10-08-2022 to 16-08-2022- Azadi Ka Amrit Mahotsav Celebration-

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements. As a part of Azadi Ka Amrit Mahotsav, the Department of History made a Freedom wall at the College in the Remembrances of Freedom movement of our nation. It was a 20 hours drawing programme and about 25 students of different departments of the college participated in this Freedom wall painting . The programme was inaugurated by ward councilor, Ms Bindu Sasikumar. The principal Dr Sr Irene delivered the presidential address.








SACRED HEART COLLEGE, CHALAKUDY


SACRED HEART COLLEGE, CHALAKUDY

- **31-08-2022 to 01-09-2022: Onam Celebrations, Venue Auditorium**
  At Sacred Heart College, the student leaders of SH and several teachers joined hands to organize several activities and events for the staff and students of the college in connection with onam. Celebrations were held over a period of 2 days. Several competitions such as pookalamalsaram, uriyadi, appam kadi, vadamvali etc. were organized. The student leaders took an initiative in organizing all the events. Several cultural programs were also organized such as “Mega-thiruvathira”, where nearly 100 students participated in this unique dance of Kerala. “Onappattu” was also sung by the students. The staff participated actively by playing the musical chair. As a grand finale to the celebrations a “Shingaraimelam” was arranged. All the students participated actively by dancing along with the performers.









Debate competition by Debate Club, Venue-Clare Hall

The Debate Club of the Department of Economics, Sacred Heart College, Chalakudy conducted a Debate Competition on 75 years of independence: Can India truly be counted among the world's freest? at 1:00 pm in connection with Azadi ka Amrit Mahotsav celebration. There were 22 participants from all the departments. Anchris Joshy, Student, II MSc Zoology and Ayisha Farheen, III BSc Physics won the Best Debater Awards in the competition.

Quiz Programme by NSS and Dept. of Mathematics

As per the directives issued by the Government of India, in accordance with the 75th year of Indian Independence, a quiz competition in association with Department of Mathematics was conducted by the NSS Units of 76 and 84 for the students of the

college. The quiz consisted of four rounds which were all-inclusive of a mix of questions based on the transfer of information pertaining to historical sources related to the freedom struggle championed by the freedom fighters. The registered participants who ranged up to twelve teams were selected for the quiz programme. Finally, a total of six teams got eligibility to participate in the same based on the preliminary written round. The female quiz masters were the volunteers from the NSS. The first, second and third prize winners were duly handed over cash prizes for the same on 15 Aug, 2022. The prizes were jointly distributed by Dr. Sr. Irene, Principal, Sacred Heart College, Chalakudy and Mr. P. R. Suresh, Coordinator, Paryavaran Samrakshan Samiti, District of Thrissur.









Independence Day Celebrations by NSS, Venue: College

NSS Units 76 and 84 celebrated Independence Day in the college. The 75th Independence Day celebrations started off with the flag hoisting ceremony in the college ground. Dr. Sr. Irene, Principal, Sacred Heart College, Chalakudy gave the message of the day. Two from among the NSS Volunteers verbalized on the life of struggle led by freedom fighters to emancipate India from the clutches of the British rule. They also conveyed the real sense of the term 'liberty.' NSS volunteers sang patriotic songs and sweets were distributed to the gatherings. After the ceremony, a talk on "Mutualistic Symbiosis: Towards an Understanding of Green Consciousness," was delivered by Mr. P. R. Suresh, Coordinator, Paryavaran Sanrakshan Samiti, District of Thrissur in the college auditorium. He sensitized the volunteers about the immediate decision and action to be made and implemented in accordance with the protection of the nature, environment and world not only for us but also for the sake for posterity. The message of the day was to lead a life of mutual symbiosis. He reminded the attendees that we are all a part of the network of interdependence. The overall theme of the invited lecture particularly stuck to the dictum,

“All things are connected.” He also posited a new initiative, “Five Star House,” which encapsulated concepts like water conservation, air conservation, energy conservation, vegetable gardens at home and a life of empathy towards the non-human. Mr. Suresh also enunciated a new initiative called “Eco Bricks,” which, in essence, is an effective strategy to collect plastic wastes and turn them into wonderful tools for beautification of college campus. What followed was the prize distribution ceremony for the winners of the quiz competition organized on 12 Aug 2022. The prizes were jointly distributed by Dr. Sr. Irene, Principal, Sacred Heart College, Chalakudy and Mr. P. R. Suresh, Coordinator, Paryavaran Samrakshan Samiti, District of Thrissur.





31-08-2022-Food Fest by Commerce Dept. Venue- In Front of the College Canteen.
The commerce Department conducted a Food Fest which was inaugurated by Rev. Dr. Sr. Irene, Principal of the College. It was conducted to educate and encourage people to have locally grown food.

1-10-22: Flash mob by NSS, Venue- Chalakudy Bus Stand
15 NSS volunteers of units 76 & 84 of Sacred Heart College, Chalakudy in association with Chalakudy Muncipality organized a flash mob encapsulating the message of effective waste management and awareness to cleanliness. The venue for the same was Private Bus Stand, Chalakudy. The act gave an awareness to the mob who watched and observed the dance performance with keen interest and attention. A few authorities concerned of Private Bus Stand, Chalakudy and Municipality, Chalakudy were also witnesses to the real time enactment.

01-11-2022: Keralapiravi quiz by Quiz Club, Venue- Google Meet

An online quiz was conducted by Quiz Club on the occasion of Kerala Piravi Day. It motivated students to learn more about Kerala.





04-11-2022:Music and Dance club inauguration, Venue: Auditorium

Music and Dance club inauguration and Teaser release of Film 4 years happened in the college. Mr. Ranjith Shankar, director and Mr. Sarjano Khalid and Ms. Priya warrier, actors inaugurated the dance and music club and interacted with the students.







22-11-2022: Bookmark Designing Competition by library readers' forum, Venue-Library

The library readers' forum organized a Bookmark designing competition with the theme 'Explore India' for whole college. Winning bookmarks were printed and circulated to all through the library. The competition was in connection with Dekho Apna Desh campaign, a central government initiative. Several students took the pledge for visiting at least 15 locations across India by 2022. The online certificates were shared in students' group.

30-11-2022:Future Leaders Debate Competition, Venue-Clare Hall

The Sacred Heart College, Chalakudy was privileged to host one of the prestigious events of XIME Institute, Kochi, in fond memory of Ms Maria Philip named Maria Philip Future Leaders Debate Competition. It was a regional inter-collegiate debate competition. There was a total of 7 teams, including participants from neighbouring institutions. The event began at 10 a.m. with a brief inaugural ceremony. The ceremony was started by Dr Sr

Reena Ittyachan, Principal of Sacred Heart College. The event was meticulously carried out by a team of two faculty coordinators, Dr Smitha Jose Panackal and Dr Feba Thomas, and three student volunteers from the XIME Institute, with the assistance of internal coordinator Dr Jisha Jose Panackal and the entire team of the Computer Science Department of Sacred Heart College, Chalakudy. Two outside judges were present to assess the performance of the participants. Prajyoti Niketan College, Pudukkad, emerged victorious. Christ College, Irinjalakuda, came in second place. There was a valedictory gathering in which the certificates were distributed to the winners and participants. The Principal and Coordinator joined the XIME team for an invitation lunch at Apollo Tyres Guest House in Perambra. After a brief campus tour, the XIME crew left.









15-12-2022: Fine arts 2022-2023 off stage items, Venue-Amenity Hall, language hall
Various off stage competitions such as Embroidery and Essay Malayalam happened.
16-12-2022: Fine arts 2022-2023 off stage items, Venue-Amenity Hall, language hall
Various off stage competitions such as Poster Making, Versification Malayalam and Essay English happened**.**
17-12-2022:Fine arts 2022-2023 off stage items, Venue-Amenity Hall, language hall
Short Story English competition in connection with fine arts happened**.**
19-12-2022: Fine arts 2022-2023 off stage items, Venue-Amenity Hall, language hall
Various off stage competitions such as Cartoon, Flower Making and Versification English happened**.**

22-12-2022:Christmas Celebration, Venue- Auditorium

Holy mass for Christmas was celebrated with father Sebu Vellaparambil as celebrant. After the holy mass all the staff gathered in the guest room and had a cake cutting to celebrate Christmas. After the cake cutting, all gathered in the college auditorium for common celebration. Ms. Anna Julia, College Chairperson gave the welcome address and Principal Rev. Dr. Sr. Irene gave the Christmas message to all. Ms. Bindu Shaikumar, ward councillor, Dr. Laina, Assistant Professor of Chemistry department and Ms. Siya Santhosh, IMSc Psychology student felicitated the programme. Dr. Sr. Princy Anto proposed the vote of thanks. Later several Programmes like angel competition, carol song and prize distribution happened. After the common celebration, department Christmas celebration also took place.

Christmas Competitions, Venue- Clare Hall, Language lab

Christmas competitions such as card making, short film and carol competition happened in the college. Several students from all the departments participated in the competitions.









