

# ഈദ്യവാരം 15



**Hridyaarambham  
2015**



**SACRED  
HEART  
COLLEGE**  
Autonomous





The five-day orientation programme of first year Bachelors students of Sacred Heart College, Thevara was held on 18th, 19th, 23, 24 and 25th of June, 2015. The program was designed over various motifs extremely necessary to have a much more disciplined and enriching curriculum like introduction to higher education, mental preparation for higher education and a culture of learning, sex education, women empowerment and gender sensitisation,

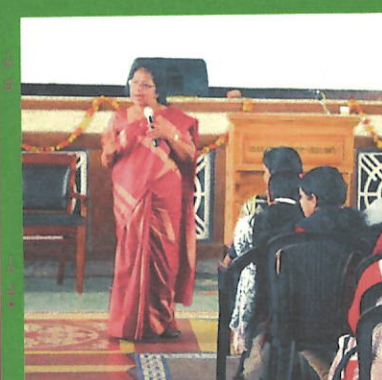
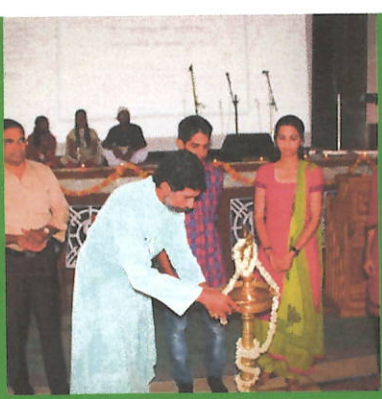
promotion of a non-violent anti ragging environment. Along with all this to promote a link with the transcendent and initiation to an inclusive culture and to promote a positive atmosphere. The course was structured for development of an age-appropriate, high quality, easily accessible, sex education for the whole student community of the college being the topmost priority. A gender-sensitive approach to sex education was emphasized, with the major thrust on empowering girls. Awareness on 'women empowerment' is a prerequisite in the current society, where youth often face bullying at college and the society and thereby are at a higher risk of committing self-harm



because of societal rejection of their sexual orientation. The orientation day which is organized every year for the students and parents was in accordance with the UNESCO International Technical Guidance on Sexuality Education, which is a sensitive issue ever since it was first introduced in European school curricula in the 1970's. UNESCO highlights the essentiality for children to learn about sexuality and safer sex behaviours, in order to be adequately prepared for a healthy and consensual relationships.

INDUCTION PROGRAMME FOR I SEMESTER UG 2015-201

	09.30 to 10.15	10.15 to 12.30	1-45 pm to 2-15 pm	2-45 pm to 3-45 pm	4.00 to 4.30
18/06/2015 Thursday	<i>Hrdyaarambham</i>	Goal setting and higher Education	College Anthem (Teaching)	'The Road to Maturity'	Anti Ragging/ Healthy Relationships
	Rev. Dr. Prasant Palakkappillil, Principal	Charlie Paul	Music Club	Dr Grace Thomas, Gynaecologist, Ernakulam Medical Centre	Dr. V.S. Sebastian
	09.30 to 11.30	11.40 to 12.30	01.30 to 02.00	2.00 to 3.30	3.30.00 to 4.30
19/06/2015 Friday	Who will Keep our hearts burning within us?	virtual tour through Campus	Introduction CBCSS	Orientation - Talent / Social/ Service clubs	'Sports & Health'
	Dr. Joseph Varghese Kusumalayam	Rev. Dr. Jose John, Vice Principal	Dr. Cyriac Antony, Dean of Science	Sanu Varghese and Prof. Ignatious Abraham, Alex Shinu Scharia	Dr. Raju KA, Director, Physical Education
	09.30 to 10.15	10.15 to 11.30	11.45 to 12.15	12.15 to 01.00	2.00 to 4.30
23/06/2015 Tuesday	College Anthem (Teaching)	Familiarising with the campus rules and campus	Introduction to Semester Programme	Orientation - Talent / Social/ Service clubs	
	College Music Club	Dr. V.S Sebastian (Dean Student Service)	Mr. Biju V.V	Sanu Varghese and Prof. Ignatious Abraham, Alex Shinu Scharia	
	09.30 to 10.15	10.15 to 11.30	11.45 to 12.15	12.15 to 01.00	2.00 to 4.30
24/06/2015 Wednesday	Induction to the respective departments- Mentoring and Literary Activities				
25/06/2015 Thursday	9.30 TO 10.00	10.15 to 11.15	12.15 to 01.00	02.00 to 03.00	03.15to 04.30
	College Anthem (Teaching)	Counselling services	Time Management & Manners	Awareness Programme	Stress Management & Study Skills
	College Music Club	Chithra S	Dr. Joseph T. Mooleyil	Civil Service Academy, Pala	Fr. Varghese Puthuserry



