

## HEAL- Heartian Extended Arm for Life

### Continues Programmes

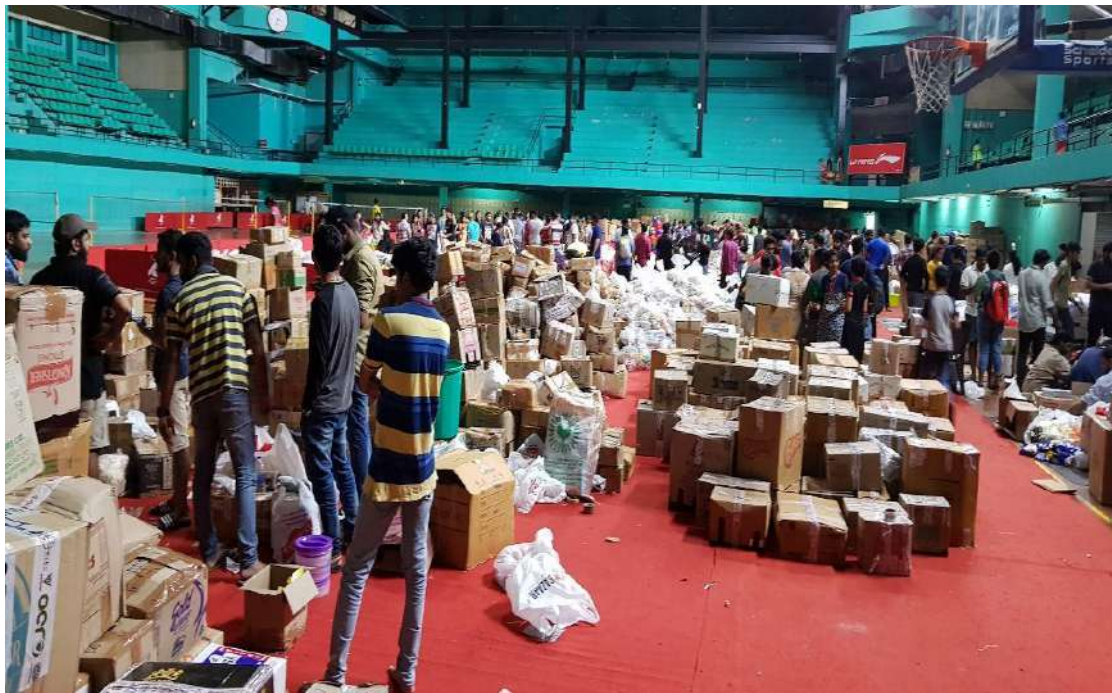
2014-2019

A platform called HEAL (Heartian Extended Arm for Life) is created for extending the teaching learning process into everyday life and communities around. A trained social worker is made in-charge as Student Development Officer (SDO) to identify avenues for departments and students to extend their learning to real life situation, and lend service to the campus or community. The office of SDO functions for the overall development of the students especially from the angle of promoting service orientation and community engagement among the students. The one credit compulsory ***students service learning*** course constitutes the academic component of HEAL. The programme is meticulously guided and monitored by the SDO. The SDO office liaises with various communities, local self-government institutions and prepares projects and programmes for meaningful community engagement of the campus.



1. **Campus Cleaning:** Sacred Heart College has been taking efforts to orient the students into environmentally responsible citizens. The Campus Cleaning Drive has been in place for the past five years, where one class is given the responsibility of cleaning the

campus every Monday, ensuring the participation of each student in keeping the campus clean.



2. **Anbodu Kochi:** During the 2018 floods, the faculty and students of Sacred Heart College organized a flood relief programme for several days in association with 'Anbodu Kochi'. The college functioned as a collection centre, arranged logistics and brought the collected items to the relief camps as well as in areas in need. This seven day mission was from 18<sup>th</sup> August 2018 to 27 August 2018.





3. **Flood relief Programme:** Sacred Heart College, Thevara functioned on its own as a collection centre during the flood. The resources were gathered from faculty, students and the general public. The collected items were sorted into survival kits and despatched to the relief centres and to those in need. The active efforts and selfless help from the students and faculty made the event even more worthwhile in creating a bond within the academic community.