21-12-2022:Sudoku and Roll the Dice Competition by Maths dept, Venue- III DC Class room

Maths dept conducted a Sudoku and Roll the dice competition at 12:45 pm as part of NMD 2022.

02-03-2023: Sports Day, College Ground

The Department of Physical Education organized an annual sports meet. Koratty SI Eby Edathadan inaugurated the meet. Presidential address was given by Principal dr Sr. Irene. Staff representative Dr Santhoah Paul and union Chairperson Anna Julia felicitated the gathering. March past competition, oath taking ceremony, flame lighting, etc took place. 100m, 400m, 1500m, 4*100m Relay, Long Jump, Shot Put were the events conducted in

the meet. Anu Dasan M D, III DC Physics won the title of Individual Champion. Dept of Economics was the overall champion in the annual meet and Dept of Physics secured First Runner up position. The Department of Mathematics achieved first position in March past competition. Principal distributed the prizes to the winners









14-03-2023:Flashmob, Venue- Private Bus Stand, Chalakudy

The NSS units organized a flash mob at 9:00 a. m. at Private Bus Stand, Chalakudy as a part of International Forest Day celebrations. The dance performance holding placards with messages related to the protection of forests by saying an emphatic 'no' to the persistent evil practice of deforestation got signaled on this special day of enjoyment. Notices containing a plethora of messages regarding different ways and means to protect forests were distributed by the officials of the Forest Department to the onlookers assembled at Private Bus Stand, Chalakudy.

17-03-2023: Spot Choreo by Women's Cell, Venue -Auditorium

As part of Women's Day a spot choreo competition was held for the students. Songs related to the theme "Elimination of violence against women" were played and students danced to the rhythm spontaneously. The program motivated them to stand up for themselves and in turn stand up for every other woman in the society.

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Mariya Thomas
of I Bcom Finance on being adjudged as First/
~~Second~~/ ~~Third~~ in Penil Drawing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLL. Date..... Seal CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Blessy Baby
of IInd M.Sc. Computer Science on being adjudged as ~~First~~/ Second/ ~~Third~~ in Pencil Drawing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE Date Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Fathima Nidha
of II BA Economics on being adjudged as First/
~~Second~~/ ~~Third~~ in College
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE
Date.....
Seal
CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anuja P.A
of I Msc Computer Science on being adjudged as ~~First~~/
Second/ ~~Third~~ in Collage
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE
Date.....
Seal
CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Sneha Babu
of III BA History on being adjudged as First/
~~Second~~/ ~~Third~~ in Fabric Painting
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE
Date.....
Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anna Julia B Veliyan
of II BA English on being adjudged as ~~First~~/ Second/ ~~Third~~ in Fabric Painting
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE Date..... Seal CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Jisna Shaji
of II Year Physics on being adjudged as First/
~~Second~~/ ~~Third~~ in Craft from Waste
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE
Date.....
Seal
CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anugraha M.J
of I BA English on being adjudged as ~~First~~/ Second/ ~~Third~~ in Craft from Waste
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Sr. Fusna Tirkey
of I BA Economics on being adjudged as First/
~~Second~~/ ~~Third~~ in Hindi Short Story Writing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Sr. Mahima Tirkey
of I Bsc Zoology on being adjudged as ~~First~~/ Second/ ~~Third~~ in Hindi Short Story Writing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE Date..... Seal CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Mariya Thomas
of I Bcom Finance on being adjudged as First/
~~Second~~/ ~~Third~~ in Flower Making
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE Date..... CHALAKUDY Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Chisly John

of II Bcom CA on being adjudged as ~~First~~/ Second/ ~~Third~~ in Flower Making

in the ~~Sports~~ / Arts Competitions.

Chalakudy

Date : 4:3:2023

SACRED HEART COLLEGE Date..... CHALAKUDY Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anagha Shaju
of II Msc Zoology on being adjudged as First/
~~Second~~/ ~~Third~~ in English Short Story Writing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE CHALAKUDY Date Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Nuja Shirl
of I BA English on being adjudged as ~~First~~/
Second/ ~~Third~~ in English Short Story Writing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART C... CHALAK... Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anuchris Joshy
of II Msc Zoology on being adjudged as First/
~~Second~~/ ~~Third~~ in English Versification
in the ~~Sports~~./ Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Nija Sherif
of I BA English on being adjudged as ~~First~~/ Second/ ~~Third~~ in English Versification
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE Date Seal CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Nivanjana K.S
of III BA English on being adjudged as First/
~~Second~~/ ~~Third~~ in English Essay
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anuhus Joshy
of II Msc Zoology on being adjudged as ~~First~~/ Second/ ~~Third~~ in English Essay
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anjana V.M
of I Msc Chemistry on being adjudged as First/
~~Second~~/ ~~Third~~ in Malayalam Essay
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Alby K.T

of II Bt English on being adjudged as ~~First~~/ Second/ ~~Third~~ in Malayalam Essay

in the ~~Sports~~ / Arts Competitions.

Chalakudy

Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anna Rose Diju
of II MSc Psychology on being adjudged as First/ ~~Second~~/ ~~Third~~ in Malayalam Versification
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Irene Mariya K
of II MSc Psychology on being adjudged as ~~First~~/ Second/ ~~Third~~ in Malayalam Versification
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Fansila P.F
of II MSc Computer Science on being adjudged as First/
~~Second~~/ ~~Third~~ in Malayalam Short Story
in the ~~Sports~~/ Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anna Adhuna Shajan
of II Bt History on being adjudged as ~~First~~/
Second/ ~~Third~~ in Malayalam Short Story
in the Sports / Arts Competitions.

Chalakudy
Date : 4:3:2023

Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Ganga T.S

of II MSc Psychology on being adjudged as ~~First~~ Second / ~~Third~~ in Cartoon

in the ~~Sports~~ / Arts Competitions.

Chalakudy

Date : 4.3.2023

Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Anagha P.V

of II BSc Zoology on being adjudged as First/

~~Secon~~d / ~~Third~~ in Cartoon

in the ~~Sports~~ / Arts Competitions.

Chalakudy

Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Sabaha Basheer
of III BA History on being adjudged as First/
~~Second~~ / ~~Third~~ in Poster Making
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE Date..... Seal CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Ganga J.S
of II MSc. Psychology on being adjudged as ~~First~~/ Second / ~~Third~~ in Poster Making
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

SACRED HEART COLLEGE CHALAKUDY Date Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Rifty Longaffan
of II Msc Physics on being adjudged as First/
~~Second~~/ ~~Third~~ in Embroidery
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Fathima Fasna M.A

of II BA History on being adjudged as ~~First~~/ Second/ ~~Third~~ in Embroidery

in the ~~Sports~~ / Arts Competitions.

Chalakudy

Date : 4:3:2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Aisha A

of II MSc Psychology on being adjudged as First/ ~~Second~~/ ~~Third~~ in Hindi Essay Writing

in the ~~Sports~~ / Arts Competitions.

Chalakudy

Date : 4:3:2023

SACRED HEART COLLEGE Date..... Seal CHALAKUDY

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Kalaithingal Sojiya Joy
of III Bsc Zoology on being adjudged as ~~First~~/ Second/ ~~Third~~ in Hindi Essay Writing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4:3:2023

SACRED HEART COLLEGE CHALAKUDY Date..... Seal

Principal

KSEB OFFICERS ASSOCIATION
Officers' House, TC 25/2969, Malloor Road
Thiruvananthapuram- 695035
Ph: +914712462300, Fax: 91471 2472272
info@kseboa.org, www.kseboa.org

POWER QUIZ 2022

IMAGINATION IS MORE IMPORTANT THAN KNOWLEDGE

Certificate
OF APPRECIATION

This is to Certify that ANJALI. K.

has secured first *Place in the Power Quiz 2022 Preliminary Level Competition conducted on 20 th October 2022*

Chairman

Convener
Power Quiz Sub Committee

TORCH LIGHT PROCESSION AND CYCLE RALLY

DATE:

VENUE: OUTSIDE THE CAMPUS

Target group: All Students

Dept. of Physical Education and Dept of Chemistry jointly conducted a torch light procession and cycle rally as a part of 75th Independence Day celebrations. Principal Dr. Sr. Irene inaugurated the programme. ITI ward councilor Smt. Bindu Sasikumar felicitated the gathering and delivered Independence Day message. Cycle rally was flagged off by the principal. Smt. Bindu Sasikumar handed over the flame to the student representative and the students' proceeds to the railway station by spreading the message of unity. Station master addressed the Independence Day procession.



