



# Sacred Heart College (Autonomous)

Tirupattur - 635601

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<b>Type of Institute</b>	<b>Non - Technical</b>
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## UBA Report – 2022-2023

### WOMEN EMPOWERMENT

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has conducted an awareness programme on women empowerment in Kethandapatti village on 18/08/2022. The women in that particular village benefited from the awareness programme. Women empowerment refers to the process of granting women equal rights, opportunities, and autonomy in various aspects of life, including education, work, and decision-making. It aims to dismantle gender-based inequalities and create an environment where women can fully participate and thrive.





### MODERN BANKING AND INSURANCE PRACTICES

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has conducted an awareness exhibition on modern banking and insurance practices among school children in the Kethandapatti village on 14/09/2022. Nearly 800 students had benefited from the awareness exhibition on modern banking and insurance practices. An exhibition to create awareness on modern banking and insurance practices among school children is an event where various interactive displays, activities, and presentations are set up to educate students about how banks and insurance companies work in today's world. The aim is to help them understand concepts like saving, digital transactions, risk management, and the importance of financial planning from a young age.



## **PLASTIC WASTAGE and SWACHH BHARAT CAMPAIGN**

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has conducted an awareness programme on plastic wastage in the Kethandapatti village, on 14/09/2022. Plastic wastage refers to the improper disposal and excessive use of plastic products, leading to their accumulation in the environment. Causes include overconsumption, lack of recycling infrastructure, single-use plastic items, inadequate waste management, and limited awareness about plastic's environmental impact. This accumulation poses severe environmental hazards due to its non-biodegradable nature and can harm ecosystems, wildlife, and human health. Swachh Bharat campaign was conducted in the village and gave awareness to the people by our college students.



## **RALLY ON WOMEN EMPOWERMENT**

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has conducted an awareness rally on women empowerment in Kethandapatti village on 29/08/2022. The women in that particular village had benefited from the rally. Women empowerment refers to the process of granting women equal rights, opportunities, and autonomy in various aspects of life, including education, work, and decision-making. It aims to dismantle gender-based inequalities and create an environment where women can fully participate and thrive.



## PLANTATION OF 100 SAPLINGS

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has conducted an awareness programme about science, planting 100 kinds of sapling and organized a cultural programme for the school students in the Kethandapatti village on 17/08/2022. Most of the people and school students had benefited from the awareness programme. Saplings are young trees that have recently started growing. Planting saplings offers several benefits, including aiding in reforestation and contributing to biodiversity. They help combat climate change by absorbing carbon dioxide and releasing oxygen. Saplings also prevent soil erosion, provide habitats for wildlife, and enhance the overall environment. Additionally, growing saplings can be a sustainable way to produce timber and other forest resources in the future.





## **PLANTATION ON THE LAKE BUNDS**

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has organised a tree plantation on the lake bunds at Kethandapatti village on 02/09/2022. Planting trees around a lake, also known as “riparian reforestation,” can have several benefits. Trees can help stabilize the soil, reduce erosion, and filter pollutants before they enter the water. They provide shade, which can help maintain water temperature and improve aquatic habitats. Additionally, trees absorb carbon dioxide, helping to mitigate climate change. Just ensure that the tree species you choose are suitable for the local ecosystem and won’t disrupt the natural balance of the lake.



## MEDICAL CAMP AND TREE PLANTATION

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has organised a medical camp and diabetic test for the village and also planted sapling in Kethandapatti village on 22/09/2022. Large number people in the village had benefited from the medical camp and diabetic test. A Free medical Camp is a life-saving program. Because it aims to provide free medical and surgical services to poor communities living in rural or urban areas. A special mobile team with varieties of medical specialized services are there to execute the camp. The main objective of a medical camp is to provide initial care to people in life-threatening conditions which reflect the unique strengths and goals of medical ethics.

The plantation of saplings was done in Mookanur village. The saplings are young trees that have recently started growing. Planting saplings offers several benefits, including aiding in reforestation and contributing to biodiversity. They help combat climate change by absorbing carbon dioxide and releasing oxygen. Saplings also prevent soil erosion, provide habitats for wildlife, and enhance the overall environment. Additionally, growing saplings can be a sustainable way to produce timber and other forest resources in the future.







