

# REPORT ON THE EXTENSION AND OUTREACH ACTIVITIES OF NATIONAL SERVICE SCHEME 2017– 2018



## REPORT OF EXTENTION AND OUTREACH ACTIVITIES OF NSS: 2017-18

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### 1. Paper bag Distribution, Seed distribution and Jaiva Saksharatha Yenjam Initiation

Paper bag distribution to the college canteen as the first step towards the larger goal of making a Plastic Free Thevara. Now the entire use of plastic carry bag is replaced by paper bags being supplied by the NSS volunteers at the college canteen. Seed Distribution to the NSS Volunteers for the commencement of farming at the campus for the cultivation of vegetables. This was also served as a precursor to the Jaiva Saksharatha Yenjam piloted by Mahatma Gandhi University. Now about 75 cents of land in the campus is used for cultivating various vegetables





## **2. Environment Protection Campaign & Planting Tree Saplings at KURTC Bus Stand**

The NSS Volunteers along with Ernakulam MLA, Shri Hibi Eden, Principal of the College and the employees of KURTC planted trees around the bus stand area. The mission was to provide a green protective cover in the Thevara region.



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**3. Community Service, 510 Book Distribution at St. Joseph's UP School Kadavanthara**

NSS unit joined hands with SNOW, the NSS alumni organization of SH College, Sacred Heart NSS Volunteers for Social Welfare, for the distribution of notebooks to all primary class students of ST. Joseph U P school, Kadavanthra. 52 students participated in the activity.





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**4. Blood Donation Awareness Campaign**

An awareness class on the importance and need for donating blood was organised under the initiative of AICUF in Sacred Heart College. 52 participants attended the class.



#### 5. Participation in Blood Donation Awareness Class 'Nirantara-2017'

NSS Volunteers participated in **Nirantara**, a full day programme jointly organised by Amrita Institute of Medical Sciences, Kochi. 20 NSS volunteers participated in various competitions like debate, poster, essay writing, elocution etc., and won prizes.





## 6. Health Campaign on International Yoga Day

N NSS unit observed yoga day at the college campus on June 21, 2017. A 70 year old yoga wonder, Girija B Nair led the Yoga Day activities. Through illuminative experiential sharing and demonstration of various postures, Girija B Nair guided the NSS Volunteers through the yogic experience of peace and harmony.





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#### 7. Anti-drug camp in various places in Cochin City

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.

The list of places visited are:

1. Marine Drive
2. General Hospital
3. DH Road
4. South Railway station
5. MG Road
6. Thevara



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**8. Anti-drug Campaign in whole campus, Reached to 2750 individuals of Heartian Community**

As part of the “*Whole Campus Campaign*”, all the students, members of the faculty, staff and the visitors on that day at the campus were individually approached and conveyed the anti-drug message. Through this unique initiative a total of 2750 individuals were personally reached on a single day by the NSS volunteer.





### 9. World Population Day Celebration with Awareness Programmes and 550 Food Packet Distribution for Needy People in Cochin City

NSS Volunteers launched an initiative to provide food to homeless people. The volunteers were divided into four groups. Students collected food items in their groups and distributed it to the poorly underprivileged people in and around the milieu. This was a part of the strategy to make studies and service to go hand in hand. The day was observed by poster and photo exhibition and wide spread awareness campaign at the campus. As part of creating awareness regarding the impending scarcity, 55 NSS Volunteers collected food packets in a massive way through students of the college and distributed it to needy people in and around the city of Kochi.



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**10. PN Panicker Memorial Day and *Vayana Varam* Celebration**

June 19 2017, P N Panicker Memorial Day was observed as “Vayana Dinam”. As part of “*Vayana Vaaram*” NSS volunteers collected books and July 11,2017 the books were distributed to the students of Sneha bhavan Orphanage School, Palluruthy. NSS Volunteers spent the whole day at the orphanage, while encouraging, motivating and celebrating with the Children.





