

Hridyaarambham 2014

Welcome to the Heart!

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Undergraduate Induction Programme



The orientation programme for the first semester UG students of Sacred Heart College, Thevara was held on 6th, 7th, 9th, 10th, and 11th of June, 2014. The orientation programme intended to address certain important aspects like anti-ragging, sex-education, gender equality and women empowerment to build a healthy environment and promote equality among the students. The programmes were developed with a focus on gender sensitisation to ensure gender equality and gender justice in the campus.

"ADDRESSES ANTI-RAGGING, SEX-EDUCATION, GENDER EQUALITY AND WOMEN EMPOWERMENT"

The programme started on 6th of June, 2014 at 9:00 am, by invoking God's grace through Holy Mass, followed by an assembly at Auditorium. After the welcome address and prayer session, the Principal, Rev Fr. Prasant Palackappillil lit the lamp and blessed the occasion with his valuable message. Dr M S Francis, Department of Botany, gave an introduction to the CBCSSS and its regulations.





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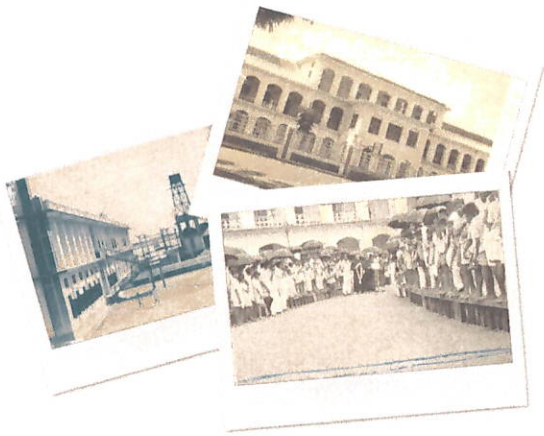
The session on 7th of June 2014 started with the practice of College anthem by the College Music Club from 9:30 am to 10.00 am. Father Sabu Thomas, Department of English guided the students through an energetic session on 'goal setting and life management' from 10:00 am to 1:00 pm. Sr. Rosily, Department of English conducted a talk on sex and gender from 2:00 pm to 3:30 pm. She emphasised the role of quality education and progressive thoughts in the enhancement of a society. The session was instrumental in educating the students about adolescent health and relationships.



The session on 9th of June 2014 began with the practice of College Anthem by music club at 9.30 am. Dr V S Sebastian, Dean, Student Services introduced the campus rules and with the support of technology, took the students around the nooks and corners of the campus and to the spectacular lake side. Subsequently Mr Biju VV, Sacred Heart College Librarian described the role of the library in education. He explained the importance of self- learning in effective knowledge acquisition. Dr Cyriac Antony, Department of Statistics gave an introduction to the semester programme to the students from 12:15 pm to 1:00 pm. In the afternoon session, orientation to talent, social and service clubs was continued by Mr Alex Shinu Scharia from 2:00 pm to 4:00 pm.

On 10th of June 2014, students were asked to be in the respective departments from 9:30am to 1:00pm. We made sure that Anti-Ragging measures were strictly followed. The students were mentored by class teachers with the support of other staff members. The college firmly believes in a student centred system and thus provides the students a fruitful learning experience. The last session was led by Mr Dileep Kumar, Motor Vehicle Inspector, Ernakulam, from 2:00pm to 4:30pm. He discussed issues like irresponsible driving, ill effects of rash driving, use of alcohol and reluctance to use helmets and shared some distressing videos and photos of certain road accidents. He motivated the students to follow road safety measures and become responsible citizens.





The session on 11th June 2014 began with the practice of College Anthem led by the music club at 9.30 am. Ms Chithra S, Counsellor, Sacred Heart College engaged the students from 10:15 am to 11:15 am. She talked about the counselling facilities in the college and the need for counselling in students' life to adapt to various challenging situations in life.

"ADDRESSES ANTI-RAGGING, SEX-EDUCATION, GENDER EQUALITY AND WOMEN EMPOWERMENT"

It was followed by a session by Dr Joseph T Moolayil, Department of Chemistry on Time Management and Manners from 12:15 pm to 1:00 pm. He reminded the students to plan and balance time between studies and extracurricular activities. Students were given an awareness programme conducted by Civil Service Academy, Pala from 2.00 pm to 3.00 pm. The last session, Stress Management and Study Skills was conducted by Dr.Fr. Varghese Puthuserry, Swanthana Counselling Centre, Ernakulam from 3:15 pm to 4:30 pm. He discussed the challenges and stress faced by the student community and guided them to create a happy college life.