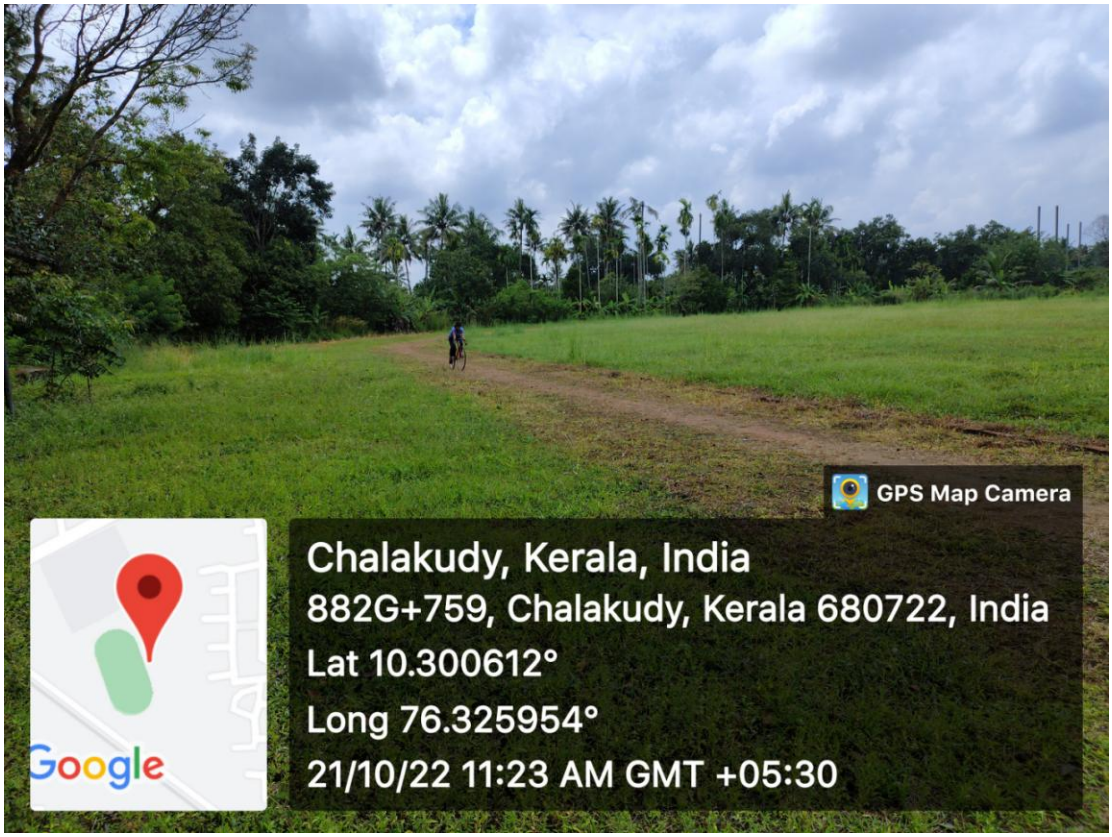
COLLEGE CYCLING TEAM SELECTION

Date: 21/10/22
Venue: college ground

College Cycling team selection was conducted at college ground. Qualified students can represent the college for calicut university intercollegiate competition. Selection procedure started at 9.30am at college ground. Total 11 students participated in the selection. Criteria for selection was set as, students should cover the distance of 3000m in 10 minutes. Only 4 students completed the selection trial as per criteria.

List of Participated Students:

Sl NO	Name of the Students	Department
1	Avani A V	Dept of Commerce
2	Devikrishna M S	Dept of Commerce
3	Maria Thomas	Dept of Commerce
4	Aleena T I	Dept of history
5	Aleena K J	Dept of history
6	Meghna Mohan	Dept of chemistry
7	Nazrin Iqbal	Dept of Commerce
8	Siyana Nishaf	Dept of Commerce
9	Amrutha Soman	Dept of Commerce
10	Praveena	Dept of chemistry
11	Ashmin Shaju	Dept of history



Student during cycling selection


Students performing warming up prior to selection

THRISSUR DISTRICT KARATE CHAMPIONSHIP

Date: 11/12/2022-12/12/2022

Venue: vimala college thrissur

Our college students took part in the Thrissur District Karate Championship hosted at Vimala College in Thrissur. The tournament saw active participation from students representing different institutions and clubs. Our students excelled in multiple weight categories, earning numerous accolades and distinctions.

List of participated students:

SI NO	**NAME**	**DEPARTMENT**
	Arathy Jayan	**BCom CA**
	Sreelakshmi Mukundan	**BCom Finance**
	Anu Dasan	**BSc Physics**
	Anajna A B	**BSc Physics**
	Sangeetha A R	**BA Economics**
	Jyothilakshmi A S	**BSC Chemistry**
	Devika Mohan	
	Sneha K Ramesh	**BA History**
	Krishna nivedya	**BCon Finance**
	Sanigha P S	**BA Economics**

Students achievements

Name of the Student	Age category	Weight category	position
Arathi Jayan	Senior	Team kata	gold

	+18yrs	Individual kumite-45kg	silver
	-21yrs	Individual kumite-45kg	bronze
Anu Dasan	Senior	Team kata	gold
	-21yrs	Individual kumite-55kg	Silver
	+18yrs	Individual kumite-55kg	Gold
Anjana A B	Senior	Team kata	gold
	+18yrs	Individual kumite-45kg	Gold
	-21yrs	Individual kumite-45kg	Bronze
		Individual kata	Bronze
Sangeetha A R	Senior	Individual kumite-61kg	Bronze
	-21yrs	Individual kumite-61kg	Bronze
Jyothilakshmi A S	Senior	Individual kumite-61kg	Silver
	-21yrs	Individual kumite-61kg	Bronze
Devika Mohan	Senior	Individual kumite-45kg	Bronze
	-21yrs	Individual kumite-45kg	Gold
Sneha K Ramesh	Senior	Individual	Gold

		kumite-68kg	
	-21yrs	Individual kumite-68kg	Gold
Sreelakshmi mukundan	-21yrs	Individual kumite-50kg	Bronze
Krishna nivedya	Senior	Individual kumite	Gold
	-21yrs	Individual kumite	Silver
Sanigha P S	Senior	Individual kumite	Silver
	-21yrs	Individual kumite	Bronze

DRAW YOUR FAVOURITE- connection with FIFA 2k22

Date: 02/12/2022-

Targeted Group: All Students

The Department of Physical Education arranged a drawing competition in association with FIFA 2K22, allowing students to showcase their artistic talents by depicting their favorite football player using any drawing methods. A total of 5 students enthusiastically participated in the competition, with Anna Julia from II DC English emerging as the winner.

List of students participated:

SI NO	Name of the Students	Department
1.	Anna Julia	Dept. Of English
2	Siya N S	Dept. Of Economics
3	Maria Thomas	Dept of Commerce
4	Fathima Jasra	Dept of History
5	Alikha VS	Dept. Of Economics

SACRED HEART COLLEGE
CHALAKUDY
Light shines in darkness



DEPT. OF PHYSICAL EDUCATION & CAMPUS CLUB IN ASSOCIATION WITH IQAC



DRAW YOUR FAVOURITE

SUBMISSION DATE

02/12/2022
BEFORE 3.30PM



Drawings of students



SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. SIYA N.S.
of II : B.A. : Economics on being adjudged as First/
Second / Third in Drawing Competition - FIFA 2k22
in the Sports / Arts Competitions.

SACRED HEART COLLEGE Date CHALAKUDY

Chalakudy
Date : 02-12-2022

Seal

Principal

Certificate of Siya N S, who secured second position in drawing competition

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. MARIA THOMAS
of I. B. Com. Finance on being adjudged as First/
Second / Third in Drawing Competition - FIFA 2k22
in the Sports / Arts Competitions.

SACRED HEART COLLEGE Date CHALAKUDY
Seal

Chalakudy
Date : 02-12-2022

Principal

Certificate of Maria Thomas, who secured second position in drawing competition

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. ANNA JULIA
of II B.A. English on being adjudged as First/
~~Second / Third~~ in Drawing Competition - FIFA 2k22
in the Sports / Arts Competitions.

Chalakudy
Date : 02-12-2022

Seal

Principal

Certificate of anna julia, who secured first position in drawing competition

FIRST AID TRAINING PROGRAMME

Date:**24/01/2023**

Venue:Claire Hall

The Department of Physical Education collaborated with the Kites Foundation of India and Aster Medicity Hospital to organize a first aid training program. The program commenced at 2:00 pm in Claire Hall, featuring Dr. Salma from the Emergency Medicine Department at Aster Medicity as the resource person. The session included hands-on demonstrations of first aid and CPR techniques for various situations, such as heart attacks, choking, snake bites, dog bites, drowning, burns, etc. The program concluded at 3:45 pm.

