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2016

WELCOME TO THE HEART!





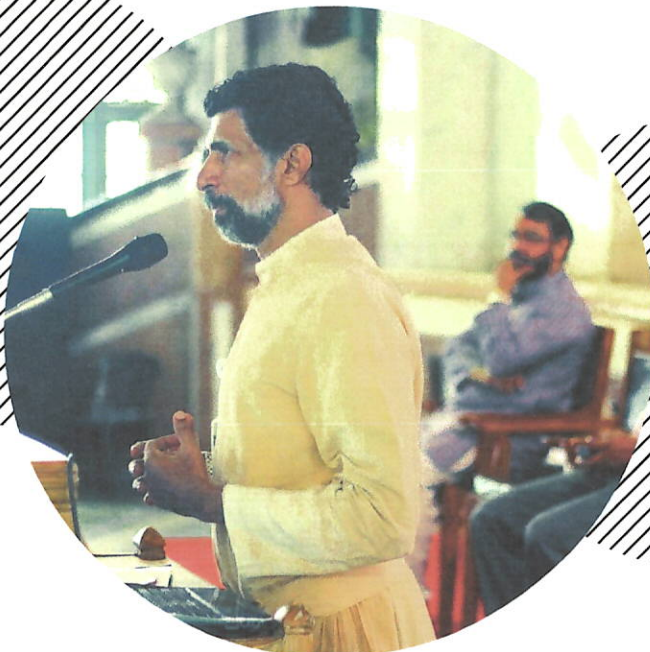
Objectives

- *To inculcate the ethos and culture, policies, practices and values of the College.*
- *To make students feel comfortable in the new environment and connect them with the people and society.*
- *To help them build bonds with other students and faculty members*
- *To increase the understanding of the concept of gender*
- *To create awareness among the students of dignity and value of human life and prevent any conduct of dehumanizing actions against fellow beings.*

INDUCTION PROGRAMME FOR I SEMESTER UG 2016-2017						
15/06/2016	Wednesday	09.30 to 11.15	11.30 to 11.45	11.45am – 01.15 pm	2.00 to 3.30 pm	03.30 to 04.30 pm
		<i>Hrdyaarambham, Prayers, College Anthem, Lightning Lamp</i>	Discipline on campus, Anti Ragging, Healthy Relationships	Motivational Talk - Job Opportunities-Self Discipline	Commerce, BBA Students and Parents Meeting	Campus Tour
16/06/2016	Thursday	Rev. Dr. Prasant Palakkappillil, Principal	Dr. V.S. Sebastian, Dean, Student Services	Sri. Madhubhaskar	2.00 to 3.30	Commerce, BBA Students and Parents
		09.30 to 10.15	10.15 to 11.30	10.15 to 12.30		
16/06/2016	Thursday	Our College - The Heart that Flames	Academic flexibility of students in autonomy	Goal setting and higher Education	Spiritual Empowering , HUMAN and ETHICAL VALUES	
		Fr.Prasant Principal	Dr. Joseph T. Moolayil	Charlie Paul	Fr. Sabu Thomas, Department of English	4.30 to 5.30
17/06/2016	Friday	09.30 to 12.30		Gender equality, sexual orientation, gender identity and healthy relationships - Specifically for boys	1.30 to 4.30	Zumba Session
		Dr. Varghese Paul, Trainer for alternate life style, Chalakudy			Dr. Varghese Paul, Trainer for alternate life style, Chalakudy	KRAV MAGA
20/06/2016	Monday	09.30 to 10.30	10.30 to 12.30	Introduction to Mentoring, Group discussion	2.00 to 3.30	03.30 to 04.30
		College Anthem (Teaching)	Introduction to Mentoring, Group discussion		Introduction to Library	Campus Tour
21/06/2016	Tuesday	Music Club	Dr. CS Francis , Head, Department of English	Counselling services	Biju V.V	Fr. Jose John, Vice Principal
		9.30 TO 12.30			02.00 to 03.00	03.15to 04.30
21/06/2016	Tuesday	Induction to the respective departments- Mentoring and Literary Activities		Rakhi Menon	Road safety awareness Campaign	
					Dileep Kumar, Motor Vehicle Inspector, Ernakulam	

The orientation programme of first year Bachelors students of Sacred Heart College, Thevara was held on 15th, 16th, 17th, 20th, and 21st of June, 2016. The orientation program was designed to address human resource development, goal setting, human values like service mindedness, integrity in life, Life skills, study skills, anti-ragging and sex-education, gender equality and women empowerment. The programs are modeled with focus on empowering women, while men need to understand the importance of respecting women, to be aware of the potential power imbalance.

