

## PERSONAL INFORMATION

Name : \_\_\_\_\_

Reg. No. : \_\_\_\_\_ Class : \_\_\_\_\_ Combination : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Father's Name : \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone No. Student : \_\_\_\_\_ Parent : \_\_\_\_\_

Aadhar No : \_\_\_\_\_

Category : SC/ST Group I, IIA, IIB, IIIA,, IIIB, GM

Blood Group : \_\_\_\_\_

*Parent's Signature*

*Student's Signature*

*Mentor's Signature*

## **INTRODUCTION**

Madanthyar is a hamlet in the Malnad area of Dakshina Kannada. It is surrounded by rolling hills which are covered with green vegetation. Sacred Heart College is established in 1982 which is affiliated to Mangalore University. It is governed by Catholic Board of Education, Mangalore. The college offers B.A., B.Com. & B.C.A. Degree and Post Graduate Degree in M.Com. The college maintains high quality in education and secures high percentage of result as well as ranks in University Examinations.

## **VISION**

Sacred Heart College, an institution imparting quality higher education, set in peaceful environment, seeks to function through mutual love and dedicated service with efficiency and creativity, catering poor and the downtrodden, uphold the values propagated by Jesus Christ and enshrined in the constitution of India.

## **MISSION**

The College exists to impart quality higher education to all especially the poor and strives for integral development of the student through efficiency and creativity, to educate young persons to love their fellowmen through dedicated service in society and uphold the values to build Great India.

## **CORE VALUES**

- ❖ Pursuit of Excellence
- ❖ Love of fellow being
- ❖ Dedicated Service
- ❖ Moral and Cultural work
- ❖ Faith in God

# ರಾಷ್ಟ್ರಗೀತೆ

ಜನಗಣಮನ ಅಧಿನಾಯಕ ಜಯ ಹೇ |  
ಭಾರತ ಭಾಗ್ಯ ವಿಧಾತ ||  
ಪಂಜಾಬ ಸಿಂಧು ಗುಜರಾತ ಮರಾಠ |  
ದ್ರಾವಿಡ ಉತ್ಕಲ ವಂಗಾ ||  
ವಿಂಧ್ಯ ಹಿಮಾಚಲ ಯಮುನ ಗಂಗಾ |  
ಉಚ್ಛಲ ಜಲಧಿ ತರಂಗಾ ||  
ತವ ಶುಭ ನಾಮೆ ಜಾಗೇ |  
ತವ ಶುಭ ಆಶಿಷ ಮಾಗೇ ||  
ಗಾಹೇ ತವ ಜಯಗಾಥಾ |  
ಜನಗಣ ಮಂಗಳದಾಯಕ ಜಯ ಹೇ ||  
ಭಾರತ ಭಾಗ್ಯ ವಿಧಾತಾ |  
ಜಯ ಹೇ ಜಯ ಹೇ ಜಯ ಹೇ |  
ಜಯ ಜಯ ಜಯ ಜಯ ಹೇ ||

- ರವೀಂದ್ರನಾಥ ತಾಗೋರ್

## EMBLEM AND MOTTO



An artistic representation of Madanthyar nestling in the foothills of the Western Ghats and Kudremukh forms the base of the emblem. The open book and the lighted lamp stand for the aim of this institution to lead young people from the darkness of ignorance to the brightness of knowledge. The Sacred Heart of Jesus is the symbol of God's infinite love and service to mankind. The motto is "Love and Service".

## MANAGEMENT

The College has a three-tier system of management. At the apex is The Catholic Board of Education, Mangalore headed by the Bishop. At the local level, the Governing Council under the Correspondentship of the local Parish Priest sees to the administration, supervision and welfare. At the college level the Principal looks after the day-to-day affairs.

## ಪ್ರಾರ್ಥನೆ

### ನಾಡಗೀತೆ - ಜಯಹೇ ಕರ್ನಾಟಕ ಮಾತೆ

ಜೈ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ  
ಜೈ ಸುಂದರ ನದಿ ವನಗಳ ನಾಡೆ ಜಯ ಹೇ ರಸ ಋಷಿಗಳ ಬೀಡೆ  
ಭೂ ದೇವಿಯ ಮಕುಟದ ನವಮಣಿಯೇ  
ಗಂಧದ ಚೆಂದದ ಹೊನ್ನಿನ ಗಣಿಯೇ  
ರಾಘವ ಮಧುಸೂದನರವತರಿಸಿದ  
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ

ಜನನಿಯ ಜೋಗುಳ ವೇದದ ಘೋಷ ಜನನಿಗೆ ಜೀವವು ನಿನ್ನಾವೇಶ  
ಹಸುರಿನ ಗಿರಿಗಳ ಸಾಲೆ ನಿನ್ನಯ ಕೊರಳಿನ ಮಾಲೆ  
ಕಪಿಲ ಪತಂಜಲ ಗೌತಮ ಜಿನನುತೆ  
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ

ಶಂಕರ ರಾಮಾನುಜ ವಿದ್ಯಾರಣ್ಯ ಬಸವೇಶ್ವರ ಮಧ್ವರ ದಿವ್ಯಾರಣ್ಯ  
ರನ್ನ ಷಡಕ್ಷರ ಪೊನ್ನ ಪಂಪ ಲಕುಮಿಪತಿ ಜನ್ನ  
ಕುಮಾರವ್ಯಾಸರ ಮಂಗಳ ಧಾಮ ಕವಿಕೋಗಿಲೆಗಳ ಪುಣ್ಯ ರಾಮ  
ನಾನಕ ರಾಮಾನಂದ ಕಬೀರರ  
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ

ತೈಲಪ ಹೊಯ್ಸರಾಳಿದ ನಾಡೆ ಡಂಕಣ ಜಕಣರ ನೆಚ್ಚಿನ ಬೀಡೆ  
ಕೃಷ್ಣ ಶರಾವತಿ ತುಂಗಾ ಕಾವೇರಿಯ ವರರಂಗಾ  
ಜೈತನ್ಯ ಪರಮಹಂಸ ವಿವೇಕರ  
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ

