



HRIDYAARAMBHAM

2018

എദ്യാരംഭം '18

WELCOME TO THE HEARTIAN FAMILY!



SACRED HEART COLLEGE Autonomous



INDUCTION PROGRAMME FOR I SEMESTER UG 2018-2019			
		09.30 to 10.15	10.15 to 11.30
		College Anthem (Teaching)	Our College - The Heart that Flames
		Music Club	Rev. Dr. Prasant Palakkappillil, Principal
		09.30 to 10.00	10.00 to 01.00
		College Anthem (Teaching)	GOAL SETTING and HUMAN and ETHICAL VALUES
		Music Club	Fr. Sabu Thomas, Department of English
		09.30 to 10.15	10.15 to 11.30
		College Anthem (Teaching)	Introduction to Semester Programme
		College Music Club	Dr. CS Francis
			09.30 to 12.30
			Induction to the respective departments -Mentoring and Literary Activities
			9.30 TO 10.00
		College Anthem (Teaching)	10.15 to 10.45
		College Music Club	Introduction to Add On Courses
			10.45 to 11.45
			Communication Skills
			02.00 to 03.00
			IQAC
			03.15 to 04.30
			Stress Management & Study Skills
			Fr. Varghese Puthuserry
			3.15 to 04.00 pm
			Orientation - Talent / Social/ Service clubs
			Quiz Club Career Guidance And Placement Cell Editor's Club Saw ED Club Speaker's Forum Dance Club Drama Club Film Club Music Club Literary Club,
			3.15 to 04.00 pm
			Orientation - Talent / Social/ Service clubs
			NSS AICUF Red Cross Age Friendly Nature Club Bhoomitra Sena ENCON Club Agriculture Club Birds Club Jesus Youth SADAS Womens Cell Civil Service Study Circle Tourism Club
			01.30 to 2.30
			Road safety awareness Campaign
			02.45 to 3.45
			Mr Vinod Kumar (MVI Ernakulam District)
			Rakhi Menon
			01.30 to 2.30
			Syamial M.S, Abin Ambily, SDO
			02.00 to 4.30
			Orientation - Talent / Social/ Service clubs
			Dr C.J John (Medical Trust Hospital)
			Fr. Dr. Johse John, Vice Principal
			2.00 to 3.30
			Gender Sensitization
			3.30.00 to 4.30
			Campus Tour
			Healthy Parenting and goal setting
			11.45 to 12.15
			Campus rules and Ethos
			12.15 to 01.30
			Dr. Mary Mettilda (Principal, Maharajas College, Ernakulam)
			Rd.Dr. KV Raju
			11.45 to 12.15
			12.15 to 01.00
			Know your Library
			Biju V.V
			09.30 to 10.15
			Introduction to Exams
			Dr. Dominc VJ
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UNDERGRADUATE INDUCTION

An orientation programme for first year Bachelor students was held at Sacred Heart College, Thevara on 09th, 11th, 12th, 13th of June and 14th and 09th and 10th of July 2018. The orientation was mainly centered on inculcating the values of gender sensitization, anti-ragging, human and ethical values. Creating a harmonious, secure and an egalitarian space modelled on equality and liberty is the need of the hour. With the rising crimes related to women and bullying, it is high time to promote awareness relating to gender sensitization and anti-ragging so as to inculcate open mindedness and rationality and to eliminate prejudices and disparities. Education is the light that kindles and purifies the minds and bodies of students and hence such orientation sessions were directed towards raising a youth driven by ethical, humane and sensitive values.



The programme commenced on 9th of June, 2018 by invoking the blessings of Almighty through a Holy Mass followed by the lighting the lamp ceremony by Principal, Dr.Cyriac Antony, Staff Secretary, two parents and two students. A session on teaching the college anthem was held from 9:30 am to 10:15 am, thereby inducing confidence and belongingness in students to attain higher achievements. Rev. Fr. Prashant Palakkappillil, Principal, Sacred Heart college, Thevara, graced the occasion with his presence and his valuable words on the need for secularism and faith accompanied by songs that invoked spirituality and peace within oneself.

His enlightening words of wisdom truly blessed the occasion and endowed it with reverence and grace. This was followed by a session delivered by Dr. KV Raju at 11:45am on the campus rules and ethos that ended at 12:15pm. Dr. Mary Matilda, Principal, Maharajas College, Ernakulam enlightened the programme, addressing the need for healthy parenting and goal setting. The talk was illuminating as it touched upon the relevance and emphasis placed on healthy parenting and goal setting, especially in the hustle and bustle of today's busy lifestyle.

