



SACRED HEART COLLEGE, CHALAKUDY

(AFFILIATED TO UNIVERSITY OF CALICUT)

THRISSUR, KERALA - 680307

AQAR 2023-24

CRITERION VII

7.1.1 - Measures initiated by the Institution for the promotion of gender equity during the year



Submitted to

National Assessment and Accreditation Council

GENDER SENSITIZATION

Measures Initiated by the institution for the promotion of Gender Equity

Specific facilities in college in terms of

1. Safety and security
2. Physical Health
3. Counselling
4. Common rooms

Safety and Security

There are security cameras in each floor which will ensure that the students are always monitored so that they won't have to face any issues. A full-time security guard is available to make the college premises secure. There is a compound wall all around the campus that ensures no entry for outsiders or menace from outside the campus.



24/7 Security Guard and room



CCTV Cameras installed in each floor

Hostel facility

The college has two hostels, UG hostel and PG hostel, exclusively for the students of the college. The hostels are situated within the college campus. This facility is very convenient for those students who hail from nearby districts.





Fitness Facility

Sacred Heart College provides a dedicated fitness center for women, offering a safe and supportive environment for students to focus on their physical health and well-being. The facility is equipped with modern fitness equipment and caters exclusively to women, promoting not only physical fitness but also fostering a sense of empowerment, self-confidence, and overall wellness among the students.





Counselling

A clinical psychologist is available in the college to help students with any emotional problems that they face in the college or even at home.



College counsellor Ms. Juliet George (Clinical Psychologist)



Counselling Room: Counselling session in progress

Common Rooms

There is a Guest room in the college which serves as a space for the faculties to acquaint and recline.





Guest Room

Amenity Centre and Sick Room

The Wi-Fi enabled Amenity centre provides an excellent atmosphere for the students to relax, interact, acquire and share knowledge. A sick room near the amenity centre is providing care for those who are sick in the campus. The sick room in the college facilitates the students to take rest during any medical emergencies.



Amenity Center and Sick Room Facility

Sacred Heart College conducts several programs aimed at promoting gender equity, creating a campus environment that fosters equality, inclusivity, and respect. These programs focus on empowering women, raising awareness about gender-related issues, and encouraging both men and women to work together toward building a more equitable society. Through workshops, seminars, and interactive sessions, the college emphasizes the importance of equal opportunities, leadership development, and breaking gender stereotypes.

Women & Health

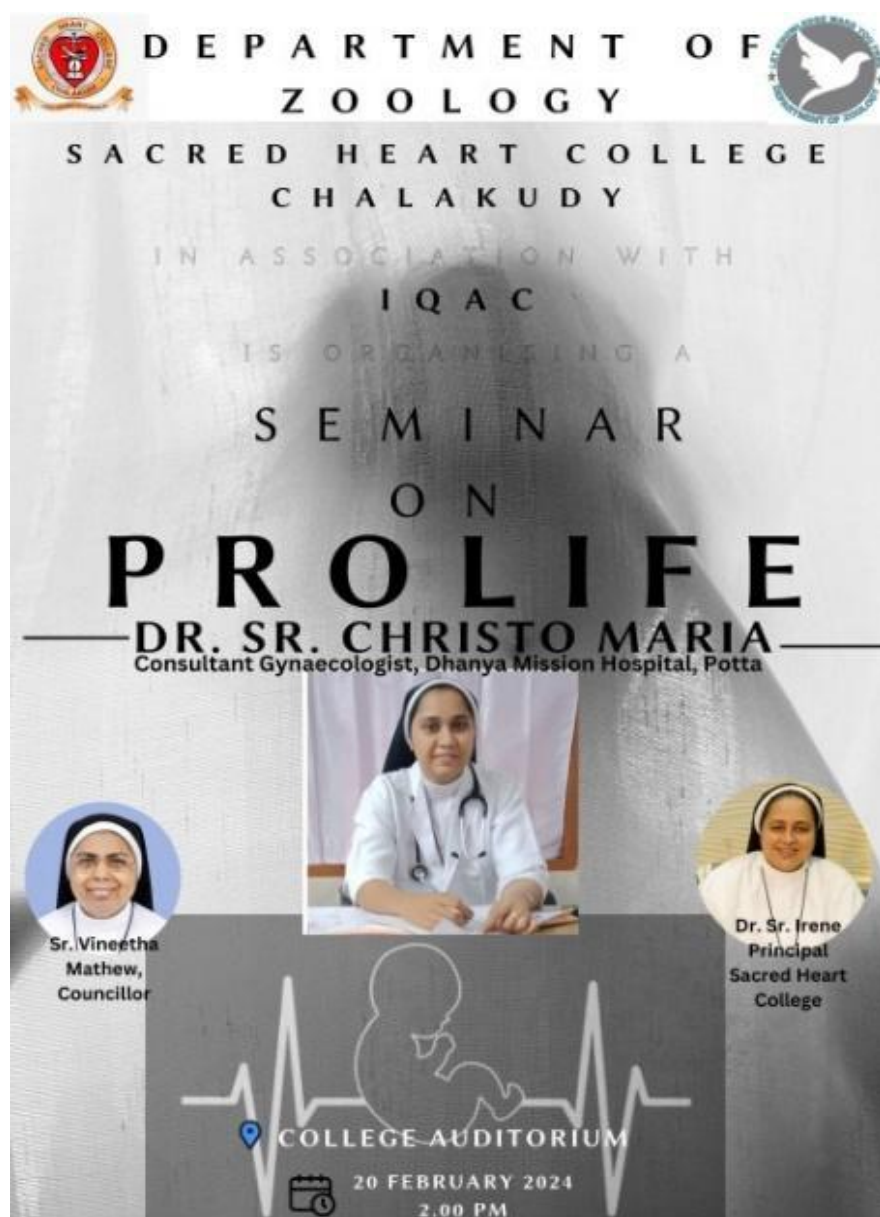
Seminar on Promoting Pro-life: A Comprehensive Awareness Session on Abortion

On 20 February 2024, an awareness session was arranged for all the students of Sacred Heart College. It was a thought-provoking and informative awareness class on pro-life and the prevention of abortion. The session was conducted by Dr. Sr. Christo Mariya, a distinguished Consultant Gynecologist from Dhanya Mission Hospital, known for his expertise in women& health. The event aimed to educate students on the importance of pro-life initiatives and the significance of preventing abortions. Dr. Christo Mariya had finished her MBBS and MS (ObGyn) from St John's Medical college. The session commenced with a welcome speech by Dr. V. Neetha, Head of the Department of Zoology. The Principal delivered the presidential address and also introduced the resource person and chief guest of the day and spoke of her background and experience in the field of gynecology. Her affiliation with Dhanya Mission Hospital, a reputed healthcare institution, lent credibility to the information she would be sharing throughout the awareness class.

