World Space Week 2022

Public talk on Wonders of the sky (12-10-2022)

Department of Physics organized a public talk on Wonders of the sky on 12-10-2022 in the college auditorium. Dr. Nijo Varghese handled the class and around 175 interested students from various departments had attended. Topics like basics of armature astronomy, constellations, Zodiac, birth stars, horoscope, galaxies etc. were discussed.

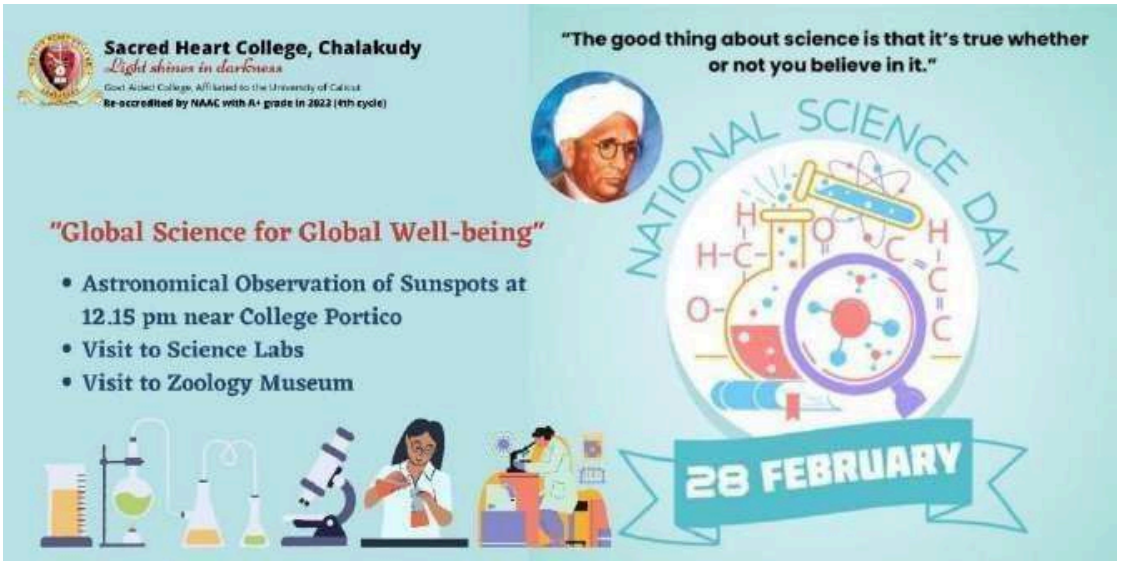


Dr. Nijo Varghese is delivering the talk



National Science Day 2023

The Department of Physics coordinated the National science day celebrations in the college on 28th February, 2023 with various programs aimed to raise appreciation of the scientific issues in global context which is having a bearing upon global wellbeing. Ms. Rebha II MSc Physics had given a presentation on the Biography of Sir C V Raman and his scientific and academic contributions. Arrangements were made to observe the sunspot through telescope and Dr. Nijo Varghese had explained about the physics behind solar activity. Ms. Fency K F introduced the new books added in the APT science book club of the department.



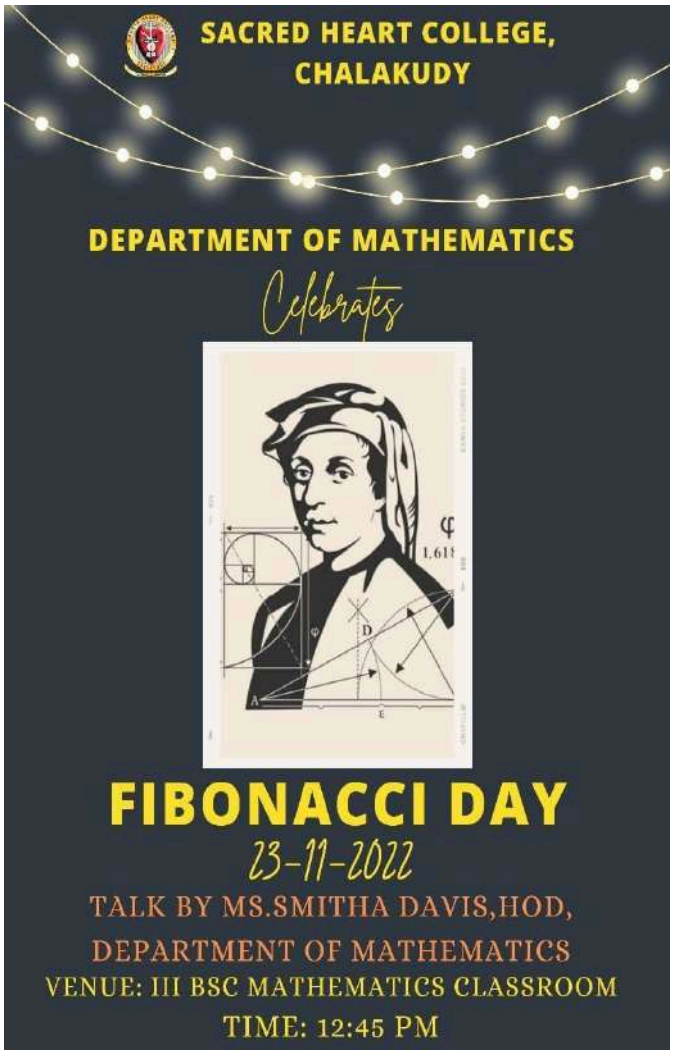


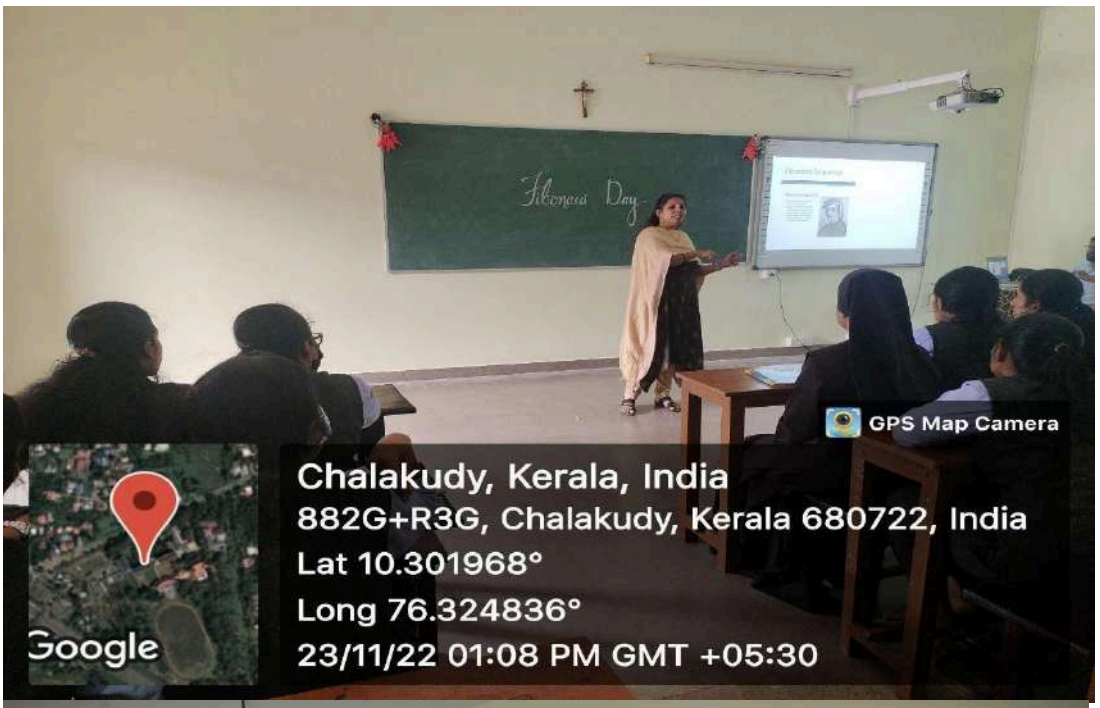


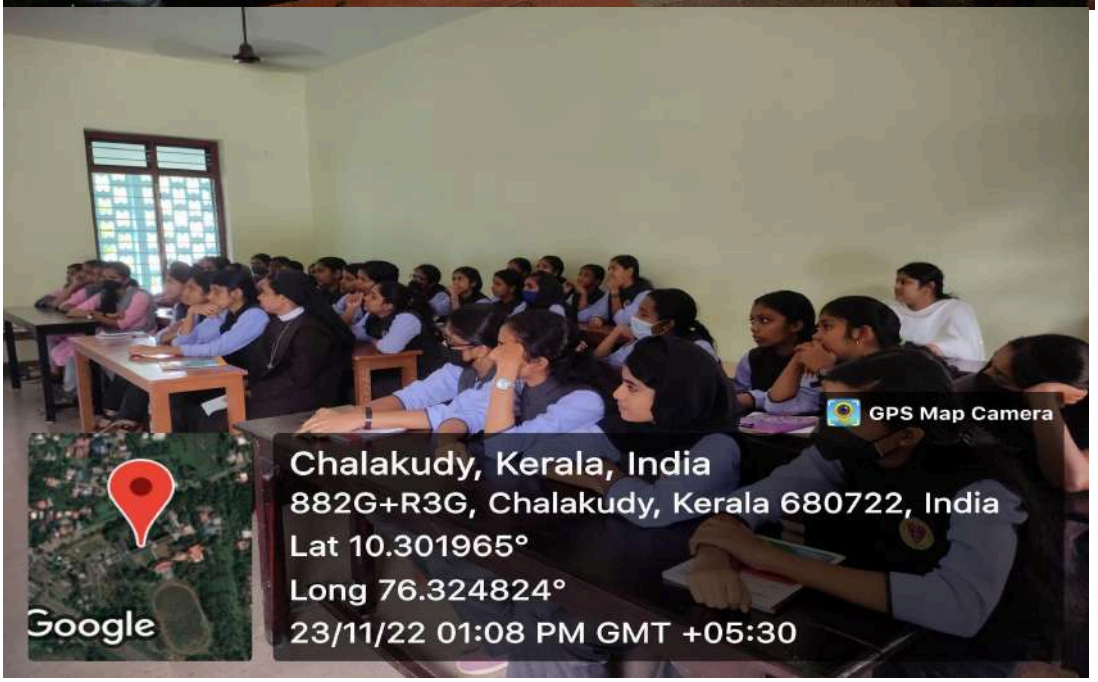
Fibonacci Day 2022

Department of Mathematics

Department of Mathematics celebrated November 23 as Fibonacci Day. The day is observed as Fibonacci Day because when it is written in the mm/dd format (11/23), the digits form a fibonacci sequence 1,1,2,3. On this day, the department organized a talk on Fibonacci sequence by Ms.Smitha Davis, Head, Department of Mathematics. The class was interactive and the students from various departments actively presented in the session. The program was coordinated by Ms. Nima Maria, Assistant Professor on Contract, Department of Mathematics.