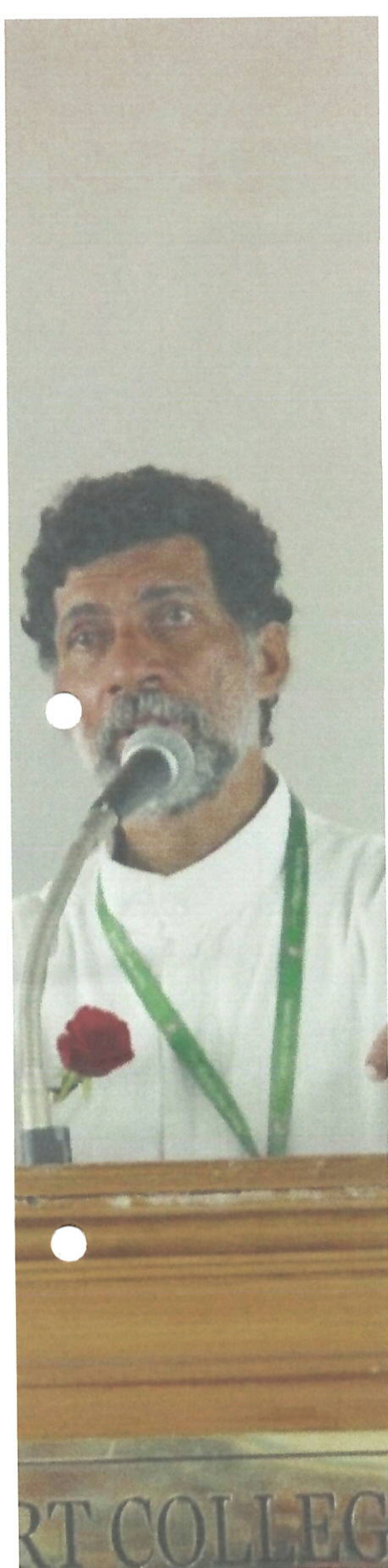


On 11th of June, 2018 Rev. Fr. Sabu Thomas, the spiritual guide, addressed the occasion with a talk on the importance of goal setting and maintaining human and ethical values in contemporary life. The talk was centred around setting smart and healthy goals and promoting the skills of planning and organization that aid in the overall development of a student. The session was also driven around the need for inculcating humane and ethical values, placing emphasis on moulding and shaping them towards growth and development. The students were highly enthused by the insightful and interactive talk.

This was followed by a session on gender sensitisation by Dr. C J John from 2:00 to 3:30 pm. The talk mainly focused on the existing forms of gender disparities and the need to promote gender awareness in an educational space thereby eliminating biases and prejudices relating to the same. It also covered in detail, the various aspects of gender equality, rights and the need to foster healthy relationships. Father Dr. Jose John, Vice principal, Sacred Heart College, Thevara took the students on a virtual campus tour at 3:30pm wherein students saw their own campus come to life and enabled them to explore each and every corner of the campus. The beautiful and picturesque sea view along with the extensive campus breathed vitality and enthusiasm in students.

The session on 12th June, 2018 started with the practise of the college anthem by the music club at 9:30am. This was followed by a comprehensive and in depth talk on semester programme by Dr. C S Francis. The talk covered various and detailed aspects of the semester system, including the length and duration of each semester and the testing and the grading patterns of the college. An orientation on the exam process and its conduct was led by Dr. Dominic VJ at 10:15am which addressed in detail, the various exams and assessments that entail in each semester, the grading system and exam regulations as stipulated by the University.