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**11. Blood Donation Camp**

The Camp was organized by NSS unit in association with Zonal Blood Bank, General Hospital Ernakulum and a total of 30 units of Blood was donated during the camp. The donors were provided with food after the blood donation. NSS students also distributed blood donation awareness leaflets to the students. A total of 55 participated to donate 30 units of blood.





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**12. Butterfly Garden Construction Project**

As an initiative for beautification of the campus and creating a space for the butterflies, the NSS volunteers cleaned an area of the campus and planted flowering plants that attracts the butterfly. 42 Volunteers participated to plant 30 flowering plants in a garden of 15 cents.



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

**13. Mangalavanam Protection Campagin**

As a massive protest against deforestation in the Mangalavanam premises, the NSS unit of SH College joined the protection campaign and tied green ribbon over the trees conveying the message that the trees are protected and no one can cut it off. This campaign was inspired from the Chipko movement of 1970s. 55 students participated in the event.





#### 14. Fort Kochi Beach Cleaning as a part of Clean Kochi Programme

As a part of Clean Kochi Program, the students of Sacred Heart college participated in the beach cleaning at Fort Kochi under the initiative of student development office. 75 students partook in this activity.





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**15. Campus Beautification and Garden Maintenance**

As part of campus cleaning campaigns, about 100 NSS volunteers made a 4 –day intensive effort to clean the class rooms, laboratories, library, auditoriums, grounds and toilets, touching every nook and corner of the campus.



### **16. Pariharam - Camp for Migrant Labourers**

NSS volunteers associated with District administration for the conduct of the camp addressing Migrant labour issues at Perumbavoor. 15 NSS volunteers who are good at handling different languages including Hindi, Panjabi, Tamil, Bengali, English and Malayalam have been involved in the day long camp led by the District Collector.





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**17. Swachhta Pakhwada Campus Cleaning And - Awareness Campaign at Thevara Colony with The Distribution of Harithakerala Booklets**

The NSS unit observed Swachhta Pakhwada from August 01-15,2017 with a series of programmes. The programmes were organized as part of the Swatch Bharat Mission, a citizen movement, which envisions keeping our surroundings clean. A total strength of 102 students participated in the cleaning and distribution of books.





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**18. Say Not to War Campaign On Hiroshima Day**

Remembering Hiroshima Day, the NSS unit organized a “SAY NO TO WAR” campaign at the college. As part of this programme volunteers conducted tableau, skit, exhibition and a candle light procession. The team consisted of 25 members.



### 19. Swachhta Pakhwada Cleaning at Adopted Wards at Thevara Colony

As a part of the Swachhta Mission, the NSS volunteers went beyond the campus to reach out to the society. 2 –day focused and intensive cleaning was carried out in the Thevara colony area and water tank area. 50 Volunteers were able to convert the water tank area from a waste dumping area to a beautiful and spacious parking area.





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**20. Swachhta Pakhwada - Making KURTC Bus Stand Thevara a Green Hub.**

Bhoomithrasena Club of SH College started a tree planting initiative for planting 75 trees to commemorate the Platinum Jubilee of the college. Saplings were planted in growbags for this purpose



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**21. Workshop on First Aid for the Community**

A class on First Aid was organised by Aster Medicity in Sacred Heart college to create an awareness on the first aid to be catered to in case of necessity. 25 participants attended the class.





## 22. Swachhta Pakhwada- Shanti Nagar Cleaning

NSS Volunteers cleaned the area near Shantinagar junction and commenced the work for building an attractive park over there with the support of Cochin Corporation. 25 students took part in this phase of Swachhta Pakhwada



### 23. Swachhta Pakhwada - Clean Environment Awareness Rally

100 students participated in an awareness rally conducted by the NSS unit of SH College, based on the theme “Our Dream Kochi – a Clean Kochi”





## 24. Old Age Home Visit and Cultural Programmes

55 NSS volunteers visited the old age home at Thevara and celebrated Independence day with them with a variety of cultural programmes. The programmes were inaugurated by Sri. Harisree Ashokan (Cine Artist). The City Pink Police Team also joined the NSS volunteers in the celebrationn.