LIST OF STUDENTS

DEPARTMENT: II BCOM FINANCE

SI NO	NAME OF THE STUDENTS	PHONE NO
	SANA FATHIMA M G	9846951231
	SHIYA K SHYLESH	9744715488
	ASWATHY ANILKUMAR	811303648
	MARIYA DAVIS	9567393601
	LIYA OUSEPH	8943712894
	SHIYA MOL N B	8086872915
	SANYA ASHOK	7736914471
	JISNA SHAJU	9446143735
	ALEENA ANTU	9207415292
	SHIFA E S	9645011207
	ASHNA E P	9526607915
	HARSHA SHAJI	7994062104
	STEFFY E V	9207855076
	VINEESHA V V	9497263910
	HEFSEEBA JOHN	8590177509
	AISWARYA KRISHNA C V	8592094436
	MARY LENA	8606358489
	SAJNA M S	9188806648

	CHINJU K B	9539549021
	ATHULYA RAJAN	9746050817
	NEHA BIJU	7736566480
	HARSHA M P	8086446210
	LIYA JOY	8848734897
	NEHA THOMAS	8943203141
	SAHITHYA K S	7902669049
	ALIYA ROSE	8943486218
	ARDRA V	7909200492
	GAYATHRI P S	9446880715
	SREELAKSHMI	8281947981
	APARNA B NAIR	9207148526
	ANN SEBASTIAN	8547542364
	SONA JOY	8129872747
	ANSA P R	7736060807
	SREEGADHA B	9495739588
	ANAGHA T V	9061365986
	SREEGANGA B	9773760229
	JEFFY JAMES	8129838012
	ATHIRA RAMACHANDRAN	9961443924
	ALOSHITHA JOY	9747542003
	ASWATHY C S	7736682963
	SANIA	9656367396
	ANEESHA	9605581918

DEPARTMENT: II BCOM C A

SI NO	NAME OF THE STUDENT	PHONE NUMBER
	NANDANA P S	8606895234
	ALEENA BIJU	7559823704
	ANU BABY	7025566001
	SAMASYA	9562331613
	SREELAKSHMI	7736847966
	ASRAYA SOJAN	7025859167
	DEVIKA PRASAD	9778221562
	SHIFANA S	8592042691
	ANJALY	9778755478
	ARATHY JAYAN	9562345340
	SENIGHA P S	8129969631
	DIYA RAJEEV	7036870349
	CHRISTY JOHN	8089227367
	ANAMIKA	8086128653

	GOPIKA	9778328216
	NEHA JAMES	8301822703
	ARCHANA SHAJU	7594871483
	ANJANA M R	9778705527
	ALEN ROSE	9995711888

DEPARTMENT: I BA ENGLISH

SI NO	NAME OF THE STUDENT	PHONE NUMBER
	RAJESWARY E L	9544274855
	JISNA JOMY	8075366607
	SANDHRA T B	9744925682
	ARATHY SAJEEV	9745787027
	MEENAKSHI T S	9744269622
	AMEENA C B	6282291573
	ANNA VARGHESE	7594016639
	AVAUTHIKA C B	9447218272
	KRISHNAPRIYA M	9847741453
	JISHNA U P	9207906452
	AMAL ROSHNA M	8590994273
	ANJANA ANIRUDHAN	8891407932
	NIYA SHERIN	7356759978
	AKSHARA BABU	9747151223

DEPARTMENT: III BCOM C A

SI NO	NAME OF THE STUDENT	PHONE NUMBER
	ANCHAL SUNNY	8129628102
	NOUFIYA K N	9497550778
	AHALYA BABU	9633581352
	ADITHYA V R	8139833936
	KARTHIKA C P	9747343717
	PARVATHY V S	8086412838
	CHANDHANA P J	9778120033
	ANNMARIA JOY	9947410025
	SAHIRA	
	PRAVEENA	9207585196

DEPARTMENT: I BA ECONOMICS

SI NO	NAME OF THE STUDENTS	PHONE NO
	GOPIKA THILAKN	9048290416

	AVINA SIMON	9567256834
	MANEESHA K	9072783683
	ABIYA SANTHOSH	7034274221
	NIDHI LAKSHMI SUDHEER	9747274834
	ARCHANA SURESH	8086842467
	AISWARYA N MANI	9446723934
	SHIFANA A	9034283204
	ARCHA SURESH	7558940516
	ROSEMOL	9072689208
	GOPIKA O	9946397681
	HIDHA BHARATHAN	7592806030
	BYMIN	9526953647
	AARABHI	8589837965
	MINMINI C M	9745482519
	AKSHAYA P A	7736774656
	LAKSHMIPRIYA P S	8714958699
	CHITHRA M	6282890176

DEPARTMENT: III BA ECONOMICS

SI NO	NAME OF THE STUDENTS	PHONE NO
	SNEHA C S	9747465072
	ADITHYA	9995356907
	SANDRA	9400236507
	GOPIKA E V	9656612339
	ANAGHA K R	8943036863
	SREELAKSHMI P S	9961960658
	NIRANJANA SENTHIL S	9037378250
	JUSNA TIRKEY	9061089715
	NIVEDITHA K U	9745729387

DEPARTMENT: I INTEGRATED MSC PSYCHOLOGY

SI NO	**NAME OF THE STUDENTS**	**PHONE NO**
	DIYA NEELIM RASOOL	9037121905
	SUBI A	9744797712
	SIYA SANTHOSH	9188283104
	ALEENA TREESA	9995245290
	HEYMA J MITTON	8281954110
	HARI NANDANA R	9074461479
	ANJALI PRAVEEN	7510535950

	ANSALNA K B	9072760418
	KAVYA M R	9526170525

DEPARTMENT: I BSC PHYSICS

SI NO	NAME OF THE STUDENTS	PHONE NO
	ALISHA SHAJI	9946269320
	ALEENA THANKACHAN	8547642190
	ANGELROSE BAIJU	9562709500
	ANN MARY JOY	9037280224
	GOPIKA AM	9744622748
	SETHULAKSHMI P M	8086304152
	SHAHINA AZAD	9207668998
	S M CHINDHA	9544487112
	VAFA MARIYAM	9072702404
	ASWARYA P A	7025013164
	DEVIKA K S	9207983124
	ANJANA SAJEEVAN	9562102287
	ANNA	

SACRED HEART COLLEGE
CHALAKUDY
Light shines in darkness

Be First
TO AID & SAVE LIVES

FIRST AID
TRAINING PROGRAM

KITES INDIA | AsterMedcity

RESOURCE PERSON



VENUE: CLAIRE HALL
DATE: 24/01/2023
TIME:2.00PM - 3.30PM



Photographs:






AsterMedcity
BeFirst
TO AID & SAVE LIVES
I AM A
CERTIFIED
LIFE SAVER

FIT INDIA FREEDOM RUN

Date:12/08/2022

Venue college campus

The FIT INDIA FREEDOM RUN, aligned with the Azadi Ka Amruth Mahotsav, took place within the confines of the college campus. The event commenced with the ceremonial flag-off by Dr. Sr. Irene, the esteemed Principal. Under her guidance, the program was set in motion, symbolizing a harmonious blend of fitness promotion and the spirit of celebrating 75 years of Indian independence.

Dr. Sr. Irene's role in flagging off the event not only marked its official commencement but also added a touch of significance, tying the run to the larger narrative of the Azadi Ka Amruth Mahotsav. The college campus, as the chosen venue, provided an ideal setting for the event, creating an atmosphere charged with enthusiasm and patriotic zeal.

Students from diverse academic backgrounds, including history, economics, and chemistry departments, enthusiastically participated in the run. Their active involvement not only promoted a healthy lifestyle but also facilitated a collective awareness about the importance of fitness. As they traversed the college grounds, the run became a unifying experience, fostering a sense of community and shared commitment to well-being.

The FIT INDIA FREEDOM RUN served not only as a physical activity but also as an educational platform. The participants gained valuable insights into the significance of fitness and its pivotal role in maintaining a holistic sense of well-being. This event, beyond its immediate focus on physical health, contributed to a broader understanding of the importance of a balanced and active lifestyle.

