



Ever to Excel

SAHRDAYA

COLLEGE OF ADVANCED STUDIES
KODAKARA

Laureola

Tri-Monthly Newsletter

Vol - 1

Issue - 4

September 2013

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 so form them to true wisdom according to their God given talents in the spirit of the Gospel being by means of the continuous process of study and by way of the high academic quality of teachers



wish you a very happy and prosperous Onam



Dear Staff & Students

Knowledge is power. Learning is not merely memorizing; it is being mindful. Therefore through one knowledge we should be able to be passionate, be ready to take risks, to

be able to work independently and also with others, be creative and have moral courage. Then one knowledge will be powerful and helpful for us.

I am very happy to know that new students' Council has been elected in Sahrdaya College of Advanced Studies. I wish all the success to those who have been elected to the Students Council.

It is the Season of Onam. Onam gives the Message of dedication and sacrifice and truthfulness. Like Mahabali, let us try to be truthful also be ready to make sacrifice for others. I wish all of you a Happy Onam.

Ever Yours in Jesus,

Bishop Mar Pauly Kannoorkadan
Bishop of Irinjalakuda & Chairman IDET

Our Guiding Stars



Mar James Pazhayattil
Bishop Emeritus



Rt. Rev. Msgr. Sebastian Maliekkal
Manager, Sahrdaya Group of Institutions



Rev. Dr. Fr. Antu Alappadan
Executive Director



Fr. Titus Kattuparambil
Associate Executive Director



Dr. Sr. Lissitta CHF
Principal

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

New Phase Inauguration



A new block was inaugurated by Prof. K Raveendranath, Pro- Vice Chancellor, University of Calicut on 28th June 2013. Rev. Dr. Fr. Antu Alappadan, Executive Director welcomed the gathering. After reading the report by Fr. Titus Kattuparambil, Associative Executive Director, Prof. K. Raveendranath addressed the audience. His Excellency Mar Pauly Kannoorkadan, Bishop of Irinjalakuda Diocese and Chairman, IDET delivered the presidential address. The inauguration of library was done by His Excellency Mar James Pazhayattil, Bishop Emeritus and that of Kiosk and Bookstall by Msgr. Sebastian Maliekkal, Manager, Sahrdaya Group of Institutions. Principal Dr. Sr. Lissitta thanked them.

Upcoming Events

- ⇒ Industrial Visit
- ⇒ Sports Day

- ⇒ Next Laureola - Dec. 20
- ⇒ Nature club inauguration
- ⇒ University exams

- ⇒ National Seminar
- ⇒ Social service (Gandhi Jayanthi)
- ⇒ Christmas Celebration



We Present with Pride

INAUGURALS

Psychology Association



Psychology Association was inaugurated by the chief guest Dr. C Raghunandan, Hypnotherapist on 1st August 2013. After the inaugural address the students of Psychology department performed a skit on various "behavioral disorders". A seminar on Hypnosis and a demonstration were also done. It was a great success. Dr. Sr. Lissitta CHF, Principal, Rev. Fr. George Paroman, Head of the Department, Jiya Johnson, Association Secretary and all the members were also present.

Computer Science & IT Association



Association of Computer Science Department & IT Club was inaugurated on 19th July 2013 by Mr. Sathesh Kumar (Territory Placement Head, NIIT Regional Office, Bangalore). The meeting was conducted from 2.15 pm to 3.45 pm. There was a seminar session for students and the topic was "IT Jobs And Roles as per Current Scenario". Ms. Reena A.R (HOD Dept of CS & IT) welcomed all and vote of thanks was delivered by Mr. Antony J. Chettupuzhakaran, Joint Secretary of association. Ms. Athira Davis, Ms. Dhivya T. Sreedharan, and Ms. Sabitha C. N. were the coordinators.

DOVE

Department of Value Education

The dove, a beautiful white bird, is the universal symbol of purity, peace, love, and harmony. As a symbol for hope the dove flying to the horizon reminds us that no matter what is happening in our lives, there are always new possibilities and hopes open to us. In Sahrdaya campus, DOVE Department is set up in the college to cater to the most important need of preparing value based professionals realizing the vacuum in the society caused by eroding of moral values. DOVE was officially inaugurated on 6th September 2013 by releasing a dove by Rev. Fr. Dr. Varghese Palathingal, Rector, St. Pauls Minor Seminary, Irinjalakuda. Through various seminars, symposiums, competitions, workshops, etc., the department aims at a deeper understanding and appreciation of human values in day to day professional and personal lives. DOVE imparts value education at three levels 1. Spiritual, 2. Academic, 3. Practical.



