Your Excellency Mar Pauly Kanookadan, Bishop of Irinjalakuda and Patron of the College, Honourable MLA of Chalakudy Sri. Saneeshkumar Joseph, Respected Superintendent of Police, Crime Branch, Sri. Sudarshan KS IPS, respected syndicate member, University of Calicut, Sri. M.A Ugin Morley, Rev. Sr Lilly Maria, Provincial of the Alvernia Province and the Manager of the College, Sri. Ebby George, esteemed Chairman of Chalakudy Municipality, Smt. Alice Shibu, esteemed Vice Chairperson of Chalakudy Municipality, Smt. Bindu Sasikumar, ward councillor, Rev. Fr. Jolly Vadakkan, Vicar, St Mary's Church, Chalakudy, Rev. Fr. Seby Palamattam CMI, College Chaplain, Sri. Cletus Meledath, PTWA Vice President, Smt Bindu Jose, Staff Secretary, Ms. Anna Julia B Veliyan, College Union Chairperson, Ms. M.A Fathima Jesra, student representative, and the ever loving and respected retiring staff members Dr. Molly John, Dr. Shirley Philip, Dr. Tessy KL.

Good afternoon and a warm welcome to all who have joined us this pleasant afternoon, for the 43rd College Day Celebrations of Sacred Heart College, Chalakudy.

To begin with, I acknowledge our limitless gratitude for the omniscient God who let us partake of His happiness and strength, who supplemented our vacuum and who fulfilled our efforts for the academic year 2022-23. We also would like to reserve a significant amount of our gratitude for the college management who stand by us in prosperity as well as adversity, and offer

inimitable support at every threshold. Despite the vagaries of the post-covid scenario, the staff and the students worked unanimously for the attainment of the dreams related to academic success and NAAC accreditation. Thus, the curricular and extracurricular activities progressed in leaps and bounds resulting in the time-bound completion of the set targets of the year as well as the fourth cycle NAAC Accreditation process which was completed on 15th February. The NAAC peer team members comprised Dr. Latha Pillai, Former director NAAC, Professor. Kripa Shankar Jaiswal, HoD of Commerce and Management Studies, Mahatma Gandhi Kaasi Vidyapeet, Varanasi, and Dr. Madhuri Pejaver, Principal, VPMS, Advanced Study Centre, Thane.

I wish to place on record the priceless services of three of our family members who are retiring this year. Dr. Molly John, HoD, Dept. of Hindi, veteran teacher, the Chief controller of Examinations of the college, is retiring after 28 years of praiseworthy service. Dr. Shirley Philip, HoD, Dept. of Economics & IQAC coordinator; the great champion who led us through to the final process of fourth cycle of NAAC Accreditation, and moreover a vibrant teacher with 27 years of meritorious service. Dr. Tessy KL, an adorable teacher, rather a guide for the students, principled and tireless, is retiring after 28 years of fruitful service. The college honours their committed and flawless service over the years.

The college is proud to announce the fresh appointments which were undertaken this year for the posts of the teaching and non-teaching staff. As

regards the teaching staff, Mr. Nijil Jacobi, Department of Economics, Dr. Anjaly Jacob, Department of Chemistry, Dr. Jesmy Jose, Department of Physical Education, and Sr. Jini MT, Department of Malayalam was appointed. As for the non-teaching staff, in the previous academic year were appointed Sr. Riya Raphael, Sr. Mariya Paul, Sr. Mariya Alby, and Sr. Nicy Therese as office assistants. For the current academic year, Ms. Rasoona Shihabudeen, Sr. Nimisha as well as Sr. Liya Therese, are the new appointments for the post of the Office Assistants.

The college takes this opportunity to congratulate the rank holders from the various departments, Ms. Kavya Ravindran, B.Sc Zoology (Rank 5), Ms. Aleena Rose Jacob, M.Sc Computer Science, (Rank 7), and Ms. Ruksana KS, M.Sc Computer Science (Rank 10), Archana Venugopal (Rank 5) M.Sc Computer Science, Selma Sunny (Rank 6) M.SC Mathematics, Anusree E A (Rank 6) B.SC Chemistry.

College Principal Dr. Sr. Irene visited B.B. Hegde First Grade College, Kundapura, Karnataka as a NAAC peer team member. Dr. Sr. Irene, attended the council of College Principals in Kerala 2022. Dr. Sr. Irene, Dr. Sr. Betsy and Mr. Libin Francis attended the 24th Triennial Conference of Xavier Board of Higher Education at St Joseph Vaz Spiritual renewal Centre, Goa. Dr. Sr. Irene was the invited guest at the various institutions. The philanthropic activities have been practised by the college over the years and thus extended help to the needy and the deprived students as well as commoners in cash and kind.

