



SAHRDAYA
COLLEGE OF ADVANCED STUDIES

Laureola

Tri-Monthly Newsletter

Vol - 2

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March 2013

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Sahridaya Backbone

"Weak leadership can wreck the soundest strategy; forceful executions of even a poor plan can often bring victory"

Indeed I am very glad to congratulate you the management, staff and students for the strenuous effort you have made for shaping and molding this institution to the status of a real college of modern era. I take this opportunity to appreciate your excellence (students) in various curricular and extracurricular activities. The awards you have won are the testimonies to this reality. You have started different cultural groups/associations and clubs which will entail a greater communion and lead to the integral formation. "Ever excel" in all the noble ventures you undertake. That is my prayer and wish.



Bishop Mar Pauly Kannookadan
Chairman

"End of our life is happiness (good spirit-eudaimonia)". A happy man is one who is self sufficient (autarkia). Self sufficiency is achieved through thorough study and profound contemplation which are the noblest of all the activities. The deep contemplation of realities leads to pure and true knowledge. True knowledge and rich experience direct us to Eternal Truth and Divine wisdom. A person who follows this path could lead others to the true way of life. This is the aim of our education. Exams are fast approaching. Silence of mind and seriousness in reading will help you to learn faster the study materials. Concentration and Commitment will help you to achieve your aims. Best wishes to you all.

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 beings by means of the noblest activity of study and by way of the most genuine quality of friendship.

'Hand of God'

"On behalf of the Sahridaya, we offer our warm wishes to His Holiness Pope Francis as he ascends to the Chair of Saint Peter and begins his papacy."

Pope Francis



'SAHODAYA' Charity Fund Noble Thoughts through Noble Hearts

Sahodaya means "Together we grow". Sahodaya Charity was inaugurated on 21-12-2012 Friday by His Excellency Bishop Mar James Pazhayattil by handing over a cheque of Rs. 25000/- to His Excellency Bishop James Pazhayattil by the Exo-officio members of Sahodaya. It was formed for improving the social values and culture among the students and the staff of Sahridaya. The main objective of this charity is to make a hand to the poor. The Exo-officio members of Sahodaya charity fund are our Chairman His Excellency Bishop Mar Pauly Kannokadan, Manager Rt. Rev. Msgr. Sebastian Maliakkal, Associate Executive Director Fr. Titus Kattuparambil, Principal Sr. Dr. Lissitta, Staff secretary Ms. Reena A. R. and Chairperson Michael George. Along with them one from teaching staff, one from non teaching staff and one student from each department constitute the Executive body. We are planned to keep a Sahodaya Box in each department.



A Leader lives in the field with his Troups"



Rt. Rev. Msgr.
Sebastian Maliakkal
Vicar General
Diocese of Tiruvananthapuram



Fr. Antu Alappadan
Executive Director



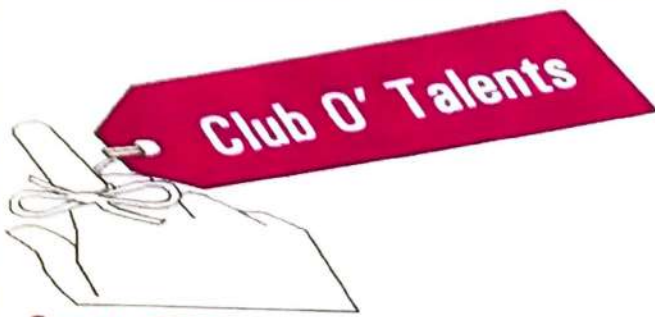
Fr. Titus Kattuparambil
Associate Executive Director



Sr. Dr. Lissita O.A.
Principal

Upcoming Events

- University Exams
- Next Academic Admission
- Application Forms (From 3rd May 2013 onwards)
- Admission starts from June 14th onwards
- College Patron's Day - June 21
- Academic Year Inauguration and Blessing of New Block - June 28
- Next Laureola -- June 28



Sports Club:

On 3rd Dec. 2012, the sports club was constituted under the guidance of the coordinator Ms. Ancy Paul, and the animator Ms Reena A.R. Arun was elected as Convenor, Nitto Pauly as Joint Convenor, Jiya Jhonson as Secretary and Delby Davis as Treasurer.