4. **Blood Donation Camp:** Sacred Heart College celebrated the World Blood Donation day quite literally by organizing a blood donation drive in association with Indian Medical Association on 3<sup>rd</sup> August 2018, where close to 50 students and faculty joined in and donated blood.



**5. Challenge Cancer:** On 24<sup>th</sup> June 2018, Sacred Heart College in association with the popular media house, Asianet, organized a cancer awareness programme named 'Challenge Cancer'. It was started with a cancer awareness cycle rally including students and faculty members. It was followed by an awareness session which was open to public and had 200 participants. The members of the cycle rally were felicitated during the valedictory function.





**6. World Heart Day Celebration:** On 29<sup>th</sup> September 2018, the college celebrated World Heart Day, in association with the cardiology department of Medical Trust Hospital Ernakulum. The event was flagged off with a run challenge by the students. It was followed by a session on how to maintain cardiac health by Dr Arun, a cardiologist from Medical Trust Hospital, especially with respect to life style changes. Exhibition arranged.



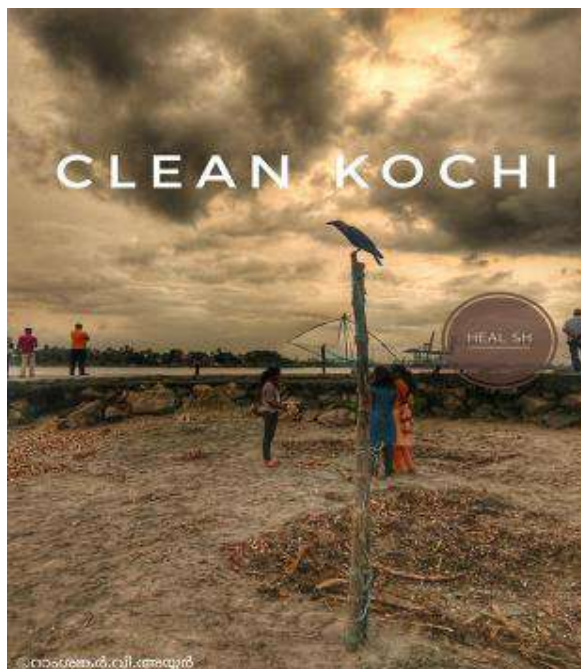
**7. World Mental Health Day:** Sacred Heart College celebrated World Mental Health Day by organizing a Mental Health Awareness class for the students and faculty on 10<sup>th</sup> August 2018. The awareness talk was attended by 120 student participants.



**8. Samvidhan Samman Yathra:** As the future of the nation, the students should know about the constitution of our great nation and also learn it in detail. Samvidhan Samman Yathra, organized by National Alliance of Peoples Movement, a group of young social activists aims at protecting the constitution of the country by handing it over to the young minds. They



visited the college and spoke to select delegates from college about the ideals of Democracy, Secularism, Diversity, Equity and Justice that the Constitution upholds.



**9. Fort Kochi Beach Cleaning:** For the past three years, students from Sacred Heart College Thevara, has undertaken the task of helping to clean the Fort Kochi beach. Every Saturday thirty students visit the beach and join in the efforts to clean up this public space. We believe that this is another meaningful way of passing on to the future a culture of maintaining public spaces.



**10. Road Safety Week:** The College celebrated Road Safety week on the first week of January 2019, and on 4<sup>th</sup> Jan 2019, inspectors from Motor Vehicle Department, Kerala addressed 600 students. They talked candidly to the students about road safety, the need for responsible driving and the repercussions of irresponsible driving.



**11. Cycle Rally for responsible environmental protection:** To raise public consciousness about responsible consumption of resources and the need to reduce plastic consumption, 16 students rallied on their cycles in the nearby areas of Thevara, Konthuruthy and Perumanur on 21st November 2018.





**12. Eye Camp:** An Eye Camp was organized by the Student Development Office for the students and public on 26<sup>th</sup> November 2018. This camp with 50 external participants was organized to create health consciousness among the student community.



**13. Energy Conservation Programme:** On 18<sup>th</sup> December 2018, the college organized a talk for the public on the topic 'Responsible and Energy Efficient Use of electricity'. 70 participants attended this event organized by the student volunteers under the guidance of Student Development Office.