Some infrastructural facilities such as basketball and volleyball courts, open gym and fitness centre were constructed and were inaugurated on 27 January 2023, by Dr. R. Bindu, Kerala Higher Education Minister.

The construction of a new building block was blessed on 21st July 2022. As to the construction of the new academic block for the classroom and examination purposes, agreement of a five crore project was signed between the college and the Lenspow construction team Irinjalakuda. Thus the construction of the first and third floors of the new block had been commenced by August 18 2022, and has almost reached the final stages of completion. The college is ever thankful to the management that the construction of the Psychology and Zoology labs and other required classrooms in the new block has been possible only because of the five crore budget approved and handed over by the management.

On 7th August 2022, SSR Report for NAAC accreditation was officially submitted by the Principal. On 4th January 2023, The AQAR report for the 5th cycle of NAAC Accreditation was officially submitted by vice principal, Dr. Sr. A Princy Anto, in the presence of the IQAC coordinators and criteria heads.

IQAC organised a class on service rules. The session was engaged by Adv. Najeeb P.S, HoD, Dept. of Commerce. IQAC organised classes on NAAC document preparation as well as mock visits, by Prof Selvam, Bishop Heber College Trichy, Prof. Robinson, Christ College Irinjalakuda, Rev Dr Gilson

John, Retd. Principal, K.E.College Mannanam and Dr TM Joseph, Retd. Principal, Thodupuzha, Newman College. It is commendable that IQAC also initiated several programmes during this academic year.

Now let me put forth the activities of the various departments for the current academic year.

Department of Zoology

The Department association was inaugurated by Dr. Joseleen Jose, Principal Scientist, CMFRI, Kochi. 'Momentum', a soft skills development programme was conducted by Ms. Bincy Baby, Former ASAP Trainer. Alumni interaction series with Ms**.** Neenu Joy**,** Research Scholar, IISc Bangalore and Ms. Thansiha Jabeen P**,** PG Diploma student of Vancouver University, Canada were held. They interacted with the students about opportunities of higher education. Dr. V. Neetha participated in the one week National Level Faculty Development Programme on NEP and Curriculum design at Christ college, Irinjalakuda. Ms. Anna Kurian, Assistant Professor of Zoology along with III DC students attended DOECC sponsored State level Workshop at Carmel College Mala. International Plastic Bag Free Day, Salim Ali Day, World diabetes day etc were conducted with various activities such as hand made paper bag distribution, bird watching at Kottat wetlands and diabetes juice drinking competitions. Students of the Department of Zoology took the oath on international day for the elimination of violence against women.

Students of the Department of Zoology along with the students of Physics and Chemistry attended training at FCI, Chalakudy on 29th April 2022. The students also visited the geological museum Christ College, Irinjalakuda.

Department of Economics

The activities of the Department of Economics was inaugurated by Dr. Chacko Jose P, Principal, St. Aloysius College, Thrissur. He gave an invited talk on 'Span of Economics in the contemporary world order'. The Department of Economics had Interactions with their alumnae Ms. Namitha Joy, Business Developer and Analyst, Ireland and Dr. Smitha Antony, (PhD, MBA, MA) sharing their experiences.

Mr. Nijil Jacobi, Assistant Professor of the Department published chapters in 2 books, he also served as a keynote speaker at an international training programme and was the resource person in a hands-on training workshop. Students attended a one-day training programme organised by Kerala Institute of Local Administration (KILA), an initiative of the Government of Kerala for the data collection and presentation of micro plans.

Department of Physics

The activities of the Department of Physics for the academic year was initiated with an inter-collegiate Energy Quiz Competition in connection with the Energy Management Center of Kerala.

The activities of the Physics association, SHARP was inaugurated by Dr. N Raghu, Director, Center for Materials for Electronic Technology, Thrissur. The departmental newsletter 'Phynews' was released by Principal Dr. Sr. Irene.

The Department of Physics celebrated the World Space Week 2022 with different programmes under the theme of the year 'Space and Sustainability'. A stargazing camping was arranged near the college auditorium with the help of Astronomical Society of Kerala.

The Department coordinated the All Kerala Talent Search Examination (TSE), a model competitive exam for B.Sc students of various institutions in Kerala organised by Academy of Physics Teachers, Kerala. 17 of our students participated in the examination. Students of the department visited the various research labs of Department of Physics, CUSAT as a part of visit to research institutes. The department also conducted Alumni Talk Series under the title 'SHARP-Connect'

Dr. Sr. Irene published a research paper titled "Density functional theoretical study, spectroscopic characterization and molecular docking of the diuretic drug, spironolactone, adsorbed on AuNPs surface and in-vitro studies based on anticancer activity studies against A549 lung cancer cell line" in Elsevier journal of high impact factor 5.51. Dr. Sr. Irene brought about a number of research publications for the current academic year, which is suggestive of an increased research interest. She published 16 research publications, 2

international publications. She has one Ph.D scholar enrolled under her guideship.

