



# DON BOSCO ARTS AND SCIENCE COLLEGE

CO-ED

AFFILIATED TO UNIVERSITY OF MADRAS

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."

- Mahatma Gandhi





My Dear Parents,

Do you see your child all the time with the mobile phone doom scrolling?

There is growing evidence linking heavy social media use with increased risks for anxiety and depression. These mental health issues can, in turn, impact a student's college performance, such as difficulty in focusing, studying, or even simply attending class. It is important for parents and college personnel to understand what is happening on social media and how to reduce its negative impact.

Virtual spaces are everywhere in today's world and have become a constant presence in the lives of young people, offering social connectedness and the ease of instant communication. But the online world of selfies and social media also brings with it challenging situations that can have a negative impact on youth mental health.

The pressure to maintain a perfect online image, fueled by constant comparison to peers, can lead to feelings of inadequacy and anxiety. Young people may experience fear of missing out (FOMO) when they watch the highlight reels of their friends' lives, bringing on feelings of loneliness and isolation. In addition, exposure to cyberbullying and negative comments can take a toll on their self-esteem, putting them at risk of experiencing depression.

As the students are now set to get deeper into academic learning, and after the parent-professors interaction last month it is crucial for parents, teachers, coaches, counsellors, and college administrators to work together to educate and support young people in navigating responsibly the challenges of a digital world while fostering a healthy sense of self-worth and resilience.

The Media Clinique in the college is to provide educational resources that tackle these topics. For parents and college personnel, they cover the basics of what youth are doing online, how online activity can impact mental health, tips for talking to youth about difficult feelings they may experience, and how to help young people reduce the potentially harmful effects of social media.

The module also includes information and tips written exclusively for youth. Whether young people read the information on their own or discuss the topics with an adult, it is important they understand that they are not alone when they experience feelings of anxiety, depression, and loneliness and that help and support are available.

Free, confidential, anonymous screening tools are available for professors to bring in small groups of affected or addicted students to the Media Clinique for youth and parents who are concerned about their mental health. After taking a screen, results are provided along with tips for next steps.

For even more information, youth and adults can check out our book on digital parenting a survival guide to anxiety, depression, and other mental health challenges which was written for young people in order to provide clear, honest, and reassuring information about the most common digital health conditions.

Sometimes conversations about mental health can reveal that a young person has thoughts or plans to hurt themselves or another person. If this happens, they are in crisis and need help promptly. If we think a teen is in immediate danger of suicidal tendency, we send them to our Psychological Centre Niraivagam and link them to professionals.

Wishing all the very best of digital wellbeing this month.

**Fr. Rajkumar SDB**

Rector/ Secretary

# STEADY STEPS TO SUCCESS: THE POWER OF CONSISTENCY IN ACADEMICS



Dear Students,

Consistency is pivotal to success in all walks of life. This significance is amplified in the life of a student where unwavering focus, regularity, and repetition determine the trajectory of their future. Navigating the labyrinth of academics, students are expected not only to meet but often exceed expectations set by parents, teachers, and most importantly, themselves.

Understanding the academic timetable, being familiar with the faculty, having a grasp on the subject's background, and staying updated with the syllabus are fundamental. However, achieving academic excellence isn't a mere result of absorbing what's taught in class. It requires daily diligence. While a teacher's guidance is invaluable, a student's individual effort, borne out of consistent hard work, truly determines success.

Consistency can be seen as the underlying driver propelling one towards their goals. It represents a commitment to the objective, a persistence in the activities required to attain it, and a sustained, repetitive effort until the desired outcome is achieved. Here's why consistency stands out as a cardinal rule:

**Accountability:** Regular routines ensure that the responsibility for any slip-ups falls squarely on our shoulders. Consistent behaviour makes us accountable, helping us identify when we're off track and prompting necessary adjustments.

**Trust:** Walking the talk has a profound impact. When we embody consistency in our actions, we not only boost our self-confidence but also earn the trust of others, proving that we are dependable and committed.

**Relevance and Reputation:** Consistency amplifies our relevance and fortifies our reputation. In environments like business or leadership roles, having a track record of consistent performance is a testament to one's reliability, making them a preferred choice for collaboration.

**Discipline and Self-control:** Adopting consistency can be an uphill task, demanding immense self-control. But as we push ourselves to stay consistent, we inculcate discipline, sharpen our focus, and amplify our cognizance of tasks at hand. Over time, this helps in breaking detrimental habits, promoting personal growth and development.

In stark contrast, a recurring theme among many who don't achieve their desired outcomes is inconsistency. Hence, to scale the ladder of success, cultivating a consistent mindset, maintaining discipline, and showcasing intentionality in actions are indispensable.