The session began with a comprehensive explanation of the term pro-life and its implications in the context of abortion prevention. Dr. Sr. Christo Mariya highlighted the ethical, moral, and medical aspects of supporting life from conception, emphasizing the need for a holistic approach to women's health. To provide context, the consultant gynecologist presented relevant statistics on abortion rates, both globally and locally. She discussed the potential physical and emotional risks associated with abortion, shedding light on the importance of informed decision-making and the significance of supporting alternatives to abortion. She emphasized the importance of responsible and informed choices in preventing unwanted pregnancies, reducing the need for abortions, and ensuring the overall well-being of women. The session encouraged an open dialogue, allowing students to ask questions and seek clarifications on topics related to pro-life initiatives and abortion prevention. Dr. Sr. Christo Mariya's approachable demeanor and clear communication style facilitated a comfortable environment for students to engage in

meaningful discussions. The session concluded with Ms. Thanveer Banu V B, Representative of the Women's cell delivering the vote of thanks.

The awareness class on prolife and abortion prevention, led by Dr. Christo Mariya, proved to be an enlightening experience for the students of Sacred Heart College. The session not only increased awareness about the ethical and medical aspects of prolife initiatives but also empowered students with valuable information on contraception and responsible decision-making. The college community expresses gratitude to Dr. Mariya for sharing his expertise and contributing to the holistic education and well-being of the students.



DEPARTMENT OF
ZOOLOGY

SACRED HEART COLLEGE
CHALAKUDY

IN ASSOCIATION WITH
IQAC

IS ORGANISING A
SEMINAR
ON
PROLIFE

— DR. SR. CHRISTO MARIA —
Consultant Gynaecologist, Dhanya Mission Hospital, Potta

Sr. Vineetha Mathew, Councillor

Dr. Sr. Irene Principal Sacred Heart College

COLLEGE AUDITORIUM

20 FEBRUARY 2024
2.00 PM

The poster features a central image of a pregnant woman in a white medical coat with a stethoscope. To the left is a circular portrait of Sr. Vineetha Mathew, Councillor. To the right is a circular portrait of Dr. Sr. Irene, Principal of Sacred Heart College. At the bottom, there is a graphic of a heartbeat line with a silhouette of a fetus in the center. The text is arranged in a formal, centered layout with various fonts and sizes to emphasize the seminar's title and details.



Dr. Christo Maria talking to the audience

Women and Cancer Awareness on World Cancer Day on 8th February 2024

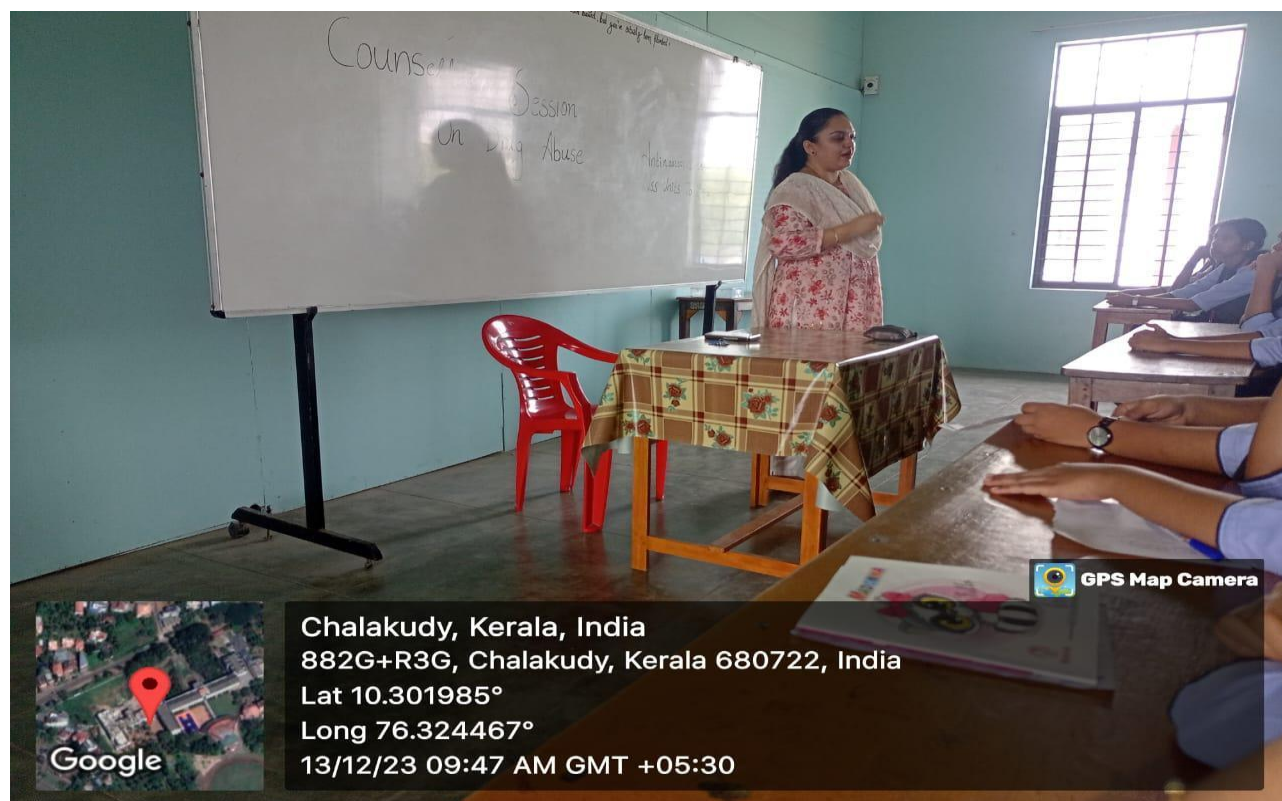
World cancer day was observed on 8th February 2024 by Department of Zoology in association with Women's Dental council, Indian dental Association of Chalakudy branch. Dr. Sinsila Elizabeth, Gynecologist and Obstetrician, Mariam Thresia Hoapital Kuzhikkattussery, Thrissur, was the resource person. She detailed about the need of HPV vaccination to ward off the most dreaded and high risk disease cervical cancer among women. The programme was presided over by Dr. Sr. Irene, Principal Sacred heart College, Chalakudy. Ms Krishnapriya K.K. welcomed the gathering. Ms. Nayana V Dev and Dr Ansila expressed gratitude. It was an eye opening to all the students who care about their health.



Empowering Voices:

Women's Role in Combating Drug Abuse and Protecting the Girl Child

The NSS units 76 and 84 in association with Anti Narcotics Cell and ASAAD Sena of Sacred Heart College, Chalakudy, organised an **awareness class-cum-counseling session** to select students of the college revolving around the theme of "**Empowering Voices: Women's Role in Combating Drug Abuse and Protecting the Girl Child**" on 13 Dec 2023. The session was delivered by Ms. Juliet Shony, Clinical Psychologist, Sacred Heart College, Chalakudy.