Dr. Nijo Varghese served as a Resource person at Energy Management Center, Department of Power, Govt. of Kerala in June 2022. Ms. Fency K F delivered an oral Presentation at the International Conference.

Department of Chemistry

As a part of celebrating Azadi Ka Amrith Mahotsav, the Department of Chemistry organised the Signature campaign, a torch light procession and cycle rally. Chemistry association was inaugurated by Dr. Jorphin Joseph (Assistant Professor, Department of Chemical Oceanography, Cochin University of Science and Technology.)

In connection with World Ozone Day, the Department of Chemistry conducted an E-poster & quiz competition. Magic shows were organised at S.H. School, Chalakudy, V. R. Puram Government Higher Secondary School and St. Antony's High School, Kottat.

In connection with the International Day for the Elimination of Violence against Women, the Department of Chemistry and the Department of Physical Education collectively organised a martial arts training class for students. The Department of Chemistry in collaboration with Agronomy Research Station, Chalakudy, organised a workshop on 'Know your soil'. The department

conducted a Training programme on hygiene products preparation for kudumbasree members and inmates of Shanti Bhavan.

The Department together with Eureka club initiated ‘Alchemi- Alumnae Interaction Series’ with alumni Krishna Joshy (Chemist, Nowra chemi manufacturers- Australia) and Annmary Anto (Project Associate-1, NCL, Pune interacting with the students.

Department of History

The departmental activities of the year commenced with *Azadi ka Amrit Mahotsav*, an initiative of the Government of India to celebrate and commemorate 75 years of Indian independence along with its glorious history, diverse culture and achievements. The department organised an alumni interaction on 24 January 2023. The session was led by Ms. Riya Elamma Raju, woman facilitator of Chalakudy Municipality. She stressed on the need of financial independence for women and the need to stand on one’s own feet.

Dept. of English

The Department association was inaugurated by Prof. Dr. T Muraleekrishnan, Dept. of English, Sree Shankaracharya University of Sanskrit, Kalady. The Department of English conducted the international seminar ‘Svadhyaya ; Discourse on the Art of Being’ and the lead paper was presented by Rev. Dr. John Pozhathuparambil, Instructor, Bellarmine University, Louisville, Kentucky. The department published a manuscript magazine and

newsletter detailing the activities of the department for the academic year. Dept. of English conducted an exhibition which demonstrated the theatrical models including miracle plays of the 10th century, Shakesperean Globe theatre and modern theatre.

Dept of English conducted an MHRD sponsored certificate course 'Soft Skills for a Successful Career' which is a collaborative venture of six colleges. Dept. of English conducted a thirty-hour certificate course 'English for Communication' for the members belonging to Kudumbasree units, Chalakudy Municipality. The Department conducted a septuagenarian forum for the senior citizens in the college neighbourhood and the students entertained the participants with their artistic performances.

Department of Commerce

The Department of commerce conducted several programmes such as Career Guidance seminar led by Sreejith PK, Career Counsellor, Finishing school India, Workshop on Research Methodology with Sri. Madusoodan Kartha, Assistant professor, Post Graduate Department of Commerce, Sri C. Achuthamenon Govt college, Kuttanellur, as the resource person. Expert talks were led by Ms. Jismy Jobin and Mr. Jobin Jose, CTO and CEO of Jobin and Jismi software Company on tech transfer. A seminar on Awareness of GST and Tally was conducted by the department and Mr. Kumar, Surround tally academy, led the session.

The department of commerce also conducted a seminar on Intellectual property rights and the session was handled by Mr. Ashbin Krishna, Assistant professor, Nehru Academy of Law, Palakkad.

The Association of Commerce department, CASH was inaugurated by Mr. Hamsa V M, Employment officer, Vocational Guidance District Employment Exchange, Thrissur.

The Department of Commerce celebrated Merit Day to acknowledge brilliant students for their academic performance as well as excellence in extracurricular activities. The programme was inaugurated by Ms. Krupa, Assistant Professor, Department of English, Sree Kerala Varma College

Department of Mathematics

The Mathematics department initiated this year's activities by organising a Quiz programme in association with NSS units of the college as part of *Azadi ka Amrit Mahotsav.*

The mathematics department association, *Meraki* was inaugurated on 17 November 2022 by Dr. P.V Hareesh Kumar, Director and Retd. Scientist 'G', NPOL, DRDO. November 23 was celebrated as Fibonacci Day. Ms. Smitha Davis, HOD, Department of Mathematics delivered a talk on Fibonacci to the students.

