


**PG & RESEARCH DEPARTMENT OF SOCIAL WORK
GRIEVANCE REDRESSED REPORT**

2013-2014

(04/07/13)

Grievance redressed is one of the concepts of addressing the grievances through the management. The grievance redressed program was conducted in the PG & Research department of Social Work, Sacred Heart College (Autonomous) on 04/07/2013. 15 girl students participated. This program was conducted to enhance girls in managing and organize individual and public problems. The students were taught to handle problems, feel secured and be satisfied with the environment.


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SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR, VELLORE DT.

SPORTS DAY PREPARATION – 2013-2014

CONDITIONS

- Shift – I and Shift -II UG will be considered as separate groups for events
- PG Boys will be separate for events
- UG & PG Women will be separate for events
- Theme of Tent making will be: **Waste management**
- Criteria for Judging Tents will Be:
 - Theme Display - 10pts.
 - Novelty - 10pts.
 - Discipline - 10pts.
 - Disposal - 10pts.
- March Past: Maximum number of participants 30 only for UG Boys&girls(15+15)
 - Uniform - 10 pts.
 - Marching - 10 pts.
 - Co-ordination - 10 pts.
- For Men Staff
 - **4*100 M Relay**
- For Women Staff
 - **Tug of war**
- For Non Teaching Staff
 - **100 M Dash**

ANNUAL SPORTS MEET – 14-08-2013

2013-2014

The following Track and Field events will be conducted on Department Basis:

EVENTS

UG MEN				PG MEN		UG & PG WOMEN	
1	100 M	8	Long Jump	1	100 M	1	100 M
2	200 M	9	High Jump	2	200 M	2	200 M
3	800 M	10	4x200 M Relay	3	1500 M	3	Long Jump
4	1500 M	11	Shot put	4	Long Jump	4	Shot Put
5	Pole Vault			5	Shot Put	5	Javelin Throw
6	Discuss Throw			6	4x200 M Relay	6	4x200 M Relay
7	Javelin Throw			7	Discus Throw	7	400 M

IMPORTANT RULES:

- Each Department can give only one team for relay, **two competitors and one substitute** for rest of the events.
- A competitor can participate for a **maximum of 4 events** (3 track+1 field or 1 track+3 field or 2 track+2 field)
- Competitors, not reporting at the appointed time, either for selection or for Finals will be disqualified.
- Individual championship will be determined on the basis of aggregate number of points obtained by an athlete. (Men and Women separately)
- Competitors will be permitted to compete only as representatives of their department.
- For first place 5 pts, second 3 Pts, third 1 pt will be awarded, excluding relay.
- For relay first place 10 pts, second 6 pts and third 2 pts will be awarded.
- Only the UG can get over all championship awards. Individual Championship will be given for PG & UG separately.
- Points scored by women will also be included for overall championship.
- No protest of any kind will be entertained.
- Competitor must report 30 minutes before the Commencement of the event
- The events will start on time
- No one will be allowed to compete once the event is started.
- The Competitor should produce his/her ID Card at the time of Competition
- Each Department should give two male and one female Volunteer
- If an athlete participates in more event than the allotted ones he/she shall be **totally disqualified** from the competition. The points obtained by them will not be taken in to account.
- No competitor is allowed to participate without number bibs.
- Departments can make their **Own arrangements for number bibs**.
- March Past practice will be on 13th of August 2013.

ANNUAL SPORTS MEET – 2013-2014

Morning Session SHIFT – II and Evening Session SHIFT - I

1	200 M (Heats&Finals)	29-07-2013 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
2	High Jump (Finals)	
3	800 M (Finals)	
4	1500 M (Finals)	30-07-2013 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
5	Discus throw (Finals)	
6	Long Jump (Finals)	
7	Javelin Throw (Finals)	05-08-2013 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
8	100 M (Heats)	
9	Shot put (Finals)	
10	Pole Vault (Finals)	
11	4x200 M Relay (Heats)	

PG MENS SHIFT - I AND SHIFT – II

1	1500 M (Finals)	06-08-2013 08.30 a.m. onwards Both SHIFT – I & SHIFT - II
2	Short Put (Finals)	
3	Long Jump (Finals)	
4	100 M (Heats)	
5	200 M (Heats&Finals)	07-08-2013 08.30 a.m. onwards Both SHIFT – I & SHIFT - II
6	Discus Throw	
7	4x 200 M Relay (Heats)	

UG AND PG WOMEN SHIFT - I AND SHIFT - II

1	100 M (Heats)	08-08-2013 SHIFT - II - 8.30 a.m. to 12.00 noon SHIFT - I - 2.45p.m. To 5.00p.m.
2	Short Put	
3	Long Jump	
4	400M (Heats & Finals)	
5	200 M (Heats & Finals)	12-08-2013 SHIFT - II - 8.30 a.m. to 12.00 noon SHIFT - I - 2.45p.m. To 5.00p.m.
6	Javelin Throw(Heats & Finals)	
7	4x 200 M Relay (Heats)	

RUN FOR FUN 2013-14

Run for fun is a special activity conducted for girl students for both the shifts every year. The main objective of the run is to make the girls feel relaxed, explore all the areas of the college and of course to have "Fun". Group fun games are organized and at the end of the program they are allowed to dance in the open air.

One week before the program, women staff meetings were held and staff were assigned different responsibilities. Staff were divided into groups and each group was asked to conduct a group game. Medals, caps and refreshment were ordered beforehand. Second Saturday of the month the hostels are closed and all the boys go home and the campus is set free exclusively for the girls to explore. Girls are allowed to see the boy's hostels, which they never have an opportunity to visit.

On 14.9.13, all the women staff gathered at 8 am and arranged the ground for the games. Students were asked to assemble in the college ground at 8.30. The principle Rev. Fr. Dr. C. M. Varghese, Rector, Rev. Fr. K.M.Jose and Additional Principle Fr. Maria Arokiaraj K.A were the invited chief guest at around 8.30 a.m. Around 600 girl students assembled in the college ground. The Principal Rev.Fr.Dr.C.M. Varghese inaugurated the games open and the other chief guest felicitated the gathering.

Different fun games were organized in different parts of the ground. Games like tug-of-war, hit and run, newspaper dressing, treasure hunt etc were organized. Each and every girl participated in the games with enthusiasm. There was complete fun in the air, one could see the girls laughing and dancing with joy. Treasure hunt was the most excited game, treasures were hidden in the nook and corner of the campus and some were hidden in the boy's hostel, which made the girls to explore the hostels they never saw. In the end music was put and the girls were asked to dance as they feel. It was amazing to see girls freely dancing with confidence and enjoying in groups. At the end of all the games all the girls assembled in front of Don Bosco auditorium for the prize distribution. The ramp walk for the newspaper dress competition was conducted during the close of program. The dresses of each and every girl made out of newspaper were amazing and girls

enjoyed seeing the creativity of the girls. Rev.Dr. C.M. Varghese distributed the medals to the winners and vote of thanks was given by Ms. Kalaiarsi the dean of women students. The program got over at 2.00 P.M. and women staff had lunch together.



