



# SACRED HEART COLLEGE (AUTONOMOUS)

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Ready for  
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 \* Affiliated to Thiruvalluvar University, Vellore \* Autonomous since 1987

Accredited by NAAC (4<sup>th</sup> Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

## NSS REPORT (2019-20)

“NOT ME BUT YOU”

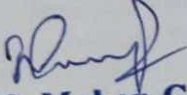
Month And Date	Activity	Resource Person
<b>June</b> 21/06/19	International Yoga Day : Special Meditation for world peace	Mr.S.Sivakumar – “Heartfulness” Trainer, Vellore
21/06/19	International Yoga Day : Special Meditation for world peace	Mrs.Suseela Brahmakumari Trainer, Vaniyambadi
<b>July</b> 15.07.19	NSS Orientation	Dr.M.Antony Arockiasamy PO
24.07.19	“DNEP” Awareness Programme	Dr.K.Parthibaraja, Assistant Professor, Dept.of Tamil
30.07.19	“Clean India” Pledge Taking	All NSS Volunteers and POs
<b>August</b> 01.08.19	Campus Cleaning Drive	All NSS Volunteers and Dr.M.Antony Arockiasamy & Dr.G.Mohan Gandhi
01.08.19	“Cleaning Drive”- Public Library, Tirupattur	Librarian, NSS Volunteers & Dr.U.Ramesh
02.08.19	“Cleaning Tirupattur Lake”	Mr. Rajarathinam - Sanitary Officer, Mr.Vivek-Sanitary Inspector, Tirupattur Municipality, NSS Volunteers, Dr.M.Antony Arockiasamy, Dr.G.Mohan Gandhi
02.08.19	“Cleaning Drive”- Govt.Hospital, Tirupattur	NSS Volunteers & Dr.U.Ramesh
15.08.19	“Palm Tree Awareness” Rally	Rev.Fr.C.Antony raj, Correspondent, SHC
15.08.19	“Palmyra Seed Planting” at Tirupattur Lake	All NSS Volunteers and POs
<b>September</b> 09.09.19	Palmyra seed Planting at Palnakuppam-Lake	NSS POs and Volunteers
24.09.19	NSS Day – Prize Distribution and Special Debate	All NSS POs and NSS Volunteers

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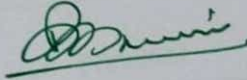


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NAAC 5<sup>th</sup> CYCLE

16.11.19 to 22.11.19	- Kovilur. Theme: "Creating and Preserving Waterbodies in villages" Kurumbakeri Pudur, Somalapuram, Pudukottai and Kuttakollai	Correspondent, RC Middle school, Dr. Rathina Natarajan- Former Madras University Programme coordinator Dr. Xavier Susairaj, Associate professor and Head, Department of Economics Mr. Kulandai Yesu-Nature Farmer Dr. D. Leslin, Head, Department of History Dr.V.Vinothini, MBBS D.Ophthal
<b>January</b> 11.01.20	Road Safety Week- Slogan Writing Competition	All POs and NSS Volunteers
<b>February</b> 01.02.20	College Day Seating Arrangements	All POs and NSS Volunteers
21.02.20	"Seeds Collection" Drive	Dr.M.Antony Arockiasamy & NSS Volunteers
22.02.20	Mega Job Fair- Regional Employment Office, Vellore	Mrs. Meenakshi, RJD, Mrs.Parameshwari, AD Regional Employment Office, Vellore
24.02.20	Moivational Talk-Veeramamunivar Tamil Mantram	Mr.R. Chandrasekaran, Founder, Udhavum Ullankal, Vellore.

  
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## **NSS Activities (2019-2020)**

### **“The International Day of Yoga ”**

The international day of Yoga was celebrated with lot of energy and enthusiasm by the students of our college. There were two functions organized simultaneously in two different halls in the college campus with two different mediation groups namely **Heartfulness Meditation** and **Bramakumari Rajayoga meditation**.

**Date : 21-06-2019**

**Time : 2.PM -4.30 PM**

**Venue : Pope Francis Hall**

The celebration at Pope Francis Hall was led by **Brahmakumari Rajayoga Meditation** team led by **Mrs.Suseela** from Vaniyambadi unit of Brahmakumaris.

The programme started with the Tamil Thai Vazhthu. Dr. M.Antony Arockiasamy the programme officer welcomed the gathering and introduced the chief guest. Rev.Fr.Praveen Peter The Vice Principal honoured the resource person with a shawl and narrated the importance of Yoga in our life. He also asked the students to learn this art and get the body and mind fit.

In her key note address the chief guest of the day Mrs.Suseela Brahmakumari trainer started with the knowledge of mind, heart and body. She interacted with the students and made them participated in the discussion of mind and body. She exhorted the students to participate actively in any physical activity so that the mind gets fresher. At the end of the session the chief guest conducted a session of Raja Yogam of Bramakumaris. At the end of the meditation two students gave feedback and clarified doubts with the guest. Around 200 students and staff participated and benefitted from this new meditation technique. With National Anthem the celebration came to an end.

