2



Criterion VII: Institutional Values and Best Practices

Preamble in Curriculum

7.1.9 Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizen.

2016 - 17

Being a citizen of India, we must follow the *duties* and *responsibilities* mentioned in the *constitution*. The institution has taken various initiatives to sensitize the staff and students towards *constitutional obligations*. The mission statement of the College itself insists that the College must provide an environment that enables the students to play a vital role in the *nation-building process* and contribute to the progress of humanity. This thrust on the constitutional values and principles are found in the curricular and extracurricular activities of the College.

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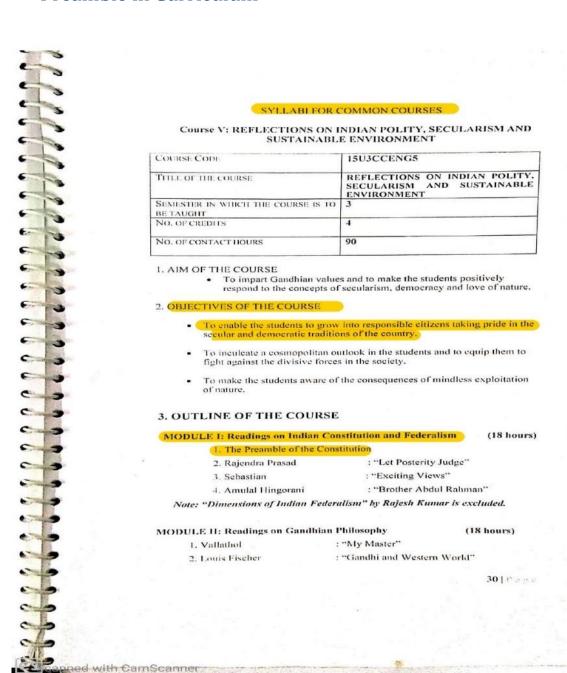
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Activity 17:Solidarity with Hiroshima Day	
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Activity 19: Beach Cleaning at Fort Kochi	
Activity 20: EDUCARE: Remedial Class for School Children	

Preamble in Curriculum



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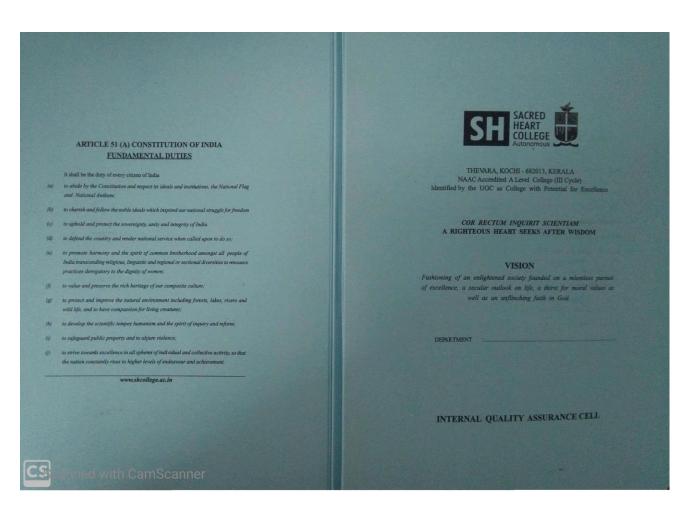
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Display of Fundamental duties

As a good and responsible citizen, one must be aware of the fundamental rights and duties. The College ensures that it displays the *fundamental duties* mentioned in the Article 51A under Part IV-A of the India Constitution on the *official files, Service Learning record of students and Teacher's Diary*, in order to sensitize the staff and students to the constitutional obligations.