Fibonacci Day
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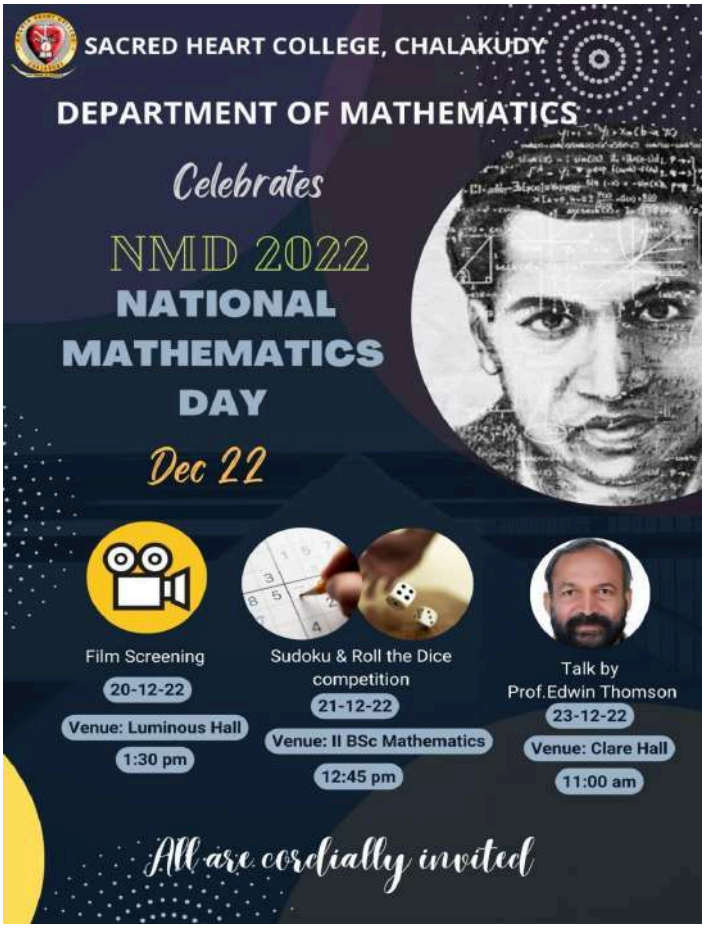

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NATIONAL MATHEMATICS DAY 2022

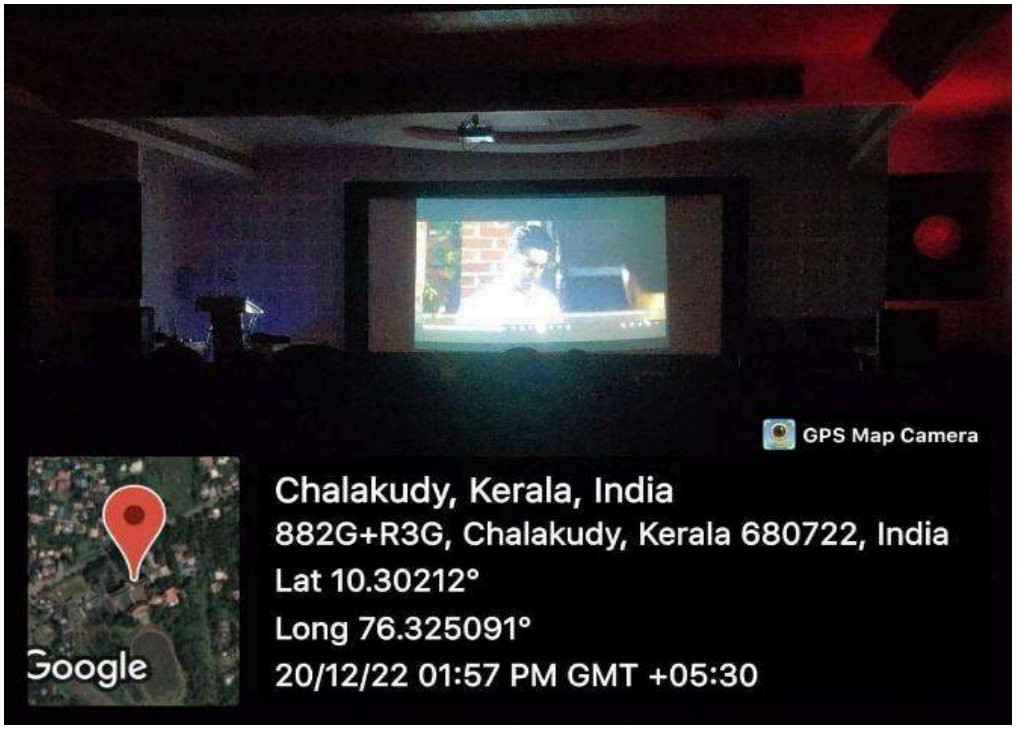
National Mathematics Day is observed on 22nd of December every year to commemorate the birthday of Great Indian mathematician Srinivasa Ramanujan. As part of National Mathematics Day, various programmes were conducted by the department for the students on 20-12-2022, 21-12-2022 and 23-12-2022. This year the department celebrated NMD on three days, each day was filled with activities for the students to celebrate mathematics.

On 20-12-22, the screening of the life history of Srinivasa Ramanujan, the movie "The Man who knew Infinity" was organized in Luminous Hall. The students eagerly watched the movie and was able to get a deeper knowledge into the life of the great Mathematician.

The next day the students were engaged in various games like SUDOKU and Roll the dice. Many students participated enthusiastically in the events which helped in improving their mathematical skills.The department winded up the celebration of NMD by a simple and inspiring talk by Prof. Edwin Thomson, Retd Professor, St. Alberts College, Ernakulam. The students were filled with the thought of how the subject mathematics came into existence and also got a deeper insight about the applications and beauty of mathematics.



Brochure of National Mathematics Day 2022





Screening of the film “The Man who knew Infinity”



Students participating in SUDOKU competition



Students taking part in Roll the Dice game

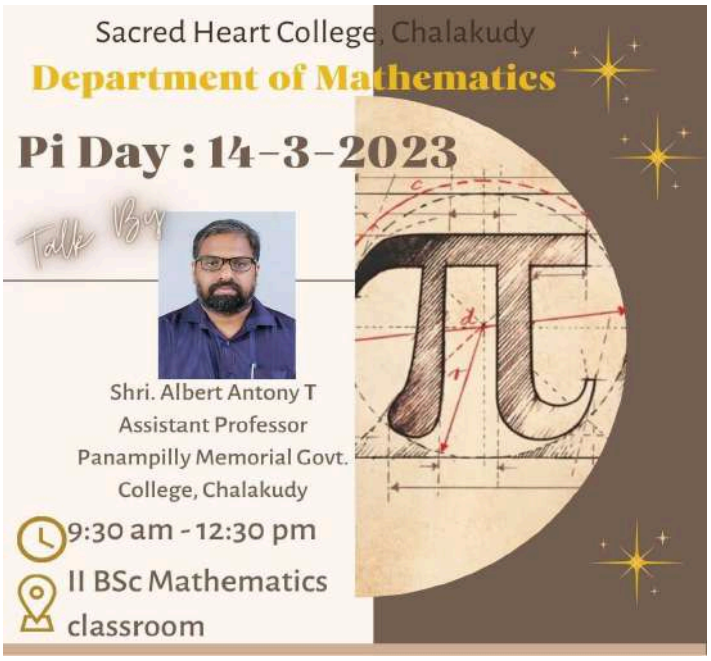


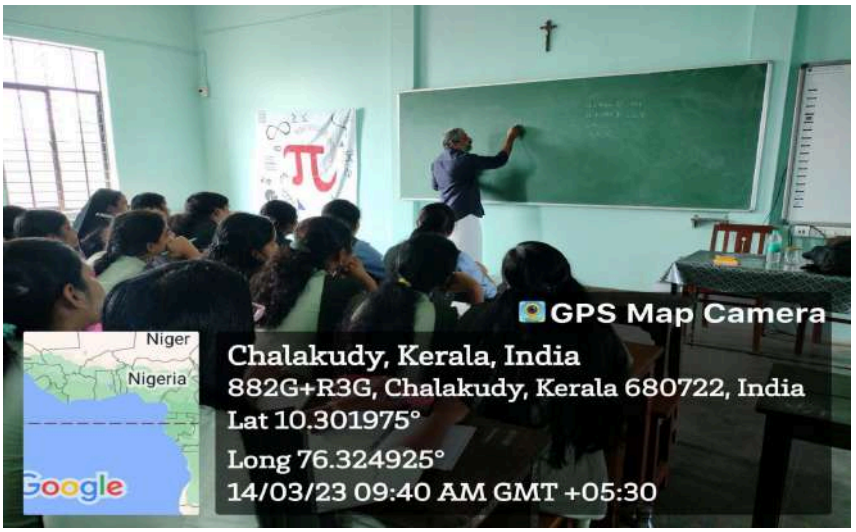
Talk given to the students by Prof. Edwin Thomson

Pi Day Celebrations March 14 2023

The Department of Mathematics celebrated Pi Day on 14-03-2023. A talk was arranged for the students in which Shri. Albert Antony T of PMGC, Chalakudy served as the resource person. The topic of the talk was Linear Algebra. The students were given a basic idea about the subject and its application in various fields of mathematics. The students participated actively clearing all their doubts during the session.

Brochure of the Program





Resource person Shri. Albert Antony T delivering the talk List of volunteers

AZADI KA AMRIT MAHOTSAV

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 Maholsav department of History Sacred Heart college Chalakudy made a Freedom wall at our College in the Remembrances of Freedom movement of our nation. It is a 20 hours drawing programme about 25 students of different departments of our college participated in this Freedom wall painting. The programme conducted from 10th to 12th august 2022. The programme was inaugurated by ward councillor Ms. Bindu Sasikumar, our principal Dr. Sr. Irene delivered the presidential address.



12 th August 2022

On 12th August 2022, students of history commemorate the independence day by collecting the thumb impression of the students and staff of the college and made the model of our national flag. The programme was inaugurated by our ward couincillor Ms Bindu Sasikumar. Presidential address delivered by principal Dr Sr Irene.



