



Ready for
Every Good Work

SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

6.3.1 Stress Release Program - Retreat



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ANNUAL STAFF RETREAT

The annual retreat for staff of Sacred Heart College is one of the important programmes of the College. It is considered as a privileged moment given by God to relax our mind and body and rejuvenate our inner energy. This year, 94 catholic teaching staff participated in the retreat animated by Fr. Rajkumar sdb, the rector of Don Bosco College, Dharmapuri. 91 non-catholic teaching staff were animated by Fr. Stanely Alex (cap) and 53 non-teaching staff were animated by Fr. Sundar (cap). The two days retreat went on very well to the satisfaction of all the participants. The animators gave wonderful sessions appropri-

ate for their life. The staff thanked the animators for their spiritual contribution.



Annual Teaching Staff Retreat (Non-Catholic)



The Annual Retreat for Non-Catholic Teaching Staff was held at St. Charles Matriculation Higher Secondary School, Tirupattur on 27th November, 2021 between 9:00 a.m and 4:00 p.m. Rev. Fr. Antro Belavendiran, SDB, Vice-Rector, Idhaya Jothi Novitiate, Yelagiri animated the staff on the title: "Love: A Beacon of Life". The inaugural address was delivered by Rev.

Dr. Maria Antony Raj, Principal, Sacred Heart College, Tirupattur. Dr. R. Murali, Associate Professor, Department of Mathematics, Sacred Heart College felicitated the guest of honour with a memento. The retreat was divided into three sessions. Rev. Fr. Antro Belavendiran elucidated the nuances of true love by illustrating experiences from life. The key thought was "Love is meant for the brave but not for the weak". He also highlighted the uniqueness of teaching profession and suggested valuable remedies for the challenges faced by teachers in their vocation. The sessions were interactive and activity based. Lunch was provided to the staff. During the valedictory session Dr. Pon Selva Kumar, Head, Department of Tamil, Sacred Heart College proposed the vote of thanks.

Annual Retreat for Catholic Students



The Annual Retreat for Catholic students was organized on 20th November, 2021. The theme of the retreat was "Taste and See that the Lord is Good" (Ps 34:8). Rev. Fr. Selvanathan, SDB, Rev. Fr. Xavier Raj, SDB, Mrs. Bharathi and Mr. Mohan, and Rev. Fr. Kirubakaran were the spiritual animators. Rev. Fr. Selvanathan, animated the undergraduate catholic students in the Kamarajar Arangam. Rev. Fr. Xavier Raj animated the post graduate men students

in the Carreno Hall. The postgraduate catholic women students were led into prayer by Mrs. Bharathi and Mr. Mohan. Rev. Fr. Kirubakaran, animated the Foreign and Other State students respectively. The retreat commenced with praise and worship and was followed by the sermons of the preachers. The students had an opportunity to recollect and renew themselves during the moments of adoration and confession. The retreat concluded with the Holy mass at 4.30 p.m.



Annual Retreat for the Teaching Staff (Catholic)

The Annual Retreat for Catholic Teaching Staff was held at Don Bosco Matriculation Hr. Sec. School, Tirupattur on 27th November, 2021 between 9:00 a.m and 4:00 p.m. The theme of the retreat was "Taste and See that the Lord is Good" (Ps 34:8). Rev. Fr. Stanley Alex, OFM, Rector, Fountain College, Sundampatti, Krishnagiri, was the spiritual animator for the retreat. The retreat commenced with praise and worship. The animator in his talk quoted references from the Holy Bible on

how Christ lived his life. It was an opportunity for everyone to recollect and renew themselves during the moments of adoration and confession. The retreat concluded with the Holy mass. Rev. Dr. Praveen Peter, Vice Principal, (Administration) Shift – I, was the coordinator of the retreat.