ಸರ್ವಜನಾಂಗದ ಶಾಂತಿಯ ತೋಟ ರಸಿಕರ ಕಂಗಳ ಸೆಳೆಯುವ ನೋಟ  
ಹಿಂದೂ ಕ್ರೈಸ್ತ ಮುಸಲ್ಮಾನ ಪಾರಸಿಖಿ ಜೈನರುದ್ಯಾನ  
ಜನಕನ ಹೋಲುವ ದೊರೆಗಳ ಧಾಮ ಗಾಯಕ ವೈಣಿಕರಾರಾಮ  
ಕನ್ನಡ ನುಡಿ ಕುಣಿದಾಡುವ ಗೇಹ ಕನ್ನಡ ತಾಯಿಯ ಮಕ್ಕಳ ದೇಹ

ಜೈ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ  
ಜೈ ಸುಂದರ ನದಿ ವನಗಳ ನಾಡೆ ಜಯ ಹೇ ರಸ ಋಷಿಗಳ ಬೀಡೆ

- ಕುವೆಂಪು

# **THE CONSTITUTION OF INDIA**

## **PREAMBLE**

**WE, THE PEOPLE OF INDIA**, having solemnly resolved to constitute India into a **<sup>1</sup>[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

**JUSTICE**, social, economic and political;

**LIBERTY** of thought, expression, belief, faith and worship;

**EQUALITY** of status and of opportunity and to promote among them all;

**FRATERNITY** assuring the dignity of the individual and the **<sup>2</sup>[unity and integrity of the Nation]**;

**IN OUR CONSTITUENT ASSEMBLY** this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

## MANAGEMENT COMMITTEE

- Most Rev. Dr. Peter Paul Saldanha** : **President**  
Bishop of Mangalore Diocese  
Bishop's House, Mangalore - 575 003
- Rev. Msgr. Maxim Noronha** : **Vice - President**  
Vicar General, Bishop's House, Mangalore - 575 003
- Rev. Fr. Antony Michael Shera** : **Secretary**  
'Shanthi Kiran', Bajjodi, Mangalore - 575 005
- Rev. Fr. Basil Vas** : **Joint Secretary &  
Correspondent**  
Sacred Heart Church, Madanthyar - 574 224
- Dr. Joseph M.N.** : **Principal**  
Sacred Heart College, Madanthyar - 574 224
- Mr Leo Rodrigues** : **Vice President-Parish Council**
- Mr Blanny Dsouza** : **Elected from the parish Council**
- Prof. J.B. D'Souza** : **Staff Representative**
- Prof. Alex Ivan Sequeira** : **Staff Representative**
- Mrs Molly Fernandes** : **Parents' Representative**
- Mr Lancy Dcunha** : **Parents Representative**
- Mr Arun Furtado** : **Member**
- Mr Vivek Vincent Pais** : **Member**
- Mr Joel Mendonca** : **Member**
- Mr Vincent Dsouza** : **Member**

## CORRESPONDENT

**Rev. Fr Basil Vas**

## TEACHING STAFF

- Principal** : **Dr Joseph N.M.** , *M.A.(Eco), M.A.(Pol.sc),Ph.D.*
- Kannada** : **Mrs Beby A.**, *M.A*  
**Mrs. Rajeshwari M.** *M.A; B.Ed.*
- English** : **Mr. Leo Noronha**, *M.A*  
**Mrs. Asha J.T.**, *M.A.*
- Hindi** : **Mrs Seema Kausar**, *M.A*  
**Mrs Leona Pinto**, *M.A*
- History** : **Mr Alex Ivan Sequeira**, *M.A., M.Phil*  
**Dr. Norbert Mascarenhas**, *M.A.,Ph.D.*
- Economics** : **Dr Joseph N.M.**, *M.A.(Eco), M.A.(Pol.Sc),Ph.D*  
**Mr Alwyn K.G.**, *M.A*  
**Mr Arun Johnson Branco**, *M.A*  
**Ms Rakshitha S.**, *M.A*
- Political Science** : **Mr Srinath B.S.**, *M.A.*
- Sociology** : **Mr Prakash Kramadhary**, *M.A*
- Office Practice & Management** : **Mr John Baptist D'Souza**, *M.Com.*
- Commerce** : **Mr Vincent D'Souza**, *M.Com.*  
**Mr Ishwara Gowda**, *M.Com., M.A.(Eng.) MBA. M.Phil*  
**Mrs. Preethi D'Souza**, *M.Com*  
**Mr Robin Joseph Sera**, *M.Com, NET, PGDHRM*  
**Mr Prashantha M.**, *M.Com, KSET*  
**Mr Emerson Crasta**, *M.Com, KSET*  
**Ms Jeeva V.C.**, *M.Com*  
**Ms Wilma Priya Moras**, *M.Com*

## Commerce –

**P.G.Department** : **Mr Nelson Monis**, *M.Com - CO-ORDINATOR*  
**Mr. Emerson Crasta** *M.Com. KSET*  
**Ms. Priya Mathew**, *M.Com.*  
**Ms. Vaishali** *M.Com.*  
**Ms. Rashmitha Moras** *M.Com.*

## Computer

### Science

: **Mr Janardhana Rao.**, *M.C.A.*  
**Mr Rajesh Shetty.**, *M.C.A CCNA*  
**Mrs Jecintha D’Souza**, *M.Sc*  
**Ms. Divya** *M.Sc.*  
**Mrs. Smitha** *M.C.A.*

## Physical Education

### Director

: **Mr Prakash D’Souza.**, *M.P.Ed*

## Library

: **Mr Paul Menezes**, *M.Com., M.L.I.Sc.*  
*(Selection Grade Librarian)*  
**Mrs Gayathri**, *B.Sc., B.L.I.Sc. (Library Assistant)*

## Administrative

### Staff

: **Mr Peter Padmaraj** *S.D.A.*  
**Mrs. Severine DSouza**, *S.D.A.- on deputation*  
**Mrs Apoline Serrao** *Typist*  
**Mr Marcel B.S. D’Souza** *Attender*  
**Mr Felix Vas** *Peon*  
**Mr Peddy** *Peon*  
**Mr Henry S. Moras** *Peon- on deputation*  
**Mr Nagendrappa A.K.** *Peon*  
**Mr Sadashiva Shetty**, *Night Watchman*  
**Mrs Kavitha Pereira**, *Clerk*  
**Mrs Rozita Sera**, *Clerk*  
**Mr Vijith Vincent Pinto** *Clerk*