## HYGIENIC AND DISEASE PREVENTION

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has conducted an awareness programme on hygienic and disease prevention and in addition orientation for the school student on the importance of education and rally for banning of plastics in and around Kethandapatti village on 13/09/2022. Hygiene refers to practices that can lead to good health and cleanliness, such as frequent hand washing, face washing, and bathing with soap and water. Keeping hands clean is one of the most important ways to prevent the spread of illness, including diarrheal and respiratory illnesses.

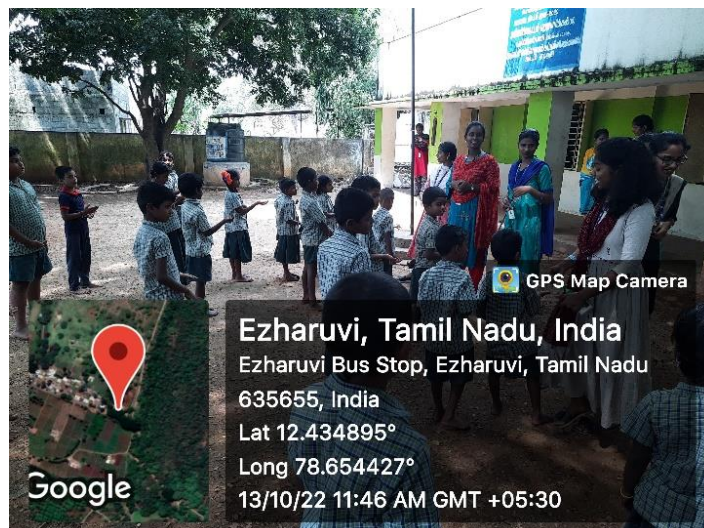
Education teaches values and helps in the development of society as a whole. It gives people a chance to mold themselves into more responsible members of society. Educated individuals are also more likely to get well-paying jobs and engage in effective trade and commerce practices.



## **BASIC MEDICAL CHECK UPS AND MUSHROOM FARMING**

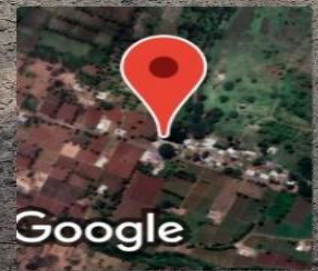
Sacred Heart college in collaboration with Unnat Bharat Abhiyan has organised a camp to check up blood group, blood pressure and body mass index tested for school children and villagers on 13/10/2022 in Kethandapatti village. In addition they taught about sanitization and personnel hygiene practices to the school children and they also explained about mushroom framing for the villagers. Basic medical check-ups are crucial for maintaining your overall health and well-being. They help detect and address potential health issues early on, allowing for timely intervention and treatment. Regular check-ups can identify risk factors, monitor existing conditions, and provide an opportunity for preventive measures. They contribute to a proactive approach to health, helping you make informed decisions about your lifestyle and healthcare choices.

Farming is of utmost importance as it provides the world's food supply, supports economies, and ensures food security. It also plays a role in environmental sustainability, rural livelihoods, and cultural heritage.





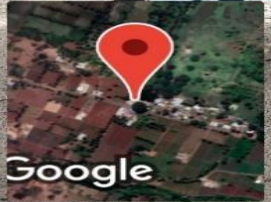
GPS Map Camera



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## **AWARENESS PROGRAMME FOR PREGNANT WOMEN AND ADULT GIRLS**

Sacred Heart college in collaboration with Unnat Bharat Abhiyan has created awareness program on postpartum depression for pregnant women and their family members in Kasinayakampatti village on 17/10/2022. In addition they gave orientation program about diet and nutrition to pregnant women during pregnancy and good & bad touch and menstrual cycle process for the young women. Orientation for pregnant women is necessary as it provides essential information about pregnancy, childbirth, and postpartum care. It helps them understand the physical and emotional changes they'll experience, proper nutrition, exercise, and potential complications. Moreover, it prepares them for labor, delivery options, pain management, and newborn care. Being informed empowers pregnant women to make informed decisions and reduces anxiety during this transformative period.





