

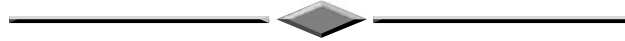
Criterion VI: Governance, Leadership and Management

6.5.1 Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies

Co-Ordination of Club Activities

Service Learning

SERVICE LEARNING (Curriculum as *Gurukulam- Service learning*)



CMI institutions always made a claim to provide holistic education with the mature humanity of Jesus Christ as the model. According to Christian tradition, in Jesus, the ideal of integration (*yoga*) of the physical, intellectual, social (interpersonal), spiritual and psychological aspects of human life is found to be realized. Education should lead to such transformation that the human potential for transcendence is realized and relations with self, other beings of the planet, with planet and with the source of life are all in balance. This is also the Indian ideal of *yoga*.

For this, beyond the typical academic syllabus, the college proposes an active orientation towards making the right choices based on one's values, with special focus on service or reaching out to those in need as a core value. The training is intended to help the trainees equipped with the skill to spot occasions demanding their service and to do whatever they can without having to be instructed or invited to do. This ideal is enshrined in Indian tradition in the saying '*ahimsa paramo dharmah*' or as is said in the Bible, the greatest of rules by which the humans have to live is that of 'loving God above all' and 'loving fellow humans as oneself' (Lk.10:27).

1. One of the ways in which this could be taken care of is actual value clarification or education session. It is proposed that we hold such direct in-put session, with some text to serve as a framework. For which a minimum of one hour per month is devoted.
2. In addition, a very vital value in the modern era, concern for the physical environment, shall be introduced as a compulsory topic in the second semester with a credit equivalence of 4.
3. With this purpose in mind, social service is being introduced as the 'practicum' of value/holistic education. This is termed 'service learning'. Students are to be awarded

one academic credit based on their social involvement through various outreach or extension programmes offered at the college.

The students are expected to complete 36 hours of service, basically through the various fora of the college, with due approval mechanism.

Activities

- Campus cleanliness – Zero Waste
- Social surveys
- Awareness sessions & campaign for the community (road safety (medium of speech, discussion, meetings, exhibition, theatre, music etc. could be employed)
- Free tuition etc. for poorer children
- Vegetable garden & farming
- Visits to institutions for service.
- Medical camp
- Blood drives
- Blood Donation
- Cleanliness drive
- Organ donation drive

Organising

The activities may be directly organized by the Extension Office, with Student Development Officer(s) taking lead. Activities of service to the campus or community could be organized by service clubs or even talent clubs.

These could be announced for participation by members or others, depending on the opportunity for participation.

1. e.g., A service activity of providing food for a group of deserving people is being organized by AICUF. The activity may require the involvement of 50 students. While preference will be given to the members, others could also enlist with the coordinator. The enlisted volunteers could be included if there is opportunity, on a first come, first served basis.

An hour weightage will be given to the full participation in the activity in consultation with the Extension office.

2. e.g., Music club may organize a musical concert for a children's ward in the government hospital or in a hospice. Participants may sing, play accompaniments and

a few others could be there for organizing. The activity may require the involvement of 50 students. While preference will be given to the members, others could also enlist with the coordinator. The enlisted volunteers could be included if there is opportunity, on a first come, first served basis. In this case, preference should be given to students with a talent for singing, who can also do the task of making the necessary arrangements.

3. Even Department Associations could organize socially relevant activities – and enlist participants, with preference to be given to the students of the department.

Note: Hour weightage will be different for organizing, conducting and participating. This shall be decided by the Extension office in consultation with the faculty in-charge of the programme/Student Development Office/Dean Student Services/IQAC, on a case-by-case basis, until a pattern emerges.

A particular **hour-weightage** will be given to the full participation in the activity in consultation with the Extension office. This will depend upon the intensity of preparation, involvement and strain for the activity. In any case, the weightage should not exceed the actual time spend in the given activity.

Ideally, a calendar of approved events could be prepared by each of the clubs and fora as well as by the Extension Office. And students may be invited to enlist.

The programmes may be organized during the week days after 3.30 pm or on Saturdays, Sundays or other holidays.

Travel time for the activity can be given some weightage – a max of 15 mts weightage for an hour, and depending on the activity – more so, when it is a regular activity, involving same people.

It is very important that the ‘why’ of the activity is discussed and learning analysed or reflected upon, lest it becomes limited to a mere activity.

How to monitor?

A record to be countersigned by approved authorities.

A suggested record:

Date & location with address	Brief description of activity	Actual Duration + travel time	Weightage	Signature of teacher coordinator/EO	Signature of Class teacher or Mentor

The opposite page may be left blank for jotting down reflections and learnings. At the end of the semester a meeting with mentor is held in which the experience is briefly discussed – either in group or individually and the total hour weightage is counted and approved.

This has to be entered in student's data and in student's score card for the semester.

Weightage Chart – A Sample

No.	Item	Actual Duration	Weight	Proposed
1	Awareness campaign	1 hour	40 mts	1 hour
2	Blood Donation	Each time	1 hour	1 hour
3	Cleanliness drive – library/halls	1 hour	1 hour	1 Hour
4	Cleanliness drive – litter removal, public amenities	1 hour	1 hour	1 Hour
5	Organisational Work	1 hour	1 hour	1 hour
6	Participation in socially oriented programmes – visits etc.	1 hour	1 hour	1 hour
7	Physical labour – e.g., house construction, farming/cultivation	1 hour of labour	1 hour	1.30 hour
8	Tuition or remedial etc.	1 hour	40 mts	1 hour
9	Waste segregation	1 hour	40 mts.	1 hour
10	Traffic awareness/traffic warden	1 hour	40 mts.	1 hour

Activities Already Under-Taken Or Underway

1. Social survey for women's empowerment in Aroor Panchayat – SWASTI
2. Chavara SH Bhavana Padhati – Construction of House – NSS- Y'smen.
3. Terrace garden or farming
4. Vegetable garden
5. Spices Garden
6. Paddy cultivation

7. Cancer prevention programme
8. Age friendly programme
9. Tuition for the students in nearby schools
10. Community awareness programmes
11. Organizing medical camps
12. Mammogram test
13. Shanthinagar beautification
14. No horn campaign
15. Library arrangement
16. Lake view beautification
17. Recycling of used pens
18. General hospital visit
19. Plant survey
20. Green audit
21. Energy survey
22. Data entry works
23. Paper bag making
24. Fort Kochi beach cleaning
25. Institutional visit
26. Heartian Harvest
27. Pulses day
28. Blind Day programme at Maharajas College

SERVICE LEARNING RECORD 2015-18



Name: Mercy Anthony
Programme: BA Economics
Class No: 2203

SH

SACRED
HEART
COLLEGE
Autonomous



SERVICE LEARNING RECORD

SL NO	Date and location	Brief description of activity	Actual duration + travel time	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
1	13-7-15 Kinder Hospital Cherthala	Anti-cancer survey training - SWASTI	8:30 am to 3:00 pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
2	2-8-15 7-8-15 31-7-15 Aroor	Anti-cancer survey - SWASTI	3 days	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
3	5-9-15 Kadayan Colony	Health-outreach program Health survey	9am to 3pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
4	10-9-15	SWACH Health and Hygiene campaign - SWASTI	30 minutes	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
5	19-9-15	Returning room makeover - SWASTI Flower making class	9:30am to 3pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