Principal, Rev. Fr. Prasant Palakkappillil, blessed the occasion with his presence and valuable message from 10:45 am to 11:15 am, befitting the national values of religious equality and sarva dharma sama bhava accompanied by bhajans and songs evocative of faith in God, religious harmony and national integration. Dr. V S Sebastian, Dean, student services, delivered a session on 'discipline on campus' with much emphasis on anti-ragging and the need for developing healthy relationships in the campus. An expert address session by a person of



Special emphasis was given to gender equality in order to provide a sociable and affable environment for girls in college and to promote an egalitarian learning. Theoretical orientations could play an important role in helping to address gender inequity.

The programme started on 15th of June, 2016 by invoking God's grace through Holy Mass at 9:00 am, followed by assembly at Auditorium. The Staff secretary offered the welcome address. And there was a prayer session organised from 10:05 am to 10:35 am. The inauguration of the session was marked by lighting of the lamp by Principal, Dr. Cyriac Antony, Staff secretary, two of the parents and two students, followed by playing of the college anthem.

eminence in the field of education or human resource development was arranged for orientating students and their parents to the challenges in life and higher education. The students were really enthused by the motivational talk by Shri. Madhubhaskar, from 11:45 am to 1:15 pm. Commerce and BBA students along with their parents had a meeting with their HoDs, at 2:00 pm.

On 16th of June 2016, Rev. Fr. Principal addressed the students at 9:30 am. Dr. Joseph T Molayil talked on academic responsibility of students in autonomy, at 10:15 am. Adv. Charlie Paul guided the students through an energetic session on 'goal setting' higher education and life management from 11:15 am to 1:00pm. Fr. Sabu Thomas, spiritual guide, strengthened the

students through spiritual empowering, from 2:00 pm to 3:30 pm.

The session on 17th of June, 2016 started with the prayer to Almighty God at 9:30 am, followed by orientation by Shri.Varghese Paul, at 9:30 am. Later on, after the lunch break, orientation to girl students was led by Shri. Varghese Paul, from 1:30 pm to 3:30 pm. The implementation of sex education programs at our college could lead to proper knowledge and attitude on adolescent health and healthy relationships among students of the college. The programme promoted awareness on Anti Ragging through leaflets about anti-ragging measures, and induction programmes on their rights. General awareness was created through an orientation program to prepare fresher's not to oblige to such practices and to report boldly if at all they face any.

The programme was instrumental in equipping the children with knowledge about their bodies and their rights, gender equality, sexual orientation, gender identity and healthy relationships (an approach which is often referred to as comprehensive sexuality education). The last session, Genesis: A New Beginning was exclusively for girls and a Zumba dance session was conducted by KRAV MAGA in the auditorium.



The session on 20th of June 2016 began with the practice of College anthem by music club at 9.30am, followed by orientation by Dr. CS Francis on the need of mentoring for students at college level. The Mentor and Mentee relationship on campus is an important attribute that helps the students to greatly improve a sense of direction towards learning and also their ability to cope up with challenging times. Mentoring can strengthen their ability to recognize their skills, abilities, and interests, and assist them in critical thinking and accomplish their goals in life.

Mr. Biju VV, Sacred Heart College Librarian described the role of the library in higher education since higher education is a process of learning rather than teaching. With the support of technology, Vice Principal Dr. Jose John took the students to campus through a virtual tour. The beautiful lake view and the nooks and corners of the campus became alive in front of the students and made them proud to be part of the Heartian family.