Sacred Heart College, Chalakudy



FIT INDIA RUN



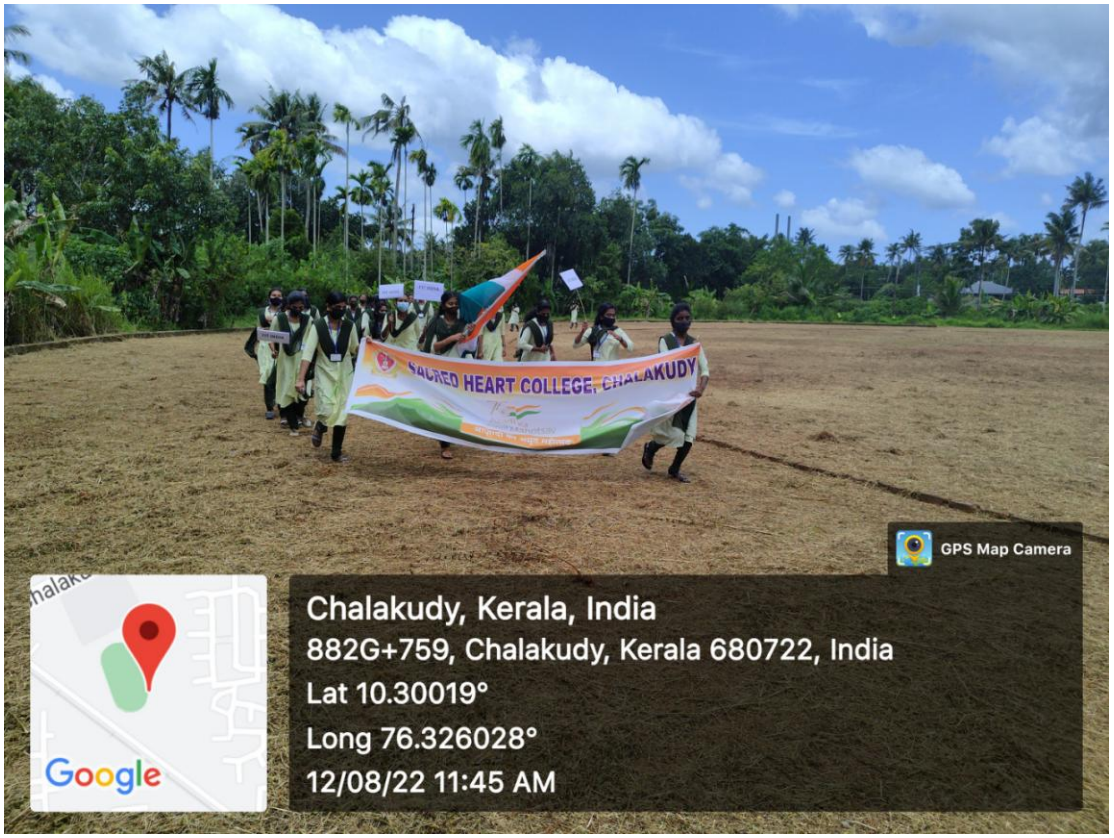
Organized by

Dept of Physical Education

Date:12/08/2022

Venue: College Campus


NOTICE BOARD
FIT INDIA
SACRED HEART COLLEGE, CHALAKUDY
Azadi Ka Amrit Mahotsav
आज़ादी का अमृत महोत्सव
GPS Map Camera
Chalakudy, Kerala, India
882G+R3G, Chalakudy, Kerala 680722, India
Lat 10.302096°
Long 76.324832°
12/08/22 11:38 AM
Google


GPS Map Camera
Chalakudy, Kerala, India
882G+759, Chalakudy, Kerala 680722, India
Lat 10.30019°
Long 76.326028°
12/08/22 11:45 AM
Google

CALICUT UNIVERSITY INTERCOLLEGIATE AQUATIC CHAMPIONSHIP

Date: **01/12/2022-02/12/2022**

Venue: Aquatic Complex Thrissur

Organized by: st mary’s colleg, thrissur

Anjitha Shaju from I BCom Finance participated in the calicut university intercollegiate Aquatic Championship organized by St. Mary’s college thrissur at Aquatic Complex Thrissur. She secured First Postion in 50m Back Stroke, Third Position in both 100m and 200m back stroke.

UNIVERSITY OF CALICUT
DEPARTMENT OF PHYSICAL EDUCATION

WOMEN ELIGIBILITY PROFORMA FOR INTER-COLLEGIATE TOURNAMENTS- 2022-23

Name of the Tournament **Calicut University ICT Inter zone Aquatics- Women** Selection PYC CAMP/FIRST STAGE/UNIVERSITY TEAM SELECTION

Name of the Manager..... Dr. Jesmy Jose..... Her status: **Asst. Professor** Address : Sacred Heart College, Chalakudy

Venue of the Tournaments..... Thrissur Aquatic Complex..... Name of the Participating College : Sacred Heart College, Chalakudy

Sl. No	Name (in block letters)	Father's & Mothers Name (in block letters)	Home Address (in block letter s)	Date of Birth	Date & Year of passing qualifying examination for first admission to a College/ University		Name of the Present Course & Present Class	Admission Number	AADHAR No.	Duration of the Course	University Reg. No.	Date & Year of First Admission to			Number of Years of Previous Inter University participation		Remarks
					Name of Exam	Year						University	Present Course	Present Class	Graduate Courses	P.G Courses	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	ANJITHA SHAJU	SHAJU A V & NISHA SHAJU	APPANAKUZHY (H), KANJIRAPPILLY, MUNIPPARA, THRISSUR	10/09/2004	HSE	2022	I B.COM FINANCE	1587	3382 7337 9104	3 YRS		2022	2022	2022			

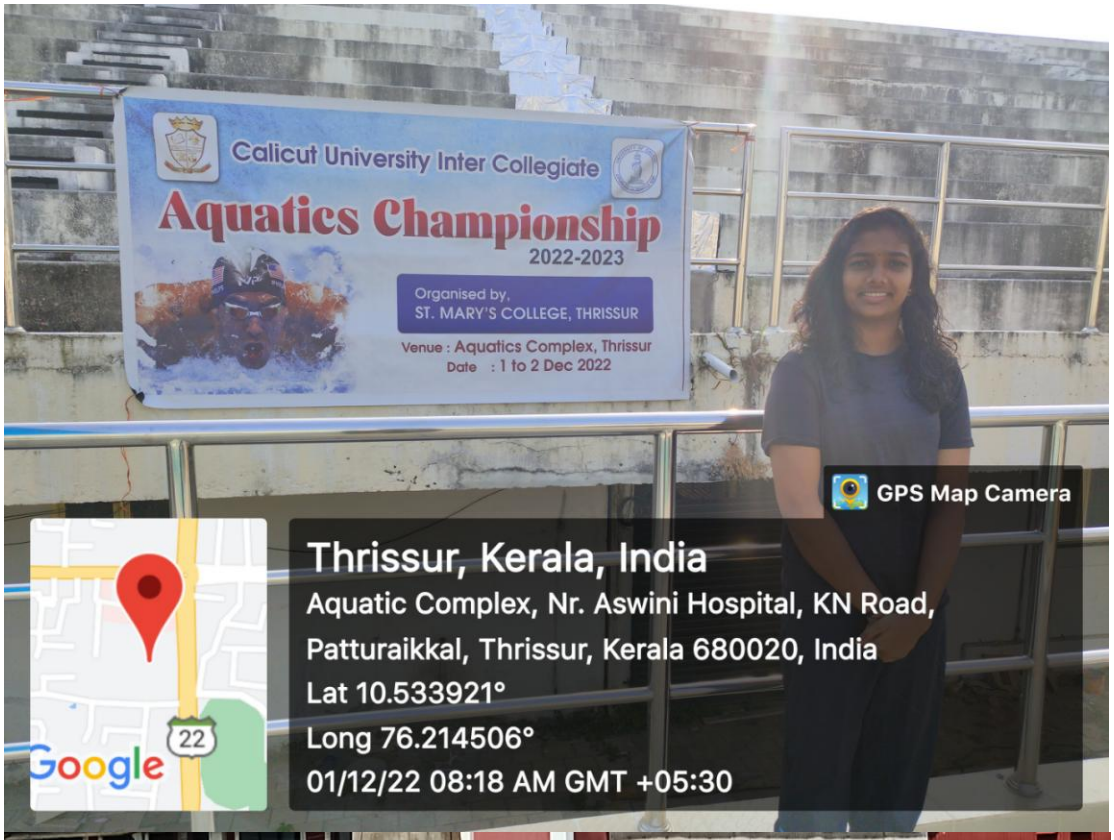
Certified that the above particulars are true as per college records. Certified that the players are set employed as full time basis.

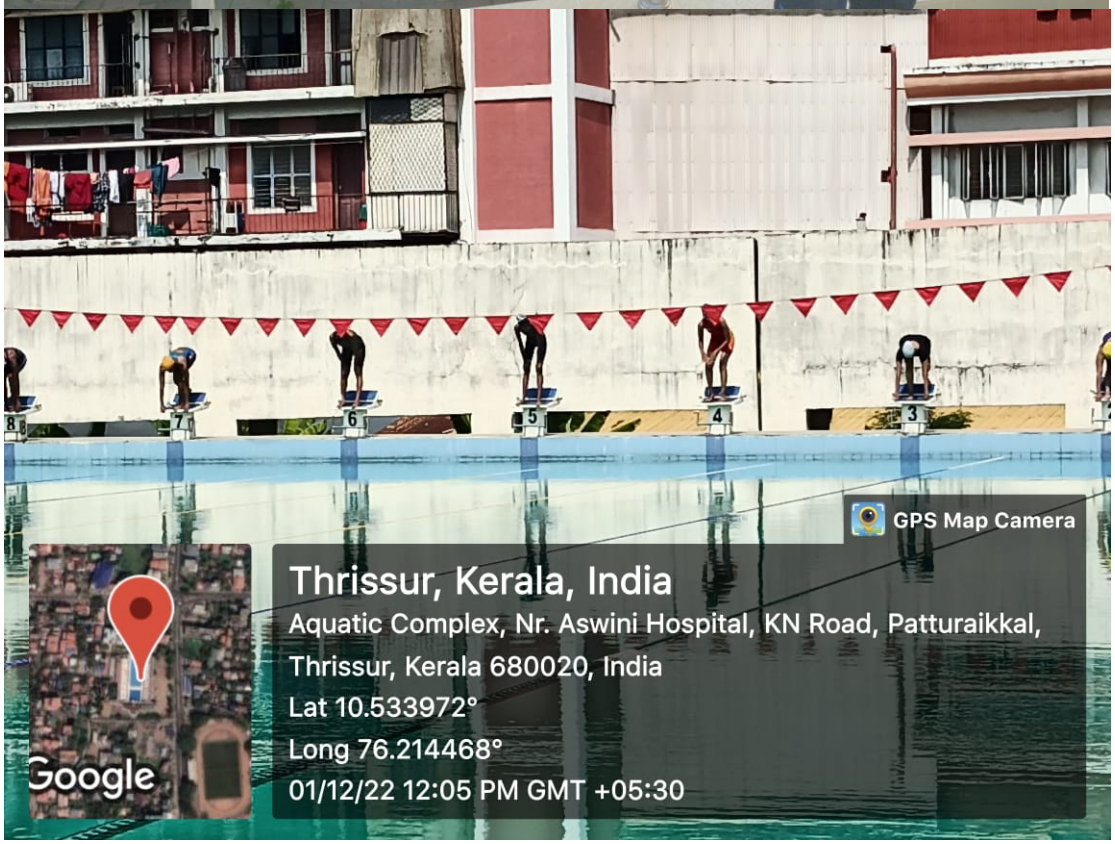
Date: 25/11/2022

(College Seal)

