SACRED HEART COLLEGE, CHALAKUDY

(AFFILIATED TO UNIVERSITY OF CALICUT)

THRISSUR, KERALA - 680307

AQAR 2021-22

CRITERION III

3.4.1 - Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year



Submitted to

National Assessment and Accreditation Council

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.

Heart to Heart Activities

Impacts: Heart to Heart is Sacred Heart's endeavour to reach out to the marginalised and the less privileged in society. The program intends to inculcate in young minds the responsibility to care for one's neighbour with empathy, kindness and compassion. In a society which is becoming more and more individualistic, Heart to Heart mission intends to create a generation which is more supportive and collectivistic.

VISIT TO SANTHI BHAVAN

COORDINATED BY THE DEPARTMENT OF CHEMISTRY ON 16/12/2021

The department is committed to doing charity work every year as a part of social welfare activities. We visited Santhi bhavan this time. Santhi Bhavan Social Center For Physically Handicapped Chalakudy is a non-profit organization, established in 1978 that works primarily in the domain of Education. It provides residential facilities and training for physically and mentally challenged women. After finishing their training in Type writing, Computer, Book Binding and Tailoring, they would be able to earn their own livelihood by managing the phone Booth, Tailoring Center, Press etc. The organization also helps them to get jobs in the private and government sector.

The students of the department celebrated Christmas with the residents of Santhi Bhavan. 21 students of our department and all the faculty members of the Chemistry department spent quality time with them. Students conducted various entertainment programs for them. These visits help the students to develop social awareness skills such as empathy for others, managing and expressing emotions in relationships.Students prepared hygiene products such as hand sanitizers, hand wash and soap powders for the residents and donated the products there.

Students and faculty with the residents of Santhi Bhavan on 16/12/2021



Samanvaya 2021

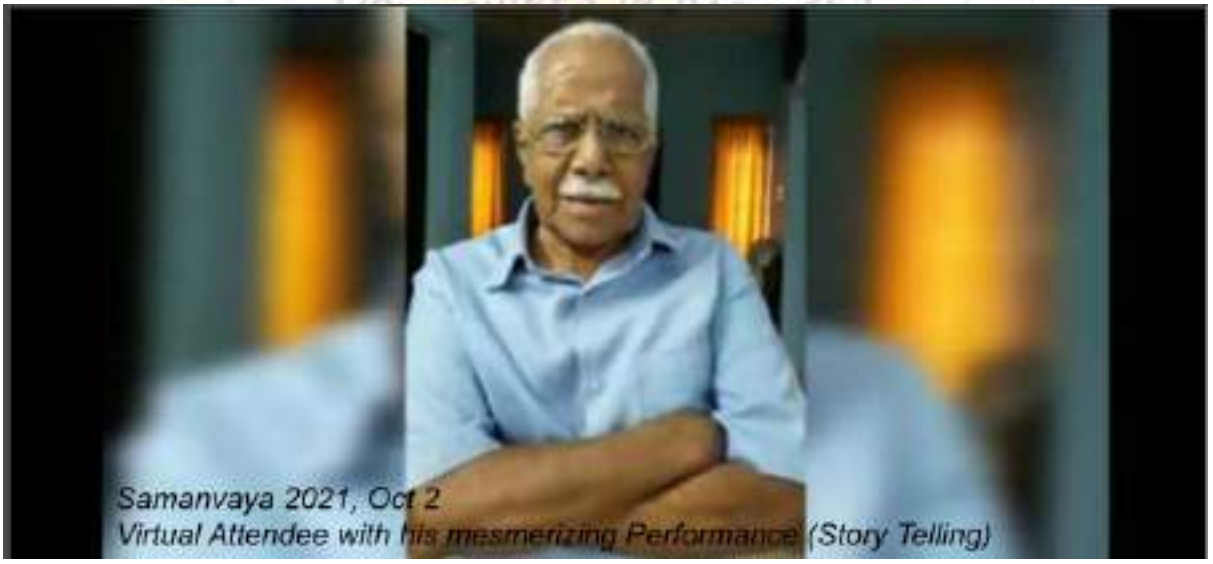
The Septuagenarian Club of the Department of English celebrated the International Day of the Elderly on 1 October 2021. Owing to Covid 19 restrictions, the mode in which the programme was conducted was purely online. The virtual programme was presided over by Dr. Sr. Irene, Principal, Sacred Heart College for Women, Chalakudy. Ms. Bindu Jose, Associate Professor and Head of the Department of English welcomed the gathering. The virtual gathering was more than a fusion of diverse programmes that included songs, dances, sharing of lived experiences and motivational speeches from the part of the elderly. The formal gathering and the programmes arranged were uploaded in the official You Tube channel of Sacred Heart College for Women, Chalakudy.

