

INTERNAL QUALITY ASSURANCE CELL (IQAC)

SACRED HEART COLLEGE, THEVARA

ORIENTATION ON MENTAL HEALTH FITNESS

16-02-2018



REPORT:

The IQAC of the Sacred Heart College organized an orientation programme on mental health fitness. The program was held on 16 February 2018 in the Marian Hall. The objective of the programme was to provide the faculty members a knowledge on mental health fitness and to raise the happiness index of the college to a higher level. The resource person for the program was Fr. Dr. Varghese Puthussery CMI.

Principal Rev. Fr. Dr. Johnson X Palackappillil CMI gave the opening remarks. He remarked that a happy mind gives a high output. This program is arranged to improve the mental health of the staff of the college.

Resource person Rev. Fr. Dr. Varghese Puthussery CMI is an expert trainer in the field of mental health fitness. Mental health is a crucial aspect which greatly influences the overall well-being of individuals in particular and communities in large. Despite this, a holistic approach toward health is lacking and unlike the physical health, mental health has been largely ignored. The resource person pointed out some tools for keeping the mental health fitness.

Staff Representative, Prof. Sibi K. I. proposed vote of thanks.

PHOTO:



**Rev. Fr. Dr. Varghese Puthussery CMI during Orientation on Mental Health Fitness
(16/02/2018)**

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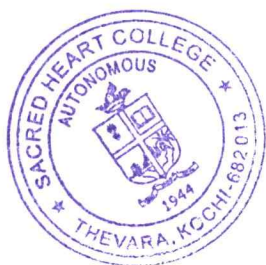
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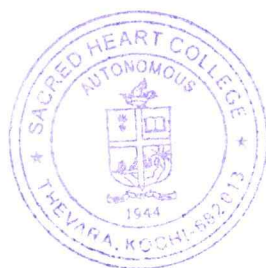
ATTENDANCE


Sl. No.	Department	Name
1.	Additional Languages	Mr. Mathew Jose
2.	Additional Languages	Ms. Shobha Liza John
3.	Additional Languages	Mr. Vishnu Raj P.
4.	Communication	Mr. Babu Joseph
5.	Communication	Dr. Asha Achy Joseph
6.	Economics	Dr. Sibi Zacharias
7.	Economics	Dr. Alphons Ligori T. O
8.	Economics	Dr. K V Raju
9.	English	Dr. C S Francis
10.	English	Dr. K M Johnson
11.	English	Dr. Tom C Thomas
12.	English	Mr. Sunil K V
13.	Sociology	Mr. Sibi K I
14.	Sociology	Mr. Sanjose A Thomas
15.	Sociology	Mr. R K Varghese
16.	Commerce	Dr. Joseph George
17.	Commerce	Dr. Sajoy P B
18.	Commerce	Mr. James V George
19.	Commerce	Fr. Tomy P.P.
20.	Commerce	Ms. Rose Mary Joy
21.	Commerce	Ms. Athira V. T.
22.	Commerce	Ms. Farzana O.I
23.	Commerce	Dr. A M Viswambharan
24.	Aquaculture	Dr. V.C.George
25.	Aquaculture	Ms. Sangeetha K R
26.	Botany	Dr. Giby Kuriakose
27.	Botany	Fr. Dr. Jose John
28.	Botany	Mr. Kiran George Koshy
29.	Botany	Ms. Princy Mol A. P.



Johnson X Palackappillil
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Principal
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Sl. No.	Department	Name
30.	Botany	Mr. Lesly Augustine
31.	Botany	Ms. Gayathri Sharma
32.	Chemistry	Dr. Joseph John
33.	Chemistry	Dr. Jose K.B
34.	Chemistry	Dr. Franklin J
35.	Chemistry	Dr. Ignatious Abraham
36.	Chemistry	Mr. Midhun Dominic C D
37.	Chemistry	Dr. Ramakrishnan S
38.	Chemistry	Dr. Abi T G
39.	Computer Science	Ms. Regitha M R
40.	Computer Science	Ms. Tressa Shybe
41.	Computer Science	Ms. Achamma Cherian
42.	Computer Science	Dr. Lakshmipriya R
43.	Computer Science	Mr. Shailesh Sivan
44.	Environmental Studies	Ms. Anjana N S
45.	Mathematics	Mr. M P Sebastian
46.	Mathematics	Dr. Jeenu Kurian
47.	Mathematics	Mr. Jeet Kurian Mattam
48.	Mathematics	Mr. Didimos K V
49.	Mathematics	Mr. Sanil Jose
50.	Physics	Dr. Mathew George
51.	Physics	Dr. Pius Augustine
52.	Physics	Ms. Elizabeth Thomas
53.	Zoology	Dr. Samson Davis
54.	Zoology	Dr. Smitha S
55.	Physical Education	Dr. K A Raju




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