The Sports Club has been constituted with an intention to educate and promote greater awareness among the students regarding the need to maintain good healthy and getting physically active. The Club aims at providing coaching to the members in outdoor sports as well as in indoor games. Apart from the physical development of a student, it looks forward to empower the members to work in unity and to inculcate in them the quality of respecting others' judgment and to observe the set rules.



On 5th Dec 2012, Mr. Justin Jose, World Arm Wrestling Champion was inaugurated the Sports Club in the presence of Msgr. Jose Palatty. He shared his experiences to the students and expressed his gratitude to Fr. Titus Kattuparambil towards the support he gave through out his sports life. To entertain the students he conducted arm wrestling with Sahrdaya's arm wrestling champion.

Cultural club

On 12th December 2012 Cultural Club was inaugurated By Mr. Rama krishnan Kalamandalam. The student coordinators of the club are Shervin -Convenor, Amritha Bhalakrishnan - Secretary, Anjana Devadas - Joint Convenor, Devana rayanan - Treasurer. The



staff-in-charges are Ms. Aradhika, the Coordinator, Ms Ranjini and Prof. Varghese Kalliyath are animators. The purpose of the club is to frame out the students to participate in the various inter collegiate cultural activities. They get various chances to exhibit their skills, execute ideas and improve thoughts which will enrich personality along with academics. As a part of inauguration students had a interactive session with the chief guest and as per their request he presented some mohiniattam steps on the stage.

Literary Club



On 12th Dec. 2012 Literary club of Sahrdaya College of Advanced Studies was inaugurated by Dr. Parvathy. The club in charge are Prof. Varghese Kalliyath and Ms. Ranjini. The club has been formed

for the active involvement and interaction among the students by promoting literary culture among students. The elected members are Kingini (Convenor), Vibitha (Secretary), Anju (Joint Convenor) and Ayana (Treasurer). In order to make the objectives fruitful, the club members conducted a literary exhibition.



Quiz club



On 3rd Dec. 2012, the quiz club was constituted with 30 members under the guidance of the coordinator Mrs.Reena A.R., and animator Fr. Binoy Nereparambil. From the members Ferdinand Anson was elected as Convenor, Melvin .K. Varghese as Joint Convenor, Merin Paul as Secretary and Anand Prince as Treasurer.

On 17th Dec 2012 the club was duly inaugurated by Mr. Abhijeet Balakrishnan, National Champion, Nobel Sweden International Quiz, IIT. He conducted a Quiz Competition department wise. B.Sc Psychology won the 1st Prize and BCA the second. He distributed trophies to the winners.

Nature Club

On 21 Dec. 2012 Nature Club of Sahrdaya College of Advanced Studies was inaugurated by His Excellency Bishop Mar. James Pazhayattil. The animators of the club are Mrs. Sini Paulson, Mrs. Suja Warriar and Mr. Varghese Kalliyath. The elected members of the club are: Mr. Rony Francis-Convenor, Ms Meera Krishna- General Secretary, Sr. Genevive Terese- Joint Secretary and Bro. Jeevan Varghese-Treasurer. As a part of the inaugural function a sapling was planted by Bishop.



The foundation of nature club rests on the belief that each one of us can make a difference and a cohesive group of empowered individuals can bring about change.

Tourism Club

The Tourism Club seeks to give life to the aspirations and creativity of the 50 enthusiastic and active students of SCAS interested in fostering the culture and tradition of our Nation through promotion of tourism. The student coordinators elected from the members are Ms. Jessymol Joy – Convenor, Ms. Sreedevi P Mohanan- Joint Convenor, Ms. Reshma Jeffrin- Secretary and Mr. Tinu Antony- Treasurer under the guidance of the Coordinator Prof. M. P. Paulson. A pool of proposals has been put forward by the dynamic group of students. They include initiatives to impress on the Club members a positive attitude towards Culture and Heritage; to lay down a platform for open discussions and exchange of thoughts towards development of tourism; to build awareness about the socio-economic bearing of tourism on the State; to encourage a positive attitude towards travel focusing on national integration and international solidarity; to encourage public interest towards tourism, environment protection and nature conservation.