Fitness Program for Faculty Members: **A Step Towards Health and Well-being**

Venue: Fitness Center

Date 9 June 2023

Organised by the Internal Quality Assurance Cell of the Sacred Heart College

In response to the growing importance of holistic well-being and recognizing the pivotal role that physical fitness plays in an individual's overall health, the Internal Quality Assurance Cell (IQAC) has initiated a comprehensive fitness program for faculty members. This program aims to enhance the physical health and overall well-being of faculty members, fostering a healthier and more productive academic community.

Promoting Physical Well-being: The primary goal is to encourage faculty members to adopt a healthier lifestyle by engaging in regular physical activities and exercise.

Stress Reduction: Recognizing the stressors associated with academic responsibilities, the program aims to provide a platform for stress relief through physical exercise.

Building a Sense of Community: The program serves as a bonding opportunity for faculty members, fostering a sense of camaraderie and collaboration outside the academic setting.

The following events were conducted under this program

Fitness Workshops: Conducted by certified fitness trainers, these workshops cover a range of topics such as the importance of physical activity, personalized exercise routines, and stress management techniques.

Group Exercise Sessions: Regular group exercise sessions, including yoga, aerobics, and strength training, are organized to cater to various fitness levels and preferences.

Faculty members reported increased energy levels, enhanced flexibility, and improved cardiovascular health. They also said that the program has proven effective in alleviating stress, leading to better mental health and increased focus on academic responsibilities. While the fitness program has been well-received, challenges such as scheduling conflicts and varying fitness levels exist. Addressing these challenges and expanding the program to include additional wellness initiatives are among the future directions identified by the IQAC.

The fitness program initiated by the IQAC has emerged as a significant step towards prioritizing the health and well-being of faculty members. By fostering a culture of fitness and well-being, the program contributes not only to the physical health of participants but also to the overall vibrancy and productivity of the academic community. Continued support and enhancements to the program are crucial for sustaining a healthy and engaged faculty.



“Women’s Hygiene and General Health Awareness”

Women's hygiene is intricately linked to women's empowerment and gender equity, as access to proper hygiene products and education is essential for enabling women to participate fully in

society. When women have the resources and knowledge to manage their hygiene, particularly during menstruation, they are more likely to attend school, pursue careers, and engage in social activities without fear of stigma or discomfort. This access fosters a sense of autonomy and confidence, allowing women to make informed choices about their health and well-being. Furthermore, addressing hygiene issues promotes broader discussions about gender equality, challenging societal norms and advocating for policies that support women's rights. In this way, prioritizing women's hygiene not only improves individual health outcomes but also serves as a critical step toward achieving gender equity.

As part of institutional activities to promote gender equity, the Department of English, in association with RCM and IQAC organized a seminar on “Women’s Hygiene and General Health Awareness” on 1 December 2023 at Sacred Heart College, Chalakudy. The programme was conducted at 12:45 pm at Clare Hall. The resource person was Mr. Gopakumar G., RCM South India Leader. The programme was organized with the aim of raising awareness about women's hygiene and health issues and educating participants on best practices for maintaining personal hygiene.

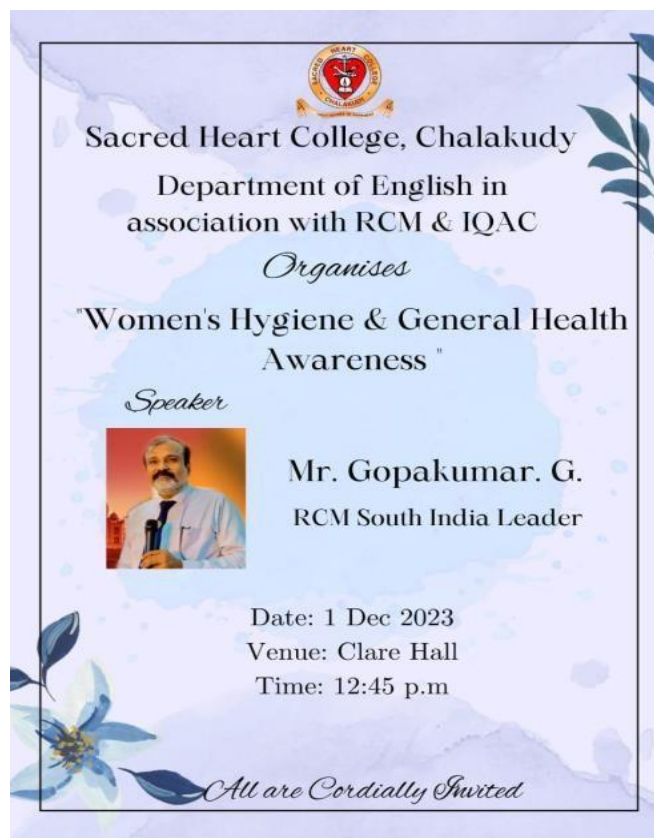
The Welcome Address was delivered by Ms. Parvathy Varma, Assistant Professor, Department of English. She gave a brief introduction of Mr. Gopakumar G. and RCM the company he represents. RCM started its operation in 2000 and is a leading direct-selling company in India with more than 20 million Direct-Sellers. RCM sells over 400+ quality products. RCM has manufacturing units in Bhilwara, Guwahati and Roorkee and they also run the “RCM Udhbhav” initiative, which emphasizes on value-based education, women’s empowerment, conservation of water and electricity, prohibition of fireworks, de-addiction and blood donation camps.

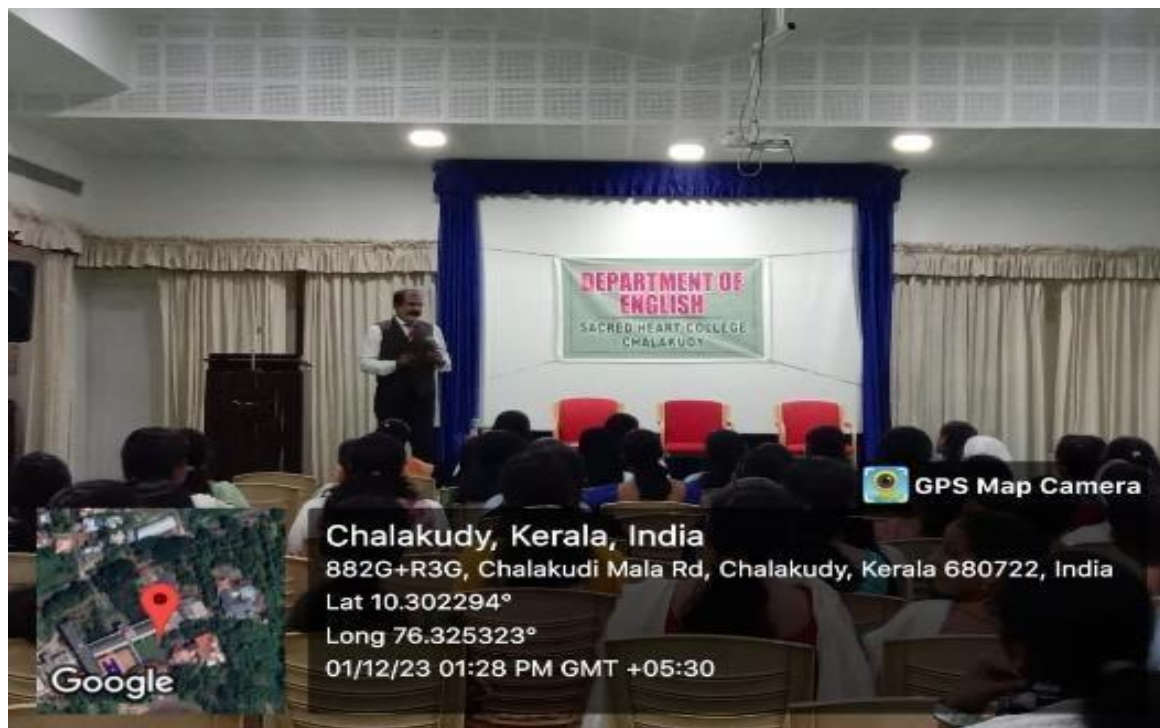
Following the introduction, Mr. Gopakumar G. took the stage for the main presentation on women’s hygiene and health. He discussed the significance of maintaining personal hygiene, particularly during menstruation which included a discussion on daily hygiene practices, including bathing, oral care, and menstrual hygiene management. The presentation provided an overview common misconceptions surrounding women's health and emphasized the importance of regular health check-ups and screenings. The speaker addressed mental health issues women commonly face, urged the listeners to seek help and provided information about local health resources and support networks. He gave nutritional advice for women to maintain overall health and encouraged women to engage in community initiatives focusing on health awareness.