World Plastic Bag Free Day (Date: 12/07/2022)

Plastic Bag Free Day serves as a reminder of the importance of reducing plastic pollution and finding eco-friendly alternatives. In our initiative to commemorate this day, we organized an event centered around the distribution of handmade paper bags, aiming to raise awareness about the detrimental effects of plastic bags on the environment and promote sustainable practices. On the day of the event, volunteers gathered early to prepare the handmade paper bags. The distribution process was accompanied by informative sessions highlighting the adverse effects of plastic bags on the environment, wildlife, and human health. Participants engaged in discussions and shared insights on adopting sustainable practices in their daily lives. Through this distribution, we aimed to inspire a sense of responsibility towards our planet and foster a culture of environmental stewardship.

The celebration of Plastic Bag Free Day with handmade paper bags left a lasting impact on participants, instilling a sense of empowerment and commitment to reducing plastic waste. By offering tangible alternatives and raising awareness, we contributed to the ongoing efforts towards a greener and more sustainable future.

In conclusion, our celebration of Plastic Bag Free Day through the distribution of handmade paper bags exemplifies the power of collective action in addressing environmental challenges. By embracing sustainable alternatives and fostering community engagement, we take meaningful strides towards a world free from the harmful impacts of plastic pollution. Let us continue to work together, one paper bag at a time, towards a healthier planet for generations to come.

Brochure



Students with hand made paper bags



Celebration of Salim Ali Day

Date: 12 November 2022

On 12th November 2022 National bird watching day, bird watching was arranged for the students of the Department in Kottattu wetlands. Ms. Siji P.K, Ornithologist cum dragonfly researcher and volunteer WWF was the resource person. Parayanthodu bridge is the site where wetland birds used to visit. Students used binoculars to watch birds opting line transect method. They could identify 27 species of birds.

Salim Ali, the eminent Indian ornithologist, is renowned for his pioneering work in bird conservation and research. To honor his legacy and promote environmental awareness, we organized a special event centered around bird watching at Kottat Wetlands, a haven for avian diversity.

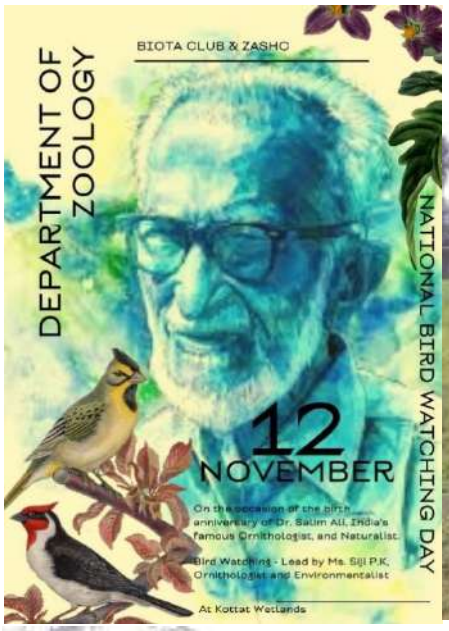
On the day of the event, the students of the department of Zoology gathered at the designated meeting point at Kottat wetlands eager to embark on a journey of exploration and discovery. Armed with binoculars, participants set out to observe and document the diverse bird species inhabiting the wetlands. Ms. Siji P.K, Ornithologist cum dragonfly researcher and volunteer of WWF was the resource person. She showed the students the different birds and how to identify them. The students were taught how to do a field survey of birds using the line transect method. The students with the help of Ms. Siji identified 27 species of birds.

Participants were enthralled by the sight of colorful plumage, melodious calls, and intricate behaviors exhibited by the avian residents. They also exchanged insights, anecdotes, and sightings, enriching the collective experience and deepening their connection to the natural world. Throughout the expedition, Ms Siji provided valuable insights into bird identification, behavior patterns, and ecological significance, enhancing participants' understanding of avian conservation and habitat preservation. Interactive sessions and discussions underscored the importance of protecting wetland ecosystems and mitigating threats to bird populations.

The celebration of Salim Ali Day through bird watching at Kottat Wetlands left a profound impact on participants, inspiring a renewed sense of stewardship and reverence for biodiversity. By fostering engagement and awareness, we honor Salim Ali's legacy and advance his vision of harmonious coexistence between humans and nature.

In conclusion, the celebration of Salim Ali Day through bird watching at Kottat Wetlands exemplifies our collective commitment to environmental conservation and appreciation of natural heritage. As we reflect on the invaluable contributions of Salim Ali and strive to emulate his passion and dedication, let us continue to cherish and protect the

magnificent diversity of life that surrounds us.









World Diabetes Day Celebration

Date: 14 November 2022

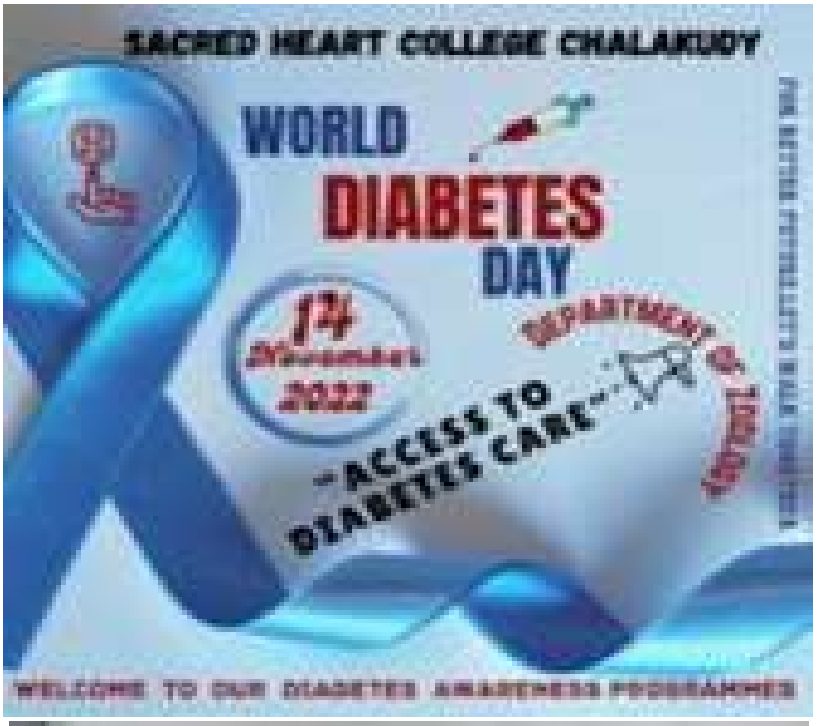
Celebrating World Diabetes Day: Promoting Health and Awareness

World Diabetes Day is an occasion to raise awareness about diabetes, its prevention, and management on 14th November 2022. In our community and college, the Department of Zoology organized a series of events to commemorate this day, focusing on promoting healthy lifestyles and fostering understanding about diabetes-friendly practices.

The celebration started with a brisk walking session from the college campus to the nearby railway station, where the students distributed pamphlets prepared by students themselves about diabetes, and pointers on how to manage it. Principal of the college flagged off the event by leading the students in an oath to make a conscious effort to lead a healthy life. She also spoke a few words on how diabetes can easily be prevented or at least managed with a healthy lifestyle. After that the students and teachers spread the message of diabetes free life to the public by organizing a rally and distributing gooseberries to the passers-by. This created an awareness among the local community as well.

The following day, participants gathered for a diabetic-friendly juice drinking competition, featuring a variety of nutritious beverages crafted from fresh fruits and vegetables. Also included were juices from bitter gourd, guava, and star fruit etc. which known for being diabetic friendly. Students as well as staff of the college participated actively in the competition.

The events held on World Diabetes Day had a profound impact on participants, instilling a sense of empowerment and resilience in the face of diabetes. By promoting physical activity, healthy nutrition, and education, we contributed to the prevention and management of diabetes within our community, paving the way for a healthier and more inclusive future. In conclusion, the celebration of World Diabetes Day through brisk walking sessions and diabetic-friendly juice competitions underscored our commitment to promoting health and raising awareness about diabetes-related issues. As we reflect on the significance of this day, let us continue to advocate for policies and initiatives that prioritize diabetes prevention, support, and care, ensuring a brighter and healthier tomorrow for all.


SACRED HEART COLLEGE CHALAKUDY
WORLD
DIABETES
DAY
14
November
2022
DEPARTMENT OF ZOOLOGY
"ACCESS TO
DIABETES CARE"
WELCOME TO OUR DIABETES AWARENESS PROGRAMMES



WORLD PTSD DAY OBSERVATION 2022

Organized by

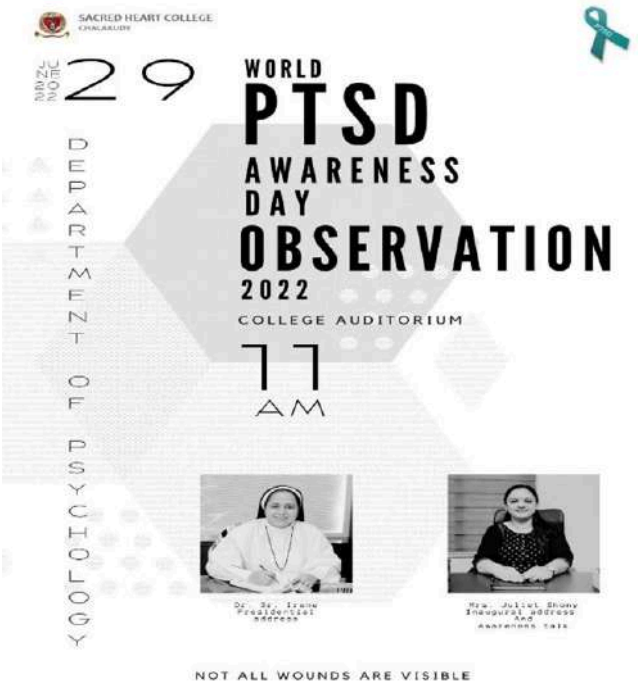
The Department Of Psychology, Sacred Heart College, Chalakudy

27th of June was World PTSD awareness day. On 29th June 2022, the students and staff of the department of psychology organized an awareness programme on PTSD under the auspices of the Awareness Day. The programme began with seeking the blessings of the almighty. Head of the Department of Psychology Ms Gayathri Suresh Babu, welcomed the gathering. The speech had an essence of her gratitude to the whole college for their support to the newly formed department.

The beloved principal Dr. Sr. Irene presided over the function .She stressed on the importance of the department of psychology in improving the wellbeing of the students of the college. Mrs Juliet Shony, consultant psychologist officially inaugurated the programme and threw light on the importance of the day.

PTSD is a psychological disorder that is categorized under F.43. of International Classification of Disorders 10 reaction to severe stress and Adjustment Disorders precisely 43.1 in the list.The talk was highly informative and gave a clear awareness on PTSD . Avoiding the clinical terms, the resource person could spread her knowledge to the people around.

