

Extension activities are carried out in the neighbourhood community, sensitising students to social issues, for their holistic development, and impact thereof during the last five years.



ACTIVITIES FOR HEALTH AND HYGIENE

Impact on students & public: Sacred Heart College carries the saying "Cleanliness is next to Godliness" close to its heart. By assuming a leadership role in cleaning the surroundings, students induce a spirit of reciprocation on the part of society to do the same. Rallies and drives organised towards this end has helped in creating consciousness on the importance of maintaining clean and healthy surroundings especially in the context of the COVID pandemic and the floods of 2018.. Other activities like Water Analysis, Medical camp etc have also contributed to the welfare of the local society.

SWACHH BHARAT PAKHWADA

ORGANISED BY NSS ON 8 AUGUST 2016

Report of the activity:

Swachh Bharat Pakhwada is a mission with an objective of bringing a fortnight of intense focus on the issues and practices of swachhata. This also ensure mass participation of citizens in cleaning their premises and create awareness of cleanliness and safety. The NSS volunteers actively participated in the Swachh Bharat Pakhwada conducted on 16 August 2016. All the NSS Volunteers in our college participated in the rally through the Chalakudy town to create awareness on the topic 'Importance of Cleanliness' to the common people. They even had placards and posters written about the importance of cleanliness on it. The volunteers also organised a mass cleanliness drive in the campus. Classrooms, labs, corridors, library, toilets and premises were cleaned as part of it. NSS volunteers also observed Swachh Bharat Pakhwada by taking a pledge to keep their surroundings clean. Several programmes were formulated including rallies in the cities, toilet cleaning, distribution of hand wash to the public, plastic eradication etc.

Nss members taking the pledge along with the coordinators.



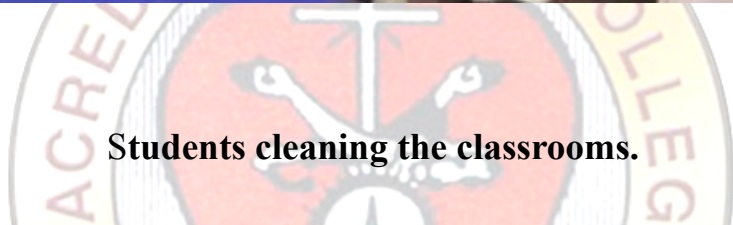
Students started the rally inside the campus



Students participating in the rally in town.



Students participating in the rally.



Students cleaning the classrooms.



WATER ANALYSIS OF NEARBY AREAS

ORGANISED BY THE DEPARTMENT OF CHEMISTRY

Report: Water analysis unit is one of the best extension activities of the department of Chemistry enabling our student volunteers to develop social responsibility. Wholehearted support from the management is really a motivating factor to start the water analysis unit. It is highly recommended to analyse the drinking water, water for agriculture, fish farming and all other purposes before its actual implementation/usage. Periodical testing of the purity of water samples is very much essential to confirm its quality. We have started the water analysis unit with the intention of helping the nearby society. We have overwhelming responses from the various sections of the society including startup restaurants, etc. 18 water samples were tested in the academic year 2016-17. The service of the water analysis unit of the department proved to be highly useful after the flood of August, 2018. The contamination of water was faced by most of the people in the locality.

Impact on students & public: Our students are trained to analyse water samples and so they are getting good exposure to analyse the water samples. By this way they are able to understand the quality of water as well as different water quality parameters too. The students are getting a good idea about how to handle and use a water analyzer unit. It is also an excellent experimental technique to improve their ability to quality check the water samples. The public in the nearby areas would be benefited as it would ensure the consumption of clean and potable water for the people. The water analysis unit of the Department of chemistry got huge appreciation from the local community.