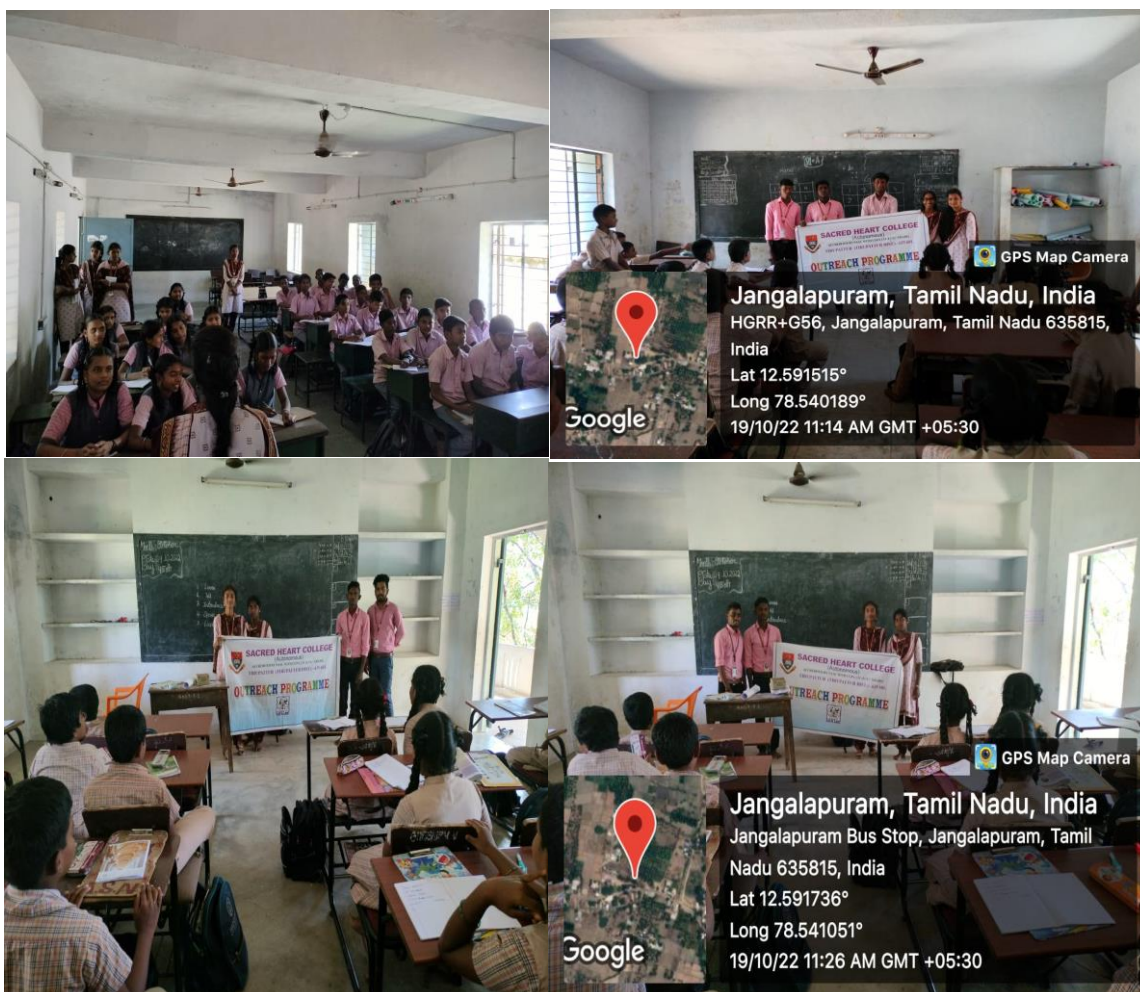
**ACTIVITIES, READING PRACTICE AND TECHNOLOGY-RELATED TASKS FOR SCHOOL STUDENTS.**