YOUTUBE LINK -

https://youtu.be/9RfZfQ89-t8


10:06
Samanvaya 2021, Oct 2
Virtual Attendee with her mesmerizing Performance (Dance)
FILMIGO


Samanvaya 2021, Oct 2
Virtual Attendee with her mesmerizing Performance (Song)


Samanvaya 2021, Oct 2
Virtual Attendee with his mesmerizing Performance (Story Telling)

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 vistings and aiding the needs of the old age home





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.

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

SACRED HEART COLLEGE
CHALAKUDY
LIGHT SHINES IN DARKNESS

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.

SENSITISING THROUGH DIGITAL PLATFORMS

Impacts: Digital platforms have emerged to be the most potential area where students can implant their digital footprint. Empowerment of students happened when they conducted programmes through social media. Updation of current and relevant issues by the society was also engendered by following our students through online media. The viewership and subscribers of the college Youtube channel significantly increased after the institution started conducting extension and outreach activities utilising this platform.

Report of the Documentary Activities in 2021

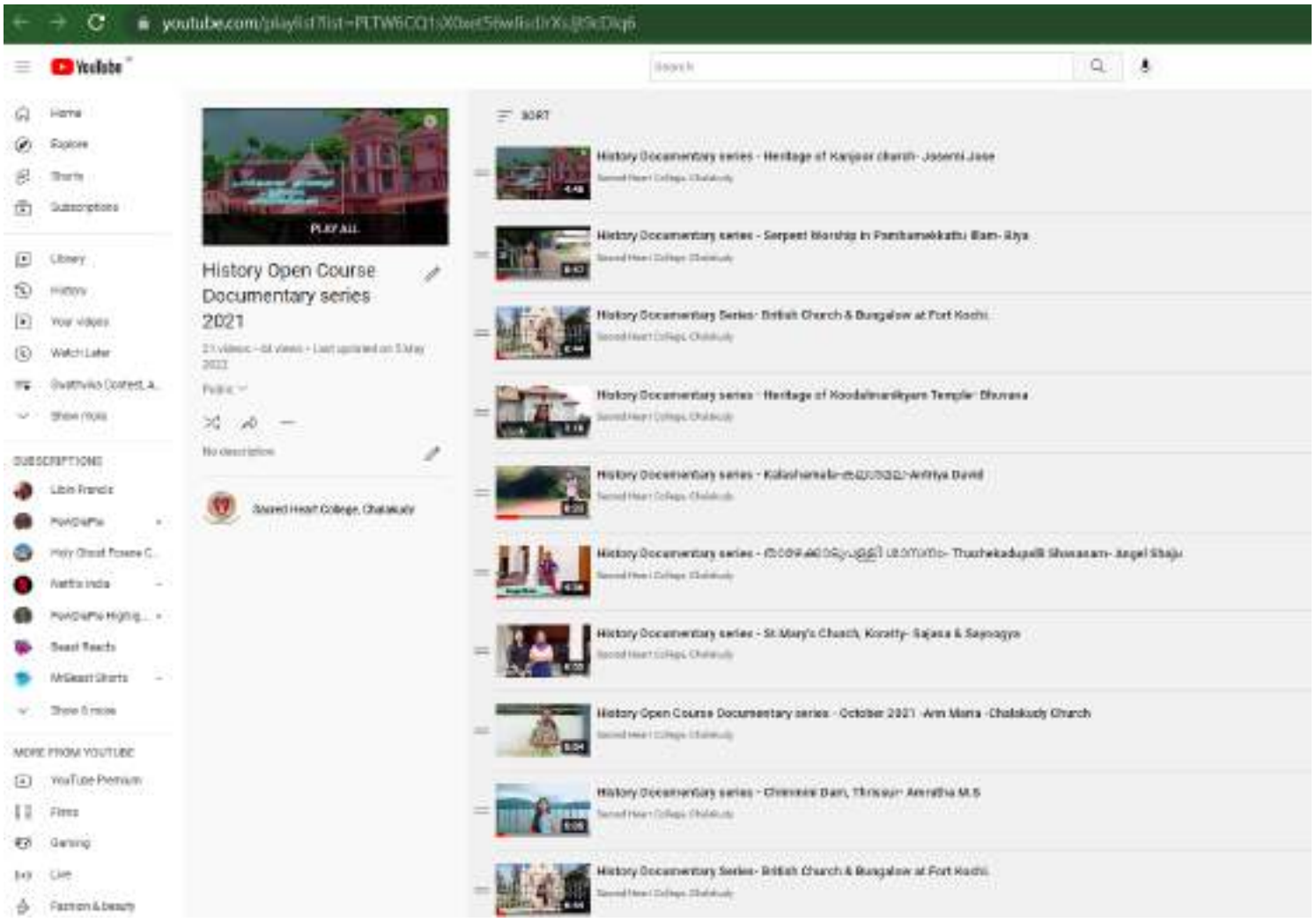
This year, the Department of History offered the Open Course named Historical Tourism for the students as part of their V Sem course. The course requires the students to have a great deal of awareness among the students regarding the heritage and natural characteristics of different places in India and particularly in Kerala and its local areas. The creation of the documentary is a part of the extension activity by the department through a digital platform.

