

**OUR VISION:**

To impart wisdom to excel the qualities of heart and head of the young ones and thereby become self sufficient in the spiritual, intellectual, social and human levels to be happy and holy human beings

**OUR MISSION:**

To mould a new generation in integrity of virtues and in maturity of values and to form them in true wisdom according to their God given talents for the good of the human family by means of the highest quality of study and by way of the most graceful quality of teaching.



**Happy Christmas & New Year**

Dear Staff & Students



*"Know Jesus, Know Peace  
No Jesus, No Peace"*  
If you know who Jesus (God) is, you will know what is peace  
If there is no place for Jesus (God) in your heart, you will never experience peace.  
The face of goodness and love is the face of Jesus (God). Let us act for the good of

others. Let us seek their well-being.  
Glad tidings of Christmas once again reverberate not only in our ears but also in our hearts. "Glory to God in the Highest; Peace on Earth to men of Goodwill." The presence of God with us (Immanuel) will wipe away our anxieties and smear away our sorrows. Sinless, spotless, stainless Babe Jesus, invites us to be holy and human. Born in a manger, He asks us to be simple and humble.  
In the bible we read, "Jesus grew in wisdom and maturity. He gained favour from God and people." Let us strive our best to grow in knowledge and make every effort to be mature people in our thoughts, words and deeds. Spirituality not only speaks of our relation with God but also it tells about our noble dealings with humans, our gentle attitude towards creation, the fauna and the flora. **Merry Christmas and Happy New Year.**

*Mar Pauly Kannookadan*

**Bishop Mar Pauly Kannookadan**  
Bishop of Irinjalakuda & Chairman IDET

## Our Guiding Stars



**Mar James Pazhayattil**  
Bishop Emeritus



**Rt. Rev. Msgr. Sebastian Maliekkal**  
Mafiler, Sahrdaya Group of Institutions



**Rev. Dr. Fr. Antu Alappadan**  
Executive Director



**Fr. Titus Kattuparambil**  
Associate Executive Director



**Dr. Sr. Lissilla CHF**  
Principal

*A leader makes others dream more, learn more, do more and become more*



## BIKE STUNTING

A bike stunting programme was conducted in our campus by DFG group, Cochin. Rev. Dr. Fr. Antu Alappadan Inaugurated the function. We enjoyed the day with lots of fun and enthusiasm. A lot of preparations went in making this day a grand success, from the distribution of passes to the day it is arranged. It was conducted on November 2nd 2013. For the day of the function, we had our vol-

unteers scattered all over the campus to take care of the discipline and see that everything goes on smoothly. A heart felt thanks goes to Siljo P. Antony, Chairman and all the Council members who voluntarily offered to help us very enthusiastically. It is said that 'Every moment is another chance to achieve' and we believe in that to the core. We have channelised our efforts towards bringing Sahrdaya Mega Fest 2013 now.

## Upcoming Events

- Industrial Visit
- Sports Day
- Sahrdaya Mega Fest
- Christmas Celebration
- Nature club inauguration
- Next Laureola
- National Seminar (10th January 2014 on Personality Perspective in the current scenario)



## Onam Celebration



Keeping with our traditions, this year too, we organised various cultural programmes to motivate and inspire our students to take an active interest in our mother tongue Malayalam. Onam, the festival of God's own country Kerala was celebrated in our college on 13th September 2013 with lots of fun and frolics. The day was marked special with the presence of our Chief Guest R.K. Jayaraj, Assistant Commissioner and the dignitaries Bishop Mar Pauly Kannookadan, Mar James Pazhayattil, and Rt.Rev.Msgr. Sebastian Maliekkal. We conducted *Pookalamalsaram* classwise. And best three were given prizes. The fragrance of fresh flowers, smell of fried chips, onasadhya, and yummy payasam...can't forget all those wonderful moments. We began our celebration with a few words from our righteous king *Maveli* followed by kuchipudi dance performance by Theertha.

