



REPORT ON THE EXTENSION AND OUTREACH ACTIVITIES OF NATIONAL SERVICE SCHEME 2018- 2019



REPORT OF EXTENTION AND OUTREACH ACTIVITIES OF NSS: 2018-19

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1. Reading Week - Reading Awareness for Kudumbasree Members

An attempt to enlighten the self-help groups in adopted wards was made successfully. On 21st July 2018, the threshold was opened for the supposed guests. Half day they spend there to watch every nook and corner of the large library and to listen to their hosts. Also, they were taken to the Zoology Museum in the college.





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2. Reading Day and Reading Week Celebration

NSS UNIT in collaboration with Malayalam Department of Sacred Heart College, Thevara, and College Library observed Reading Day on 19 June 2018 on the occasion of P. N. Panicker commemoration. The leading Malayalam newspaper Malayala Manorama's most appreciated venture 'Vayanakkalari' was launched in the college in a gathering at the College Library to entice new readers. General Manager of Alphonse Kannanthanam Academy, Shrimati. M. Sreeja inaugurated the 'Vayanakkalari' by handing over a copy of newspaper to the student representative Sandra Maria Augustine in the presence of Rev. Fr. Prasanth Palackapilil, Principal of the college, Rev. Fr. Augustine Thottakkara, Manager and NSS Programme officer Dr. Remya Ramachandran.



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3. Construction of Bus Waiting Shelter at Shanti Nagar

The construction of a bus waiting shelter at Shanti Nagar bus stop near Thevara was one of the remarkable projects undertaken by the NSS unit of the college. The theme came up during a meeting of the NSS volunteers since it was found difficult for the bus commuters to use the public transport system during rough weather conditions due to the lack of a bus waiting shelter. The construction was completed by NSS Volunteers in the year of operation 2017-2018. The NSS volunteers beautified the unadorned premises of the bus waiting shelter. They cleaned up the surroundings and removed wastes and planted saplings as part of beautification and making a garden in the waste dumping area there near the bus shelter.





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4. Flood Relief Activity at Udaya Colony

Right from the beginning of the calamity, NSS volunteers of SH College Thevara were at the forefront extending services at different parts of Ernakulum district and nearby districts, wherever people at distress required helping hands. More than 100 volunteers including lady volunteers were rendering services at any point of time through these days on a war footing basis. In some of the days the work was extended till the wee hours of night. Relief operations were mainly concentrated on three areas - services at relief camps, handling relief materials and cleaning of flood affected houses and institutions at Aluva and Alappuzha.



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5.Flood Relief Activity at Relief Camps at Alappuzha

NSS students of Sacred Heart College were involved in the relief efforts and post flood clean up in various affected areas. NSS Volunteers worked for long hours to clean the areas and ensured the timely distribution of essential items at the relief camps. Students also engaged in collecting the details of damage suffered at various parts of Alappuzha.





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6. Survey - 100 Families Related to Flood Relief Activity

Chellanam is a village in the Kochi sub-district of Ernakulam District. The village sustained heavy losses. Many of them became homeless and were deprived of essential commodities to push their life forward. The NSS unit of SH joined hands with the leading Malayalam newspaper daily Malayala Manorama in an initiative to supply and deliver the essential materials to the suffering people. As a precursor to the initiative, NSS volunteers conducted a survey in the affected milieu with the aim to identify and quantify the material losses and health crisis on August 1, 2018. About 55 NSS volunteers came forward for surveying. Malayala Manorama helped and provided proper guidance to the volunteers for the implementation of the survey. The survey which began after noon went till 6:30 PM in the evening. NSS volunteers visited about 400 houses in the area and acquired enough data for carrying out the project.





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7. Flood Relief Activity at Chellanam including Distribution of Food & Medicine

NSS volunteers of Sacred Heart College involved in flood relief activity by collecting and delivering the collected goods, food and medicine to relief camps. Besides, students also conducted survey of flood affected areas of Chellanam.





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8. Cleaning Project at Chellanam

Many areas in the coastal village of Chellanam were affected by the flood that ravaged Kerala for over two weeks. The heavy downpour left the regions devastated. The sand wall, houses and many other structures went down. Residents of Chellanam sought help for getting back their lives. So a group of 55 NSS volunteers of SH unit went to Chellanam. They cleared wastes brought by the thrashing waves and flood. Sand and mud had got heaped up at several areas. They also cleared it and cleaned the regions.



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9. Hiroshima Day Observance Propagating the Message of Peace

In the interest to promote the message of peace and the futility of war. 50 NSS volunteers organised and participated in a street performance based on the theme, remembering the dreadful lesson from Hiroshima.



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10. Cleaning Project at KURTC Bus stand, Thevara.