The accomplishments of the faculty of the department include Ms. Smitha Davis being awarded best paper award in the 30th National Congress. Dr. Nidhin T.J was awarded the Prabhulal Bhatnagar Memorial Prize, Dr. Vijitha Mukundan was approved to develop a MOOC course under CEC. Ms. Amala Mary George attended a two -week refresher course in Mathematical sciences.

Department of Computer Science

The Department of Computer Science made an interaction with the students of Bellarmine University, USA. It was an opportunity for our students to discuss the future developments of computer based studies in a global scenario.

'CASC', The association of computer science department was inaugurated by Dr. Binu P. Chacko, Principal, Prajyoti Niketan College, Pudukad. An MoU was signed with Crypters Infosystems & Solutions Private Limited for skill enhancement programs. The department conducted Alumni Interaction Series on various topics. Ms. Archana Venugopal, Analyst Programmer, RAMCO company, Chennai and Mrs. Anjana Jose, Software Engineer, HCL Technologies led the sessions.

Dept. of Psychology

The Department of Psychology, which is in its infancy, also has many activities to its credit. In connection with the world PTSD (Post Traumatic Stress Disorder) Awareness Day, the staff and students of the department organised an awareness programme such as an awareness drama on PTSD and an exhibition. In association with Solace Care and Support for Children with long term illness, the department conducted a youth volunteership initiation and love knot initiation programme.

A four day long programme was organised in connection with the World Mental Health Day. As part of Heart to Heart activities of the department, the students and staff visited the De Paul Smile Village at Vettikuzhi. They spent a day with the aged and celebrated Christmas.

Dept of Physical Education

The Calicut University inter collegiate cycling championship was conducted at our college. Men's cycling teams from various colleges participated in the championship. The Dept. of Physical Education collaborated with the NSS unit celebrated International Yoga Day in the campus. Mr. Vyshnav P G, yoga instructor, Govt Ayurveda Dispensary, Chengaloor was the Guest of honour.

An orientation program was organised by the department about open gym and its facilities. As a part of National Sports Day celebration, Department

conducted zumba session under the leadership of Mr. Sreejith K, Assistant professor & Professional Zumba Trainer, Crescent BEd college, Kannur

The Dept. of Physical Education in association with the Department of Chemistry conducted a torch light procession and cycle rally as a part of 75th Independence Day celebrations. Department also organized a first aid training programme in association with kites foundation of India and Aster Medicity hospital.

The Department of Physical Education organized various competitions in association with FIFA 2K22. The prediction contest, drawing competition, shoot out competition, were held in the campus. The shoot-out competition was inaugurated by Mr. P Vahid, Superintendent of Police & Assistant director of Kerala Police Academy

Students' Achievements

(Calicut University Intercollegiate Karate Championship)

Anu Dasan won first prize in individual kumite in Intercollegiate karate championship 2022-23. **Anu Dasan** and **Anjana A B** together won first prize in team kumite and second prize in team kata. They also participated in All India Inter University Karate tournament 2022-23 at Atal bihari vajpayee Vishwavidyalaya, bilaspur and Qualified to 2023 khelo India university games. Students from our college participated in the Calicut University Intercollegiate Karate Championship organized by MES Kalladi college, Mannarkadu.

Anu Dasan M D, from dept of Physics secured first Prize both in Team Kumite and Individual Kumite-55kg and second prize in Team Kata. **Anjana A B**, Dept of Physics secured first prize in Team Kumite and Second in Team Kata. **Krishna Nivedya** from the Commerce Department won first position in Team Kumite and third prize in Individual Kumite-61kg. **Sangeetha A R,** from Economics Dept won First position in Team Kumite. **Sneha K Ramesh,** Dept of History secured Third prize in Individual Kumite-68kg. **Arathi Jayan** Dept. of Commerce has won second prize in Team Kata.

(Intercollegiate Aquatic Championship)

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 Position in 50m Backstroke, Third Position in both 100m and 200m backstroke.

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

(Kerala Karate championship)

Our students achieved many laurels in various weight categories in the 43rd kerala Karate championship held at Municipal Stadium, Chalakudy.

Anu Dasan M D from Physics Dept won Gold Medal in Women kumite-55kg. **Krishna Nivedya** from Commerce Dept. secured silver medal in Women kumite-61kg. **Sneha K Ramesh** from Dept. of History won third prize in Women kumite-68kg. **Vineesha V K** from III BCom Finance participated in the 7th senior and youth national championship organized by kerala state soft baseball association at st joseph's stadium, kodanchery, kozhikode. And the Kerala team secured First position in the championship.