**14. Arayankavu Paddy Cultivation:** For the past five years the students actively participate in the organic paddy cultivation at Arayankavu in the months from November to February. They at least visit Arayankavu 20 times every year to participate in this great initiative. They are involved in the whole process of cultivation starting from preparing and getting the field ready, till harvest, processing and the sales of the organic produce.





**15. Zumba Dance for the Elderly:** In association with Magics NGO, the Age-Friendly club organized a Zumba dance fitness training session for the public on 1<sup>st</sup> February 2018. This was done by keeping in mind the need to spread awareness regarding active aging and the need to exercise.



**16. New Year Celebration for the elderly:** The Age Friendly Club in association with Magics NGO, organized a celebration for the Age Friendly club members of the public on the eve of New Year at Puthuvype Beach. 50 elderly men and women joined the celebration, had dinner together with the students and welcomed the New Year with gusto.





**17. 'Say No to Plastic' Campaign:** On 15<sup>th</sup> September 2017, the students organized and participated in a rally, from Thevara Junction to the college. The event was flagged off with a flash mob by the students. The rally also saw the students doing door to door campaigning in the retail shops, spreading awareness and consciousness regarding the negative impact of plastics.



**18. Aluva Manappuram Cleaning:** As a part of their weekly cleaning drive, 50 student volunteers went to the Aluva Manappuram to collect and separate plastic, food and paper waste. This helped the process of clearing and disposing off the waste easier.



**19. World Environment Day 2017:** On 5<sup>th</sup> June 2017, the principal addressed the faculty and students, orienting and encouraging them to work towards an year of responsible consumption of resources. The Principal symbolically planted a sapling in the campus near the Lake View.





**20. Medical Camp:** On 30<sup>th</sup> April 2017, a community medical camp was organized by the students of Sacred Heart College in collaboration with the Kerala Social Security Mission. The residents of the Konthuruthy Corporation ward benefitted from this initiative. The Medical Camp was a huge success with over 70 participants.



**21. Organ Donation Consensus Campaign:** On 16<sup>th</sup> December 2016 the college organized an organ donation awareness camp which was attended by over 200 participants. The event was

inaugurated by the then Transport Minister Sri. A. K. Sasheendran. The participants gave their consensus by signing the organ donation petition.



**22. Personality Development Class:** Fr. Sabu Thomas, Assistant Professor, Department of English, conducted a personality development class for the students on 8<sup>th</sup> December 2016. The select 120 participants gave a stellar response to the session.





**23. World Ocean Day:** In connection with the World Ocean Day the college organized a common forum to spread awareness regarding the littering of water bodies. 30 student volunteers participated in the Lake View Cleaning Drive on the day.



**24. Soil Exhibition:** On 5<sup>th</sup> December 2015, the college celebrated World Soil Day by setting up a soil exhibition in the portico. The event was open to public and many came in for the informative and visually appealing exhibition.



**25. Paper Bag Making Workshop:** On December 1, 2015, the students were given hands on training in paper bag making, to spread the message of plastic free living in association with District Suchithwa mission. 20 students and an almost equal number of volunteers participated in the same.





**26. Age Friendly Sports Day:** On 11<sup>th</sup> December 2018, the Age Friendly club in association with MAGICS NGO organized an Age Friendly Sports Day for men and women above the age of 50. The 210 participants were divided into different categories and contested in 25 events. The aim was to spread awareness about active and graceful ageing.



**27. Blind Football:** On 10<sup>th</sup> December 2018, the college hosted Blind Football tournament in association with the Blind Football Federation. This was aimed at making people sensitive to the differences.



**28. Service Learning Camp at Thenmala:** 35 students of Sacred Heart College Thevara, in association with the Forest Department of Kerala, organized a Service Learning Camp at Thenmala on 13<sup>th</sup> January 2018. The students went on a cleaning drive in the eco-tourism zone, conducted a rally and a street play against plastic littering and the need to reduce, reuse and recycle plastic.



**29. First Aid Class:** A detailed First Aid class was organized for the students on 4<sup>th</sup> December 2017. Dr. Arun led a two-hour training for 130 students, covering all the essential first aid procedures including the first aid for choking, cardiac arrest and accidents.