In conclusion, dear students, remember that the journey to success isn't about sporadic bursts of brilliance but a steady, consistent march towards your goals. Embrace consistency, and let it be the compass guiding you to the pinnacle of success.

**Dr. Xavier Rajarathinam**

The Principal

## Discover your 'ikigai' for a Purpose-Driven Life



What motivates you to get out of bed in the morning? One of the practices followed by the inhabitants of at least one of the Blue Zones is finding whatever motivates you and wholeheartedly embracing it. The Japanese idea of ikigai is about finding your soul's passion and living a purposeful life. How to discover one's passion in life? Walt Disney's passion for creative thinking was the reason for an amusement creative theme park. Sachin Tendulkar's passion for cricket made him become one of the best cricket players in the world. Dr. APJ Abdul Kalam's passion for scientific research formed him to become one of the most successful scientists in ISRO. How is it possible? When we close our eyes and start meditating on ourselves, we discover our soul's passion. An idea or thought will fill all our memories and will keep our inner soul filled with passion.

Our passion will motivate us to move towards our goal. Our passion will direct our ways and moods and keep us focussed on the target. It will invigorate our inner strength to synergize and reach an optimum level of achievement. Great people are the ones who discover their passion and innate talents to achieve greater things in life. Education aims to help oneself to discover who he/she is. Parents, counselors, mentors, and educationists may play a major role in helping the students to discover their passion. All of us are gifted with some innate passion. Dare to discover your passion and give your best to achieve it. We need to discover and embrace it if we want to live a purpose-driven life.

**Rev. Fr. Kasi Sagayaraj SDB**

Vice Principal

# Finding Our Balance:

## The Quest for Peace and Harmony



In a world teeming with incessant noise, relentless news cycles, and a palpable tension felt by many, the quest for peace and harmony has never been more pressing. Yet, as much as the outer world clamors for our attention, the serenity we all desire often begins within.

From global politics to our daily lives, discord and disagreement have become pervasive. Disparate voices on social media, clashing opinions in the news, and even disputes in our local communities often overshadow the underlying human desire for calm and connection. While we cannot control everything that happens in the world, we have a significant say in how we respond. Our perceptions, actions, and daily decisions can either amplify the discord or pave a path to peace.

**Inner Reflection:** Before reacting to a situation, take a moment to reflect on your feelings and intentions. This brief pause can mean the difference between exacerbation and understanding.

**Choose Empathy:** In a world where you can be anything, be kind. Empathy is the bridge that connects disparate souls, allowing us to understand and relate to one another on a profound level.

**Limit Exposure:** While it's essential to stay informed, setting boundaries on the amount of news and social media consumed can help maintain a healthier mental space.

Peace and harmony are not just individual pursuits. They ripple outward, influencing the larger community. By fostering environments of acceptance and open dialogue, communities can thrive, celebrating differences rather than letting them divide.

**Engage in Local Initiatives:** Attend town hall meetings, participate in community-led peace talks, or volunteer for events promoting unity and understanding.

**Promote Inter-cultural Exchange:** Organizing or participating in events where different cultures come together can provide eye-opening experiences and a greater appreciation for diversity. As individuals and communities embrace peace and harmony, the effect is felt globally. A world in balance is not just a utopian dream but a tangible goal if we all play our part. **Support Peace Movements:** Back organizations and initiatives focused on conflict resolution and global peace efforts. **Travel with an Open Heart:** Experiencing new cultures firsthand fosters understanding, dispelling myths, and eroding biases.

The journey towards peace and harmony starts with individual choices, echoes through our communities, and resonates on a global scale. In the grand tapestry of life, our threads, however thin, contribute to the larger design. In our pursuit for calm amidst the chaos, we must remember – every effort, no matter how small, counts.

**Rev. Fr. Ernest Rosario, SDB**

Director of Communication

## Don Bosco Institute of Career Excellence (DICE)

### The Industrial Revolution from Industry 1.0 to 5.0

The Industrial Revolution has evolved through different stages, from Industry 1.0 to Industry 5.0, each marked by significant advancements in technology and manufacturing processes. Here's a summary of each stage:

**Industry 1.0 (1760s):** This marked the transition to new manufacturing processes using water and steam power. It revolutionized the textile industry and transportation, leading to increased production and a higher standard of living.

**Industry 2.0 (1840s):** Known as "The Technological Revolution", this period saw the introduction of superior electrical technology. It further accelerated production and the development of more sophisticated machines.

**Industry 3.0 (1970s):** The use of electronics, Information Technology (IT), and automation in production characterized this stage. It involved the advent of computers, which laid the foundation for the widespread use of computer technology in various industries. Automation and connectivity advanced manufacturing and production processes.