The students are asked to visit different places accessible to them and prepare a Documentary on the site. The location coordinates, means of transportation, history of the place and place name, important features of the site etc are described in detail in the video. There were several restrictions to access several places due to Covid pandemic. But students managed to prepare more than 20 documentaries. The students can prepare documentaries individually or they can do as a group activity.

Details- As part of the assignment for the students, they are asked to identify some of the heritage monuments or sites or art forms in their locality. This activity enabled the students to get aware of the social and cultural arenas around them. They had to do a short documentary video on the sam.e and send it to the faculty. The documentaries were released to the College Youtube Channel for the public to understand the heritage introduced by the students. The documentaries are released from the months of September and October 2021.

Youtube Link and Screenshot -

https://www.youtube.com/playlist?list=PLTW6CQ1sX0xet56wJisdJrXsJjt9cDIq6



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.

SH FASE (Sacred Heart Fight against Social Evils)

Impact: Incidents of drug abuse and related crimes have increased in the region for the last few years. The College shoulders the responsibility of sensitising the local community regarding the consumption of narcotics. The college organises events which help in inculcating an awareness among students and the public against drug abuse and addiction. Students play a proactive role by taking up volunteer work against such societal evils.

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

SPARSAM 2021

ORGANISED BY NSS ON 26 DECEMBER 2021

Report:

NSS units of Sacred Heart College, Chalakudy organised an anti drugs awareness programme 'SPARSAM 2021' on 26th December 2021, in association with Kerala excise department. Mr. Jatheer P.M., civil excise officer, Chalakudy took an awareness class on the topic 'Jeevitham thanne lahari' at V.R. Puram government school, Chalakudy. He shared his experiences and ideas on the dangers of drugs.

