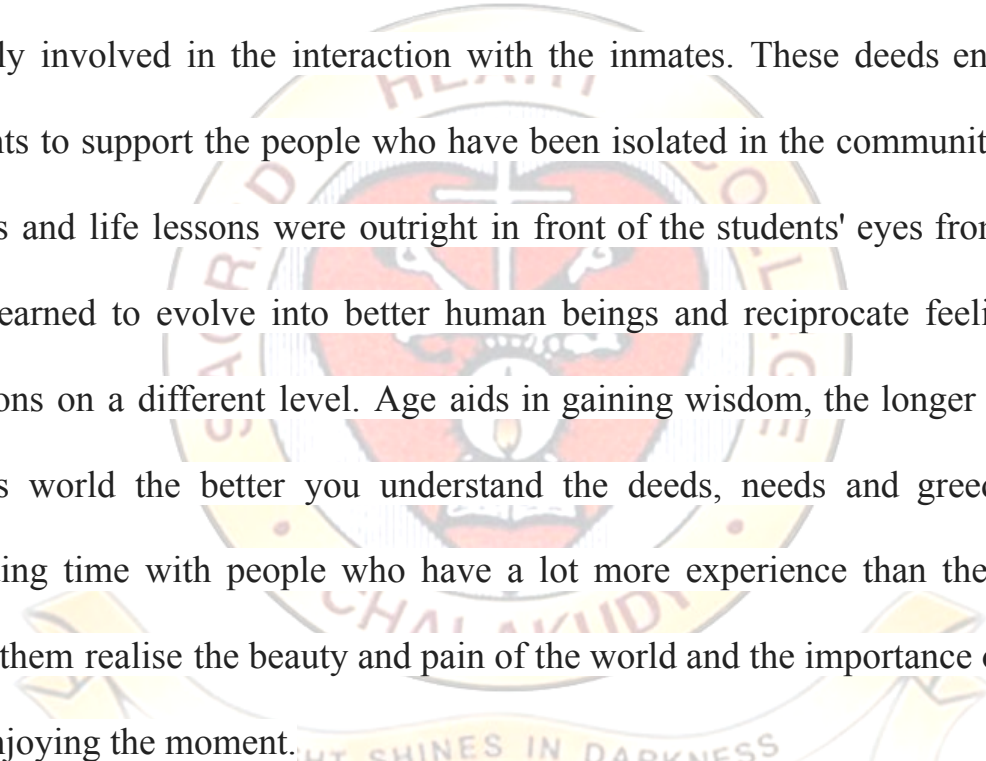


OLD AGE HOME VISIT

ORGANISED BY NSS ON 4 JUNE 2021

On 4th June, 2021, NSS students visited St. Joseph's Aged Home. Selected NSS volunteers actively participated in these visits, which helps to inculcate a sense of social commitment among NSS volunteers. Students are actively involved in the interaction with the inmates. These deeds enable the students to support the people who have been isolated in the community. Many morals and life lessons were outright in front of the students' eyes from which they learned to evolve into better human beings and reciprocate feelings and emotions on a different level. Age aids in gaining wisdom, the longer you live in this world the better you understand the deeds, needs and greeds of it. Spending time with people who have a lot more experience than the student made them realise the beauty and pain of the world and the importance of living and enjoying the moment.



Students visting and aiding the needs of the old age home



OLD AGE HOME VISIT

Organised by NSS Unit

Date and Venue: 4 June 2021

Duration of the Programme : 2 hours

SL. NO.	NAME OF THE STUDENT	DEPARTMENT & CLASS
1	ROSELIT. V. P	ZOOLOGY
2	FATHIMA RIYANA. K	ZOOLOGY
3	NITHYA THOMMY	ECONOMICS
4	AVANI K R	ECONOMICS
5	LAKSHMI THILAKAN	PHYSICS
6	ANISHA P V	PHYSICS
7	ARYA SUNNY	PHYSICS
8	SONA MARIYA	ECONOMICS