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**25. Workshop on Self Defence Training for Girls**

NSS unit arranged self-defence training for girl students of the college in association with Pink Police department. Nirbhaya women cell volunteers gave demonstrative training to the about 40 participants who attended the training.





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#### 26. Annual 7 Day Special Camp

The seven-day major camp organized by the NSS unit of Sacred Heart College, Thevara began on 31st August 2017, at Bhavans Newsprint Vidyalaya in Velloor Panchayat of Vaikom Taluk, Kottayam. The objective of the camp was to create awareness among the entire citizenry of the Panchayat about the significance of 'JaivaJeevanam' and thereby leading them to 'HarithaSaaksharatha' under the title 'Jaivam' project piloted by Mahatma Gandhi University.

To make the vision a reality, 150 NSS volunteers have visited about 5000 households in the Panchayat. The volunteers have organized seminars, workshops, talks, discussions and man service oriented activities with the message 'Mannilekku, Manasilekku, Manushyarilekku'. The evenings were enriched with a host of cultural and creative activities.

#### Project 1: Nature Walk and Jaiwam Project

The exquisiteness of nature is indescribable. NSS volunteers made a date with nature with a trip through the 800 acres wide Newsprint Nagar campus during the early hours of morning. The chirping of birds and the murmuring of trees made the day for the students.



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**Project 2: Preparation of Jaiwa Krishinilam Includes Planting Trees and Collecting and Segregation of Plastic and Organic Wastes**

In the morning, the volunteers took axes, rakes, sickles and other tools and went to the surrounding barren lands of the camp site with the target of having a 'Jaiva Krishinilam'. The volunteers firstly collected the waste and differentiated plastic wastes from the organic wastes. Then the land was transformed to plant banana saplings.



**Project 3: Cleaning Surroundings of Velloor**

The five groups which were formed the previous day were assigned cleaning works in different corners of the camp site and surrounding areas





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**Project 4: Workshop on Prakriti Jeevanam**

K. M. Hilal the famed natural farming proponent conducted a session on natural farming. He is a passionate zero-budget natural farmer who encourages new breed entrepreneurs to pursue agriculture. “Farming has to be a full-time job to succeed”, said Hilal.



**Project 5: Jaiva Saksharatha Yanjam, Including Surveys**

Students were divided into pairs and accessories like ID card, booklets, stickers etc were provided to each pair to conduct the survey systematically. The volunteers were sent to the I and II wards of Velloor Grama Panchayat to conduct the survey. Mr. Rajesh Ramanan and Mr. P. V. Chandran, members of the respective wards inaugurated the survey and coordinated activities at their wards.



### **Project 6: Theruvarangu including Flash Mobs**

Flash mobs have the power to invite attention of a crowd instantly. To grab the attention of public to the objectives of the camp, the volunteers decided to conduct a flash mob under the title 'Theruvarangu'. It was performed at different parts of the Panchayat. The performance was followed by an explanation on the objectives of Jaivam Project to the gathering.



### **Project 7: 'Kala sadya' -Preparation of food dishes with natural leafs and extracts**

As a part of the Jaivam project NSS decided to collect 'Kalas' for preparing the 'Kala Sadhya'. These 'Kalas' have a vital role in maintaining human health and preventing the occurrence of many diseases.





### Project 8: Onam Celebrations

The volunteers followed the tradition of making *Onapookalam* by collecting flowers and leaves that were indigenous to premises of the camp. The competition was judged by external judges.



### Project 9: Study trip to Tanneermukkam Bund

The NSS volunteers set off for a 'Study Tour' to Thanneermukkam Bund and Anthakaranazhi Beach in Alappuzha district. The bund was built as part of Kuttanad Development Scheme to prevent tidal action and intrusion of salt water into Kuttanad low land across Vembanad lake.