The event witnessed an enthusiastic turnout of approximately 100 attendees, including

students, faculty members and non-teaching staff. The audience provided positive feedback and highlighted the relevance of such discussions in the home and on campuses. There was an Interactive Session with the audience, giving them the chance to voice out specific concerns. The session allowed students to ask questions, share experiences, and discuss their concerns regarding women's health. Mr. Gopakumar addressed these queries with sensitivity and provided practical advice, fostering a supportive atmosphere. Participants expressed gratitude for the valuable insights shared during the event. The attendees appreciated the open discussion format and the practical tips provided, which they found applicable to their daily lives

The "Women's Hygiene and General Health Awareness" event successfully fulfilled its objectives by educating attendees and creating a platform for dialogue. The collaboration between the Department of English, RCM, and IQAC proved effective in raising awareness about important health issues.





Women & Technology

DigiShakti: Empowering Women through Digital Literacy

Pradhan Mantri Gramin Digital Saksharta Abhiyan (PMGDISHA)

A program on women empowerment in technology was conducted at Sacred Heart College, Chalakudy, under the Pradhan Mantri Gramin Digital Saksharta Abhiyan (PMGDISHA), a government initiative to enhance digital literacy in rural India. The initiative aims to equip individuals, especially women, with the skills needed to effectively use digital technologies for everyday tasks, fostering self-reliance in a technology-driven world. Certified by agencies such as NIELIT, HKCL, CDAC, and ICT Academy, the program covered essential modules, including the use of digital devices, internet navigation, online communication, and cashless transactions. This initiative empowers women to confidently engage with the digital ecosystem, promoting their active participation in the socio-economic development of their communities.

The Broad Content Outline for the PMGDISHA curriculum is designed to ensure that learners gain a well-rounded understanding of digital literacy, empowering them to utilize technology effectively in their everyday lives. The program consists of several key modules, each focusing on fundamental digital skills and concepts. These modules are tailored to provide participants with the necessary tools and knowledge to thrive in a digitally connected world. Here's an expanded breakdown of each module:

Together, these modules form the core of the PMGDISHA curriculum, ensuring that participants not only gain theoretical knowledge but also practical, hands-on experience with digital technologies. The goal is to make learners confident and capable users of digital devices and the internet, enabling them to access a wealth of opportunities and services that can enhance their lives. By focusing on both the technical and practical aspects of digital literacy, the program prepares individuals to fully participate in the digital world.



Sacred Heart College, Chalakudy

Light shines in darkness

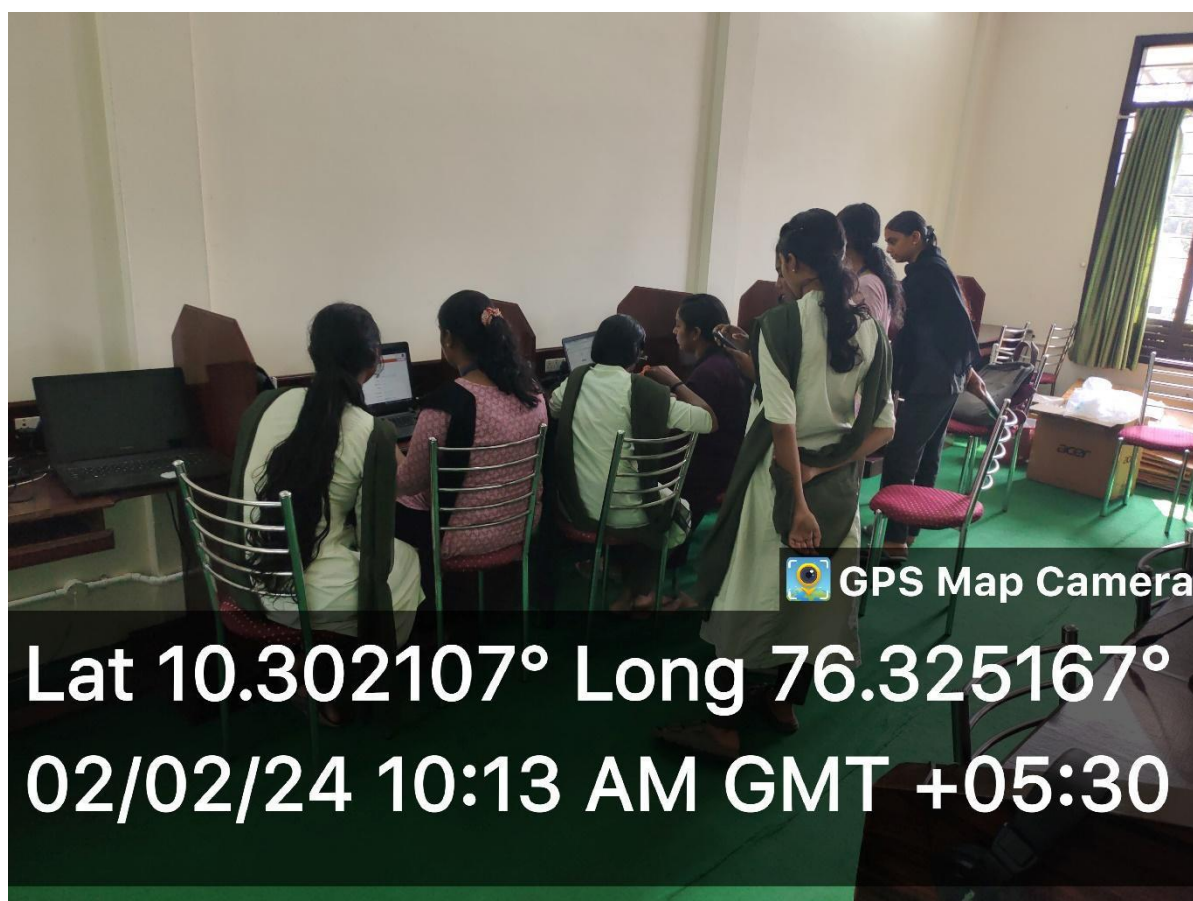
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02 FEBRUARY 2024

