencies in hospitality. It aimed to promote empathy, compassion, and ethical service by enabling students to engage with vulnerable elderly individuals in need of care and support. Through hands-on participation in kitchen operations and personal interaction, students were encouraged to understand the importance of health, hygiene, and balanced nutrition—core components of SDG 3. Additionally, the initiative aimed to strengthen interpersonal skills, teamwork, and a sense of civic duty, culminating in a collective donation and a structured recognition ceremony.



Methodology:

Throughout the semester, students visited the Earth Saviours Foundation three times in organized batches. During each visit, they participated in preparing, cooking, and serving food, while assisting with general kitchen management and sanitation. Their tasks were guided by principles of hygiene, portion control, and nutritional appropriateness, considering the specific dietary needs of the elderly. Students also engaged with residents, offering emotional companionship and a sense of inclusion. Collectively, the student body raised and donated ₹5,000 to the foundation as a gesture of solidarity and support. At the end of the semester, SOHMCT hosted a formal appreciation ceremony on campus, inviting the chefs and volunteers from the Earth Saviours Foundation for a session on elder nutrition, food safety, and hygienic food practices.





Student Participation and Experience:

The student response was overwhelmingly positive. Each visit saw enthusiastic participation, with students handling kitchen responsibilities responsibly and demonstrating deep compassion for the residents. They communicated respectfully, listened to personal stories, and made efforts to create a warm, welcoming environment. The experience brought classroom theories to life while sensitizing students to the real-world importance of health, nutrition, and emotional well-being. In recognition of their efforts, the Earth Saviours Foundation presented Certificates of Appreciation to all participating students, further boosting their confidence and sense of purpose.



Observations:

Faculty members observed considerable growth in students' attitudes, skill sets, and emotional maturity because of their active participation in the initiative. There was a notable improvement in their ability to work collaboratively, demonstrating enhanced teamwork, efficient kitchen coordination, and effective time management. Furthermore, students showed increased sensitivity and empathy toward others, particularly in their respectful and thoughtful interactions with the elderly.

The residents of the old age home expressed visible happiness and deep gratitude, responding warmly to the students' presence, care, and support. Their positive feedback reflected the emotional connection established during the activity, which brought comfort, joy, and a sense of belonging to the elderly individuals.



This initiative not only fostered personal and professional growth among the students but also contributed meaningfully to the broader societal objectives. It directly aligned with the goals of Sustainable Development Goal 3 (Good Health and Well-being) by promoting physical

and emotional wellness through the provision of nutritious meals, compassionate engagement, and the maintenance of hygienic food practices. The experience reinforced the importance of community service, holistic development, and the transformative impact of culinary education beyond the class.









Outcome and Appreciation Ceremony:

The initiative concluded with a thoughtfully organized appreciation event at K.R. Mangalam University. Chefs and volunteers from the Earth Saviours Foundation were honoured for their service and commitment. Faculty conducted a short session on sustainable nutrition, elder-friendly meal planning, and maintaining hygiene in non-commercial kitchens. The event underscored the long-term value of community engagement in hospitality education and reinforced the role of youth in supporting public well-being.

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Conclusion:

This collaborative effort between the School of Hotel Management, Catering and Tourism (SOHMCT) and the Earth Saviours Foundation served as a powerful testament to the value of experiential learning grounded in social responsibility. By actively engaging with the elderly and contributing to their health and happiness, students went beyond textbook learning, embodying the spirit of Sustainable Development Goal 3: Good Health and Well-being. Through activities such as preparing nutritious meals, interacting with residents, and understanding their unique dietary and emotional needs, students applied their hospitality training in a real-world context that demanded empathy, adaptability, and cultural sensitivity.

The initiative not only sharpened students' professional competencies—such as menu planning, food safety, service management, and communication—but also nurtured qualities

essential for responsible leadership in the hospitality industry. Compassion, accountability, teamwork, and ethical decision-making were at the heart of this project, fostering a holistic development approach.

Furthermore, this initiative bridged the gap between academics and community welfare, illustrating how educational institutions can serve as catalysts for positive social change. It encouraged students to view hospitality not just as a profession but as a platform to uplift and empower. By integrating curriculum with meaningful community service, the program stands as a replicable model for other institutions aiming to develop well-rounded, socially conscious professionals ready to address the evolving needs of society.