

# HEAL

**Heartian Extended Arm for Life**



**Sacred Heart College  
(Autonomous)  
Thevara, Kochi- 682 013**

# HEAL: Heartian Extended Arm for Life

## Sacred Heart College Extension and Outreach Programme

The extension activities of the college, primarily focusing on health, environment, education and empathy, are coordinated by **HEAL (Heartian Extended Arm for Life)**. Various clubs like NSS, NCC, Red Cross, Bhoomithrasena, Primrose Nature Club, Agriculture club, Age Friendly, Jesus Youth, and SADAS etc organise different activities aimed at instilling social commitment in students. The National Service Scheme (NSS) Unit of SH College has coordinated several extension and outreach activities during the last five years and it was recognised as the best unit a couple of times among the various NSS units affiliated to Mahatma Gandhi University.

### **Health Related Extension Activities**

HEAL has organised breast cancer awareness camps, followed by a breast cancer detection drive in the three municipal corporation wards surrounding the college, namely Perumanur, Konthuruthy, and Thevara. HEAL has been organizing lifestyle disease detection and awareness camps too in the local area, in association with the Kerala Social Security Mission, a Charitable society sponsored by the Social Justice Department, Government of Kerala.

First aid awareness and demonstration classes are organized for the students in the first semester itself so that they are ready and have hands on experience in dealing with crisis situations. Blood donation drives are organized by the AICUF volunteers in regular intervals. They have also created a data bank of blood donors.

### **Environment Related Extension Activities**

The college has taken several conscious attempts to reduce the use of plastics in and around the campus. It has also organised several campaigns to spread awareness of this menace. The college has a scenic Lake view and often plastic waste mars its beauty, the students of the college work on cleaning the lake view once in every two days. Every Saturday, the student volunteers take turns to clean the Fort Kochi beach. They collect the waste, separate and sort it so that it can be taken care of responsibly. Through agriculture club, the students get to know the entire process of paddy cultivation, in a land owned by the college at Arayankavu. The produce is brought to the college as such or is made into processed goods to be sold to the students, faculty and the public. Some space has been allotted within the college campus for vegetable garden and growing medicinal herbs.

### **Education and Empathy Related Extension Activities**

Sacred Heart College is the first age friendly college in the state, where a compassionate hand is offered to senior citizens of the community. We provide a venue to showcase their talents, get updated, and learn anew. Celebrations and excursions are organized to give them a complete feel of the campus life.

Jesus Youth volunteers organize remedial sessions for the students in nearby schools. The students also support a group of old people by providing them financial and emotional support. They also make it a point to spend time with the patients in the Isolation ward at Ernakulam General Hospital, and the children's cancer ward on every weekend

- 1. Campus Cleaning:** Sacred Heart College has been taking efforts to orient the students into environmentally responsible citizens. The Campus Cleaning Drive has been in place for the past five years, where one class is given the responsibility of cleaning the campus every Monday, ensuring the participation of each student in keeping the campus clean.



**2. 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.



**3. Flood relief Programme:** Sacred Heart College, Thevara functioned on its own as a collection centre during the flood. The resources were gathered from faculty, students and the general public. The collected items were sorted into survival kits and despatched to the relief centres and to those in need. The active efforts and selfless help from the students and faculty made the event even more worthwhile in creating a bond within the academic community.



**4. 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.



**5. 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.





**6. 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.



**7. 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.



**8. Samvidhan Samman Yathra:** As the future of the nation, the students should know about the constitution of our great nation and also learn it in detail. Samvidhan Samman Yathra, organized by National Alliance of Peoples Movement, a group of young social activists aims at protecting the constitution of the country by handing it over to the young minds. They visited the college and spoke to select delegates from college about the ideals of Democracy, Secularism, Diversity, Equity and Justice that the Constitution upholds.



**9. 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.



**10. 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.



**11. Cycle Rally for responsible environmental protection:** To raise public consciousness about responsible consumption of resources and the need to reduce plastic consumption, 16 students rallied on their cycles in the nearby areas of Thevara, Konthuruthy and Perumanur on 21<sup>st</sup> November 2018.