DISTRIBUTION OF SMARTPHONES ORGANISED BY MANAGEMENT

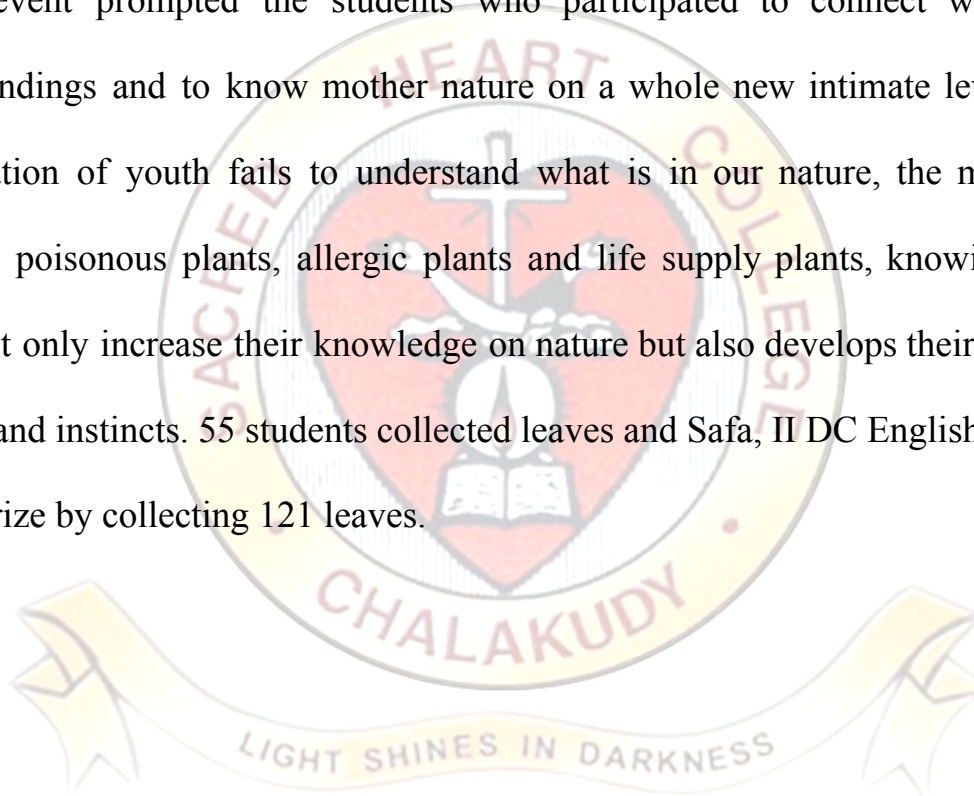
The Management , Sacred Heart College ,Chalakyudi gave smartphones to the students who didn't have the facilities to study during the pandemic . Due to the outbreak of pandemic , students continued their studies through the online platforms .The management gave smartphones to continue their studies even in the tough times .The smartphones were given to the students by the Principal Dr.Sr.Reena Ittyachan .



LIFE SKILLS-TO KNOW ABOUT LEAVES AND ITS COLLECTION

ORGANISED BY NSS ON 1ST OF NOVEMBER

Kerala Piravi was celebrated with an online leaf collection competition to inculcate an acquaintance with the plants seen in our locality. This event prompted the students who participated to connect with their surroundings and to know mother nature on a whole new intimate level. This generation of youth fails to understand what is in our nature, the medicinal plants, poisonous plants, allergic plants and life supply plants, knowing them doesn't only increase their knowledge on nature but also develops their survival skills and instincts. 55 students collected leaves and Safa, II DC English secured first prize by collecting 121 leaves.





LEAVES COLLECTED BY NSS VOLUNTEERS FROM THEIR HOUSE PREMISES

LIST OF STUDENTS:

LEAF COLLECTION

Organised by NSS unit

Date and Venue :1st november 2020, via Google Meet

Targeted students : NSS STUDENTS

SL. NO.	NAME OF THE STUDENT	DEPARTMENT & CLASS
1	MAYA M M	B. A ENGLISH
2	ANAKHA CHANDRA PRASAD	B. A ENGLISH
3	SAFA V J	B. A ENGLISH
4	ASHNA C S	B. A ENGLISH
5	SONA GIGY	B.COM FINANCE
6	SONA P B	B.COM FINANCE
7	ANN MARIYA PAULY	B.COM FINANCE
8	AMITHA BABU	B.COM FINANCE
9	MANJU M C	B.COM FINANCE
10	LAKSHMIPRIYA P . P	B.COM C A
11	DEVICHANDANA	B.COM C A
12	ADHEENA P S	B.COM C A
13	AFREENA K R	B. A ENGLISH

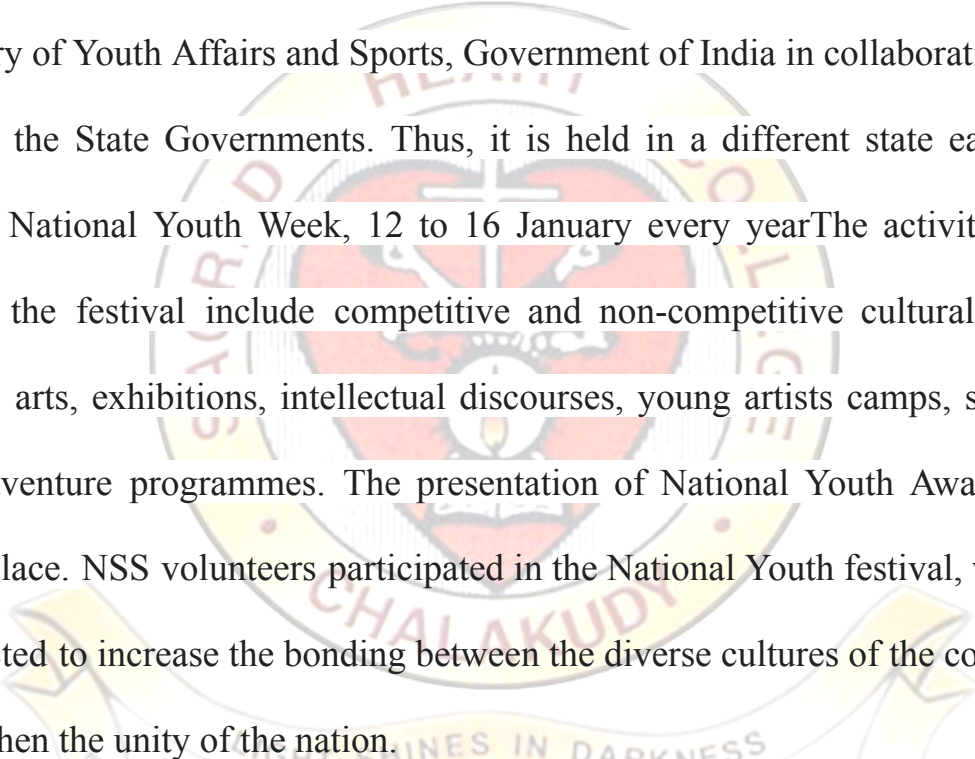
14	ATHULYA N S	B.A HISTORY
15	ASHNAMOL V S	B.A HISTORY
16	SREYA P SATHYAN	B.A HISTORY
17	FEENA FRANCY	B.A HISTORY
18	KAVYA RAVINDRAN	BSC ZOOLOGY
19	ADITHYA P.R	BSC ZOOLOGY
20	SUBITHA P.S	BSC ZOOLOGY
21	AKHILA MADHU	BSC MATHEMATICS
22	ATHIRA S NAIR	BSC MATHEMATICS
23	CHRISTY ROSE	BSC MATHEMATICS
24	BASILA FARZEEN	BSC MATHEMATICS
25	RAJI RAMAKRISHNAN	B.A HISTORY
26	NIYA BABU	B.A HISTORY
27	ANJU VARGHESE	B.A HISTORY
28	VARSHA GIREESH	B.A HISTORY
29	ASHA CHANDRAN	B.A HISTORY
30	LAKSHMI K.V	B A ECONOMICS
31	ANJU M.A	B A ECONOMICS
32	ADITHYA T. G	B A ECONOMICS
33	ADITHYA P.M	B A ECONOMICS
34	HINEESHMA . M	B A ECONOMICS
35	ANAKHA A S	BSC CHEMISTRY
36	DELNA THOMAS	BSC CHEMISTRY