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INTER DEPARTMENT TOURNAMENTS – (2013-2014) SHIFT- I & II

Instructions:

1. The tournament commences on 26-11-2013 at 2.30 PM.
2. The tournament will be conducted on a knock – out basis.
3. College team players should not participate in this tournament.
4. Teams are requested to be present half an hour before the start of the match.
5. No protest will be entertained. Referees decision will be final.
6. Each team shall have their own jersey.
7. **Volleyball(Men): (27-11-2013)**
 - ❖ Best of three sets.
 - ❖ Each set will be played for 15 points.
 - ❖ Maximum of 6+6 players.
 - ❖ Matches will be conducted on flood light volleyball court.
8. **Football(Men): (29-11-2013)**
 - ❖ Each team should consist of minimum 11 players and 8 substitute players.
 - ❖ Time duration 15 minutes – 2 minutes break – 15 minutes.
9. **Basketball(Men): (28-11-2013)**
 - ❖ Maximum of 5+7 players.
 - ❖ Time duration 15 minutes – 5 minutes break – 15 minutes.
 - ❖ Matches will be conducted on flood light Basketball court.
10. **Throwball (Women): (27-11-2013)**
 - ❖ Best of three sets.
 - ❖ Each set will be played for 15 points.
 - ❖ Maximum of 9+3 players.
 - ❖ Matches will be conducted in front of Oasis.
11. **Tennikoit(Women): (29-11-2013)**
 - ❖ Best of three sets.
 - ❖ Each set will be played for 15 points.
 - ❖ Maximum of 2+2 players.
 - ❖ Matches will be conducted near behind DISW Building.

SACRED HEART COLLEGE (AUTONOMOUS)

TIRUPATTUR, VLR.DT.

INTER DEPARTMENTAL TOURNAMENT RESULTS 2013-2014

SHIFT – I

27-11-2013 – VOLLEYBALL (UGMEN)

- **Winners : B.Com**
- **Runners : B.Sc. Computer Science**

THROWBALL (UG WOMEN)

- **Winners :B.Sc. Computer Science**
- **Runners :B.Sc. Bio-chemistry**

28-11-2013 – BASKETBALL (UG MEN)

- **Winners : B.Sc. Mathematics**
- **Runners : B.B.A**

29-11-2013 – FOOTBALL (UG MEN)

- **Winners :B.Sc. Mathematics**
- **Runners :B.Sc. Computer Science**

TENNIKOIT (UGWOMEN)

- **Winners :B.Sc. Bio-chemistry**
- **Runners :B.Sc. chemistry**

SACRED HEART COLLEGE (AUTONOMOUS)

TIRUPATTUR, VLR.DT.

INTER DEPARTMENTAL TOURNAMENT RESULTS 2013-2014

27-11-2013 – VOLLEYBALL (UG MEN)

- **Winners :** B.Sc. Mathematics
- **Runners :** B.Com (CA)

THROWBALL (UG WOMEN)

- **Winners :** B.Com
- **Runners :** B.Sc. Computer Science

28-11-2013 – BASKETBALL (UG MEN)

- **Winners :** B.Sc. Computer Science
- **Runners :** B.A. English

29-11-2013 – FOOT BALL (UG MEN)

- **Winners :** B.Com
- **Runners :** B.Sc. Computer Science

TENNIKOIT (UG WOMEN)

- **Winners :** B.Sc. Mathematics
- **Runners :** B.Sc. Computer Science

SHAFT-2013

Department of Computer Science conducted SHAFT an Intra Department Sports meet on 14/12/13 to encourage sport activities among students. Games like chess, Throw ball and Foot ball were conducted for Boys and Girls. Nearly 135 students participated in this meet. Prizes were distributed to the Winners and Runners.



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INTERNATIONAL WOMEN'S DAY

2013-2014

International Women's Day was celebrated on March 8th at Sacred Heart College, Tirupattur. The theme of the Women's Day celebration was "*Women The Architects of Life*". The year 2013 - 2014 women's day celebration was dedicated to Dr. Lakshmi Sahgal.

International Women's Day is celebrated on March 8 every year. On this day, people celebrate "womanhood," commemorating the inspiring role of a woman in our life. An event which started with a political flavor to secure the rights of women has evolved over the years and is now a celebration of women's struggle and fight for independence and liberalization. Each country celebrates the day with a touch of 'culture' to express their love and honor for the role of women in people's lives.

The history of Women's Day is steeped into antiquity which dates back to 1909 when the first National Woman's Day was observed in the United States on February 28. The Socialist Party of America celebrated this day in honor of the garment workers' strike in 1908 in New York where women picketed and marched, demanding improved working conditions and equal rights. It was in commemoration of the first political activism to protect women's rights that National Women's Day was observed in the USA.


However, it was only during late 1975 that the United Nations started observing International Women's Day on March 8. In 1977, The General Assembly passed a resolution to observe United Nations Day for Women's Rights and International Peace on any day of the year in accordance with the member states' national and historical traditions. The 'historic' roadmap – The Beijing Declaration and Platform for Action – was signed in 1995 by 189 governments, focusing on 12 vital areas and envisioned a better world where every woman have their choice to participate in politics, having an income, getting education, and living in a society free from discrimination and violence.

Sacred Heart College also pays a due respect to womanhood and celebrates women's day every year. Prior to the women's day celebration, competitions were held on 26/02/2014. Dance/skit, solo singing competitions were conducted and students were judged. Poster competition was

declared and the posters on "women architecture of society" were asked to be submitted on 27/02/2014. These posters were judged and were to be exhibited on women's day celebration.

The lively program at Sacred Heart College, organized by the women's staff and student's groups, featured a wide variety of events. Around 1200 girl's students participated in this celebration form both the shifts (I and II).The program started with a prayer dance from Ms. Shivani, Ms. Nikitha and Ms. Trisha from, Anglo Indian School, Chennai and St. Charles School Tirupattur. The chief guest who honored the occasion was the sub - Collector Ms. Ms. ShilpaPrabhakar, IAS, Ms. Manimozhi Lawyer Ms. Sangeetha Psychologist Chennai and Ms. Baby, Inspector of Police. Welcome address was given by the women's dean Ms. Kalairasi (Shift-I). The Principal Rev. Fr. Dr. C.M. Varghese, Rector, Rev. Fr. K.M. Jose and Additional Principal Fr. Maria Arokiaraj K.A felicitated the gathering. It was followed by a video presentation by Prof. Savitha on "Dr. Lakshmi Sahgal. Final dance competition and solo singing competition were held and it was judged by Ms. Manimozhi and Ms. Sangeetha. After the entertainment program the chief guest Ms.shilpa the sub -collector of Tirupattur addressed the gathering. She motivated and encouraged the students to be bold and spoke on the importance of safety for girls. Followed by chief guest Ms. Sangeetha who presented a poem on womanhood and imparted the value of womanhood.

Prizes were distributed to the winners of the competitions by Ms. Sangeetha, and also the college female staff were recognized and honored for their pivotal contributions to the college community.


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SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR, VELLORE DT.