College Auditorium





Think Before You Click: A Cyber Awareness Initiative

A program titled "**How Cyber Smart Are You?**" was successfully organized by the Cyber Security Cell and IQAC of Sacred Heart College, Chalakudy, as part of the nationwide Cyber Awareness Month in October 2024. The initiative aimed to enhance students' awareness of cyber safety and responsible digital practices through engaging reels of 30 to 60 seconds, creating an interactive learning experience. Additionally, a Cyber Cadet Meeting was held on 3rd August 2024, in Clare Hall, where officials from the Thrissur Rural SP Office, including Mr. Shibumon, SI, Cybercell, Thrissur, shared valuable insights on the role of cyber cadets in addressing cyber threats, reinforcing the college's commitment to fostering digitally responsible citizens.

The program emphasized the critical role of cybersecurity in safeguarding personal and institutional data, especially in an era where cyber threats are increasingly sophisticated. Students were encouraged to adopt best practices for online safety, such as creating strong passwords, recognizing phishing attempts, and protecting their digital footprints. The interactive reels allowed participants to showcase their creativity while spreading awareness on key cyber safety measures. The Cyber Cadet Meeting further highlighted the significance of collaboration between educational institutions and law enforcement in building a vigilant and cyber-smart community. Overall, the event successfully empowered students to become proactive defenders of their digital environments, aligning with Sacred Heart College's vision of holistic education and digital responsibility.



The poster is for a cyber awareness initiative titled "HOW CYBER SMART ARE YOU ?". It features a blue background with a large smartphone graphic on the left. The phone screen shows a warning icon, a person in a hoodie using a laptop, and a shield with a checkmark. Text on the poster includes the college name, accreditation details, the initiative title, a call to action to show awareness on reels, time and deadline limits, and contact information for the organizing cells.

Sacred Heart College, Chalakudy
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HOW CYBER SMART ARE YOU ?

SHOW YOUR CYBER AWARENESS ON REELS

TIME LIMIT : 30 SEC TO 60 SEC
DEADLINE : 30 OCT 2023

Organised by Cyber Security Cell & IQAC in association with observation of Cyber Awareness month by Govt. of India.

Send the reels to : divya88@sacredheartcollege.ac.in
For Further Enquiries Contact Ms Divya Devassy (6238525819)



Women and Entrepreneurship

Training Programme on Hygiene Products Preparation for 'Kudumba Sree Group'

Members

Organized by the Department of Chemistry

Date: 07-03-2024

Venue: Second-Year Classroom, Sacred Heart College, Chalakudy

On March 07, 2024 the Department of Chemistry at Sacred Heart College, Chalakudy, organized a training programme aimed at empowering members of the 'Kudumba Sree' group in Chalakudy commemorating International Women's Day. The programme, held in the Second-Year Classroom, was part of the department's outreach initiative to foster community engagement and skill development among local groups.

The primary goal of the training was to educate and empower the members of the 'Kudumba Sree' group, primarily women, with practical knowledge of preparing hygiene products such as soaps, sanitizers, and disinfectants. The initiative aimed to help them acquire skills that could be used to enhance their economic independence, improve hygiene awareness, and contribute to the local community's health and well-being.

The session began with an introduction by the Head of the Department of Chemistry, who explained the significance of hygiene in everyday life and the importance of using natural and cost-effective methods for creating hygiene products. The resource persons for the programme, faculty members from the Department of Chemistry, provided hands-on training in the preparation of various hygiene products, ensuring the participants understood both the process and the ingredients involved.

The key topics covered during the training included:

1. Soap Making:

Participants were taught the process of making homemade soap using safe, simple, and eco-friendly ingredients. The session emphasized using natural additives such as essential oils and herbs to make the soaps more beneficial for skin health.

2. Hand Sanitizer Preparation:

A step-by-step demonstration was given on how to prepare alcohol-based hand sanitizers, with an explanation of the proper concentrations needed to ensure effectiveness in germ removal.

3. Disinfectant Solutions:

Participants were shown how to make effective disinfectants using natural substances like vinegar and essential oils. The training included safety protocols for handling the materials and using the disinfectants properly.

Throughout the training, the members of the 'Kudumba Sree' group were actively engaged in practical demonstrations. They had the opportunity to create their own products under the guidance of the faculty, ensuring that they could replicate the processes on their own after the session.

The training was highly interactive, with participants asking questions about the different ingredients used, their benefits, and how to customize the products for various needs. The group members also shared their experiences, which helped make the session more relevant and relatable to their daily lives.

The training programme concluded with a brief discussion on the potential benefits of these newly acquired skills, particularly in terms of creating small-scale businesses or contributing to better hygiene standards within their households and communities. The session ended with a vote of thanks, expressing gratitude to the participants for their enthusiasm and to the faculty members for their guidance.

This outreach initiative by the Department of Chemistry not only provided the 'Kudumba Sree' group with valuable skills but also highlighted the importance of community engagement and sustainable practices. The participants left with the knowledge to create essential hygiene products at home, empowering them to improve their personal health and contribute positively to their community.





The Journey of a Woman Entrepreneur into the World of Fashion

Department of Chemistry in association with the IIC of Sacred Heart College Chalakudy hosted a compelling program on December 14, 2023, focusing on "The Journey of a Woman Entrepreneur into the World of Fashion." The event provided valuable insights into the challenges and successes faced by women entrepreneurs in the dynamic realm of fashion. Shaina George, MD of Fashion Point Academy, delivered a keynote speech sharing her personal journey as a woman entrepreneur in the fashion industry. She discussed the challenges she faced, the strategies she employed, and the successes she achieved. Following the keynote address, there was an interactive session where students had the opportunity to ask questions and engage with Shaina George, gaining deeper insights into her experiences and learning from her expertise. A panel discussion involving industry experts and faculty members was conducted to further explore the challenges and opportunities for women entrepreneurs in the fashion sector. This provided a platform for diverse perspectives and in-depth discussions. The event facilitated networking opportunities for students to connect with Shaina George and other professionals in the fashion industry, allowing for potential mentorship, internships, and collaborations.

Raise Awareness: To increase awareness among students about the challenges and opportunities for women entrepreneurs in the fashion industry.

Inspire Students: To inspire students, particularly women, to explore entrepreneurship and consider careers in the dynamic field of fashion.

Educate Participants: To provide valuable insights and practical knowledge through the experiences of a successful woman entrepreneur in the fashion industry.