LEARNING AND OUTCOME

- 1) We were given training on how to conduct the survey on 31, 1 and 2nd at Kinder hospital. It was a great experience as we were enriched with knowledge on cancer, vaccines, treatment etc.
- 2) We went to village at Aroor. The people were really cooperative and even in the small duration of survey, we developed a good bonding with them.
- 3) The HEALTH survey was a great enlightenment for all of us. We met people from different walks of life. It helped us to deal with all people with great patience. It also taught the sense of satisfaction and happiness with what we have.
- 4) A short campaign regarding hygiene related issues was conducted by SWASTI in each individual class in college. It was an enriching experience as I had the duty to coordinate the entire program.
- 5) This was one of the greatest contribution to colleges the returning room makeover which was a pending desired project from the past 4/5 years.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher/ coordinator/ mentor
6	30-11-15	Cancer awareness class - swasti	3:00 to 4:30	Abin Ambily Student Development Officer (Autonomous) Thevara, Kochi-682 013
7	8-1-16	Paper Bag Making - swasti Suchitwa Boothana Yagnam	1 hr	Abin Ambily Student Development Officer (Autonomous) Thevara, Kochi-682 013
8		CREDAI - class	3:30 to 4:30	Abin Ambily Student Development Officer (Autonomous) Thevara, Kochi-682 013
9	14-12-15	NSS House Construction	5:30 hours	Abin Ambily Student Development Officer (Autonomous) Thevara, Kochi-682 013
10	7-12-15	Waste Management by IQAC Lake-banthyreah	3:30 to 4:30	Abin Ambily Student Development Officer (Autonomous) Thevara, Kochi-682 013

LEARNING AND OUTCOME

- 6) A cancer awareness class was conducted by swasti for all girl students of the college. It provided the students details about self detection and related tests and medical details.
- 7) As a part of suchitwa Boothana Yagnam, the members of swasti distributed paper bags to the nearby shops in Thevara region. It gave an opportunity to take down more orders and also explain to the people about harmful effects of plastics.
- 8) A class regarding Waste Management was conducted by CREDAI. We were also taught about the importance of segregation of waste and shown the condition of Kochi of past and Kochi of present.
- 9) As a part of construction of a house for our college staff, Vaingrese Chettan, the students of NSS helped in transporting the construction material from the main road to the construction site. It was a heavy, but satisfactory work.
- 10) As a part of waste management cum Creat attainment, all students of 1st - DC Economics undertook lake beautification, thereby cleaning the lake view ground area. It was helpful as another step towards the perfection of college.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	weight- the teacher/ coordinator/ teacher / the class	Signature of	EO	mentor
11	11-1-16 Thiruvananthapuram	Swachh Thiruvananthapuram Rally (swasthi representation)	2 hrs	30 min	Abin / Swasthi	Abin / Swasthi	Abin / Swasthi
12	9-12-15	Paper bag making - swasthi	2 hrs	1 hour	Abin / Swasthi	Abin / Swasthi	Abin / Swasthi
13	12-11-15 13-11-15 14-11-15 -Thiruvananthapuram	International conference on Gender equality by UN - Swasthi	3 days	9	Abin / Swasthi	Abin / Swasthi	Abin / Swasthi
14	12-15	Age friendly IQAC	9:30 to 4:30 (7hrs)	3	Abin / Swasthi	Abin / Swasthi	Abin / Swasthi
15	12-15 st. Teresa's College	Conference on violence against women - swasthi	4:30 to 5:30	1	Abin / Swasthi	Abin / Swasthi	Abin / Swasthi

Total 14 hours 50 min

LEARNING AND OUTCOME

- 1) Swachh Thiruvananthapuram - We participated in a rally from Kumbakonam to Thiruvananthapuram with an objective to bring about a cleaner Thiruvananthapuram. It was a great experience among students to represent swasthi in the rally as well as crossing the entire bridge on foot.
- 2) In order to provide paper bags to the canteen, the members of swasthi undertook the duty of preparing paper bags. It was a truly satisfactory moment as we were successful in making 160 bags even though our aim was 100.
- 3) It was a three day training and classes by eminent personalities conducted by UN and Gender Parity. It was an opportunity worth attending.
- 4) It was an interaction with members of different strata of the society. We spent an entire day with them and took them around the SIH school campus and our college campus.
- 5) We attended a conference at St. Teresa's College Ernakulam which ~~was~~ enriched us with details on violence against women.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration	Signature of the teacher/mentor	Signature of the class coordinator/teacher/mentor
16	25-2-16 SM School	Student Awareness Programme (SAPAS)	2:30 to 4:30	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	EO
17	8-3-16 Laduv Returning Room	Women's Day celebration Talk by Radhen Hegde, MD, search hospital Morning Rest Room	8:30-9:30 12:30-1:30 2:30-4:30	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily
18	18-6-16 Merrym Merrym	Brodiversity survey	9:30 to 12:00	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily
19	18-6-16 Kudavum	Organizing and conducting first year orientation	9:30 to 5:30	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily
20	18-6-16 Merrym	Talk with living example - Reetha Lakhami, IRS	3:30 to 4:30	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily

LEARNING AND OUTCOME

- 16) We, the members of SAPAS went to SM School to take a class about drug, alcoholism and suicide. It was a teaching experience for all of us. The training was given priority by advocate Charly Paul.
- 17) The Women's Day celebration, by 2015, was done before class, during break and after class. There was a talk with ~~honor~~ homowing of seniors members by Dr. Praveen staff. This was followed by improving the meeting room.
- 18) Being a leader of one of the groups, it was a great experience and a team opportunity. I also got to know about various types of Brodiversity.
- 19) The program was an over-all training for the newcomers. We organized and coordinated the program and brought about its successful completion. Students were also given a self-defense training class.
- 20) IRS Reetha Lakhami, shared her life experience, on how she reached her present position and interacted with us. It was an inspiring session.

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher/mentor	Signature of the class coordinator/EO
21	Melvin's Hall	Talk with Ling Enampal, Saumil Jain, Mayers	8:20 - 9:30	Ashu Ambily Student Development Officer Thevars, Kochi-682 013	Ashu Ambily Student Development Officer Thevars, Kochi-682 013
22	29-09-16 30-09-16 01-10-16 Chatturay	Service oriented learning and class camp	3 days 10hrs	Ashu Ambily Student Development Officer Thevars, Kochi-682 013	Ashu Ambily Student Development Officer Thevars, Kochi-682 013

P.7.0

LEARNING AND OUTCOME

- 21) Saumil Jain delivered the second talk series on 'Igniting young minds with living examples'. She too shared her self experiences and spoke about women empowerment. It was an enriching experience.
- 22) The class began on Friday evening and ended on Sunday morning. It comprised of classes concerned with public speaking, confidence building, hygiene and also taught us to make utility daily use products like soap, handwash, multipurpose cleaners etc. There were other entertainment activities too.