Image- Students analyzing the water sample

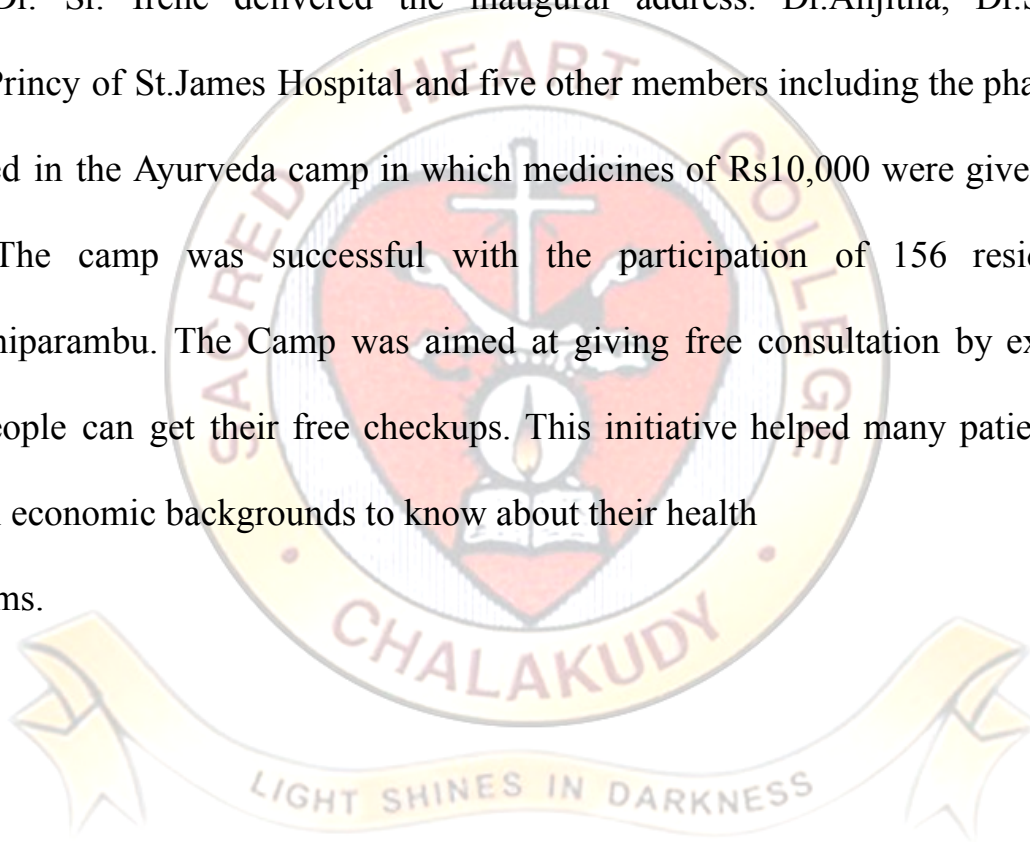


AYURVEDA MEDICAL CAMP

ORGANISED BY NSS ON 22 DECEMBER 2019

Report

Ayurveda medical camp - inauguration of the Ayurveda medical camp in association with St.James ayurveda Hospital, Chalakudy was started at 9 AM on 22/12/2019. Rev. Dr. Sr. Irene delivered the inaugural address. Dr.Anjitha, Dr.Sini and Dr.Sr.Princy of St.James Hospital and five other members including the pharmacists engaged in the Ayurveda camp in which medicines of Rs10,000 were given free of cost. The camp was successful with the participation of 156 residents of Thiruthiparambu. The Camp was aimed at giving free consultation by experts so that people can get their free checkups. This initiative helped many patients from normal economic backgrounds to know about their health problems.



The brochure that was made for the Ayurveda Medical Camp



Translation of Brochure:

*Free Ayurveda Medical Camp jointly organised by Sacred Heart College NSS units
 ,Chalakudy St.James hospital and Chalakudy Rotary Club*

Friends,

*Chalakudy St.James Hospital and Chalakudy Rotary Club are jointly organising an
 Ayurveda Medical Camp under the leadership of NSS units of Sacred Heart College
 on Sunday 22nd December 2019 from 9 am to 1 pm at St.Paul's
 School,Thiruthiparambu.Ayurvedic medicines and other necessary medicines will
 be distributed here free of charge.All well-meaning locals are requested to
 participate in this great initiative conducted by expert doctors of Ayurvedic
 department of Chalakudy St.James hospital and make this camp a success.*



The Pharmacists of St. James Hospital actively participating in the camp.