SPORTS DAY PREPARATION – 2014-2015

CONDITIONS

1. Shift – I and Shift -II UG will be considered as separate groups for events
2. PG Boys will be separate for events
3. UG & PG Women will be separate for events
4. Theme of Tent making will be: _____
5. Criteria for Judging Tents will Be:
 - Team Display - 10pts.
 - Novelty - 10pts.
 - Discipline - 10pts.
6. March Past: Maximum number of participants 30 only for UG Boys
 - Uniform - 10 pts.
 - Marching - 10 pts.
 - Co-ordination - 10 pts.
7. For Men Staff
 - 4 X 100 meters relay
8. For Women Staff
 - Tug of war
9. For Non Teaching Staff
 - 100 meters Dash

STAFF INCHARGE

DEPARTMENTS	SHIFT – I	SHIFT - II
Economics	Prof. K. Sivakumar	---
Commerce	Dr. K.A. Maria John Joseph	B. Seenivasan
B.B.A.	R. Veerappan & Fr. Angelo	R. Veerappan
Mathematics	M. Antony Arokiasamy	B. Govindan
Physics	Dr.S.A.Martin Britto Dhas	R. Ramesh
Chemistry	N.ArokiyaNepolean Raj	---
Biochemistry	M. FernandusDurai Raj & A.Poongodi	M. Fernandez Durai
Computer Science	Dr. S. Sagayaraj	D. Adiyaman
M.C.A.	K. Saravanpriya	T. Arun Nehru
Tamil	S. Siva Chandra Kumar	M. Parimala Devi
English	D. Heriston	A.PeterConisiousPrabhu
Social Work	C.R. Christi Anandan	-----
B.C.A.	---	V.S. Jayakumar Paul Bosco
M.B.A.	---	J. Sasiganth

ANNUAL SPORTS MEET – 25-07-2014

2014-2015

The following Track and Field events will be conducted on Department Basis:

EVENTS

UG MEN				PG MEN		UG & PG WOMEN	
1	100 M	6	Discuss Throw	1	100 M	1	100 M
2	200 M	7	Javelin Throw	2	200 M	2	200 M
3	800 M	8	Long Jump	3	1500 M	3	Long Jump
4	1500 M	9	High Jump	4	Long Jump	4	Shot Put
5	Pole Vault	10	4x200 M Relay	5	Shot Put	5	Javelin Throw
		11	Shot put	6	4x200 M Relay	6	4x200 M Relay
				7	Discuss Throw	7	400 M

IMPORTANT RULES:

1. Each Department can give only one team for relay, **Two competitor and one substitute** for rest of the events.
2. A competitor can participate for a **maximum of 4 events** (3 track + 1 field or 1 Track + 3 field or 2 track + 2 field).
3. Competitors, not reporting at the appointed time, either for selection or for Finals will be disqualified.
4. Individual championship will be determined on the basis of aggregate number of points obtained by an athlete. (Men and Women separately)
5. Competitors will be permitted to compete only as representatives of their department.
6. For first place 5 pts, second 3 Pts, third 1 pt will be awarded, excluding relay.
7. For relay first place 10 pts, second 6 pts and third 2 pts will be awarded.
8. Only the UG can get over all championship awards. Individual Championship will be given for PG & UG separately.
9. Points scored by women will also be included for overall championship
10. No protest of any kind will be entertained.
11. Competitor must report 30 minutes before the Commencement of the event
12. The events will start on time
13. No one will be allowed to compete once the event is started.
14. The Competitor should produce his/her ID Card at the time of Competition
15. Each Department should give two male and one female Volunteer and the names must be entered in the entry form
16. If an athlete participates in more event than the allotted ones he/she shall be **totally disqualified** from the competition. The points obtained by them will not be taken in to account.
17. No competition is allowed to participate without number bibs.
18. Departments can make their **own arrangements for number bibs**.
19. March Past practice will be on 24-07-2014 at 4.00 PM.

ANNUAL SPORTS MEET – 2014-2015

SHIFT - I & SHIFT - II

Morning Session SHIFT – II and Evening session SHIFT – I

1	200 M (Heats& Finals)	09-07-2014 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
2	High Jump (Finals)	
3	800 M (Finals)	
4	1500 M (Finals)	10-07-2014 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
5	Discus throw (Finals)	
6	Long Jump (Finals)	
7	Javelin Throw (Finals)	
8	100 M (Heats)	11-07-2014 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
9	Shot put (Finals)	
10	Pole – Vault (Finals)	
11	4x200 M Relay (Heats)	

PG MEN SHIFT - I AND SHIFT – II

1	1500 M (Finals)	14-07-2014 08.30 a.m, onwards Both SHIFT – I & SHIFT - II
2	Short Put (Finals)	
3	Long Jump (Finals)	
4	100 M (Heats)	
5	200 M (Heats & Finals)	
6	Discus throw (Finals)	
7	4x 200 M Relay (Heats)	

UG AND PG WOMEN SHIFT - I AND SHIFT - II

1	100 M (Heats)	16-07-2014 SHIFT - II - 8.30 a.m. to 12.00 noon SHIFT - I - 2.45p.m. to 5.00p.m
2	Short Put(Finals)	
3	Long Jump (Finals)	
4	400 M (Heats & Finals)	
5	200 M (Heats & Finals)	17-07-2014 SHIFT - II - 8.30 a.m. to 12.00 noon SHIFT - I - 2.45p.m. to 5.00p.m
6	Javelin Throw (Finals)	
7	4x 200 M Relay (Heats)	


**PG. & RESEARCH DEPARTMENT OF SOCIAL WORK
GRIEVANCE REDRESSED REPORT**

(05/09/14)

The PG & Research Department of Social Work, Sacred Heart College (Autonomous) conducted grievance redress program to 15 girl students on 05/ 09/2014. The program was on the following topic.

- Introduction to Grievance redressed
- Grievance : Girls
- Handling of situation

The program went on well and the students gained and were motivated. This program gave an input to the students on how to face and solve problems that the girls face in day to day life.


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**WOMEN CELL AND COUNSELLING CENTRE ORGANIZES A SPECIAL
TALK ON REPRODUCTIVE HEALTH**

On 10.09.2014 Women cell and counseling centre organized a special talk on Reproductive Health. The Program started at 2.00 P.M in the Carreno Hall with a prayer song. Kannagi (III Maths) welcomed the gathering; Rev.Fr.Antony Raj delivered the Presidential Address. Inaugural address was given by Rev.Dr.C.M. Varghese, D.B. Indumathi (III Maths) introduced the chief guest Dr. Jaya Pradha, Tirupattur. The Chief Guest spoke about the Reproductive System, its function and how to be healthy by way of taking good nourished foods. The program ended with the vote of thanks by S. Sowmiya.


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INTER DEPARTMENT TOURNAMENTS – (2014-2015) SHIFT– I& II

Instructions:

- The tournament commences on 26-11-2014 at 2.30 PM.
- The tournament will be conducted on a knock – out basis.
- College team players should not participate in this tournament.
- Teams are requested to be present half an hour before the start of the match.
- No protest will be entertained. Referees decision will be final.
- Each team shall have their own jersey.

Volley Ball (Men): (26-11-2014)

- Best of three sets.
- Each set will be played for 15 points.
- Maximum of 6+6 players.
- Matches will be conducted on flood light volleyball court.

Foot Ball (Men): (27-11-2014)

- Each team should consist of minimum 11 players and 8 substitute players.
- Time duration 15 minutes – 2 minutes break – 15 minutes.

Basket Ball (Men): (28-11-2014)

- Maximum of 5+7 players.
- Time duration 15 minutes – 5 minutes break – 15 minutes.
- Matches will be conducted on flood light Basketball court.

Throw Ball (Women): (26-11-2014)

- Best of three sets.
- Each set will be played for 15 points.
- Maximum of 9+3 players.
- Matches will be conducted in front of Oasis.
- **Tennikoit (Women): (27-11-2014)**
- Best of three sets.
- Each set will be played for 15 points.
- Maximum of 2+2 players.
- Matches will be conducted near the physical director's office.

SACRED HEART COLLEGE (AUTONOMOUS)

TIRUPATTUR, VLR.DT.

