

# REPORT ON THE EXTENSION AND OUTREACH ACTIVITIES OF HEAL 2017-2018

## REPORT OF EXTENSION AND OUTREACH ACTIVITIES OF HEAL: 2017-18

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**1. First Step to Save Life: Health Practices: HEAL SH Unit in Collaboration with Aster Medicity - 10<sup>th</sup> August 2017- 50 Students**

First Step to Save Life: On 10th August 2017, Sacred Heart College organized a Basic Life Support training session and awareness program for students in association with Aster Medicity.





## 2. No Horn Day Observation: HEAL SH Unit - September 12<sup>th</sup> 2017- 100 Students

No Horn Day Observation: The student volunteers of Sacred Heart College celebrated a 'No Horn Day' campaign by organizing a rally, holding placards near major signal junctions. The campaigners went to the drivers, who stopped at the signal to talk to them about reducing the using of car horns and the negative impacts of noise pollution.



### Criterion III: Research, Innovation and Extension

#### 3. Say No to Plastic Campaign

‘Say No to Plastic’ Campaign: On 15<sup>th</sup> September 2017, the students organized and participated in a rally, from Thevara Junction to the college. The event was flagged off with a flash mob by the students. The rally also saw the students doing door to door campaigning in the retail shops, spreading awareness and consciousness regarding the negative impact of plastics.





#### **4. Community Health Check-up**

Community Health Check-up: For two consecutive years of 2016 and 2017, Sacred Heart College, helped organize full body check-up as well as blood test and the results were distributed, once a year for the nearby Corporation wards of Thevara, Perumanur and Konthuruthy.



### 5. Service Learning Camp at Thenmala

Service Learning Camp at Thenmala: 35 students of Sacred Heart College Thevara, in association with the Forest Department of Kerala, organized a Service Learning Camp at Thenmala on 13<sup>th</sup> January 2018. The students went on a cleaning drive in the eco-tourism zone, conducted a rally and a street play against plastic littering and the need to reduce, reuse and recycle plastic.





**Criterion III: Research, Innovation and Extension**

**6. World Wetland Day**

World Wetland Day: In connection with World Wetlands Day, Bhoomitrasena Club organized a seminar on the need to protect Wetlands. The event was open to public, and was attended by over 100 participants.





### **7. Age Friendly Programme: Zumba Dance for the Elderly**

Zumba Dance for the Elderly: In association with Magics NGO, the Age-Friendly club organized a Zumba dance fitness training session for the public on 1<sup>st</sup> February 2018. This was done by keeping in mind the need to spread awareness regarding active aging and the need to exercise.



**Criterion III: Research, Innovation and Extension**

**8. Shuchithwa Bodhana Yajnam**

Shuchithua Bodhana Yajnam: On 17<sup>th</sup> February 2018, Sacred Heart College in association with Mithradhan Renewable Energy Centre Aluva, organized a 'Padayathra' led by Fr. George Pittapilly to spread awareness regarding environment protection. Padayathra was also followed by a cleaning drive and a street play. Fr. George Pittapilly is a veteran social activist and has been organizing the Padayathra for the past five years. 200 Students