The Pharmacists engaging with the patients



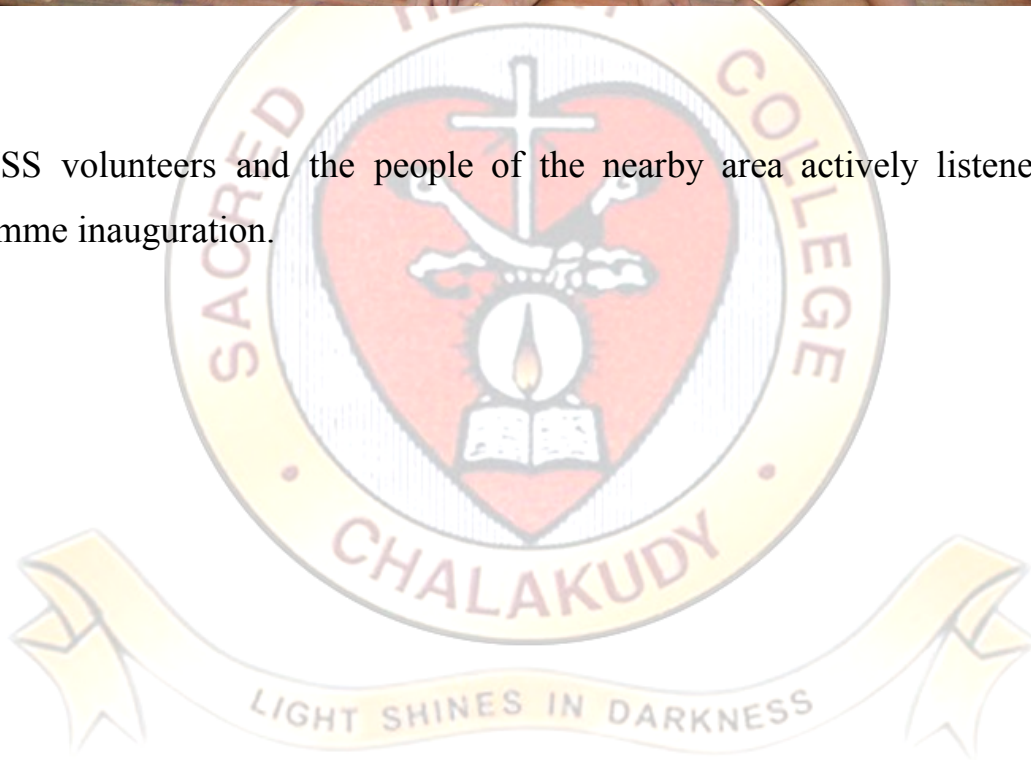
The Pharmacists attending to their ailments



Principal Rev. Dr. Sr. Reena Ittyachan giving the Presidential Address



The NSS volunteers and the people of the nearby area actively listened to the programme inauguration.



CLEANING ACTIVITY AT THIRUTHIPARAMBU

ORGANISED BY NSS ON 26 DECEMBER 2019

Cleanliness is both the abstract state of being clean and free from germs, dirt, trash, or waste, and the habit of achieving and maintaining that state. Cleanliness is often achieved through cleaning. On 26/12/2019 all the NSS volunteers actively participated in the massive cleaning program which was the final event of the camp that was being held at Thiruthiparambu. This was done for the purpose of inculcating a cleaning habit among the students as cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally.



Some of the NSS Volunteers indulging in the cleaning activity



GANDHI JAYANTHI

ORGANISED BY NSS ON 2 OCTOBER 2019

Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi, Father of the Nation, as he was called, who led India's freedom movement along with many other national leaders against British rule in India. His method of non-violence inspired many civil rights movements across the world. To celebrate his contribution to the nation, 2nd October is celebrated every year as a national holiday. The day is also celebrated as the International Day of Non-Violence by the United Nations.