The day was filled with joy and happiness shared by all the girls in set-saree and boys in Dhotis. A mime act filled with action, emotion and expression was put forward by Nitto Pauly and party. As a part of Onam celebration there were *Malayali Manga* and *Kerala Kesari* competition. Music and artistic performances flowed through-

out the day. Parvathy Nair and Br.Delvin Davis of 2nd Semester Bsc psychology were the winners of *Malayali Manga* and *Kerala kesari* respectively. Our newly elected college students council for 2013-14 presented an elegant dance programme which followed a group dance by Feba and team. A skit performance was done by Br.Glydin and team. Theertha and Nayana entertained us with a semi-classical dance.

Fr.Titus Kattuparambil and Principal Dr. Sr. Lissita are the persons behind the scenes for all the activities happening in the college through out the year. Their support, co-operation and valuable advice has meant a lot to us. I would like to appreciate the initiative taken by Ms Suja Warriar and her team, who managed to complete the programmes in time. After the delicious *Onasadhya*, we enjoyed Thiruvathira performance by the teachers. With vote of thanks by Rahul.K.Raj, Secretary of Fine Arts, our celebrations came to an end.

## A TRIP TO IDUKKY

The best time for students to study, enjoy and interact with teachers and themselves are excursions. This semester for our one day tour we went to Idukky on 7th October, 2013 and we really enjoyed the day. Tourism club was in charge of conducting trips for students. There were occasions of learning outside the classroom. The trip to Idukky was really a remarkable one. This day brought everyone under the same umbrella. We enjoyed a lot and had fun and once again we experienced the feeling of Sahrdaya as one family. This day was a lively and enjoyable day for our students as well as teachers. A big thanks to our co-ordinators, Prof. V.M George and Ms Teena Thomas and all the faculty members and volunteers for their help in conducting such a marvellous trip.

## MUCH AWAITED CULTURAL EXTRAVAGANZA

**SAHRDAYA**  
COLLEGE OF ADVANCED STUDIES

Presents **SCAS**

**Mega fest** 2013

On Friday,  
**20 December 2013**  
at 5 pm to 9 pm

Enjoy the essence of  
**Dance Music & Comedy**

Stars of the Show!

Venue: SAHRDAYA COLLEGE OF ADVANCED STUDIES, KODAKARA

Ph : 0480-2713713, 9497315810 Website : [www.sahrdyac.ac.in](http://www.sahrdyac.ac.in)



## BLOOD DONATION CAMP



We conducted Blood Donation Camp on 21st October. Prior to this, an orientation class was conducted to all the students in our college. The class commenced with the welcome speech delivered by Ms Suja Warriar. This class was taken by Dr Gahesh Mohan and Dr Rafi from Jubilee Mission Hospital, Thrissur. They addressed the students by explaining the Benefits of Blood Donation and informed who all Can Donate Blood. The talk was followed by a very informative discussion. It was the first Blood Donation Camp conducted in our college. It started its activities on 21st October from morning 9.30 am. Possible number of students could do the medical check up on the same day. The camp and its activities were managed by a committee led by Ms Teena Thomas, we congratulate all the donors. All these were made possible under the able guidance and support of our Associate Executive Director and the Principal. With great happiness we look forward to many more programmes.

## INAUGURATION OF COMMERCE CLUB

In the challenging world of today, the main objective of our college is to cater to the needs and curiosity of our students. This has been an eventful semester for our students. Overwhelming response, active participation, and enthusiasm of the students, constant support and encouragement of our Associate Executive Director Fr Titus Kattuparambil and Principal Dr Sr Lissitta and committee members has made it possible to organise various activities in this semester. The activities of the Commerce Club were inaugurated on 4th December, 2013 by Dr V.A Sunny, Executive Director of M.E.S College of Engineering, Kuttipuram. He gave an inspiring talk on *Interpersonal Competence for Achieving Success*. Rounding up the talk Dr V.A Sunny emphasised the importance of con-



serving our heritage. After the tremendously interesting talk there was an effective interactive session. Students really enjoyed the class. Our Associate Executive Director Fr Titus Kattuparambil gave the presidential address. The students of commerce department were so active to make this programme a grand success. Two association representatives and some volunteers were elected to help in various activities of the department. The response of the students has been excellent. Regular meetings are held where all the staff members plan and review departmental activities.