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted some activities for the school children on 19.10.2022 in Kasinayakampatti village. To enhance the knowledge of students by conducting more creative activities like Puzzles, Riddles, One-on-one etc. Students were able to think creatively and they could make their own creative decisions by doing the task. The college students are also given reading practice like short story reading, Dialogue conversation and Vocabulary to the school students. Through this activity, students were able to read a passage fluently for a minute. A greater number of tasks related to technology like Tech- Jam and Union Club were conducted to allow students to think and perform individually.



## AWARENESS PROGRAMMES

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted an awareness programme on the topic of Mobile Phone addiction and technology-related issues and the role of youth in society for the school children on 20.10.2022 in Kasinayakampatti village. By giving the awareness the students came to know about the real meaning of Responsibility and the Role of Youngsters in our society. The college students also provided garbage bins and disposal covers to the school and also showed motivating videos to the school children.





## AWARENESS PROGRAMMES THROUGH CHART EXHIBITIONS AND DOOR-TO-DOOR CAMPAIGN

In collaboration with Unnat Bharat Abhiyan, Sacred Heart College conducted an awareness programme to the school children and village people on 12.10.2022 in Kasinayakampatti Village. The activities are creating awareness of environmental issues through chart exhibitions and door-to-door campaigns, explaining women's education and its importance through door-to-door campaigns. Nearly 90 students and 50 women were benefitted from this programme.



**AWARENESS PROGRAMMES AND HISTORICAL MONUMENTS THROUGH  
CHART EXHIBITIONS AND DOOR-TO-DOOR CAMPAIGN**

In collaboration with Unnat Bharat Abhiyan, Sacred Heart College conducted an awareness programme to the school children and village people on 21.10.2022 in Periyagaram village. The programmes are making awareness of the fundamental rights of Indian citizens and their right to vote through chart exhibition and explaining the importance of historical monuments through chart exhibition and door to door campaign. Nearly 70 families and 75 youth were benefitted from this programme.



## COMPUTER LITERACY FOR SCHOOL STUDENTS

Sacred Heart College in collaboration with Unnat Bharat Abhiyan has done activities for the students on 21.09.2022 in Periyagaram village. The activities provided basic computer literacy such as MS Word and Excel, showed teaching craft work demos to the school children and conducted an awareness programme on the topic of non-usage of plastic, Mobile usage, Human Rights, the importance of education and Drug addiction. More than 120 school students and 70 college students benefited from this outreach programme.



## AWARENESS PROGRAMMES FOR VILLAGE PEOPLE

Sacred Heart College in Collaboration with Unnat Bharat Abhiyan conducted some activities for the Periyagaram village people on 22.09.2022. The students created an awareness programme about cancer through pamphlets for the village people. The students also surveyed Banking facilities like ATMs, Internet banking and social issues. The students also created awareness of Digital Banking fraud and online purchasing. Finally, some trees in the villages. More than 300 village people were benefitted from this programme.