37	DEVIKA CHANDRAN	BSC CHEMISTRY
38	ANNA JOSEPH	BSC CHEMISTRY
39	ANJANA A S	BSC CHEMISTRY
40	JYOTHILAKSHMI D A	BSC CHEMISTRY
41	ALVISHA I.A	BSC PHYSICS
42	SALMA JASMINE M.B	BSC PHYSICS
43	PARVATHY K.S	BSC PHYSICS
44	ANITTA MATHEW	BSC PHYSICS
45	ANIJA K G	BSC CHEMISTRY
46	ANSA JOJI	BSC CHEMISTRY
47	VINAYA.T.P	BSC PHYSICS
48	SURYA SURESH	BSC ZOOLOGY
49	SANGEETHA V.M	BSC ZOOLOGY
50	KRISHNAPRIYA V.R	BSC ZOOLOGY
51	N.B SHREYA NUPURA	BSC ZOOLOGY
52	LAKSHMIPRIYA T.A	BSC ZOOLOGY
53	ANUPRIYA P.S	BSC ZOOLOGY
54	VANDHANA T.V	BSC ZOOLOGY
55	ATHIRA C.S	BSC ZOOLOGY

NATIONAL YOUTH FESTIVAL

ORGANISED BY NSS ON 12 AND 13 JANUARY 2022

The National Youth Festival in India is an annual gathering of youth with various activities including competitive ones. Celebrated to commemorate the birth anniversary of youth icon Swami Vivekananda, it is organised by the Ministry of Youth Affairs and Sports, Government of India in collaboration with one of the State Governments. Thus, it is held in a different state each year during National Youth Week, 12 to 16 January every year. The activities held during the festival include competitive and non-competitive cultural events, martial arts, exhibitions, intellectual discourses, young artists camps, seminars and adventure programmes. The presentation of National Youth Awards also takes place. NSS volunteers participated in the National Youth festival, which is conducted to increase the bonding between the diverse cultures of the country to strengthen the unity of the nation.





75
Azadi Ka
Amrit Mahotsav



**SAKSHAM YUVA
SASHAKT YUVA**



**NATIONAL
YOUTH
FESTIVAL**

12 & 13 JANUARY 2022
PUDUCHERRY



MINISTRY OF YOUTH AFFAIRS &
SPORTS
Government of India

Register at:

www.nyf2022.org



Government of Puducherry

NATIONAL YOUTH FESTIVAL BROCHURE

LIGHT SHINES IN DARKNESS

National Youth festival

Organised by Ministry of Youth Affairs and Sports

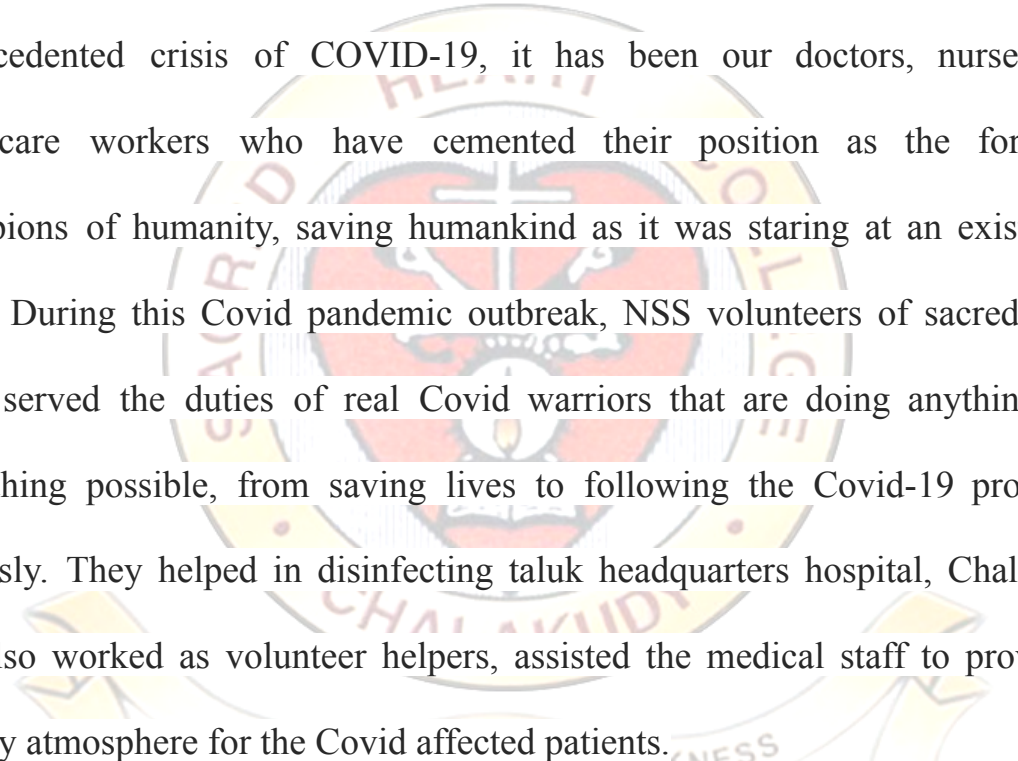
Date and Venue : 12 and 13 Jan 2022, Puducherry

SL. NO.	NAME OF THE STUDENT	DEPARTMENT & CLASS
1.	GANGA VINAYAKUMAR	ENGLISH
2.	ANNA GRACE BIJU	ENGLISH
3.	NANDANA P NAIR	ZOOLOGY
4.	ANUPRIYA K. S	ECONOMICS
5.	APARANA C.S	BCOM CA
6.	HISHAMOL PK	ZOOLOGY
7.	SATHEERTHA TS	PHYSICS
8.	NIKHITHA SAIJAN	BCOM CA
9.	SABAHA BASHEER	HISTORY
10.	RATHIKA RAMESAN	HISTORY
11.	ABIA CLEETAUS	PHYSICS
12.	PAVITHRA R MENON	CHEMISTRY
13.	LAKSHMI PRIYA C.G	BCOM FINANCE
14.	ANAGHA A S	PHYSICS
15.	DONA FRANCIS	ECONOMICS
16.	SIVAGANGA S MENON	ECONOMICS

COVID WARRIORS

ORGANISED BY NSS ON 15 DECEMBER 2021

Life is so uncertain and every minute that we breathe is a miracle, because we escape from so many dangers that could snatch our lives! During the pandemic, this thought has only got strengthened. As the world faced the unprecedented crisis of COVID-19, it has been our doctors, nurses and healthcare workers who have cemented their position as the foremost champions of humanity, saving humankind as it was staring at an existential crisis. During this Covid pandemic outbreak, NSS volunteers of Sacred Heart unity served the duties of real Covid warriors that are doing anything and everything possible, from saving lives to following the Covid-19 protocols seriously. They helped in disinfecting taluk headquarters hospital, Chalakudy and also worked as volunteer helpers, assisted the medical staff to provide a healthy atmosphere for the Covid affected patients.





NSS Volunteers cleaning taluk headquarters hospital, Chalakudy

Covid Warriors

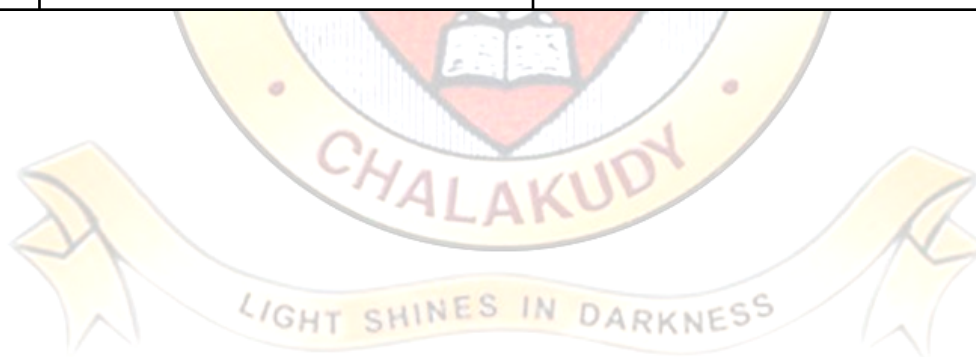
Organised by NSS UNIT

Date and Venue : 15 Dec 2021, Taluk hospital

Duration of the Programme : 4 hours

SL. NO.	NAME OF THE STUDENT	DEPARTMENT & CLASS
1.	ROSELIT. V. P	ZOOLOGY
2.	SREELAKSHMY R	ZOOLOGY
3.	NANDANA P NAIR	ZOOLOGY
4.	SATHEERTHA TS	PHYSICS