P.7.0

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher/ coordinator/ mentor
23	9/3/16 Wednesday	Age friendly class on introduction to software learning.	3:30pm to 5:00pm	Abin Amal
24	20/6/16 Mamburam	frangulation of 5th age friendly users 2016; class on 'parts of computer'	3:30pm to 5:30pm	Abin Amal
25	12/7/16 Tuesday	Age friendly - Microsoft word	3:30pm to 5:00pm	Abin Amal
26	19/7/16 Thursday	Age friendly 'MS word & shortcuts'	3:30pm to 5:15pm	Abin Amal
27	19/7/16 Tuesday	Age friendly 'web browsing';	3:30pm to 4:45pm	Abin Amal

LEARNING AND OUTCOME

Age-friendly

Age friendly was a one-time life experience. It was indeed a proud moment to be a part of this wonderful program and also a matter of pride to be a ~~part~~ student of the first age-friendly college in India. It was a give and take experience. While we made them updated with technology, they gave us more important lessons - moral values of life. I got an opportunity to teach about flow of time, all with different pace of learning. They taught us how to be a good teacher, patient and tolerant and also the value of appreciation. The moments spent with them, both during classes and during the movie - and Oran celebration were memorable ones. It also gave me a first time experience to visit an old age home.

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	weightage	Signature of the teacher/coordinator/EO	Signature of the class teacher / mentor
28	16/7/16 Therava	Old age home visit by Age - friendly	10:00am to 2:00pm			
29	26/7/16 Tuesday	Age friendly 'Creating e-mail'			Abin Ambily Student Development Officer Trevor's Head Office (Autonomous) Trevor's, Kochi-682 013	
30	27/7/16 Wednesday	Age - friendly 'Sending and checking mail'		30	Abin Ambily Student Development Officer Trevor's Head Office (Autonomous) Trevor's, Kochi-682 013	
31	31/8/16 Wednesday	Age - friendly 'e-mail chatting'		30	Abin Ambily Student Development Officer Trevor's Head Office (Autonomous) Trevor's, Kochi-682 013	
32	8/8/16 Monday	Age friendly 'Creating facebook account'		30	Abin Ambily Student Development Officer Trevor's Head Office (Autonomous) Trevor's, Kochi-682 013	

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	weightage	Signature of the teacher/coordinator/EO	Signature of the class teacher/mentor
32	14-08-16 Thevara	Attended an interactive session with Daya Bhai conducted as part of 'Saxana Bhadraperdhati'.	3:30pm to 4:30pm			
33	12-8-16 Friday	Age friendly. 'Fast paper & Revision'.	4:00pm to 5:30pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682013	
34	16-8-16 Tuesday	Age - friendly 'Facebook chatng'.	3:45pm to 5:15pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682013	
35	18-8-16 Thursday	Age - friendly 'getting cover photo, profile picture & photoposting'.	3:00pm to 5:00pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682013	
36	22-8-16 Monday	Age - friendly 'Online shopping'.	3:45pm to 5:15pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682013	

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	weightage	Signature of the teacher/coordinator/EO	Signature of the class teacher / mentor
37	23-08-16 Tuesday Mees. us stall.	Attended seminar presented by Debra Eroyman on 'Beyond Apologies'	3:30pm to 4:30pm			
38	27-18/16 Saturday	Age friendly special class 'Railway Ticket booking'	10:00pm to 12:00pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
39	31/8/16 Wednesday	Age friendly 'Ticket booking'	4:00pm to 5:30pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
40	31/10/16 Monday	Age friendly lecture class on 'Use of smartphone and basic'	4:00pm to 5:45pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
41	4/10/16 Tuesday	Age friendly class on 'Skype'	3:45pm to 5:00pm		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	weightage	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
42	5/10/16 Wednesday	Age friendly 'Net banking'	3:30pm to 6:00pm	9/10	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Ambily
43	15/10/16 Tuesday	Age friendly - 'Revision'	3:30pm to 5:15pm	10/10	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Ambily
44	Auditorium	Class on (Road safety)	3:30pm to 4:30pm	10/10	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Ambily
45	30/7/16 Saturday Padma	Took members of SH Age friendly for movie outing.	2:30pm to 5:30pm			

~~SA HRS * 20h~~

~~SA HRS~~

LEARNING AND OUTCOME



International Year of Pulses

SERVICE LEARNING RECORD 2016-19

Name: PARVATHY ANILKUMAR

Programme: IInd DC CHEMISTRY

Class No: 4641



LEARNING AND OUTCOME

1. Punarjani Save periyar save life campaign

Thevara NSS unit combined with SH college hosted a 'save periyar save life campaign' naming Punarjani famous singer Dr. KJ Yesudas inaugurated the function. Many more guests addressed the function.

2. 'Save periyar save life' rally

SH college's NSS unit informs the Thevara people the urge need for saving the periyar river. A rally was conducted from SH college to Thevara Junction. Rally flag was hosted by Principal Dr. Prashant Palackapillil. There was a street play at the thevara junction.

3. As a part of ozone day, Bhoomika sena club and

Chemistry department jointly organised a seminar. We were able to know more about the ozone layer and what can we do to protect it from depletion. It was conducted by a professor from CUSAT.

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
1.	4-10-16 College Auditorium	Punarjani - 'save periyar' campaign	9:30 starts - 9:30 am		
2.	15-8-16 Thevara	'save periyar save life' rally on independence day from college to the thevara junction	9:30 starts - 1 pm		
3.	Melesius hall	Seminar on ozone day	8:30 starts - 4:30 pm		
4.	10-12-16	Bhoomika sena club conducted seminar on 'innovation in organic farming'	10:00 starts - 3:30 pm		
5.	16-12-16 Restroom	Restroom cleaning by 'swasth'	1:00 starts - 2:00 pm		

SERVICE LEARNING RECORD

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration	weight- tage	Signature of the teacher/ coordinator/ mentor
6	21-2-17 Morionhall	Seminar on world wetland day by Bhoomithrasena	2:30 - 3:30	4	Abin Armbily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
7	25/1/17	Santhivager cleaning	3:40 - 4:00	4	Abin Armbily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
8	2/8/16 (Morionhall)	Seminar on International year for pulses	4 hrs	4	Abin Armbily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
9	7/7/17	Visit to Bethgatha	4:00 - 5:00 PM	4	Abin Armbily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
10	10/7/17	Classroom cleaning	8:45 - 9:15 AM	4	Abin Armbily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

class

LEARNING AND OUTCOME

4. The chemistry Association together with Bhoomithrasena club of our college conducted a seminar on "Innovations in organic farming, prospects and challenges". The seminar was taken by Mr. Philip J. T. Karat followed by practical classes in growbrog making. Later on we were assigned several groups and discussed future programmes that are to be undertaken by our club.
5. As a part of Swasti, we cleared the restroom together on 16-12-16 at 1:00 to 2:00pm. The cleaning was initiated by Jinu miss
6. Seminar on world wetland day. Steekumar sir from Christ college, Irinjalakuda took seminar on world wetland day sir gave us information of importance of wetlands and the urge to conserve it. The class was very informative
7. My friend was their and we started picking out the plastic. And in the place everywhere there is plastic. Then I was knowing that there are people spoiling the surrounding without caring.