## COMMITTEES AND CELLS

<b>IQAC</b>	<b>:</b>	<b>Mr John Baptist D'Souza</b> –Co-ordinator Mr Vincent D'Souza Mr Leo Noronha Mr Alex Ivan Sequeira Mr Prakash Kramadhary Mr Ishwara Gowda P. Mrs Beby A. Mr Paul Menezes Mr Prakash D'Souza Mr Janardhan Rao Mr Nelson Monis Mr Rajesh Shetty Mr Alwyn K.G.
<b>Admission Committee</b>	<b>:</b>	<b>Mr Paul Menezes</b> , Co-Ordinator Mr Peter Padmaraj
<b>Academic Co-ordinators</b>		
<b>I B.A.</b>	<b>:</b>	<b>Mr Leo Noronha</b>
<b>II B.A.</b>	<b>:</b>	<b>Mr Alex Ivan Sequeira</b>
<b>III B.A.</b>	<b>:</b>	<b>Mr Prakash Kramadhary</b>
<b>I B.Com(A)</b>	<b>:</b>	<b>Mr. Prashanth M.</b>
<b>I B.Com(B)</b>	<b>:</b>	<b>Ms. Jeeva V.C.</b>
<b>II B.Com(A)</b>	<b>:</b>	<b>Mr. Emerson Crasta</b>
<b>II B.Com(B)</b>	<b>:</b>	<b>Mr Ishwara Gowda</b>
<b>III B.Com (A)</b>	<b>:</b>	<b>Mrs. Preethi D'Souza</b>
<b>III B.Com(B)</b>	<b>:</b>	<b>Mr Robin Joseph Sera</b>
<b>I BCA</b>	<b>:</b>	<b>Mr. Janardhana Rao</b>
<b>II BCA</b>	<b>:</b>	<b>Mrs Jecintha D'Souza</b>
<b>III BCA</b>	<b>:</b>	<b>Mr Rajesh Shetty</b>
<b>Calendar &amp; Work Diary</b>	<b>:</b>	<b>Mr Prakash Kramadhary</b> Mrs. Rozitha
<b>Time Table &amp; Calendar of Events</b>	<b>:</b>	<b>Ms Preethi D'Souza</b> Mr Robin Joseph Sera Mr Emerson Crasta

- Examination Committee** : **Mr Paul Menezes.**, Co-Ordinator  
Mr Prakash Kramadhary  
Mr Prashanth M.  
Mrs Apoline Serrao  
Mrs Gayathri  
Mrs Kavitha Pereira  
Mrs Rozita Sera  
Mr Peddy
- Student Welfare Officer & Council Directors** : **Mr Prakash Kramadhary.**, Co-ordinator  
Mr Vincent D'Souza  
Mr Peddy
- Women & Gender Sensitivity Cell** : **Mrs Beby A** , Co-ordinator  
Mrs Preethi D'Souza  
Mrs Jecintha D'Souza  
Ms. Priya Mathew  
Mrs Leona Pinto  
Mrs Gayathri P
- PTA** : **Mr Ishwara Gowda P.**, Co-ordinator  
Mr Nelson Monis  
Mrs. Preethi D'Souza  
Mrs Gayathri P.
- Alumni Association** : **Mr Paul Menezes**  
Mrs Rozita Sera
- Discipline & Anti-Ragging Committee** : **Mr Alex Ivan Sequeira**, Co-Ordinator  
Mr Leo Noronha  
Mr Prakash Kramadhary  
Mr Vincent D'Souza,  
Mr John Baptist D'Souza  
Mrs Beby A.  
Mr Prakash D'Souza

- Mid-Day Meal** : **Mr. Alwyn K.G.**, Co-Ordinator  
Mr. Emerson Crasta  
Mr Felix Vas
- Mentoring** : **Mr Nelson Monis**, Co-Ordinator  
Mr Emerson Crasta
- Library Advisory Committee** : **Mr Paul Menezes**, Co-ordinator  
Mr Vincent D’Souza  
Mr Prakash Kramadhary  
Mr Janardhana Rao  
Ms. Priya Mathew
- Grievance Redressal Cell** : **Mr. Leo Noronha**, Co-Ordinator  
Mr Alex Ivan Sequeira  
Mrs Beby A.
- Campus Improvement & Maintenance** : **Mr Prashanth M.**, Co-ordinator  
Mr Arun Johnson Branco  
Mr Marcel B.S. D’Souza  
Mr Felix Vas
- SPARSH** : **Mrs Beby A.**, Co-ordinator  
Mrs Preethi D’Souza  
Mrs Jecintha D’Souza  
Ms. Priya Mathew  
Mrs Asha J.T.  
Mrs Gayathri P.
- Website Committee** : **Mr Rajesh Shetty**, Co-ordinator  
Mrs Rozita Sera
- Nodal Officer / Election** : **Mr Srinath B.S.**
- Statistics** : **Mr Prakash Kramadhary**
- MOOCS** : **Mr Emerson Crasta**  
Mr Robin Joseph Sera
- Sakala** : Mr Vijith Vincent Pinto  
Mr. Robin Joseph Sera

<b>Media</b>		<b>Mrs Beby A.</b> , Co-ordinator Mrs Leona Pinto Mrs Rajeshwari M. Ms Vaishali Mrs Rozita Sera
<b>Purchasing</b>	:	<b>Mr John Baptist D'Souza</b> Mr Paul Menezes Mr Alex Ivan Sequeira Mr Prakash D'Souza Mr Rajesh Shetty Mrs Apoline Serrao
<b>National Service Scheme</b>	:	<b>Mr Prashanth M.</b> <i>Programme Officer Unit I</i> <b>Mr Arun Johnson Branco</b> <i>Programme officer Unit II</i> Ms. Jeeva V.C. Mr Rajesh Shetty Mrs Seema Kausar Ms. Rakshitha Mr Felix Vas Mr Nagendrappa A.K.
<b>National Cadet Corps</b>	:	<b>Lt. Alwyn K G.</b> , A.N.O.
<b>Literary Association</b>	:	<b>Mrs Beby A .</b> , Co-ordinator Mrs Seema Kausar Mrs Asha J.T. Mrs. Rajeshwari M. Mrs Leona Pinto
<b>Humanities Association</b>	:	<b>Mr Arun Johnson Branco</b> , Co-ordinator Mr Alex Ivan Sequeira Mr John Baptist D'Souza Mr Prakash Kramadhary Mr. Srinath
<b>Commerce Association</b>	:	<b>Mr Vincent D'Souza</b> , Director Mr. Emerson Crasta, Co-ordinator Mr Ishwara Gowda P. Mr Robin Joseph Sera Mrs. Preethi D'Souza Ms. Jeeva V.C.