The program commenced on 18th June 2015, with the inaugural session by invoking the blessings of God Almighty with an inter-religious prayer session at 9:30 am, followed by the Principal's address wherein Principal, Rev. Dr. Prasant Palakkappillil, offered a warm welcome to the students and he mainly focussed on themes like institutional heritage, its vision and mission, core values campus discipline and so on. The inaugural session was an initiative to equip the students with spiritual resources for a healthy living. A general orientation on higher education was imparted to the students. The national values of religious equality and sarva dharma sama bhava, readings and reflections on knowledge pursuit and wisdom seeking were part of the initial session "hrdyaarambham". This was accompanied by bhajans and songs to inculcate a faith in God, religious harmony and national integration.

It was followed by an interesting session on 'goal setting' at 10:45 am, to enable the students to form a positive outlook towards life and tread on the path to achieve success in life by focusing on a firm goal. We were honored to have Adv. Charlie Paul to guide the students on goal setting and higher education (and OBE), exam stress management and choice-based system, mental health and counselling. In the next session from 1:45 pm to 2:15 pm, the students got a practice session to familiarize with the college anthem. The main highlight of the day was the talk entitled, 'The Road to Maturity' by Dr. Kochurani from 2:45 pm to 3:45 pm.



The students were provided with comprehensive talk on sexuality, women empowerment and anti-ragging by Dr VS Sebastian. This session included classes on the gender uniqueness, consent and awareness about sexual abuse too.

The session on 19th June 2015, commenced at 9:30 am, with an introductory talk by Rev. Fr. Joseph Kusumalayam. Followed by a virtual

tour through the campus was given by Rev. Dr. Jose John, Vice Principal. Dr. Cyriac Antony, Dean of Science, introduced the students to CBCSS, at 9:45 am till the next session. Rev. Dr. Jose John, Vice Principal, engaged the students by introducing the campus through a visual tour, from 11:45 am to 12:15 pm. The lunch break was followed by an introduction to Service clubs- by, Sanu Varghese and Prof. Ignatious Abraham. Dr. Raju KA, Director, Physical Education, engage the students with the fantastic topic, 'Sports & Health', imperative for their overall development of the student community.



The third day's session on 23rd June 2015 commenced at 9:30 am with the teaching of the college anthem to the new members of the Sacred Heart family by the College Music Club. This was followed by a session from 10:15am to 11:30am wherein Dr. VS Sebastian, Dean of

Student Service familiarised the students with the campus rules and regulations. The next session was taken over by Dr. Biju VV from 11:45am to 12:15pm where the students were given an introduction to the Library. Dr M S Francis took the next session from 12:15pm to 1pm giving an introduction to the Semester Programme system. The lunch break was followed by an introduction to Service clubs- by, Sanu Varghese and Prof. Ignatious Abraham. Prof. Alex Shinu Scaria, introduced the students to various talent clubs functioning at the college.

On 24th June 2015 the session commenced at 9:30am and was extended till the lunch break where the students were introduced to their respective departments and where also given an insight into the various mentoring and literary activities. In the session after the lunch break Safety related orientation, especially road safety in collaboration with the transport authorities was imparted to students by Motor Vehicle Inspector Dileep Kumar.

The final days session on 25th June started off at 9:30 and till 10 am the College Anthem practice session was conducted by the College Music Club. The second session was by Chitra S where the students were introduced to the Counselling Services offered by the college. Dr Joseph T Moolayil took up the next session till the lunch break on Time Management and

Manners. The session after the break was an Awareness Programme on the various competitive exams and opportunities by the Civil Service Academy, Pala. The final session was by Fr Varghese Puthuserry

on "Study Management and Study Skills". The session concluded with Shri. Rajesh James, PTA Secretary, conveying his gratitude on behalf of everyone towards the college and the speakers, for organizing a wonderful program.