On 14th Dec. 2012, Tourism Club of SCAS was inaugurated by two Italians Maria Gracia and Anna Rosanna in the presence of Fr. Dr. Joby Vadakkan. The function was empowered by the beautiful conversation between the selected students and the two tourists. They appreciated our hospitality and the tasty food. Fr. Dr. Joby Vadakkan translated the conversation.

Entrepreneurial Club

In order to unveil the entrepreneurial genius in the 30 enthusiastic and active students of SCAS an Entrepreneurial Club was constituted. The coordinator Ms. Suja Warriar and the animators elected the student representatives. It takes absolute interest in fostering a culture of trade and commerce. The Club was framed with the major objectives of helping them to appreciate what it is like to start and run a business, to develop their own entrepreneurial experiences, cultivate a sense of team building and problem solving skills. The Club also intends to participate in local, regional and national conferences and competitions and to promote entrepreneurship in the communities.



Entrepreneurial club was inaugurated by on 18 December 2012, Tuesday by Mr. Wilson Kandamkulathy, the young Entrepreneur. The enthusiastic Entrepreneurial of the club had set up a

wonderful 'Trade fair' on this day, which was taken part by students, faculty members and our chief Guest. It was a wonderful occasion. A lucky draw was also organized which gave pleasure to students and faculty members.

Health Club

The Health Club of Sahrdaya College of Advanced Studies was formally inaugurated on 13 December, 2012 by Sr. Dr. Regis, MBBS, MD. The Faculty Coordinator of the Health Club is Ms. Anna Mary Jose, Convenor, Mr. Nikhil Thomas and Secretary Ms. Juby Maria. Sr. Dr. Regis gave a talk on 'Health and Hygiene' and an interactive session was also conducted.

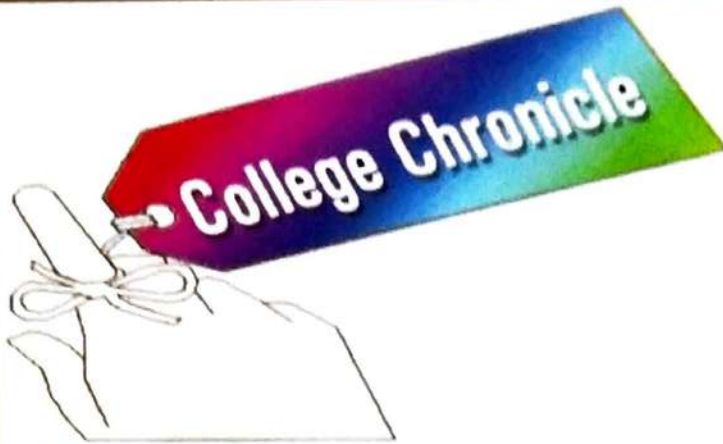


SMC – Sahrdaya Media Correspondents



SMC was inaugurated on 21st Dec. 2012 by Mar. James Pazhayattil. The purpose of introducing Sahrdaya Media Correspondence is to provide latest updates about the college. The news collected by the students which is recording in the studio is telecasted on Fridays. It aims to empower the news reading skills among students. Jiya Johnson was selected as Chief Editor and Glidin as Assistant Editor. Other members are Austin for collecting the news, Shoba is for writing chronicle. Jyothi J.P. is in charge of social networking. Delby Davis for thought for the day. Rony is for Sahrdaya website. Jeevan is for taking photos and others are Sincy and Ashly. Friday News and Wednesday wonders are the main highlights.





Christmas Celebration

Christmas (meaning "Christ's Mass") is an annual commemoration of the birth of Jesus Christ and a widely observed civil holiday celebrated generally on December 25 by millions of people around the world. Christmas is a time for joy and happiness and it brings light to our soul and body. It is the time of sharing, caring, enjoyment and happiness.



Our college had a wonderful Christmas celebration on 21st Dec 2012 Friday. B.Sc was given the charge of celebration. As a part of Christmas celebration we had class wise competitions such as crib making and carol song. Students of B.Com had won the 1st prize for crib making and BCA won the 1st prize for carol competition.