**Industry 4.0 (2010s):** Industry 4.0 represents the era of smart machines, storage systems, and production facilities that can autonomously exchange information and control operations without human intervention. Key elements include cyber-physical systems, the Internet of Things (IoT), cloud computing, and cognitive computing. Industry 4.0 emphasized the integration of digital technologies into manufacturing processes for increased efficiency and productivity.

**Industry 5.0 (present):** Industry 5.0 represents a shift in focus from complete automation to a more collaborative and symbiotic relationship between humans and machines. While Industry 4.0 emphasized the use of advanced technologies and autonomous systems, Industry 5.0 recognizes the value of human skills, creativity, and problem-solving abilities in the manufacturing process.

The collaboration between humans and machines in Industry 5.0 offers several benefits. It allows for more flexibility and adaptability in production processes, as humans can quickly respond to changes and handle unforeseen situations. It also enables customization and personalization of products to meet individual customer needs and preferences. The development of Industry 5.0 is an ongoing process, and its full realisation is yet to be achieved. As artificial intelligence and robotics continue to advance, the interaction between computers, robots, and human workers is expected to become more meaningful and mutual beneficial.

**Dr. A. Marcus**

Director  
Don Bosco Institute of Career Excellence

## Skill Training Program



On the 3rd of September 2023, a remarkable chapter was written in the annals of Don Bosco Arts and Science College as ten of its students participated in a life-changing sponsorship program. Organized by the Udhavum Ullangal Public Charitable Trust, this skill training program was not only a moment of pride for the College but also a stepping stone towards a brighter future for the participating students. This transformative event was made even more special by the presence of the dedicated and inspiring Mrs. Jacqueline Martin, who accompanied the students.

The Udhavum Ullangal Trust has long been synonymous with empowerment through education and skill development. Their commitment to uplifting the youth of society by providing them with the necessary skills and opportunities is truly commendable. This year, their focus was on college students, and Don Bosco College was fortunate to have ten of its students selected for this prestigious program. Under the able guidance and mentorship of Mrs. Jacqueline Martin, these ten students embarked on a journey of skill development that would not only enhance their employability but also broaden their horizons. Mrs. Martin's presence was a source of inspiration and motivation for the students as they delved into various skill training modules.

The skill training program covered a wide array of disciplines, including but not limited to technical skills, communication skills, and leadership skills. The curriculum was thoughtfully designed to equip the students with the tools and knowledge necessary to excel in their chosen fields and beyond. It was a holistic approach to education, emphasizing not only academic excellence but also practical and interpersonal skills.

One of the most heartwarming aspects of this program was the scholarship awarded to the participating students. This financial support will alleviate the burden of educational expenses, allowing these bright minds to focus on their studies and personal development without the stress of financial constraints. It's a testament to the Udhavum Ullangal Trust's commitment to nurturing talent and ensuring that no deserving student is left behind due to financial limitations.

As the program concluded, the students returned to Don Bosco College not only with newfound skills but also with a renewed sense of purpose and confidence. They had not only expanded their knowledge but had also formed lasting bonds with their peers and mentors. Mrs. Jacqueline Martin's guidance had been instrumental in their journey, and her dedication to their success was palpable throughout. The Don Bosco College community, as well as the Udhavum Ullangal Trust, celebrated the success of this collaboration. It was a shining example of how educational institutions and charitable organizations can work together to uplift the youth and empower them with the skills they need to thrive in a competitive world.

The ten students who participated in this skill training program are now better equipped to face the challenges of the modern workforce. Their experience was not just about acquiring skills; it was about personal growth, resilience, and the belief that with dedication and determination, they can achieve their dreams. As we reflect on this heartwarming story, it serves as a reminder of the power of education, mentorship, and community support. The Udhavum Ullangal Trust, Mrs. Jacqueline Martin, and Don Bosco College have collectively created a brighter future for these students, and their journey is a testament to the potential that lies within every young mind when given the right opportunities and guidance.

## Empowering Women to Launch Overseas



Don Bosco Arts and Science College, Kilpauk, Chennai witnessed an inspiring and empowering event on September 4, 2023, as they welcomed Councillor Dr. Monica Devendran, the Mayor of Amesbury and Unitary Councillor for Amesbury West, UK, to deliver a motivational talk on the theme of “Empowering Women to Launch Overseas.” The program was coordinated by Rev. Fr. Rajkumar SDB, Dr. Xavier Raja Rathinam SDB (the Principal), Rev. Fr. Sagayraj Kasi SDB (Vice-Principal), Rev. Fr. Ernest Rosario SDB (the Director), Rev. Fr. Joe Anand SDB, and Dr. Marcus (the Director of DICE). The Program was convened by Dr. MARCUS.

