

INDEPENDENCE DAY

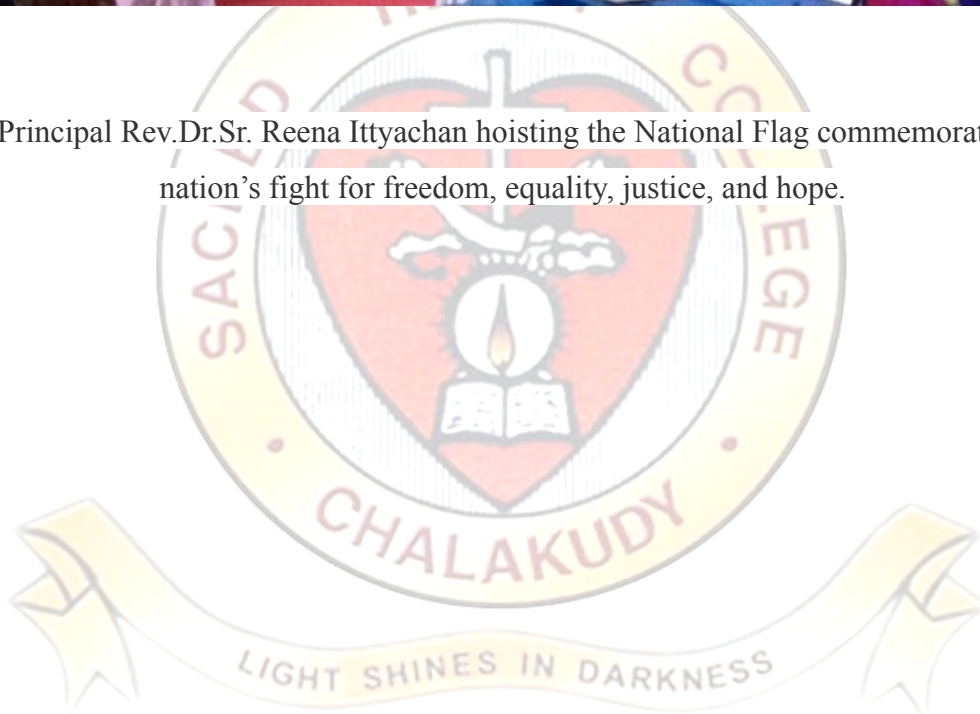
ORGANISED BY NSS ON 15TH OF AUGUST 2018

REPORT OF THE PROGRAMME:

Independence Day is celebrated annually on 15 August in India commemorating the nation's independence from the United Kingdom on 15 August 1947, the day when the provisions of the 1947 Indian Independence Act, which transferred legislative sovereignty to the Indian Constituent Assembly, came into effect. It also marks the anniversary of the partition of the subcontinent into two countries, India and Pakistan, which occurred on the same day. India attained independence through the Independence movement followed by non-violence and civil disobedience. Independence Day is observed throughout India with flag-hoisting ceremonies, parades and cultural events. It is a national holiday. The programme on 15th August was conducted by the institutional organisation and commenced with the flag hoisting by the principal. It serves the purpose of showing how this day holds a lot of importance and pride for the country's citizens, evoking patriotic feelings among our students.



The Principal Rev.Dr.Sr. Reena Ittyachan hoisting the National Flag commemorating the nation's fight for freedom, equality, justice, and hope.