## C.S.S

All our students participated in the C.S.S which was from 1st to 10th October 2013. After lunch everyday we gathered and worked together. We worked in different groups which were led by teacher in charges. The first days were physically tiring but later we got used to it. We all enjoyed working together and each one of us will cherish the memory of the work we have done. We also thank all the staff members for the active participation in it. It was very pleasing and gratifying to see that Sahridayans were active in all spheres of college life. Social service is one's duty to the society and students should be made aware of the nobility and importance of social work. Prof. M.P Paulson was in charge of C.S.S. We conducted this for 10 days. Students were divided into different groups and they worked together to clean the surrounding areas of our college from Pulpparakkunoor Vanni College. Arrangements were made to visit old age homes and support a Jay with them. Without the support of Prof. M.P Paulson and his team we would not have been able to conduct with a spirited atmosphere. The students were most active during the C.S.S work. Associate Executive Director and Principal continued to provide significant staff support for the programme. Our basis for growth being unity, dedication, family-spirit and team work distinguishes Sahrdaya as unique and incorporates it as the best among the best.



## WORLD SMILE DAY CELEBRATION

We celebrated world smile day on 4th October. A competition was held to select best smile from girls and boys. Sheetal Rose, Akhil Joy and Kinghini were the winners in the competition. Fr Titus Kattuparambil gave away the prizes. This day was well arranged by 2nd semester BBA students with the help and guidance of Ms. Suja Warriar. A slide show presentation was done by Shobha Antu and her team. The students did interesting audiovisuals on this day including different smiles. A Tableau was performed by Nitto pauly and his friends which was greatly enjoyed by every one. The programme was excellent and inspiring. The students enjoyed the day. The students need a special mention for their enthusiastic participation. We are proud of them too.



## SMART BOARD

The smart board is a wonderful addition to our college in its fast advancing world of changing technology. Smart Board and Magnetic can enhance the Black Board and chalk. It is very much useful in teaching. It gives the impression of the work of the teachers. The smart board makes teaching and learning very interesting. Such a step of the Sahridaya management is highly appreciated by parents, teachers and staff members. We thought about the smart class room in 1998. The inauguration was done by N.T. Joseph, Director of S.C.E.T. Mr. Sunny had come to introduce the smart class room to all the faculty members. Ms. Sujal Kumar gave the vote of thanks to all.

## WITH LOVE AND RESPECT .....

### Greetings To Rev. Fr. Titus Kattuparambil



Celebrations are always occasions for remembering someone very special. At 9:10 am on 11.12.13 we celebrated the birthday of our Associate Executive Director Rev. Fr. Titus Kattuparambil. He is the backbone of our college and we thanked father for his incalculable service for the enlightenment of the institution. The faculty members, students and non-teaching staff extended our heart felt wishes on the day. The students celebrated the event with their artistic talent. This day was well arranged by leadership of Ms. Athira Davis and her team.

## OUR NEW STAFF MEMBERS



Ms. Asha Suresh  
Class Language & Literature



Ms. Neetha George  
Class Psychology



Ms. Raj N.C.  
Assistant



Mr. Raju  
Senior Assistant

## student desk



Chinnu Sabu

## TASTE THE TECHNOLOGY

A training programme was conducted for 3rd semester B.C.A students at Fine Tune, Koratty. The class was taken by Mr. Immanuel Babu, Vice Chairman Of International School, Kodakkal. He gave an informative talk on Soft Skills and Interview Techniques. Ms. Reena had taken the leadership to conduct these programmes. The class was very interesting and informative for our students. The department is keen to provide all the latest technologies in computer lab. The class was an eye opener and an exposure to students, apart from the standard text book experience that one is normally exposed to. Their interest in the subject and a desire to pursue it further has been firmly developed. The department has been well supported by the co-operation of all the staff members and students.

## P.T.W.A

The parents council for the academic year was formed in the month of August 2013 to ensure efficient administration of the college. Sahridaya has always been motivated by the energetic and enthusiastic parents who become the core of P.T.W.A and without whom it is functionless. The discussions facilitated many parents to open up and consolidate the working of our college. It obviously leads to the growth of the college to the heights of glory. This year also we maintained the tradition of organizing the parents, teachers and students meet. The meeting was a great success. This programme surely inspired all the parents and students.