Dr. Monica Devendran, also known as Dr. Charulatha Devendran, is a trailblazing leader who has made history as the first British Indian from Chennai to represent historic Amesbury in the County Hall. Her remarkable journey is a testament to her academic excellence, entrepreneurial spirit, and commitment to public service.

Starting her academic journey at CSI Ewarts in Purasawalkam, Chennai, Dr. Devendran excelled in her studies. Her passion for dental surgery led her to the Meenakshi Ammal Dental College, where she received recognition for her groundbreaking research, including an award for her work on the Role of Dental Caries with ABO Blood Groups.

After completing her studies, Dr. Devendran worked as a Dental Surgeon in India before relocating to the UK. Her entrepreneurial drive led to the establishment of Graviton International in 2014, a renowned organization in Europe that connects industry leaders and professionals through research-based flagship events in various sectors.

In addition to her impressive entrepreneurial ventures, Dr. Devendran holds the prestigious position of President of the World Dental Council. Under her leadership, the council has successfully organized global dental conferences and exhibitions, including a landmark event in Chennai, India, which saw the participation of over 1500 delegates from around the world, including the Hon’ble Governor of Tamil Nadu.

Beyond her contributions to the dental field, Dr. Devendran also serves as the President of the International Awards of Excellence. This organization hosts award ceremonies at the British Parliament to recognize and celebrate industry leaders and professionals who have excelled in their respective fields.

Dr. Devendran’s dedication to public service was further evident when she was nominated by the Conservative Party to stand as a Unitary Councillor representing Amesbury West. In a competitive race against candidates from other parties, she secured an impressive majority of 62.5% of the vote share, making history as the first



Indian-born British Citizen to do so.

During her talk at Don Bosco, Dr. Devendran emphasized the importance of resilience, hard work, and self-reliance, particularly for women aspiring to launch their careers overseas. She passionately stated that women can achieve remarkable feats through dedication and determination, a philosophy she has embodied throughout her own remarkable journey.

Dr. Devendran attributes her success to her supportive family, who have been instrumental in bringing out the best in her. Her unwavering belief that “I can do all things through Christ who strengthens me” has been the driving force behind her achievements, and she continues to inspire and empower others to strive for excellence.

The event at Don Bosco Arts and Science College served as a source of inspiration for students and attendees, reaffirming the limitless potential that individuals can achieve when driven by passion and determination. Dr. Monica Devendran’s story is a shining example of what can be accomplished through hard work, resilience, and unwavering faith.



## Celebrating Teacher's Day at DBCC:

### A Day of Appreciation and Gratitude



On the 5th of September 2023, DBCC came alive with vibrant colors, joyful laughter, and a palpable sense of gratitude as the institution celebrated Teacher's Day in a grand fashion. The day was dedicated to honoring the dedicated educators who have played an instrumental role in shaping the minds and futures of countless students. Each department organized unique and heartwarming events, replete with cultural programs and heartfelt gestures of appreciation.

Teacher's Day is a special occasion that allows students to express their heartfelt appreciation for their teachers, mentors, and guides. At DBCC, this day took on a whole new level of significance, thanks to the dedicated efforts of the Student President, Vice Presidents, Secretaries, Department Secretaries, and all the Department Class Representatives. Their hard work and meticulous planning ensured that the event was nothing short of spectacular.

The celebration kicked off with each department taking the lead in honoring their teachers. This approach created a sense of unity and camaraderie among students and faculty members alike, as they came together to celebrate the noble profession of teaching.

Cultural programs were the highlight of the day, showcasing the diverse talents and creativity of DBCC's students. From mesmerizing dance performances to soulful musical renditions, each department put forth their best efforts to entertain and im-

press their teachers. The enthusiasm and dedication of the students were evident in every performance, reflecting the deep respect and admiration they hold for their educators.

Gifts and tokens of appreciation were presented to the teaching staff, symbolizing the students' heartfelt gratitude. These gestures, though small in material value, carried immense emotional weight, reinforcing the bond between students and teachers. The teaching staff at DBCC felt truly cherished and valued, knowing that their efforts were making a positive impact on the lives of their students.

A. Harihanth, the Student President, expressed his heartfelt appreciation for the teaching staff, acknowledging the pivotal role they play in nurturing and molding future leaders. His words resonated with the entire student body, emphasizing the importance of acknowledging the dedication and hard work of educators. The atmosphere throughout the day was one of joy and appreciation, with students and teachers engaging in meaningful conversations, sharing anecdotes, and fostering a sense of unity within the DBCC community. It was a day when the roles of teacher and student melted away, replaced by a profound sense of mutual respect and admiration.