SERVICE LEARNING RECORD

11/20

SL NO	Date and location with address	Brief description of activity	Actual duration	weightage	Signature of the teacher/ coordinator/ mentor
11	12/7/17	Tharalmasam	8:30 to 9:30	10	[Signature]
12	15/7/17	Library cleaning	9:30-12:30	10	[Signature]
13	17/7/17	Barcode and spine labelling	12:00-1:00	10	[Signature]
14	18/7/17	Barcode and spine labelling	3:30-4:30	10	[Signature]
15	19/7/17	Visit to Bethgarth	3:30-4:30	10	[Signature]

LEARNING AND OUTCOME

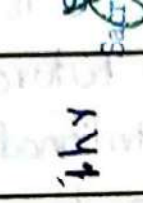
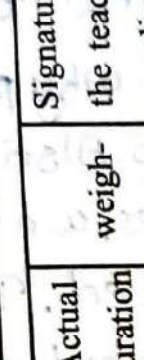


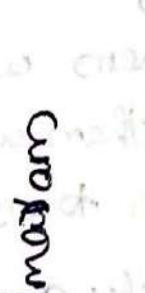
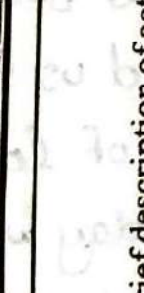
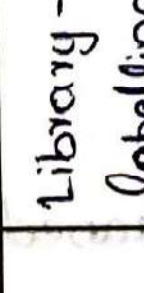
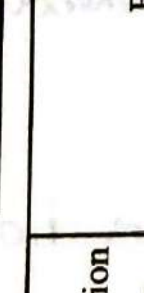

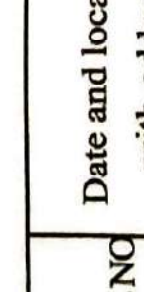
8. International year of Pulses

The seminar was really helpful and it helped me to understand the importance of pulses. It is said why pulses were called sustaining crop and a future crop. Also the benefits of having pulses and its nutritional values, were also told by the speaker, hence pulses can be cultivated. The seminar is really helped me in knowing more about pulses

9. Me and my friends went to Bethgarth after the bell. When we reached there all of them welcomed us like their family members. We interacted them with lot of love and care, more than it they return to us. That day was unforgettable in my life. I will definitely go there whenever I get a chance

19. On 10/7/17 Monday we cleaned our classroom from 8:45 to 9:15 am

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	weigh- tage	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
16	2/8/17	Thandalmaram	8:30 - 9:30 AM	1 hr	 Abin Anand Student Development Officer Sri Thevart College (Autonomous) Thevara, Kochi-682 013	
17	2/8/17	Library - barcode and spine labelling	3:30 to 5:00 PM	1 1/2 hrs	 Abin Anand Student Development Officer Sri Thevart College (Autonomous) Thevara, Kochi-682 013	
16.	3/8/17 Thursday	Library - barcode and spine labelling	8:45 to 4:45 PM	1 hrs	 Abin Anand Student Development Officer Sri Thevart College (Autonomous) Thevara, Kochi-682 013	
17	4/8/17 Friday	Library - barcode and spine labelling	9:30 to 4:00 PM	1-2 pm, 6 hrs	 Abin Anand Student Development Officer Sri Thevart College (Autonomous) Thevara, Kochi-682 013	
18.	5/8/17 Saturday	Library - barcode and spine labelling	9:30 to 12:30, 1-4 PM	2 hrs	 Abin Anand Student Development Officer Sri Thevart College (Autonomous) Thevara, Kochi-682 013	

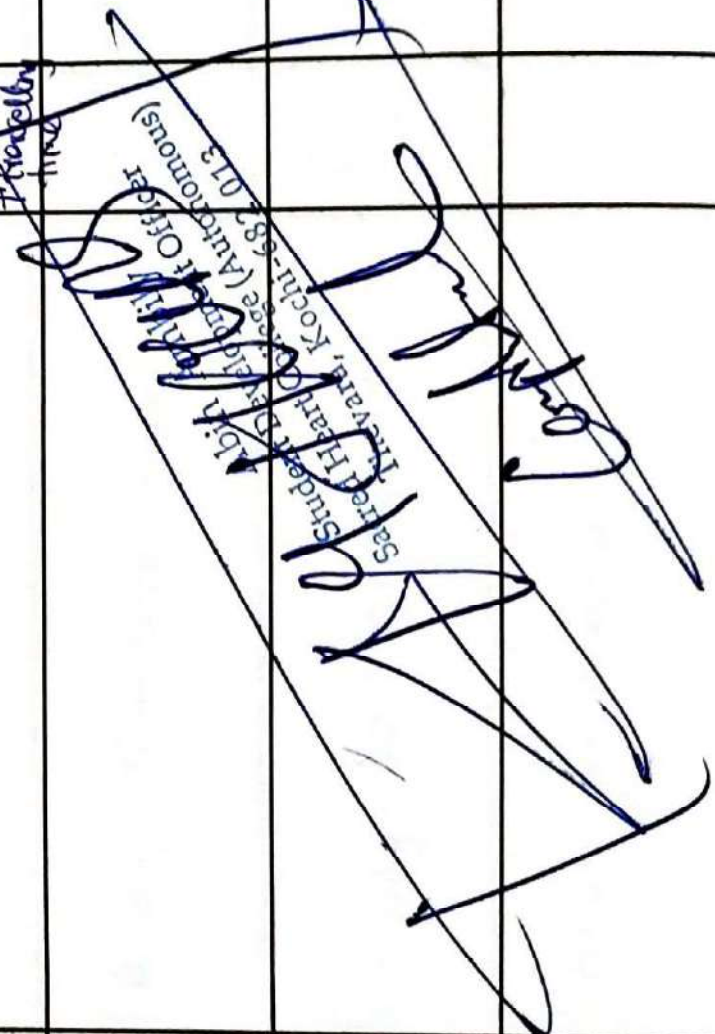
S S Suresh


SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	weigh-tage	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
19.	7/8/17	Library - barcode and spin labelling	3.30 to 5.00 pm	1/2 hrs Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Librarian Sacred Heart College, Thevara, Kochi-682 013
20.	10/8/17	Library - Book arrangement	4.15 to 5.00 pm	45 min Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Librarian Sacred Heart College, Thevara, Kochi-682 013
21	11/8/17	Library - Book arrangement	1.30 to 2.00 4 to 5	1 1/2 hrs Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Librarian Sacred Heart College, Thevara, Kochi-682 013
22.	14/8/17	Library - Book arrangement	3.30 to 4.45	1 1/4 hrs Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Librarian Sacred Heart College, Thevara, Kochi-682 013
23	16/8/17	Library - Book arrangement	4.30 to 5.00	30 min Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College, Thevara, Kochi-682 013	Abin Ambily Librarian Sacred Heart College, Thevara, Kochi-682 013