(Thrissur district karate championship)

Students from our college participated and achieved many laurels in various weight categories in the Thrissur district karate championship held at Vimala college Thrissur.

Arathi Jayan, from Dept. of Commerce, secured Gold medal in Team Kata, Silver in Individual kumite-45kg and bronze medal in Individual kumite-45kg. **Anu Dasan** Dept of Physics, secured Gold medal in Team kata and in Individual kumite-55kg, she also won second position in Individual kumite-55kg. **Anjana A B**, Dept. of Physics, won Gold Medal in Team kata and in Individual kumite-45kg and secured third position in Individual kumite-45kg, Individual kata. **Sangeetha A R** from Dept of Economics secured third position in Individual kumite-61kg. **Jyothilakshmi A S**, Dept of Chemistry won silver medal in Individual kumite-61kg. **Devika Mohan** from Dept of commerce won Gold Medal in Individual kumite-45kg and Bronze Medal in Individual

kumite-45kg Senior. **Sneha K Ramesh** from Dept. of History secured Gold Medal in Individual kumite-68kg. **Sreelakshmi Mukundan**, Dept of commerce won third prize in Individual kumite-50kg. **Krishna Nivedya** from Commerce Dept won Gold Medal in Individual kumite. **Sanigha P S** from Dept of Economics, secured Silver Medal in Individual kumite. **Aleena T A** from Dept of History**, Avani, Devi Krishna M S, Maria Thomas** from Dept of Commerce, secured third position in Time trial, Team Pursuit and Team Sprint in calicut university intercollegiate track cycling championship held at our college ground.

Library

Librarian conducted library orientation class and training on N-list usage for second and third year UG students. Students were introduced to library resources, services and other rules and regulations to be followed in the library. Library in association with IQAC organised an orientation session for teachers and PG students on the use of N List, Dspace and Original Plagiarism Checker.

Ms.Sangeetha from National Institute of Education Planning and Administration visited the college library in connection with a research study. The study was undertaken by the Department of Higher and Professional Education of the National Institute of Educational Planning and Administration (NIEPA), New Delhi and Sacred Heart College was selected as one of the case study institutions. In connection with the student induction programme library

orientation class was conducted by librarian for the first year UG and PG students. Library along with the Malayalam Dept. organized a vayanadinam programme for the staff and students. Library readers' forum organized a bookmark designing competition on 'Explore India', for all students. Ms. Stephy K Sunny, librarian presented a paper in an international conference and she has published a book chapter.

Report of NSS Activities

Ms. Noble A Paliath, Assistant Professor, Department of English and Dr. Vijitha Mukundan, Assistant Professor, Department of Mathematics took charge as Programme Officers, this academic year. The NSS units 76 & 84 of Sacred Heart College, Chalakudy spearheaded events under the guideship of the programme officers. The events pertaining to contemporary relevance were 'Dissemination of environmental consciousness', 'Yoga day celebrations', 'Azadi ka Amrit Mahotsav', 'Anti-drug abuse awareness endeavours', 'Back to agriculture missions', 'Electoral literacy club ventures', 'Waste management initiatives' and 'women empowerment strategies'.

The NSS units celebrated World Environment Day by cleaning the premises and planting the saplings and an awareness talk was given by R. Lakshmy, Divisional Forest Officer, Vazhachal. In connection with the International Day against Drug Abuse and Illicit Trafficking, NSS units

organized an awareness rally to railway Station, oath taking, and awareness rally against drug addiction.

As a part of Azadi ka Amrit Mahotsav, the 75th Independence Day celebrations started off with the flag hoisting ceremony in the college ground on 15 Aug 2022 and organised a talk by Mr. P. R. Suresh, Coordinator, Paryavaran Samrakshan Samiti, District of Thrissur. An orientation class by Mr. Suresh Kumarappilly on 'Back to Agriculture', a flagship programme of the NSS, University of Calicut was conducted.

In connection with the Ocean Shore Cleaning Enterprise, a total of 29 NSS volunteers actively cleaned up the beach premises at Azhikode. As a part of the NSS week day celebrations NSS volunteers decided to organise a special visit to 'Aakasha Paravakal' alias 'Sanjo Bhavan,' an old age home at Kanakamala. As a part of the 'We Care' initiative, NSS volunteers of units kept a dropbox (for cash deposit) near the reception wherein all were requested to generously contribute for the success of the enterprise.