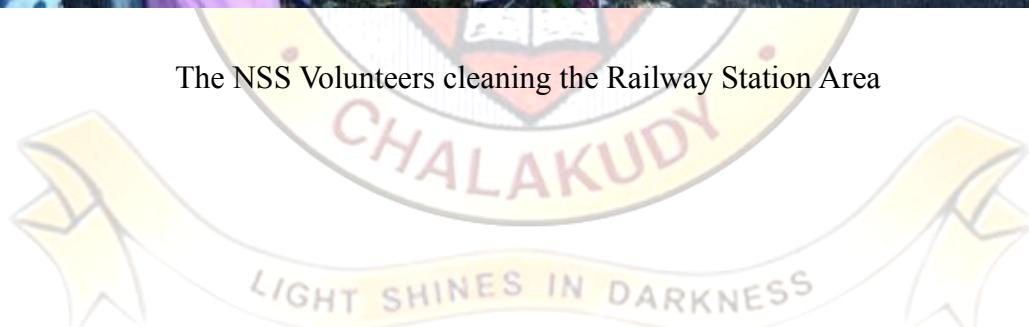
On 2/10/2019 Gandhi Jayanthi was observed by the NSS unit in association with Rotary Club of Chalakudy and Chalakudy Railway unit cleaned the railway station. This was conducted for the purpose of inculcating the importance of cleanliness among the students as well as for the fellow citizens. As Mahatma Gandhi said "Sanitation is more important than independence". He made cleanliness and sanitation an integral part of the Gandhian way of living. His dream was total sanitation for all.



Rev.Dr.Sr.Reena Ittyachan, Rotary Club of Chalakudy, NSS Coordinators, and NSS Volunteers inaugurating the occasion



The NSS Volunteers cleaning the Railway Station Area

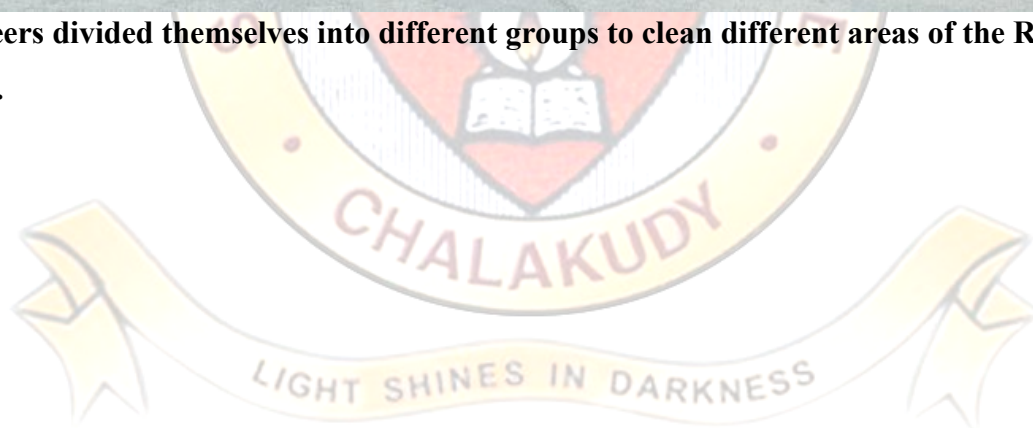


Rev. Dr.Sr.Reena Ittyachan, the Rotary Club members, NSS Co-ordinators and volunteers actively participating in cleaning the area.



The
NSS

Volunteers divided themselves into different groups to clean different areas of the Railway Station.



World Aids Day Rally

ORGANISED BY NSS ON 1ST OF DECEMBER 2019

REPORT OF THE PROGRAMME:

World AIDS Day, designated on 1 December every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. On 1/12/2019 World Aids Day was observed by NSS units by conducting a rally with placards bearing messages of AIDS awareness to Chalakudy Town. The red ribbon was used as it is the universal symbol of awareness and support for people living with HIV. World AIDS Day was conducted as it brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity.



The NSS Volunteers actively participating in the Rally



The Students with their charts on their way to conduct the Rally at Chalakudy Town