On 21st of June 2016 students were asked to be in the respective departments till afternoon and mentoring was given to students by each class teacher with the support of other staff members. Students were offered all sorts of support and encouragement during the session. It was a moment of realization for many as they tried to know each other and also recognizing students with special needs. The senior students welcomed the first-year degree students at the end of the session with music, songs and snacks. Ms. Rakhi Menon, Counsellor, Sacred Heart College engaged the students from 02 to 03 pm. She reminded them of the College's counselling facility and the need for counselling in someone's life with examples from campus.

College is exciting, but it requires students to learn how to adapt to various challenging situations of life and how to live in an environment plagued by rapid change. The last module led by Mr. Dileep Kumar, Motor Vehicle Inspector, Ernakulam covered varied aspects of responsible driving including the ill effects of driving under the influence of alcohol, speeding and the wearing helmets. The student community got shocked by the distressing videos and photos of varied road fatalities. The two-hour programme was an interactive module with lots of examples and question answer sessions.

The gathering was officially dispersed at 4:30 pm, reminding the students to be responsible citizens.

Campus orientation imparted to students helped them to be responsible citizens maintaining campus discipline, healthy relationships, and practising anti-ragging measures. Special emphasis and focus towards clubs working towards protection of Mother Nature, fauna and flora were given. The motto of Service oriented learning was imparted to students. "We are born to serve, not to be served".





Postgraduate Induction Programme

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 instil 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.*

INDUCTION PROGRAMME FOR I SEMESTER PG 2016-2017

		09.00 to 9.45	10.15 to 11.30	11.45 to 12.45	01.45 to 2.30	02.45 to 04.00
01/08/2016	Monday	Holy Mass and Prayer	Sacred Heart College - its heritage, culture and values	Higher Education - Challenges in PG level of learning	Library resources for PG students	Campus Tour
		Monastery Chapel	Rev. Dr. Prasant Palakkappillil, Principal	Dr. Joseph T Moolayil	Biju VV Librarian (in the library)	Fr. Dr. Jose John, Vice Principal
02/08/2016	Tuesday	09.30 to 10.00	10.15 to 11.30	11.45 to 12.45	2.00 to 3.30 pm	
		College Anthem (Teaching)	Integrating learning with living - fully human, fully alive	Research orientation in PG Education - expected outcomes.	Campus Resources for student development	
		Music Club	Fr Sabu Thomas	Dr Varghese Abraham, Former HoD, Maharajas College, Ernakulam	Student Development Office (SDO, Counsellor)	

Aims

- The students are familiar with the management, its core values, and the overall vision and mission of the college.
- The student has a clear picture of the PG level of learning with implications for self-learning and group learning.
- The student has 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.
- The student is familiar with the campus facilities, learning resources, student support systems including scholarships etc.
- The student is 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.



The orientation programme for the I PG students was held on 1st and 2nd of August, 2016. The programme was emphasised on providing proper guidance for research, paper publication etc. for the young post-graduation aspirants. The two-day programme that consisted of various sessions aimed at helping the students in finding their career and fulfilling their ambitions. The students also received a homely atmosphere in their new campus.

The first day of the programme was charted on 1st August, 2016. The day was well begun with a Holy mass and prayer at the Monastery Chapel from 9:00 am to 9:45 am. The first session began at 10:15 am with a talk by Rev. Dr. Prasant Palakkappillil, Principal of Sacred Heart College.



He gave a brief note on the heritage, culture and values of the college to make the students aware that they are now part of a prestigious institution. The next session was from 11:45 am to 12:45 pm. Dr. Joseph T Moolayil was in charge of the session and he dealt with the topic- "Higher Education - Challenges in PG level of learning". It was indeed a session that made the students critically aware of the various challenges in higher education.

The next session was held at the library from 1:45 to 2:30 pm. Biju VV, College Librarian shared the various library resources for PG students with the freshers. Fr. Dr. Jose John, Vice Principal of Sacred Heart College took the students for a Campus tour from 2:45 to 4:00 pm to make the students familiar with their new campus. Hence the day 1 the programme came to a happy end.



