



REPORT ON THE EXTENSION AND OUTREACH ACTIVITIES OF NATIONAL SERVICE SCHEME 2016- 2017



REPORT OF EXTENTION AND OUTREACH ACTIVITIES OF NSS: 2016-2017

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Criterion III: Research, Innovation and Extension

1. Project of Planting Trees on World Environment Day

World Environment Day was celebrated by NSS volunteers in association with Bhoomithrasena Club of Sacred Heart College by planting saplings in college campus. Many saplings were planted around the lake to make it home for many birds. Week long activities were conducted to spread awareness about the importance of the healthy and green environment in our society. All the students took oath for protection and preservation of the world, debates and poster exhibitions were conducted during the week.



Criterion III: Research, Innovation and Extension

2. Community Service Book Distribution at St. Joseph's UP School Kadavanthara

On 7 June, NSS unit joined hands with **SNOW**, the alumni organization of Sacred Heart NSS Volunteers for Social Welfare, in reaching out to community by providing note books to children of St. Joseph U.P School, Kadavanthara. The whole program was coordinated by the NSS volunteers and they had given their best to make this program a grant success. Ms Daisy John, the Headmistress in charge presided over the meeting. Fr. Prasant Palakkapallil inaugurated the program.



Criterion III: Research, Innovation and Extension

3. World Ocean Day Project - 'Healthy Oceans and Healthy Planet'

World Ocean Day is a global day of ocean celebration and collaboration for a better future. The N.S.S unit of Sacred Heart College on 8 June, joined together for a new venture to remove plastic wastes from Vembanadu Lake as a part of World Ocean Day celebration. As the theme for this year "Healthy Oceans, Healthy Planet" suggests we are planning to make our oceans healthy by preventing plastic waste from reaching the ocean.



Criterion III: Research, Innovation and Extension

4. Exhibition and Donation of Books to Backward Schools on Vayana Dinam

P.N Panikkar Memorial Day was celebrated with great enthusiasm. The NSS unit in collaboration with Fr. Sales Library organized an exhibition of fifty books which are more than half a century old. Moreover, the NSS unit of SH took up the initiative of collecting old novels, short stories *etc.* and donating it to the library of backward school. This initiative was warmly welcomed by the students and the inauguration of the same was done by our librarian by donating the first book to the volunteer secretaries.



Criterion III: Research, Innovation and Extension

5. Anti-Drug Campaign with Exhibition of Posters

NSS volunteers in association with the Red Cross Society and St. Johns Ambulance (India) conducted awareness rally at different parts of Ernakulam City with the message “Say no to drugs”. The volunteers also gave awareness through door –to-door campaign. The programme was noticed for the participation of the general public including visiting foreigners in the campaign.





Criterion III: Research, Innovation and Extension

6. Age Friendly One-day tour Programme and Computer Classes for Senior Citizens

Age Friendly club members of Sacred Heart College conducted a one-day programme for elderly people on 2nd March 2016. As part of Age friendly programme computer classes are conducted on regular basis for senior citizens.



7. Orientation Camp with Cleaning Project Around the Campus

An orientation camp was conducted for NSS students of Sacred Heart College, for the cleaning project in the campus.



Criterion III: Research, Innovation and Extension

8. Promotion of Ayurvedic Medicine and Food Habit Programme with Karkidaka Kanji

NSS volunteers of Sacred Heart College organized a programme for promoting the Ayurvedic Medicine. Karkidaka Kanji/Oushadha Kanji was made as part of promoting Ayurveda and Food Habit programme.



Criterion III: Research, Innovation and Extension

9. Periyar Protection Seminar with Poster Presentation

As part of Periyar Protection, Students of NSS organized a poster presentation. A seminar was also conducted as part of this event. Various seminars and Periyar Protection campaign was conducted as part of this event.





10. Street Presentation on Hiroshima Nagasaki Day with the Message of Peace

Students of Sacred Heart college, conducted a street presentation on Hiroshima Nagasaki Day. The presentation brings forth the many facts regarding the Hiroshima and Nagasaki. The main of the street presentation was to spread the message of peace and to make sure no one else suffer the same pain and devastation.



Criterion III: Research, Innovation and Extension

11. Monsoon Trade Fest

The N.S.S unit took part in the Monsoon Trade Fest conducted by the Department of Commerce annually. Our volunteers managed to put up a food stall selling delicious homely food items, which attracted the buyers. It has helped the volunteers to develop their entrepreneurship skills.