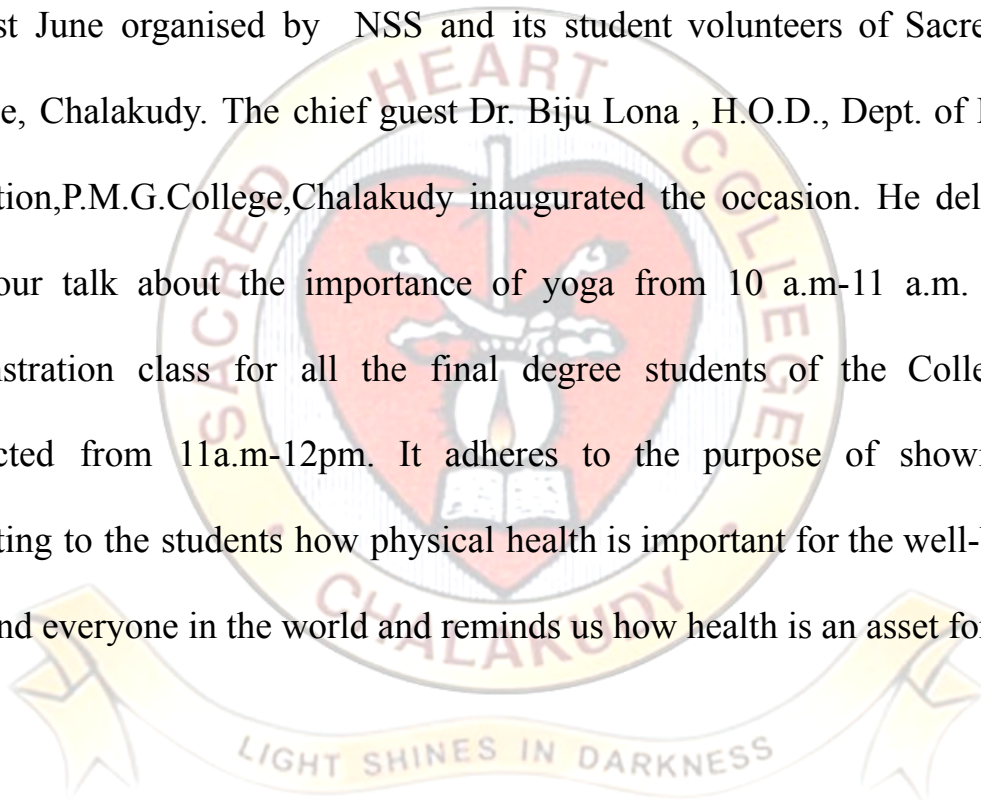


INTERNATIONAL YOGA DAY

ORGANISED BY NSS ON 21ST OF JUNE 2018

REPORT OF THE PROGRAMME:

Yoga is a symbol of Universal aspiration for health and well-being. It is health Insurance with zero budget. The International Yoga Day was conducted on 21st June organised by NSS and its student volunteers of Sacred Heart College, Chalakudy. The chief guest Dr. Biju Lona , H.O.D., Dept. of Physical Education,P.M.G.College,Chalakudy inaugurated the occasion. He delivered a one hour talk about the importance of yoga from 10 a.m-11 a.m. A yoga demonstration class for all the final degree students of the College was conducted from 11a.m-12pm. It adheres to the purpose of showing and exhibiting to the students how physical health is important for the well-being of each and everyone in the world and reminds us how health is an asset for us.





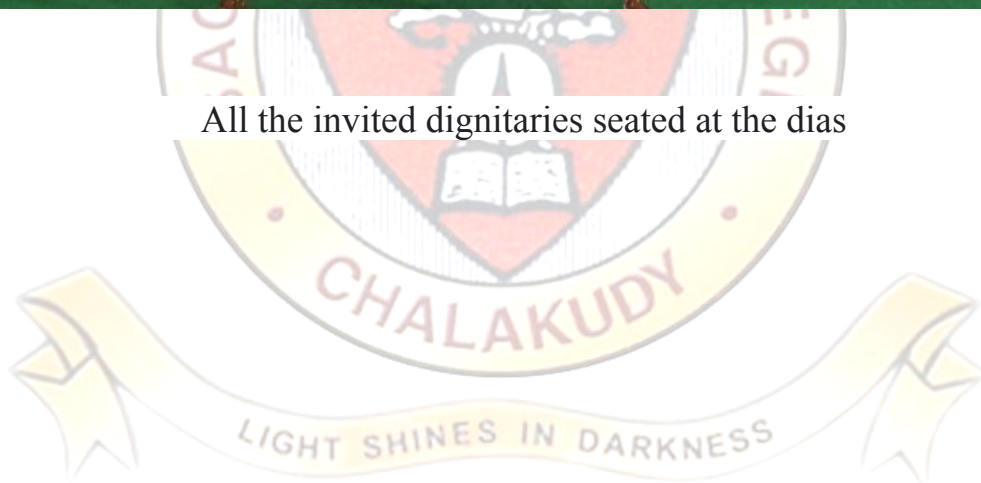
All the Students and the faculty members practising Yoga



Dr. Biju Lona teaching the students how to absorb the power of breath



All the invited dignitaries seated at the dias



NATIONAL UNITY DAY

ORGANISED BY NSS ON 31ST OF OCTOBER 2018

REPORT OF THE PROGRAMME:

National Unity Day is celebrated in India on 31 October. It was introduced by the Government of India in 2014. The day is celebrated to mark the birth anniversary of Sardar Patel who had a major role in the political integration of India. The programme was conducted by the organisation on 31st October where the NSS volunteers conducted a rally in the Chalakudy town to create awareness on the importance of unity to the people. All volunteers also took a pledge at the College Premise before progressing to the rally. The celebration showed how each citizen is responsible to preserve the unity, integrity and security of the nation and also strive hard to spread this message among other fellow countrymen. The spirit of unification was also inculcated among the students which was made possible by the vision and actions of Sardar Vallabhbhai Patel.