The last day of the induction programme was on 2nd August, 2016. The Music Club of the college taught the freshers the College Anthem from 9:30 to 10:00 am. The first session was taken by Fr Sabu Thomas who gave the students an engaging talk on the topic "Integrating Learning with Living - Fully Human, Fully Alive" from 10:15 to 11:30 am. The next session was from 11:45 am to 12:45 pm that was on the Research Orientation in PG Education and its expected outcomes. The session was handled by Dr Varghese Abraham, Former HoD, Maharajas College, Ernakulam was one of the important sessions on research orientation in PG Education and expected outcomes. This was followed by a class on Campus Resources for Student Development which was taken by The Counsellor, Student Development Office (SDO).

This was the final session of the induction programme and it lasted from 2:00 to 3:30 pm. With that the 2 day induction programme was brought to an end.

The induction programme was truly a helping hand for all the freshers as they were able to understand the reason why they were in the institution. They were made to realise how an ideal Heartian should be and how as Heartians they could contribute their part to the society. The students were taught how to construct their future as the sessions were primarily focused on leading the PG students to research, publication, etc.

Prathibha Hostel Welcomes the '16 Batch



Prathibha Hostel Welcomes the '16 Batch

THE ANNUAL REPORT 2016-2017

Prathibha Women's hostel is completing its 5th hostel day 'Rhythm of Prathibha 2016' with great enthusiasm on 4th February 2016.

The formal programme session the evening by 7 o'clock. The occasion was the presence of Fr. Dr. Jose Kuriedath CM, Mar. Fr. Dr. Prasanth Palakapilly CM, principal, Thiravakkal CM, vice principal, other invited guests.

The finals of Prathibha's contest "Miss Prathibha 2016" was also held out of 25 participants, sharp and Ms. Sephora Jose was crowned as Miss Prathibha 2016. The programme also included many ethnic gigs.

Many of our students at semester exams which we feel is our students still enjoy.

We have started the cultivation of vegetables within the hostel premises.

Prathibhites celebrated various programmes along with gifts were also exchanged.

We celebrate it once in every month with works and activities for the and around.

The Prathibha 2017 was concluded on 16th 0

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of final common question, the chain demonetization happening in the present scenario, Ms. Rose Mary Jose, P.U. English literature student has won the title Ms. Prathibha 2017, and Ms. Alphonsa Savio, 1st year Degree Maths student won the title runner up.

We the Prathibhites take this opportunity to express our sincere gratitude to the Director of this hostel, Fr. Jose Kuriedathu, and Fr. Dr. Prasanth Palakapally, Principal for their extreme care, whole hearted support, and affectionate consideration towards Prathibha.

We are proud to say that with 97 students and eight staff, under an efficient management, our hostel has become one of the best hostels in Lockern.

Today, 6th February 2017, the last event of this year, Rhythm of Prathibha 2017 is ready for presentation by seeking the blessings of Almighty and your co-operation.

Thank you.


19/1/17

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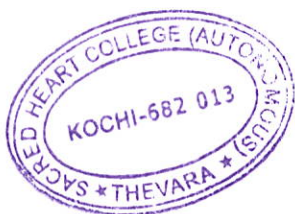
Induction Programme Organising Committee

Undergraduate Programme

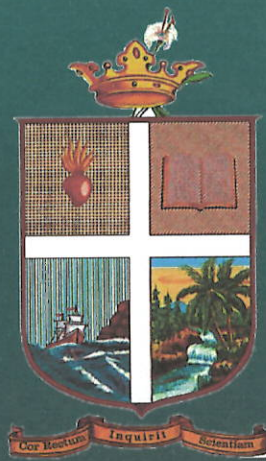
Prof. V S Sebastian
Prof. Philip Mathew
Prof. Alex Shinu Scaria
Prof. Shijo Varghese
Prof. Shyamlal M S
Prof. Fr. Sabu Thomas
Prof. Jinu George
Prof. Priya P S
Mr. Sreejith M G
Ms. Rakhi Menon
Mr. Abin Ambily

Postgraduate Programme

Prof. Siby Mathew
Prof. Joseph T Moolayil
Prof. Jose John
Prof. T. J. James
Prof. MS Francis



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