SACRED HEART COLLEGE Accredited by NAAC with A+ Grade (3.55CGPA) CHALAKUDY

Signature of Principal
PRINCIPAL IN CHARGE
SACRED HEART COLLEGE
CHALAKUDY


Calicut University Inter Collegiate
Aquatics Championship
2022-2023
Organised by,
ST. MARY'S COLLEGE, THRISSUR
Venue : Aquatics Complex, Thrissur
Date : 1 to 2 Dec 2022
GPS Map Camera
Thrissur, Kerala, India
Aquatic Complex, Nr. Aswini Hospital, KN Road,
Patturaikkal, Thrissur, Kerala 680020, India
Lat 10.533921°
Long 76.214506°
01/12/22 08:18 AM GMT +05:30
Google
22


GPS Map Camera
Thrissur, Kerala, India
Aquatic Complex, Nr. Aswini Hospital, KN Road, Patturaikkal,
Thrissur, Kerala 680020, India
Lat 10.533972°
Long 76.214468°
01/12/22 12:05 PM GMT +05:30
Google

കാലിക്കറ്റ് യൂണിവേഴ്സിറ്റി ഇന്റർസോൺ വനിതാവിഭാഗം 50 മീറ്റർ ബാക്ക് സ്ട്രോക്ക് നീന്തൽ മത്സരത്തിൽ ഒന്നാം സ്ഥാനവും 100, 200 മീറ്റർ ബാക്ക് സ്ട്രോക്കിൽ മൂന്നാംസ്ഥാനവും നേടിയ ചാലക്കുടി സേക്രഡ് ഹാർട്ട് കോളേജിലെ വിദ്യാർഥി അഞ്ചിത ഷാജു



SACRED HEART COLLEGE
CHALAKUDY
Light shines in darkness

Congratulations



Anjitha Shaju
I BCom Finance

First
50m Back Stroke

Third
100m Back Stroke

Third
200m Back Stroke

Swimming Championship
University of Calicut
2022

INTERCOLLEGIATE TRACK CYCLING CHAMPIONSHIP 2022-23

12/01/2023-13/01/2023:

our college organised calicut university intercollegiate track cycling championship for men and women at our college ground. In the men's category, a total of five colleges participated: St. Thomas College, Thrissur; Sahrdaya College of Advanced Studies, Kodakara; Prajyothi Niketan College, Pudkkad; Christ College, Irinjalakuda; and Malabar Christian College, Kozhikode. In the women's section, five colleges, including St. Thomas College in Thirissur, the Sahrdaua College of Advanced Studies in Kodakara, the Prajyothi Niketan College in Pudukkad, St. Mary's College in Thirissur, and the Sacred Heart College in Chalakudy, were among the participants. Dr. Jesmy Jose, assistant professor, department of physical education, sacred heart college, Chalakudy, organised the championship.The championship was inaugurated on January 12, 2023, at 9.45 a.m. by Dr. sr. Reena Ittyachan, principal of the Sacred Heart College in Chalakudy. The championship was successfully conducted in the presence of a university observer. Dr. Sr. Reena Ittyachan presented the prize to the champions at the closing ceremony on January 13, 2023, and the championship ended at 4.30 p.m.

List of participated students:

SI NO	NAME	DEPARTMENT
	AVANI A V	I BCOM FINANCE
	MARIA THOMAS	I BCOM FINANCE
	SIYANA NISHAF	I BCOM FINANCE
	DEVI KRISHNA M S	I BCOM CO-OPERATION
	ALEENA T A	II BA HISTORY
	ALEENA K J	I BA HISTORY
	MEGHNA MOHAN	I BSC CHEMISTRY
	AMRUTHA	I BCOM FINANCE

ACHIEVEMENTS:

Name of the student	Event	Position
Aleena T A	Sprint	First
	Time trial	Third
	Team Pursuit	Third
	Team Sprint	Third
Avani	3km Individual Pursuit	Third

	Team Pursuit	Third
	Team Sprint	Third
Devi Krishna M S	Team Pursuit	Third
	Team Sprint	Third
Maria Thomas	Team Pursuit	Third

Photographs:




CHAMPIONSHIP
Organized by Sacred Heart College



INTERCOLLEGIATE KARATE CHAMPIONSHIP

DATE: 04/01/2023

VENUE: MES Kalladi college, mannarkadu

04/01/2023: Students from our college participated in the calicut university intercollegiate karate Championship organized by MES Kalladi college, mannarkadu. Anu dasan and Ajana A B from III DC Physics selected to the All India inter university championship.

LIST OF PARTICIPATED STUDENTS:

Name of the Student	Category	Position
Anu Dasan M D	Team Kumite	First
	Individual Kumite-55kg	First
	Team Kata	Second
Anjana A B	Team Kumite	First
	Team Kata	Second
Krishna Nivedya	Team Kumite	First
	Individual Kumite-61kg	Third
Sangeetha A R	Team Kumite	First
Sneha K Ramesh	Individual Kumite-68kg	Third
Arathi Jayan	Team Kata	Second

INTERCOLLEGIATE YOGA CHAMPIONSHIP

date: **07/12/2022-08/12/2022:**

venue: Govt College of Teacher Education, Kozhikode.

Siyana Nishaf and Alaisha Christy Jophy participated in the Calicut university intercollegiate yoga championship organized by Govt College of Teacher Education, Kozhikode.

Participated students:

SI NO	Name of student	Department
1	Siyana Nishaf	I BCom Finance
2	Alaisha Christy Jophy	I BCom Finance

KARATE TEAM SELECTION

DATE: 24/12/2022

VENUE: COLLEGE AUDITORIUM

Karate team selection for intercollegiate karate championship was conducted on 24/12/2022. Total of 10 students were participated in the selection trials. The selection procedure was begun at 8.30am at college auditorium with the presence of authorized karate referees. Trial was started with individual kata. For this 4 stdents participated and anjana AB from III BSc Physics was selected as the participant for individual kata.after that selection was done for various weight categories. Trail was winded up at 2.30pm.

List of participating students:

No	Name of the Student	Department
	Anu dasan m d	III BSC PHYSICS
	ANJANA A B	III BSC PHYSICS
	JYOTHLAKSHMI A S	III BSC CHEMISTRY
	KRISHNA NIVEDYA AS	I MCOM FINANCE
	SANIGHA V S	III BA ECONOMICS
	SREELAKSHMI MKUNDAN	II BCOM FINANCE
	ARATHY JAYAN	II BCOM CA
	SNEHA K RAMESH	III BA HISTORY
	SANGEETHA A R	III BA ECONOMICS

List of Selected students:

No	Name	Event
	Anu dasan m d	Individual Kumite-55kg
	ANJANA A B	Individual kata kumite
	KRISHNA NIVEDYA AS	Individual Kumite-61kg
	SREELAKSHMI MKUNDAN	Individual kumite
	ARATHY JAYAN	Team kata
	SNEHA K RAMESH	Individual kumite

	SANGEETHA A R	Team kumite

NATIONAL SPORTS DAY CELEBRATION

DATE: 26/08/2022

VENUE: auditorium

The Department of Physical Education recently orchestrated a vibrant array of minor game competitions in conjunction with the National Sports Day celebration. This commemorative event honored the legacy of Major Dhyan Chand, an icon in Indian sports history renowned for his exceptional prowess in hockey.

The festivities unfolded with a diverse lineup of minor games carefully curated to engage participants of all interests and skill levels.

As part of the National Sports Day celebration, the Department of Physical Education organized a series of engaging and inclusive minor game competitions, featuring activities such as the Ball Pass game, Shuttle Relay, and Balance Test.