5.	ANNA JOSE	PHYSICS
6.	NIYA CV	PHYSICS
7.	NIRANJANA.K.S.	ENGLISH
8.	GISHMA SURESH	ENGLISH
9.	GANGA VINAYAKUMAR	ENGLISH
10.	ANGEL PAUL	ENGLISH
11.	LAKSHMI PRIYA C.G	BCOM FINANCE
12.	VINEESHA VK	BCOM FINANCE
13.	NIKHITHA SAIJAN	BCOM CA
14.	ANJANA A B	ECONOMICS
15.	SHAHNA. CT	ECONOMICS
16.	JEWEL JOHNY	CHEMISTRY



FARMERS DAY- SPEECH COMPETITION

ORGANISED ON 16 AUGUST 2021

Farmers' Day is an annual observance in various countries to celebrate the national contributions of farmers and agriculture. Farmers are regarded as the backbone of the country. They produce, so only we survive. They give their blood, sweat and tears to grow the grains so that we can't sleep on a hungry stomach. In connection with Farmer's day a speech competition was conducted on the topic 'Are Farmer's meant to be poor?'. Over 20% of our farmers live below the poverty line. Evidence suggests that the speed with which the agriculture sector reduces rural poverty is at least twice of what the rest of the economy and when growth in agriculture is rejuvenated, poverty decline becomes faster. India's future prosperity depends on including and extending opportunities to the farmers to partake in the growth. Once that is done, the resilient Indian farmers will drive their own success. Sona Paulson of the Department of economics bagged the first prize and Jisa Paul of the Department of history won the second prize. College principal Dr. .Sr. Irene distributed the cash prizes.



Brochure of the Speech competition conduct on the occasion of farmers day
Farmers Day- speech competition

Organised by NSS unit LIGHT SHINES IN DARKNESS

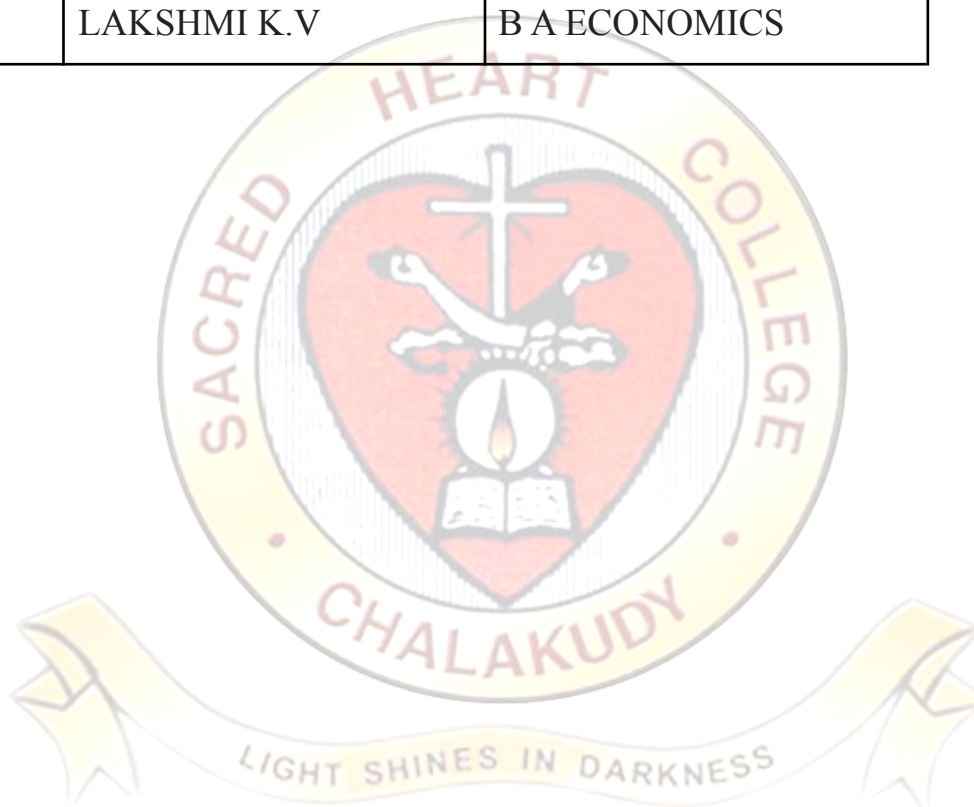
Date and Venue : 16 August 2021

Targeted students : NSS Volunteers

SL. NO.	NAME OF THE STUDENT	DEPARTMENT & CLASS
1	ADITHYA T. G	B A ECONOMICS

2	ADITHYA P.M	B A ECONOMICS
3	HINEESHMA . M	B A ECONOMICS
4	VISMAYA JAYAN	B A ECONOMICS
5	NAVYA V.V	B A ECONOMICS
6	ALEENA REEPHEL	B A ECONOMICS
7	ANULAKSHMI M .B	B A ECONOMICS
8	SANIKA .T.S	B A ECONOMICS
9	KRISHNA PRIYA .V.ARUMUGHAN	B A ECONOMICS
10	APARNA A.K	B A ECONOMICS
11	MARIYA JOSE	BSC CHEMISTRY
12	AISWARYA A.S	BSC CHEMISTRY
13	AFREENA K R	B. A ENGLISH
14	ATHULYA N S	B.A HISTORY
15	ASHNAMOL V S	B.A HISTORY
16	SREYA P SATHYAN	B.A HISTORY
17	FEENA FRANCY	B.A HISTORY
18	LAKSHMIPRIYA P V	B.A HISTORY
19	SURYA K	B.A HISTORY
20	ANAKHA A S	BSC CHEMISTRY
21	DELNA THOMAS	BSC CHEMISTRY
22	DEVIKA CHANDRAN	BSC CHEMISTRY
23	ANNA JOSEPH	BSC CHEMISTRY