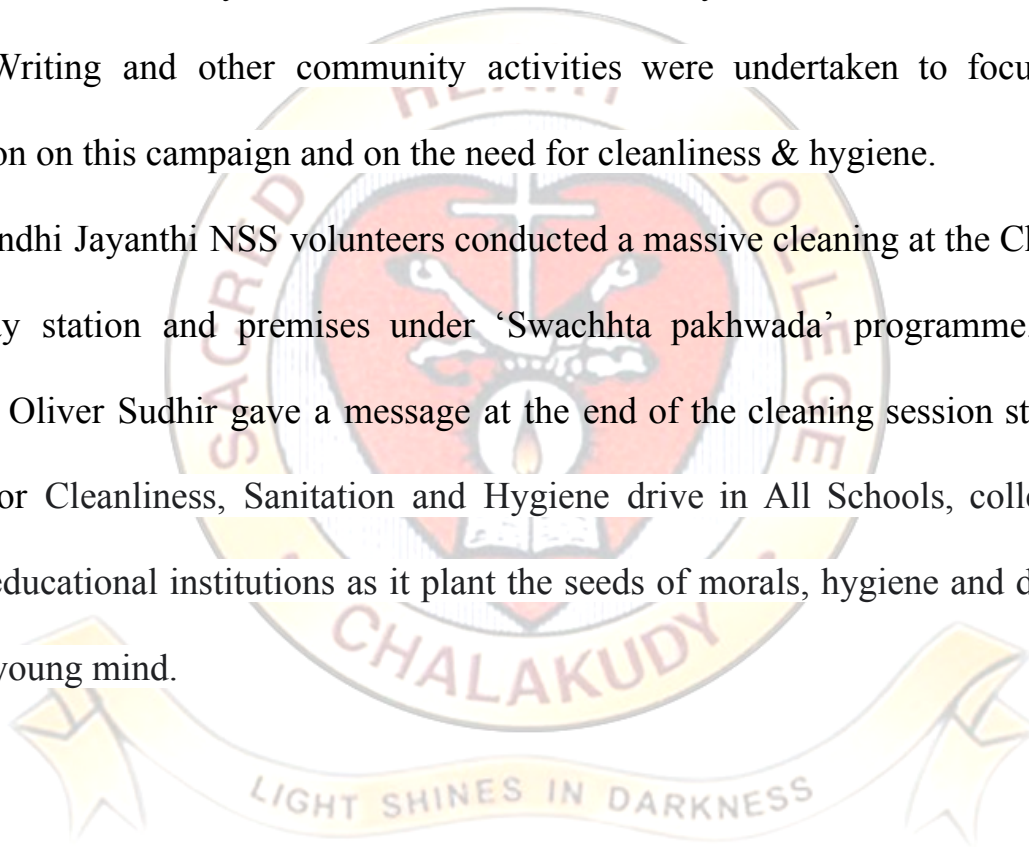


SWACHHATA PAKHWADA

ORGANISED BY NSS ON 2 OCTOBER 2021

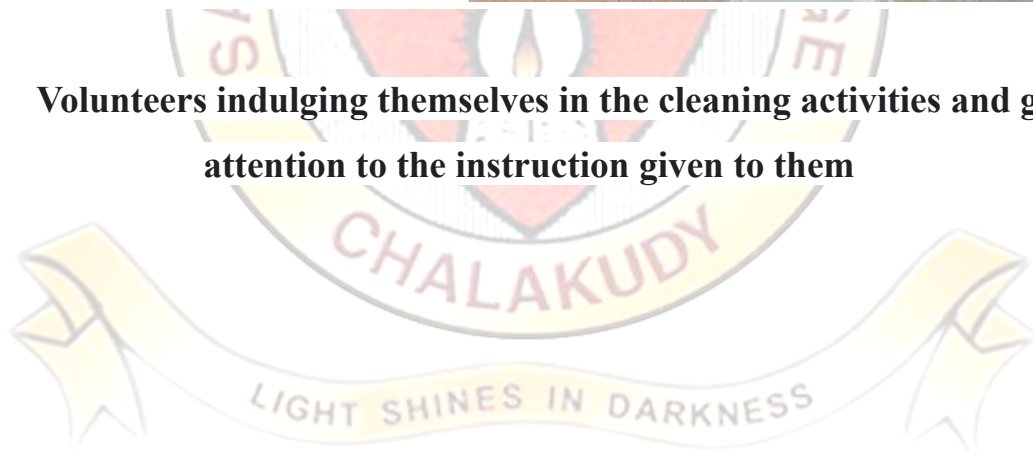
Swachhata Pakhwada is a programme started in April 2016 with the objective of bringing a fortnight of intense focus on the issues and practices of Swachhata. A variety of activities such as Rallies, Prabhat Pheri, Short Run for cleanliness, Seminars, Lectures by Resource Persons, Street Plays, Distribution of Pamphlets, Wall Writing and other community activities were undertaken to focus public attention on this campaign and on the need for cleanliness & hygiene.