Ball Pass Game: The Ball Pass game is a fun and cooperative activity that emphasizes teamwork and coordination. In this game, participants stand in a line and pass a ball overhead or between their legs to the person behind them, aiming to transport the ball from one end of the line to the other as quickly as possible. This game fosters communication, trust, and quick decision-making skills among participants, making it an ideal activity for promoting camaraderie and unity.

Shuttle Relay: The Shuttle Relay is a dynamic and fast-paced relay race that requires speed, agility, and precise hand-eye coordination. Participants form teams and take turns running short distances while carrying Balls, passing them to their teammates at designated exchange points. The objective is to complete the relay course in the shortest time possible, with each team member contributing to the overall success of their team. The Shuttle Relay promotes teamwork, endurance, and strategic planning, making it an exhilarating and inclusive event for participants of all ages and skill levels.

Balance Test: The Balance Test is a challenging activity that assesses participants' stability, core strength, and proprioception. Participants are tasked with navigating through a series of obstacles or performing specific movements while maintaining their balance in balancing yogic asanas. This test not only enhances physical balance and coordination but also improves concentration, body awareness, and motor skills. The Balance Test encourages participants to push their limits, overcome obstacles, and strive for personal improvement, fostering a sense of achievement and self-confidence.

By incorporating these engaging and diverse minor games into the National Sports Day celebration, the Department of Physical Education aimed to promote physical activity, teamwork, and healthy competition among participants. These activities provided an opportunity for individuals to showcase their athletic abilities, build camaraderie with their peers, and embrace the values of sportsmanship and fair play. Overall, the Ball Pass game, Shuttle Relay, and Balance Test added excitement and energy to the event, inspiring participants to stay active and embrace the joy of movement.

National Basketball Camp for the State School Team

The Department of physical education organized a residential camp for under 19 state basketball team. Total of 12 students participated in the camp. KBA coach muhammed was the coach in the respected camp.

Sacred Heart College, Chalakudy, played host to a National Basketball Camp for the State School Team from May 28, 2023, to June 1, 2023. The camp was organized to provide intensive training and preparation for the state-level school basketball team in anticipation of upcoming national-level competitions.The primary objective of the National Basketball Camp was to enhance the skills, techniques, and teamwork of the state school team players through specialized training sessions conducted by experienced coaches and trainers. The camp aimed to elevate the performance level of the team and instill a sense of unity and determination among the players.The camp featured a structured training program encompassing various aspects of basketball, including dribbling, shooting, passing, defensive strategies, and game tactics.Experienced coaches and trainers, including former national-level players and certified basketball instructors, conducted intensive training sessions focusing on skill development and game strategies tailored to the team's strengths and weaknesses.Specialized workshops and seminars were organized to educate players on fitness, nutrition, injury prevention, and mental conditioning, providing holistic support for their athletic development.Friendly practice matches and scrimmage sessions were held to allow players to apply their newly acquired skills in a competitive setting and build team cohesion.The camp also emphasized the importance of sportsmanship, discipline, and leadership, instilling values that are essential both on and off the basketball court.

The National Basketball Camp welcomed players selected from various schools across the state to represent the state school team. Participants included talented young athletes with a passion for basketball and a desire to excel at the national level.The National Basketball Camp at Sacred Heart College, Chalakudy, proved to be highly beneficial for the state school team, as players underwent rigorous training and skill enhancement under expert guidance. The camp provided a conducive environment for players to hone their talents, refine their techniques, and develop a cohesive team dynamic in preparation for upcoming national-level competitions. The National Basketball Camp conducted at Sacred Heart College, Chalakudy, served as a valuable platform for the state school team to undergo comprehensive training and preparation for national-level basketball tournaments. The camp

not only enhanced the players' skills and performance but also fostered a sense of camaraderie, determination, and sportsmanship among the participants, laying a strong foundation for success on the basketball court.

ORIENTATION AND DEMONSTRATION OF FITNESS EQUIPMENT

Date:14/09/2022

Venue: fitness center and open gym

Targeted students: all students

Fitness equipment plays a pivotal role in promoting physical health, enhancing strength, improving cardiovascular endurance, and fostering overall well-being. From traditional weightlifting machines to modern functional training tools, fitness equipment offers diverse options to cater to the varied needs and preferences of individuals seeking to embark on their fitness journey.

an orientation program was conducted at the open gym and fitness center within the campus. The aim of the orientation was to familiarize students, faculty, and staff with the fitness center equipment, promote healthy lifestyle choices, and encourage regular physical activity among the college community.

The programme, provided a comprehensive overview of the various fitness equipment available in the center, including cardiovascular machines, strength training equipment, and functional training stations. Participants were introduced to the proper usage, settings adjustment, and safety precautions associated with each equipment.

In demonstration sessions to illustrate proper techniques and form for using the equipment effectively. Participants were encouraged to actively engage in the demonstrations, ask questions, and seek clarification on any aspects of the equipment or workout routines.

Important guidelines and safety measures were highlighted to ensure a safe and productive workout environment. Participants were briefed on warm-up and cool-down routines, proper lifting techniques, equipment sanitation protocols, and the importance of hydration and rest during workouts.

PREDICTION CONTEST FIFA 2K22

24/11/2022- 18/12/2022: Department of Physical Education organized Prediction Contest in association with FIFA 2K22. The contest was conducted on a daily basis as per the fixture.

In connection with FIFA 2k22, Department of Physical education, Sacred Heart College, Chalakudy, organized a series of prediction contests aimed at engaging students in the excitement of football while also fostering analytical thinking and prediction skills. The contests spanned over a period of nearly a month (November 24, 2022 - December 18, 2022) during which participants predicted outcomes of various football matches.

Objective: The primary objective of the prediction contests was to encourage participation among students, enhance their understanding of the game, and provide an avenue for friendly competition and camaraderie within the college community.

The contests were structured around FIFA 22 matches, wherein participants predicted the outcomes of selected matches including scores, goal scorers, and other relevant statistics. The contests were held periodically throughout the duration of the event.Participation in the prediction contests was open to all staff and students of Sacred Heart College, Chalakudy. The contests garnered significant interest and participation from students across different departments and years of study. Participants enthusiastically submitted their predictions, displaying a keen interest in football and analytical thinking.Predictions were evaluated based on their accuracy in predicting match outcomes, including final scores, goal differentials, and other specific predictions such as the first goal scorer or the number of yellow cards issued. Points were awarded accordingly, and participants with the highest cumulative points were recognized as winners.At the conclusion of the prediction contests, winners were announced based on their cumulative points earned throughout the duration of the event. Prizes and certificates of recognition were awarded to the top performers, acknowledging their analytical prowess and enthusiasm for the sport.The prediction contests conducted in Sacred Heart College, Chalakudy, in association with FIFA 22, proved to be a resounding success. The events not only provided an enjoyable platform for students to engage with football but also fostered a spirit of healthy competition and sportsmanship. The overwhelming participation and enthusiasm

demonstrated by the students underscored the success of the initiative in achieving its objectives.

Penalty Shoot Out Competition

Date :09/12/2022- 17/12/2022-

Venue: college ground

The Department of Physical Education at Sacred Heart College, Chalakudy, organized a thrilling Shoot Out Competition on December 9, 2022. The event aimed to promote sportsmanship, precision, and agility among the participants, while also providing a platform for students to showcase their shooting skills.

The primary objective of the Shoot Out Competition was to encourage students to develop their shooting abilities in a competitive yet supportive environment. The event sought to foster camaraderie and healthy competition among participants while promoting physical activity and skill development.The presence of esteemed Chief Guest, P. Vahid, Superintendent of Police and Assistant Director of Kerala Police Academy, added prestige to the event and inspired participants with his words of encouragement.

Competition was held at the college ground. 5 students from each department participated in the competition. Students from Sacred Heart College, Chalakudy, enthusiastically participated in the Shoot Out Competition, demonstrating their competitive spirit. The event attracted a diverse range of participants to test their abilities.P. Vahid, Superintendent of Police and Assistant Director of Kerala Police Academy, delivered an inspiring address to the participants, emphasizing the importance of discipline, focus, and determination in both sports and life. He commended the efforts of the organizers in promoting sportsmanship and encouraged the participants to strive for excellence in their chosen endeavors.Following an intense and closely contested competition, winners were announced in various categories based on their performance and accuracy. Prizes and certificates of recognition were awarded to the top performers, acknowledging their skill and dedication.The Shoot Out Competition organized by the Department of Physical Education, Sacred Heart College, Chalakudy, was a resounding success. The event not only provided an opportunity for participants to showcase their skills but also fostered a sense of sportsmanship, camaraderie, and healthy competition.

On 17/12/2022, Department of Physical Education organized a shoot out final competition in association with FIFA 2K22. Dept of Physics and Dept of BCom

Finance competed for the title of winner. Dept of BCom Finance won the competition with 5 goals. After the shoot out competition,recreational futsal competition was also conducted.