INTER DEPARTMENTAL TOURNAMENT RESULTS 2014-2015

SHIFT - I

26-11-2014 – VOLLEY BALL (UG MEN)

- **Winners :** B.Com
- **Runners :** B.A. Economics

THROW BALL (UG WOMEN)

- **Winners :** B.Sc. Bio-chemistry
- **Runners :** B.Sc. Computer Science

27-11-2014 – FOOT BALL (UG MEN)

- **Winners :** B.Sc. Chemistry
- **Runners :** B.Sc. Bio-chemistry

TENNIKOIT (UG WOMEN)

- **Winners :** B.Sc. Chemistry
- **Runners :** B.Sc. Computer Science

28-11-2014 – BASKET BALL (UG MEN)

- **Winners :** B.Sc. Mathematics
- **Runners :** B.Sc. Chemistry

SACRED HEART COLLEGE (AUTONOMOUS)

TIRUPATTUR, VLR.DT.

INTER DEPARTMENTAL TOURNAMENT RESULTS 2014-2015

SHIFT - II

26-11-2014 - VOLLEY BALL (UG MEN)

- **Winners : B.A. English**
- **Runners : B.Sc. Computer Science**

THROW BALL (UG WOMEN)

- **Winners : B. C.A**
- **Runners : B.Sc. Mathematics**

27-11-2014 - FOOT BALL (UG MEN)

- **Winners : B.Com**
- **Runners : B.Sc. Computer Science**

TENNIKOIT (UG WOMEN)

- **Winners : B.C.A**
- **Runners : B.A. English**

28-11-2014 - BASKET BALL (UG MEN)

- **Winners : B.Sc. Computer Science**
- **Runners : B.Com**

PONGAL CELEBRATION KABADDI (MEN)
2014-2015

Date:-13-01-2015

POOL A

- POOL-B**

7. COMMERCE (Bye) _____
8. M.B.A _____
9. MATHS _____

11 FINAL

10. B.B.A

4

10

11. CHEMISTRY

8

12. M.C.A (Bye)

Rules:-

1. **U.G & P.G are combined together as 1 team there is no separate team for U.G nor P.G.**
2. Referee decision is final. Players and the students are not supposed to argue with the referee. If it happens the team will be disqualified.
3. Per team consists of **12 players (7 main + 5 substitutes).**
4. Match consists of **2 Halfs**
5. **Time duration:** - 2 minutes per half: 1 minute break after 1st half.
6. Each team shall have their own team jersey.
7. Players are not supposed to wear any bracelets, rings or any jewels.

**PG & RESEARCH DEPARTMENT OF SOCIAL WORK
INTRA DEPARTMENTAL SPORTS REPORT**

(30/01/2015)

Sports and games keep us healthy, wealthy and active. We can have healthy mind only when we have healthy body. The PG & Research Department of Social Work, Sacred Heart College (Autonomous) conducted Intra departmental sports on 30/01/ 2015 for 41 students. It started in the afternoon with the presence of all the staff and students.

The following games were conducted, Football, Basketball for boys and Throw ball, Volley ball for girls. The tournament was led by the Head of the Department and other staff members.

This was conducted to motivate the students and to bring mutual relationship, understanding and unity among both first year and second year students.


E. LISA, M.S.W., M.Phil.,
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Tirupattur-635 601 (VLR-Dt)

SHAFT-2015

Department of Computer Science conducted SHAFT an Intra Department Sports meet on 30/01/2015 to encourage sport activities among students. Games like chess, Throw ball and Foot ball were conducted for Boys and Girls. Nearly 125 students participated in this meet. Prizes were distributed for the Winners and Runners.



Head

Department of Computer Science,
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Sacred Heart College (Autonomous)
Tirupattur, Vellore DL 635 601.

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR, VELLORE DT.

SPORTS DAY PREPARATION – 2015-2016

CONDITIONS

1. Shift – I and Shift -II UG will be considered as separate groups for events
2. PG Boys will be separate for events
3. UG & PG Women will be separate for events
4. Theme of Tent making will be: **Yoga And Sports**
5. Criteria for Judging Tents will Be:
 - Theme Display - 10pts.
 - Novelty - 10pts.
 - Discipline - 10pts.
6. March Past: Maximum number of participants 30 only for UG Boys for both shift I & II.
 - Uniform - 10 pts.
 - Marching - 10 pts.
 - Co-ordination - 10 pts.
7. For Men Staff
 - 4 X 100 meters relay
 - Tug of war
8. For Women Staff
 - Tug of war
9. For Non Teaching Staff
 - 100 meters Dash

ANNUAL SPORTS MEET – 17-07-2015
2015-2016

The following Track and Field events will be conducted on Department Basis:
EVENTS

UG MEN				PG MEN		UG & PG WOMEN	
1	100 M	6	Discuss Throw	1	100 M	1	100 M
2	200 M	7	Javelin Throw	2	200 M	2	200 M
3	800 M	8	Long Jump	3	1500 M	3	Long Jump
4	1500 M	9	High Jump	4	Long Jump	4	ShotPut
5	Pole Vault	10	ShotPut	5	ShotPut	5	400 M
		11	4x200 M Relay	6	Discuss Throw	6	4x200 M Relay
				7	4x200 M Relay		

IMPORTANT RULES:

- ❖ Each Department can give only one team for relay, two competitors and one substitute for rest of the events.
- ❖ A competitor can participate for a maximum of 4 events (3 track + 1 field or 1 Track + 3 fields or 2 tracks + 2 fields).
- ❖ If an athlete participates in more event than the allotted ones he/she shall be **totally disqualified** from the competition. The points obtained by them will not be taken into account.
- ❖ Competitors, not reporting at the appointed time, either for selection or for Finals will be disqualified.
- ❖ Individual championship will be determined on the basis of aggregate number of points obtained by an athlete. (Men and Women separately)
- ❖ For first place 5 pts, second 3 Pts, third 1 pt will be awarded, excluding relay.
- ❖ For relay first place 10 pts, second 6 pts and third 2 pts will be awarded.
- ❖ Only the UG can get over all championship awards. Individual Championship will be given for PG & UG separately.
- ❖ Points scored by women will also be included for overall championship.
- ❖ **For overall championship 80% of Track and Field events score, 10% of March past score and 10% of Tent score will be considered.**
- ❖ No protest of any kind will be entertained.
- ❖ Competitor must report 30 minutes before the Commencement of the event.
- ❖ The events will start on time.
- ❖ No one will be allowed to compete once the event is started.
- ❖ The Competitor should produce his/her ID card at the time of Competition.
- ❖ No competitor is allowed to participate without number bibs.
- ❖ Departments can make their own arrangements for number bibs.
- ❖ No javelin for practice.
- ❖ March Past practice will be on 16-07-2015 at 4.00 PM.
- ❖ **Last date of submission of online entry form through online for UG 03-07-2015 and PG 07-07-2015.**

ANNUAL SPORTS MEET – 2015-2016

SHIFT - I & SHIFT - II

Morning Session SHIFT – II and Evening session SHIFT – I

UG MEN SHIFT - I AND SHIFT – II

1	200 M (Heats& Finals)	06-07-2015 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
2	High Jump (Finals)	
3	800 M (Finals)	
4	1500 M (Finals)	07-07-2015 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
5	Discus throw (Finals)	
6	Long Jump (Finals)	
7	Javelin Throw (Finals)	
8	100 M (Heats)	08-07-2015 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
9	Shotput (Finals)	
10	Pole – Vault (Finals)	
11	4x200 M Relay (Heats)	

PG MEN SHIFT - I AND SHIFT – II

1	1500 M (Finals)	09-07-2015 08.30 a.m. onwards Both SHIFT – I & SHIFT – II
2	ShotPut (Finals)	
3	Long Jump (Finals)	
4	100 M (Heats)	
5	200 M (Heats& Finals)	10-07-2015 08.30 a.m. onwards Both SHIFT – I & SHIFT – II
6	Discus throw (Finals)	
7	4 x 200 M Relay (Heats)	