24	ANJANA A S	BSC CHEMISTRY
25	JYOTHILAKSHMI D A	BSC CHEMISTRY
26	NIYA BABU	B.A HISTORY
27	ANJU VARGHESE	B.A HISTORY
28	VARSHA GIREESH	B.A HISTORY
29	ASHA CHANDRAN	B.A HISTORY
30	LAKSHMI K.V	B A ECONOMICS



MIME - ELIMINATION OF VIOLENCE AGAINST WOMEN

ORGANISED BY NSS ON 10th DECEMBER 2021

Violence can negatively affect women's physical, mental, sexual, and reproductive health. We need to address these misconceptions to be successful in our responses to violence against women and their children thus, in association with Sakhi- one stop centre, Thrissur, NSS volunteers performed a mime at S.H. College and Chalakudy railway station to spread the message of elimination of all kinds of violence against women on 10th December To achieve lasting change, it is important to enact and enforce legislation and develop and implement policies that promote gender equality; allocate resources to prevention and response; and invest in women's rights organizations.

The Government of India has directed all States and Union Territory Administrations for the establishment of One Stop Centres for women affected by violence. Under this Scheme, in the first phase, one OSC will initially be established in each State/UT with the financial support of GOI.

One Stop Centres are intended to support women affected by violence, in private and public spaces, within the family, community and at the workplace . Women facing physical, sexual, emotional, psychological and economic abuse, irrespective of age, class, caste, education status, marital status, race and culture will be facilitated with support and redressal. Aggrieved women facing any kind of violence due to attempted sexual harassment, sexual assault, domestic

violence, trafficking, honour related crimes, acid attacks or witch-hunting who have reached out or being referred to the OSC will be provided with specialized services. These centres will provide a range of integrated services under one roof to the women affected by violence. Intended facilities and services at OSC include transportation, medical assistance and facilitation in dealing with the police, legal aid, psychosocial counselling and temporary shelter if required.

Brochure of MIME- Elimination of violence against women



Translation of malayalam:

***Kerala Government Women And Children Development, Women Cell Thrissur
District Child-Women Protection Office
Sakhi One Stop Center, Thrissur***



Students before the commencement of mime at Chalakudy Railway Station


MIME- Elimination of violence against women

Organised by NSS unit in association with Sakhi, one stop centre

Date and Venue : 1 Dec 2021, Sacred Heart College and Chalakudy Railway Station

Duration of the Programme : 2 hour

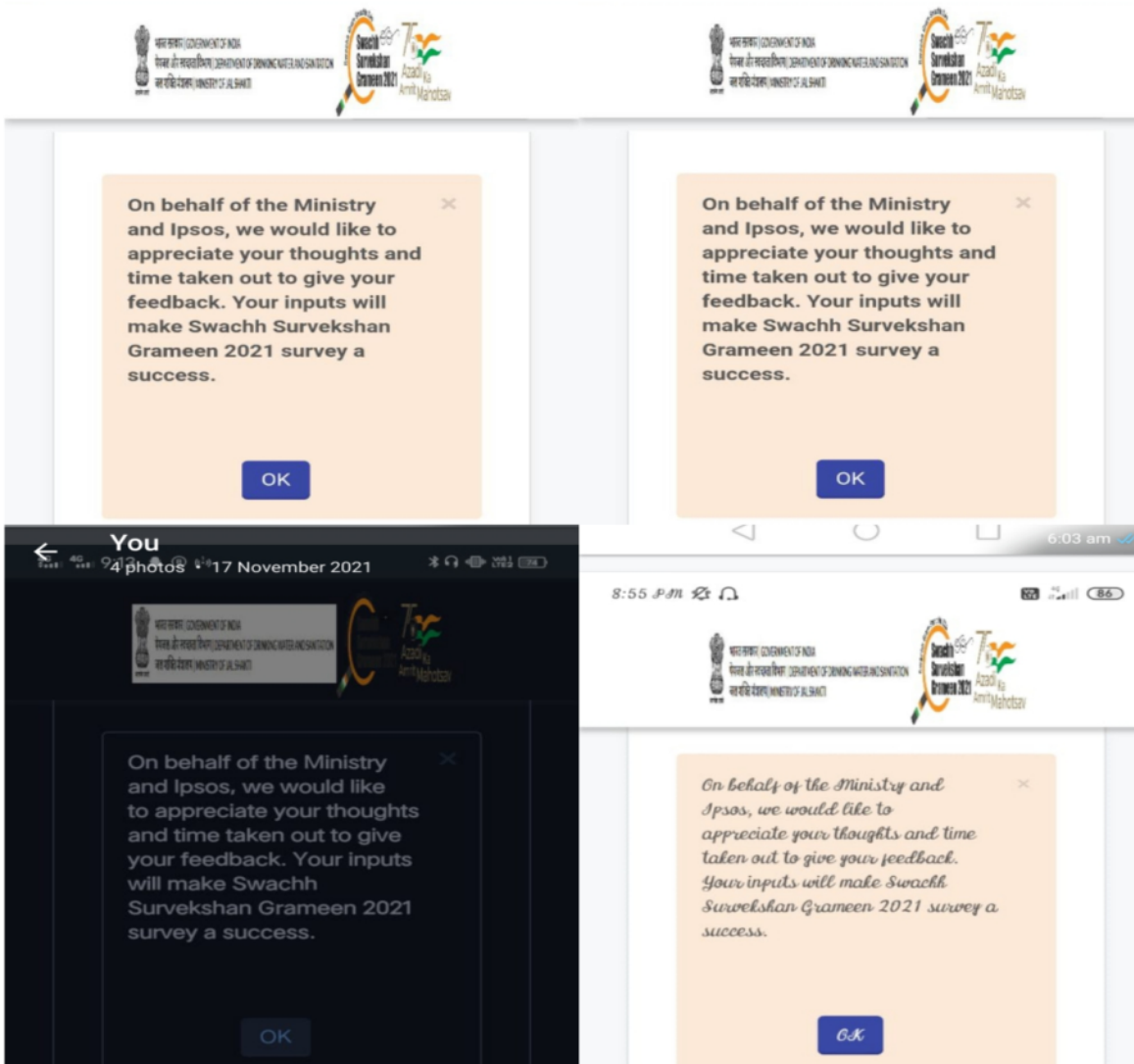
Sl.no.	NAME OF THE STUDENT	DEPARTMENT & CLASS
1	ROSELIT. V. P	ZOOLOGY
2	SATHEERTHA TS	PHYSICS
3	ANNA JOSE	PHYSICS
4	NIYA CV	PHYSICS
5	LAKSHMI THILAKAN	PHYSICS
6	ANISHA P V	PHYSICS