On Gandhi Jayanthi NSS volunteers conducted a massive cleaning at the Chalakudy Railway station and premises under 'Swachhta pakhwada' programme. Station master Oliver Sudhir gave a message at the end of the cleaning session stating the need for Cleanliness, Sanitation and Hygiene drive in All Schools, colleges and other educational institutions as it plant the seeds of morals, hygiene and discipline in the young mind.





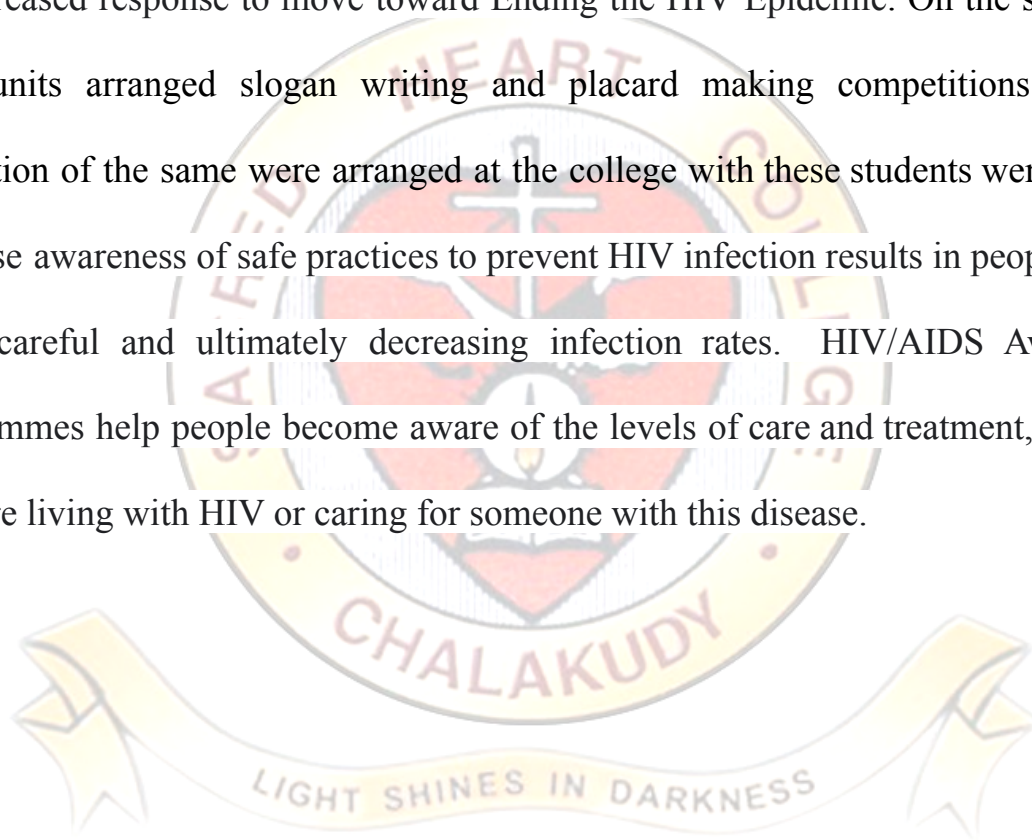
Volunteers indulging themselves in the cleaning activities and giving attention to the instruction given to them



WORLD AIDS DAY

ORGANISED BY NSS DECEMBER 1 2021

On December 1st , as part of aid's awareness campaign, NSS volunteers conducted a rally stating the need for attention to the HIV epidemic, endeavour to increase HIV awareness and knowledge, speak out against HIV stigma, and call for an increased response to move toward Ending the HIV Epidemic. On the same day NSS units arranged slogan writing and placard making competitions and an exhibition of the same were arranged at the college with these students were able to Increase awareness of safe practices to prevent HIV infection results in people being more careful and ultimately decreasing infection rates. HIV/AIDS Awareness programmes help people become aware of the levels of care and treatment, whether they are living with HIV or caring for someone with this disease.





Commencement of rally and placard, slogan competition at Sacred Heart College