Inauguration of Sports complex

Date: 27/01/2023

Venue: college auditorim

Kerala Higher Education Minister Dr.R.Bindu inaugurated the sports complex on 27/01/2023. The inauguration ceremony started at 2.15 pm in the college auditorium. Principal Dr Sr Irene delivered the welcome speech and our College Manager Sri Lily Maria gave the keynote address. Mr. Saneesh Kumar Joseph, Chalakudy MLA, Mr. Aby George, Municipal Chairman, Ms. Bindu Sasikumar, Ward Councilor and College Union Chairperson Anna Julia felicitated the gathering.

The inauguration ceremony commenced with a ceremonial lighting of the lamp, signifying the commencement of the proceedings. Distinguished guests, including faculty members, students, and sports enthusiasts, gathered to witness the momentous occasion.

Dr. R. Bindu, in her inaugural address, emphasized the importance of sports in holistic education and character development. She highlighted the government's vision to provide state-of-the-art sports facilities to educational institutions, nurturing young talents and promoting a culture of fitness and well-being.

Following the minister's address, a tour of the sports complex was conducted, showcasing its modern amenities and facilities. The complex features outdoor sports arenas, including basketball courts, volleyball courts, open gym and renovated fitness center.

The inauguration of the sports complex represents a significant milestone in the institution's journey towards holistic development and excellence in sports. The facility will serve as a hub for athletic training, competitions, and recreational activities, catering to the diverse interests and talents of students and faculty members alike.

The sports complex embodies the institution's commitment to nurturing well-rounded individuals, fostering teamwork, leadership, and sportsmanship among students, and providing them with opportunities to excel both academically and athletically.

In the said program, students who excelled in karate, soft baseball, swimming and cycling competitions at national and university level were felicitated with cash prizes. (Anu Dasan M D, III BSC Physics, Anjana A B, III BSC Physics, Vineesha V K, III BCOM Finance, Anjitha Shaju, I BCOM Finance, Aleena T A, II BA History).

Celebration of State Sports Day through Minor Games at Sacred Heart College, Chalakudy

Department of Physical education, Sacred Heart College, Chalakudy, commemorated the State Sports Day on August 21, 2022, by organizing a series of minor games and sports activities. The event aimed to promote the importance of sportsmanship, physical fitness, and teamwork among the students while celebrating the spirit of sports on a state level. The celebration began with an opening ceremony marked by the hoisting of the ceremonial flag and the college's sports banner, signifying the commencement of the day's activities. Various minor games were organized across different venues within the college campus, offering students a diverse range of sporting experiences. These games included traditional favorites such as ball roll relay, throw and catch games, spoon and lemon race, and zig zag relay races. Participants were grouped into teams, fostering a sense of camaraderie and teamwork as they competed in the different games. The event also featured friendly competitions and challenges, encouraging students to showcase their agility, speed, and coordination in a fun and supportive environment. Refreshments and snacks were provided throughout the day to energize the participants and ensure they remained hydrated and fueled for the activities.

Students from various departments and years of study actively participated in the State Sports Day celebration, demonstrating their enthusiasm for sports and physical activities. The event attracted a large turnout of students eager to engage in friendly competition and enjoy the camaraderie of their peers. In addition to students the State Sports Day celebration also welcomed participation from faculty members and staff. This engagement helped foster stronger ties between the college and the community while promoting the importance of sports at the grassroots level. The celebration of State Sports Day through minor games at Sacred Heart College, Chalakudy, was a resounding success. The event not only promoted physical activity and teamwork but also served as a reminder of the vital role that sports play in fostering unity, discipline, and leadership among individuals.

NATIONAL SPORTS DAY CELEBRATION- zumba Dance

Date:29/08/22:

Venue: college auditorium

Department of physical education organized a National Sports Day celebration Mr. Sreejith K, assistant professor & professional zumba trainer, crescent BEd college, kannur was the chief guest.Ms. Bindu Sasikumar, ward councilor was present at the programme and shared her views about sports and its importance . After the inaugural function, an energetic zumba session was conducted under the leadership of the resource person.

The event aimed to promote physical fitness, celebrate the spirit of sportsmanship, and engage students, faculty, and staff in an enjoyable and energetic workout experience.

The Zumba session took place in the college's sports complex, which was transformed into a lively dance arena filled with pulsating music and enthusiastic participants. Led by certified Zumba instructors, the session attracted a diverse group of participants eager to dance, sweat, and celebrate the joy of movement.

The session began with an invigorating warm-up routine to prepare participants for the dynamic dance workout ahead. The warm-up focused on stretching and mobility exercises to loosen muscles and increase flexibility.

Participants were guided through a series of high-energy dance routines inspired by Latin and international rhythms, including salsa, merengue, reggaeton, and hip-hop. The lively choreography and infectious music kept participants engaged and motivated throughout the session.

The Zumba session fostered a sense of inclusivity and camaraderie, welcoming participants of all fitness levels and backgrounds. Participants encouraged and supported each other as they danced and exercised together, creating a positive and supportive atmosphere.

The Zumba session served as a fitting tribute to National Sports Day, honoring the importance of sports and physical activity in promoting health and well-being. By engaging in Zumba, participants celebrated the spirit of sportsmanship and embraced an active and healthy lifestyle.

Photographs:



GOVERNMENT OF KERALA

KERALA STATE YOUTH WELFARE BOARD

KERALOTSAVAM 2022

Certificate

This is to certify that Shri./Smt./Kum. GOURI NANDANAN

of THRISSUR *District has participated in the State Level Keralotsavam 2022, held at Kannur from 18.12.2022 to 21.12.2022, and has secured* SECOND *place with* A *grade* IN LAUTHAGANAM (WOMEN)

KERALA STATE YOUTH WELFARE BOARD * THIRUVANANTHAPURAM *

PRASANNAKUMAR.V.D
MEMBER SECRETARY
Kerala State Youth Welfare Board

GOVERNMENT OF KERALA

KERALA STATE YOUTH WELFARE BOARD

DISTRICT LEVEL KERALOTSAVAM 2022

Certificate

This is to certify that Shri./Smt./Kum..... GOURINANDANAN ..... *of*

..... CHALAKKUDY ..... *Block Panchayath/Municipality/Corporation has participated in the District Level Keralotsavam 2022 held at.....* THRISSUR .....

from 8-12-22 *to* 17-12-22 *and has secured.....* FIRST *.....place in ....* LALITHA GAANAM .....

Place : THRISSUR

Date : 11-12-22

CONVENER
Organising Committee

MEMBER SECRETARY
Kerala State Youth Welfare Board

KERALA STATE
YOUTH WELFARE BOARD

STATE LEVEL
KERALOTSAVAM 2022

PARTICIPATION CERTIFICATE

This is to certify that Mr./Ms ..... Govindnandan ..... *of*

..... Thrissur ..... *District has participated in the*

event of ..... Lalitha Gaanam (women) ..... *in the State Keralotsavam*

2022 held at Kannur, from 18th to 21st December 2022.

Place : Kannur

Date : 19.12.22.

MEMBER SECRETARY
KERALA STATE YOUTH WELFARE BOARD

KERALA STATE YOUTH WELFARE BOARD

CHALAKUDY MUNICIPALITY

കേരളോത്സവം 2022

Certificate

This is to certify that Shri/Smt./Kum. GOURI NANDANAN

has participated in the Municipal Level Keralolsavam 2022 held at Chalakudy from 18.11.2022 to 20.11.2022 and has secured FIRST - A GRADE place in LIGHT MUSIC (FEMALE)

Place : Chalakudy
Date : 19/11/2022

Chairman
Organising Committee

Convenor
Organising Committee

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Nija Sheril
of I BA English on being adjudged as ~~First~~/ Second/ ~~Third~~ in English Short Story Writing
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Nuja Sherif
of I BA English on being adjudged as ~~First~~/ Second/ ~~Third~~ in English Versification
in the ~~Sports~~ / Arts Competitions.

Chalakudy
Date : 4.3.2023

Seal

Principal

SACRED HEART COLLEGE
CHALAKUDY

Certificate of Merit

Awarded to Ms. Alby K.T

of II BA English on being adjudged as ~~First~~/ Second/ ~~Third~~ in Malayalam Essay

in the ~~Sports~~ / Arts Competitions.

Chalakudy

Date : 4.3.2023

Seal

Principal

ചാലക്കുടി നഗരസഭ

രാഘവൻ തിരുമുൽപാട് അനുസ്മരണ സമിതി



പത്മഭൂഷണം വൈദ്യഭൂഷണം കെ.രാഘവൻ തിരുമുൽപാട് അനുസ്മരണ
ത്തോടനുബന്ധിച്ച് നടത്തിയ ഉപന്യാസ മത്സരത്തിൽ സ്കൂൾ/കോളേജ് മത്സരത്തിൽ
രണ്ടാം സ്ഥാനം ശ്രീ./കുമാരി. മീനാക്ഷി പി.ടി നേടിയിരിക്കുന്നു

23.11.2022

എം.ഡി. ജെയിംസ്
ജന:കൺവീനർ
തിരുമുൽപാട് അനുസ്മരണ സമിതി

എബി ജോർജ്
ചെയർമാൻ
ചാലക്കുടി നഗരസഭ