As Teacher's Day celebrations concluded at DBCC, it left an indelible mark on the hearts of all those present. It served as a reminder of the transformative power of education and the profound impact that teachers have on the lives of their students. It was a day when the entire institution came together to say "thank you" to those who have dedicated their lives to lighting the path of knowledge.

In the end, Teacher's Day at DBCC was not just a celebration; it was a reaffirmation of the invaluable bond between educators and their students, a bond that transcends the classroom and lasts a lifetime. It was a day to honor, appreciate, and express gratitude to those who inspire, empower, and shape the future leaders of tomorrow.

## A Divine Celebration:

### The Feast of Our Lady of Good Health at Our College

Sept 8, 2023



On the 8th of September 2023, a profound spiritual atmosphere enveloped our college as we celebrated the dual occasion of the Blessed Mother's birthday and the Feast of Our Lady of Good Health. This spiritually enriching day was graced by the presence of Rev. Fr. Vimalan SDB, the Rector of Alangulam from the province of Trichy, who led a Holy Mass that touched the hearts and souls of all who gathered.

The Feast of Our Lady of Good Health is a special day for Christians, a time to pay homage to the Blessed Mother and seek her blessings for good health and well-being. It is also an opportunity for Christian students to deepen their faith and strengthen their spiritual connection. This year's celebration was indeed a wonderful spiritual renewal for all who participated.

The day commenced with the Holy Mass celebrated by Rev. Fr. Vimalan SDB. His presence was a source of inspiration and reverence, creating an environment conducive to prayer and reflection. During the Mass, Rev. Fr. Vimalan SDB eloquently highlighted the qualities of the Blessed Mother, emphasizing her role as a symbol of love, compassion, and guidance in the lives of believers. His words resonated deeply with the congregation, serving as a reminder of the profound significance of the occasion.

The role played by Ms. Joy Mercy and Mr. Allen Cornelius, the Peace and Harmony Club in charge, in organizing and facilitating the celebration cannot be overstated. Their dedication and commitment to ensuring the spiritual well-being of the college community were evident in every aspect of the event. Their efforts allowed the celebration to flow smoothly, fostering an environment of unity and devotion. The melodious choir, organized by Br. Peter and Br. Ronald and supported by talented students, added a celestial touch to the proceedings. Their harmonious hymns and angelic voices created an atmosphere of serenity and reverence, enhancing the overall spiritual experience. Music has a unique way of elevating the soul, and the choir's performance did just that.

The Feast of Our Lady of Good Health is not only a religious celebration but also a time for students to come together in faith and camaraderie. It serves as a reminder of the values that underpin the college's ethos, promoting a sense of unity and spirituality among the diverse student body. As the day concluded, the college community was left with a sense of spiritual fulfillment and renewed faith. The celebration of the Blessed Mother's birthday and the Feast of Our Lady of Good Health had been a powerful reminder of the importance of faith, love, and compassion in our lives.

In closing, this day of celebration and spiritual reflection was a testament to the rich spiritual heritage of our college and the dedication of those who work tirelessly to keep the flame of faith burning bright. It was a day when students and faculty members came together to honor the Blessed Mother, seek her blessings, and renew their commitment to living lives guided by the values she represents.

## YOUTH VOLUNTEERS JOIN THE FIGHT AGAINST HATE AT 'KICK THE HATE' CONCLAVE



In a powerful display of youth engagement and activism, students from diverse backgrounds converged at the Amma Arangam in Anna Nagar on September 9, 2023. They were not there merely as spectators but as volunteers, participating in the 'Kick the Hate' Conclave, organized by the renowned U-Turn Fake News Identification Network and Channel. This event transcended the boundaries of mere volunteer work, providing a platform for impassioned discussions and fostering connections with prominent activists and journalists.

The 'Kick the Hate' Conclave was a day-long event that tackled some of society's most pressing issues, featuring insightful talks by eminent chairpersons. The students, hailing from various academic backgrounds, found themselves immersed in discussions that ranged from the perils of hate campaigns in politics to the impact of hate speech on gender equality and even the role of cinema in perpetuating hate.

One of the central themes of the conclave revolved around the examination of hate campaigns employed by the ruling government. The discussions unveiled the divisive nature of hate speech in politics and its consequences for society as a whole. Attendees were left pondering the role of responsible governance in curbing the spread of hate.