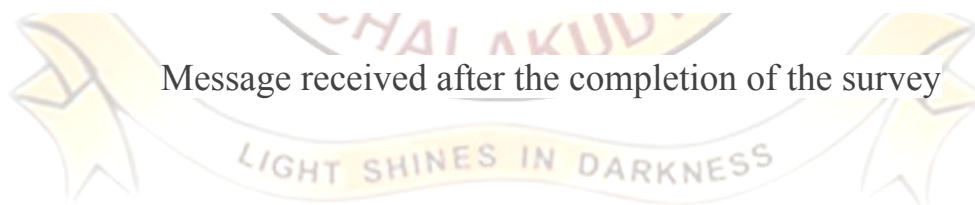
7	ARYASUNNT	PHYSICS
8	SONA MARIYA	ECONOMICS
9	CHINJU P C	HISTORY
10	KA SANILA	HISTORY
11	MEGHA BENNY	HISTORY
12	GAYATHRY N J	HISTORY
13	SHABANA NS	HISTORY
14	NANDANA TN	HISTORY
15	NAJA. C. P	HISTORY
16	PAVITHRA R MENON	CHEMISTRY
17	LAKSHMI PRIYA C.G	BCOM FINANCE
18	ASHLI BENNY	BCOM FINANCE
19	SONA SOJ	BCOM FINANCE
20	ANN MARIYA PAUL P	ECONOMICS
21	JILSHA K J	ECONOMICS
22	NIMMU DAVIS	ECONOMICS
23	SANGEETHA.K	ENGLISH

SWACHH SURVEKSHAN GRAMEEN 2021

Swachh Survekshan, conducted by MoHUA since 2016, is the world's largest urban sanitation and cleanliness survey. It has been instrumental in fostering a spirit of healthy competition among towns and cities to improve their service delivery to citizens and towards creating cleaner cities. The ambitious programme, under the Swachh Bharat Mission, aims to boost the central government's push for Open Defecation Free (ODF) Plus status for villages. NSS volunteers conducted an online Swachh Survekshan Grameen 2021 survey under Swachh Bharat Mission for department of drinking water and sanitation, Ministry of Jal Sakthi, Government of India, among the students. This survey helped the DDWS (Department of Drinking Water Supply was formed under the Ministry of Rural Development, for focused attention on drinking water and sanitation) to get feedback on the progress made by the village in achieving Swachhata.



Message received after the completion of the survey




SWACHH SURVEKSHAN GRAMIN 2021

ORGANISED BY NSS UNIT

DATE AND VENUE : 17 NOV 2021

TARGETED STUDENTS : NSS VOLUNTEERS



SL. NO.	NAME OF THE STUDENT	DEPARTMENT & CLASS
1.	ROSELIT. V. P	ZOOLOGY
2.	FATHIMA RIYANA. K	ZOOLOGY
3.	NANDANA P NAIR	ZOOLOGY
4.	SREELAKSHMY R	ZOOLOGY
5.	NANDANA P NAIR	ZOOLOGY
6.	ANAKHA. K. A	ZOOLOGY
7.	HISHAMOL PK	ZOOLOGY
8.	SATHEERTHA TS	PHYSICS
9.	ANNA JOSE	PHYSICS
10.	NIYA CV	PHYSICS
11.	ABIA CLEETAUS	PHYSICS
12.	ABHIRAMI KH	PHYSICS
13.	GAURI T S	PHYSICS
14.	ANAGHA A S	PHYSICS