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	weigh- tage	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
24.	18/8/17	Library - Book arrangement	1.45 - 3.15 pm	1 1/2 hr	Abi Librarian Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abi Librarian Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
25.	26/08/17 Saturday	Hospital visit - General Hospital	8-30 - 2:30 + travel time	7 hrs	Abi Librarian Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abi Librarian Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013


 Abi Librarian
 Student Development Officer
 Sacred Heart College (Autonomous)
 Thevara, Kochi-682 013


 EO



International Year of Pulses

SERVICE LEARNING RECORD 2016-19

Name: *Maria Joseph*

Programme: *BSc Chemistry*

Class No: *16 UCHE 4620*



SACRED
HEART
COLLEGE
Autonomous



SERVICE LEARNING RECORD



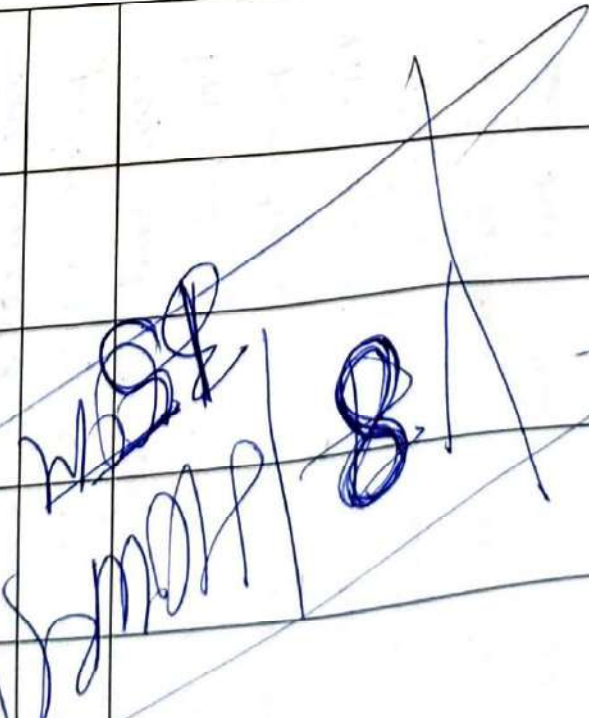
SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher / coordinator / EO	Signature of the class teacher / mentor
1.	2/8/2016 Mannan hall.	Seminar on International Year for pulses.	4 hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013
2.	12/11/2016 General Hospital Ezharikulam	Hospital visit: Jesus Youth	9:00 to 2:30 5 1/2 hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013
3.	26/11/2016 Asayankav Paddy cultivation in land for cultivation	Asayankav land for cultivation	6:45am - 4pm 5 hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013
4.	11-01-2017 Shanthi Nagar. Auchita Bodhana	Auchita Bodhana	8:30 - 10:30	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara Kochi-682 013
5.	01-02-2017 Mannan hall.	Seminar on wetlands	3:30 - 4:30	Abin Ambily Student Development Officer	Abin Ambily Student Development Officer

LEARNING AND OUTCOME

Seminar on International Year of Pulses.

The seminar was really helpful and it helped me to understand the importance of pulses. It said why pulses were called as a sustaining crop and a future crop. Also the benefits of having pulses and its nutritional values were also told by the speakers. They also spoke on how pulses can be cultivated. The seminar really helped me in knowing more about pulses that we use in our daily life.

SERVICE LEARNING RECORD

Signature of the student / member / number	Signature of the teacher / mentor / number	Actual duration + travel time	Weight- age contribution	Brief description of activity	Date and location with address	SL NO
						

LEARNING AND OUTCOME

Hospital Visit - General Hospital Ekim.

As a part of the JV activity, we visited the isolation ward and cancer ward of General Hospital Ekim. We served them food and talked to them. They were so happy to meet us. They wish for some one being near to them and talk to them as they feel they donot have anyone. When I saw the happiness on their face, it gave me a good satisfaction for my life. The experience was so heart touching and I surely believe that I will never leave my dear and near ones alone.

Arayankavu - paddy cultivation

This was an awesome experience. It was for the first time I entered into a paddy field. We we asked

LEARNING AND OUTCOME

to make up the field creating boulders. It was a really hard task and it helped us to understand the hardwork and sacrifice of the farmers.

Suchita Bodhana Yajna

As a part of Suchita Bodhana Yajna enforced by Fr. Pittapilli and team, there was a rally organised from Kundanoor to Kakkanaad. We supported the rally by meeting at Shanthinagar. Smt. Elizabeth had a role in changing the place and ^{had} introduced new ^{idea} ideas on changing our surroundings into a clean place. We took part of the rally from Shanthinagar to S.H College, Thevara.

LEARNING AND OUTCOME

World Wetlands day.

As a part of the celebration of world wetlands day, a seminar was held on the importance of wetlands. Prof. Sreekumar from Christ college Irinjalakuda took the seminar. He spoke about the importance of wetlands in the regulation of floods and other natural calamities. Conservation of wetlands is a major action that is to be done in order to avoid various calamities like tsunamis, earthquake etc.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration	weightage	the teacher/coordinator	Signature of the class teacher / mentor
7	13/5/17 SH College	Age friendly: computer classes for the elderly	4-5 pm 1hr		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
8	18/6/17 SH College	Age friendly: computer classes for the elderly	4-5 pm 1hr		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
9	22/6/17 SH College	Age friendly computer classes for the elderly	4-5 pm 1hr		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
10	29/6/17 SH College	Age friendly: computer classes for the elderly.	1hr		Abin Ambily Student Development Officer Thevara, Kochi-682 013	
11	6/7/17 SH College	Age friendly: computer classes for the elderly	1hr		Abin Ambily Student Development Officer Thevara, Kochi-682 013	

LEARNING AND OUTCOME

7-11 Age Friendly computer classes for the elderly.

The second batch of Age Friendly classes commenced after vacation on 13/6/17. Paint and M-3 word were taught during these 5 classes.

It was a really good experience spending time with the elderly.

It helped me in improving my communication skills, patience and it also gave a happiness which can give no explanation.

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
12	10/7/13 SH college	Age Friendly: Computer classes for the elderly	1hr 4-5 pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
13	10/9/13 SH college	Age Friendly: Computer classes for the elderly	1hr 4-5 pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
14	3/8/13 SH college	Age Friendly: Computer classes for the elderly	1hr 4-5 pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
15	7/8/13 SH college	Age Friendly: Computer classes for the elderly	1hr 4-5 pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
16	10/8/13 SH college	Age Friendly: Computer classes for the elderly	1hr 4-5 pm	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

LEARNING AND OUTCOME

12-16. Age Friendly classes for the elderly

Internet shopping and whatsapp were taken. This helped me in many ways to respect elder, to spread politely to them and gain several life experiences through the values imbibed from them. Students were really happy as they need not have to depend on their phones and computers.

