

Criterion VII: Institutional Values and Best Practices

7.11 Institution celebrates / organizes national and international commemorative days, events and festivals

**ANNUAL REPORT OF ACTIVITIES ORGANISED BY INSTITUTION IN
CELEBRATING NATIONAL AND INTERNATIONAL COMMEMORATIVE DAYS,
EVENTS AND FESTIVALS.**

2018 - 2019

Environment Day Celebration (05.06.2018)

Environment day was celebrated on 05 June 2018 at Sacred Heart College by planting sapling in the college campus. The main focus of this celebration was about the need to protect the environment and to spread awareness to plant more trees and thereby make the surroundings green.



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Vaynaa Vaaram (National Reading Day - 19th June)

On 15 June 2018 National Reading Day was celebrated at Sacred Heart College. The significance of reading was stressed by the chief guest to make the students aware that reading improves concentration, ignite minds to think, develop language and writing skills. A book fair was also held, where varieties of books were displayed.





Yoga day (21-06-2018)

NSS unit together with NCC wing of Sacred Heart College celebrated National Yoga Day on Sacred Heart College. The special faculty for Yoga pointed out the significance of yoga to keep physically and mentally fit. Some effective asanas were taught to students.





National Statistics day (29-06-2018)

National Statistics Day is observed on June 29. The main aim of marking this day is to make statistics popular in an individual's daily life. Principal, Fr. Prasant Palakkappillil, addressed the students and pointed out the significance of Statistics. As part of this event, a posted exhibition was organized.





Independence Day Celebration (15-08-2018)

The NSS unit in association with the NCC wing celebrated Independence Day at Sacred Heart College on 15 August 2018. The Principal Fr. Prasant Palakkappillil was the chief guest and hoisted the national flag. Principal delivered the Independence Day message. Sweets were distributed to the students on the occasion.





Teachers' Day (05.09.2018)

Teacher's Day was very successfully organized by students on 05 September 2018. A meeting was arranged as part of this programme and small gifts was given to all faculty members as a token of love.





Ozone day 16.09.2017 by Bhoomitra sena

Ozone day was celebrated by Department of Environmental Studies in association with Bhoomithrasena club sponsored by Kerala State Council for Science Technology and Environment (KSCSTE). The ozone day is celebrated to raise awareness for the preservation of Ozone layer. The main theme of Ozone day celebration was “Keep cool ad carry on! The Montreal Protocol”. A seminar and poster exhibition was organized as part of this event.



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World Heart Day (29-09-2018)

World Heart Day was celebrated on 29 September 2018 at Sacred Heart College in association with the Department of Cardiology, Medical Trust Hospital to raise awareness about heart diseases and live a healthy life. As part of this event a basic checkup for morning walkers was conducted. As part of this programme Zumba dance, running race competition and a healthy diet exhibition were also conducted.





Gandhi Smrithi

NSS unit of Sacred Heart College organized a programme entitled “Gandhi Smrithi”. As part of the event poster exhibition and Khadi mela were conducted. Students sang favourite Bhajans of Mahatma Gandhi.





World Mental Health Day (10-10-2018)

World Mental Health Day was observed on 10 October 2018 at Sacred Heart College. The day was observed to raise awareness of mental health care and issues related to it. A talk was organized as part of this event to bring attention to mental illness.





Armed Forces Flag Day (07-12-2018)

Armed Forces Flag Day was celebrated at Sacred Heart College by NCC wing and NSS volunteers. This day was observed to honour Armed Forces who safeguard the honour of our country. Students collected funds to contribute towards the well-being of our nation's heroes.





Energy conservation Day (14-12-2018)

The Department of Physics in association with the NCC wing of Sacred Heart College observed Energy Conservation day on 14 December 2018. The day was celebrated to raise awareness of the importance of energy and to save it for future use. An awareness rally was organized to give awareness about energy conservation.





Road safety week (04-01-2019)

A Road safety awareness program was organized at Youth Red Cross Sacred Heart in collaboration with the Department of Traffic on 04 January 2019. The event was organized for both staff and students to bring out the significance of road safety. A poster exhibition was conducted to understand the fatal consequence of a road accident to the younger generation.





Republic Day (26-01-2019)

The NSS unit and NCC wing of Sacred Heart College celebrated the Republic day at Sacred Heart College. The day started with a parade by volunteers and they sang the national anthem. Around 50 volunteers participated in the event.





World Wetland Day (02.02.2019)

World Wetlands Day was celebrated on 2 February 2019 at Sacred Heart College. The event was organized by Bhoomithrasena club. The event was conducted to raise awareness for the conservation of wetland. The main theme of the day was "Wetlands and Climate Change". A seminar, Poster exhibition and Intercollegiate competitions were organized as part of this event.





Johnson X Palackappillil

Dr. Johnson X Palackappillil
Principal
Sacred Heart College (Autonomous)
Thevara, Kochi-682 013