New Phase Inauguration and Patron's Day Celebrations



Positive education leads to positive thinking. So if we develop a positive energy within ourselves, our performance goes up and our relationships improve both at home and work. This will make us a role model to others and then the world will look better.



Language and Literature Association

Language and Literature along with Literary association was formally inaugurated on Friday 16th August 2013. Prof. Shanmughan was the chief guest. In his inaugural he talked on his favourite subject cinema. He was eloquent when he spoke of how cinema gets shaped through script shoot and editing. He found time to interact with the students and clarified a few doubts of them. Prior to the inaugural, a photo exhibition on "Moods of Rain" was inaugurated. Thirty three students participated in it. All the exhibits provided attractive captions. Both the captions and photos were awarded separate prizes. It all began with a grand literary E-quiz for the whole college. All the eleven batches of the college participated and there were 10 rounds. Questions were asked from almost every aspect of literature including Malayalam and Hindi in addition to English. The toppers were III semester BSc Psychology and III semester BBA. The quiz lasted for one hour and the students' responses and involvement were tremendously satisfying and motivating.



Health Club



Health club was inaugurated on 4th September 2013 by Dr. Smithy Sanal and Dr. Sanal Varghese. Dr. Smithy Sanal is a Senior Consultant in Gynaecology, Dhanya Mission hospital, Potta and Dr. Sanal Varghese is a Senior Consultant Urologist, Don Bosco hospital Paravoor. Ms. Sabitha C. N. (Convener of Health club), Dr. Sr. Lissitta, Principal, Fr. Titus Kattuparambil, Associate Executive Director were also present in the function. Angel Mary (Student Convener) read out the report of Health Club. After the inauguration there was a seminar on the topic "Health and Hygiene" by Dr. Smithy Sanal and Dr. Sanal Varghese for girls and boys respectively

Sports Club

For the smooth functioning of sports activities a sports representative was selected from each class. A sports captain from each house was also selected. The first meeting of sports club was held on 26th

August 2013. In connection with National Sports Day (29th August) a slogan competition was conducted and Uma Unnikrishnan of first semester BCA won the prize. The formal inauguration ceremony of Sports club was on 4th September 2013. The inaugural ceremony started with a prayer. Arya C. Divakar, the Secretary of Sports Club read the report. The prize winner of slogan competition, Uma Unnikrishnan was awarded on that day. A Karate show was exhibited for the students by Seethal Rose Mana from First semester BCom Computer Application. The selection procedure for the college team was conducted. Arrangements for a physical training are on progress now.



SALT Inauguration

Value Education Program "SALT" (Sahrdaya Association for Life Transformation) was inaugurated on 16th August 2013 by Dr. Kochurani Joseph, Associate Professor in economics at Bharathamatha College, Thrikkakkara. Fr. Binoy Thomas convener of value education programme, Dr. Sr. Lissitta, Principal, Fr. Titus Kattuparambil, Associate Executive Director were present for the function. The Logo of "SALT" was unveiled during the function. Fr. Binoy Thomas read out the report of "SALT". After the inauguration there was a seminar on the topic "Values of Life" by Dr. Kochurani Joseph.



Prize winning Card

Designed by

Shabeeba K.M.
III BSc. Psychology



Student Plus

Talents Day



The first event for the new members of Sahridaya family - Talents Day was held on 05 th July, 2013. All the freshers showed immense interest and presented a great show. They showcased their talents in dance ,music, skit etc. The curtain for the evening dropped after the great performance by 1st Semester English Literature students. End is a beginning too and with this spirit, we Sahridayans go ahead. The Fine Arts Committee conducted the programme.

Add-on courses offered

The College provides training in

- Soft skills & Life Skills training (Accenta Training Solutions, Bangalore)
- Tax Practitioners' Course (Tax Study Centre, Ernakulam)
- Yoga
- STUP(Sahridaya)Information Technology/upgrading Programme, Fine-tune in, Koratty, Thrissur.]
- Art & Craft Courses (Flower , Toy and Jewellery Making)
- Music Classes
- Value Education (Christian Chair, University of Calicut) the sessions of which will be attended by the students of all the Programmes.

At the end of graduation, the College intends to award the students with Certifications in the respective Add-on courses.