Brochure -



Welcome address by Ms. Gayathry Babu



Talk on PTSD by Ms. Juliet, Resource person



WORLD MENTAL HEALTH DAY- 2022

'ALL FOR U'

10th of October was World Mental Health Day 2022. On 10th October 2022 to 14th October 2022, the students and staff of Department of Psychology organized an awareness program on Mental Health Day named " ALL FOR U".

The program was a week long program starting from October 10th 2022 with an Inauguration and a talk on mental health, and on October 11th 2022 was an exhibition, games and competitions related to the same. The third day was 12th October 2022 which was a Psychodrama by the students. And the other two days was Flashmob for college on 13th October and the Flashmob for public on 14th October 2022.

Day 1

On October 10, 2022, the first day was the Inauguration of the World Mental Health Day. The program was inaugrated by the beloved principal of the college Dr. Sr. Irene. The chief guest of the function was Mrs. Juliet Shony, Clinical Psychologist and she emphasized on the importance of Mental Health and talked about the same, the students was informed about their need for good mental and physical health and the measures to be taken in need for improving mental health.

Day 2

On October 11, 2022, the second day was exhibitions and competitions for the students and staff of the college. The exhibitions and competitions was organized at the college auditorium. The exhibition had the information about Mental Health awareness, the measures to improve, positive affirmations, the opportunity for the participants to scribble their thoughts and their positive outlook towards life. There were competitions of Face Painting, Mobile Photography and a Tablou Competition. The winners were awarded with cash prizes.

Day 3

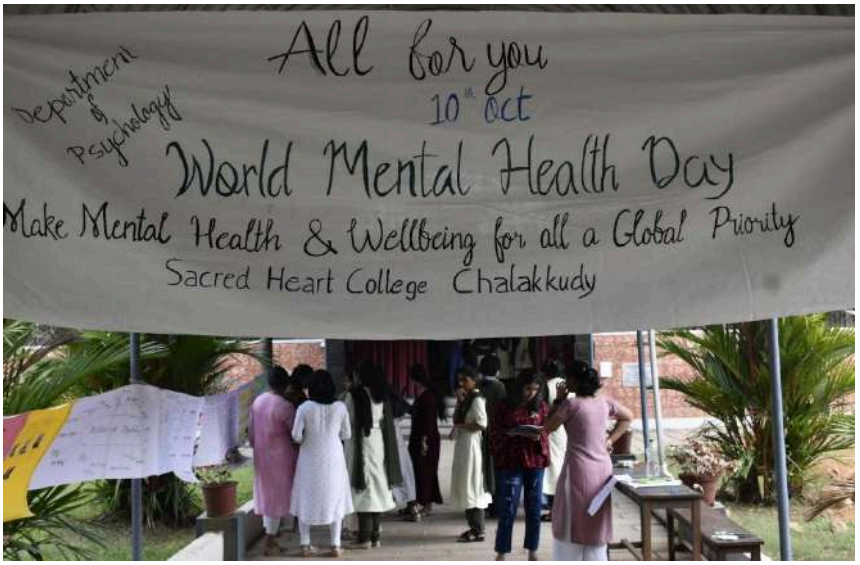
On October 12, 2022 the third day was the psychodrama by the students of Psychology Department named "WITHOUT WORDS" for the staffs and students of Sacred Heart College, Chalakudy. The program was from 3pm to 4pm, at college auditorium. The drama made it clear that, it is okay not to be okay, not mental strong, we have weak days but to understand the same and take help if needed in the best we could do for us.

Day 4 and 5

On October 13 and 14, 2022 , the final days of 'ALL FOR U' was the Flashmob for the students and staff of the college and for the public by the students of Psychology Department. The Flashmob for the college was at 1pm at the College portico and the Flashmob for public was at the Railway station at 3pm on 13 October.


MENTAL
HEALTH DAY

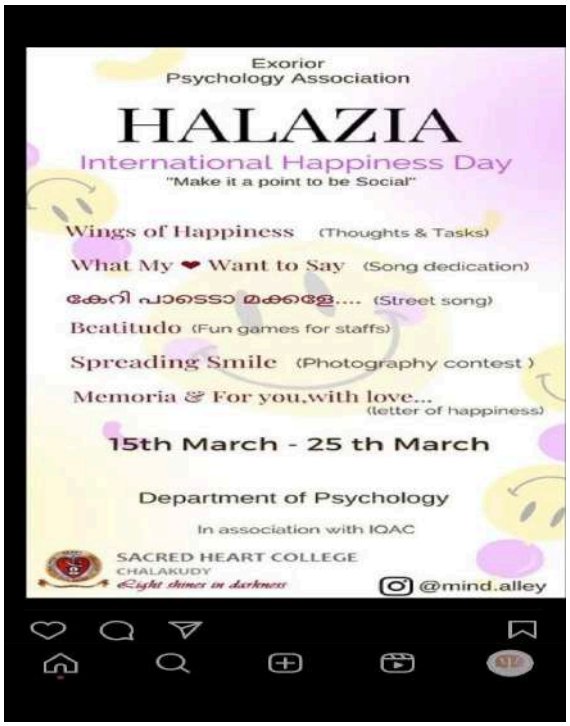

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All for you
Department of Psychology
10th Oct
World Mental Health Day
Make Mental Health & Wellbeing for all a Global Priority
Sacred Heart College Chalakkudy



March 15-25 - INTERNATIONAL HAPPINESS DAY

The Department of Psychology, Sacred Heart College, celebrated International Happiness Day through a dynamic 10-day program titled "HALAZIA" Commencing festivities included inspirational talks, a song dedication session, engaging street song activities under the theme "Keri Paadeda Makkale," and interactive games, fostering a vibrant atmosphere. A photography contest captured joyful moments, while the unique "Memorial Letter of Happiness" initiative had participants sharing positive memories with loved ones. The program also featured 10 days of happiness tasks, promoting mindfulness and gratitude.



Exhibition and Chemistry Magic Show

In connection with the celebration of International Mole Day, Department of Chemistry, Sacred Heart College, Chalakudy organized an Exhibition and Chemistry Magic Show on October 27, 2022. The event aimed to promote awareness and appreciation of chemistry among students and the public through interactive exhibits and captivating demonstrations.

Objectives:

1. To celebrate International Mole Day and its significance in chemistry education.
2. To showcase the practical applications and wonders of chemistry through interactive exhibits.
3. To engage and inspire students with entertaining and educational chemistry demonstrations.
4. To foster a deeper understanding and appreciation of chemistry among participants.

The exhibition featured a variety of interactive displays and demonstrations highlighting different aspects of chemistry, including the periodic table, chemical reactions, laboratory equipment, and applications of chemistry in everyday life. Participants had the opportunity to explore hands-on exhibits and learn about key concepts in chemistry in a fun and engaging manner.

A chemistry magic show was conducted to captivate the audience with exciting and visually stunning demonstrations of chemical reactions and phenomena. Through a series of magical experiments, such as color changes, explosions, and transformations, participants were entertained while learning about the underlying principles of chemistry. An exhibition and power point presentation were organized to provide participants with in-depth knowledge and practical skills in various areas of chemistry. Topics covered during the presentation included chemical safety, laboratory techniques, environmental chemistry, and career opportunities in the field of chemistry.

The Exhibition and Chemistry Magic Show organized by the Department of Chemistry in connection with International Mole Day were highly successful in engaging and educating participants about the fascinating world of chemistry. Through a combination of interactive exhibits, captivating demonstrations, and powerpoint presentation, the event inspired curiosity, creativity, and a deeper appreciation for the role of chemistry in shaping our world.





Signature campaign titled ‘Swathanthryathinte Kaiyoppu’

The Department of Chemistry, Sacred Heart College, Chalakudy, organized a signature campaign titled ‘Swathanthryathinte Kaiyoppu’ as part of the celebrations for Azadi Ka Amrith Mahotsav on 11/8/2022. The event aimed to commemorate the spirit of freedom and promote awareness about the significance of independence among the college community and the public. Objectives of the programme:

1. To celebrate the essence of freedom and independence.
2. To raise awareness about the sacrifices made during India's struggle for independence.
3. To encourage active participation in preserving and cherishing the values of freedom.
4. To foster a sense of patriotism and unity among the participants.

A designated area near the college auditorium was set up for the signature campaign. Participants were invited to sign a large banner bearing the title ‘Swathanthryathinte Kaiyoppu’ as a symbolic gesture of support for the ideals of freedom and independence. Informative sessions were conducted by faculty members and Principal Dr.Sr.Irene, on the historical significance of the freedom struggle, highlighting key events, leaders, and ideologies that shaped India's path to independence. These sessions aimed to educate and inspire the audience, especially the youth, about their role in upholding the legacy of freedom fighters. The signature campaign ‘Swathanthryathinte Kaiyoppu’ organized by the Department of Chemistry, Sacred Heart College, Chalakudy, as part of the Azadi Ka Amrith Mahotsav, was a resounding success. Through various activities and initiatives, the event successfully commemorated the spirit of freedom and inspired participants to cherish and safeguard the hard-earned independence of our nation. It served as a poignant reminder of the sacrifices made by our forefathers and the responsibility we hold in preserving their legacy for future generations.





Torchlight Procession and Cycle Rally as part of the celebrations of Azadi Ka Amrith Mahotsav

The Department of Chemistry and Physical Education jointly organized a Torchlight Procession and Cycle Rally as part of the celebrations of Azadi Ka Amrith Mahotsav at Sacred Heart College, Chalakudy on 12/8/22. The event aimed to symbolize the journey towards freedom and promote the spirit of unity and patriotism among participants.

Objectives:

1. To commemorate the historical significance of India's independence.
2. To promote physical fitness and environmental sustainability through cycling.
3. To encourage participation and engagement of the college community in the celebrations of Azadi Ka Amrith Mahotsav.
4. To foster a sense of solidarity and camaraderie among participants.

