

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

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**

**2017 - 2018**

Students were encouraged to participate in different programmes organised by college, inter college, university and other Government or non- government organizations to make them sensitize towards cultural, regional, linguistic, communal socio economic diversities.

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

**Category of the programme: Communal diversity**

To ensure the religious harmony among students, the college organizes Holy Books Reading every year. As part of Hrudyarambham inaugural ceremony of first year students, ***Bible, Holy Quran, and Bhagavat Gita*** the three Holy books from Christianity, Muslim, and Hinduism respectively read by students from Second and third year.



**Name of the Programme: L' aurore French intercollegiate Fest****Category of the programme: Linguistic diversity**

College ensures linguistic diversity by conducting various programmes related to additional languages. Students get exposure to such diversities by organising these programmes. The department of French organized L' aurore 2018, an intercollegiate fest on 17/02/2018. Prior to the fest, Emmanuel Samson, Attache for cooperation in French language had visited the college and had an interactive session with the students on the possibilities of higher studies in France. Various competitions were held as part of this fest.



## Name of the Programme: Nattarivu Symposium

### Category of the programme: Regional and cultural diversity

NATTARIVU was a state level fest organized by the NSS unit of Sacred Heart College, Thevara in association with the Kerala Folklore Academy from 15<sup>th</sup> February 2018 to 17<sup>th</sup> February 2018. The fest intends to enlighten the growing youth about the lost cultural art forms of Kerala. The fest included various exhibitions, symposium, competitions and the presentation of various art forms. Kerala state is famous for its **traditional** arts form worldwide like kalari, Nudiyettu, Theyyam, Thullal etc. the demonstration of these forms to students community makes them awareness about the **cultural practices** of ancient times. Nattarivu helped the students to sensitize about various **cultural diversities** in the state



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## Name of the Programme: CORNUCOPIA EXHIBITION

### Category of the programme: Bio- diversity

The Department of Botany conducted Cornucopia exhibition, by displaying variety of **indigenous herbs and plants** and by distributing saplings for promoting grow **green policy** of our college. The exhibition cum sale of different products such as processed food items, ornamental and medicinal plants, vegetable seedlings, mushrooms, chocolate products, vermicompost, bonsai, organic products, artificial flowers, greeting cards etc. were arranged on college portico and near the cafeteria.



## **Name of the Programme: SHANTHINAGAR BEAUTIFICATION**

### **Category of the programme: Harmony with nature (other Diversity)**

The Students of Sacred Heart College had a cleaning and planting programme at Shantinagar area at Thevara to transform the place to a beautiful garden. After cleaning and clearing the area of waste, the volunteers planted trees and flowering plants. The landscape was curated suiting the topography so that the place would become an attractive garden from a waste dumping area. The initiative was undertaken as part of the SWATCH BHARATH MISSION



### Name of the Programme: PADDY CULTIVATION

#### Category of the programme: Harmony with nature (other Diversity)

Heartians participated in the paddy cultivation activities at Arayankavu at the farm land owned by the college. Principal of the college and farmers from nearby places guided the volunteers to do the farming. The volunteers had undertaken the entire gamut of activities associated with paddy farming at different plots right from the preparation of field, planting, plucking out weeds etc. These activities will ensure the ***nature harmony*** among students. They get an exposure to ***agricultural*** activities with the guidance of local farmers.



## Name of the Programme: OBSERVANCE OF BLIND DAY

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

On World Blind Day, the volunteers conducted an awareness programme in association with Vasan Eye Care hospital, Ernakulam. A rally was conducted propagating the importance of eye donation. The day witnessed many of the volunteers signing the declaration for eye donation. A blind room was created wherein a student entering the blind room would be literally blind due to the darkness of the room. The staff for guidance helped the students to touch and feel the substances which were kept on the table in that room. The students were not able to identify most of it. It provided the students to realize the importance of eyesight.



The students of SH College, Thevara, conduct a blind walk for creating awareness on eye donation, in Kochi on Wednesday.

SUNOJ NINAN MATHEW

**Name of the Programme: KALA SEKHARANAM, KALA ORUKKAL AND KALASADHYA**

**Category of the programme: Bio- Diversity (Other diversity)**

As a part of the Jaivam project NSS decided to collect 'Kalas' for preparing the 'Kala Sadhya'. These 'Kalas' or weeds have a vital role in maintaining human health and preventing the occurrence of many diseases. The Volunteers collected 'Kalas' from the surroundings with the help and guidance of scientist Dr. E. SajeevKumar. It was a thrilling experience for all the volunteers as they explored every nook and corner of the surroundings, identified different categories of 'Kalas' and gathered them.



**Name of the Programme: FLORAL CARPET WITH LOCAL FLOWERS AND PLANTS**

**Category of the programme: Bio- Diversity (Other diversity)**

The students collected different varieties of flowers and leaves that are *indigenous*, from the premises of the campus site and made 'Onapookalam'. Pookkalam competition was judged by external judges.



