

7.1.8 Describe the Institutional efforts /initiatives in providing an inclusive environment i.e. tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities.

### Institutional Initiatives

2015 – 2016

The college encourages students to participate in different inter-departmental programmes within the college, inter-collegiate events organized by other colleges, universities and other Government or non- government organization, to make them sensitize towards cultural, regional, linguistic, communal and socio economic diversities.

#### Name of the Programme: Holy Books Reading

#### Category of the programme: Communal diversity

The college conducts Holy Books Reading every year to maintain religious harmony among students. As part of 'Hrudayarambham,' the inaugural ceremony of the first year students, ***Bible, Holy Quran and Bhagavat Gita***, the three Holy books from Christianity, Islam and Hinduism respectively are read by the students from second and third year classes.



## Name of the Programme: REVITALISING KARKIDAKA KANJI

### Category of the programme: Cultural/ Regional diversity

The college prepares 'Karkidaka Kanji' in the month of Karkidakam (the last month in a year, according to the Malayalam calendar) to create awareness on the **traditions of Kerala**. Karkidakakanji is a traditional **Ayurvedic food** of the state prepared in the month of Karkidakam. It is prepared and distributed freely to the Heartian Community.





### Name of the Programme: AARDRA STEMCELL DONATION CAMPAIGN

#### Category of the programme: Socio-economic diversity

The programme was intended to educate people about the merits of *Stem cell donation* and to encourage the students to participate in the **donation** to **save the lives of millions of people**.



**Name of the Programme: CHAVARA SH BHAVANA PADHATI (House construction)**

**Category of the programme: Socio-economic diversity.**

CHAVARA SH BHAVANA PADHATI is a project by the College in association with its NSS unit. DAYA BAI formally launched the programme on August 4, 2015. The project is an initiative to introduce to the students different labours. It is an opportunity for the students to **experience** and understand various ordinary jobs in society. NSS is spearheading the project with support from staff, management and people of goodwill. Two houses are nearing completion under this project. About 100 volunteers participated in transporting construction materials.







**Name of the Programme: National Integration Camp of NCC**

**Category of the programme: Regional, linguistic and cultural diversity**

NCC in the college plays a vital role in promoting ***inclusive*** environment focussing on cultural, regional and socio-economic diversities among students. The students have wider opportunity to explore their talents and skills through these three organizations. NCC provides various local, national and international camps for their cadets to explore these **diversities**. The Activities are presentations on history, geography, economy, good practices, **cultural heritage, festivals, customs & traditions** of the states. Learning the language of other states and interacting in those languages is one of the highlights of national integration camps. In addition, learning resources about cuisine and food habits, tourist sites and cultural programmes of the states were shared extensively.





**Name of the Programme: Hospital Visit**

**Category of the programme: Socio-economic diversity**

The programme was started in 2015 by the College Jesus Youth in association with General Hospital, Ernakulam. A group of 12 students visit the ***Destitute ward, Isolation ward and the cancer ward of General Hospital, Ernakulam*** every Saturday. The group is further divided into smaller groups of 3 or 4 to manage duties in kitchen, isolation ward and cancer

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ward. They exchange their duties after one and a half hours so that everyone gets access to all the wards. The students involve **in serving and feeding the patients**, chatting with them, **listening** to them and entertaining them. The hospital visit provides the students a fresh **perspective of life** and makes them count the blessings they have in their lives.









### **Name of the Programme: Old age Home visit**

### **Category of the programme: Socio-economic diversity**

*Harmony with Senior citizen:* The college organizes Old Age Home visits every year, which is a platform for students to experience various life lessons from the senior citizen of the country. Students of the college, under the initiative of various departments and clubs visit the Govt. Old Age Home Thevara, Palluruthy orphanage, Bethdayda orphanage, Konthuruthy, and SD Orphanage Perumanoor (an orphanage in the neighbourhood of the college). The students spend time with the inmates and organize various programmes to entertain them. They understand the problems faced by the elderly people and realize their love and affection. The aim of this visit is to sensitize students about various socio-economic aspects of life.



## Name of the Programme: Daya Food collection

## Category of the programme: Socio-economic diversity

The Department of Sociology under the banner of it's programme 'Daya,' collects food packets and distributes it among the needy people in Kochi city. The programme which is held every Tuesday, follow the motto- 'fast a meal, feast a friend.' The prime motive of this initiative is to sensitize students about the socio-economic diversities through food collection and distribution.









**Name of the Programme: Annual Cultural Fest Heartifest**

**Category of the programme: Cultural and regional diversity**

The college organises annual cultural meet every year in the beginning of new-year to promote **cultural harmony** among students and staff. The event showcases various traditional and classical arts of different states of the country, performed by the students.









## Name of the Programme: Age Friendly Campus

### Category of the programme: Sensitising old generation (other diversity)

Age Friendly programme is based on the concept of University of Third Age United Nations of WHO. The college was declared the First **Age Friendly Campus** in March, 2016. Age Friendly is an initiative of Sacred Heart College that aims at providing free education to **Senior Citizens**. The programme is to equip senior citizens to live independently and strengthen their mental health, so that they can participate actively in various social activities. Making senior citizens a part of the college has helped them connect with the young generation. They engage with the students in various activities which reduces their **isolation** and **dependency**. The college offers the same privileges to senior students as that of the normal students of the college. Age Friendly students (senior citizens) getting education under this initiative are exposed to the real college atmosphere. They get exposure to all the activities of the college. A **one-to-one learning system** takes place in every classroom, where, an Age Friendly Volunteer teaches every Age Friendly student.' Apart from it, a main student teacher is designated for mentoring them throughout the course. The highlight of the programme is it's **inter-generational nature**. Teaching and knowledge- sharing between different generations is given utmost importance. Rather than a student- teacher relationship, a **homely atmosphere** is created between the students and the volunteers.









**Name of the Programme: Celebration of Onam- the Cultural Festival of Kerala**

**Category of the programme: Communal and cultural diversity**

Onam is the annual harvest festival of the State. Though its origins are often attributed to Hindu Mythology, Onam is celebrated as the cultural festival of the state, irrespective of the religious barriers. Students and staff of the college celebrate Onam every year with great enthusiasm. Various cultural programmes, games and Onasadya (the traditional feast of Kerala) are organized by the different departments and the college union to maintain harmony among students from various communities.









## **Name of the Programme: Celebration of Christmas**

### **Category of the programme: Communal and cultural diversity**

Christmas is celebrated as a religious and cultural festival in the world. The college celebrates Christmas season inculcating values to the students like loving everyone, caring the needy and sharing of gifts with family and friends. The various departments of the College and the College Union organise different programmes for staff and students like cutting cake, carol singing competition and crib making competition.









**Criterion VII: Institutional Values and Best Practices**

**Name of the Programme: Water in Kerala: Art, Performance, Science (WK)**

**Category of the programme: Regional, Linguistic and cultural diversity**

An international arts training, outreach, and mini-festival program was organized in association with the Dance club of Sacred Heart College. It was an **international immersion** programme coordinated by Director Dr. KanthaKochaar from **Hong Kong**. The prime motive of the programme was to ensure cultural integration among students.