Enhanced Awareness: Attendees gained a deeper understanding of the unique challenges faced by women entrepreneurs in the fashion industry, including gender bias, access to funding, and market competition.

Inspired Aspirations: Shaina George's journey as a successful woman entrepreneur inspired students to pursue their entrepreneurial dreams, instilling confidence and determination to overcome obstacles.

Practical Insights: Participants received practical insights into various aspects of entrepreneurship in the fashion sector, including business strategies, branding, and customer engagement, which they could apply in their future endeavors.

Empowerment: The event empowered female students by showcasing a successful woman entrepreneur as a role model, encouraging them to break barriers and strive for excellence in their chosen field.

Positive Feedback: The program received overwhelmingly positive feedback from attendees, who appreciated the relevance of the topic and the valuable insights shared by the guest speaker and panelists.

Long-term Impact: The program contributed to the college's efforts in promoting innovation and entrepreneurial spirit among its students, potentially inspiring future generations of entrepreneurs in the fashion industry.

Overall, the program on "The Journey of a Woman Entrepreneur into the World of Fashion" successfully achieved its objectives of raising awareness, inspiring students, and providing valuable insights into the challenges and successes faced by women entrepreneurs in the fashion industry, thereby enriching the learning experience of the participants.

Link of the program

<https://www.youtube.com/shorts/kuqD-5VXxPY>



Sacred Heart College, Chalakudy

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In association with IIC , IEDC and IQAC



FASHION MAVERICKS: WOMEN WHO REDEFINED STYLE

The Journey of a woman entrepreneur
in the world of fashion



Fashion Trends in **2024**



Shaina George
Fashion Point



9.15 am - 12 pm
College Auditorium

14 DECEMBER 2023

Don't miss this experience!
Broaden your knowledge



INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE



Cake Making Training Program at Sacred Heart College Chalakudy

On December 15, 2023, the culinary talents of Sacred Heart College, Chalakudy, took center stage as I M.Sc. Physics student Siji conducted a comprehensive training program on cake making. The event was organized by the Department of Chemistry in collaboration with the Innovation and Incubation Center (IIC). This engaging and informative session provided attendees with a hands-on experience in cake making, highlighting the artistry and skill required in the world of baking. The cake making training program attracted a diverse group of participants, including students, faculty members, and staff members of Sacred Heart College. The session began with an introduction to the basic principles of baking and cake making, covering topics such as ingredient selection, measurement techniques, and baking equipment.

Hands-on Experience: The training program offered participants a hands-on experience in cake making, allowing them to actively engage in the baking process under the guidance of student instructor Siji. Attendees had the opportunity to learn various cake recipes and techniques, including mixing batter, baking, and decorating cakes.

Artistry and Skill: Throughout the session, student instructor Siji demonstrated her expertise and passion for baking, showcasing the artistry and skill required to create visually stunning and delicious cakes. Participants were inspired by Siji's creativity and attention to detail, gaining valuable insights into the nuances of cake decoration and presentation.

Interactive Learning: The training program fostered an interactive learning environment where participants were encouraged to ask questions, share their experiences, and exchange tips and techniques with fellow attendees. This collaborative approach enhanced the learning experience and facilitated knowledge sharing among participants.

The cake making training program at Sacred Heart College, Chalakudy, was a resounding success, leaving participants inspired and equipped with new skills and knowledge in the art of baking. Attendees expressed their appreciation for the hands-on learning experience and the opportunity to learn from a talented student instructor like Siji.

The cake making training program organized by the Department of Chemistry and IIC of Sacred Heart College showcased the institution's commitment to providing students and community members with opportunities for experiential learning and skill development. By harnessing the culinary talents of student instructors like Siji, the event highlighted the creative potential and passion for baking within the college community.





Women and Resilience: Strengthening from Within

Campus Orientation and Youth Leadership Development Programme

The Campus Orientation and Youth Leadership Development Programme, organized by the Department of Chemistry in association with IIC, aimed to provide first-year students of Sacred Heart College, Chalakudy, with essential guidance and skills to navigate their academic journey successfully. The programme sought to foster leadership qualities, instill a sense of belonging within the campus community, and empower students to become active participants in their personal and academic development. The programme, held on 14th November 2023, featured Mr. Ajmal Chakkarapadam, CEO of KITES foundation, as the resource person. Through interactive sessions, workshops, and activities, the programme aimed to engage students and equip them with the necessary tools and insights to thrive in the college environment.

The programme commenced with a warm welcome address by the Megha C B, emphasizing the importance of the orientation and leadership development for the holistic growth of students. Mr. Ajmal Chakkarapadam delivered a keynote address, sharing insights into youth leadership and the importance of active engagement in college life. The programme included interactive sessions covering topics such as effective communication, goal setting, and team building, facilitated by experienced trainers and faculty members. Students participated in workshops focused on personal development, academic success strategies, and career planning, providing them with practical skills and knowledge to navigate their college journey. Group activities and ice-breaking sessions were conducted to promote peer interaction, collaboration, and networking among students.

Key Objectives:

Campus Orientation: To familiarize first-year students with the campus facilities, resources, and support services available to them.

Youth Leadership Development: To cultivate leadership skills, self-confidence, and effective communication among students, empowering them to take on leadership roles within the college community.

Personal and Academic Development: To provide guidance on academic planning, time management, and study skills, enabling students to excel in their academic pursuits.

Community Engagement: To promote a sense of belonging and social responsibility among students, encouraging them to actively participate in campus activities and community service initiatives.

Outcomes:

Enhanced Awareness: Students gained a better understanding of campus resources, support services, and opportunities available to them, enabling them to make informed decisions and navigate their college experience more effectively.

Leadership Skills Development: Through interactive sessions and workshops, students developed essential leadership skills such as communication, teamwork, and problem-solving, empowering them to take on leadership roles and contribute positively to the college community.

Personal Growth: The programme facilitated personal growth and self-awareness among students, helping them identify their strengths, set goals, and develop strategies for academic and personal success.

Community Engagement: Students were inspired to actively engage in campus activities, clubs, and community service initiatives, fostering a sense of belonging and social responsibility within the college community.

The Campus Orientation and Youth Leadership Development Programme, organized by the Department of Chemistry in association with IIC, proved to be a valuable and enriching experience for first-year students of Sacred Heart College, Chalakudy. Through engaging sessions, workshops, and activities, students were equipped with essential skills, insights, and resources to thrive academically, personally, and as leaders within the college community. The programme exemplified the college's commitment to holistic student development and empowerment, setting a strong foundation for the students' future success.