The NSS volunteers attended a training programme offered as a part of 'Digitalisation of Haritha Karma Sena initiative' towards waste management. They also helped the officials of Chalakudy Municipality in the digitalisation of the waste management, by visiting 265 households, shops and educational institutions (all-inclusive) of Ward XXIII of Municipality, on 5 Nov 2022.

As a part of the International Day for the Elimination of Violence against Women, NSS units in association with Central Rotary Club and Indian Dental Association Chalakudy, organized a self defence class on 19 Nov 2022. The NSS units in concert with Nehru Yuva Kendra, Thrissur organised an invited lecture on 'Disaster Management' by Ms. Susmi Sunny, Hazard Analyst, Department of, Collectorate, Thrissur. The NSS units organized a seven day special camp, "Cognizance 2022: Drug-free Youth (La Vi Yu)" from 23-29 Dec at Panampilly Memorial Govt. College, Potta, Chalakudy.

Another feather was added to the cap of NSS units when the Electoral Literacy Club (ELC)**,** an initiative of the NSS units, received the award of Best Electoral Literacy Club in the District of Thrissur. Dr. Vijitha Mukundan, NSS Programme Officer-cum-ELC Coordinator, Ms. Amritha Unni and Ms. Cristy John received the award from Ms. Haritha V. Kumar, Collector, District of Thrissur.

Women cell

The Women cell in collaboration with Nitta Gelatin India Ltd organised a talk about the use of menstrual cups in the campus. The programme was inaugurated by Mr. Lal Jose, film director . Mr. Saneeshkumar Joseph, MLA of Chalakudy presided over the function. The Chief Guest of the programme was Mrs. Aishwarya Dongre, District Police Chief, Thrissur rural. Free samples were also provided by the team for all the students and lady staffs

Career Guidance Cell

The Center for Career Excellence organised various events such as campus placement drives under the aegis of HDFC Chalakudy branch, Canada-based 'Canapprove Educational Consultancy', 90+ My Tuition App and Mumbai-based Spandana Sphoorty Microfinance firm through which many students and alumni have been placed.

CCE also organised the 'Earn While You Learn-a Career Orientation Programme' by Life Insurance Corporation (LIC) India. Also one week training program conducted by Mahindra Pride Classroom group, orientation by Times Group for aspirants of Competitive examination were conducted. Mr. Shijo John, CEO, Cryptors Software Solutions and start-up founder, Kerala Start-up Mission provided career and entrepreneurship orientations to the undergraduate and postgraduate students of the college. A career guidance programme was also organised in association with Eazylink Academy. The ICICI Bank organised ICICI-Times Pro' recruitment drive for the students and the alumnae of the college.

An MoU was signed between C-DIT and SH College. The Career Cell in association with ASAP, organised an orientation session for the first year students on developing the communication and interview skills. The Career Cell organised an interaction session between the successful entrepreneurs of Zaara Biotech food manufacturing industry and the students.of the Zoology batch. An

online career orientation session was organised by Career and Placement Cell in association with ICICI Bank.

The Career and Placement Cell organised a one-day orientation session on the pattern of the corporate selection process. The session was led by the HR Trainee Mr. Roy Chacko from HR academy,Thrissur.

A career orientation programme was organised by the HDFC Life Insurance Group for the students of the college.A Personality Development and Career Orientation Programme for the final year minority students of the college was organized by the Career and Placement Cell in association with the Minority Commission. Reserve Bank of India, Kochi division, organized an orientation session for the students on the Career prospects with RBI.

A Campus Recruitment Drive for the students to join the firm named Divine Hearing Aid and Speech Clinic situated at Chalakudy. The Career and Placement Cell of SH College constituted a voluntary body of students to participate in the internship programme by the Economic & Statistical Department, Government of Kerala for conducting Agriculture Census as per the directions of Central Government. ‘Lapal -Find the best’ digital platform organised a recruiting drive at their office and around 50 students attended the training session and got selected

Catholic Activities

Three-day retreat held for staff and students was led by Rev Fr. Raphael Kokkatt, El ruha Retreat Centre, Kadalundy. Value education classes were arranged for non catholics, on these days. The feast of the Sacred Heart of Jesus, was celebrated on 24 June 2022. Holy mass was celebrated in the college chapel by Fr. Seby Palamattath (CMI, Chaplain of the college). It was followed by prayer in front of the statue of the Sacred Heart of Jesus. Guests of the day were Mr. Jojo Kottakkal (President, 'Stand with Kerala', USA) and Fr. Seby Palamattath, Chaplain of the college.