12. Periyar River Protection Awareness Classes in Various Schools in Thevara

The NSS unit and volunteers visited different schools, C.C.P.L.M Anglo Indian School, Sacred Heart High School, Govt. Girls H.S.S, Perumanoor, in our locality to make the students aware about the crisis arising in Periyar. In connection with save Periyar save life campaign the NSS unit managed to host a photo exhibition in college portico on 12 August 2016. The photos revealed the real picture of what is actually happening to Periyar.



Criterion III: Research, Innovation and Extension

13. Street Play and Independence Day Rally to Thevara Junction with Save Periyar River Campaign

On 15 August 2016 NSS unit organised Independence Day rally from college to Thevara. It was flagged off by Rev Fr. Prashant Palakkapallil CMI. Another aim of the rally was to propagate Save Periyar campaign. Around 125 volunteers were present in the rally. A street play was also demonstrated at Thevara junction.



Criterion III: Research, Innovation and Extension

14. Karanel Krishi - Promoting Organic Farming & Paddy Cultivation

To promote organic Farming and Paddy Cultivation, the NSS students of Sacred Heart College has taken a great initiative of visiting Land field near to SH college and engaged in agricultural activities such as planting, plucking out weeds and so on.



Criterion III: Research, Innovation and Extension

15. Three-day Mini Camp on Onam Vacation with Periyar River Protection Campaign, Energy Conservation Seminar and Tree Climbing Training

As part of Punarjani- Periyar protection campaign, a three-day camp was conducted during Onam Vacation at Sacred Heart college. As part of this camp several seminars on energy conservation and Periyar River Protection campaign was conducted. Exhibitions were also organized. A tree climbing session was conducted as part of this camp.



Criterion III: Research, Innovation and Extension

16. Participation in the World Old Person's Day by Govt. of Kerala at St. Theresa's College Ernakulam

As part of World Old Person's Day, a programme for elderly people was conducted by Government of Kerala at St. Teresa's College, Ernakulam. Students from Sacred Heart College also participated in the event.



Criterion III: Research, Innovation and Extension

17. Punarjani - Save Periyar Campaign Programme

As part of save Periyar Campaign a program was jointly organized by NSS of MG University and Kerala Janapaksham. SH College NSS unit hosted the program. The program intended to hand over the responsibility of protecting Periyar to the young generation. Dr. K.J Yesudas was the chief guest for the program. Other social activists like Captain Raju, Kochouseph Chittilapally, C R Neelakandan, Jose Mavelly, Biju Narayanan were also present. Volunteers from different colleges in Ernakulam district were present for the program. After the formal function volunteers were taken to a trip through Periyar River to study the problems.





Criterion III: Research, Innovation and Extension

18. Participation in the Federation of Blind State Meet Programme at Maharajas College

The Federation of Blind organised a state meet on 12th and 13th of November in Maharajas College. Twenty of our volunteers actively participated in the program on both the days. There were participants from different parts of the state. Our task was to take care of them to help them in different situation.



Criterion III: Research, Innovation and Extension

19. Fort Kochi Beach Cleaning

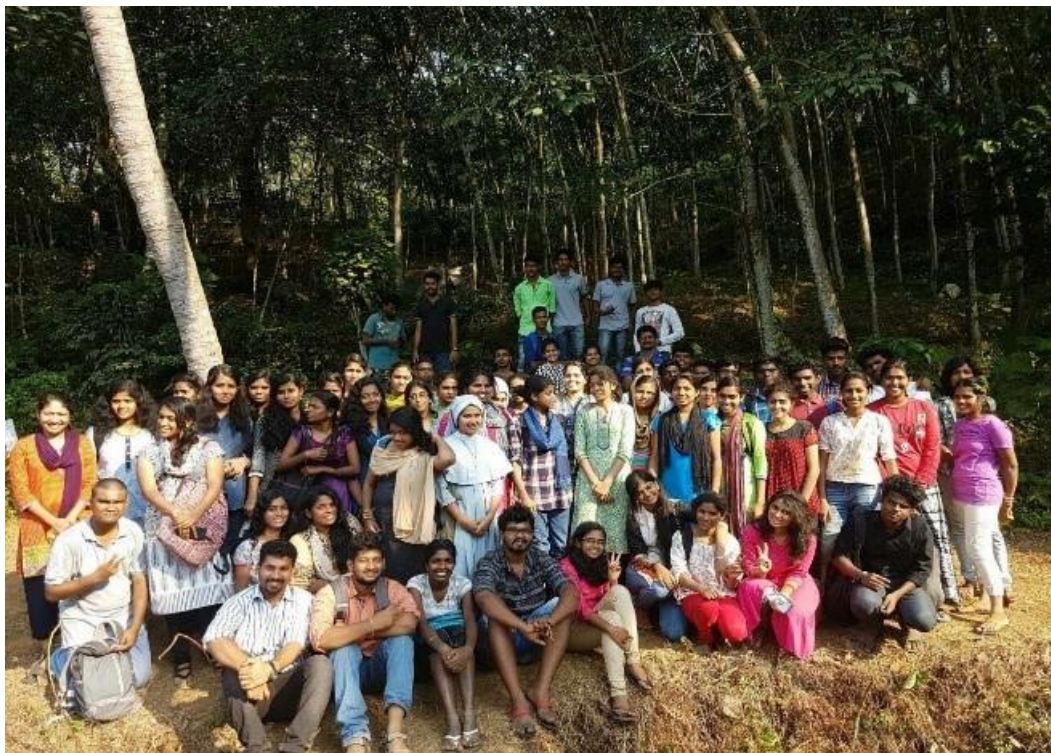
NSS volunteers of Sacred Heart college did an excellent team work to clean the Fort Kochi beach from the menace of waste and making it attractive for the tourists. With this initiative the NSS unit has become part of the Clean Kochi programme



