

REPORT ON THE EXTENSION AND  
OUTREACH ACTIVITIES OF  
HEAL  
2018-2019



## REPORT OF EXTENSION AND OUTREACH ACTIVITIES OF HEAL: 2018-19

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

**1. Challenge Cancer Programme**

Challenge Cancer: On 24<sup>th</sup> June 2018, Sacred Heart College in association with the popular media house, Asianet, organized a cancer awareness programme named 'Challenge Cancer'. It was started with a cancer awareness cycle rally including students and faculty members. It was followed by an awareness session which was open to public and had 200 participants. The members of the cycle rally were felicitated during the valedictory function.



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

**2. Blood Donation Camp**

Blood Donation Camp: Sacred Heart College celebrated the World Blood Donation day quite literally by organizing a blood donation drive in association with Indian Medical Association on 3<sup>rd</sup> August 2018, where close to 50 students and faculty joined in and donated blood.





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

**3. World Mental Health Day**

World Mental Health Day: Sacred Heart College celebrated World Mental Health Day by organizing a Mental Health Awareness class for the students and faculty on 10<sup>th</sup> August 2018. The awareness talk was attended by 120 student participants.





### Criterion III: Research, Innovation and Extension

#### 4. Anbodu Kochi- Flood Relief Programme

Anbodu Kochi: During the 2018 floods, the faculty and students of Sacred Heart College organized a flood relief programme for several days in association with 'Anbodu Kochi'. The college functioned as a collection centre, arranged logistics and brought the collected items to the relief camps as well as in areas in need. This seven day mission was from 18<sup>th</sup> August 2018 to 27 August 2018.

Flood Relief at Chellanam: After the flood disaster of 2018, the student volunteers from college took turns every week to visit the flood affected places of the Chellanam village. Twenty volunteers visited every week and helped the local community in making sea walls using sandbag.







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

**5. World Heart Day Celebration in Association with the Cardiology Department of Medical Trust Hospital Ernakulum-**

World Heart Day Celebration: On 29<sup>th</sup> September 2018, the college celebrated World Heart Day, in association with the cardiology department of Medical Trust Hospital Ernakulum. The event was flagged off with a flash mob by the students. It was followed by a session on how to maintain cardiac health by Dr Arun, a cardiologist from Medical Trust Hospital, especially with respect to life style changes.





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

**6. Organic Kerala Seminar: Campaign of Organic Farming**

Organic Kerala Seminar: On 13<sup>th</sup> October 2018, Sacred Heart College, organized an Organic Kerala Seminar, in association with Organic Kerala Charitable Trust. The theme of the seminar was “Pralayaananthara Keralam” translated as ‘Kerala after the Floods’. The group actively participated in the discourse, discussing in detail the various dimensions of the disaster and attempting to create an action plan. 100 Students





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

**7. Old Age Home Visit**

Old Age Home Visit: In connection with Gandhi Jayanthi, 35 students visited an Old Age Home on 21<sup>st</sup> October 2018. They interacted with the inmates, entertained them with cultural activities and organized games for their recreation. The seniors also put on show their creative skills thereby making the exchange even more meaningful.



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

**8. Fort Kochi Beach cleaning**

Fort Kochi Beach Cleaning: For the past three years, students from Sacred Heart College Thevara, has undertaken the task of helping to clean the Fort Kochi beach. Every Saturday thirty students visit the beach and join in the efforts to clean up this public space. We believe that this is another meaningful way of passing on to the future a culture of maintaining public spaces.





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

**9. Eye Camp: Health Protection Campaign**

Eye Camp: An Eye Camp was organized by the Student Development Office for the students and public on 26<sup>th</sup> November 2018. This camp with 50 external participants was organized to create health consciousness among the student community.





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

**10. Age Friendly Sports Day**

Heal with Age Friendly club in association with MAGICS NGO organized an Age Friendly Sports Day for men and women above the age of 50. The 210 participants were divided into different categories and contested in 25 events. The aim was to spread awareness about active and graceful ageing.

Blind Football: On 10th December 2018, the college hosted Blind Football tournament in association with the Blind Football Federation. This was aimed at making people sensitive to the differences.



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

**11. Energy Conservation Programme**

Energy Conservation Programme: On 18<sup>th</sup> December 2018, the college organized a talk for the public on the topic ‘Responsible and Energy Efficient Use of electricity’. 70 participants attended this event organized by the student volunteers under the guidance of Student Development Office.





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

**12. New Year Celebration for the Elderly**

2019 January 1<sup>st</sup> New Year Celebration for the elderly: The Age Friendly Club in association with Magics NGO, organized a celebration for the Age Friendly club members of the public on the eve of New Year at Puthuvype Beach. 50 elderly men and women joined the celebration, had dinner together with the students and welcomed the New Year with gusto.



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

**13. Road Safety Awareness Week**

Road Safety Week: The College celebrated Road Safety week on the first week of January 2019, and on 4<sup>th</sup> Jan 2019, inspectors from Motor Vehicle Department, Kerala addressed 600 students. They talked candidly to the students about road safety, the need for responsible driving and the repercussions of irresponsible driving.