The last session, **Stress Management and Study Skills** was conducted by **Dr.Fr. Varghese Puthuserry**, Swanthana Counselling Centre, Ernakulam from 3:15 pm to 4:30 pm. He discussed the challenges and stress faced by the student community and guided them to create a happy college life. The gathering was dispersed at 4:30 pm, reminding the students to be responsible citizens maintaining campus discipline, healthy relationships, and following Anti-Ragging measures.

Campus orientation programme aimed at inculcating gender equality, human and ethical values in the student community. The programme was instrumental in equipping the students with knowledge about their bodies, their rights, gender identity and the need for building healthy relationships in the college.





Postgraduate Induction Programme



The programme was intended to familiarise the student with the CMI management, its core values, and the overall vision and mission as envisaged by St Chavara Elias Kuriakose. The vision and mission of the college imbibe in the students a holistic and integral development. The programme is also aimed at giving a clear picture of the PG level of learning with implications for self-learning and group learning. The main focus is to give clarity regarding the research orientation in higher education,

its ethical implications, and the expected outcomes of a PG dissertation/project work, with a publishable report. They also become familiar with the campus facilities, learning resources, student support systems including scholarships etc. They are also introduced to a life style of integration (yoga), and has the inputs for balancing the various aspects of life together with the higher level of intellectual pursuit.

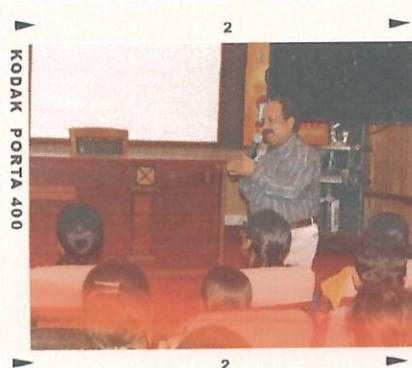
OBJECTIVES:

- TO INTRODUCE THE STUDENTS TO THE ETHOS AND VALUES OF SACRED HEART COLLEGE.
- TO FAMILIARISE THE STUDENTS WITH THE LEARNING ENVIRONMENT AT PG LEVEL
- TO INSTILL IN THE STUDENTS THE IMPORTANCE OF RESEARCH IN HIGHER EDUCATION.
- TO FAMILIARISE THE STUDENTS WITH THE CAMPUS RESOURCES
- TO PROVIDE INSIGHT FOR A LIFE OF INTEGRATION OF THE INTELLECTUAL AND THE PHYSICAL; THE SOCIAL AND THE SPIRITUAL DIMENSIONS OF LIFE.



The induction programme for the first-semester postgraduate students of Sacred Heart College, Thevara was conducted on 28th and 29th of August 2014. The programme aimed at providing support to the students by developing a sense of belongingness and an awareness of their rights and responsibilities as they enter into the realm of Higher education. Furthermore, it gave them an opportunity to familiarize with the institution and its ethos.

The programme started on 28th August with the Holy Mass at 9:00 am. It was followed by an assembly in the auditorium at 10:00 am. The staff secretary formally welcomed the gathering. From 10:15 to 11:30 am, the Principal of the college, Rev. Fr. Prasant Palakkappillil delivered the keynote address. He invigorated the students by describing the heritage of the institution, ensuring them a fruitful learning experience. From 11.45 am to 12.45 pm, the students were engaged by Dr. Joseph. T. Moolayil, Department of Chemistry. He explained the challenges in the PG level of learning and prepared them for their new roles.



The session was instrumental in exposing the students to a sense of larger purpose and responsibility. Then, after the lunch break, the programme was resumed at 1:45 pm. Mr. Biju V.V, Sacred Heart College Librarian educated the freshers about the functioning of the college library. He also advised them to make use of the well stocked library in the college. The last session of the day was led by Fr. Dr. Jose John, the Vice Principal of the college. He was an excellent resource for the new entrants to learn about the life and culture of the campus. With a virtual campus tour, he welcomed the new members of the Heartian family.



On 29th July, the meeting began at 9:30 am with a prayer song. It was followed by a practice session of the college anthem under the leadership of the college music club. From 10.15 to 11.30 am, the students were guided by Fr. Sabu Thomas, Department of English. He shared his thoughts on integrating learning with living and encouraged them to organize a set of life goals. The next session was led by Dr. Cyriac Antony, Dean and a faculty member of the Science department. He elaborated on the research orientation in PG education.



*snapshots from Prathibha
Hostel '14*



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