UG AND PG WOMEN SHIFT - I AND SHIFT - II

1	100 M (Heats)	13-07-2015 UG SHIFT-II - 8.30 a.m. to 12.00 pm UGSHIFT - I - 2.45p.m. to 5.00p.m PG SHIFT- I & II-08.30 a.m. onwards
2	Long Jump (Finals)	
3	400 M (Heats & Finals)	
4	200 M (Heats & Finals)	14-07-2015 UG SHIFT-II - 8.30 a.m. to 12.00 pm UG SHIFT - I - 2.45p.m. to 5.00p.m PG SHIFT- I & II-08.30 a.m. onwards
5	ShotPut(Finals)	
6	4x 200 M Relay (Heats)	

RUN FOR FUN REPORT


2015-2016

Date: 12/09/15

Venue: College Ground

Number of participants: 850

Run for fun event is organized in Sacred Heart College every year especially for women students every year. Program started at 9am and 850 women students took part in the event. Fun team games were organized and every student was given an opportunity to participate in one game. Program started with prayer and Rev. Fr. Dr. C.M. Varghese encouraged the students to participate and spoke about the importance of healthy life. Later games were conducted and at the end prizes were distributed.


Mrs. S. KALAIARASI, M.Sc., M.Phil.,
Assistant Professor,
P.G. and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur - 635 601, Vellore Dt.

BLOOD TESTING

2015-2016

On 03/02/16, Afternoon at 2.30 P.M, We conducted **Blood-Testing** Programme for the Girls of Mathematics department in order to determine their **Haemoglobin** level and this study is taken up for the Minor Research Project Sponsored by the **University Grants Commission**. Nearly about 100 Girl students were tested and benefitted by this Programme.

S. Kalaiarasi
Mrs. S. KALAIARASI, M.Sc., M.Phil.,
Assistant Professor,
PG and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur - 635 601, Vellore Dt.

Women's Day Celebration 2016

On March 3rd 2016 Saturday, all the Girls Students (Both shifts) gathered at 9.30 a.m. in front of Don Bosco Indoor Stadium for the games. The Principal Rev. Dr. C. M. Varghese, the Vice Principal Rev. Dr. Maria Antony Raj, COE inaugurated the games with a prayer. Different types of games were organized in different parts of the ground. Games like tug of war, hit and run, treasure hunt etc., were organized by the staff members. All the students actively participated in the games with enthusiasm. At the end, all the winners of the games were honored and appreciated by the Principal and vote of thanks was given by Dr. Saraladevi, the Dean, Women students Shift II and the programme got over at 2 p.m.

S. Kalaiarasi
Mrs. S. KALAIARASI, M.Sc., M.Phil.,
Assistant Professor,
P.G. and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur - 635 601, Vellore Dt.

ORIENTATION PROGRAMME FOR GIRLS - UG I YEAR

2016-2017


(14-7-2016 & 15-7-2016)

1 Year UG- Girls Orientation Programme was conducted on 14-7-2016 & 15-7-2016 from 2.30 p.m to 4.30 p.m. The first day was conducted for Arts Students and the next day for Science Students.

Rev. Fr. C. Antonyraj, our Rector inaugurated the Programme. He spoke on few things like Discipline, Boy-Girl Relationship, Campus Culture and other aspects related to women Students which made them to be aware of their safety and to protect the good name of the College.

Ms. Latha Munusamy, our College Counsellor spoke on Social Issues and Problems in our midst with a nice powerpoint presentation. Also, Students from M.Sc Psychology Mr. Karthik and Mr. Sunil & Team gave a video presentation about Facebook, Whatsapp and CCTV Camera. This Programme is mainly conducted for the welfare of the girl students and how to protect themselves from Social media. This Programme is an eye-opener for the girls who have just entered the College.

Mrs. A. Merceline Anita, Dean of Women Students gave some guidelines about dress code, discipline and other health measures to be taken by them. Also some motivational videos were presented. Finally, she concluded the Programme with the vote of thanks.


Staff Incharge: Mrs. A. Merceline Anita
(Dean of Women Students)

Dr. A. MERCELINE ANITA, M.Sc., M.Phil., Ph.D.,
Assistant Professor,
P.G. and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur-635 601, Vellore District.

RUN FOR FUNREPORT

2016-2017

Date: 10/09/16

Venue: College Ground

Number of participants: 1200

On 10/09/2016 special fun games were organized for the girl students of PG and UG of both the shifts. The program started at 9.30 a.m. and 1200 girl students participated in this event. Women staff were assigned responsibilities to conduct the games. The program started with the prayer and the students were addressed by the college rector Rev. Fr. Antony Raj, the principal Rev. Dr. Maria Antony (Shift-I) and Rev. Dr. Maria Arokiaraj. Different event were organized at the same time and all the students were involved in some or the other games. Games like tag-off war, treasure hunt, musical chair etc were the highlight of the events.

At the end of the games music was played and girls were encouraged to dance. Some girls displayed their talents of singing, dancing and mimicry. After the talents show prizes were distributed to the individuals and groups who were the winners. Feedback given by the students was very encouraging and positive.



Dr. A. MERCELINE ANITA, M.Sc., M.Phil., Ph.D.,
Assistant Professor,
P.G. and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur-635 601, Vellore District.

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR, VELLORE DT.

SPORTS DAY PREPARATION – 2016-2017

CONDITIONS

- Shift – I and Shift -II UG will be considered as separate groups for events
- PG Boys will be separate for events
- UG & PG Women will be separate for events
- Theme of Tent making will be:
- Criteria for Judging Tents will Be:
 - Theme Display - 10pts.
 - Novelty - 10pts.
 - Discipline - 10pts.
- March Past: Maximum number of participants 30 only for UG Boys for both shift I & II.
 - Uniform - 10 pts.
 - Marching - 10 pts.
 - Co-ordination - 10 pts.
- For Men Staff
 - 4 X 100 meters relay
 - Tug of war
- For Women Staff
 - Tug of war
- For Non Teaching Staff
 - 100 meters Dash

**ANNUAL SPORTS MEET – 23-07-2016
2016-2017**

The following Track and Field events will be conducted on Department Basis:

EVENTS

UG MEN				PG MEN		UG & PG WOMEN	
1	100 M	6	Discuss Throw	1	100 M	1	100 M
2	200 M	7	Javelin Throw	2	200 M	2	200 M
3	800 M	8	Long Jump	3	1500 M	3	Long Jump
4	1500 M	9	High Jump	4	Long Jump	4	ShotPut
5	Pole Vault	10	ShotPut	5	ShotPut	5	400 M
		11	4x200 M Relay	6	Discuss Throw	6	4x200 M Relay
				7	4x200 M Relay		

IMPORTANT RULES:

- A competitor can participate for a **maximum of 4 events** (3 track + 1 field or 1
 - Track + 3 fields or 2 tracks + 2 fields).
- If an athlete participates in more event than the allotted ones he/she shall be **totally disqualified** from the competition. The points obtained by them will not be taken into account.
- Each Department can give only one team for relay, **two competitors and one substitute** for rest of the events.
- Competitors, not reporting at the appointed time, either for selection or for Finals will be disqualified.
- Individual championship will be determined on the basis of aggregate number of points obtained by an athlete. (Men and Women separately)
- For first place 5 pts, second 3 Pts, third 1 pt will be awarded, excluding relay.
- For relay first place 10 pts, second 6 pts and third 2 pts will be awarded.
- Only the UG can get over all championship awards. Individual Championship will be given for PG & UG separately.
- Points scored by women will also be included for overall championship.
- **For overall championship 80% of Track and Field events score, 10% of March past score and 10% of Tent score will be considered.**
- No protest of any kind will be entertained.
- Competitor must report 30 minutes before the Commencement of the event.
- No one will be allowed to compete once the event is started.
- The Competitor should produce his/her ID card at the time of Competition.
- No competitor is allowed to participate without number bibs.
- Departments can make their own arrangements for number bibs.
- No javelin for practice.
- March Past practice will be on 22-07-2016 at 4.00 PM.
- **Last date of submission of entry form for UG 05-07-2016 and PG 11-07-2016.**

ANNUAL SPORTS MEET – 2016-2017

SHIFT - I & SHIFT - II

Morning Session SHIFT – II and Evening session SHIFT – I

UG MEN SHIFT - I AND SHIFT – II

1	200 M (Heats& Finals)	12-07-2016 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
2	High Jump (Finals)	
3	800 M (Finals)	
4	1500 M (Finals)	
5	Discus throw (Finals)	13-07-2016 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
6	Long Jump (Finals)	
7	Javelin Throw (Finals)	
8	100 M (Heats)	
9	Shotput (Finals)	14-07-2016 SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
10	Pole – Vault (Finals)	
11	4x200 M Relay (Heats)	

PG MEN SHIFT - I AND SHIFT – II

1	1500 M (Finals)	15-07-2016 08.30 a.m. onwards Both SHIFT – I & SHIFT – II
2	ShotPut (Finals)	
3	Long Jump (Finals)	
4	100 M (Heats)	
5	200 M (Heats& Finals)	18-07-2016 08.30 a.m. onwards Both SHIFT – I & SHIFT – II
6	Discus throw (Finals)	
7	4 x 200 M Relay (Heats)	

UG AND PG WOMEN SHIFT - I AND SHIFT - II

1	100 M (Heats)	<p>19-07-2016 UG SHIFT-II - 8.30 a.m. to 12.00 pm UGSHIFT - I - 2.45p.m. to 5.00p.m PG SHIFT- I & II-08.30 a.m. onwards</p> <p>20-07-2016 UG SHIFT-II - 8.30 a.m. to 12.00 pm UG SHIFT - I - 2.45p.m. to 5.00p.m PG SHIFT- I & II-08.30 a.m. onwards</p>
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SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR
DEPARTMENT OF PHYSICAL EDUCATION
INTER DEPARTMENTAL TOURNAMENT RESULTS 2016-2017

SHIFT – I

23-11-2016 – VOLLEY BALL (UG MEN)

- **Winners : B.B.A**
- **Runners : B.A Economics**

23-11-2016 – TENNIKOIT (UG WOMEN)

- **Winners : B.Sc. Bio-Chemistry**
- **Runners : B.Sc. Chemistry**

24-11-2016 – FOOT BALL (UG MEN)

- **Winners : B.Sc. Physics**
- **Runners : B.Sc. Computer Science**

24-11-2016 – THROW BALL (UG WOMEN)

- **Winners : B.Sc. Bio-Chemistry**
- **Runners : B.Com**

25-11-2016 – BASKET BALL (UG MEN)

- **Winners : B.Com**
- **Runners : B.Sc. Maths**

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR

DEPARTMENT OF PHYSICAL EDUCATION

INTER DEPARTMENTAL TOURNAMENT RESULTS 2016-2017

SHIFT – II

23-11-2016 – VOLLEY BALL (UG MEN)

- **Winners :** B.Sc. Computer Science
- **Runners :** B.Sc. Chemistry

23-11-2016 – TENNIKOIT (UG WOMEN)

- **Winners :** B.A. English
- **Runners :** B.C.A

24-11-2016 – FOOT BALL (UG MEN)

- **Winners :** B.COM
- **Runners :** B.A. English

24-11-2016 – THROW BALL (UG WOMEN)

- **Winners :** B.COM (CA)
- **Runners :** B.A Tamil

25-11-2016 – BASKET BALL (UG MEN)

- **Winners :** B.A. English
- **Runners :** B.Sc. Computer Science

**PG. & RESEARCH OF SOCIAL WORK
SACRED HEART COLLEGE (AUTONOMOUS)
INTRA DEPARTMENTAL SPORTS REPORT**

(12 & 13/09/2017)

The PG& Research of Social Work, Sacred Heart College (Autonomous) had conducted Intra departmental sports for two days on 12/ 09/ 2017 to 13/ 09/ 2017 for 40 students. It was started in the afternoon with the presence of all the staff and students.

Organizing sports to the students in the departmental level is the tradition and culture of the department. The games were, Football, Basketball, Volley ball for boys and Throw ball, Volley ball, Hand ball for girls. All the games went on well without any disappointing injury to the players.

These two days developed a sense of friendliness among the students and developed team spirit. It helps to develop physical and mental wellbeing.

President



Department of Social Work

E. LISA, M.S.W., M.Phil.,

Assistant Professor

Department of Social Work

Sacred Heart College (Autonomous)

Thirupattur-635 601 (V.L.R.D)

Sacred Heart College (Autonomous) –Tirupattur

WOMEN'S DAY 2017

PROGRAMME

Venue: Don Bosco Indoor Stadium

Time: 10.30 A.M

Date: 08.03.2017

- Prayer Song** : **Ms. P.Akshadha& Team**, (Dept of Physics)
- Welcome** : **Ms. F.AlmasFirdose** (Dept. of Mathematics)
- Felicitation** : **Rev. Dr. K.A. Maria ArokiaRaj, SDB**
Addl Principal(Shift II)
- : **Rev. Dr. D Maria Antony Raj, SDB**
Principal
- Inaugural Speech** : **Rev. Dr. C. Antony Raj, SDB, Rector**
- Dance** : **Ms. R. Lavanya & Co** (Dept.of Chemistry)
- Introducing the Chief Guest** : **Prof. U. Anto Maria Eusobia**
Asst. Professor, Dept. of English
- Chief Guest Talk** : **Dr. P. Chandra MD., DCH., MNAMS FIAP**
Executive Director,
A. Arul Devi Community Based Rehabilitation
Professor & Head (Rtd)
Stanley Medical College,
Chennai
- Video Presentation** : **Prof. R. Deepika Ranjan, Asst. Professor**
Dept. of Computer Applications (UG)
- Student's Talk** : **Shift-II Girls**
- Prize Distribution** :
- Vote of Thanks** : **Ms. Aswini**(Dept.of Tamil)
- College Anthem**



WOMEN'S DAY PROGRAMME REPORT

2016-2017

The Women's Day Celebration was held on 8th March, 2017 for Shift I at Don Bosco Indoor Stadium. Rev. Dr. D. Maria Antonyraj, the Principal presided over the function and gave his women's day message. He motivated our students by the women's day motto "be bold for a change". Our Vice Principal and Controller of Examinations Rev. Dr. Praveen Peter shared his valuable thoughts and gave his suggestion to our girl students to lead a praiseworthy life with moral values and self-discipline.

Dr. Chandra, M.D., D. CH., MNAMS, FIAP, Executive Director, D. Arul Selvi, Community based Rehabilitation, Professor and Head (Rtd), Stanley Medical College, Chennai was the Chief Guest. She spoke on **women Empowerment, welfare of the women and rendered her valuable suggestion for our young girls regarding nutrition and healthcare.** Students gained some knowledge from the talk and it was useful to develop them as young and educative girls who are going to be the future mothers to take care of our next generation.