The event commenced with a torchlight procession from Sacred Heart College, Chalakudy, to the Railway Station. Participants, carrying torches symbolizing the light of freedom, marched in unity, accompanied by patriotic slogans and songs. The procession served as a tribute to the sacrifices made by freedom fighters and as a reminder of the journey towards independence. Following the torchlight procession, a cycle rally was organized from Sacred Heart College to the Railway Station. Participants, including students, faculty members, and staff, rode bicycles adorned with national flags and patriotic decorations. The rally aimed to promote eco-friendly transportation and physical fitness while also spreading awareness about the significance of India's independence movement. Along the route of the procession and rally, participants distributed pamphlets and engaged with bystanders, highlighting the importance of preserving the legacy of freedom fighters and promoting national unity. Informational sessions were also conducted at designated stops to educate participants and the public about key events and leaders of the freedom struggle. Principal Dr. Sr. Irene inaugurated the programme. ITI

ward councilor Smt. Bindu Sasikumar felicitated the gathering and delivered the Independence Day message. The Torchlight Procession and Cycle Rally organized by the Department of Chemistry and the Department of Physical Education, Sacred Heart College, Chalakudy, were successful in commemorating the spirit of freedom and promoting the values of unity, patriotism, and physical well-being. The event served as a fitting tribute to the heroes of India's independence struggle and inspired participants to uphold their legacy by actively contributing to the progress and development of the nation.





E-poster and quiz competition in commemoration of World Ozone Day

In commemoration of World Ozone Day, the Department of Chemistry, Sacred Heart College, Chalakudy, organized an E-poster and quiz competition on September 26, 2022. The event aimed to raise awareness about the importance of ozone layer protection and to engage students in learning about environmental sustainability.

Objectives:

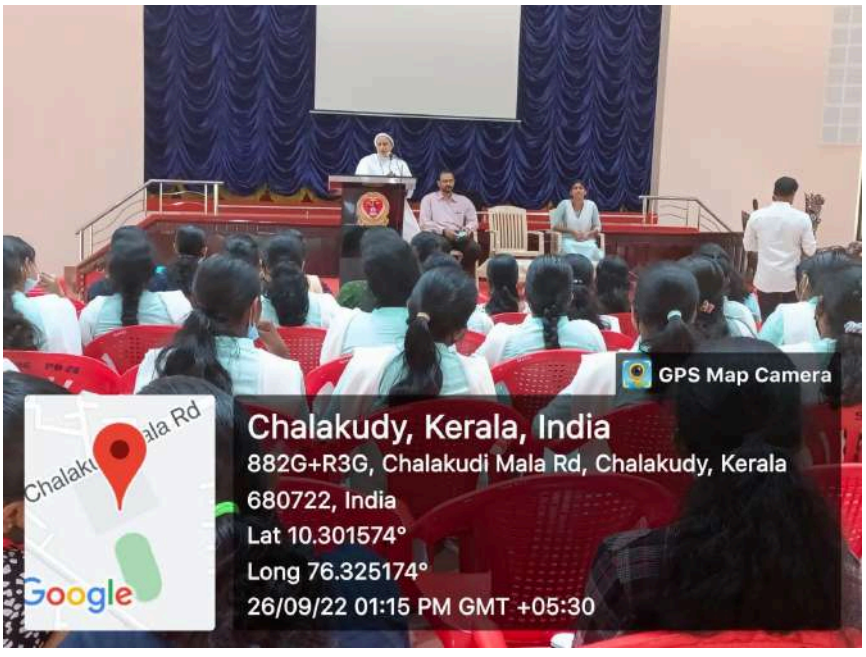
1. To educate students about the significance of preserving the ozone layer for the health of the planet.
2. To encourage creative expression through the design of e-posters related to ozone layer protection.
3. To test students' knowledge about ozone layer depletion, its causes, and preventive measures through a quiz competition.
4. To promote environmental consciousness and activism among the college community.

Students were invited to create digital posters focusing on themes related to ozone layer preservation, such as the harmful effects of ozone depletion, the importance of ozone layer protection, and actions individuals can take to mitigate ozone depletion. The competition

provided a platform for students to showcase their creativity and express their ideas on environmental conservation. A quiz was conducted covering topics related to ozone layer depletion, including its causes, effects, international agreements such as the Montreal Protocol, and efforts to protect the ozone layer. The quiz challenged participants' understanding of environmental issues and encouraged them to learn more about the ozone layer and its significance for Earth's ecosystems.

Programme attained Outcomes such as Increased awareness among students about the importance of protecting the ozone layer and mitigating ozone depletion, Encouragement of creative expression and critical thinking through the e-poster competition, Enhancement of students' knowledge about environmental issues related to ozone layer depletion through the quiz competition and Promotion of a sense of responsibility towards environmental sustainability and conservation.

The E-poster and Quiz Competition organized by the Department of Chemistry, Sacred Heart College, Chalakudy, provided an engaging platform for students to learn about and contribute to the preservation of the ozone layer on World Ozone Day. By fostering creativity, knowledge, and environmental consciousness, the event succeeded in promoting the values of sustainability and responsible citizenship among the college community.





Birthday celebration of three eminent scientists C. V. Raman, Marie Curie and Lise Meitner

The Department of Chemistry at Sacred Heart College, Chalakudy, celebrated the birthdays of three eminent scientists C. V. Raman, Marie Curie and Lise Meitner on November 7, 2022. The event was marked with enthusiasm, knowledge sharing, and entertainment, highlighting the significant contributions of these scientists to the field of chemistry.

Spot Quiz: The celebration kicked off with an engaging spot quiz, testing the participants' knowledge about the lives and discoveries of the three eminent scientists. Questions were carefully crafted to cover various aspects of their work, ensuring both educational value and entertainment for the participants.

Flash Mob: Adding an element of fun and surprise, a flash mob was organized during the event. Students from Chemistry department came together to perform a choreographed dance routine, celebrating the spirit of science and innovation. The flash mob not only entertained the audience but also served as a tribute to the scientific community.

Presentation on Scientists' Achievements: A detailed presentation was delivered, highlighting the remarkable achievements and contributions of the three scientists whose birthdays were

being celebrated. This segment provided insights into their groundbreaking discoveries, inspiring the audience with their dedication and vision.

Interactive Sessions: Following the presentation, interactive sessions were conducted, allowing students and faculty members to share their thoughts and reflections on the scientists' work. Discussions ranged from the practical applications of their discoveries to their impact on the field of chemistry and beyond.

The birthday celebration of three eminent scientists organized by the Department of Chemistry at Sacred Heart College, Chalakudy, was a resounding success. Through a blend of academic activities, entertainment, and camaraderie, the event not only honored the contributions of these scientists but also fostered a deeper appreciation for the wonders of science among the participants. It served as a reminder of the importance of curiosity, exploration, and collaboration in advancing knowledge and creating a better future.





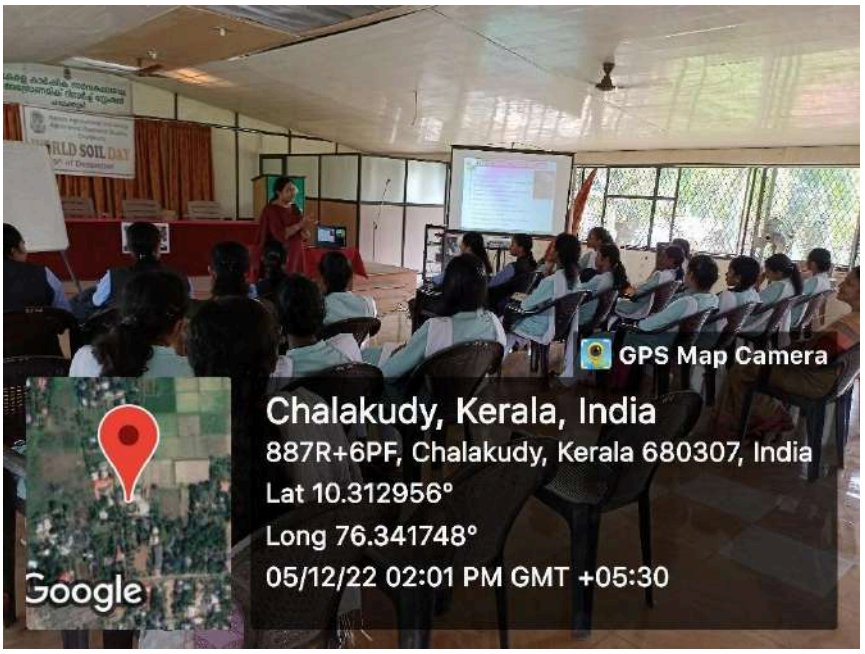
A workshop on : “Know your soil”

On December 5, 2022, the Department of Chemistry, in collaboration with the Agronomy Research Station, Chalakudy, organized a workshop on "Know Your Soil." The workshop aimed to educate participants about the importance of soil and its characteristics for sustainable agriculture practices at Agronomy Research Station, Chalakudy. Dr. Maria Daimy, Assistant Professor at the Agronomy Research Station, Chalakudy, led the workshop, sharing her expertise in agronomy and soil science.

Dr. Maria Daimy, a seasoned expert in agronomy, delivered an insightful presentation on various aspects of soil, including its composition, structure, and fertility. She discussed the importance of soil health for crop productivity and sustainable agriculture practices. The workshop included practical demonstrations of soil testing techniques, allowing participants to learn how to assess soil pH, nutrient levels, and other critical parameters. Dr. Maria Daimy provided guidance on interpreting soil test results and implementing appropriate soil management practices. Throughout the workshop, interactive sessions were conducted to engage participants and encourage discussion. Attendees had the opportunity to ask questions, share their experiences, and seek advice on soil-related issues specific to their agricultural

practices. As part of the workshop, a field visit to the Agronomy Research Station was organized, where participants had the chance to observe different soil types and agricultural experiments firsthand. This practical experience enhanced their understanding of soil variability and management strategies. The workshop facilitated knowledge sharing among participants from diverse backgrounds, including farmers, agricultural students, and researchers. By exchanging insights and best practices, attendees gained valuable insights into optimizing soil health and maximizing agricultural productivity.

The workshop on "Know Your Soil," organized by the Department of Chemistry in collaboration with the Agronomy Research Station, Chalakudy, was a valuable learning opportunity for participants interested in sustainable agriculture. Through expert presentations, practical demonstrations, and interactive sessions, attendees gained a deeper understanding of soil science principles and their practical applications in agriculture. The event underscored the importance of soil health for sustainable food production and highlighted the collaborative efforts needed to address soil-related challenges in agriculture.





Seminar on Water Conservation

The Seminar on Water Conservation organized by the Department of Chemistry at Sacred Heart College, Chalakudy, served as a significant platform for raising awareness about the pressing need for water conservation efforts. S.P. Ravi, representing the Chalakudy River Protection Forum, delivered an enlightening session highlighting the importance of conserving water resources for sustainable development. S.P. Ravi, a prominent personality for environmental conservation, brought forth expert insights into the challenges facing water resources, particularly the Chalakudy River. His profound understanding of local environmental issues and dedication to river protection resonated throughout the seminar, inspiring attendees to take proactive measures towards water conservation. The seminar shed light on the various threats posed to water resources, including pollution, deforestation, and unsustainable water usage practices. Through compelling anecdotes and data-driven presentations, S.P. Ravi underscored the urgency of addressing these challenges to safeguard the ecological integrity of the Chalakudy River and ensure water security for future generations.