**30. World Wetland Day:** In connection with World Wetlands Day, Bhoomitrasena Club organized a seminar on the need to protect Wetlands. The event was open to public, and was attended by over 100 participants.





**31. Thevara Fest:** On 18<sup>th</sup> January 2019, the college hosted Thevara Fest, an event where the students get a chance to know and interact with the local community. The community members showcased their skills and cultural talents to the very enthusiastic viewers including the faculty and students.



**32. Flood Relief at Chellanam:** After the flood disaster of 2018, the student volunteers from college took turns every week to visit the flood affected places of the Chellanam village. Twenty volunteers visited every week and helped the local community in making sea walls using sandbag.





**33. Save Life- Donate Blood:** On 15<sup>th</sup> November 2018, the college organized blood donation camp in association with General Hospital Ernakulum, to create and encourage a sense of social responsibility. 24 people participated in the drive and donated blood.



**34. Old Age Home Visit:** In connection with Gandhi Jayanthi, 35 students visited an Old Age Home on 21<sup>st</sup> October 2018. They interacted with the inmates, entertained them with cultural activities and organized games for their recreation. The seniors also put on show their creative skills thereby making the exchange even more meaningful.



**35. Organic Kerala Seminar:** On 13<sup>th</sup> October 2018, Sacred Heart College, organized an Organic Kerala Seminar, in association with Organic Kerala Charitable Trust. The theme of the seminar was “Pralayaananthara Keralam” translated as ‘Kerala after the Floods’. The group actively participated in the discourse, discussing in detail the various dimensions of the disaster and attempting to create an action plan.



**36. World Pulses Day:** On 10<sup>th</sup> February 2016, the college celebrated The World Pulses day by organizing an exhibition on various indigenous as well as foreign pulses and a seminar on how to create enough organic produce for a family from one cent of land. 170 participants took part in this event which was open to public.







**37. Vegetable Sapling Distribution:** On 23<sup>rd</sup> February 2017, Sacred Heart College, organized an initiative to distribute vegetable saplings. 500 saplings of 12 different types were distributed among the residents of Thevara, Perumanur and Konthuruthy wards by 50 of our student volunteers.




**38. Shuchithua Bodhana Yajnam:** On 17<sup>th</sup> February 2018, Sacred Heart College in association with Mithradhan Renewable Energy Centre Aluva, organized a 'Padayathra' led by Fr. George Pittapilly to spread awareness regarding environment protection. Padayathra was also

followed by a cleaning drive and a street play. Fr. George Pittapilly is a veteran social activist and has been organizing the Padayathra for the past five years.



SH declared age-friendly campus


SHARE ON





SPECIAL CORRESPONDENT


KOCHI, MARCH 04, 2016 00:00 IST  
UPDATED: MARCH 04, 2016 05:35 IST


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Sacred Heart College at Thevara here was declared age-friendly campus here on Wednesday. The aim of the initiative is to provide continuing education programmes for the elderly.

Students said that the elderly will be given training in basic computer use in the first phase. Training on payment of money through internet, railway ticket booking, use of smart phones and video calling will be provided to the participants. The authorities said that information on various programmes for the elderly will be included in the college brochure from next academic year. In the second phase, an employment service will be launched to help the elderly earn income and take up jobs. M. C. Dileep Kumar, Vice Chancellor of Sree Sankaracharya University of Sanskrit, said in his inaugural address that the programme will help the elderly learn more about scientific advancements. The age-friendly campus is supported by Lakeshore Hospital and Magics, an NGO. –  
Special Correspondent





**39. Age Friendly Club Inauguration:** In March 3<sup>rd</sup> 2016, the Age Friendly Club of Sacred Heart College was inaugurated by Dr Dileep Kumar, the then Vice Chancellor of Sree Sankara Sanskrit University, Kalady and the then District Collector Rajamanikyam IAS. 60 senior citizens enrolled for the IT education programme.



**40. Age Friendly Classes:** Since 2016, the Age Friendly club of Sacred Heart College has organized classes for men and women above the age of 50, twice in every week from June through February. Around 110 senior citizens attend language and computer classes. The classes were engaged by the student volunteers.



41. **Mammogram test:** After conducting the health survey, Breast cancer was identified as one of the pressing health issues in the local community. The students of Sacred Heart College organized a Mammogram test for the women folk of the community in association with Kochi Cancer Foundation and Lakeshore Hospital which was inaugurated by the Mayor of Kochi Corporation Smt. Soumini Jain.