### **“Clean India” Pledge Taking**

**Date : 30-07-2019**

**Time : 2.00PM**

**Venue : Mother Theresa Hall**

Dr.M.Antony Arockiasamy the NSS Programme Officer introduced the “Clean India” drive to all the NSS volunteers. He told them about the need for keeping personal , family and surroundings clean so that it can reach to village and town and society at large. He also explained



his views on cleanliness and urged the volunteers to contribute to the society positively.

Dr.U. Ramesh led the gathering to take the **“Clean India” Pledge**. All the NSS volunteers Programme officers boldly swore to keep the surroundings clean and to help others also to keep the cleanliness. The programme got over at 4.30pm.

#### **“Campus Cleaning Drive”**

**Date : 01-08-2019**

**Time : 2.15PM**

**Venue : Sacred Heart College Campus**

In view of “Swatch Bharat”- Clean India Campaign, the NSS volunteers took part in campus cleaning drive. The volunteers were divided into 8 groups each consisting of 15 to 20 students. The campus was split into 8 areas and for each area one group of students were allotted. The students took part actively and cleaned the campus of weeds and unwanted waste materials were removed . The areas cleaned are backside of Renoldi hostel, backside of bicentenary building, New Indoor stadium, around the compound walls near second gate, APRC building, Places around library and Amalagam hostel. The NSS POs Dr.M.Antony Arockiasamy and Dr.G.Mohan Gandhi coordinated the programme. The programme concluded at 5pm with snacks and tea for all the volunteers.

#### **“Cleaning Drive” at Government Public Library -Tirupattur**

**Date : 01-08-2019**

**Time : 2.00PM**

**Venue : Government Public Library-Tirupattur**

Based on the instructions given by the University, Sacred Heart College (A), NSS volunteers from the department of Bio-Chemistry, Chemistry, Micro Biology were sent to public library of Tirupattur on 1<sup>st</sup> of August-2019 to clean the library premises. NSS volunteers were gathered in the library and Dr. U.Ramesh, NSS PO welcomed the gathering and followed by Mrs. Reeta, Library Staff gave a talk on the Importance of Reading. NSS volunteers were divided into sub-teams and started their cleaning work at 2.30 pm and they cleaned campus of library along with the staff till 4.00 pm. Finally, clean drive ended up with Tea sponsored by the Librarian.

#### **“Cleaning Drive” at Government Hospital -Tirupattur**

**Date : 02-08-2019**

**Time : 2.30PM**

**Venue : Government Hospital-Tirupattur**

Clean Drive activity has been carried out by NSS volunteers of Sacred Heart College at Government Hospital. The NSS volunteers from the department of Maths, Computer science and Chemistry spent their quality time in the GH of Tirupattur to clean the Hospital premises. Before cleaning, the NSS volunteers gathered for a special talk along with Mr. Selvakumar, Chief-Medical officer of GH, TPT and its team of Staff Nurses. The programme was started with the welcome address proposed by Dr.U.Ramesh, NSS PO and followed by the Chief-Medical officer Mr. Selvakumar has addressed the gathering, during his speech he highlighted few points about the SWATCH BARATH and its importance. The NSS volunteers were divided into different groups and jobs assigned by Mr.Govindhan, Staff, GH and Clean Drive work started at 2.30 pm. The entire GH premises were cleaned and the cleaning job came to end at 4.30 pm and departed with tea which was sponsored by the GH authority.

**“Palm Tree –Awareness” Rally &**

**“Palmyra Seed Planting” – Tirupattur Lake**

**Date : 15-08-2019**

**Time : 10.00AM to 1.00PM**

**Venue : Tirupattur Lake- Banks near Madapalli**

The NSS volunteers along with other groups and movements of Sacred Heart College took up a massive rally to make awareness about the importance and effectiveness of our traditional Tamil Palm tree. The rally was flagged off by Rev.Fr.C.Antony raj the Rector correspondent at college gate no 2. The rally took off from College and went through the tirupattur bus stand and reached Tirupattur lake. Over 1500 Students participated in the rally actively, displaying placards bearing slogans about the importance of palm tree on one hand and palmyra seeds on the other hand. A lot people of Tirupattur stopped and watched rally. The NSS programme officers Dr.M.Antony Arockiasamy , Dr.G.Mohan Gandhi and Dr.U.Ramesh and volunteers led from front.

The NSS rally team reached end of the lake near madapalli around 11 am. The volunteers were divided into 28 teams each consisting of 4 and places were allocated. The volunteers started digging pits half a foot and planted the palmyra seeds and watered them. The NSS volunteers

snacks at 1pm.