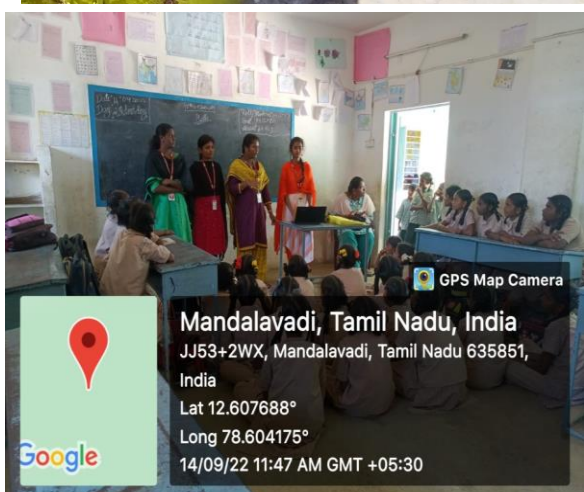


**AWARENESS PROGRAMME RELATED TO SAFETY, HEALTH AND WOMEN  
EDUCATION**

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted awareness programmes on various topics to the village people and school students on 14.09.2022 Periyagaram village. The topics are Awareness of Physical Health and Hygiene for Human Beings, Awareness of the Importance of Women's Education, Awareness of the safe usage of Debit Cards and Credit Cards, Awareness of Blood Donation and organ donation, Awareness of Fundamental Rights and their Importance and Awareness on the dangers of the Usage of Plastics. Nearly 400 people, 350 school students, 125 women, 150 youth and 80 children benefited from this programme.



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## AWARENESS CAMPAIGN AND ACTIVITIES

Sacred Heart College in collaboration with Unnat Bharat Abhiyan has conducted awareness programmes on various topics to the village people and school students on 15.09.2022 in Mookanur village. The topics are Awareness of the usage of Voter cards, Aadhaar cards, etc., Awareness of the dangers and impact of Alcohol Consumption, Awareness of Natural Vs. Artificial Fertilizers and Awareness on the MRP and Expiry on the Consumable Products. Nearly 400 people, 350 school students, 125 women, 150 youth and 80 children benefited from this programme.



## PLANTING SAPLINGS AND COMPETITIONS FOR SCHOOL STUDENTS

Sacred Heart College in collaboration with Unnat Bharat Abhiyan has conducted a programme in Mookanur village on 22.08.2022. The college students gave an introduction about the programme, the sapling was planted on the school grounds, a science quiz and speech competition were conducted for the school students and an awareness programme on Health and Hygiene was conducted for the school students. Nearly 200 students benefited from this programme.



## PLANTING SAPLINGS AND AWARENESS PROGRAMMES FOR VILLAGE

### PEOPLE

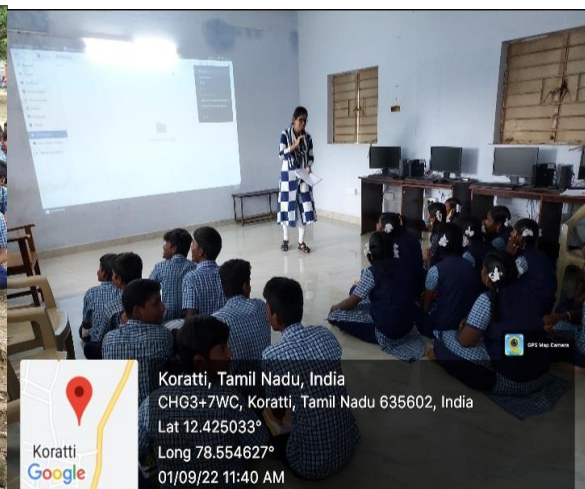
Sacred Heart College in collaboration with Unnat Bharat Abhiyan has conducted a programme in Mookanur village on 23.08.2022. The college students gave introduction about the programme to the village people and interacted with them, the sapling was planted in the village, awareness programme on Health and Hygiene and Natural foods was conducted for the village people. Nearly 700 people benefited from this programme.





## MOTIVATION VIDEO PRESENTATION AND CULTURAL PROGRAMME

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted a programme in Mookanur village on 01.09.2022. The programmes were Motivation toward higher education, keeping general knowledge quiz competition for higher secondary class students. Some entertaining programmes like dance and singing songs were also conducted for the school students. Nearly 150 students benefited from this programme.



## EXPERIMENT DEMOS AND BASIC CONCEPT OF WINDOWS

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted an awareness programme in Mookanur village on 02.09.2022. The awareness about using mobile was given through a skit, some experiment demos were taught to the chemistry students, and basic concepts of Windows were taught to the computer science students. The awareness programme on health issues was conducted for the village people. Nearly 100 people, 150 students, 65 women and 85 youths benefited from this programme.