St Alphonsa Day was celebrated with Holy mass by Rev. Fr. Mathew Manthuruth V C from Potta Ashram. Rev Sr. Teresa J Heloise, Asst Prof., Dept of English, Little Flower College, Guruvayoor was the quiz master for Alphonsa quiz. A short film, 'Snehagni' prepared by the Dept of English was exhibited.

On 31 October, the Sacred Heart Family joined the Rosary procession held in the campus. In November, Holy mass was conducted in the college chapel, by Fr. Jeeson Menachery OFM, to commemorate the departed staff, students and benefactors of the Sacred Heart family.

Excel English club Activity Report

The Post Graduate department of commerce instituted the Excel English Club for enhancing the English proficiency and fluency among students. Tuesdays are the functional days for the club. Interactive sessions, movie

reviews, critical reflections, and presentation sessions were conducted to identify as well as promote the language and communication skills among the students.

ED Club

ED Club activities were officially inaugurated by Ms.Kripa, Cine Artist, Assistant Professor at Sri Kerala Varma College, Thrissur.The students of III BCom Computer Application and Finance visited Munnar as part of industrial visit.The Department of commerce conducted food fest,' Foodgasm'. 'Mercado 2K22', seminars on the topic 'Intellectual Property Right' and "Entrepreneurship" were also conducted.

Eco Club.

Under the coordination of the Eco-club, Dept. of Commerce conducted an exhibition of eco-friendly products made by the recycling of waste materials. Various batches actively participated and presented multiple products.

Quiz Club

Quiz Club, guided by the Commerce department, organized a quiz competition for commerce students on the topic 'Indian Independence'

IIC Report

Institution Innovation Council of Sacred Heart College Chalakudy in association with Centre for Career Excellence conducted a workshop on

‘Entrepreneurship and Innovation as a career opportunity’ by Mr. Shijo John Valappila, Serial Entrepreneur and Startup Founder.

In collaboration with Center For Career Excellence, IIC conducted various programmes such as ‘Workshop on Problem solving and ideation’ by Tedx Speaker, Workshop on ‘Design Thinking, Critical Thinking and Innovation Design’ by Project Associates, KITES. The Incubation centre of Sacred Heart College functions under the coordination of IIC.

Heritage Club

All the important days were celebrated in the banner of heritage club, such as Azadi Ka Amrit Mahotsav wherein a freedom wall was painted in our college campus. Heritage club commemorated Independence Day by collecting the thumb impression of the students and staff of the college and made the model of our national flag. Students of the club organised food fest and the amount collected from this food fest was given to the people of Anugraha Sadan

Histrionics Club

Under the auspices of the Histrionics Club, the students staged the play *Nagamandala* by Girish Karnad. In connection with the Histrionics Club, Dept. of English celebrated a Cultural Eve wherein the students made cultural and artistic performances. The Department arranged an exhibition of the theatrical modes including the miracle plays of the 10th century, Shakesperean Globe theatre and modern theatre.

Energy Club

The Energy club in association with KSEB officers Association conducted a college level Quiz competition. The club also attempted to create awareness about ‘Shoonya’- zero pollution mobility campaign; a central government initiative. Several students took the pledge through the web portal.

As part of National Energy Conservation Day celebrations, Energy club in association with IIC (institution innovation council) conducted an interdepartmental quiz competition in the college. In association with Kadambari, a non-profit organization based in Kodakara, Thrissur, the energy club conducted an exhibition of ‘Zero Waste Cloth products’ at College Campus. ‘Brain Society’ (NGO) with Energy club in association with Energy Management Centre of Kerala and Centre for Environment and Development, organised Energy Conservation Awareness Seminar in the college. The club also signed an MOU with the Energy conservation Society.

The college conducted various activities under different clubs like Eureka club, Campus club, Literary Club, Debate club, Nature club, Oasis club, Hindi club, Yoga club, Red Ribbon club, Dance and Music club, Septuagenarian club and Electoral Literacy Club.

PTWA

The Parent Teacher Well-wishers Association of the college has been giving steadfast support to the institution since its inception in 1980. The general body meeting of 2022-2023 academic year was held on 10th January 2023. The meeting was officially inaugurated by Adv. K.R.Sumesh, standing Committee Member Koratty Grama Panchayat and Principal, Dr. Sr. Irene, presided over the function. The new executive committee was formed and members of PTWA extended timely support to the institution, throughout the academic year. A departmental wise PTA meeting was held soon after the general function.

Alumni

Sacred Heart College Alumni Association was registered under Societies Registration act, on 1st July 2022. The 25th Annual Alumni meet was organized on 09th July 2022 at college auditorium. The meeting was officially inaugurated by Sr. Lilly Maria, Manager and Dr. Sr. Irene presided over the function. The meeting also honoured the achievers among the alumnae. The election of the office bearers was held after the cultural program.