A pivotal moment of the seminar was the call to action for attendees to pledge their

commitment to water conservation. Recognizing the critical role of individuals in effecting change, S.P. Ravi encouraged participants to take a water pledge, symbolizing their dedication to adopting water-saving practices in their daily lives and advocating for sustainable water management practices in their communities. The seminar facilitated an interactive dialogue between the speaker and attendees, fostering a collaborative atmosphere conducive to knowledge exchange and engagement. Participants had the opportunity to pose questions, share insights, and express their concerns regarding water conservation efforts, thereby enriching the collective learning experience.

The Seminar on Water Conservation by S.P. Ravi, hosted by the Department of Chemistry at Sacred Heart College, Chalakudy, served as a catalyst for raising awareness and mobilizing action towards water conservation. The impassioned plea for environmental stewardship resonated deeply with attendees, culminating in a collective commitment to prioritize water conservation efforts.



Know your water campaign

The "Know Your Water" Campaign, organized by the Department of Chemistry at Sacred Heart College, Chalakudy, as part of the Water Day celebration, aimed to raise awareness about water quality issues and empower the local community to take proactive measures for water conservation and safety. The campaign included water sample analysis from nearby localities to assess the quality of water sources and identify potential areas for

improvement.

The campaign fostered active participation from the local community, including residents, students, and community leaders. Through outreach efforts and community partnerships, the Department of Chemistry mobilized support for the campaign, encouraging stakeholders to actively engage in water quality monitoring and conservation initiatives. A team of volunteers, comprising faculty members, students, and community volunteers, collected water samples from various sources in the nearby locality. Samples were obtained from rivers, wells, ponds, and tap water sources, representing a diverse range of water sources commonly used by the local population. The collected water samples underwent comprehensive laboratory analysis at the facilities of the Department of Chemistry. Various parameters, including pH levels, turbidity, dissolved oxygen, and presence of contaminants such as heavy metals and bacteria, were measured to assess the overall quality and safety of the water sources. Following the laboratory analysis, the results were interpreted and presented in a format accessible to the local community. Visual aids, including charts, graphs, and reports, were prepared to convey key findings and highlight areas of concern regarding water quality. The Department of Chemistry facilitated discussions and workshops to help stakeholders understand the implications of the results and brainstorm potential solutions. Concurrently, an awareness campaign on water conservation, hygiene practices, and pollution prevention was conducted as part of the Water Day celebration. Educational materials, interactive sessions, and informational sessions were organized to disseminate crucial information and empower individuals with knowledge and tools to safeguard water resources.

The "Know Your Water" Campaign, organized by the Department of Chemistry at Sacred Heart College, Chalakudy, exemplified a concerted effort to promote community engagement, environmental stewardship, and water quality awareness. By conducting water sample analysis and facilitating discussions on water-related issues, the campaign empowered stakeholders to make informed decisions and take collective action towards water conservation and safety.





Hands-on training program on hygiene products preparation

In commemoration of Children's Day, the Department of Chemistry at Sacred Heart College, Chalakudy, organized a special hands-on training program on hygiene products preparation for the inmates of Santhibhavan on November 14, 2022. The objective of this program was to empower the children with practical skills and knowledge about creating their own hygiene products, promoting self-sufficiency and sustainability.

The training program featured various workshop stations where children were engaged in hands-on activities to learn the process of preparing hygiene products. These stations

included soap making, toothpaste formulation, and shampoo production, among others. Experienced instructors and volunteers guided the children through each step of the product preparation process. They provided demonstrations, shared insights, and offered assistance as the children actively participated in crafting their own hygiene products. Concurrent educational sessions were conducted alongside the hands-on activities to provide theoretical knowledge about the ingredients used in hygiene products, their properties, and their benefits for personal hygiene and health. The training program emphasized interactive learning approaches, allowing the children to ask questions, share their thoughts, and engage in discussions with the instructors and volunteers. This interactive format facilitated a deeper understanding of the concepts and techniques involved in product preparation. After completing the hands-on activities, the children had the opportunity to test and evaluate the hygiene products they had created. This practical experience enabled them to assess the effectiveness and quality of their formulations, fostering a sense of accomplishment and confidence in their abilities.

The Children's Day special hands-on training program on hygiene products preparation organized by the Department of Chemistry at Sacred Heart College, Chalakudy, was a meaningful and enriching experience for the children at Santhibhavan. By equipping them with practical skills and knowledge, the program not only promoted personal hygiene but also instilled a sense of empowerment and self-reliance among the participants. It exemplified the college's commitment to community engagement and education, making a positive impact on the lives of the children and fostering a culture of sustainability and innovation.


SANTHI BHAVAN
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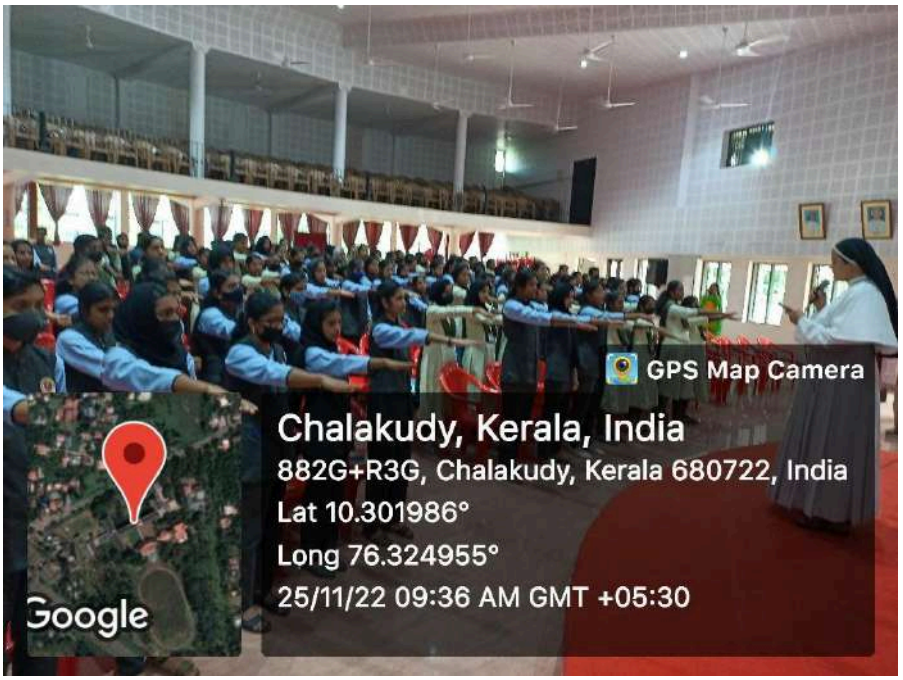
Martial arts training class for students

On November 25, 2022, in observance of the International Day for the Elimination of Violence Against Women, the Department of Chemistry and Physical Education at Sacred Heart College, Chalakudy, organized a martial arts training class for students. The event aimed to raise awareness about gender-based violence and empower students, particularly women, with self-defense skills.

The centerpiece of the event was a martial arts training class conducted by experienced instructors from the Department of Physical Education. Students were taught basic self-defense techniques, including strikes, blocks, and escapes, designed to help them protect themselves in potentially dangerous situations. In addition to practical training, educational sessions were held to provide students with information about the prevalence and impact of violence against women globally. Participants learned about the importance of awareness, prevention, and intervention in combating gender-based violence. The training class featured interactive demonstrations where students had the opportunity to practice the techniques they learned under the guidance of instructors. This hands-on approach allowed participants to develop confidence in their abilities and improve their physical fitness. Throughout the event, emphasis was placed on fostering empathy and solidarity with survivors of violence. Students were encouraged to reflect on the societal factors that contribute to gender-based violence and to stand in support of efforts to end it.

The observation of the International Day for the Elimination of Violence Against Women through a martial arts training class organized by the Department of Chemistry and Physical Education at Sacred Heart College, Chalakudy, was a meaningful and empowering initiative. By equipping students with self-defense skills and raising awareness about gender-based violence, the event contributed to creating a safer and more supportive environment for women on campus. It underscored the college's commitment to promoting gender equality, respect, and empowerment.


SACRED HEART COLLEGE
AUDITORIUM CHALAKUDY
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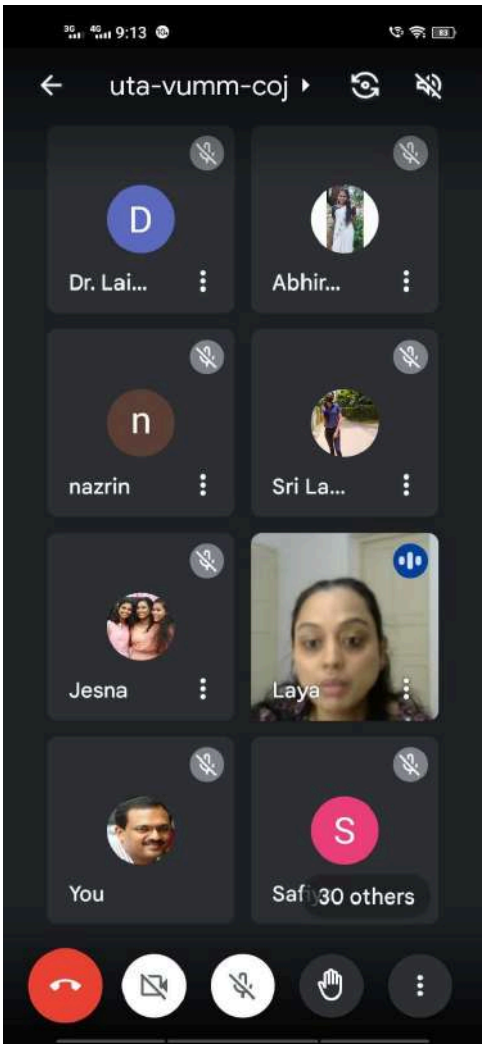
Seminar on Elimination of Violence Against Women and Constitution of India

On November 26, 2022, the Department of Chemistry at Sacred Heart College, Chalakudy, organized a seminar to observe the International Day for the Elimination of Violence Against Women and National Constitution Day. The seminar focused on the intersection of these two important themes under the topic "Elimination of Violence Against Women and Constitution of India," with Adv. Laya M. A. from the Chalakudy Bar Association serving as the resource person.