1st Prize - Crib Making



1st Prize - Carol Song

We were blessed by the esteemed presence of His excellency Mar James Pazhayattil and our Executive Director Rev. Fr. Antu Alappadan. Santa clause was the main attraction of the celebration. The Celebrations was started with cake cutting by His Excellency Bishop Mar James Pazhayattil and he gave a wonderful and memorable message.



In the afternoon we had gift exchange including all the students and the staff of Sahrdaya. On the same day SMC and Laureola Trimonthly News Letter 1st edition was launched. Sahodaya Charity was inaugurated by handing over a cheque of Rs. 25000/- to His excellency Bishop James Pazhayattil by the Board of Executive of Sahodaya. Nature club was inaugurated by planting a neem tree by His excellency Bishop James Pazhayattil.

New Year Celebration

On 1st January 2013 the students of SCAS celebrated their New Year in an amazing manner. It was organized by the BCA Department. Our Asso. Executive Director Fr. Titus Kattuparambil cut the cake in the presence of Our Principal Sr. Dr. Lissitta. The sweets are distributed among the students during the new year message given by Father. Students presented some cultural activities based on the New Year. Many games were organized by the BCA group like lucky student, cake cutting and also Sruthy and Kingini sang songs.



Republic Day & Milady Sheriff Celebration

Students of BCA organized a simple and elegant program to acknowledge the efforts and pains taken by our freedom fighters to gain independence in 1930 and to commemorate the birth date of great prophet Muhammad Mustafa (SWA). Slides on freedom fighters followed by dance and quiz programs were organized to awaken the spirit of patriotism along with Arabic music to celebrate Milady Sheriff.

AICUF

AICUF-All India Catholic University Federation is a movement of university students with a vision for a new and just society. Progressing in a history of constant rediscovery and recreation. AICUF ever tries to link itself to the emerging needs and realities of the university, the church and the wider society. AICUF is affiliated to PAX ROMANA-International Movement of Catholic Students (IMCS).



On 1st March 2013, Friday AICUF was inaugurated in the campus of SCAS by His Excellency Bishop Mar James Pazhayattil. He had been an expeditious person with 30 years of experience as advisor of AICUF during his profession of teaching. He shared many experiences to the students and blessed them to do well in their examinations. Prof. Verghese Kalliyath, advisor of AICUF also added some relevant points to it on the occasion.

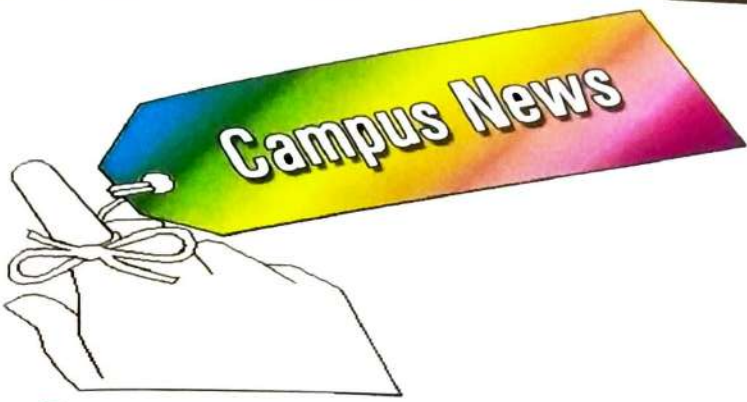
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Chappel - The Power Source

The centre of attraction of SCAS is the chapel which is filled with divine power. It has become a habit of most of the students to spend at least 10 minutes once in a day in the chapel. First Friday of every month, we have the holy mass. It gives the students the power to withstand the emotions throughout the month. Each day of in the month of the October students gathered in the chapel for Rosary. On the last day of the month 'Rosary Day' was celebrated by conducting a procession and distributing the sweets. The prizes were distributed for students who attended Rosary regularly.



On 1st March 2013, Friday as a part of preparation for the University examinations a special holy mass was conducted preceded by the distribution of bracelets having the photos of all saints blessed by His Excellency Bishop Mar James Pazhayattil.



D-Zone

Calicut university conducted its D-zone 2013 at Kerala Varma College, Thrissur from 11th February 2013 to 15th Feb 2013. About 58 students were participated in the D-zone in



various off-stage and on-stage items. More than winning prizes, we aimed at participation along with the intention of making the students gain experience and to exhibit their talents in various artistical capabilities. By giving an off-day the whole students of the college were taken to witness the D-zone competitions.