10/8/13	SH college	Age Friendly: Computer classes for the elderly	1hr	Abin Ambily	Abin Ambily
10/9/13	SH college	Age Friendly: Computer classes for the elderly	1hr	Abin Ambily	Abin Ambily
3/8/13	SH college	Age Friendly: Computer classes for the elderly	1hr	Abin Ambily	Abin Ambily
7/8/13	SH college	Age Friendly: Computer classes for the elderly	1hr	Abin Ambily	Abin Ambily
10/8/13	SH college	Age Friendly: Computer classes for the elderly	1hr	Abin Ambily	Abin Ambily

SERVICE LEARNING RECORD

Signature of the class teacher / mentor	Signature of the teacher/coordinator/mentor	Actual duration + travel time	Weightage	Brief description of activity	Date and location with address	SL NO
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	14/6/12 SH college	12
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	14/6/12 SH college	13
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	14
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	15
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	16
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	17
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	18
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	19
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	20
Abin Ambily	Abin Ambily	1hr	4-5 pm	Age friendly: computer classes for the elderly.	SH college	21

LEARNING AND OUTCOME

17-21 Age Friendly Computer Classes

The main purpose of Age friendly is to mature the young minds on how to behave with and respect the people of different age groups. These classes have provided it to the fullest. It provides an immense joy when you share your knowledge to someone who does not have any idea about it. This is what helped me in connecting with the elderly.

17/11/12	21
18/11/12	22
19/11/12	23
20/11/12	24
21/11/12	25

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher / coordinator / mentor
22	6/11/17	Age friendly: Computer classes for the elderly.	4-5 pm 1 hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
23	20/11/17	Age friendly: Computer classes for the elderly.	4-5 pm -1 hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
24	23/11/17	Age friendly: Computer classes for the elderly.	4-5 pm -1 hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
25	27/11/17	Age friendly: Computer classes for the elderly.	4-5 pm 1 hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
26	4/12/17	Age friendly: Computer classes for the elderly.	4-5 pm 1 hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

LEARNING AND OUTCOME

22-26 - Age Friendly Computer Classes.

Age friendly became meaningful by the Christmas Celebrations which also gave the same message of the season 'Love one another'. This platform enabled people to connect one another through their talents, ideas and knowledge. Age friendly had become a connecting bridge between the youngsters and the elderly.

SERVICE LEARNING RECORD

Signature of the class teacher / mentor	Signature of the teacher/coordinator/BO	Signature of Student Development Officer (Autonomous) / Thevara College (Autonomous) - 682 017	Actual duration + travel time	Brief description of activity	Date and location with address	SL NO
Abin Ambly	BO	Student Development Officer (Autonomous) / Thevara College (Autonomous) - 682 017	6am - 2:30pm 8 hrs	Age friendly: Senior Citizens Sport meet.	2/12/18 SH College + Machings Ground	027

LEARNING AND OUTCOME

27. Age Friendly Senior Citizens Sports meet.
Age friendly Senior Citizens Sports meet.

It was indeed a great experience. It was a great right to see the senior citizens of our country conins about their health and fitness. Even at this age they are enthusiastic and full energy. This made us understand a lesson that this life is to be treated in an energetic manner. Never sit idle in our life. Always stay positive and never lead a life of perseverance. That day was really inspirational.

senior citizens of our country conins about their health and fitness. Even at this age they are enthusiastic and full energy. This made us understand a lesson that this life is to be treated in an energetic manner. Never sit idle in our life. Always stay positive and never lead a life of perseverance. That day was really inspirational.



International Year of Pulses

SERVICE LEARNING RECORD 2016-19

Name: ANKIT KUMAR . A

Programme: BCom TAX (SF)

Class No: 5109



SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration	weigh- the teacher/ coordinator/ the class	Signature of	Signature of the teacher/ teacher / mentor
1.	11/7/16 - 12/7/16 S.H. Cm1 Public school	tenure extra cur for H.S students of S.H. Public school.	2 hrs.	Shrin Anshu	Shrin Anshu Student Development Officer Thevara, Kochi-682 013	Shrin Anshu Student Development Officer Thevara, Kochi-682 013
2.	12/11/16 - 13/11/16 Maharajas college	The Federation of the Blind volunteering the blind people. (NCC)	16 hrs	Shrin Anshu + Gopu	Shrin Anshu + Gopu Student Development Officer Thevara, Kochi-682 013	Shrin Anshu + Gopu Student Development Officer Thevara, Kochi-682 013
3.	13-12-2016 Aringankam college	Aringankam Paddy field cultivation (through NCC)	8 hrs	Shrin Anshu + Gopu	Shrin Anshu + Gopu Student Development Officer Thevara, Kochi-682 013	Shrin Anshu + Gopu Student Development Officer Thevara, Kochi-682 013
4	14-01-2017 Heastifest	Heastifest Road management duty (through NCC)	8 hrs	Shrin Anshu + Gopu	Shrin Anshu + Gopu Student Development Officer Thevara, Kochi-682 013	Shrin Anshu + Gopu Student Development Officer Thevara, Kochi-682 013
5	16/1 January IT center	data entry of alumni details for Heastifest.	1 hrs	Shrin Anshu	Shrin Anshu Student Development Officer Thevara, Kochi-682 013	Shrin Anshu Student Development Officer Thevara, Kochi-682 013

LEARNING AND OUTCOME

- On 12th + 13th of November, I went to Maharajas College through NCC. There I found around thousands of blind people. We were assigned duty to help them and serve them. I did my job without any reluctant.
- On 13th of December, I was called by one of our seniors for Aringankam farming. I liked it very much. Especially the way we stamped the mud, spread the water and even the food (kanji + payas + mango and piece.) And later we took a dip on pond to get refreshed.
- On 14th of January 2017, we had Heastifest in which I was assigned the duty of volunteering. Our seniors assigned me the duty for Road management and I did it with my full heart. I

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration	weigh- the teacher/ coordinator/ ED	Signature of the class teacher / mentor
6	8-6-17	Sapling planting at Shantinagar (NCC)	2 hrs	[Signature]	[Signature]
7	05-6-17	Taking class about general awareness to (NCC) S.H. School	1 hr	[Signature]	[Signature]
8	21-06-2017	International yoga day yoga practice (NCC) S.H. college	1 hr	[Signature]	[Signature]
9	2-10-18	Visited and heard of old age home at Tuesday	2 hrs	[Signature]	[Signature]

LEARNING AND OUTCOME

found a bit difficult in managing the road because I started my duty (Road management) at around 4 or 4:30 and I stood till 9:30. I was thinking for a shift to get rid of fatigue. But there was no shift. So I anyhow managed it.