The seminar commenced with an insightful presentation by Adv. Laya M. A., who provided an in-depth analysis of the constitutional provisions related to women's rights and the legal framework for addressing violence against women in India. The discussion explored the intersectionality of gender, law, and human rights within the Indian context. Adv. Laya M. A. delved into the various forms of violence against women, including domestic violence, sexual harassment, and gender-based discrimination. Through case studies and real-life examples, participants gained a deeper understanding of the pervasive nature of gender-based violence and its detrimental effects on individuals and society. The seminar also highlighted the legal remedies and protections available to women under the Indian Constitution and relevant legislation such as the Protection of Women from Domestic Violence Act, 2005. Participants learned about their rights and avenues for seeking redressal in cases of violence and discrimination. Following the presentation, an interactive discussion session allowed participants to engage with the resource person, ask questions, and share their perspectives on the topic. The exchange of ideas fostered a collaborative learning environment and encouraged critical reflection on the issues at hand. As part of the seminar, special tribute was paid to National Constitution Day, commemorating the adoption of the Indian Constitution in 1949. Participants reflected on the foundational principles of justice, equality, and liberty enshrined in the Constitution and their relevance in addressing contemporary challenges, including gender-based violence.

The seminar on the "Elimination of Violence Against Women and Constitution of India" organized by the Department of Chemistry at Sacred Heart College, Chalakudy, was a thought-provoking and enlightening event. By exploring the legal and constitutional dimensions of gender-based violence, the seminar underscored the importance of upholding women's rights and ensuring access to justice for all. It served as a timely reminder of the enduring commitment to equality and justice enshrined in the Indian Constitution.


Constitution of India
The Constitution of India is the supreme law of India
It was adopted by the Constituent Assembly of India on 26 November 1949 and became effective on 26 January 1950
India celebrates its constitution on 26 January as Republic Day
The constitution declares India a sovereign, socialist, secular and democratic republic, assures its citizen justice, equality, and liberty, and endeavours to promote fraternity.
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Report on World Environment Day

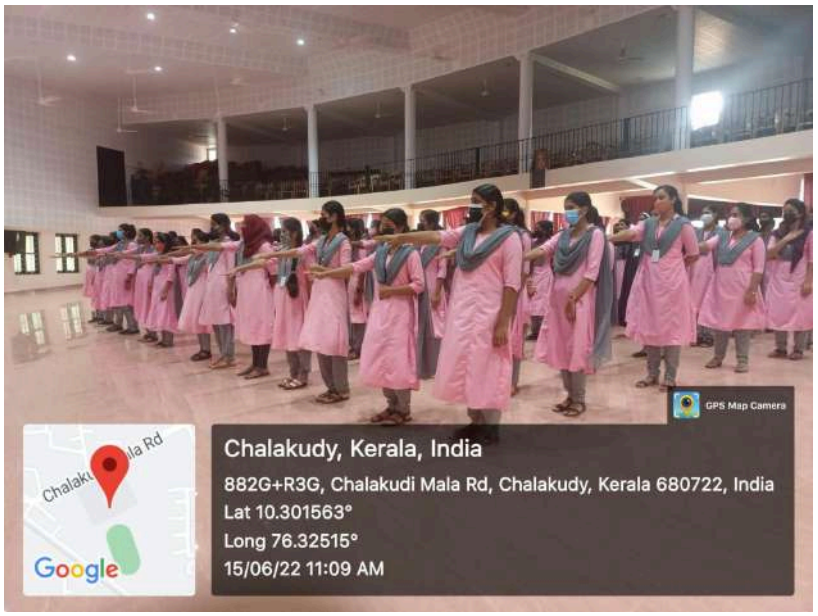
The NSS units 76 & 84 of Sacred Heart College, Chalakudy celebrated World Environment Day on 5 & 6 June 2022. The programme was coordinated by NSS Programme Officers and NSS student leaders. NSS volunteers cleaned the premises of the college campus on 5 June 2022. On 6 June 2022, NSS Units organized several programs in college for students. An awareness talk by R. Lakshmy, Divisional Forest Officer, Vazhachal was conducted for students and teachers of our college. The resource person handed over saplings to students and volunteers. Many saplings were planted in the college premises by the resource person, Principal, NSS programme officers, volunteers and students

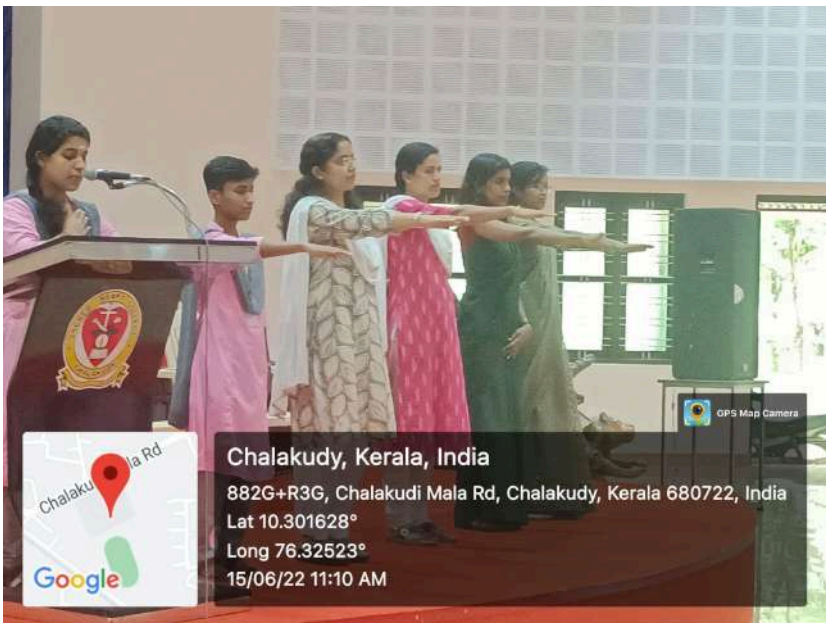




Report on World Elder Abuse Awareness Day

World Elder Abuse Awareness Day was celebrated under the leadership of NSS Programme Officers and NSS Volunteers on 15 June 2022. Volunteers spread the message to make the people aware of the need to pay attention towards the well-being, proper physical and mental health of older people. An oath taking ceremony was arranged in the College Auditorium at 11a.m. Teachers, students and NSS Volunteers took the pledge that they will take utmost care of elderly people and will extend all possible help to them.





Report on Yoga Day NSS

Units 76 and 84 in association with the Physical Education department of Sacred Heart College Chalakudy observed International Yoga Day on 21 June, 2022. To spread the theme "YOGA FOR HUMANITY" and the significance of yoga among students and teachers many activities were conducted in the college under the leadership of Dr. Vijitha Mukundan - NSS Program Officer and Dr. Jesmy Jose- Department of Physical Education. NSS volunteers performed yoga dance which enthralled the audiences. Dr. Jesmy Jose conducted quiz on yoga in which students of all departments of our college participated actively. The resource person Mr. Vyshnav P.G, Yoga Instructor, Govt. Ayurveda Dispensary, Chengaloor addressed the gathering comprising of students and teachers. It was followed by a yoga session in which all students participated actively





Report on International Day against Drug Abuse and Illicit Trafficking

In connection with the International Day against Drug Abuse and Illicit Trafficking, observed on 26 June 2022, NSS units 76 and 84 organized an awareness rally to Railway Station, Chalakudy on 27 June 2022. The rally was officially flagged off by Dr. Sr. Irene, Principal, Sacred Heart College for Women, Chalakudy. She, in her brief address, sensitized the NSS volunteers against the harmful Effects of drug usage. An oath taking ceremony followed wherein all the gathered unanimously said an emphatic no to drugs. Thereafter, all the NSS volunteers led by NSS programme officers, Dr. Vijitha Mukundan, and Ms. Noble A. Paliath enthusiastically participated in the awareness rally holding placards that contained messages against the debilitating effects of drug addiction. More than 50 NSS volunteers took the e-pledge entitled “SAY YES TO LIFE, NO TO DRUGS” and received certificates from NCB, Govt. of India.





Report on Quiz Programme

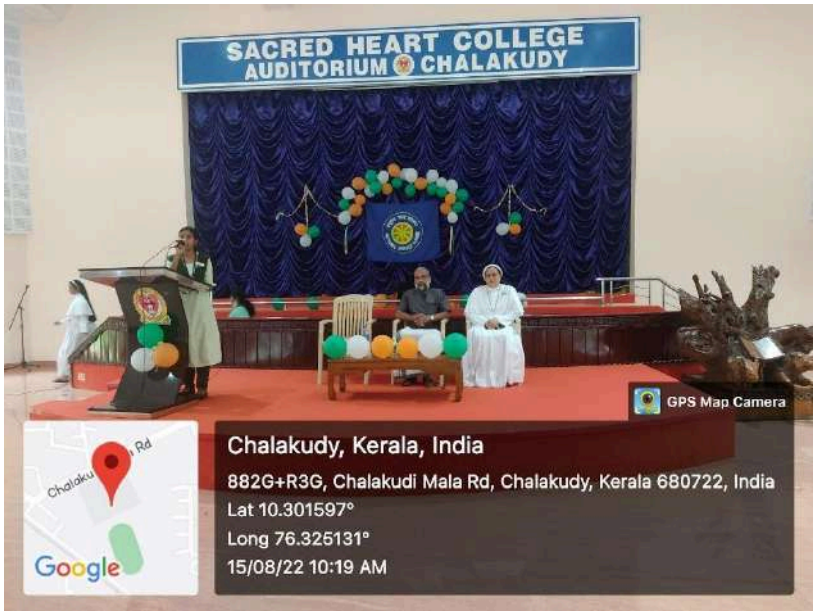
Spearheaded by NSS Volunteers as Part of Azadi ka Amrit Mahotsav as per the directives issued by the Government of India, in accordance with the 75 th year of Indian Independence, a quiz competition in association with the Department of Mathematics was conducted by the NSS Units of 76 and 84 for the students of the college on 12 Aug 2022. 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 who effectively coordinated the event and proved themselves to be wonderful organizers of pre-planned occasions. 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.



Report on Independence Day Celebrations and Session on Environmental Consciousness

The NSS Units 76 and 84, under the guidance of NSS Programme Officers, Dr. Vijitha Mukundan and Ms. Noble A. Paliath, celebrated Independence Day in Sacred Heart College Chalakudy on 15 August 2022. The 75 th 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.





Report on World Folklore Day

The NSS Units 76 & 84 organized a series of programmes in connection with the observance of World Folklore Day celebrations on 22 Aug 2022. The NSS volunteers took active roles under the guidance of the NSS Programme Officers in identifying and planting 30 medicinal plants in the college campus. Also, a nature class on a myriad of endless possibilities by making use of the available flora with medicinal values in the nature related to the cure of many a disease was articulated by Dr. Sr. Betty K. P., Assistant Professor, Department of Zoology, Sacred Heart College, Chalakudy. The NSS volunteers were given guidance related to the future undertaking of a minor project that encompasses collecting and sharing of local epistemes, with a special focus on medicinal herbs, to the members of the larger society.