42. **Cancer awareness class for community and students:** A Cancer awareness and prevention class was organized for the faculty, students and members of the community, to raise public consciousness about this terminal illness, it's symptoms, the need for early detection and how to face the challenge of it.





43. **Traffic Assistance program:** Traffic Assistance Program is where the student volunteers help pedestrians in crossing the road at areas of high traffic. The students stand on either sides of the road and assist those in need of help or those who request for it

44. **Plastic awareness campaign at Kumbalam island:** 50 students from the college organized and took part in a plastic awareness camp and cleaning drive in the island of Kumbalam \*\*\*\*





45. **Organic Fest:** Since 2011, the college has been co organizers in Organic Farmers Festival organized by Kerala Organic Charitable Trust. The event includes seminars and workshops, where innovations best practices and practitioners in organic farming are felicitated. The event become complete with the cultural fest of indigenous art forms.



46. **Community Health checkup:** For two consecutive years of 2016 and 2017, Sacred Heart College, helped organize full body checkup as well as blood test and the results were distributed, once a year for the nearby Corporation wards of Thevara, Perumanur and Konthuruthy.





47. **No Horn Day Observation:** The student volunteers of Sacred Heart College celebrated a 'No Horn Day' campaign by organizing a rally, holding placards near major signal junctions. The campaigners went to the drivers, who stopped at the signal to talk to them about reducing the using of car horns and the negative impacts of noise pollution.



48. **Shanti Nagar cleaning:** In the academic years 2016-17 and 2017-18, the student volunteers offered their assistance in organizing a cleaning drive at Shantinagar, twice a month, thereby sharing the message of cleanliness is next to Godliness





49. **Campus cleaning:** A campus cleaning drive is in action since 2015, organized by the students of Sacred Heart College, Thevara. Every Monday, 30 students each of different classes come together and clear away the littered waste and other unwanted items. This helps create an awareness about keeping a place near and tidy, proper disposal of waste products and reducing plastic waste.



50. **Say No To Plastic cycle rally:** On 15th August 2014, 30 students from the college took part in the cycle rally organized to spread awareness regarding plastic waste management





51. **Bamboo Day Celebration:** Sacred Heart College celebrated Bamboo Day on 18th September 2014. Principal, Dr. Prasanth Palackapilil inaugurated the celebrations by planting a new bamboo sapling in the campus. The 15 student participants together created an action plan for the protection for bamboo plants already in the campus.



52. **Community Cancer Awareness:** On 18th March 2015, the college organized a cancer awareness class by Dr V.P. Gangadharan, for the community in the three corporation wards of Thevara, Perumanur and Konthuruthy. There were a total of 40 participants who attended the session which was open for public



53. **Jackfruit Mela:** Sacred Heart College organized a Jackfruit Mela on 16th August 2015, where the nutritional facts and unique tidbits of information about this wonder fruit was shared to the students. The star attraction of the event was when a ripe jackfruit was processed live and distributed among the students.



54. **Roof top cultivation:** From 2015 to 2017, the terrace on the top most floor of the college was used to cultivate vegetables organically. The students planted, tended them, took



care of them and harvested them to be sold off in the organic harvest fest of college every Monday.



55. **Connecting Communities:** Under the aegis of Sacred Heart College, a community gathering was organized in the local area, where the people could interact and communicate with their elected representatives, sharing their everyday problems and trying to come to sustainable solutions. Communal harmony was also an objective of this initiative which was attained.



56. **Traffic Awareness:** A Traffic Awareness Program was organized in association with the Kerala Motor Vehicle Department for the teenagers and young adults of the college with the aim of directing them towards safe and responsible traffic etiquettes on 18th August 2016 which was attended by 150 participants.



57. **Recycling Used Pens:** in the 2016-17 academic year students worked out a plan to recycle used pens. Every week they collected used pens from each class and these were



washed and cleaned in the first round, and re-equipped with a new refill and sold in Honesty shop.



58. **First Step to Save Life:** On 10th August 2017, Sacred Heart College organized a Basic Life Support training session and awareness program for students in association with Aster Medicity.