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**27. Organic Farm Visit to Aroor, Alapuzha**

30 NSS Volunteers on Sept 21, 2017 visited an organic farm in Aroor, Alappuzha District. The visit served as a follow up activity for the Jaivam Project. The visit provided better insight on organic farming as it was characterized by modern methods of farming and integration of different farming systems. An interactive session on farming was also held as part of the visit. The visit provided an opportunity to the NSS volunteers to have a better understanding of the importance of organic farming and organic products.





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

**28. Cleaning Drive at Ernakulam South Railway Station**

As part of the SWATCH BHARATH MISSION, a cleaning drive was conducted on Sept 25, 2017 at South Railway Station, Ernakulam in association with the employees of Railways. The cleaning drive was led by the Principal of the college and top official of the Railways. Volunteers also cleaned the surroundings of the station and declared it as plastic free and initiated gardening activities in the area.



### 29. Thevara Canal Cleaning as part of Swatch Bharath Mission

100 NSS volunteers in association with Cochin Shipyard Limited conducted “THEVARA CLEANING DRIVE “on September 26, 2017 as part of the SWATCH BHARATH MISSION by cleaning the Thevara Canal. The programme was inaugurated by the authorities of Cochin Shipyard Limited in the presence of Principal of Sacred Heart College Rev. Fr. Prasanth Palakkappillil. It was a massive effort jointly completed by the NSS volunteers and the employees of Cochin Shipyard Limited.





### 30. Observance of Blind Day with Awareness Programme

On World Blind Day, the volunteers conducted an awareness programme in association with Vasan Eye Care hospital, Ernakulam. The programme was inaugurated by Shri Hibi Eden, MLA in the presence of Rev. Fr. Prasanth Palakkappillil, Principal and the Management, Doctors of Vasan Eye Care. A rally was conducted propagating the importance of eye donation. The day witnessed many of the volunteers signing the declaration for eye donation.



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

**31. Plastic Free Thevara Mission at 8 divisions of Kochi.**

As a part of PLASTIC FREE THEVARA MISSION NSS unit along with the “Vyapari Vyavasaya Ekopana Samathi”, and “Janamithri Police” hosted a programme for eradicating the plastic carry bags from 8 divisions of Kochi Corporation which include Thevara, Perumanoor, Konthuruthi, Ravipuram, Kadavanthra, Panampalli Nagar, Island, South Ernakulam divisions.

**32. Observance of World AIDS Day**

NSS observed the World Aids Day on December 1, 2017 in association with the Southern Railway at the premises of Ernakulum Junction railway station. A flash mob was conducted at the railway platform and a pledge was administered along with the employees of railway, general public and railway travellers.





### 33. Shanti Nagar Beautification as part of Swatch Bharath Mission

The NSS volunteers had a cleaning and planting programme at Shantinagar area at Thevara to transform the place to a beautiful garden. After claning and clearing the area of waste, the volunteers planted trees and flowering plants. The landscape was curated suiting the topography so that the place would become an attractive garden from a waste dumping area.



### 34. Biodiversity Preservation Awareness Programme at Mangalavanam Kochi

The Mangalavanam forest at Ernakulum is the only remaining green belt in the city of Kochi. To protect the endangered species and preserve the existing bio diversity, Five NSS volunteers visited the area during every Saturday and engaged in various activities and conducted awareness programmes.





### 35. Cleaning Drive at Okhi affected areas of Chellanam

The coastline of Kerala was severely affected by Okhi, the dreadful cyclone which destroyed the life and habitat of many people. On December 9, 2017 NSS volunteers visited the Okhi affected areas at Chellanam and participated in the massive cleaning and service activities piloted by various Government agencies. District Collector, Shri Muhammad Saffarulla gave necessary support and guidance to the volunteers. The volunteers also visited the temporary camp site opened for the victims and rendered various services over there.