Prof. R. Sandrilla, Department of Computer Science presented a Video on women Empowerment. Our PG Students enacted the women's problems through their elegant dance. Some of the Girl Students from different departments gave interesting talk on Women related issues and solutions, the role of women in the family and in the society, their role in the field of Education and so on. The Programme came to an end with prize distribution and vote of thanks.



Dr. A. Merceline Anita,

Dean of Women Students – Shift I.

Dr. A. MERCELINE ANITA, M.Sc., M.Phil., Ph.D.,
Assistant Professor,
P.G. and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur-635 601, Vellore District.

WOMEN STUDENTS ORIENTATION PROGRAMME REPORT

2017-2018

(Wake up Woman to Celebrate Yourself)

The Women Students Orientation programme was organized on 19th July, 2017 for the students of II, III year UG and final year PG. Rev. Dr. C. Antonyraj, our Rector was invited as the Resource person for the programme. He spoke on the theme "Wake up woman to celebrate yourself". He stressed on the following aspects such as 8 signs of women, how to be courageous, how to manage fear & actions that will change fear. He insisted on the girl students to think extreme and reach greater heights. He made the session interesting by playing interesting video clippings to make them realize the fact. It was a thought provoking session for everyone. More than 500 students have benefitted by this session. All the Women staff members were present during the programme to maintain the discipline of the students.



Dr. A. MERCELINE ANITA, M.Sc., M.Phil., Ph.D.,
Assistant Professor,
P.G. and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur-635 601. Vellore District.

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR, VELLORE DT.

SPORTS DAY PREPARATION – 2017-2018

CONDITIONS

- Shift – I and Shift –II UG will be considered as separate groups for events
- PG Boys will be separate for events
- UG & PG Women will be separate for events
- Theme of Tent making will be:.....
- Criteria for Judging Tents will Be:
 - Theme Display - 10pts.
 - Novelty - 10pts.
 - Discipline - 10pts.
- March Past: Maximum number of participants 30 only for UG Boys for both shift I & II. No First year students.
 - Uniform - 10 pts.
 - Marching - 10 pts.
 - Co-ordination - 10 pts.
- For Men Staff
 - 4 X 100 meters relay
 - Tug of war
- For Women Staff
 - Tug of war
- For Non Teaching Staff
 - 100 meters Dash
- First year students should not miss the communicative English classes during trials date and heats dates, the presidents are requested to ensure this.

**ANNUAL SPORTS MEET – 28-07-2017
2017-2018**

The following Track and Field events will be conducted on Department Basis:
EVENTS

UG MEN				PG MEN		UG & PG WOMEN	
1	100 M	6	Discus Throw	1	100 M	1	100 M
2	200 M	7	Javelin Throw	2	200 M	2	200 M
3	800 M	8	Long Jump	3	1500 M	3	Long Jump
4	1500 M	9	High Jump	4	Long Jump	4	ShotPut
5	Pole Vault	10	ShotPut	5	ShotPut	5	Discus Throw
		11	4x200 M Relay	6	Discus Throw	6	4x200 M Relay
				7	4x200 M Relay		

IMPORTANT RULES:

- A competitor can participate for a **maximum of 4 events (3 track + 1 field or 1 Track + 3 fields or 2 tracks + 2 fields).**
- If an athlete participates in more event than the allotted ones he/she shall be **totally disqualified** from the competition. The points obtained by them will not be taken into account.
- Each Department can give only one team for relay, **two competitors and one substitute** for rest of the events.
- Competitors, not reporting at the appointed time, either for selection or for Finals will be disqualified.
- Individual championship will be determined on the basis of aggregate number of points obtained by an athlete. (Men and Women separately)
- For first place 5 pts, second 3 Pts, third 1 pt will be awarded, excluding relay.
- For relay first place 10 pts, second 6 pts and third 2 pts will be awarded.
- Only the UG can get over all championship awards. Individual Championship will be given for PG & UG separately.
- Points scored by women will also be included for overall championship.
- **For overall championship 80% of Track and Field events score, 10% of March past score and 10% of Tent score will be considered.**
- No protest of any kind will be entertained.
- Competitor must report 30 minutes before the Commencement of the event.
- No one will be allowed to compete once the event is started.
- The Competitor should produce his/her ID-card at the time of Competition.
- No competitor is allowed to participate without number bibs.
- Departments can make their own **arrangements for number bibs.**
- No javelin for practice,
- March Past practice will be on 27-07-2017 at 4.00 PM.
- UG Men on sports day 100M, 4X200 Relay, High jump or pole vault (5selectednumbers). For UG Women 100M, 4X200 Relay, shotput (5 selected numbers).
- **Last date of submission of entry form for UG 06-07-2017 and PG 14-07-2017.**

ANNUAL SPORTS MEET – 2017-2018
SHIFT - I & SHIFT – II

Morning Session SHIFT – II and Evening session SHIFT – I

UG MEN SHIFT - I AND SHIFT – II

1	200 M (Heats)	12-07-2016
2	High Jump (Heats)	SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
	200 M (Finals)	
3	800 M (Finals)	13-07-2016
4	Discus throw (Finals)	SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
5	Long Jump (Finals)	
6	1500 M (Finals)	14-07-2016
7	Javelin Throw (Finals)	SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
8	100 M (Heats)	
9	ShotPut (Finals)	17-07-2017
10	Pole Vault (Finals)	SHIFT – II – 8.30 a.m. to 12.00 noon SHIFT – I – 2.45p.m. To 5.00p.m.
11	4 x 200 M Relay(Heats)	

PG MEN SHIFT - I AND SHIFT – II

1	100 M (Heats)	18-07-2017 08.30 a.m. onwards Both SHIFT –I & SHIFT-II
2	ShotPut(Finals)	
3	1500 M (Finals)	
4	200 M (Heats)	19-07-2017 08.30 a.m. onwards Both SHIFT –I & SHIFT-II
5	Long Jump (Finals)	
	200 M (Finals)	
6	4 x 200 M Relay(Heats)	20-07-2017 08.30 a.m. onwards Both SHIFT –I & SHIFT-II
7	Discus throw (Finals)	

UG AND PG WOMEN SHIFT - I AND SHIFT - II

1	200 M (Heats)	21-07-2017 UG SHIFT-II - 8.30 a.m. to 12.00 pm UGSHIFT - I - 2.45p.m. to 5.00p.m PG SHIFT- I & II-08.30 a.m. onwards
2	Long Jump (Finals)	
3	200 M (Finals)	
4	Discus throw (Finals)	
5	100 M (Heats)	24-07-2017 UG SHIFT-II - 8.30 a.m. to 12.00 pm UG SHIFT - I - 2.45p.m. to 5.00p.m PG SHIFT- I & II-08.30 a.m. onwards
6	ShotPut (Heats)	
7	4x 200 M Relay (Heats)	

WOMEN STUDENTS -PROGRAMME – REPORT

2017-2018

(You are Worth More – 24.8.17)

The Women Students Orientation programme was organized on 24th August, 2017 for the students of undergraduate level. Rev. Fr. Andrews Raja of Social Work department was invited as the Resource person for the programme. He spoke on the theme 'Women are worth More'. He stressed on the aspects such as the value of women in family and society, how to grab the opportunities available for them, how to manage and tackle tough situations in their life courageously and grow smart enough to face the problems posed in front of them. He insisted the girl students to concentrate on their health and grow physically and mentally strong to reach greater heights. Nearly 500 Students benefitted by this session. All the Women staff members were present during the programme.