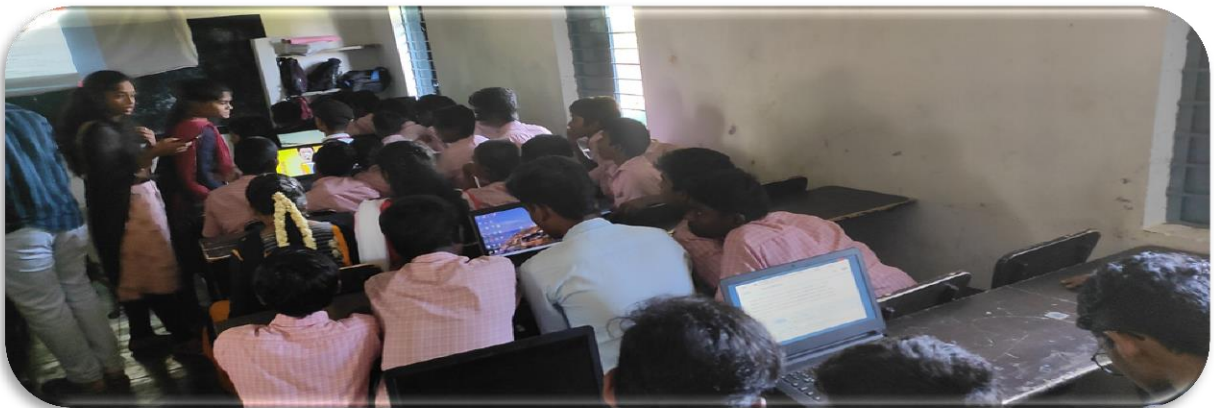
## HANDS-ON TRAINING IN PROFESSIONAL SOFTWARE

Sacred Heart College in collaboration with Unnat Bharat Abhiyan has conducted a training programme in A.K. Mottur village on 18.11.2022. The programme activities were conducted for the school students. The activities were AI in life and its application, Effective use of the internet (email, Adharcard, EB-bill, photo, video compression techniques), Hands-on training in professional software (Ms-office- Word, PowerPoint, Excel) A weapon of an entrepreneur through software(photoshop), Cryptography and digital digital library. Social Awareness & Motivational Videos



## AWARENESS PROGRAMMES AND ACTIVITIES

Sacred Heart College in collaboration with Unnat Bharat Abhiyan has conducted an awareness programme in A.K. Mottur village on 18.11. 2022. The activities were conducted for the school students. They were aware of Good and bad in social media, Mind Games and puzzles and Games for interpersonal skills. There are about 230 pupils had benefited. The school students were able to use Google applications, understand how AI is used in contemporary society, and gain a foundational knowledge of Microsoft Office. Students were inspired by games and gained awareness of social media. Finally, via activities, children learned the value of interpersonal skills.



### **MINI LIBRARY IN EVERY CLASS**

Sacred Heart College in collaboration with Unnat Bharat Abhiyan has conducted an programmes and activities in A.K. Mottur village on 29.08.2022. Mini Library was built in all classes, awareness about knowledge of how to use technology, a debate conducted on the topic of government-sponsored educational programmes, a cultural programme and a game session were conducted for the school students in the village. Nearly 280 students benefited from this programme.



## CLEANING ACTIVITIES AND PLANTING SAPLING

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted a programme in A.K. Mottur village on 30.08. 2022. The sapling was distributed to the village's residents, Maths methods and shortcuts were taught in the classroom, and Motivational videos and the school campus were cleaned. Nearly 200 people and 280 students benefited from this programme.



## TRAINING ON MS OFFICE TOOL FOR SCHOOL STUDENTS

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted a training programme in A.K. Mottur village on 13.10.2022. The hands-on training on the MS Office tool was taught to the school students. A demonstration of working on mobile phones was given to the school students. Nearly 153 students benefited from this programme.



## AWARENESS PROGRAMMES

Sacred Heart College in collaboration with Unnat Bharat Abhiyan conducted an awareness programme in A.K. Mottur village on 14.10.2022. The orientation was conducted for the school students on the topic of Merits and Demerits of Medi and also conducted an awareness programme on E- e-waste management. Nearly 153 students benefited from this programme.



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