Film Show

In order to entertain students films shows are conducted during their entertainment hours. After each show students are requested to write a shortup based on the show and conduct GD. among the students to develop their communicative skill.



Talenta – 2013

“Arise, Explore and Conquer”

SCAS, Kodakara conducted its Sports Day christened as Talenta – 2013 on 16th March. It was formally inaugurated by Mr. K. Sumesh, Circle Inspector of Kodakara by lighting the Torch in the presence of Fr. Antu Alappadan, Executive Director, Prof. K. T. Joseph, Director, Fr. Titus, Sr. Dr. Lissitta. The competition began with march past performed by each house Emerald, Topaz, Sapphire, and Garnet respectively. Various competitions like athletics, cricket, shoot out, dodge ball etc were conducted which developed the team spirit, strength and co-operation of students. Participants performed with much spirit and enthusiasm. The overall champions of Talenta 2013 was the Emerald group judged by their excellence in each sport.

Accolade - 2013

As a part of the Lit-Fest the literary competitions were conducted on the following days of 18, 19 and 20th of March 2013. Various items like play writing, essay writing, short story writing, versification and pencil drawing were included. The aim of Li-Fest was to lit the creative thinking of the buds so as to bloom in the the garden of global world.

Student Desk

Do what you can with what you have, from where you are. It is only 'you' stopping 'you' from being successful. Always do what you are afraid to do. Unless you do a thing beyond which you gave already mastered, you will never grow. The only man who makes no mistakes in his life is the man who never does anything. That is why pencils are provided with erasers. Mistakes may come. But, remember that 'an idle mind is devils workshop'. So, keep on doing which is good for others and for you.

SAHRDAYA
GROUP OF INSTITUTIONS
Managed by Irinjalakuda Diocesan Educational Trust

Admission Started

Our Courses:	Upcoming Courses:
B. Sc Psychology	B.Sc Computer Science
B. Com with Finance	B. Com with Computer Application
BCA	B. Com with Banking
BBA	BA English

SAHRDAYA
COLLEGE OF ADVANCED STUDIES (Affiliated to University of Calicut)
Managed by IDET Irinjalakuda Diocesan Educational Trust
P.B. No. 18, Kodakara, Thrissur 680 684, Kerala State, India
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Email: info@sahridayacas.ac.in, Website: www.sahridayacas.ac.in

SAHRDAYA
COLLEGE OF ADVANCED STUDIES
KODAKARA

Application Forms:
will be available from :
the college office, Engineering College,
Catholic Bishop House Ijk.
Parish Offices: Chalkudy, Mala, Kuttikkad.
3rd May 2013 onwards
Procedure for Apply:
Filled applications are to be submitted.
College Office
Admission starts from June 14th onwards



Our Jewels



Meera Krishnan P.
Topper
B. Su Psychology



Minu Rose Kurian
Topper
BCA



Delby Davis
Topper
B.Com



Austin P.P.
Topper
BBA



Delby Davis
College Topper

Sahrdaya Crew



Attitude is what life is all about...

- Soldier: Sir, we are surrounded from all sides by enemies. Major: Excellent! We can attack in any direction.
- Everyone knows about Alexander Graham Bell who invented the telephone, but very few know that he never made a call to his family. This was because, his wife and daughter were both deaf!! That's life.
- The worst thing in life is "Attachment" because it hurts when you lose it. The best thing in life is "Loneliness" because it teaches you everything and when you lose it, you get everything.
- If an egg is broken by an outside force, life ends. If an egg breaks from within, life begins. Great things always begin from within.
- It's better to lose your ego to the one you love than to lose the one you love because of ego.
- When you trust someone, trust him completely without any doubt. At the end you would get one of the two: either a lesson for your life or a very good person.
- Heated gold become ornaments. Beaten copper become wires. Broken stones become statues. So, the more pain you get in your life, the more valuable you become.

Chief Editor



Behind | aureola (B.Com Department)



Suja Warrior
HOD, B.Com



Reena A.R
Chief Editor
Class in-charge



SAHRDAYA

COLLEGE OF ADVANCED STUDIES