 **GPS Map Camera**

Chalakudy, Kerala, India

882G+R3G, Chalakudi Mala Rd, Chalakudy, Kerala 680722, India

Lat 10.301602°

Long 76.325162°

14/11/23 01:55 PM GMT +05:30

Google



Sacred Heart College, Chalakudy

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Campus Orientation and Youth Leadership Development Programme

Our Speaker

Mr. Anjmal
Chakkarapadam,
CEO of KITES



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of HRD Initiative)

14th November 2023

10:00 am - 12:00 am

@ College auditorium

Towards a Thriving Partnership: Premarital Counselling Program

Venue: Clare Hall

Date: 08/02/2024

The premarital counselling session on "Arogyakaramaaya Bhandhangal," organized by the Women Cell, Sacred Heart College, Chalakudy, and funded by the Kerala Vanitha Commission, attracted a significant turnout with active participation from 120 students. The session commenced with a warm welcome address by Ms. Amala Mary George, the Assistant Coordinator of the Women Cell, who greeted the attendees and set a welcoming tone for the event. Following this, Dr. Sr. Irene, the Principal of Sacred Heart College, delivered an inspiring presidential address, emphasizing the importance of fostering healthy relationships in personal and societal contexts. The inauguration was graced by Adv. Indira Raveendran, a respected member of the Kerala Vanitha Commission, who highlighted the significance of initiatives like these in promoting positive interpersonal dynamics. Ms. Fency K F, the IQAC Assistant Coordinator, extended felicitations, acknowledging the importance of addressing relationship dynamics in educational settings. The session's resource person, Adv. Priya Mol from the District Court, Thrissur, captivated the audience with insightful discussions and practical advice on building and maintaining healthy relationships. Through interactive discussions, case studies, and engaging activities, participants were equipped with invaluable skills for nurturing strong and harmonious relationships. The session provided a safe and supportive environment for students to explore and address concerns related to family relationships. Kum. Alaisha Christy Jophy delivered a heartfelt vote of thanks, expressing gratitude to all attendees and contributors for their valuable participation and contributions. Overall, the event was a resounding success, leaving a lasting impact on all those who attended.







SELF DEFENSE TRAINING PROGRAMME

Date:26-02-2024

Venue : College Auditorium

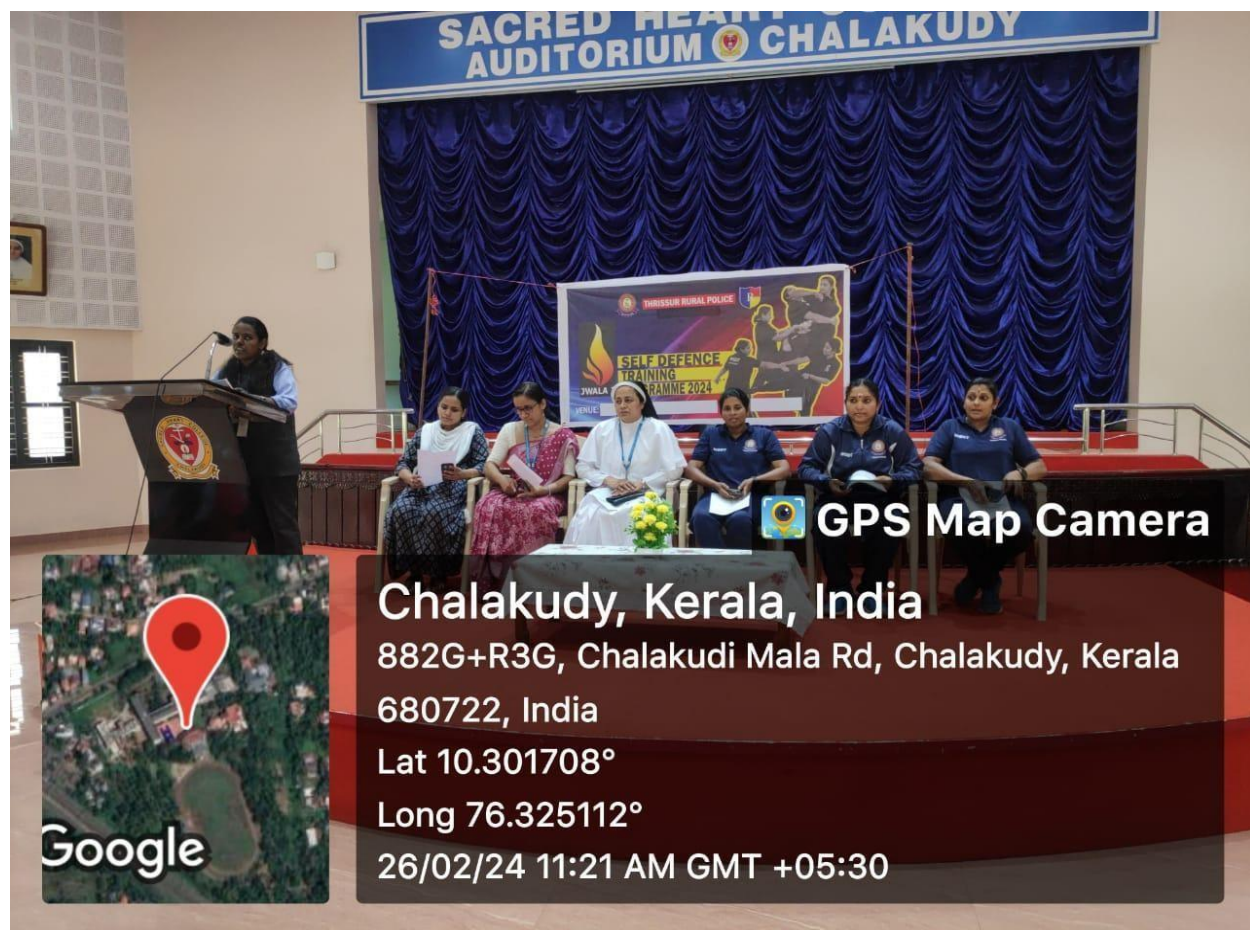
The Women Cell and IQAC, in association with the Jeevani Centre for Student Wellbeing, organized an engaging and interactive session on self-defense at the college. The session was led by senior civil officers of the Kerala Police Women who brought their expertise and real-world experience to the students. The program aimed to equip young women with the skills and confidence necessary to protect themselves in challenging situations.

The session began with an informative talk that highlighted the increasing need for self-defense in today's social environment, emphasizing the importance of being vigilant and prepared. The officers shared insights into the common risks and threats faced by women, both in public spaces and online, and offered practical advice on how to identify and avoid potentially dangerous situations.

Following the talk, a hands-on training session was conducted, where students were introduced to various basic and advanced self-defense techniques. These techniques focused on neutralizing threats, escaping from attackers, and using everyday objects for protection. The officers demonstrated step-by-step methods to handle different scenarios, such as physical assaults, harassment, and emergencies.

The students actively participated in the training, practicing the techniques under the guidance of the officers. The session not only enhanced their physical skills but also boosted their mental preparedness and confidence. Feedback from the participants highlighted the practical relevance of the session and its contribution to their personal safety and well-being.

The event concluded with an interactive Q&A session, where students sought advice on handling specific safety concerns. The officers encouraged the students to be proactive, aware, and empowered, emphasizing that self-defense is not just about physical strength but also about awareness, quick thinking, and confidence. Overall, the session was a resounding success, equipping the students with valuable life skills and fostering a sense of security and empowerment.