- I.T.Forum** : **Mrs Jecintha D’Souza, Co-ordinator**  
Mr Rajesh Shetty  
Mrs Smitha  
Ms Divya
- Career Guidance & Placement Cell** : **Mr Ishwar Gowda P., Co-ordinator**  
Mr Paul Menezes  
Mr Alwyn K. G.  
Mr Robin Joseph Sera  
Mrs. Jacintha D’Souza
- Human Rights & Consumer Edn. Cell** : **Mr Srinath B.S., Co-Ordinator**  
Mr Prashantha M.
- Wall Magazine** : **Mrs Beby A., Co-ordinator**  
Mr Leo Noronha  
Mrs Seema Kausar  
Mrs Asha J.T.  
Mrs Rajeshwari M.
- Red Ribbon Club** : **Mr Prashanth M., Co-ordinator**  
Arun Johnson Branco
- SC/ST and Backward Classes Cell** : **Mr Alex Ivan Sequeira., Co-Ordinator**  
Mr Paul Menezes  
Mr Srianth B.S.  
Mrs Leona Pinto
- Sports & Games Committee** : **Mr Prakash D’Souza, Co-Ordinator**  
Mr Alex Ivan Sequeira  
Mr Nelson Monis  
Ms Preethi D’Souza  
Mr Alwyn K. G.  
Mr Peter Padmaraj  
Mrs. Rozita Sera
- Youth Red-Cross Wing** : **Mr Janardhan Rao, Co-ordinator**  
**Mr Prashantha M.**  
**Mrs. Divya**

<b>Nature Club</b>	:	<b>Mr Prashanth Co-ordinator</b> Mr Nagendrppa A.K.
<b>Annual Souvenir</b>	:	<b>Mrs Beby A., Co-ordinator</b> Mrs. Rajeshwari M. Mrs Asha J.T. Mrs Seema Kausar Mrs Rozita Sera
<b>Rovers And Rengers</b>	:	<b>Mr Srinath B. S.</b> <b>Ms Preethi D'Souza</b> Mr Emerson Crasta
<b>Staff Welfare Fund</b>	:	<b>Mr Vincent D'Souza</b> Mr Emerson Crasta
<b>Remedial Coaching</b>		<b>Mrs Preethi D'Souza</b> Mrs Rashmitha Moras
<b>UGC Projects/Planning Board</b>		<b>Principal</b> IQAC Co –Ordinator Heads of All Departments Office Superintendent Librarian Physical Education Teacher
<b>Anti-Drugs Cell</b>		<b>Mr Leo Noronha, Co-ordinator</b> Mr Robin Joseph Sera Mr Alwyn K. G Mr Srinath B S Mr Janardhan Rao
<b>Performing Arts Club</b>	:	<b>Mrs Seema Kausar, Co-ordinator</b> Mrs Asha J.T. Ms. Wilma Priya Moras Ms Rakshitha Mrs Lidwin L.P.
<b>Photography Club</b>	:	<b>Mr Prashanth M.</b> Mr Janaradhana Rao
<b>IT Head</b>	:	Mr. Rajesh Shetty
<b>Staff Secretary</b>	:	<b>Mr Vincent D'Souza</b>

## **RULES AND REGULATIONS**

### **TIMINGS:**

Forenoon: 8-45 a.m. to 12-45 p.m.

Afternoon: 1-45 p.m. to 4.45 p.m.

- The warning bell for the class is given 5 minutes before the commencement of each session and the second bell will be fixed for the commencement of the class.
- Students who arrive before the first bell must engage themselves effectively either in the library or in the classrooms.
- If students arrive after the second bell they should enter the class only after getting permission from the Principal.

### **DURATION OF THE PROGRAMMES:**

The duration of Bachelor Degree programmes is six semesters. Each semester consists of 16 weeks of study (excluding the time spent for the conduct of final examination of each semester).

### **MAXIMUM PERIOD FOR COMPLETION OF THE PROGRAMMES:**

The candidate should complete the programme within the period prescribed in the regulation governing the maximum period for completing degree from the date of admission. To entitle the degree one should pass all University prescribed examinations. For accomplishing the graduation no student will be permitted to appear the examination after the specific deadline.

### **MEDIUM OF INSTRUCTION:**

The medium of instruction and examination is in English.

### **ATTENDANCE :**

Students are required to attend all the classes. In a matter of necessity it is essential to take the possession of Principal's assent before leaving the campus. Those who violate this rule are liable to pay a fine of Rs.10/- per hour.

- To attend the semester examinations the student is required to have 75% of the attendance in each subject held during the semesters.

- If a candidate represents his/her institution/University/Karnataka State/ Nation in Sports/NCC/NSS/Cultural or any officially-sponsored activity he/she may be permitted to claim attendance for actual number of days participated based on the recommendation of the Head of the Institution. If a candidate is selected to participate in the national level events such as Republic Day Parade, he/she would be permitted to claim attendance of actual number of days participated based on the recommendation of the Head of the Institution.
- A student who doesn't fulfil the obligation of attendance even in one subject will not become qualified to take the examinations in other subjects and should repeat the course in the subsequent year.
- Attendance is mandatory for college examinations, monthly tests, class tests and also on the reopening day after vacations. Violation of the rule will be punished with a fine.
- Allowing the late comers to the class room will be at the discretion of the lecturer concerned.