**Name of the Programme: WORKSHOP ON PRAKRITHI JEEVANAM**

**Category of the programme: Bio- Diversity (Other diversity)**

K. M. Hilal the famous natural farming proponent conducted a session on natural farming. He is a passionate zero-budget natural farmer who encourages new breed entrepreneurs to pursue agriculture. "Farming has to be a full-time job to succeed", said Hilal. He distinguished natural farming from organic farming. Natural farming is the eco-friendly technique that was practiced in Kerala using only natural manure like green leaves, cow dung etc. The interactive session was vibrant with many questions raised by the curious minds. It was an ideal beginning to the '*Jaivam*' project of NSS.



**Name of the Programme: WORKSHOP ON FOLK SONG**

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

Folk music has been sung by the country men to ease their workload. After a day of hectic activity, a '*NaadanPaattuKalari*' was organized for the NSS volunteers. Dr. Eby T. G. of the Department of Chemistry, Sacred Heart College, Thevara led the team. It was a stress relieving session for the students



## Name of the Programme: INDEPENDENCE DAY CELEBRATIONS

Category of the programme: Regional and cultural diversity, national integration

NSS volunteers visited the old age home at Thevara and celebrated Independence Day with them with a variety of cultural programmes. The celebration of Independence Day in an old age home ensures the harmony of *diversity of age group*.



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**Name of the Programme: HIROSHIMA DAY**

**Category of the programme: Regional and Socioeconomic diversity**

Remembering Hiroshima Day, the NSS unit organized a **“SAY NO TO WAR”** campaign at the college. As part of this programme volunteers conducted tableau, skit, exhibition and a candle light procession. **Solidarity** with victims of Hiroshima makes the students community to sensitize with the different **social issues** the world.



**Name of the Programme: TREE DAY**

**Category of the programme: Bio- diversity**

Department of Environment Studies observed National Tree Day on 01<sup>st</sup> August 2017. As part of this programme a poster exhibition was conducted. Students from different departments participated in the event.



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**Name of the Programme: CAMP FOR MIGRANT LABOURERS**

**Category of the programme: Socioeconomic Diversity**

The participation of students as Volunteers for Migrant labour camp makes the students to understand the life of migrants in the community. NSS volunteers associated with District administration for the conduct of the camp addressing Migrant labour issues at Perumbavoor. 15 NSS volunteers who are good at handling different languages including

Hindi, Panjabi, Tamil, Bengali, English and Malayalam have been involved in the day long camp led by the District Collector. This programme will ensure the sensitization of different groups in a community.



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**Name of the Programme: Fruitipedia**

**Category of the programme: Harmony with Diversity of Fruits (Other diversity)**

An exhibition was conducted with the support of Dept of Botany called, Fruitipedia on 12<sup>th</sup> July 2017. **Organic fruits** cultivated by the students were displayed in the exhibition. The aim of this programme was to make sensitize the students with the **diversities of fruits** in Kerala. Students get knowledge about varieties of Fruits in the local place.



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**Name of the Programme: Sensitizing with traditional exercise Yoga**

**Category of the programme: Other Diversity (Spiritual Diversity 21/06/2017)**

A 70 year old yoga wonder, Girija B Nair led the Yoga Day activities. Through illuminative experiential sharing and demonstration of various postures, Girija B Nair guided the students through the yogic experience of peace and harmony. The College provides an environment that facilitates the **holistic** development of the students by ensuring **spiritual awareness** by various programmes. Yoga Day was observed in the college by the NSS along

with the three NCC wings of the College under the guidance of the yoga guru we had a yoga training session early in the morning. Head of the institution, students and teachers have also participated for the same. Different creative posters made by the volunteers were exhibited in the college portico to spread the importance of yoga in day to day.





**Name of the Programme: Age Friendly programme**

**Category of the programme: Sensitising old generation (Other Diversity)**

The main attraction of these classes is that it is the student teachers who are taking classes for the elders. They will be given basic education on how to use a computer or a laptop, how to browse on the internet, how to use modern technologies like Facebook and Skype. Another uniqueness of this program is that everything including the syllabus for the classes is set by the volunteers.



**Name of the Programme: Celebration of Kerala Cultural festival Onam.**

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

Onam is the annual harvest festival of the State. Though its origins are often attributed aspects in Hindu Mythology, Onam is celebrated as a cultural festival for all communities. Students and staff of the college celebrate Onam every year with enthusiasm. Departments and college union organises different games, performances and food feast called 'Sadhya' to celebrate Onam which ensure unity among students from various communities.



### 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 an inclusive environment towards cultural, regional and socioeconomic diversities among students. The students have a 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, tourism sites and cultural programmes of the states were shared extensively.



**Name of the Programme: Hospital Visit**

**Category of the programme: Socioeconomic diversity**

The program started by the initiative of College Jesus Youth in association with General Hospital. A group of 12 students visit the ***Destitute ward, Isolation ward and cancer ward of General Hospital Ernakulum*** every Saturday. The group is further divided into smaller groups of 3 or 4 and are assigned duties at kitchen, isolation ward or cancer ward. They switch their duties after about one and a half hours so that everyone gets a chance to help out in all the wards. The students engage in **serving and feeding the patients**, chatting with them, **listening** to them and entertaining them. The hospital visit gives the students a fresh **perspective of life** and makes them count the blessings they receive in their lives.