5) On 10th of January, we had our last period was vacant. So Rakhi miss called us for Service. In which some of students went to clean the Laxmi view ground and I and some students were called for data entry of alumini.

6) On 8th of June, almost all the cadets of NCC Army Wing decided to plant sapling in the Shantinagar. We all cadets planted a sapling each and watered them. With this, we got an inspiration that we should plant trees and save the world.

SERVICE LEARNING RECORD



Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor
<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
Actual duration + travel time	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor
Brief description of activity	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor
Date and location with address	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor
SL/NO	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor	Signature of the teacher/mentor

LEARNING AND OUTCOME

7) On of , we, the cadets of NCC Army wing decided to ^{take} a general awareness class to the students of S.H. School. We interacted with them and even took a simple quiz with them. These students are very talented ones.

8) On the day of International Yoga day (21st of June), the college organised a short practice of yoga among the students and cadets in which even I was invited. We went there and the yoga teacher gave some opinions & ideas and even made us do yoga. It was a great moment for us. Yoga helped us making our day fit & healthy.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher/ coordinator/ BO	Signature of the class teacher / mentor
10.	26-07-2017 College Auditorium	Arranging chairs in the college main auditorium (through NCC)	1 hr	 BO	 Student Development Officer (Autonomous) 582 013

38MS

LEARNING AND OUTCOME

10) On 26th of July evening, we (I along with 4-5 cadets) were instructed to arrange the chairs at the college main auditorium for around 600 peoples. It was very hard because only 5-6 people were there to arrange 600 chairs. But anyhow we did it within 1 1/2 hrs.

SERVICE LEARNING RECORD

Signature of the class teacher / mentor	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor	Actual duration + travel time	Brief description of activity	Date and location with address	SL NO
Arbha Anshu	Arbha Anshu	Arbha Anshu	1hr	Class room cleaning	10-08-2017 (Classroom) S.H. College	11
Arbha Anshu	Arbha Anshu	Arbha Anshu	2hr	Attended a first aid class taken by Arter Medicity	(Fr. Medisium Hall)	12
Arter Medicity						

LEARNING AND OUTCOME

On 10th of August, ~~we~~ I along with my friend cleaned the classrooms. It was very difficult cleaning the class room as there was no one to help us. My friend ~~is~~ borrowed the class room & I helped him by picking - the bench desk & bench up.

On of , Arter medicity had come to our college to ~~give~~ ^{take} a class regarding basic life savings tips. There were around 5-6 doctors available. They taught us how to give a CPR when someone becomes a victims of Cardiac arrest. It was a very useful class. This is helpful not only for me but also for others. This is very helpful for my life.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration	Weightage	Signature of the teacher/mentor	Signature of the class coordinator/mentor
13	11-01-2019 Shantinagar	Shantinagar cleaning	08:00 to 09:30	15%	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
14	15-01-19 College	Heatsest duty management	7:30 to 02:30	15%	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
15	16-01-19 College	Heatsest duty management	7:30 to 02:30	15%	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
16	17-01-19 College	Heatsest duty management	7:30 to 02:30	15%	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
17	18-01-19 College	Heatsest duty management	7:30 to 02:30	15%	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

LEARNING AND OUTCOME

11/01/2019

Shantinagar cleaning :- A Shantinagar cleaning was organized by Suchithra Bedhartha Rajuvaru where I took part in it. The cleaning took place for about 1 and a half hour. Earlier the place was very dirty but after our cleaning, the place became so neat & tidy.

21/06/2018

International yoga day.

The cadets of NCC Army Wing took part in the yoga which was organized by the college. The sessions were pretty organized & the cadets were found much active in it. Not only physically but also with mental harmony. There was a spiritual light in it.

SERVICE LEARNING RECORD

Signature of the class teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor	Signature of the teacher / coordinator / mentor
Abin Anjali	Abin Anjali	Abin Anjali	Abin Anjali	Abin Anjali	Abin Anjali	Abin Anjali	Abin Anjali	Abin Anjali	Abin Anjali
7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30
Actual duration + travel time	Actual duration + travel time	Actual duration + travel time	Actual duration + travel time	Actual duration + travel time	Actual duration + travel time	Actual duration + travel time	Actual duration + travel time	Actual duration + travel time	Actual duration + travel time
Weightage	Weightage	Weightage	Weightage	Weightage	Weightage	Weightage	Weightage	Weightage	Weightage
Brief description of activity	Brief description of activity	Brief description of activity	Brief description of activity	Brief description of activity	Brief description of activity	Brief description of activity	Brief description of activity	Brief description of activity	Brief description of activity
Date and location	Date and location	Date and location	Date and location	Date and location	Date and location	Date and location	Date and location	Date and location	Date and location
SL NO	SL NO	SL NO	SL NO	SL NO	SL NO	SL NO	SL NO	SL NO	SL NO
18	19	20	21	22	23	24	25	26	27
19-01-19	20-01-19	21-06-2018	24-11-2018	25-01-2019	26-01-2019	27-01-2019	28-01-2019	29-01-2019	30-01-2019
College	College	College	College	College	College	College	College	College	College
Heartfelt duty management	Heartfelt duty management	International Yoga day (NCC)	Old age home visit of Resumances (through NCC)	Heartfelt duty management	Heartfelt duty management	Heartfelt duty management	Heartfelt duty management	Heartfelt duty management	Heartfelt duty management

LEARNING AND OUTCOME

24-11-2018



Old age home visit

The SH NCC Army Wing had organized an old age home visit at Perummanoor. The cadets were found much active in it. The people of old age home were very happy after they saw us. We also gifted them in some kind.

15-20/01/2019

It was the day of Heartfelt and college exhibitions. On these days I was appointed as the overall senior of the all wings. The duty was a bit hectic to perform but somehow I managed to perform it. On some days, I even ~~was~~ had to stay upto 11:00 pm. But for me, duty is my happiness and I performed my duty without any fuss.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the teacher/ coordinator/ EO	Signature of the class teacher / mentor
200	18, 19 August Koonammur	Flood relief camp at Koonammur	08:30am to 04:30pm		

LEARNING AND OUTCOME

It was a very hectic task in managing the relief camp. The flood occurred on August 15th. It was a flood which affected thousands of people and which affected many houses. Many people lost their houses. The people were then carried to Alavara Darshan School, Koonammur. They were given food, dresses and a shower to live. I was given the charge of clothing. There was a sorting of dresses and distribution it to all the people of relief camp. It was a good experience and also a sorrowful moment while seeing tears in the eyes of the people.