Remedial Classes

Remedial classes are given to weaker students according to their performance in the class as well as in exams. Through sessions teachers give proper instructions which help them to be more confident.

OUR NEW STAFF MEMBERS



Counselling Cell

Counsellors provide opportunity for growth to all sorts of students. Students with different type of learning disability are being given continued and sustainable support by the Faculty of Psychology Department. We have two full time counsellors available in the college.



Tutorial System

Tutorial system is lead by Prof. V. M. George with the help of Ms. Teena Thomas and Ms. Gladys Marito. Students are divided into different groups guided by a teacher. We have a tutorial hour in every month. This is a good platform to improve teacher-student relationship. So that Students can mould their character in a positive way.

Internal Exams

The first internal examinations were conducted from 12th to 14th August and was a great success. The teachers could give the mark sheets within a week time in order to have a meeting with parents. The open house meeting was conducted from 9th to 11th September, 2013. Every class teacher prepared a report on each student.

student desk

Be Different

When things around you seem too noisy, hectic and out of control, be extra calm, peaceful and patient. If the people in your life seem too greedy and selfish, that's the extra time to be extra loving, giving and sincerely compassionate.

When the world seems a bit too confused and aimless, be extra focused and purposeful. For the world outside will soon reflect back on you the energy you give it.

When trouble and confusion surround you, see the situation as the opportunity that it is. Shine your positive light in the face of negativity, and you will change your world.

Jessica Samuel, N
1st Sem Psychology

CHERISHED MOMENTS AT SAHRDAYA COLLEGE

SCAS Arts FEST '13

Sahrdaya College is not just a college that provides theoretical knowledge. It has many other activities that provide an all round development for the students. One of them is the Fine Arts Day. The Arts Day encouraged students to participate in extracurricular activities with an objective that their talents should blossom. This year Fine Arts Day activities started on 30th August by the inaugural ceremony with inaugural was done by Ms. Mary Gisby Paulose who is the leading character in the Serial Mariam Thresia. She addressed the gathering after the lighting of the lamp. This year's committee needs to be specially thanked for conducting such a fabulous day. Ms. Athira Davis, Ms. Sabitha C N and Ms. Amrutha N., all the staffs and the students played a major role in the success of the program. Our students did exceedingly well.





SCAS EVENTS

Teachers' Day



Considering the great attitude to a teacher student relationship in India, 5th September had been devoted to Teachers' Day celebrations. Rev. Fr. George Palamattom, Principal Jesus Training College Mala was the chief guest. Prof. Nixon Kuruvila, Vice Principal, SCET addressed both teachers and students on this auspicious day. We could arrange a video conference with the Dr. M Abdul Salam, Vice chancellor, University of Calicut. The staff secretary Ms. Suja Warri-



presented a paper on "Expectations of teacher on student". Ms. Shobha Antoo of III Sem. BBA presented a paper on "Students' expectation on a teacher". College provided an opportunity to send cards to their favourite teachers.

Independence Day

On 15th August we paid tribute to our country and its freedom fighters by saluting our national flag. The programs of Independence Day were conducted by 3rd semester BCA students. Students took active participation on the program.



Courses offered:

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

P.T.A. Meeting

A meeting was held on 28th June 2013 in our campus. The parents received a classroom experience to better understand faculty expectations of their children, an introduction to campus services for students and the factors which lead to student success. It was a good opportunity for them to gain an understanding of the resources available in our college for the students and also to be prepared to support and empower their children. This provided a good platform for an effective interaction between parents and teachers and it was really helpful to build a bond between them.



Historic Moment with Vice-Chancellor

In connection with Teachers Day celebrations we organized a video-conference with Dr. M. Abdul Salam, Vice-Chancellor, University of Calicut. It was the first video-conference of Vice-Chancellor with an Arts and Science college under the university of Calicut. There was also an effective interaction session between our students and the Vice-Chancellor. He gave us some valuable messages about the necessity of a fruitful teaching-learning atmosphere in order to mould our students as good citizens of our country. On the whole it was a golden opportunity for us to interact with the Vice-Chancellor on such a blessed occasion.



Club Activities

To open new vistas of learning and to widen their horizons, Students are made to participate on various club activities, thereby enhancing their hidden talents and creativity. Our college has started many clubs like Quiz Club, IT Club, Literary Club, Sports Club, Health Club, Tourism Club, Nature Club, Fine arts Club etc.. the club members actively participate for the success of our programmes.