This offers a good platform to interact on areas of common interest, through the arrangement of lectures and discussion. A meeting was held on 2nd November, 2013 in our campus. An extensive report was also included in the meeting. The meeting was from 1:30 pm to 3:00pm. There was a seminar session for parents by Mr. Jose Mazhuvanchen, Principal, Lakshmi School of Management, North Paravur. He spoke on "Responsible Parenthood". The topic generated a great deal of interest among the parents and several valuable suggestions were also given. Fr. Titus Kattuparambil, Associate Executive Director made an evaluation of our college programmes conducted. Frequent teacher-student-parent interaction is recommended to ensure the desired results. The deep involvement of the parents was much appreciated. Mr. Joy Kokkat, PTA representative talked about "Sahridaya Mega Fest-2013" which was very well received by the members. Dr. Sr Lissita, Principal, Mr. Paul Parappilly, PTWA President and all the members were also present. Positive efforts are being taken to improve the results in all the spheres of our college. We appreciate the work done by our volunteers and staff members. Prof. Vargheese Kalliyath and Ms. Sandhya well co-ordinated the programme.



## GHANDHIJAYANTHI



Celebrations in our college aims at moulding the students with necessary values. When we celebrated the day, they understood the pains taken by our freedom fighters to attain freedom. Prof. Vargheese Kalliyath delivered an inspiring speech to motivate the present generation. The celebrations on the day were conducted by 3rd semester BBA students under the leadership of Ms. Suja Warriar. A slide show was presented on the day. The tableau presented gave awareness in students to work with national spirit and to raise our country to more heights. This event had an excellent student participation and was interesting.

## QUIZ COMPETITION

To nourish and cultivate talent in quizzing, a quiz competition was held in connection with the quiz club activities of 2013. Students actively participated in the quiz competition held in the month of October. It was interesting that the students had been building a treasure of information in various areas. The programme was held under the leadership of Fr. Binoy Nereparampil. We have successfully finished two rounds of exam. Questions were included from every sphere of learning. This was a sort of inspiration and motivation for the students to gain more knowledge. Final round of exam is planned to be conducted soon. The management was very encouraging in all our activities. This was truly the outcome of hardwork, determination and co-operation of the students and the staff members. Before the final round of exam an intensive training will be given to students in groups. These exams elicited excellent response from the student community. The club plans to conduct quiz on a regular basis.



## INAUGURATION OF SWAGTHSANGHAM OFFICE

The inaugural ceremony of the swagathsangham office was on 13th December, 2013. The Chief Guest for the day was Honourable M.L.A., B.D. Devassy and it was a pleasure having him with us. The inauguration was done by our Honourable M.L.A. B.D. Devassy. Prof. Vargheese Kalliyath welcomed our Chief Guest. On the same day we could give away the first distribution of tickets. His Excellency Mar Pauly Kannokkadan, Bishop of Irinjakkuda Diocese and Chairman, IDET chaired the function and delivered the presidential address. Our Associate Executive Director Fr. Titus Kattuparambil and Principal Dr. Sr. Lissitta were present for the function. Ms. Athira was in charge of all the programmes of that day.

## AN AWARENESS ON AIDS

An awareness programme on AIDS was conducted on 2nd December. It was conducted at college auditorium. A PPT presentation was presented by 2nd semester B.C.A. students. This was followed by a skit performed by Amal Davis and team. They uphold the theme 'Together we will survive' and students were touched by the skit performed. Fr. Titus Kattuparambil appreciated the great work done by the students. Ms. Athira was actively involved in making the students co-ordinated throughout the programme.

Later 'Red Ribbon' was distributed to whole students. The Associate Executive Director Fr. Titus Kattuparambil and Ms. Reena HOD of Computer Science and Information Technology handed over the ribbon to the Students Council-General Secretary Ms. Uma Unnikrishnan and Joint Secretary Akilesh P.M. The programme ended with a message by Fr. Titus Kattuparambil.