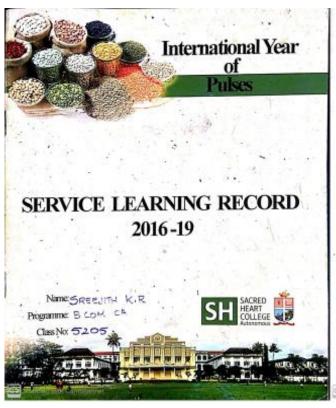
1. Paper File - Display of Fundamental duties



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2. Service Learning Record Book 2016 -Display of Fundamental duties



FUNDAMENTAL DUTIES. Constitution of IndiaPART IVA – 51 A IT SHALL BE THE DUTY OF EVERY CITIZEN OF INDIA

- A To abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- B To cherish and follow the noble ideals which inspired our national struggle for freedom;
- C To uphold and protect the sovereignty, unity and integrity of India;
- D To defend the country and render national service when called upon to do so:
- g To promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- F To value and preserve the rich heritage of our composite culture;
- G To protect and improve the natural environment including forests, lakes, rivers and wild life, and to have compassion for living creatures;
- H To develop the scientific temper, humanism and the spirit of inquiry and reform:
- To safeguard public property and to abjure violence;
- J To strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- K [who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years]

(lins. by the Constitution (Forty-second Amendment) Act, 1976, s. 11 (w.e.f. 3-1-1977).

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Quotes

"Let there be no day in your life in which you did no good to others".

Saint Kuriakose Chavara (Co-Founder, CMI)

"Let us not grow weary of doing good, for in due season we will reap, if we do not give up."

St. Paul in Holy Bible

"The best way to find yourself is to lose yourself in the service of others".

M.K. Gandhi.

"I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man /woman whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him/her. Will he [she] gain anything by it? Will-it restore him /her to a control over his/her own life and destiny? In other words, will it lead to swaraj (freedom) for the hungry and spiritually starving millions?

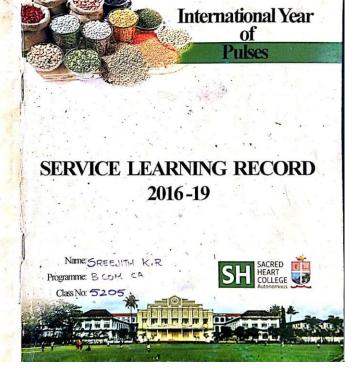
Then you will find your doubts and yourself melt away."
(One of the last notes left behind by Gandhi in 1948, expressing his deepest social thought.)

"Look at the sky. We are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work".

A.P.JAbdul Kalam.

"Paropakaraya Punyaya, Papaya Parapeedanam"

Sage Vyasa





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Activity 1: Celebration of Independence Day

The Independence Day of the country marks its *freedom* from the British that chained the country for long. The celebration of this day makes each *citizen* harmonize with the diversities of the religious, cultural and traditional aspects of our country and engender respect for the National *Flag* and National *Anthem* as *fundamental duty*. The staff and students participate on this special occasion to promote a spirit of *patriotism* and uphold the *unity* of the nation.



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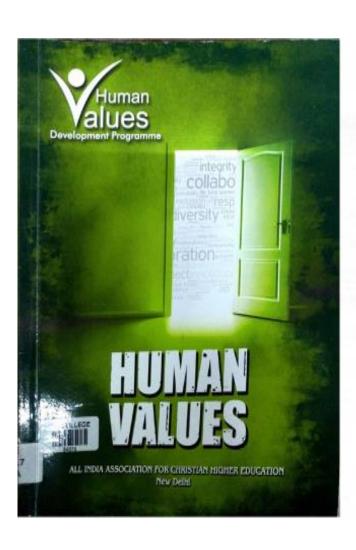


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Activity 2: Holistic Education

Holistic education is conducted at Sacred Heart College on a regular basis. This helps to develop awareness about the harmful consequences of difficult crises and behavior. It also enables them to express their own values, freedom of speech, take right decisions on problematic issues.