Gender equality was another pivotal issue addressed at the conclave. Attendees engaged in conversations about the challenges and successes in achieving true gender parity. These discussions shed light on the ongoing struggle for equal rights and opportunities for all genders, inspiring participants to be advocates for change. In an era where media wields significant influence over public opinion, the conclave didn't shy away from examining the portrayal of hate in cinema. It underscored the importance of media responsibility and highlighted how hate can be subtly perpetuated through storytelling in films. This segment urged attendees to be critical consumers of media content.

What set this experience apart was the active involvement of the student volunteers. While they were initially invited to assist with logistics, they found ample opportunities to interact with journalists, activists, and speakers. These interactions facilitated a deeper understanding of the challenges associated with combating hate and misinformation, while also allowing students to establish valuable contacts for their future endeavors.

For their dedication and commitment to the cause of fighting hate, the student volunteers were awarded certificates of participation. In this regard, they expressed their heartfelt gratitude to several individuals and entities:

The management received recognition for their unwavering support, which enabled the students to actively participate in such a transformative event. Mr. Sukumar Thangaraj & Mr. Dinesh Balaji: The guidance and mentorship provided by these professors were instrumental in the students' successful participation. Their expertise and encouragement were deeply appreciated.

Mr. Gnana Prasak (U-Turn): The students expressed their heartfelt thanks to Mr. Gnana Prasak, the visionary behind U-Turn, for his invaluable guidance and leadership during the conclave. His expertise in identifying and combatting fake news served as a source of inspiration.

In conclusion, the 'Kick the Hate' Conclave was a powerful testament to the potential of youth engagement and activism. It served as a rallying point for students from diverse academic backgrounds to unite against hate, discrimination, and misinformation. The event not only armed them with knowledge and connections but also ignited a spark of activism that will continue to burn brightly as they carry their newfound inspiration into the future. This conclave was a resounding call to action in the ongoing fight for a more inclusive and harmonious society.

Sept 10, 2023

## Walking Towards Hope: Students Unite to Prevent Suicide



In a heartwarming display of solidarity and empathy, students from Don Bosco Arts and science college the National Service Scheme (NSS) and various academic departments came together on September 10, 2023, to participate in a 3 Km walkathon with a profound mission: to raise awareness and prevent suicide. Under the banner of "Creating Hope Through Action," this event, held in the picturesque Besant Nagar, Chennai served as a beacon of unity and compassion, drawing the active participation of 75 dedicated students.

The event was graced by two distinguished guests, each bringing their unique perspectives and inspiring messages: Mr. Siddharth, the Actor: A well-known figure in the world of cinema, Mr. Siddharth added a touch of stardom to the event. His passionate words resonated deeply as he stressed the importance of mental health and the significance of reaching out to those in need. He highlighted the profound impact each individual can make in supporting others.

Dr. Radhakrishnan, Commissioner of Greater Chennai Corporation: Dr. Radhakrishnan, a highly respected figure in public service, delivered a powerful message about the pivotal role of community involvement in preventing suicide. His words emphasized the collective responsibility we all share in nurturing hope and well-being.

The 3 Km walkathon was far more than a physical challenge; it was a symbol of unity and shared commitment. Each step taken by the students resonated with the message that together, they could create a lasting impact on the landscape of mental health awareness and suicide prevention.

The event garnered strong support from esteemed faculty members, including Mr. Irshad, Mr. Sukumar, Ms. Divine, Mr. Sivakumar, Ms. Priyadharshini and Dr. Asaikkannu. Their active participation exemplified the spirit of togetherness and mentorship that drives this noble cause forward. In this endeavor to promote mental health awareness and prevent suicide, heartfelt gratitude is extended to two remarkable individuals:

Br. Peter and team: Their unwavering support and dedication were indispensable in making the event a resounding success. Their belief in the cause and tireless efforts were truly commendable.

The meticulous planning and execution of the event were masterfully carried out by Shen and Niraivagam. Their commitment to the cause and attention to detail were evident in every aspect of the walkathon. We sincerely acknowledge Rev. Fr. Jeyaraj SDB the director of Niraivagam and Rev. Fr. Ravi SDB the Assist. Director. The 3 Km walkathon for suicide prevention was a journey of purpose, symbolizing the collective resolve of our students to create hope through action, propagate mental health awareness, and prevent suicide. As we move forward, let this event be a catalyst for continued efforts to support one another, extend a helping hand to those in need, and craft a world where hope flourishes, one step at a time.



## NURTURING FUTURE PROFESSIONALS: NAN MUDHALVAN SKILL COURSE

In the quest to prepare students for the ever-evolving job market, Nan Mudhalvan, a pioneer in skill development programs, took a significant step in shaping the future of commerce students. On the 11th and 15th of September 2023, they conducted a specialized skill course on “Freight Forwarding” for third-year students pursuing Bachelor of Commerce (B. Com) and Bachelor of Commerce in Computer Science (B.Com.CS) at an undisclosed institution.