15.	ANU DASAN M.D	PHYSICS
16.	AYISHA FARHEEN ARIPURAM A.B.	PHYSICS
17.	LAKSHMI THILAKAN	PHYSICS
18.	ANISHA P V	PHYSICS
19.	ARYA SUNNY	PHYSICS
20.	SONA MARIYA	ECONOMICS
21.	ANJANA A B	ECONOMICS
22.	SHAHNA. CT	ECONOMICS
23.	ANUPRIYA K. S	ECONOMICS
24.	APARNA C.S	BCOM CA
25.	NOUFIYA K.N	BCOM CA
26.	NIKHITHA SAIJAN	BCOM CA
27.	JISNA JOSE	BCOM CA
28.	NITHYA EYOB	BCOM CA
29.	LAKSHMI M SHIBU	BCOM CA
30.	ASWATHY JAYAKUMAR	BCOM CA
31.	ABHIRAMI A. A	BCOM CA
32.	MARIYA JOY	BCOM CA
33.	ANUMOL CHACKO	BCOM CA
34.	JOSNA M J	BCOM CA
35.	NIKHITHA SAIJAN	BCOM CA
36.	SABAHA BASHEER	HISTORY

37.	RATHIKA RAMESAN	HISTORY
38.	SREEJINI C. P	HISTORY
39.	CHINJU P C	HISTORY
40.	KA SANILA	HISTORY
41.	MEGHA BENNY	HISTORY
42.	GAYATHRY N J	HISTORY
43.	ASHIDA BAIJU	HISTORY
44.	PRAVEENA K	HISTORY
45.	HANNA MARY	HISTORY
46.	JISA PAUL	HISTORY
47.	AMRUTHA K.U	HISTORY
48.	SHABANA NS	HISTORY
49.	NANDANA TN	HISTORY
50.	NAJA. C. P	HISTORY
51.	SEETHAL M S	HISTORY
52.	ALEENA JOSHY	CHEMISTRY
53.	KRISHNAPRIYA C.G	CHEMISTRY
54.	AMRUTHA TK	CHEMISTRY
55.	ANJALI K B	CHEMISTRY
56.	AHALYA.V.L	CHEMISTRY
57.	ALEENA JOY	CHEMISTRY
58.	ANAGHA SUNIL	CHEMISTRY
59.	JEWEL JOHNY	CHEMISTRY

60.	HIBA.U	CHEMISTRY
61.	JAISHNA E.M	CHEMISTRY
62.	ABHIYA KS	CHEMISTRY
63.	JYOTHILAKSHMI.A.S	CHEMISTRY
64.	SHAHANAZ FATHIMA M.M	CHEMISTRY
65.	BIJI V I	CHEMISTRY
66.	PAVITHRA R MENON	CHEMISTRY
67.	LAKSHMI PRIYA C.G	BCOM FINANCE
68.	VINEESHA VK	BCOM FINANCE
69.	VARSHA V B	BCOM FINANCE
70.	JISNA SAJI	BCOM FINANCE
71.	ANSA P.R	BCOM FINANCE
72.	KRISHNA PRIYA KP	BCOM FINANCE
73.	ANSHA ANTO	BCOM FINANCE
74.	AYIDA ELIZABETH	BCOM FINANCE
75.	ASHLI BENNY	BCOM FINANCE
76.	SONA SOJ	BCOM FINANCE
77.	SREELEKHA BALAN	BCOM FINANCE
78.	ANAGHA PAUL	BCOM FINANCE
79.	JISMY P J	ECONOMICS
80.	ALINA P J	ECONOMICS
81.	NITHYA THOMMY	ECONOMICS
82.	AVANI K R	ECONOMICS

83.	SHINCY DAVIS	ECONOMICS
84.	SEREENA XAVIER	ECONOMICS
85.	SONA PAULSON	ECONOMICS
86.	DONA FRANCIS	ECONOMICS
87.	SIVAGANGA S MENON	ECONOMICS
88.	ANJANA E.A	ECONOMICS
89.	ANN MARIYA PAUL P	ECONOMICS
90.	JILSHA K J	ECONOMICS
91.	DINCY DAVIS	ECONOMICS
92.	SHINCY DAVIS	ECONOMICS
93.	DEENA CJ	ECONOMICS
94.	NIMMU DAVIS	ECONOMICS
95.	SANGEETHA.K	ENGLISH
96.	ANN MARIA G PALLIYAN	ENGLISH
97.	SHILPA MARIYA FRANCIS	ENGLISH
98.	ATHULYA M RATHNAKUMAR	ENGLISH
99.	ARYA.P.K	ENGLISH
100.	THUSHARA POULOSE	ENGLISH
101.	NIRANJANA.K.S.	ENGLISH
102.	GISHMA SURESH	ENGLISH
103.	GANGA VINAYAKUMAR	ENGLISH
104.	ANGEL PAUL	ENGLISH
105.	ANGEL ROSE LALU	ENGLISH

106.	ANNA GRACE BIJU	ENGLISH
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