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Activity3: Seminar on Anti-Corruption

A seminar was conducted on the topic "Anti-Corruption" on 27th November 2016 by NSS unit of Sacred Heart College. The seminar was organized in association with the National Human Rights Commission. This was useful in sensitizing the students and making them aware about the different aspects of the constitution so that they can understand the complexity of social issues existing in our country.





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Activity 4: Debate on "Indian Democracy Success or Failure."

The Department of Sociology conducted a debate competition on "Indian Democracy- Success or Failure". The skill of public speaking, listening, confidence building, and critical thinking can be developed through this debate. The debate competition will help to express the freedom of speech.







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Activity 5: In memory of Missile Man

One year after the passing away of Dr. APJ Abdul Kalam, the N.S.S volunteers of S.H College commemorated his achievements along with his contributions to mother India. A street play was conducted by the volunteers regarding the early life of A.P.J and his rise as the greatest scientist in the world.





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Activity 6: Periyar River Protection Campaign

It is the *fundamental duty* of each citizen of India, *to safeguard* the *natural resources* and *protect the environment*. In connection with the "Save Periyar, Save Life" campaign the NSS unit managed to host a photo exhibition in College portico on 12 August 2016. The photos revealed the real picture of what is actually happening to the river Periyar.



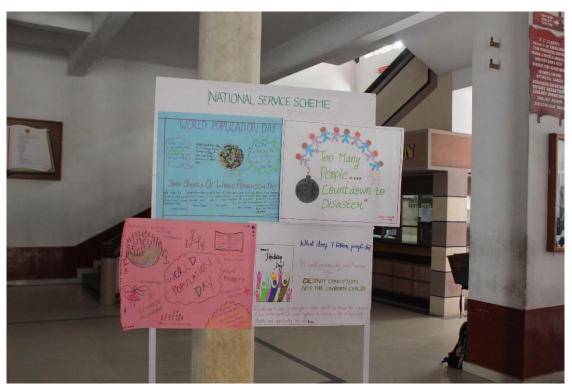


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Activity 7: Observance of World Population Day

We need to control and stabilize the *population*. In connection with this, it was the Governing Council of the *United Nations Development Programme* that recommended 11th July is observed as World Population day. This year's theme was 'investing in teenage girls'. N.S.S unit displayed charts and placards in front of the college to bring attention of the community and the authority on the enormous difficulties faced by teenage girls in our nation and around the world.







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Activity 8: Observance of Anti-Drug Day

NSS Unit of Scared Heart college organized a 'poster exhibition contest' on Anti-Drug Day. The creativity of the students was greatly exhibited and also it helped to spread awareness about the consequences of drugs in our society and health. An open forum was conducted on the topic "Alcohol Ban", where students were free to express their views. Around twenty students came forward with their opinions.







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Activity 9: Debate on Social issues

Article 19(1) (a) of the Constitution of India states that, all citizens shall have the *right to freedom of speech and expression*. In order to facilitate the students to express their thoughts and speech the College moderates different programmes like public speaking, debate as part of club initiatives by *Speakers forum* (club) of the college. By participating in such programmes, students can enrich the public speaking skills, awareness on social issues and explore an open space for *expressing their ideas*.





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Activity 10: Indian Navy Day

Navy Day in India is celebrated on 4 December to commemorate the attack on the Karachi Harbour during Indo-Pak War in1971 and to recognize the achievements and role of the Indian Navy to the country. NCC- Navy (7 Kerala Navel Unit NCC) SH unit celebrate this special occasion to promote a spirit of *patriotism* and uphold the *unity* of our Nation.