#### **LEAVE:**

- Punctual and regular attendance is insisted upon. Absence without leave note will be considered an offence and will render the student liable to a fine in addition to loss of attendance.
- Application for leave should be made to the Principal in advance. When absence is due to unforeseen reasons, leave note should be submitted immediately after the student's return to the college.
- Medical certification is obligatory for the sick leave.
- Every application for leave should be countersigned by parent or guardian.

#### **STUDENT DISCIPLINE**

- All students are expected to behave politely and respectfully towards members of the staff. Exchange of greetings with members of the staff in the college or outside is insisted upon.
- Irregular attendance, insubordination and discourtesy to the teachers, habitual inattention to college work and obscenity in word or act are



sufficient reasons for the permanent or temporary dismissal of a student from the college.

- Offense such as coming late to class habitually, damaging college property, defacing the walls or furniture etc., is punishable.
- The college does not hold itself responsible for the conduct of the students outside the premises. However, serious notice will be taken of any offence committed outside and should any serious charge be fairly substantiated, the guilty would be punished depending on the gravity of offence.
- Students are forbidden to organize or attend meetings in the college except those of the college activities, to collect money for any purpose, to circulate among students any notice or petition of any kind or to paste it on the college notice board or premises.
- Students are not allowed to take part in any political agitation directed against the authority of the government. It is also the express aim of the Management to keep its staff and students free from any association with party or communal politics.
- Every Catholic student could attend any prayer service, retreat or religious classes organized in the college during the academic year.
- All students should take part in the mentoring/tutorial classes in the college.
- Books, Magazines, Newspapers etc. not approved by the Principal , are not allowed to be brought to the college.
- Students are not expected to leave the books in the class rooms after the class hours.
- The use of tobacco in any form is forbidden on the college premises.
- During the class hours lecturer's permission is to be sought to move away from one's place or to leave the room. Students are liable to be sent out of the class, if their behaviour in the class is detrimental

to its smooth functioning. They are not supposed to argue against the lecturers decision in the classroom. However, they will be given an opportunity to present their views later. A student sent out by a lecturer will not be allowed to attend any class until and unless the lecturer concerned gives permission to attend the classes.

- Causing disturbance within the college premises, library, reading room, common room, play ground, diverting attention of the students from the lecturers, insubordination and disrespect to the teacher within or outside college premises, habitual deviation from class work, frequent absenteeism, disturbing a class from outside, loitering on the corridors making noise and disturbing the classes, picking up quarrel with the staff - teaching or non-teaching - or with other students and any other act or acts which the Principal may deem as minor acts of indiscipline are minor acts of indiscipline. Punishment for those acts of indiscipline may range from issue of warning, suspension from class and keeping the offender out of class consecutively for four periods by the lecturers concerned, imposition of fine or even suspension from the college for a period of seven working days at a time by the Principal.
- Repetition of acts of indiscipline in spite of repeated warnings and penalties, attending the college dressed in a manner contrary to social norms prevailing from time to time, indecent exposure in a provocative manner, disfiguring the walls, floors, furniture etc., of the college by writing offensive and indecent slogans, wanton destruction of the college properties, instigating others to commit acts of indiscipline, organization of movements subversive of discipline of the college, physical intimidation of law-abiding students, indulging in criminal acts of any kind rousing communal and caste feelings among students, demonstration of disloyalty to the country, Constitution and Flag, ragging of any kind tending to cause physical and mental torture, attending the college in a drunken state, bringing to the college instruments like whistles, toys with the intention of creating noise and disturbing the peace of the college, possessing mobile phones, smoking on the college campus and any other act or acts which the Principal may consider as major acts of indiscipline, are major acts of indiscipline.

- Students indulging in these major acts of indiscipline are liable to be suspended or rusticated from the college or the parent/ guardian may be asked to withdraw the student from the college.
- Organizing picnics, get-togethers etc., without the participation of the faculty and the permission of the Principal is considered an act of indiscipline.

### **MOBILE PHONES: A LINE OF CAUTION**

The use of mobile phones is strictly prohibited in the college. Once confiscated, will be returned to the parents / guardian at the end of the academic year. A fine of Rs. 500/- will be levied on the spot.

#### **Note:**

- If situations require possession of mobile phones students are advised to deposit the same in the college office and collect it on leaving the campus for the day.

### **ANTI - RAGGING**

If any incident of ragging comes to the notice of the authority, the concerned students might be given liberty to explain and if his explanation is not found satisfactory, the authority would expel him from the institution.

### **DRESS**

Students, on the college premises, are expected to wear uniform on all working days.

### **INTERNAL ASSESSMENT**

- Two Internal Assessment tests will be conducted during a semester as per the University guidelines.
- The Internal Assessment marks will be based on two tests or one test and one assignment. The test will be of at least 1-hour duration. The average of the two shall be taken as the internal assessment marks.
- The marks of the internal assessment tests will be published on the notice board of the college for information of the students.
- A third test may be held only in the case of students who: are deputed

from the college to take part in N.C.C., N.S.S., Sports and cultural activities or competitions.

- Suffer from serious illness and are hospitalised,
- Have to attend last rites of family members,
- Are inconvenienced by bundhs and hartals.

In all the above circumstances barring the first one, students who are at default are required to inform the Principal or the person-in-charge within three days from the date of the examination personally along with parents or, if hospitalised, through parents only. No telephone calls or any other mode of communication will be entertained and validated in this regard.

- Students found guilty of malpractice will be debarred from writing that particular examination and will not be given a re-test in that subject.
- The progress reports of the students sent to the parents/guardians have to be returned to the Principal duly signed.

## **UNIVERSITY EXAMINATIONS**

- A candidate should register for all the papers in the subject of a semester when he/she appears for the examination of that semester for the first time.
- No candidate would be declared to have passed the First Semester Examination or as the case may be under Group I/Group II/ Group III unless he/she obtains not less than 35% marks in written examination and 35% marks in the aggregate of written examination and internal assessment put together in each of the subjects.
- In case a candidate fails in a subject, he/she shall appear for that failed subject only at subsequent regular examination within the maximum period prescribed for completing the programme by the University.
- It is the responsibility of the students to verify the entries of marks in the academic records. Discrepancies noticed by them should be brought to the notice of the Principal/office immediately.