### 36. Paddy Cultivation at Arayankavu

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. The volunteers had undertaken the entire gamut of activities associated with paddy farming at different plots right from the preparation of field, planting, plucking out weeds etc.





### 37. Suchithwa Bothana Yajnam - Awareness Rally

NSS unit volunteers had conducted a mass awareness programme on cleanliness on January 11, 2018, SUCHITHWA BOTHANA YANJAM. The awareness rally started off from Thripunithra Govt. school and concluded at Sacred Heart College, Thevara with 75 volunteers. As part of the awareness campaign, planting of trees, pledge taking etc. were conducted. The campaign had significant participation from general public.



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**38. Plastic free Thevara Mission**

As part of the ambitious PLASTIC FREE THEVARA MISSION, 150 volunteers had produced paper bags from used paper and distributed the same in nearby shops, free of cost.



**39. Visit to Palliative Care Unit Ernakulam General Hospital**

As part of palliative care day, volunteers visited pain and palliative care unit of general hospital, Ernakulam and rendered a helping hand to the homeless and destitute patients at the hospital. The volunteers had also got training in palliative nursing during the visit. Through caring and sharing the volunteers spent hours together with the patients.



#### **40. Awareness on Public Transport including Rally and Talks**

NSS unit along with CPPR (Centre for Public Policy Research), Kochi had conducted an awareness session on using Public Transport. The objective was to make the city a better place to live. 70 volunteers participated in the session.



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

**41. NATTARIVU**

NATTARIVU was a state level fest organized by the NSS unit of Sacred Heart College, Thevara in association with the Kerala Folklore Academy. The fest spanned over three days from 15th February 2018 to 17th February 2018. It was aimed to enlighten the growing youth about the cultural art forms, heritage and old life style of Kerala. The fest included various exhibitions, symposium, competitions and the presentation of various art forms.



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സേക്രഡ് ഹാർട്ട് കോളേജ് തേവര

**നാട്ടറിവ്**  
ഫെബ്രുവരി 15,16,17





**Nattarivu – Inter Collegiate Competitions, Exhibition**



### Nattarivu – Kalarippayattu, Tribal Art Forms





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**42. LPG Safety Clinic Awareness Programme**

NSS volunteers organized a 'Safety Clinic' by Indian Oil Corporation at the College Campus for propagating the safe practices in the usage of LPG gas. The awareness on safety in the use of LPG gas is of paramount importance and hence the significance of the event.



**43. Break the Silence- Anti-Corruption Campaign**

10 NSS volunteers actively participated in the anti-corruption programme organized by the Vigilance and Anti-Corruption Bureau (VACB) of Ernakulum on March 13 2018. Chief Justice of High court of Kerala and Superintendent of Police of VACB attended the programme. Inter collegiate competitions were conducted as part of the programme.



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**44. Hundred Ponds Cleaning Project**

NSS unit was an active partner in the project for the rejuvenation of the Ponds in Ernakulam which was initiated by the District Administration with the support of Cochin Shipyard Limited. The maintenance of ponds is essential to retain the ecological balance. On March 18, 65 volunteers cleaned the pond near the Durbar Hall ground and the activities were led by the District Collector.





### Criterion III: Research, Innovation and Extension

#### 45. Green Thevara - Survey and Preservation

NSS unit in association with Kerala Urban Road Transport Corporation (KURTC) surveyed the results of the green initiatives launched in the beginning of the year. The joint effort seen the plantings of additional saplings, wherever necessary and the maintenance of the existing ones. It was heartening to note that 90 % of the saplings planted in the beginning of the year is surviving.



#### 46. Organic Kerala Fest Event at Kochi

15 NSS volunteers was part of the organising team for the Organic Kerala Programme held during April 10 to 13, 2018 at Kochi. The event was jointly organised by Organic Kerala Charitable trust, Sacred Heart College, St. Theresa's College and Rajagiri Outreach of Rajagiri College of Social Sciences. The programme included an exhibition of organic products followed by a national seminar, training session in organic farming, open discussion and other cultural events.