The dawn to dusk strike announced by public transport vehicles on Tuesday, 07 August 2018 was a complete strike. Even the state-owned KSRTC buses joined the strike. But the NSS volunteers of SH college brought out a plan to cleanse the KSRTC buses and stand on the day since buses kept off from doing service on the day. About 60 NSS volunteers joined the programme. They cleaned the KSRTC stand and buses at Thevara. Many authorities at the KSRTC stand joined the volunteers by seeing their enthusiasm. NSS programme officer, Dr.Remya Ramachandran, KSRTC Vigilance Inspector P. S. Salil and KURTC Inspector In charge Ajikumar gave guidance to the volunteers in completing their task



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11. Blood Donation Awareness

To ensure timely blood donation to the needy, Volunteers decided to maintain a register showing the blood groups of all the students of SH College, It was officially inaugurated by former Vice president of Indian Medical Association, Kerala, and Dr. Abraham Varghese on 10th August 2018. The initiative made it easy for the students to help those in need of blood by identifying the match as fast as possible. The day ended with an awareness class by Dr. Abraham Varghese which enlightened the students of SH college with the importance of Blood Donation.





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12. Fixing the Sand Wall at Chellanam

The NSS volunteers decided to help the people in the effort to fix the sand wall. About 40 volunteers reached the place, worked hard and filled as many as 200 bags with sand. The volunteers also helped the local people to build a small barrage. The day long work ended after 2 P.M. The people in the neighbourhood helped the volunteers and cooperated with them. They gave food and water to the students who went to help them.



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13. Herbal Medicine Propagation Project with Exhibition, Debate and Awareness Class.

NSS unit organized an Herbal Exhibition in association with Government Ayurveda College in SH College, Thevara on 13th August, 2018, exhibiting wide range of Herbal plants. It was primarily meant to spread the message of the need for preserving traditional values and healthcare methodologies. There was good participation of students in the exhibition

A debate was conducted at SH college, Thevara on 13th August, 2018, as part of Herbal Exhibition by volunteers of NSS SH unit, the topic chosen was '*Inninte Yuvathwam Mounathilo*'. Volunteers and students actively participated in the debate presenting their view points. An awareness class by an Ayurveda doctor from Government Ayurveda College was also arranged for the students at the end of the debate.





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14. Flood Relief Activities at Various Relief Camps

Various flood relief activities such as cleaning, conducting a survey of damaged caused due to flood, collection and distribution of food, medicines, clothing and other necessary items were done by NSS volunteers.



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15. Collection, Sorting and Distribution - Flood Relief Activity at Aluva and Alappuzha

Students of Sacred Heart college involved in collecting, sorting and distribution of food items, medicines and other items for flood affected areas at Aluva and Alappuzha.



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16. Cleaning and Resettlement Activities at Aluva and Paravoor

The NSS volunteers reached selected regions of the mentioned places that needed urgent maintenance. Various houses in Paravoor Kavala and Aduvasseri were cleaned in the day-long effort. The volunteers cleared heaps of mud and waste from the houses. They also helped the people to clean the displaced household articles and furniture, thus helping the people to resettle. About 100 volunteers took part in the initiative to clean the two selected places in Aluva.



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17. Cleaning and Resettlement Activities at Aluva and Paravoor

NSS SH unit in association with Malayala Manorama undertook the task to sort the various articles to be distributed to the neediest people. As many materials as about in seven trucks needed to be sorted and handed over to the district administration. Out of it, about seven tonnes of materials arrived at SH College around 4 in the evening. After completing the cleaning works in Aluva, the volunteers engaged themselves in unloading the truck and sorting the materials.





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18. Sorting and Packing of Collected Items at Manorama Office at Kochi

Sorting of items collected for the relief camp-residents continued for the second day. After completing the sorting process at the College on 22nd August, 2018, the NSS volunteers went to the Malayala Manorama office in Kochi upon the request by the officials. About 10 NSS volunteers of SH unit reached the Kochi office of Malayala Manorama and helped the officials to sort out the collected items which needed urgent dispersal. Volunteers also assisted in packing the commodities



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19. Sorting the Collected Commodities at Thammanam Godown

NSS alumni of SH unit were also active in the flood relief operations. They had collected many commodities to be distributed at various relief camps functioning in the district. But those commodities awaited the process of sorting. So the present NSS volunteers joined hands with the NSS alumni to sort out the products.



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20. Cleaning Drive in Several Houses at Aduvasseri -Aluva

. More than 100 volunteers of SH unit of NSS extended the cleaning drive to several places such as North Aduvasseri of KunnukaraPanchayat, Aluva, Ernakulam. Many of the requirements needed to take along the cleaning drive were also provided by SH HSS, Thevara. In KunnukaraPanchayat, the volunteers cleaned about 28 houses out of which 14 were in North Aduvasseri alone.