- A candidate who fails in lower semester examinations may go to the higher semesters only on fulfilling University laid regulations from time to time.

### CLASSIFICATION OF SUCCESSFUL CANDIDATES

The results of successful candidates at the end of VI semester shall be classified on the basis of aggregate marks obtained in all the six semesters and the aggregate Grade Point Average (GPA). Declaration of Class on the basis of Percentage of Aggregate Marks :

First Class with Distinction 70% and above

First Class 60% and above but less than 70%

High Second Class 55% and above but less than 60%

Second Class 50% and above but less than 55%

Pass Class 35% and above but less than 50%

Each semester result will be declared in terms of grades. An eight point grading system which is based on the actual absolute marks scored and alpha-sign grade as described below shall be adopted. Scheme for Internal Assessment in Extra-Curricular & Co-Curricular Activities.

### NATIONAL SERVICE SCHEME:

#### 1st & 3rd Semester

**Max. Marks: 50**

I. Attendance

25

II. Regular NSS activities in the college like

a) Day camp or week end camp

10

b) Any of the five following activities of 3 marks each.

Blood Donation, Tree plantation, Programmes in the adopted village, Medical Camp, Leadership training programme, Literacy activity, Renewable and solar energy programme, Monument protection, Inter College Camp, NSS Day Celebration.

### Range of Marks:

% marks	Below 35	35-49	50-54	55-59	60-69	70-79	80-89	90-100
<b>Alpha sign Grade</b>	<b>D</b>	<b>C</b>	<b>B</b>	<b>B+</b>	<b>A</b>	<b>A+</b>	<b>A++</b>	<b>O</b>
<b>Grade Point</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>

**SCHEME FOR INTERNAL ASSESSMENT IN  
EXTRA-CURRICULAR & CO-CURRICULAR ACTIVITIES:**

**NATIONAL SERVICE SCHEME:**

**2nd & 4th Semester**

**Max. Marks: 50**

- |  |    |
|--|----|
| I. Attendance  | 25 |
| II. College level regular activities like                |    |
| a) 7 Day College Camp                                    | 10 |
| b) Week end Camp   | 05 |
| c) Any of the five following activities of 2 marks each. |    |

State level camp, University level camp, National RD/ NIC, Monument Protection, Energy club activities, AID/ HIV Awareness programme, Youth Week/Day Programmes in the adopted village, Medical Blood Donation Camp, Leadership training, Awareness Programme in the college, Participation in state level RD.

**NATIONAL CADET CORPS (N.C.C.):**

**1st & 2nd Semester**

**Max. Marks : 50**

- |  |    |
|--|----|
| I. Regular Parade Attendance :   | 25 |
| II. Participation in Trekking, Group level Camps (CATC)<br>Guard of Honour, Social Activity. | 10 |
| III. Independence Day/Republic Day/<br>(District/Taluk/College level) /College Day           | 15 |

**3rd Semester**

**Max. Marks : 50**

- |                                  |    |
|----------------------------------|----|
| I. Regular Parade Attendance :   | 25 |
| II. Any Group level Camps (CATC) | 05 |
| III. State level Camps           | 10 |
| IV. National level Camps         | 10 |

**4rd Semester**

**Max. Marks : 50**

- |                                 |    |
|---------------------------------|----|
| I. Regular Parade Attendance    | 25 |
| II. Any Group level Activity    | 05 |
| III. Any State level Activity   | 05 |
| IV. Any National level Activity | 05 |

**'B' Certificate examination :** **10**

'A' grade -10, 'B' grade -06, 'C' grade -04,

### **SPORTS & GAMES:**

Assessment of the performance in Sports and Games in each semester shall be made as per the following:

**Max. Marks: 50**

1. Attendance for Sports and Games in the college :	25
2. Participation in Intramural Sports and Games :	10
3. Representing College in Mangalore University Inter Collegiate competitions :	07
4. Winning medals in Mangalore University Inter Collegiate competitions :	03
5. University Representation :	05
6. Winning medals in Inter University competitions :	03
7. Participation at National & International Sports/ Games representing State/National Sports Assn./ Federations etc. :	02

### **Extra Curricular Activities:**

**Max. Marks : 50**

1. Attendance :	25
2. College participation :	15 (10 for participation + 05 for medals)
3. IC level participation :	05 (03 for participation + 02 for medals)
4. University :	05 (03 for participation + 02 for medals)

### **LIBRARY RULES**

- The library functions between 9 a.m. and 5 p.m.
- Strict silence should be observed inside the library.
- Each student will be issued borrower's tickets after the admission.
- Students are allowed to keep the borrowed books with them for a period of 7 days.
- Reference books and periodicals borrowed for overnight use should be returned before 9-50 a.m. on the following day.
- Books borrowed shall be returned on or before the due date. Defaulters will be fined at the rate of Rs. 0.50 per book per day.

- Students could replace or pay for the cost of any book lost or damaged by them. If one book of a set is lost or damaged the whole set shall be replaced.
- Loss of borrower's ticket(s) should be intimated to the Librarian in writing. Duplicate ticket(s) will be issued on payment of Rs.5-00 per ticket.
- Any student who is leaving the institution should return all the books and borrower's tickets given to him/her and obtain a 'No Due' certificate from the Librarian.
- The books borrowed should be properly maintained. Disfiguring books in any form is forbidden.
- Sub-lending of books borrowed is not allowed.
- Latest periodicals and journals are not permitted to be taken out of the library.

#### **BOOK BANK**

- The book Bank is a unit of the college library. It contains text - books on various subjects, which are lent to deserving students on long-term basis.
- More books will be issued subject to availability.
- The books are to be returned to the college library on the prescribed date.

#### **STUDENTS' COUNCIL**

- There will be a students' council. The office bearers and the members of the students' council are expected to cooperate with the Principal in the smooth running of the College. The Principal reserves the right to dismiss the Council, if it functions in a way which is prejudicial to the interest of the College.
- Only the students who have completed the lower examinations are eligible to contest for the class representatives. The post of President and Secretary are reserved for the elected representatives of final year degree only.