The students felt very happy to plant the seeds. They promised to monitor the growth of the plants individually.

### **The Golden Jubilee Year NSS Special Camp (16.11.19 to 22.11.19)**

To commemorate the Golden Jubilee Year of NSS, The National Service Scheme of Sacred Heart College with the blessings of Rev. Dr. C. Antonyraj SDB, The Secretary and Rev. Dr. Maria Antony Raj SDB, The Principal, conducted a Special Camp for NSS volunteers from 16<sup>th</sup> November 27, 2019 to 22<sup>nd</sup> November 27, 2019 at R.C Middle School, Kovilur. We adopted four villages Pudukottai, Kurumbakeri Pudur, Somalapuram and Kutta Kollai for camping activities. The NSS Special Camp was inaugurated by the Parish Priest of Kovilur Rev. Fr. Y. Arockiasamy on 16th November at R.C Middle School, Kovilur in the inaugural function.

The following works were carried out during the 7 days of camp:

Two farm pondings of 10m×10m×2m dimension one each at Kurubakeripudur and Kuttakollai were created by the NSS volunteers and POs of Unit I and Unit III respectively. Somalapuram lake was cleared off thorny bushes and weeds. Thorny bushes blocking the roadside view along the Somalapuram lake caused many accidents. These bushes were removed by NSS volunteers and POs of Units II and IV together. The Channel leading to rain water harvesting ponding at Periavenkayapalli in Pudukottai was cleaned and the banks of the channel was raised by NSS volunteers and PO of Unit III.

In response to the requests made by the people of Kurubakeripudur and Pudukottai-Kanamanthur, the weeds and thorny bushes of their cemeteries were cleared and about a 100 saplings were planted (in pits of 2fX2fX2f dimension) around the cemeteries and also along the roads leading to the cemetery, by the NSS Volunteers and PO of Unit III. The camping site R.C middle school was completely cleaned and about 150 small trees were given supportive sticks by the NSS Volunteers and POs of Unit II and Unit IV. The roads leading to the camping site were also cleaned by NSS Volunteers of Unit II and Unit III.

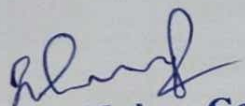
On 21<sup>st</sup> November 2019 a free eye check up and free eye surgery camp was conducted by NSS in collaboration with Good Samaritan Eye Hospital, Matrappalli. 102 patients benefitted from free eye check up. Dr. V.Vinothini performed free cataract eye-surgery for 20 patients at Good Samaritan Eye Hospital, Matrappalli. The NSS Volunteers along with PO Dr.U.Ramesh visited the patients and gave them breads.

Five guest lectures on the themes “Moving towards Pinnacle”, “There is no world without water”, “ Nature Farming”, “ Duties and Responsibilities of an Indian Citizen” , “To Protect Eyes” were given by Dr.Rathina Natarajan, Dr.A Xavier Susai Raj, Mr.Kulandai Yesu, Dr.D.Leslin and Dr.V.Vinothini respectively everyday at 3pm in the afternoon to all the NSS volunteers of four units.

The Valediction function on 22<sup>nd</sup> November 27, 2019 was chaired by Dr.S.R Xavier Rajarthinam, Vice Principal(shift-I). C. Lourdu Nathan HM, English medium school and MR.R.Sankaran Assistant Professor Dept of Economics, participated as guests of honour and distributed prizes to the Volunteers of four NSS Units for cultural programmes. The Camp came to a close at 4pm.

All the people of the villages benefitted by the programmes. Rev.Dr.Praveen Peter the Vice Principal visited the camp on 21<sup>st</sup> November 29, 2019 for the evening cultural programmes. Moreover Yoga sessions were conducted for NSS volunteers by Dr.M.Antony Arockiasamy PO, Dr.U.Ramesh PO at 7am everyday. The Valediction function on 22<sup>nd</sup> November 27, 2019 was chaired by Dr.S.R Xavier Rajarthinam, Vice Principal(shift-I). C. Lourdu Nathan HM, English medium school and MR.R.Sankaran Assistant Professor Dept of Economics, participated as guests of honour and distributed prizes to the Volunteers of four NSS Units for cultural programmes. The Camp came to a close at 4pm.

All the 183 (111 boys and 72 girls) NSS Volunteers participated fully and had hands-on experience of NSS Special Camp. They benefitted a lot from this 7 days of NSS Special Camp. It was an wonderful experience to cherish and useful endeavor for the four villages adopted. The whole programme was planned meticulously and executed smoothly by the Programme Officers Dr.M.Antony Arockiasamy, Dr.G.Mohan Gandhi, Dr.U.Ramesh and Mr.B.Seenivasan. It was ably assisted by Mrs.M.Rose, Mr.S. John Sundar, Dr.Naren Immanuel and Mr.S. Karthik.



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