As part of this awareness programme, NSS volunteers arranged a rally to spread the message 'say no to drugs' from V.R. Puram government school at 5.00 pm. Rally ended at Kalabhavan Mani Park, Chalakudy. Major goal of this campaign was to educate and enable youngsters to reject illicit drugs.At Kalabhavan Mani Park, Chalakudy, NSS volunteers performed a flash mob to spread the messages of anti drugs campaign. NSS volunteers lead this programme to raise awareness about the major challenge that illicit drugs represent to society as a whole and especially to the youngThereafter 'Sparsam 2021'was inaugurated by the Chalakudy municipality chairman, V.O. Pailappan. He congratulated the NSS volunteers for their active participation in the anti drugs awareness programmes. Mrs. Bindu Sasikumar, ITI ward councillor, offered felicitation. In a bid to further spread the spirit of its anti-drug drive under the 'Sparsam mission' NSS units organised a flame lighting ceremony with public participation. Mr.

Rineesh, Excise preventive officer, Chalakudy lit the ‘Vimukthi Jwala’.NSS volunteers took an anti drug pledge administered by Excise preventive officer, Mr. Rineesh. Students along with the public took an oath to stay away from drugs and prevent their peers and family members from falling victim to them. Thereafter, ‘Vimukhthi Jwala’ procession was conducted at Kalabhavan Mani Park. This enables them to mobilise support and inspire people to act against drug use.Through active participation in these anti drugs campaigns, NSS volunteers are empowered to play a vital role in their own development as well as in that of their communities.

.



Mr. Jatheer P.M., civil excise officer, Chalakudy taking awareness class on the topic ‘Jeevitham thanne lahari’



NSS volunteers rally placards to spread the message ‘say no to drugs’



NSS volunteers performing flashmob to spread the messages of anti drugs campaign



NSS units organised a flame lighting ceremony with public participation.



NSS volunteers taking an anti drug pledge administered by an Excise preventive officer, Mr. Rineesh.



‘Vimukhthi Jwala’ procession at Kalabhavan Mani Park.

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.

EMPOWERING THROUGH KNOWLEDGE

Impact : Empowering the community by helping them gain better control over their lives has been part and parcel of the institution's activities Since community empowerment is closely related to capacity development programs aimed at solving problems and enhance the ability to evaluate and address crucial questions. The society in Chalakudy has always welcomed the intervention of students for betterment of their lives. Imparting training under different platforms and creation of awareness among the public are some of the initiatives of the College.

SANCHAY

FOR ECONOMIC INTELLIGENCE

EXTENSION ACTIVITY OF THE DEPARTMENT OF ECONOMICS SACRED HEART COLLEGE, CHALAKUDY

2018-19, 2019-20 & 2020-21

'Sanchay' is an extension activity for imbibing economic intelligence of the Department of Economics, Sacred Heart College, Chalakudy to inculcate prudent economic practices among the public. 'Sanchay' imparts information on family budget making, financial literacy, various saving instruments, basics of entrepreneurship through its information brochures. Considering the need of the general public, the literature is made available in Malayalam. Every month in an academic year, from June to March, one leaflet is released monthly.

Ms Suma Sunny, an alumnus of the department who is a freelance researcher specialising in personal finance, is in charge of preparing the material for 'Sanchay'. The 'Sanchay' programme, though meant for the general public, for the time being, is restricted to the parents of the students of the department.

The copies of the leaflets are distributed to the parents every month through the students. Soft copies of the same were circulated during COVID-19 pandemic.