Other Activities

The new college website was launched on 5th November. The college hosted a five -year training programme by KILA. MLA Mr. Saneesh Kumar

Joseph inaugurated the session and a 3 day training camp was conducted in the college.

Akshaya staff meet for those in Chalakudy and the nearby area was arranged by the college management. On June 21, Malayala Manorama Vayanakalari inauguration was conducted in the college which was attended by the staff and the students. Malayala Manorama newspaper was sponsored to the college for a year.

Rotary club president Mr. Biju Ambazhekkadan inaugurated the Mathrubhumi 'Madhuram Malayalam' project ,which was held in the college. New fire extinguishers were installed in various places in the college campus. Importance and usage was made clear to all the staff and students. A gathering of Kerala Franciscan Family was conducted on 24 September 2022. The college hosted the annual fraternity meet of Alvernia Staff on 21st September, 2022. Chief guest of the event, Rev Father Jino Punnamattathil, Deepika General Manager, delivered an enlightening talk for the participants.

College hosted 'MLA Award 2021 'a programme which was held in honour of the students who secured full A+ in secondary and higher secondary classes of Chalakudy constituency. The programme was attended by dignitaries such as Mr. Benny Behanan, honourable MP Chalakudy, Mr. Sanish Kumar Joseph, honourable MLA, Ms. Haritha V Kumar, District Collector,Thrissur and Ms. Aishwarya Dongre, IPS, police superintendent Thrissur

Taluk legal service society, Dept. of Political Science and Women Cell collaborated to conduct a talk on ‘ Domestic Violence Act and Dowry Prohibition Act’, at the college auditorium on 4 November 2022. The programme was inaugurated by Ms. Shiny Ragesh, Judicial First Class Magistrate, Chalakudy. The resource person was Adv. K R Sumesh.

On 4th November, music and dance club of the college was inaugurated in the college auditorium along with the teaser release of the film ‘4 years’. Mr. Ranjith Shankar, film director, as well as Mr. Sarjano Khalid and Ms. Priya warrier, actors, inaugurated the club and interacted with the students.

Student Induction Programme 2022 was held on three days from November 9 to November 11, 2022. Professional trainers, clinical Psychologists, faculty members, and entrepreneurs imparted the classes.

College union election was held on 8 November 2022. Anna Juliya B Veliyan of II B.A. English was elected the Chairperson.

As done every year ,an orchestra of the blind ,for the sake of charity ,was held in the college auditorium on 20th December 2022.

The convocation of the third year degree students and second year PG students was held on December 17,2022. The Guest of honour was Dr T K Narayanan,Former Vice Chancellor , Kerala Kalamandalam.

Celebrations

The student leaders of SH as well as teachers joined hands to organize Onam celebrations, which was held from 31st August to 1st September. Various competitions such as pookkalam, vadamvali, and megathiruvathira with hundred participants were organized. Musical chair was conducted exclusively for the staff. As a grand finale to the celebrations a 'Shingaraimelam' was arranged.

Principal's feast was celebrated on 30 September 2022, and the day was marked by the good wishes and merry making of the students and the teachers. The holy mass for the day was celebrated by Fr. Jolly Vadakkan, Vicar, St Mary's Forane Church, Chalakudy. Principal was gifted with splendid and hand-made greeting cards by the various departments.

On 7 December 2022, Mr. P. Vahid, SP and Assistant Director of Police Academy officially inaugurated the College Union activities for the academic year 2022-23.

Christmas competitions such as card making, short film and carol competition were held in the college on 21 December 2022.Christmas celebration was held in the college on 22 December 2022. Rev Fr Sibu Kallaparambil was the celebrant of the holy mass. The common celebration was held in the college auditorium. Principal Rev. Dr. Sr. Irene rendered the Christmas message for all. Angel competition, carol song and prize distribution

also formed part of the programme. The common celebration was followed by department celebrations.

Conclusion

As I conclude this report, I sincerely thank the bounteous spirit and support provided by all the members of the college community. I thank the almighty for his plentiful love and protection. I express my gratitude for the members of the governing body for their incessant support and valuable suggestions. My sincere thanks are due to the vice-principal, chief superintendent of university examination, the IQAC co-ordinator, N.S.S programme officers, the faculty members and moreover to the retiring staff. My big thanks to the wardens of both the hostels, Rev Sr. Roseprabha and Rev . Sr Jinsa for the tactful administration of the college hostels. I thank you, dear parents, for your worthy presence and invigorating support in all our endeavours. May the powerful God keep us in his bottomless sea of love, joy and kindness.