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21. Skill Training Camp for Repair and Maintenance of Items

National Service Scheme (NSS) of Sacred Heart College organised a three-day special residential camp at the college campus for about 200 NSS volunteers for skilling them for the repair and maintenance of various house hold items, plumbing and electrical repair works in the flood ravaged homes. The volunteers were equipped with all the necessary tools for repair and maintenance of flood affected appliances in the victims' homes.



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22. Repair and Maintenance at Chengamanad Panchayat Office by Trained Volunteers

The NSS volunteers who gained the training for the repair and maintenance of electrical household appliances reached Chengamanad Panchayat in Aluva for the repair. 30 trained volunteers helped the panchayat in restoring various defective appliances.



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23. 'Gandhi Smrithi'- A 3-day State Level Camp Promoting Archaeological Artefacts

In commemoration of the 150th year of birth of Mahatma Gandhi, the National Service Scheme (NSS) unit of Sacred Heart College, Thevara in association with Kerala State Archives Department, Media Academy, Gandhi Peace Foundation, Cochin Film Society, Information and Public Relations Department, Indian Railways organized 'Gandhi Smrithi' a 3 day state level event from September 30 – October 2, coinciding with the birth anniversary of the Mahatma

'Gandhi Smrithi' was inaugurated by Medha Patkar renowned social activist at Sacred Heart College on October 1, 2018 Monday.



About 800 students from all the 16 universities of Kerala participated in the camp and the inter collegiate competitions themed on the life of Gandhi, for example, *Meeting Gandhi*, *Gandhi Chronicle*. Major highlight of the camp was the exhibition showcasing the rarest and largest Gandhi memorabilia related to the life and times of the Mahatma Gandhi and also on Gandhian Philosophy and way of life.

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24. Swachhta Hi Seva

NSS Volunteers along with college Principal, Rev Fr. Prasant Palakappillil conducted a Cycle rally from SH College campus to Vaikom Gandhi Smaraka Mandapom on October 2,2018 6.30 am, which was flagged off by Richard Hay M P.



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25. Film Poster Publicity - Promotion Of Feature Film *Samaksham*

For the first time in the history of affiliating Universities in the country, a full-length feature film *Samaksham* (Before You) was produced by Mahatma Gandhi University, Kottayam. The NSS volunteers of Sacred Heart College, Thevara helped to promote the film on 22nd November 2018. The volunteers worked to publicise posters of this film in and around Thevara.



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26. Disability Week Observation and Blind Walk

The first week of December was observed as ‘Disability Week’. Blink was conducted. A lot of students and NSS volunteers pledged allegiance to the blind in it. They also rallied through the streets of Thevara holding the hands of blind.





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27. Disability Week' Observation - Greeting Cards Sale

On Dec 3, 2018, as part of the 'disability week observance', the volunteers of NSS SH unit bought the greeting cards made by the students of Adarsh School for Special Children. The volunteers then attempted to sell the cards to the students of the campus. Volunteers as well as the students bought cards. The amount collected through the sale was handed over to the Students who designed the cards and the school authorities by Rishiraj Singh IPS in a function arranged at the college.



Vivo V9
Dual Rear Camera

2018.12.03 16:18



28. Disability Week Observation - Transgender Awareness Programme

As part of the 'disability week observance', the NSS unit of SH College, Thevara, in association with Social Justice Department conducted transgender awareness which broke the misconception about transgender on Monday 7th December 2018. It was led by Mr. Anil, a member of Kerala State Transgender Justice Board. A large number of students attended the session. The awareness programme emphasized the conditions of transgender and their life.



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29. AIDS Awareness Campaign

The volunteers created posters and erected them at the portico of the college. A video presentation was arranged which carried important information about AIDS, its prevention and cure.





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30. Public Awareness Programme Promoting the Use of Eco-friendly Products

In order to create awareness, a huge banner was placed in front of the college and also at several parts in Thevara so that the general public as well as students belonging to various schools and colleges would understand the harms of plastic waste and consider a few green options to make life pollution free. A three-day exhibition on Eco-friendly products and waste management was thrown open to the public from 10th to 12th of December, 2018 Eco-friendly jute products such as bags, wallets, purses, flower vases, baskets, files, holders, designer jewellerys, key chains, sandals, laptop bags etc., were on display. Public turned up during the evenings. Many items were also put up for sale. NSS volunteers took charge of selling the wares. Items worth Rs. 25,000/- were sold.





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31. Swachata Project 1-Swachh Thevara Mission

NSS Volunteers presented flash mob at various centres like bus stop, railway station etc. in the city on the theme cleanliness and green living. The flash mob team came up with vibrant dance steps along with a message to keep our city and surroundings neat and clean. Some passengers praised the volunteers for coming up with such an innovative act.