This intensive training program was designed to empower students with practical knowledge and expertise in the field of freight forwarding. The third-year students from both B. Com and B. Com CS streams enthusiastically participated in this week-long course, demonstrating their commitment to enhancing their career prospects.

Freight forwarding is a critical component of international trade and logistics, and it plays a pivotal role in ensuring the smooth transportation of goods across borders. The complexities and nuances of this industry require individuals with specialized skills and knowledge, making it an attractive field for students pursuing commerce-related degrees.

The success of the program was attributed to the expert facilitators and industry professionals who shared their knowledge and experiences with the students. These instructors brought real-world scenarios and practical insights into the classroom, bridging the gap between theory and practice. The Nan Mudhalvan Skill Course on Freight Forwarding not only equipped the students with industry-specific skills but also instilled confidence in them to excel in the competitive job market. As they approach the end of their academic journey, these budding professionals are well-prepared to embark on careers in the dynamic and lucrative field of freight forwarding.

The Nan Mudhalvan Skill Course conducted for B. Com and B. Com CS students on the topic of freight forwarding stands as a testament to the commitment of educational institutions and skill development organizations in preparing students for the challenges of the modern world. This program not only enriched the participants with valuable knowledge but also opened doors to exciting career opportunities, ensuring a brighter future for the next generation of commerce professionals. It serves as a reminder that education is not confined to textbooks but extends to practical, real-world skills that empower individuals to thrive in their chosen fields.



## IBM Skills Build Program



On the 15th of September 2023, Don Bosco Arts and Science College and SIGA Polytechnic College, Chennai, witnessed a significant milestone in their pursuit of academic excellence and student empowerment. The prestigious IBM Skills Build Program was hosted at these esteemed institutions for the third consecutive year, reaffirming their commitment to providing students with the essential skills and knowledge required to excel in the contemporary job market.

The event was graced by the presence of esteemed dignitaries, adding an aura of significance to the program. Rev. Fr. John Alexander SDB, the Vice-Provincial of Chennai, presided over the event as the chief guest. Rev. Fr. Joseph Leo, SDB, the Director of SURABI, played a pivotal role in the organization and execution of the event, ensuring its success. Representing IBM were Mr. Vijaya Prakash and Mr. Lawrie Colaco, who brought with them a wealth of knowledge and expertise in the technology and skills development domain. The Consultant of REACHA, a key collaborator, also joined this distinguished panel of guests.

In addition to the above-mentioned dignitaries, the event saw the presence of several other notable individuals who have made significant contributions to the educational and social development sectors. Dr. Xavier, the Principal of Don Bosco Arts and Science College, and Fr. Sagayaraj Kasi, the Vice Principal, were instrumental in the coordination of the program. Rev. Fr. Joe Anand SDB, Rev. Fr. Charles Leo SDB (Vice Principal of SIGA), Rev. Fr. Sunderdoss, Rev. Fr. John Joseph SDB, and Sr. Isbell FMA, added their valuable insights and support to the event, emphasizing its importance in the context of student development.

The event began with a warm and enthusiastic welcome by Rev. Fr. Sagayaraj SDB, setting a positive tone for the gathering. Fr. Leo Joseph then took the stage to delve into the “4 why” reasons, elucidating the profound significance of students’ active participation in the IBM Skills Build Program. He emphasized the need for students to cultivate a deep understanding of why they are pursuing specific skills, thereby instilling a sense of purpose and direction in their educational journey.

The highlight of the event undoubtedly was the inspiring speech delivered by Rev. Fr. John Alexander SDB. He brought his wisdom and insights to the forefront, underlining the critical importance of competency development, skill honing, and staying updated with current employability trends. Rev. Fr. Alexander’s words resonated deeply with the students, faculty, and guests, motivating them to seize the opportunities presented by the IBM Skills Build Program.

In conclusion, the IBM Skills Build Program launch at Don Bosco Arts and Science College & SIGA Polytechnic College stands as a testament to the unwavering commitment of both institutions to equip their students with the skills and knowledge essential for success in the modern job market. Through collaborations like these, students are poised for a promising future, filled with opportunities and growth. This event serves as a beacon of hope, signaling the way forward in the realm of education and employability. Don Bosco Arts and Science College and SIGA Polytechnic College, along with IBM and SURABI, have once again demonstrated their dedication to fostering a brighter future for their students and, by extension, for society as a whole.



## Parent - Teacher Meet at DB AV Hall: A Comprehensive Overview



The esteemed DB AV Hall was abuzz with anticipation and excitement on the 16th of September, 2023, as it played host to a significant event - the Parents and Students Meet. This gathering was not just a routine assembly but a pivotal orientation program aimed at aligning the visions of parents, students, and the institution.