## FACULTY DEVELOPMENT PROGRAMME



It is an all-round development that has made Sahrdaya an entity where quality is also possible in quantity. Our management being aware of the need to have quality education, gave the teachers an opportunity to attend a two day FDP programme. We conducted FDP on 15th and 16th October 2013. Through this we got an opportunity to invite speakers to address the staff members of both the colleges on topics of common interest. Dr.Sudha George Valavi, Principal of SCET, delivered the welcome speech. Fr .Antu Alappadan Executive Director gave the presidential address. Dr.Varghese Paul inaugurated the programme. Sessions were conducted by Dr. Varghese Paul, Dr. Asha Rao, Mr. Babu ,and Dr Joseph. The programme imparted techniques that aimed at improving teaching-skill and skills at handling students in classroom. The classes emphasized on the importance of how teachers should be equipped to help a student to imbibe various qualities like co-operation, discipline, friendship, honesty, responsibility and team spirit. The two day resource personnel updated the teachers of their knowledge and understanding.

## KERALA PIRAVI CELEBRATION

November 1, 2013, SCAS celebrated as the 57th Kerala Piravi Day. This day also hosted the inauguration of Malayalam Association. The day began with a prayer followed by a mindblowing dance performance by Theertha and team from 1st B.sc Psychology. The welcome speech was by Arundathy and the presidential address was carried out by the Associate Executive Director Fr.Titus Kattuparambil. The Association was formally inaugurated by the principal Dr. Sr. Lissita. A PPT presentation showing the beauty of God's own country with all its arts and culture was also held in association with the celebration. It was followed by a talk by the chief guest Prof.Suresh kumar of B.Ed college ,Mala. The section had been inspiring as he spoke on Malayalam language and it's purity. In connection with kerala piravi celebration,a magazine prepared by students of Malayalam was released by Fr.Titus



Kattuparambil and Prof. Suresh Kumar. A tableau competition organised by the students of psychology along with Malayalam Association was also held on the same day and the winners were awarded by the chief guest. The functions were further followed by a duet poem recitation by Rahul and Noopura. A versification was also conducted in relation with the Kerala Piravi Day celebration and the winners were awarded the prizes. Vote of thanks for the wonderful occasion was given by Br. Delbin Davis and the day's function came to end with the National Anthem.

## OFFICE INAUGURATION

A fully fledged administrative office is the backbone of every institution. Sahrdaya College of Advanced Studies has got a well furnished administrative office which was formally inaugurated by His. Excellency. Mar Pauly Kannoorkadan, Bishop of Irinjalakuda Diocese and Chairman of Sahrdaya Group of Institutions on Saturday, 23rd November, 2013 in the presence of board of trustees, academic council and advisory board. After the inaugural ceremony sweets were distributed to the whole members who graced the occasion.

## WORLD HEART DAY

World Heart Day was conducted on 29th September. An awareness was created among students about how one can be healthy in life. It was presented through carefully positioned matters on healthy habits. Merin paul presented a slide show which was very informative to our students and teachers. A lot of preparations went in making this day a great success. A heartfelt thanks goes to 3rd semester B.com students and their in-charge Ms Teena Thomas. The experience gained will be used to design appropriate workshops and seminars in the future.



### Courses offered:

- |                  |                             |
|------------------|-----------------------------|
| B.Sc Psychology, | B.Sc Computer Science       |
| BCA              | B.Com Computer Applications |
| B.Com Finance    | B.A. English                |
| B.B.A.           |                             |



## हिन्दी दिवस

14 सितंबर 1942 को साविधान निर्मात्री परिषद् ने बहुमत से हिन्दी को भारत की 'राजभाषा' घोषित किया। इसलिए 14<sup>th</sup> सितंबर को प्रतिवर्ष हिन्दी दिवस के रूप में मनाया जाता है।