## **CLASS ROOM BEHAVIOUR**

- The working day is divided into two sessions. The morning session extends from 9:45 a.m. to 12:45 p.m. and the afternoon session is from 1:45 p.m. to 4:45p.m.
- Prayer at the beginning of the morning and afternoon session is compulsory.
- In matter of discipline, students are strictly prohibited to have even the least discussion with the Lecturers within the classroom. Students should obey the Lecturers in all respects. Any disobedience shown to the Lecturers during class hours will be seriously dealt with.
- Booming, whistling or producing non-human sounds etc. either in the Lecture halls or College Premises is forbidden.
- Putting Chappal marks on the wall or scribbling on walls, desks, benches etc., is an act of indiscipline.

## **SPORTS & GAMES**

- The College offers ample facilities for sports and games. All students are required to make the best use of these facilities.
- In all games and sports, the participants are required to conduct themselves properly both on and off the field.

## **ALUMNI ASSOCIATION**

- Sacred Heart College Old Students Association (SHCOSA) is formed to strengthen linkages between the past & present students through college development programmes. All the students who have completed their studies in our college can become the members of the Association.
- Annual membership fees is Rs. 100/- and the life membership fees is Rs. 500/ -
- The Executive Committee of the Association meets four times a year and the General body meets once in a year. The Association will conduct some of the activities for the development of our students and college.

### **THE PARENT TEACHER ASSOCIATION (PTA)**

- All Parents of the students on the roll of the College become members of the PTA on payment of the membership fee. The membership fee is Rs. 100/- per student per academic year.
- The parents have the responsibility to attend the General Body meeting of the PTA arranged by the College once in a year and other special occasions. However, the Executive Committee members of PTA meet periodically.

### **THE NATIONAL SERVICE SCHEME (NSS)**

The College has two National Service Scheme (NSS) Units with a strength of 200 volunteers to create social consciousness among college students along with the development of personality. The programme includes 120 hours of regular activities per annum for two years & Annual special camps for 6 days. 240 hours of regular NSS work and one special camp attended will be considered to issue NSS certificate by the University.

### **WOMEN'S CELL**

The College has a "Women's Cell. All girl students of the College are the members of this cell. It will organize women empowerment & welfare programmes to the students as well as to the public. The cell will endeavour to work at eliminating evils that confront young women both on the campus and outside. They also work with the local women organization & organize programmes beneficial to the public.

### **NCC**

We have a N.C.C. Unit which is affiliated to 18 Kamataka Battalion Mangalore. The programme includes physical exercise, Arms training, Leadership training & to develop discipline, Patriotic spirit and social consciousness. The cadets can also appear for 'B' and 'C' certificate Examinations.

### **HUMAN RIGHTS AND CONSUMER EDUCATION CELL**

The College has established Human Rights and Consumer Education Cell in order to achieve its goal of imparting an adequate knowledge of Human Rights to every student. Awareness of Human Rights Education to all is our ultimate aim.

## **SC/ST AND BACKWARD CLASSES CELL**

To create awareness among the SC/ST and Backward Classes on the Education and employment opportunities available we have formed this cell. This cell will work for the upliftment and to the welfare of SC/ST and Backward Classes.

## **HRD CELL**

The College has established this cell in view of helping students to get useful and systematic guidance on careers open to them in their respective field of study. It can chalk out various enrichment programmes. Counseling facilities are also available for needy students.

## **CONDUCT CERTIFICATE**

Conduct Certificate cannot be claimed as a matter of right. It has to be earned. The Principal retains the right to refuse to issue the certificate to any student whose conduct in his opinion has not been good.

## **TO PARENTS AND GUARDIANS**

- Parents or Guardians are earnestly requested to keep in touch with the Principal from time to time regarding the progress and conduct of their wards and to meet the Principal at least once in a term.
- While every effort will be made to inform the parents or guardians about the instance of serious misconduct on the part of their wards, the authorities of the college are not obliged to intimate in advance to the parents or guardians any action, which they are compelled to take against the students in the interest of the college.

## SEPTEMBER-2022

1	Thu		Commencement of I Sem Classes
2	Fri		
3	Sat		
4	Sun	H	
5	Mon		
6	Tue		
7	Wed		
8	Thu		
9	Fri		
10	Sat		
11	Sun	H	
12	Mon		
13	Tue		
14	Wed		
15	Thu		
16	Fri		
17	Sat		
18	Sun	H	
19	Mon		
20	Tue		
21	Wed		
22	Thu		
23	Fri		
24	Sat		
25	Sun	H	
26	Mon		
27	Tue		
28	Wed		
29	Thu		
30	Fri		

## OCTOBER-2022

1	Sat		
2	Sun	H	
3	Mon		
4	Tue	H	Mahanavami, Ayudha Pooja
5	Wed	H	Vijayadashami
6	Thu		
7	Fri		
8	Sat		
9	Sun	H	
10	Mon		Commencement of III and V Sem Classes
11	Tue		Commencement of I Internal Assessment Test for I Sem
12	Wed		
13	Thu		
14	Fri		
15	Sat		
16	Sun	H	
17	Mon		
18	Tue		
19	Wed		
20	Thu		Last Date for Admission for I Sem (Without Panel Charges)
21	Fri		
22	Sat		
23	Sun	H	
24	Mon	H	Naraka Chathurdashi
25	Tue		
26	Wed	H	Bali Padyami, Deepavali
27	Thu		
28	Fri		
29	Sat		
30	Sun	H	
31	Mon		

## NOVEMBER

1	Tue	H	Kannada Rajyothsava
2	Wed		
3	Thu		
4	Fri		
5	Sat		
6	Sun	H	
7	Mon		
8	Tue		
9	Wed		
10	Thu		
11	Fri	H	Kanakadasa Jayanthi
12	Sat		
13	Sun	H	
14	Mon		
15	Tue		
16	Wed		
17	Thu		
18	Fri		
19	Sat		
20	Sun	H	
21	Mon		
22	Tue		
23	Wed		
24	Thu		
25	Fri		
26	Sat		
27	Sun	H	
28	Mon		Commencement of 1st Int. Ass. Test for 3rd and 5th Sem
29	Tue		
30	Wed		