Sacred Heart College, Chalakudy

Light shines in darkness

Govt Aided College, Affiliated to the University of Calicut
Re-accredited by NAAC with A+ grade in 2023 (4th cycle)



WOMEN CELL & IQAC

IN ASSOCIATION WITH

**JEEVANI CENTRE FOR
STUDENT WELL-BEING**

ORGANISE

Kerala Police Women

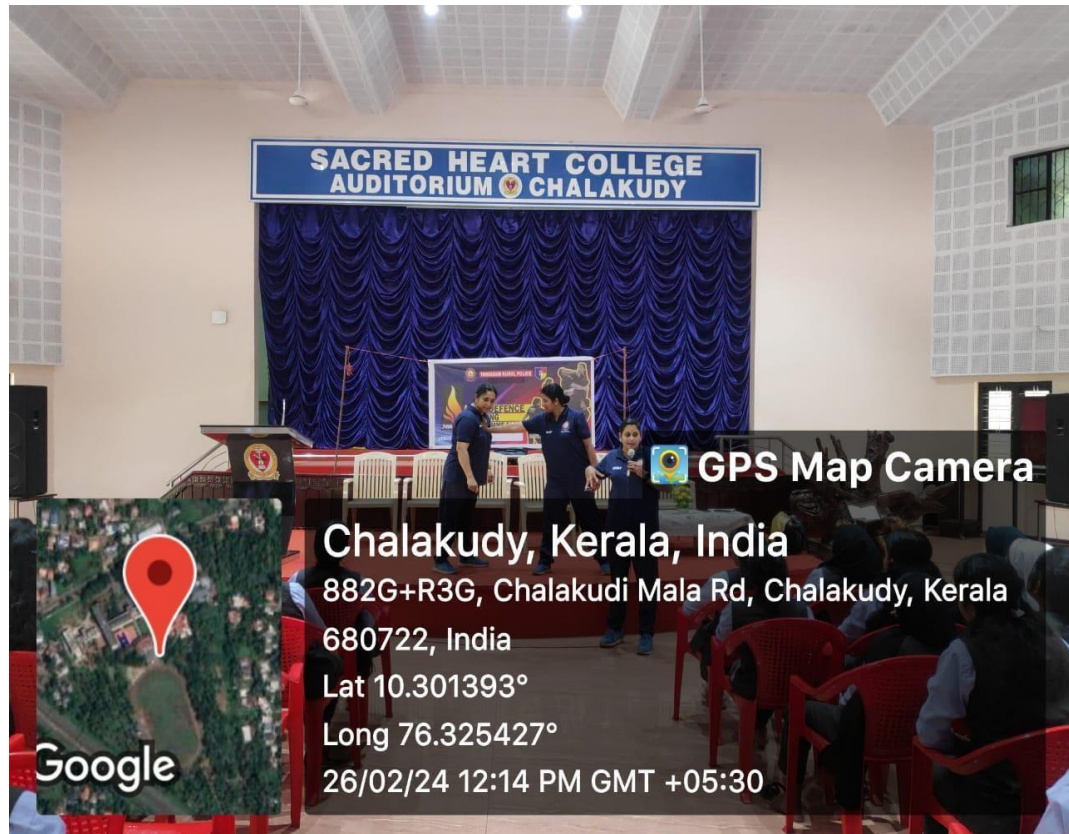
"SELF DEFENCE TRAINING PROGRAMME"

GET READY TO FACE THE WORLD!!

College Auditorium @

11:00 am

26/02/2024



Self Defence training Programme

Training session handled by the police officer



Empowering Women: The Path to Financial Independence

On 7th August 2023, the students of Sacred Heart College, Chalakudy had the privilege of attending an inspiring session led by Ms. Isha Farha Quraishy, the reigning Ms. Universe Solidarity. The session focused on the dual themes of women empowerment and financial stability, emphasizing their importance in fostering a progressive and equitable society.

Ms. Quraishy began by sharing her personal journey, highlighting the challenges she faced and how perseverance and self-belief helped her overcome them. She underscored the need for women to break free from traditional gender roles and pursue leadership positions across various fields. Education, she noted, is a powerful tool for empowering women, as it nurtures self-confidence and equips them with the skills to succeed.

A significant part of her talk focused on the critical need for women to achieve financial independence. She stressed that financial stability not only grants women the freedom to make independent decisions but also enhances their ability to contribute to the economic growth of their communities. Ms. Quraishy emphasized the importance of financial literacy, urging women to understand personal finance, savings, and investments. She also encouraged students to consider entrepreneurship as a pathway to economic empowerment and self-sufficiency.

The session concluded with an interactive Q&A, where students eagerly engaged with Ms. Quraishy, seeking advice on career growth, financial planning, and personal development. Her message of resilience, self-reliance, and empowerment left a profound impact on the audience, inspiring them to take charge of their lives and work towards a future of independence and success.





GENDER INCLUSIVITY

The Department of History organized an invited talk titled "Gender Discriminations in the Present Scenario" on 19/10/2023 which was delivered by Ms. Aleena Johnson, a renowned counselor from Jeevani. The talk aimed to create awareness about the various forms of gender discrimination that persist in society and highlighted the importance of empowering women to achieve gender equality. Over 90 students participated in the event, which was well-received by all attendees. The session aimed to discuss the different forms of gender discrimination—be it in the workplace, educational institutions, or within families—and the importance of creating a gender-equal society. Ms. Aleena Johnson provided an in-depth understanding of the various types of gender discrimination that women and men continue to face. The speaker emphasized that gender equality could only be achieved when women are empowered socially, economically, and politically. Empowering women through education, economic independence, and representation in leadership roles is essential to breaking down discriminatory barriers. Ms. Aleena Johnson spoke about how educational institutions, governments, and organizations can play a vital role in addressing gender discrimination. These include implementing policies that ensure equal opportunities for both genders and promoting safe and inclusive environments. The talk concluded with a powerful call to action, encouraging students to actively contribute to promoting gender equality in their communities. The speaker urged students to challenge gender stereotypes, support women's rights, and take part in campaigns advocating for equality.



DEPARTMENT OF HISTORY

INVITED TALK

TOPIC : "GENDER DISCRIMINATIONS
IN THE PRESENT SCENARIO"

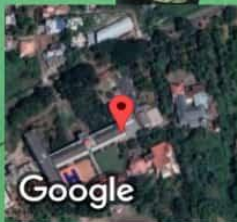
DATE: 19.10.2023

VENUE: CLARE HALL



ALEENA JOHNSON
JEEVANI COUNSELLOR

SACRED HEART COLLEGE CHALAKUDY



Google



GPS Map Camera

Chalakudy, Kerala, India

882G+R3G, Chalakudi Mala Rd, Chalakudy, Kerala 680722, India

Lat 10.302336°

Long 76.325351°

19/10/23 01:36 PM GMT +05:30