Criterion III: Research, Innovation and Extension

20. Arayankavu Paddy Cultivation Project to Encourage the Art of Farming

NSS volunteers participated in the paddy cultivation activities at Arayankavu at the farm land owned by the college. Principal of the college and farmers from nearby places guided the volunteers to do the farming.



Criterion III: Research, Innovation and Extension

21. Haritha Keralam Project with Cleaning Service - "Go Green Grow Green"

As a part of Haritha Keralam Project 2016 NSS conducted cleaning programme at Shanthi Nagar junction near college. Many of the NSS volunteers actively participated in that programme. Students became aware about the importance of go green grow green concept. As our world move towards environment protection our coming generation too need to aware about our environment protection. This programme helped our volunteers to pick some green values and enhance to act nature love.



Criterion III: Research, Innovation and Extension

22. Palluruthy Relief Settlement Visit with Cultural Programmes and Refreshments

As part of HEAL activity, students visited Palluruthy relief centre. Various cultural programmes were conducted as part of this event. Elderly people were happy to interact with our students and final takeaway for students is to help those people who are left without hope.





Criterion III: Research, Innovation and Extension

23. Annual 7 Day Special Camp

The NSS unit of SH COLLEGE THEVARA conducted its “Seven Day special camp” during 23-29 December 2016 at Govt. Higher Secondary School, Kudayathoor. The main theme of the camp was “Go Green, Grow Green” along with the slogans of Swatch Bharath, Organic farming, life skilled development programs and awareness on power saving. The objective was to serve the society boundlessly and to be a supporting hand for the common people of village for the development of our village.

On the very first day of the special camp (December 23, 2016), after camp registration, camp orientation by Prof. Sibi K. I. was held.

On December 25, Sunday the project work was Sankarapalli park renovation. It was inaugurated by Smt. Rosamma Francis (Ward Member, Muttom Gramapanchayat). Principal Fr. Prasant led the project and motivated the volunteers.

On the next day December 26, Monday we were given the toughest task to prepare the land for plantation in Blind School, Kudayathoor. The project work continued for four days and planted about 100 banana saplings.

The camp concluded on 29 December, 2016. The valedictory function was held in the presence of Dr. Remya Ramachandran, Smt. Pushpa Vijayan, Prof. James V George and others. The magazine of the major camp 2016 which contained articles of all volunteers was released. Awards were given for the best performers.

Project 1 - Project 1: Go Green Grow Green Campaign

Project 2 - Shankarapally Park Renovation

Project 3: Preparing the land for plantation at Blind school Kudayathoor

Project 4: Planting 100 Banana saplings at Blind School Kudayathoor

Criterion III: Research, Innovation and Extension





Criterion III: Research, Innovation and Extension

24. Suchitwa Bhodana Yejnam Rally at Shanti Nagar

A rally was organised under the initiative of NCC, N.S.S. and Bhoomitra sena club on the need to keep our surroundings clean under the Suchitwa Bhodhana Yejnam Campaign in Shantinagar Colony.



25. E-waste Collection Project

As the final programme of the academic year of 2016-17, On March 14, 2017, NSS volunteers collected various electronic waste like old monitors, keyboards, microprocessors etc. from various departments of the college and ensured their proper disposal.