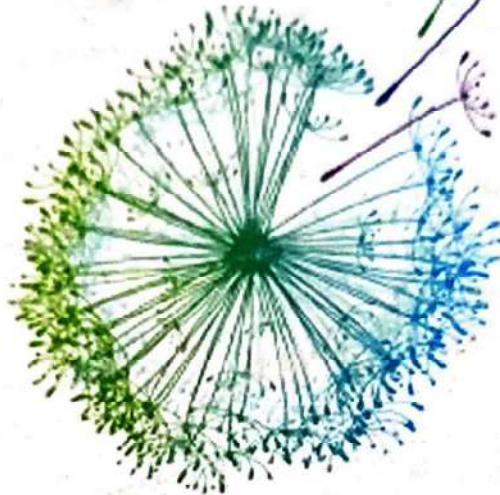


SH

SACRED
HEART
COLLEGE
Autonomous



Buy Local
Respect local culture
Protect heritage



2017
INTERNATIONAL YEAR
OF SUSTAINABLE TOURISM
FOR DEVELOPMENT

SERVICE LEARNING RECORD 2017-20

Name: AGNES JOHN

Programme: BSc. ZOOLOGY

Class No: 906

Save energy
Save water
Respect the
environment



LEARNING AND OUTCOME





HEAL ⇒ Healthan Extended Arm for Life

CSR ⇒ cooperate social responsibility.

rules:

- (1) should have 1000 crore turn over
- (2) Their asset should have 500 crore.
- (3) They should have 5 crore profit.

SERVICE LEARNING RECORD

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Weightage of the programme	Signature of the coordinator	S.D.O.
1.	21/9/2017 A8008	Out reach → organic farm visit	4 1/2 hr	5%		
2.	1/12/2017 South Station	NSS Workshop → awareness on AIDS	2	2		

LEARNING AND OUTCOME

Thaval Maram:

It was a good experience for me, which helped to spend out time with old people. Sharing the sorrows & happiness of life. And making them entertained with songs & dance.

(4) Visiting vasan eye care hospital was a good experience for me. There was a blind room in that hospital which was created by the members in the hospital in connection with world blind day. We students of SH college went into that room & we were able to realize the world of blind people. That day was an unforgettable one in my life.

SL NO	Date and location with address	Brief description of activity	Actual duration + travel time	Weightage	Signature of the programme coordinator	Signature of the S.D.O.
3	18/10/17 Thevara	Jesus youth programme: Thaval maram	1hr	1hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
4	12/10/17 Thevara	Visit vasan eye care for accusers programme on world Blind Day	1 1/2 hr	1 1/2 hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
5	25/9/17 South station	initiative of NSS volunteers for cleaning the surroundings of south railway station	1 1/2 hr	1 1/2 hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
6	9/12/17 chellanam	cleaning the ocular affected area in chellanam.	3hrs	3hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
7	14/10/17 Santhinagar	Santhinagar cleaning	3	3	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

SERVICE LEARNING RECORD

LEARNING AND OUTCOME

- (8) The initiative of NSS volunteers for making paper bag was a successful one. We made 100 paper bags and had a good time with my friends. We all enjoyed the work. It was a work of 3 weeks. We did it step by step with complete perfection.
- (9) We the NSS volunteers visited an orphanage in Thevara on 15/07. We had a good time there. We share many things with the old people there. They sing songs and danced with us. They enjoyed with us. and we gave them some gifts.
- (10) The most attractive area of our college is our lake view and it's our duty to maintain its cleanliness so, when I get a chance to it I did it. we picked up the gears and pick up plastic wastes. And also planted saplings of beautiful flowers in butterfly garden.

SERVICE LEARNING RECORD

Sl NO	Date and location with address	Brief description of activity	Actual duration + travel time	Weightage of the programme	Signature of the coordinator	Signature of the S.D.O.
8	5 days 13/07 to 18/07/20	paper bag making	8 hrs	8	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
9	Thevara 15/8/17	Orphanage home visit in Thevara.	3 hrs 30	3	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
10	SH college 12/8/17	cleaning butterfly garden and lake view ground.	3 hrs	3	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
11	SH college. 4/1/18	Rally conducted by zoology dept for the awareness of biodiversity conservation	1 hr	1	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
12	Thevara 6/10/17	Rally and flash mob conducted by NSS & Bhoomi for awareness on plastic.	2 hrs	2	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	Signature of the programme coordinator	Signature of the S.D.O.
13	3/1/18 SH college	cleaning at lake view ground.	1hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 014	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
14	11/1/18 Sattuvayal	Pathayattara	1hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
15	15/1/18 Bunakulam	Parative case programme Cruel hospital visit	1 1/2 hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
16	27/1/18 South. ekm	KSRTC daud evening	2 1/2 hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
17	1/2/18 Pachalam	SHAS → SHF programme at St. Thomas School Pachalam	3 hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

LEARNING AND OUTCOME

* We the students of zoology dept. went to the lake view for cleaning. we separated plastic waste & degradable waste in 2 separate baskets. we enjoyed that time which we spend with our classmate, by doing usefull work, which helped in maintaining the cleanliness of our campus. After cleaning Thomas sir gave us some informations about the varieties of butterflies and birds that we can see in lake view ground. Any way it was a good experience.

* Cruel hospital visit of the NSS volunteers of our college was a heart touching experience. When we reach there we saw many old people who are being neglected and left out from their homes by their children. It made us to think deep rooted into ourselves because tomorrow we will also reach that age. So, sharing time with that people and taking to them was made that day meaningful.

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	Weightage of the programme	Signature of the coordinator	Signature of the S.D.O.
18.	19/1/18 SH college	Common EVS class	1hr 1hr	1hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
19.	17/2/18 Thevara SH college	Nss fest - Naattavu Symposium	2hrs	2hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
20.	23/2/18 SH college	10C - Awareness class	1hr	1hr	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
21.	3/2/18 Makha's college	National Environment Summit at Makha's college	4hrs	4hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013
22.	8/2/18 SH college	Preparation work for Nss fest Naattavu	3hrs	3hrs	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013

AND OUTCOME

* Nss fest - Naattavu' was a platform for bringing up the tradition culture of Kerala. I feel proud to be a part of this programme. Through this programme the students of this generation was able to see and know about the traditional Kerala culture through exhibition, competitions and folk performances by professionals in padayam, mudiyatt, theeyam.

* National awareness seminar on environmental protection was a wonderful programme. ~~where~~ Through this programme, we gathered many new information and methods to protect our environment and in the seminar I got a chance to see the environmentalist Meekha pathar and also get a chance to hear her great word on the topic environmental protection.

SERVICE LEARNING RECORD

SLNO	Date and location with address	Brief description of activity	Actual duration + travel time	weightage	Signature of the programme coordinator	Signature of the S.D.O.
23	SH college	KURTC, public transport awareness class	1hr		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
24	Thevara.	KURTC bus cleaning	3hrs		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
26	15/8/2018 Shanthiyoga	oldage home visit	3hrs		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
27	30/9/2018 SH college	work for NSS state level camp "Gandhi Smelthi"	5hrs		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	
28	27/11/2018 SH college	cleaning vegetable garden at lakeview	1hr		Abin Ambily Student Development Officer Sacred Heart College (Autonomous) Thevara, Kochi-682 013	

63 HOURS

Abin Ambily
08/01/2020



LEARNING AND OUTCOME