Reports on Programmes Conducted in Concert with NSS Week Day Celebrations (24 Sep – 1 Oct)

A few NSS volunteers of units 76 & 84 of Sacred Heart College, Chalakudy organised a special visit to "Aakasha Paravakal" alias "Sanjo Bhavan," an old age home at Kanakamala. The volunteers were warmly welcomed by the inmates of the haven with refreshment drinks. They joined in the birthday celebrations of Ms. Gloria with much verve and joviality. They also wished her long life with a group song. Later, they distributed sweets to the inhabitants thereby adding more happiness and colour to the birthday celebrations. All the volunteers exhibited their talents to entertain the occupants. An expression of astonishment and incredulity appeared on the faces of the NSS volunteers when they saw the inmates so energetically participating in the diverse array of programmes. The authorities concerned guided the NSS volunteers in such a way as to get a glance of the entire orphanage. At the end, a group photo was also taken in memory of the visit. Overall, it was a wonderful experience to the NSS volunteers.





Report on Cancer Awareness Activities

As a part of Cancer Awareness Day, on 7 Nov 2022, NSS volunteers made a short video to arouse awareness among the inmates of the college and the same was displayed in the Liquid Crystal Display hung near the reception so that the passers-by were also given the provision to view the video presentation. A few NSS volunteers of the college distributed pink ribbons to the occupants of the college and also tied the same to mark solidarity to all who suffer from the physical and emotional ailments

Report on Self Defense Class Organized as a Part of International Day for the Elimination of Violence against Women

As a part of the International Day for the Elimination of Violence against Women observed every year on 25 Nov, NSS units 76 & 84 of Sacred Heart College, Chalakudy in association with Chalakudy Central Rotary Club and Indian Dental Association (IDA), Chalakudy organized a self defense class on 19 Nov 2022. Rtn. Thampy Varghese, President, Chalakudy Central Rotary Club was the President of the event. The Secretary of Kerala State Board, IDA Women's Dental Council, Dr. Shajeena Shinil, inaugurated the function. The self defense classes were jointly held by Ms. Shajamol and Ms. Jiji Thomas, Officers of Irinjalakuda and Thrissur Police Stations respectively. The resource persons who effectively held the classes administered various strategies by which all the assembled including the NSS volunteers may encounter the unexpected assaults.





Report on World Aids Day

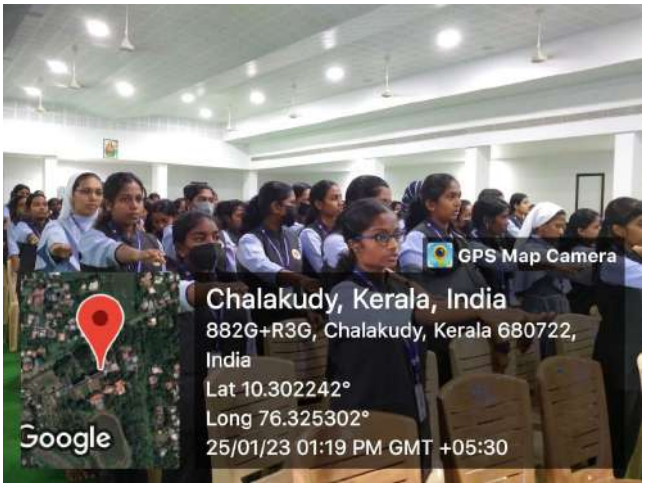
Red Ribbon Club and NSS Units 76 and 84 of Sacred Heart College, Chalakudy observed World Aids Day on December 1, 2022. Volunteers presented the significance of December 1 and asked a few questions to generate awareness regarding HIV/ AIDS ensuring the active involvement of all staff members and students of the college. As a part of awareness campaign, red ribbons were distributed to all the staff members and students of college. An awareness session was delivered by Ms. Saritha K. K., ICTC Counsellor, Taluk Hospital, Chalakudy. She explained in detail about the preventive measures to be taken and different techniques available to treat the HIV/AIDS affected patients. Dr. Sr. Irene, Principal of the college presided over the function. An oath taking ceremony regarding spreading the awareness about HIV/AIDS was also arranged for the students.

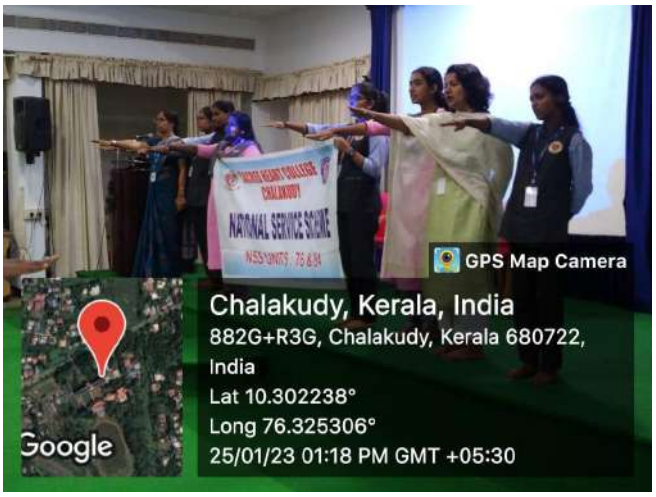




Report on National Voter's Day (NVD)

The NSS units 76 & 84 of Sacred Heart College, Chalakudy celebrated National Voter's Day on 25 Jan at 1:00 p. m. in the Clare Hall. The gathered took an oath to uphold the democratic traditions of India and also to ensure free, fair and peaceful elections. An added awareness about Electoral Literacy Club (ELC), it's functioning and the pertinence of celebrating National Voter's Day (NVD), was given by Ms. Anna Julia, NSS volunteer. A You Tube link of the Voter's App Tutorial demonstrating the steps of new voter registration was shown to the assembled via LCD projector. The song launched on the ECI website, "Main Bharat Hoon" was also played via LCD projector and the same was viewed by the NSS volunteers.





Report on Flash Mob as a Part of International Forest Day

The NSS units 76 & 84 of Sacred Heart College, Chalakudy organized a flash mob on 14 March 2023 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 signalled 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.





Report on Republic Day

The NSS units 76 & 84 of Sacred Heart College, Chalakudy celebrated Republic Day on 26 Jan. Dr. Sr. Irene, Principal, hoisted the flag at 9:00 a. m. An awareness session on "India: The Journey of Republic" was led by Mr. Libin Francis, Assistant Professor, Department of History. A speech on the topic, "The Role of India's Youth in Development" was delivered by Ms. Siya Santhosh, NSS volunteer. A signature campaign was also organized on the same day.





ELIMINATION OF VIOLENCE AGAINST WOMEN

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.



Brochure of the program

How to be a true Entrepreneur!

As part of International Women's Day a talk was conducted for the students in the college auditorium. The Resource person was an alumni of the college Advocate Sabeena Ashraf, HR and Legal advisor of Al Maeedah Group. The talk was on how to be a good entrepruenuer. It was an interactive session in which the students participated eagerly. It was an initiative by the women cell and IIC of the institute which proved to be very informative for the students.



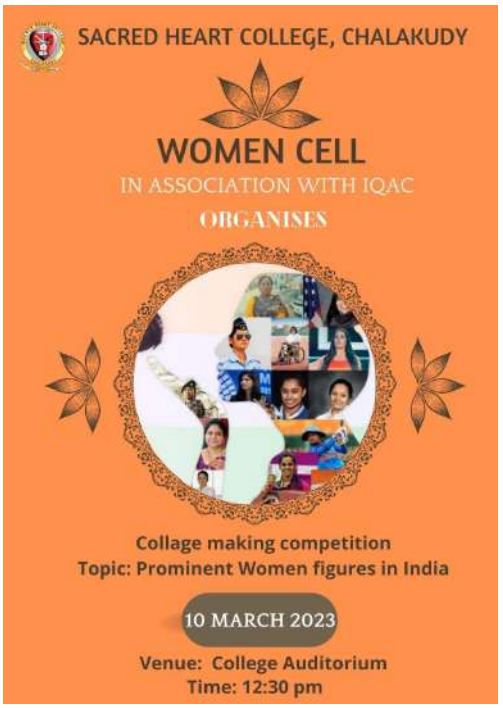
Brochure of the program



Talk by Adv. Sabeena Ashraf

WOMEN IN INDIA

Women cell in association with IQAC organized a collage making competition as part of Women Day Celebration held in the campus. The topic for the event was prominent women figures in India. This event helped to motivate the students to reach their goals by taking inspiration from all the successful women. It inspired them to strive for success with determination.



Brochure of the Programme



Brochure made by students

Reading Day celebration

On June 27, the Malayalam Department of Sacred Heart College organized Reading Day celebrations at the college Auditorium. The meeting was chaired by principal Dr. Sister. Irene. Chalakudy Panampilly Memorial College Malayalam Department Teacher and Writer Dr. S.S. Jayakumar took the class about " Vaakil pularunna lokam". Malayalam Department HOD, Sister. Angela welcomed and thanked student representative Sagarlakshmi.





Kerala Piravi 2022

The 66th Keralapiravi celebrations were held at the College Auditorium under the auspices of the Malayalam Department at 9.30 am. Kumari Anila KJ sang the prayer song. Principal Dr. Sr. Irene presided over the function and Dr. B. Parvathy (Retd. Associate Professor) Panambilly

Memmorial Government College Chalakudy) delivered the keynote speech. Head of Malayalam Department Sr. Angela welcomed and Head of Mathematics Department Ms. Smitha Davis gave vote of thanks. Then the unique art form of Kerala Mohiniyattam, Thiruvathira and Keralaganam were performed. A fashion show and folk song competitions followed. The flash mob performed by the students of the history department with songs unique to Kerala was impressive.

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National Hindi Day Celebration

In connection with Hindi day celebration, the Department of Hindi organized several programmes such as Essay competition, Reading competition, speech competition, signature competition and poster making competition. Cash prize and certificate were distributed to the winners.

Dr. Raju C P, Head of the Department of Hindi, St. Aloysius College, Elthuruth was the resource person for the National Hindi Day celebration on 22nd September 2022 organized the Department of Hindi at the venue Clare Hall. All the second language Hindi students were participated in the function.





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.







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.


SACRED HEART COLLEGE, CHALAKUDY
National Sports Day Celebration
Department of Physical Education





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.




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