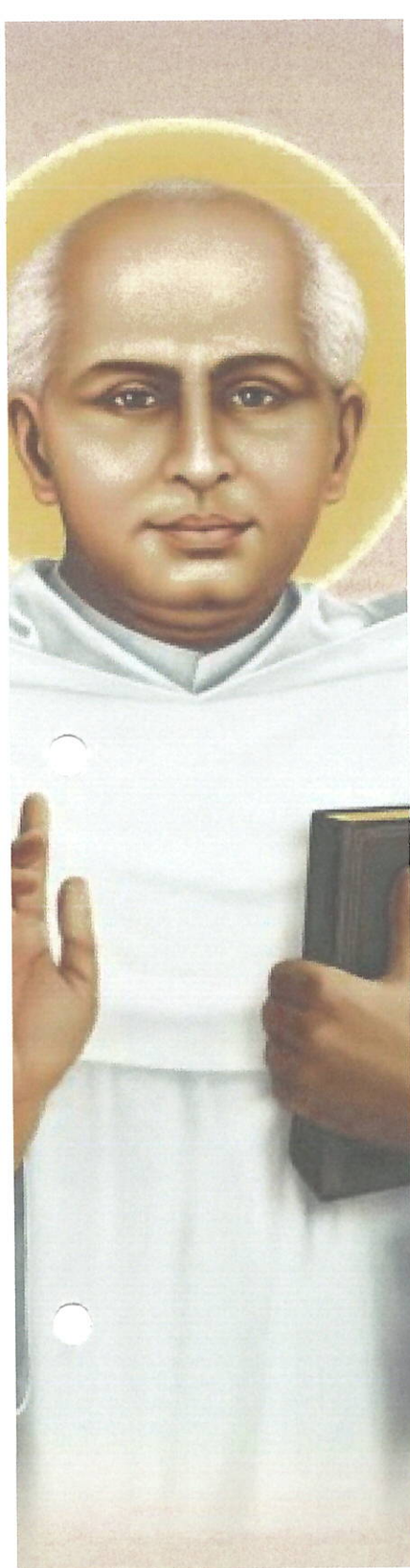
A brief session on the importance of harnessing the resources available in the college library was held by Biju V.V, Sacred Heart College Librarian at 12:15pm. He also inculcated in students the importance of libraries especially in higher education since they instill the values of critical thinking, creativity and the process of research. A session on the various talent, social and service clubs of the college was also held by Syamlaal M.S and Abin Ambily, Sub divisional Officers.



The orientation session on 13th of June, 2018 began at 9:30am with an induction programme on the various departments of the college followed by mentoring and other literary activities. The students were asked to be in their respective departments and mentoring sessions were held by class teachers, invigorating them to start their academic year on an encouraging, positive note. The students familiarised with their respective classmates and teachers which was followed by an engaging session held by the senior students, welcoming the first year degree students with music, joy and warmth.



A road safety awareness campaign was held by Mr. Vinod Kumar Motor Vehicle Inspector, Ernakulam at 1:30pm. General awareness was promoted about road safety and security and the importance of adhering to responsible driving. The talk encapsulated the increasing number of road accidents and urged students to maintain safe driving. The students were also highly enthused by the question and answer session towards the end. This was followed by a brief session on the various counselling services available in the college by Ms. Rakhi Menon, Counsellor, Sacred Heart College, Thevara. The talk covered various aspects of the need to access counselling services with supporting examples from the campus.

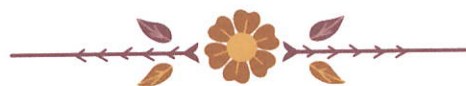


The induction programme on 14th of June, 2018 started with an introduction on the various add on courses provided by the college at 10:30am. The talk enlightened the students on the need for equipping the students with skills that could be acquired through such courses. Dr C S Francis held an insightful session on communication skills, their meaning and significance in the contemporary context.

Dr. KM Johnson delivered an extensive session at 2:00pm on the Internal Quality Assessment Cell(IQAC) of the college. The talk addressed the major role played by IQAC in ensuring the quality and academic excellence of the college. The programme of the day came to an end with an energetic and interactive session on stress management and study skills by Fr Varghese Puthussery. The students were highly enthused by the insightful session that addressed the various ways to tackle stress and inculcated various study and organizational skills that aid in the academic enhancement of students. The gathering was officially dispersed at 4:30 pm.

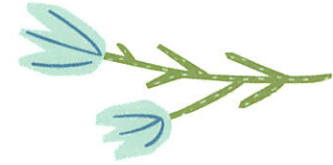
On 9th and 10th of July, 2018, an extensive session was held at 3:15pm on the various social and service clubs available in the college, urging students to participate and coordinate on the various activities organised by the college.

Campus orientation sessions were mainly centred around promoting awareness relating to anti ragging, fostering healthy relationships, gender sensitization and also sustaining humane and ethical values. These sessions enabled the students to get an overall understanding about the importance of education as a tool to dispel darkness and spread peace and happiness in the society. Sessions on health and environmental clubs kindled in students the need to preserve Mother Nature and the importance of maintaining an ecofriendly life.