**12. 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.





**13. 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



**14. Arayankavu Paddy Cultivation:** For the past five years the students actively participate in the organic paddy cultivation at Arayankavu in the months from November to February. They at least visit Arayankavu 20 times every year to participate in this great initiative. They are involved in the whole process of cultivation starting from preparing and getting the field ready, till harvest, processing and the sales of the organic produce.



**15. 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.



**16. 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.



**17. 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.



**18. Aluva Manappuram Cleaning:** As a part of their weekly cleaning drive, 50 student volunteers went to the Aluva Manappuram to collect and separate plastic, food and paper waste. This helped the process of clearing and disposing off the waste easier.



**19. World Environment Day 2017:** On 5<sup>th</sup> June 2017, the principal addressed the faculty and students, orienting and encouraging them to work towards an year of responsible consumption of resources. The Principal symbolically planted a sapling in the campus near the Lake View.



**20. Medical Camp:** On 30<sup>th</sup> April 2017, a community medical camp was organized by the students of Sacred Heart College in collaboration with the Kerala Social Security Mission. The residents of the Konthuruthy Corporation ward benefitted from this initiative . The Medical Camp was a huge success with over 70 participants.

**21. Organ Donation Consensus Campaign:** On 16<sup>th</sup> December 2016 the college organized an organ donation awareness camp which was attended by over 200 participants. The event was inaugurated by the then Transport Minister Sri. A. K. Sasheendran. The participants gave their consensus by signing the organ donation petition.





**22. Personality Development Class:** Fr. Sabu Thomas, Assistant Professor, Department of English, conducted a personality development class for the students on 8<sup>th</sup> December 2016. The select 120 participants gave a stellar response to the session.



**23. World Ocean Day:** In connection with the World Ocean Day the college organized a common forum to spread awareness regarding the littering of water bodies. 30 student volunteers participated in the Lake View Cleaning Drive on the day.



**24. Soil Exhibition:** On 5<sup>th</sup> December 2016, the college celebrated World Soil Day by setting up a soil exhibition in the portico. The event was open to public and many came in for the informative and visually appealing exhibition.



**25. Paper Bag Making Workshop:** On December 1, 2015, the students were given hands on training in paper bag making, to spread the message of plastic free living. 20 students and an almost equal number of volunteers participated in the same.



**26. Age Friendly Sports Day:** On 11<sup>th</sup> December 2018, the 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.



**27. 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.



**28. 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.



**29. First Aid Class:** A detailed First Aid class was organized for the students on 4<sup>th</sup> December 2017. Dr. Arun lead a two hour training for 130 students, covering all the essential first aid procedures including the first aid for choking, cardiac arrest and accidents.





**30. 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.



**31. Thevara Fest:** On 18<sup>th</sup> January 2019, the college hosted Thevara Fest, an event where the students get a chance to know and interact with the local community. The community members showcased their skills and cultural talents to the very enthusiastic viewers including the faculty and students.



**32. 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.



**33. Save Life- Donate Blood :** On 15<sup>th</sup> November 2018, the college organized blood donation camp in association with General Hospital Ernakulum, to create and encourage a sense of social responsibility. 24 people participated in the drive and donated blood.



**34. 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.

**35. 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.



**36. World Pulses Day:** On 10<sup>th</sup> February 2016, the college celebrated The World Pulses day by organizing an exhibition on various indigenous as well as foreign pulses and a seminar on how to create enough organic produce for a family from one cent of land. 170 participants took part in this event which was open to public.



**37. Vegetable Sapling Distribution:** On 23<sup>rd</sup> February 2017, Sacred Heart College, organized an initiative to distribute vegetable saplings. 500 saplings of 12 different types were distributed among the residents of Thevara, Perumanur and Konthuruthy wards by 50 of our student volunteers.



**38. 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.





**39. Age Friendly Club Inauguration:** In August 2016, the Age Friendly Club of Sacred Heart College was inaugurated by Dr Dileep Kumar, the then Vice Chancellor of Sree Sankara Sanskrit University, Kalady and the then District Collector Rajamanikyam IAS. 60 senior citizens enrolled for the IT education programme.



**40. Age Friendly Classes:** Since 2016, the Age Friendly club of Sacred Heart College has organized classes for men and women above the age of 50, twice in every week from June through February. Around 110 senior citizens attend language and computer classes. The classes were engaged by the student volunteers.