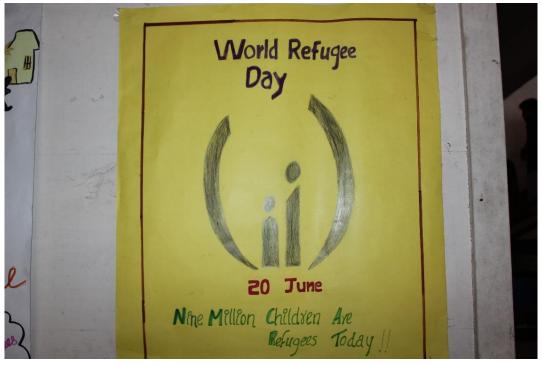
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Activity 11: Refugee Day

World Refugee Day, international observance observed June 20 each year, is dedicated to raising awareness of the situation of refugees throughout the world. It is commemorated to honor all refugees, raise awareness and solicit support. Individuals and community groups are encouraged to mark the day by attending a local World Refugee Day event, watching and sharing World Refugee Day videos, and raising awareness for refugees on social media.







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Activity 12: Sapling Distributio

As part of Suchitwa Bodhana Yajnam, Bhoomitrasena Club distributed tree saplings to the public for the promotion and awareness of a greener earth. It is the *fundamental duty* of the citizens of India, to *protect the nature* we live in.





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Activity 13: Periyar River Conservation

Right to a healthy environment is an important attribute of the right to live with human dignity. It is the duty of every citizen of India to protect and improve the natural environment. A 'Master Plan' for the Protection of river Periyar was introduced in a programme held in College on 11th August 2016. This was followed by a boating session through Periyar- from Marine Drive to Eloor, arranged for the students as well as the guests.





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Activity 14: Seminar on River Protection

It is important to educate each citizen about the need to protect the environment and conserve the resources. An orientation was given to the students on the different problems affecting the purity of river Periyar. Students were divided into different groups and were assigned with different tasks like online promotion, poster designing etc.



Activity 15: Learning and Training on Environment

As per the Directives that are enlisted in the constitution in Part IV, Directives principles of state policy, it is clearly mandated that the duty of the state as well as the citizen is to *protect* and safeguard the natural resources. In connection with World Population Day observation, a talk on "Population and its effect on Environment" was conducted on 16 July 2016. Mrs. CHETHANA V, research scholar from the Department of Botany presented the topic. Almost 100 students were divided into ten groups and each group discussed various aspects of the topic and did a 10 min presentation per group. Finally the pledge was taken by both volunteers and the teachers.



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Activity 16: Army Day (January 15th)

Every year Army Day is celebrated on January 15th as it is on this historic day that General KM Cariappa became the first Indian to take charge of the Indian Army in 1949. The NCC Army unit celebrate this day with several programmes. The staff and students have participated in this special occasion to promote a spirit of *patriotism* and uphold the *unity* of our Nation.





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Activity 17: Solidarity with Hiroshima Day

Remembering Hiroshima Day, the College union organized a **solidarity**" campaign at the college to spread the message of peace in society. It is important to live in harmony and peacefully. As part of this programme volunteers conducted tableau, skit, exhibition and a candle light procession.



Activity 18: Awareness on Traffic rules

The College organises various awareness programmes on *policies and laws* with respect to general aspects like Traffic rules to ensure the knowledge related to this among students. Road safety awareness week was conducted in association with college student body.



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Activity 19: Beach Cleaning at Fort Kochi

Students of SACRED HEART COLLEGE did an excellent teamwork to clean the Fort Kochi beach from the menace of waste and make it attractive for the tourists. With this initiative, the NSS unit has become part of the Clean Kochi programme. These activities ensured that the staff and students of the College were part of the national building process. It is the duty of each citizen to *safeguard* the public property, the college as initiated several programmes like Cleanliness drive in *public places* and maintenance of *public property*.







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Activity 20: EDUCARE: Remedial Class for School Children

It is an outreach programme of the college conducted by Jesus Youth volunteers to support the weak students of the nearby school. Students from the college give tuition for 75 students in the high school and UP school every day from 3.45 to 5.15 pm. A team of 80 students from various departments have actively involved in this venture. Students who were not promoted to 10^{th} standard were given special training and they cleared their 10^{th} Grade in flying colours.





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