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The NSS volunteers undertook a cleaning campaign collecting plastic wastes from the streets of Thevara and also from the households. The wastes were then collected and placed in the college for a short while until they were properly disposed. It was an eye-opening programme for both the students and the public.



Criterion III: Research, Innovation and Extension

32. Swachata Project 2-Munnar Eravikulam National Park Cleaning Camp

As part of Swachata Project NSS SH college unit with the permission of Forest Department organized a cleaning camp at Munnar Eravikulam National Park. Students removed plastic waste and cleaned the surroundings.





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33. Swachata Project No 3- Fort Kochi Beach Cleaning

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.



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34. Swachata Project 4- Ernakulam South Railway Station

NSS Volunteers presented flash mob at various centres like bus stop, railway station etc. in the city on the theme cleanliness and green living. The flash mob team came up with vibrant dance steps along with a message to keep our city and surroundings neat and clean. Some passengers praised the volunteers for coming up with such an innovative act.



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35. Organic Farming project- Tapioca Plantation and Herbal Garden

To promote organic farming and to make students aware of its importance, NSS unit of SH College set up an herbal garden in the college premise. Besides, the volunteers modified a barren land area into a tapioca plantation space. Since then they maintain these spots with extreme care. The beginning of December was marked with the maintenance of both the herbal garden and the tapioca plantation. A group of volunteers often go to the place and water the plants. The surroundings were also cleaned and well maintained.





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36. World Environment Day-Plastic Free Rally and Training

‘Plastic-free Rally’-The NSS volunteers, carrying placards with green slogans, created awareness among students and in the locale.

‘Makeover for Waste Materials’-A group of proficient NSS volunteers provided a one-day training to the students of Higher Secondary School, Kaduthuruthy on the techniques through which useful stuffs can be made out of waste materials.





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37. Annual 7 Day Camp and House Reconstruction

The focal theme of the camp was to lend hands in reconstructing the damaged and dilapidated houses at the 2 cent colony. Many families had shifted to Pakalveedu as their houses were damaged beyond repair. The volunteers put in their untiring efforts to rehabilitate the inmates of the colony. Both boys and girls put in a lot of hard work which was appreciated by the people of the colony and also the masons who gave directions with regard to mixing the cement, preparing the sand gravel etc.





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The official inauguration of the reconstruction work was done by Shri. Innocent, MP, Chalakudy. He visited the construction site and interacted with the NSS volunteers. He highlighted the importance of NSS Camps which help the youth to understand the problems faced by people in society. Soon after the interaction, the volunteers engaged themselves in the cleaning and painting activities of the houses.





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The NSS volunteers of SH unit took extra effort to complete the reconstruction work of Flood affected houses at Purayar, 2 Cent Colony in 3 months. On working days, a group of 20 volunteers worked by skipping classes in turn and in the Major camp, 150 volunteers stayed there and completed the construction of 14 houses. The Keys of 14 reconstructed houses handed over by Swami Agniveshon 31st December in a grant function organized by NSS unit at Durbar Hall ground, Kochi.



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38. Palliative Care Programme at General Hospital

The unit was able to initiate a palliative care programme at the General Hospital on 10th of January. 45 volunteers participated in the programme. The surroundings as well as the interiors of the hospital was cleaned by the volunteers. The volunteers also had a brief interaction with the patients

39. Cancer Awareness Programme and Hair Donation

On 4th February 2019, staff from Government Medical College, Kalamaserry, conducted a cancer awareness class in association with NSS unit. The class mainly focused on self-detection and broke several misconception people held concerning the disease. The volunteers as well as students found the class to be informative and interesting. In accordance with the World Cancer Day on Feb 4th, Hair donation camp was conducted in the college where the students as well as the faculty members of the college turned in large numbers to support the great cause.



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40. Mental Health Class and Outreach at Aster Medicity

On 5th February 2019, the unit conducted a session on mental health. It was carried out by Aster Medicity, Cheranelloor. Volunteers and students found the session to be extremely useful and informative. The day was followed by an outreach programme conducted by Students of Rajagiri College.



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41. Educating The Old Age Programme at SH College

Tuition classes were provided for the elderly citizens on basic knowledge required in operating modern technology and software by the volunteers and also served as a platform for the elderly to have access to basic education.



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42. World Wet Land Day -Poster Designing Competition

NSS unit in association with Bhoomithrasena club conducted a poster designing competition based on the World Wetlands Day on 6th February 2019. A Seminar on “Wetlands for a Sustainable Urban Future” was conducted which was sponsored by Kerala State Council for Science, Technology and Environment (KSCSTE).





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43. Volunteering the Sports Fest for the Differently Abled Students

On 8th February 2019 the SH NSS unit actively supported the Sports Fest for the differently abled organized by the Kochi Corporation. Volunteering was taken by NSS volunteers. All the special schools under Kochi cooperation were included in the fest.