	2019	
7.	December 2019	Green GDP
8.	January 2020	Foreign Portfolio Investment
9.	February 2020	Rs10000 from stock trading daily ! – about penny stocks
10.	March 2020	Is buying apartment a prudent investment

2020-21

Sl. No.	Month	Topic
1.	June 2020	Covid-19, lockdown and GOI measures to fight economic slowdown Part 1
2.	July 2020	Covid-19, lockdown and GOI measures to fight economic slowdown Part 2
3.	August 2020	Will Crypto Currency be the new medium of exchange
4.	September 2020	Will the direction of world trade change
5.	October 2020	Which investment is more profitable - Part 1
6.	November 2020	Which investment is more profitable - Part 2
7.	December 2020	Small traders can also do online business
8.	January 2021	How to invest in stock market minimising loss
9.	February 2021	Why the Indian stock market is in boom through the economy is not
10.	March 2021	Budget 2021 Analysis

WORKSHOP ON HYGIENE PRODUCTS

ORGANISED BY CHEMISTRY DEPARTMENT ON 27 DECEMBER 2021

Chemistry department conducted a Workshop on Hygiene Products at V.R. Puram for Kudumbasree members and NSS volunteers of the College on 27/12/2021. Kudumbashree is the poverty eradication and women empowerment programme implemented by the State Poverty Eradication Mission (SPEM) of the Government of Kerala. The name Kudumbashree in Malayalam language means 'prosperity of the family'. The name represents 'Kudumbashree Mission' or SPEM as well as the Kudumbashree Community Network. Kudumbashree has a three-tier structure for its women community network, with Neighborhood Groups (NHGs) at the lowest level, Area Development Societies (ADS) at the middle level, and Community Development Societies (CDS) at the local government level. The members of Kudumbashree Neighborhood groups in the V R Puram Locality attended the workshop.

Heena Peethambaran, Assistant professor on Contract, Department of Chemistry, Sacred Heart College, Chalakudy served as the resource person. Ward Counselor Mrs. Alice Shibu inaugurated the training programme. Student volunteers assisted the resource person for the smooth conduct of the extension activity of the department. All participants attended the session actively and got efficient training to prepare toiletries which are essential for their daily life.



Training on toiletries to Kudumbasree members on 27/12/2021





CHALAKUDY
LIGHT SHINES IN DARKNESS

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.

The COVID Brigade

Impact : Realising the significance of preventing the spread of COVID pandemic the institution put into motion a two-pronged initiative to create awareness and to produce and distribute cleansing and other sanitising materials to the public. The college
was a forerunner in the 'Break the Chain' campaign and could effectively associate with other organisations/institutions for this cause.

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

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.

BUILDING UP A PATRIOTIC SOCIETY

Impact : Sacred Heart College has always emphasised on inculcating the spirit of unity and patriotism among students and the community by organising a number of events. Human and social values are imparted to enable them to fight against evils in society. Rallies and celebration of communal harmony week etc has helped in instilling a spirit of patriotism and pride in our cultural heritage among the students and the public.

NATIONAL INTEGRATION DAY

ORGANISED BY NSS ON 19 NOVEMBER 2021

National Integration Day is on November nineteenth every year on the birth anniversary of the state's first lady high Minister, Indira Gandhi. The day is likewise known as Quami Ekta Diwas. National Integration Day is celebrated in association with the birth anniversary of India's first women Minister Indira Gandhi to honour her recollections and contributions in strengthening India's democratic structure. It is to promote the message of maintaining solidarity and integrity with some of the citizens of India, regardless of their forgery, colour, language, faith and societal status. Country wide integration is the notice of a not unusual identification amongst citizens of the country, because of this even though we belong to one-of-a-kind religions and communicate extraordinary languages, we comprehend the reality that we are all one. National Integration arises via the behaviour and backbone of residents. NSS units celebrated national integration day.

In association with Nehru Yuva Kendra, Chalakudy NSS units organised a declamation contest on the topic 'Patriotism and nation building' at Sacred Heart College, Chalakudy. Students and the public from the neighbouring colleges and localities took part in the competition and three were selected for the district level competitions. Koratty panchayath Member Adv. Sumesh K.R. inaugurated and addressed the gathering.



Koratty panchayath Member Adv. Sumesh K.R. inaugurating and addressing the gathering.