हिन्दी भाषा की संवैधानिक महत्व को चिन्हित करने के लिए केवलन ने 14 सितंबर 12 को हिन्दी दिवस मनाया गया था। इस दिन का शुरुवात Ms. Aradhika ने प्रार्थना गीत के साथ किया, इसके बाद 'कृष्णा ने हर एक व्यक्ति के जीवन में इश्वर की कृपा की महत्व बताते हुए तुलसीदास कृत 'समघोरत मानस' की दो पंक्तियाँ सुनाईं। आगे पेरोंका रिसवान ने हमारे जीवन में महत्व व्यक्तियों का प्रभाव बताते हुए एक वचन सुनाईं, जिसके बाद नीतू सूधी ने हिन्दी भाषा का महत्व पर प्रकाश डालकर 'राष्ट्रभाषा' का महत्व बताया। आखिर हिन्दी दिवस की शुभकामनाएं देते हुए एक सामूह मान के साथ इस कार्यक्रम की समाप्ति हुई।



## समकालीन हिन्दी काविता का आस्वादन

24 अक्तूबर 2013 को चालक्कुटी पनीपिल्ली मेमोरियल सरकारी कालेज के प्राध्यापक डा.बी. विजयकुमार जी ने 'समकालीन हिन्दी काविता' इस विषय पर भाषण दिया।



*"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."*

**Hellen Keller**

*"Kind words can be short and easy to speak, but their echoes are truly endless."*

**Mother Theresa.**

## മഹദ് വചനങ്ങൾ

- ▶ തുരുമ്പൊടുത്തു പോകുന്നതിലും ദേഹം തേഞ്ഞുപോകുന്നതാണ് (ബി.കെ.എ. റിച്ചാർഡ് കമ്പർലാങ്ക്)
- ▶ അദ്ധ്യയുടെ ഹൃദയമാണ് ശിശുവിന്റെ വിദ്യാലയം (ബി.എ.എ.)
- ▶ അശ്രദ്ധ അറിവില്ലായ്മയെക്കാൾ ദോഷം ചെയ്യുന്നതാണ് (ഫാ.കളീൻ)
- ▶ ഉത്തമ മനുഷ്യന്റെ ഉത്തമ നിമിഷങ്ങളുടെ മൂന്യതയാണ് കല (ബല്ലി)



വായിച്ചാലും വളരും  
വായിച്ചില്ലേലും വളരും  
വായിച്ചാൽ വിളയും  
വായിച്ചില്ലേൽ വളയും

- കുഞ്ഞുണ്ണിമാഷ്

## Staff Desk

*"Do all the good you can  
In all the ways you can  
In all the places you can  
To all the people you can  
As long as ever you can."*

- John Wesley

Prof. Lucy Joseph  
Dept of Language & Literature

**A SPECIAL NEW YEAR GIFT FOR YOU**



*"Success Capsule"*

Ants overcome life threatening obstacles in this vast world. If you observe an ant, you can notice how they are organizing and balancing their tasks in a systematic way. How they do it? To know just read on...

- **PERSEVERANCE**-An ant never quits and it is focused on its goals
- **PLANNING**-When it's summer it plans for winter
- **COMMITMENT**-At any given point of time, it does all that is possible. It is holistic in whatever it does
- **HUMILITY**-Ants have humility to follow its leader. Humility is strength, not weakness
- **SUPERB TEAM SPIRIT & INTELLIGENCE** -United they build ant hills.
- **NETWORKING ABILITY**-Ants while moving in a chain have perfect co-ordination to send feedback to ants following them.
- **FLEXIBILITY**-Whatever obstacles you place in front of an ant, it is so flexible that either it goes above it or around it.

So in order to attain success

*Plan Purposefully, Prepare Prayerfully, Proceed Positively And Pursue Persistently*

**A tribute to Madiba...**

*"Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do."*

*"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."*

**-Nelson Mandela**



**Editor's Word**

There is not much I can teach you. I want you to remember that tolerance and universal love are the most important values. Knowledge should be used to encourage and uplift never to destroy and kill. You must already know that hurtful words can kill the spirit sooner than anything else. Remember learning is a life long journey. It is a journey that can be little tiring sometimes but keep moving forward, keep trying and keep working. You will definitely find your reward. May god bless you in all that you do.



**Ms. Eble Elisha C D**  
Asst. Prof. Dept of Language and Literature  
Chief Editor

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*Behind Laureola*