Students' Council Election

Our college election for students' council was on September 5th, 2013. Members were elected through parliamentary system. Notification was published ten working days before the election. And it was a grand success.

Congratulations To The Winners

SCAS Students' Council Members

Chairman



Siljo P. Antony

Secretary



Uma Unnikrishnan

Vice Chairperson



Ayana Joby

Joint Secretary



Akhilesh P.M.

Secretary, Fine Arts Chief Student Editor Sports Captain



Rahul K. Raj



Arun Baby



Nitto Pauly

Association Secretaries



Aya Johnson
Psychology



Godson K.J.
Commerce



S. Marlia Mubeen
Management



Neethu Tony
Comp. Sc. & IT

Representatives



Ananthakrishnan
Language & Literature



Austin P.P.
DOVE



Kiran Prasad
I DC



Kurian J.
II DC

Onam Message

Onam is Kerala's traditional harvest festival which marks the coming of the mythical king Mahabali. Irrespective of religion, caste, creed, and race. All Malayalees celebrate Onam. With traditional Onasadhya, Onapudava, Onappattu and Onakkali. Everyone rises to the joyous mood of Onam season. This celebration weaves a strong social fabric across our state and people come together, engaging in different activities. Also Onam is a time of family get together and all people in the family share gifts.

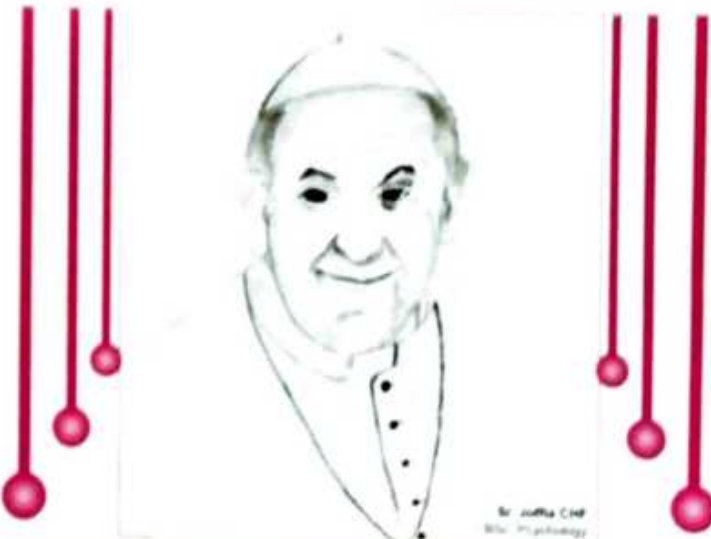
Onam gives the message of a kingdom where prosperity has no measures and fraternity has no barriers. It links us back to the human civilization out of which present times have emerged. It points to the sharing, only out of which joy and laughter can emerge. And finally it helps us renew, as Malayalees, our cultural heritage which is the sign of unity and identity we have reached.

HAPPY ONAM

Fr. Lucy Joseph
Department of Language and Literature

AICUF

We conduct holy mass first Friday of every month. The Holy Mass is really the light of a candle that drives out the darkness. Prof. V. M. George, Ms. Gladys Manto and Ms. Teena Thomas attended a class at Mount St. Thomas, Kakkanad.



Staff Desk

*Love is a painful Exodus
To live is to love and love is to get worn out*

G Krishnamoorthy

It is my pleasure and our pleasure to get worn out for our students who are entrusted to us. I quote Mahatma Gandhi "While Books can teach, only personality can educate the pupil"

Fr. George Pareman
HOD Dept. of Psychology

We Promote Character & The Rest Follows...



I BSc. Psychology



N.N. Nayana

I BCA



Angel Mary Jojo

BSc. Computer Science



Vishnu U.

I BA English



Chinnu Padayatty Sabu

I B Com Finance



Ann Mary Paulson

I B Com Computer Application



Akash Varghese

I BBA



Najma A.A.

II BSc. Psychology



Shabena K.M.



CLASS TOPPERS

SCAS Toppers

I DC



Angel Mary Jojo
I BCA

II DC



Delby Davis
III B Com Finance

Editor's Word

Stand still until you know how to walk
Start slowly until you are sure of your strength
Walk fast if you are sure about your way
Run fast if your destination is confirmed
Always remember

"Confident walking is more successful than confused running"

Ms. Bincy T.J.
Asst. Prof. Dept. of Psychology
Chief Editor

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