## DECEMBER-2022

1	Thu		
2	Fri		
3	Sat		
4	Sun	H	
5	Mon		
6	Tue		
7	Wed		
8	Thu		
9	Fri		
10	Sat		
11	Sun	H	
12	Mon		
13	Tue		
14	Wed		
15	Thu		
16	Fri		
17	Sat		
18	Sun	H	
19	Mon		
20	Tue		
21	Wed		
22	Thu		
23	Fri		
24	Sat		Christmas Vacation Begins
25	Sun	H	
26	Mon		
27	Tue		
28	Wed		
29	Thu		
30	Fri		
31	Sat		End of Christmas Vacation

## JANUARY-2023

1	Sun	H	
2	Mon		Commencement of I Sem Examination
3	Tue		
4	Wed		Commencement 2nd Internal Ass. Test
5	Thu		
6	Fri		
7	Sat		
8	Sun	H	
9	Mon		
10	Tue		
11	Wed		
12	Thu		
13	Fri		
14	Sat		
15	Sun	H	
16	Mon		
17	Tue		
18	Wed		
19	Thu		
20	Fri		
21	Sat		Last date for receiving annual magazine from the college for best magazine contest
22	Sun	H	
23	Mon		
24	Tue		
25	Wed		
26	Thu	H	Republic Day
27	Fri		
28	Sat		
29	Sun	H	
30	Mon		
31	Tue		



## FEBRUARY - 2023

1	Wed		
2	Thu		
3	Fri		
4	Sat		End of 1st, 3rd and 5th Sem. Classes
5	Sun	H	Commencement of Vacation for Teachers
6	Mon		Commencement of 1st, 3rd and 5th Sem Examination
7	Tue		
8	Wed		
9	Thu		
10	Fri		
11	Sat		
12	Sun	H	
13	Mon		
14	Tue		
15	Wed		
16	Thu		
17	Fri		
18	Sat	H	Mahashivarathri
19	Sun	H	
20	Mon		
21	Tue		
22	Wed		
23	Thu		
24	Fri		
25	Sat		
26	Sun		
27	Mon		
28	Tue		

## MARCH - 2023

1	Wed		
2	Thu		
3	Fri		
4	Sat		
5	Sun	H	
6	Mon		Commencement of 2nd, 4th and 6th Sem Classes
7	Tue		
8	Wed		
9	Thu		
10	Fri		
11	Sat		
12	Sun	H	
13	Mon		
14	Tue		
15	Wed		
16	Thu		
17	Fri		
18	Sat		
19	Sun	H	
20	Mon		
21	Tue		
22	Wed	H	Chandramana Yugadi
23	Thu		
24	Fri		
25	Sat		
26	Sun	H	
27	Mon		
28	Tue		
29	Wed		
30	Thu		
31	Fri		

## APRIL-2023

1	Sat		
2	Sun	H	
3	Mon	H	Mahaveera Jayanthi
4	Tue		
5	Wed		
6	Thu		
7	Fri	H	Good Friday
8	Sat		
9	Sun	H	
10	Mon		
11	Tue		
12	Wed		
13	Thu		
14	Fri	H	Dr. B.R. Ambedkar Jayanthi
15	Sat		
16	Sun	H	
17	Mon		
18	Tue		
19	Wed		
20	Thu		
21	Fri		
22	Sat	H	Ramzan
23	Sun	H	
24	Mon		Commencement of 1st Internal test
25	Tue		
26	Wed		
27	Thu		
28	Fri		
29	Sat		
30	Sun	H	

## MAY-2023

1	Mon	H	May Day
2	Tue		
3	Wed		
4	Thu		
5	Fri		
6	Sat		
7	Sun	H	
8	Mon		
9	Tue		
10	Wed		
11	Thu		
12	Fri		
13	Sat		
14	Sun	H	
15	Mon		Commencement of 2nd Int. Ass. Test for 2nd Sem.
16	Tue		
17	Wed		
18	Thu		
19	Fri		
20	Sat		
21	Sun	H	
22	Mon		
23	Tue		
24	Wed		
25	Thu		
26	Fri		
27	Sat		
28	Sun	H	
29	Mon		
30	Tue		
31	Wed		

## JUNE - 2023

1	Thu		
2	Fri		
3	Sat		
4	Sun	H	
5	Mon		
6	Tue		
7	Wed		
8	Thu		
9	Fri		
10	Sat		
11	Sun	H	
12	Mon		
13	Tue		
14	Wed		
15	Thu		
16	Fri		
17	Sat		
18	Sun	H	
19	Mon		Commencement of 2nd Internal Test
20	Tue		
21	Wed		
22	Thu		
23	Fri		
24	Sat		End of 2nd, 4th and 6th Sem. Classes
25	Sun	H	Commencement of vacation for teachers
26	Mon		
27	Tue		Commencement of 2nd, 4th and 6th Sem. Examination
28	Wed		
29	Thu	H	Bakrid
30	Fri		

## JULY-2023

1	Sat		
2	Sun	H	
3	Mon		
4	Tue		
5	Wed		
6	Thu		
7	Fri		
8	Sat		
9	Sun	H	
10	Mon		
11	Tue		
12	Wed		
13	Thu		
14	Fri		
15	Sat		
16	Sun	H	
17	Mon		
18	Tue		
19	Wed		
20	Thu		
21	Fri		
22	Sat		
23	Sun	H	
24	Mon		
25	Tue		
26	Wed		
27	Thu		
28	Fri		
29	Sat	H	Moharam
30	Sun	H	
31	Mon		

















**TIME TABLE**  
**I / III/ V Semester Classes**  
**Internal Assessment Test**

Date	Subject	Marks Obtained

**TIME TABLE**  
**I / III/ V Semester Classes**  
**Internal Assessment Test**

Date	Subject	Marks Obtained

**TIME TABLE**  
**II / IV/ VI Semester Classes**  
**Internal Assessment Test**

Date	Subject	Marks Obtained

**TIME TABLE**  
**II / IV/ VI Semester Classes**  
**Internal Assessment Test**

Date	Subject	Marks Obtained

Days	AM						P.M.	
	1 9-45 to 10-45	2 10-45 to 11-45	3 11-45 to 12-45	4 1-45 to 2-45	5 2-45 to 3-45	6 3-45 to 4-45		
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								