INDUCTION PROGRAMME FOR I SEMESTER PG 2018-2019

		09.00 to 9.45	10.15 to 11.30	11.45 to 12.45					2.00 to 3.30 pm
		Holy Mass and Prayer	Sacred Heart College - its heritage, culture and values	Perspectives in Higher Education - Challenges and Scope					Campus Resources for student development
	Monday	Monastery Chapel	Rev. Dr. Prasant Palakkappillil, Principal	Dr. KV Raju					Student Development Office (SDO, Counsellor)
		09.30 to 10.00	10.15 to 11.30	11.45 to 12.45					01.45 to 2.30
	Tuesday	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 - Former Dean, Faculty of Science					Biju VV Librarian (in the library)
									Fr. Dr. Jose John, Vice Principal
06/2018									





POSTGRADUATE INDUCTION

25th and 26th of July proved to be an exciting day for I semester PG students as they attended the induction programme at Sacred Heart College, Thevara. The main focus of the program was to introduce the students to the values and ideals that the college holds close to its heart. Along with the aim of familiarising the students with the college rules, guidelines and future prospects, the programme also took off to bring awareness of Human and ethical values and gender sensitisation.

The programme started on 25th July at 9.00 pm with a prayer session and Holy mass at the Monastery Chapel. The gathering was welcomed in the auditorium and the Principal Rev. Fr. Prasant Palakkappillil inaugurated the session symbolically by lighting the lamp.

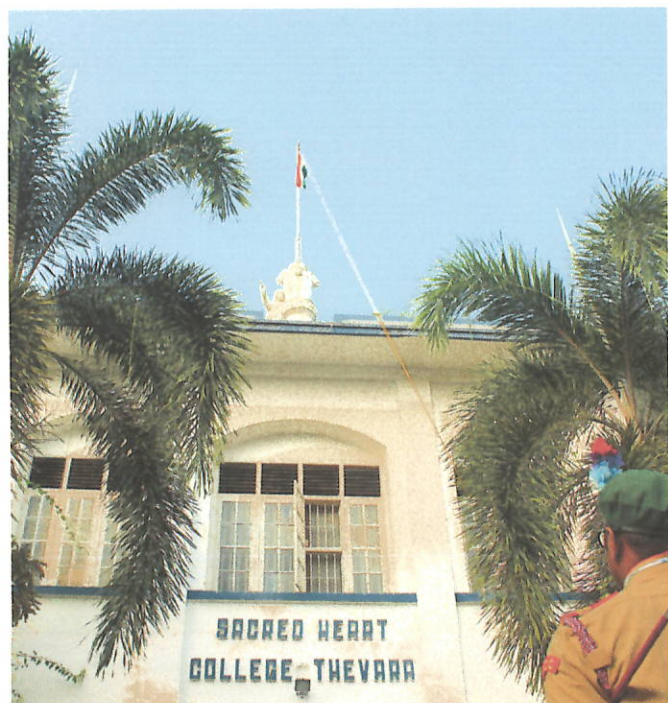




From 10.15 to 11.30 the Rev. Fr. Prasant Palakkappillil graced the occasion with his presence as he imparted a valuable session on the foundation of Sacred Heart College, Thevara, its heritage, culture and values. From 11.45 to 12.45, Dr. K V Raju enlightened the young minds about the perspectives in higher education , the challenges that may confront them and also the scope. After a short lunch break the students were informed about the campus resources that they could access for their personal development. This session was given by the counsellor from the Student Development Office, so that they may utilise the given resources to their fullest potential. This marked the end of the 1st day of the induction programme.



26th of July began with the smiling face of students looking forward to the rest of the experience. It began at 9.30, when the college music club took the initiative of teaching the college anthem to the new members of the Heartian family. With a few giggles here and there the session surely helped the students break the ice. The session from 10.15 to 11.30 saw Fr. Sabu Thomas from the Department of English illuminating the young minds with a talk on integrating learning with living. It focused mainly on being more human, to be fully alive and to observe and feel every aspect of life as you live it. Dr Cyriac Antony - Former Dean, Faculty of Science gave a relevant session on Research orientation in PG Education and its expected outcomes from 11.45 to 12.45.



Post lunch, at 1.45, the students were informed about Library resources for PG students by the librarian V.V Biju. For the most exciting part of all, Fr. Dr. Johse John, Vice Principal gave a campus tour to the wide eyed students and completed the 2 day Induction Programme.

The induction programme helped the students get familiar to the campus and understand what was expected of them as true Heartians. The students were not only guided about the various rules and regulations, anti-ragging policies etc. but were also guided to understand the relevance of becoming more human and being sensitive to the needs of others as responsible citizens irrespective of sex and caste. It is time to see gender as a spectrum instead of two sets of opposing poles. Because gender equality is not a female issue, it is a human issue. It affects us all.