## INDUCTION PROGRAMME FOR I SEMESTER PG 2015-2016

		09.00 to 9.45	10.15 to 11.30	11.45 to 12.45			02 to 3.30
		Holy Mass and Prayer	Sacred Heart College - its heritage, culture and values	Higher Education - Challenges in PG level of learning			Campus Resources for student development
		Monastery Chapel	Rev. Dr. Prasant Palakkappillil, Principal	Dr. Joseph T Moolayil			Student Development Office (SDO, Counsellor)
		09.30 to 10.00	10.15 to 11.30	11.45 to 12.45		2.00 pm to 3.00 pm	3.00 pm to 4.00 pm
		College Anthem (Teaching)	Integrating learning with living - fully human, fully alive	Research orientation in PG Education - expected outcomes.		Library resources for PG students	Campus Tour
		Music Club	Fr Sabu Thomas	Dr Cyriac Antony - Dean, Faculty of Science		Biju VV Librarian (in the library)	Fr. Dr. Jose John, Vice Principal
10/07/2015	Friday						
13/07/2015	Monday						



Orientation programmes encouraged the freshers to not to oblige to any malpractices and also to report boldly any incidents of ragging, either as victims, or witness, to the authorities and were made aware of facilities to avail counselling sessions to heal them. It also helped to develop awareness on sexual health. The two-day session was an innovative attempt to extend a warm welcome to the new student community and to build a safer, inclusive society and to develop critical thinking. The gathering was officially dispersed at 4:30 pm, reminding the students to be responsible citizens.

## PG Induction Programme

The induction programme for the first semester PG students of Sacred Heart College, Thevara was conducted on 10th and 13th of July, 2015. The two-day programme was conducted in such a way that it upraised the educational motive as well as the personal goals of the students. Along with an introduction to the campus rules and discipline, the programme further elaborated on areas including gender sensitisation and time management. Hridyarambha 2015 sought to expand the flame glowing inside the young Heartians.

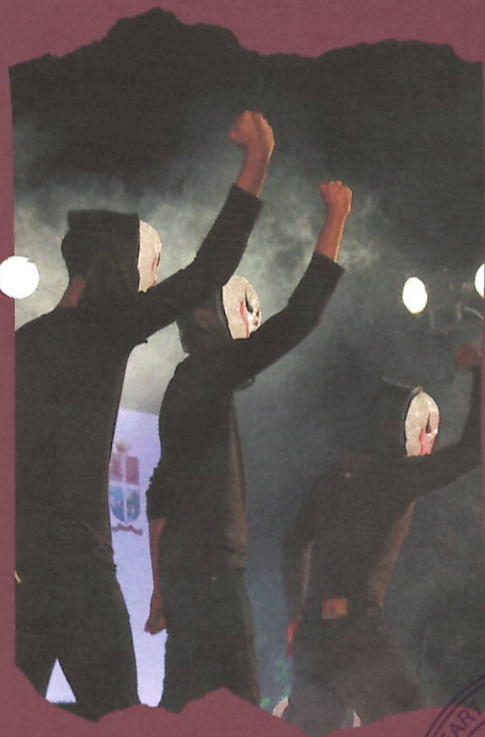
The programme kick started on 10th July at 9.00 am with a warm prayer session and holy mass by the monastery chapel. The staff secretary welcomed the gathering. The Principal Rev. Fr. Prasant Palakkappillil symbolically inaugurated Hridyarambha 2015 with a gracious lamp lighting ceremony, followed by his detailing on "Sacred Heart College – Its heritage, culture and values". Later, Dr. Joseph T Moolayil delivered an eye-opening speech on "Higher Education – Challenges in PG level of learning" where he exposed the challenges PG students have to face



during post-graduation studies. The day's programme ended with a detailing by the Counsellor of Student Development Office (SDO) on the various campus resources available for student development.

The next and final day of the programme began at 09.30 am with the college music club taking initiative to introduce the College Anthem to the new Heartians. From 10.15 onwards, Fr. Sabu Thomas neatly elaborated on the subject "Integrating learning with living – fully human, fully alive.", which was very informative about balancing education and life. Later by 11.45 am, Dr. Cyriac Antony, Dean and faculty of Science, gave an excellent lecture on the topic "Research orientation in PG education – expected outcomes", which dealt with synchronizing education with research during post-graduation studies. Later after lunch break, Biju V V, Librarian of College Library, informed the newly arrived students about the Library resources for PG students which helped them get an idea about utilising the library at maximum potential. Finally, at 03.00 pm, Fr. Dr. Jose John, Vice Principal, guided the new students for a campus tour which aided them to get familiarize with the campus atmosphere.

The induction programme provided a welcoming atmosphere for the students and comprehensive information regarding the academic and student service resources. The students became familiar with the college environment. They were inspired to become ideal Heartians maintaining campus discipline and practising healthy relationships towards colleagues and faculty alike.



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