Dr. A. MERCELINE ANITA, M.Sc., M.Phil., Ph.D.,
Assistant Professor,
P.G. and Research Department of Mathematics,
Sacred Heart College (Autonomous),
Tirupattur-635 601, Vellore District.

PG & RESEARCH DEPARTMENT OF SOCIAL WORK

GRIEVANCE REDRESSED REPORT

2017-2018

(22/08/2017)

It is one of the concepts of addressing grievances by the management. The grievance redressed program was conducted in PG & Research Department of Social Work, Sacred Heart College (Autonomous) on 22/08/2017. 15 girl students participated.

This program was conducted to enhance girls to manage and organize their problems. Thus it motivated and directed the students to handle problems, feel secured and be satisfied with the environment.



E. LISA, M.S.W., M.Phil.,
Assistant Professor
Department of Social Work
Sacred Heart College (Autonomous)
Tirupattur-635 601 (VLR-DI)

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR
DEPARTMENT OF PHYSICAL EDUCATION
INTER DEPARTMENTAL TOURNAMENT RESULTS 2017-2018

November 2017

SHIFT – I

VOLLEYBALL (UG MEN)

- **Winners : B.B.A**
- **Runners : B.COM**

TENNIKOIT (UG WOMEN)

- **Winners : B.Sc. Bio-Chemistry**
- **Runners : B.Sc. Chemistry**

FOOTBALL (UG MEN)

- **Winners :B.Sc. Computer Science**
- **Runners :B.COM**

THROWBALL (UG WOMEN)

- **Winners : B.Com**
- **Runners :B.Sc. MATHS**

BASKETBALL (UG MEN)

- **Winners :B.Com**
- **Runners :B.Sc. Maths**

BADMINTON(UG)WOMEN

- **Winners :B.Sc. Bio-Chemistry**
- **Runners :B.Sc. Maths**

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR
DEPARTMENT OF PHYSICAL EDUCATION
INTER DEPARTMENTAL TOURNAMENT RESULTS 2017-2018

SHIFT – II

VOLLEYBALL (UG MEN)

- **Winners :** B.Sc. Computer Science
- **Runners :** B.COM

TENNIKOIT (UG WOMEN)

- **Winners :** B.C.A
- **Runners :** B.A. English

FOOT BALL (UG MEN)

- **Winners :** B.A. English
- **Runners :** B.Sc. Computer Science

THROWBALL (UG WOMEN)

- **Winners :** B.COM (CA)
- **Runners :** B.COM

BASKETBALL (UG MEN)

- **Winners :** B.A. English
- **Runners :** B.Sc. MATHS

BADMINTON(UG)WOMEN

- **Winners :** B.A. English
- **Runners :** B.A. Tamil

Sacred Heart College (Autonomous) –Tirupattur

AWARENESS PROGRAMME FOR GIRLS (UG & PG)

PSYCHO-SOCIAL PROBLEMS FACED BY ADOLESCENT GIRLS AND THEIR MANAGEMENT

Venue: Don Bosco Indoor Stadium Time: 10.30 am – 12.30 pm Date: 25.01.2018

- | | |
|--|---|
| Prayer Song | : Girls |
| Welcome | : Ms. Nivedhita (Dept. of Chemistry) |
| Introducing the Chief Guest | : Dr.A.Mekala
Dean of Women Cell (Shift II) |
| Felicitation and honoring
the chief guest | : Rev. Dr. C.Antony Raj, SDB, Rector

Rev. Dr. K.A.MariaArokiaaraj, SDB
AddlPrincipal (Shift II) |
| Chief Guest Talk | : Ms.A.MercyM.Sc.,M.S.W
Psychotherapist and Social Worker
Coimbatore. |
| Vote of Thanks | : Ms. Hemavathy (Dept.of Maths) |
| | College Anthem |

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR
AWARENESS PROGRAMME FOR GIRLS (UG & PG)
PSYCHO-SOCIAL PROBLEMS FACED BY ADOLESCENT GIRLS AND
THEIR MANAGEMENT

Venue: Don Bosco Indoor Stadium Time: 10.30 am – 12.30 pm Date: 25.01.2018

The programme was started at 10.30am. With a prayer song. And the welcome address was given by Ms. Nivedhita (Dept. of Chemistry). Rev. Dr. K. A. Maria Arokiaraj, SDB (Addl Principal shift II) gave memento to the chief guest Ms. Mercy, M.Sc., MSW., Psychotherapist and social worker, Coimbatore. Dr. A. Mekala, Dean of Women Cell introduced the chief guest. The felicitation address was given by Rev. Dr. K. A. Maria Arokiaraj, SDB, Additional Principal, Shift II. After that the chief guest address was given by Ms. Mercy, M.Sc., MSW., psychotherapist and counsellor, The talk was related to psycho social problems faced by adolescent girls and the way how those problems are managed. Vote of thanks was given by Ms. Hemavathy (Dept of Mathematics). The programme was concluded with national anthem. Nearly 750 Girls students participated and benefitted out of this program.

L. M. M. P.
26/1/18
[A. MEKALA]

Sacred Heart College (Autonomous) –Tirupattur- 635

601

INTERNATIONAL WOMEN'S DAY 2018 PROGRAMME

Venue: Don Bosco Indoor Stadium

Time: 09.30 A.M

Date: 08.03.2018

Prayer Song

:Ms.L.JeniferKalaivani& Team, (Dept of English)

Welcome

: Ms. GeethaPriya(Dept. of Computer Science)

Felicitation

**:Rev. Dr. K.A. Maria ArokiaRaj, SDB
Addl Principal (Shift II)**

**:Rev. Dr. D Maria Antony Raj, SDB
Principal**

Inaugural Speech

: Rev. Dr. C. Antony Raj. SDB,Rector

Introducing the Chief Guest

**: Dr.A.Mekala,
Dean of Women Cell (Shift II)**

Chief Guest Address

**: Mrs.AkilaEzhilarasan, MA.,Eng
District President,
DravidaKazhagam,
Tirupattur.**

Cultural Programme

: Women Students

Vote of Thanks

: Ms. Josephine Jency(Dept.of Chemistry)

SACRED HEART COLLEGE (AUTONOMOUS), TIRUPATTUR
INTERNATIONAL WOMEN'S DAY 2018
PROGRAMME

Venue: **Don Bosco Indoor Stadium**

Time: **09.30 A.M**

Date: **08.03.2018**

The programme was started at 09.30am. Ms. L. Jenifer Kalaivani & Team, (Dept of English) started the programme with a prayer song. Ms. Geethapriya, Department of computer science welcome the gathering. Rev. Dr. K. A. Maria Arokiaraj, SDB , Additional Principal shift II welcome the chief guest Mrs. Akila Ezhilarasan, MA (English), District President, Dravida Kazhagam, Tirupattur and honor her with a memento, Dr. A. Mekala, Dean of Women Cell (Shift II) introduce the chief guest. The felicitation address was given by Rev. Dr. K. A. Maria Arokiaraj, SDB (Addl Principal shift II). Then the chief guest address was given by Mrs. Akila Ezhilarasan, MA., Eng. District President, Dravida Kazhagam, Tirupattur., She spoke about various famous women personalities and motivate the students they should come up in life by having them as a role model. Student exhibit their talents through Skit and dance. Finally the vote of thanks was given by Ms. Josephine Jensy, Department of Chemistry. The programs end up with the National anthem.

L. M. J.
9/3/18
[A. MEKALA]