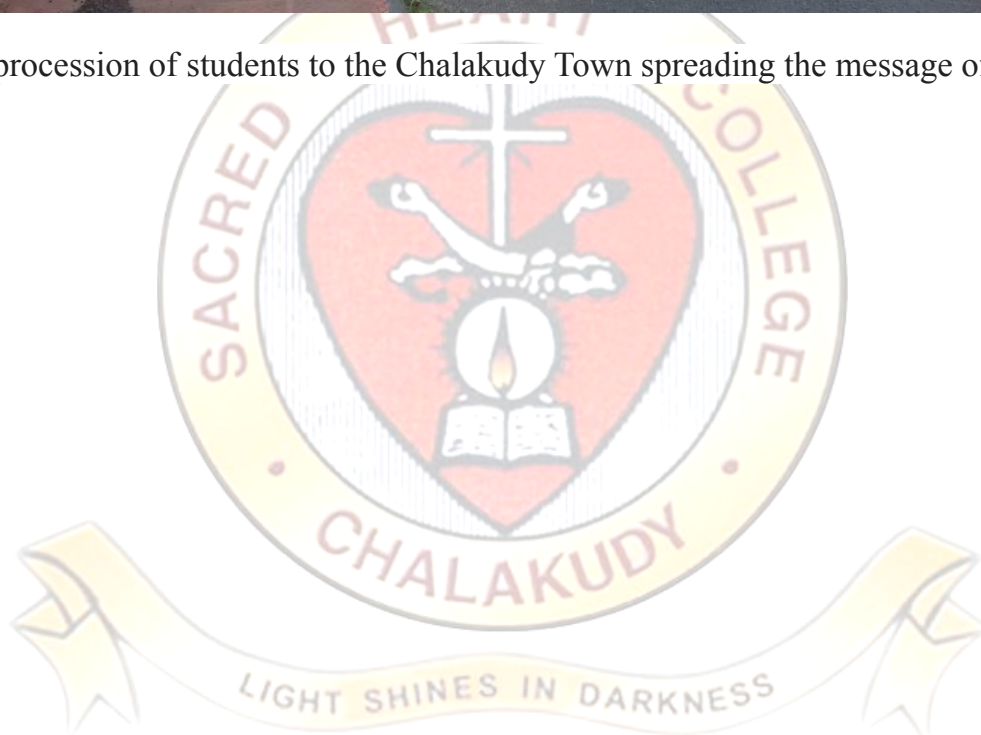
The NSS volunteers and the co-ordinators taking the pledge of truth to oneself and others at the College Premise



The Students displaying the placard which was used in the rally



The procession of students to the Chalakudy Town spreading the message of Unity



WORLD ENVIRONMENT DAY

ORGANISED BY NSS ON 5TH OF JUNE 2018

REPORT OF THE PROGRAMME:

The programme environment day celebration was conducted by the institutional organisation, The National Service Scheme on June 5th. The celebration was inaugurated by Mr. Sadanandan E.S (Bio diversity District Coordinator & Rtd.Forest Range Officer). The chief Guest delivered a two hours talk on ‘Environment protection and the drawbacks of Plastics. The highlight of the programme was the planting of the tree saplings towards the creation of “Veettil Oru falavrisham”, we distributed the fruit tree saplings to the students, teaching and non teaching staff. The Principal, heads of the various departments as well as representatives of the students planted the fruit tree saplings near the college auditorium. The students removed the plastic waste from the college premises and sent it for recycling .They planned to collect plastic waste from the neighbourhood for recycling and also to provide the people awareness on the disastrous effects of the plastic use by distributing handouts. The purpose of the programme was to raise awareness that the world is facing various problems caused by human beings and other natural disasters.



The Mime performed by students conveying the message “Say No to Plastic”



The Students along with Mr. Sadanandan E.S planting the sapling.



All the faculty and the chief guest present at the dignitary



Presidential Address given by Re. Dr.Sr.Reena Ittyachan