The event was graced by the presence of several distinguished personalities, including Fr. Raj Kumar, Dr. Xavier Raja Rathinam S, Rev. Fr. Sagayaraj Kasi SDB, Rev. Fr. Joe Anand SDB, and Dr. Marcus. Their presence not only added gravitas to the occasion but also provided invaluable insights to all attendees.

Rev. Fr. Rajkumar SDB took to the podium to address a pressing concern that many students grapple with - the "Victim Syndrome." He shed light on the challenges students face in confronting and navigating the realities of life. By highlighting this syndrome, Rev. Fr. Rajkumar SDB emphasized the need for resilience and a proactive approach to overcoming obstacles.

Dr. Xavier's address revolved around the indispensable role of parents in the holistic growth of students. He underscored the importance of a supportive home environment and the pivotal role parents play in shaping the character and future of their children.

Rev. Fr. Sagayaraj Kasi SDB, who was also the coordinator of the event, provided attendees with a comprehensive overview of the general rules and regulations of the college. His address ensured that both parents and students were on the same page regarding the institution's expectations and standards.

Dr. Marcus introduced the various special programs offered by DICE. His orientation was instrumental in enlightening the attendees about the unique opportunities available to students, ensuring they can make informed decisions about their academic journey.

After the general orientation, the event transitioned to a more personalized phase. Parents and students had the invaluable opportunity to meet with the heads of various departments and the staff in charge. These one-on-one interactions facilitated a deeper understanding of the academic and extracurricular landscape of the institution.

The Parents and Students Meet at DB AV Hall was not just an event but a bridge fostering understanding and collaboration between the institution, parents, and students. With insights from esteemed speakers and personalized interactions, the orientation program set the tone for a productive and harmonious academic year ahead.

# Artistic Endeavors at Nellam Book Store



On 7th September 2023, the bustling city of Chennai witnessed a confluence of art enthusiasts at the Nellam Book store. An art exposition that promised to be a melting pot of diverse artistic expressions from various corners of India. At the forefront of this artistic exploration were the Postgraduate Visual Communication students, eager to immerse themselves in the world of art and its myriad interpretations.

A Tapestry of Artistic Expressions the Nellam Books store, typically a haven for bibliophiles, transformed into a vibrant gallery, showcasing a plethora of artworks. From intricate sketches to expansive canvases, the exposition offered a visual treat, representing the diverse artistic traditions of India. Each piece, unique in its style and narrative, was a testament to the rich tapestry of the country's cultural heritage.

Discovering the Essence of Art For the students, the exposition was more than just a visual spectacle. It was an opportunity to delve deep into the world of art, to understand its nuances, and to appreciate its value. They were introduced to the intricate layers of meaning behind each artwork, unraveling the stories and emotions that birthed them. The exposition became a platform for them to comprehend the profound impact of art on society and its role in reflecting and shaping cultural narratives.

In the Mind of the Artist One of the highlights of the visit was the chance to get a glimpse into the minds of the artists behind the creations. Understanding an artist's perspective, their inspirations, and the thought processes that culminate in a piece of art is a rare privilege. It offers insights into the world of creativity, where imagination knows no bounds. For the students, this was a lesson in empathy, critical thinking, and the power of artistic expression.

Under the able guidance of Dr. Tamilarasu from the Department of Visual Communication, the students' experience was elevated. His insights and interpretations provided a deeper understanding of the artworks, enabling the students to view them not just as pieces of art, but as narratives with profound meanings. His mentorship ensured that the students left the exposition with a holistic understanding of the world of art.

The art exposition at Nellam Books was not just an event; it was an educational journey. For the Postgraduate Visual Communication students, it was an opportunity to step out of the confines of their classrooms and dive deep into the ocean of artistic expressions. It was a day of discovery, introspection, and a celebration of the boundless creativity that India has to offer.

## THE ELECTRIC THEATRE VISIT: Bridging the Past with the Present



The bustling city of Chennai, known for its rich history and cultural heritage, houses many landmarks that stand as testaments to its glorious past. One such landmark is the “Electric theatre,” the first cinema house of South India. This iconic establishment, which once echoed with the sounds of the silver screen, has now been repurposed into a Head post office. Yet, its walls still whisper tales of yesteryears.

On 19th September 2023, the 1st year M.sc Visual Communication students from Don Bosco arts and science college embarked on an industrial visit to this historic site. The visit was more than just a trip down memory lane; it was an educational journey that bridged the gap between classroom teachings and real-world experiences.

A Glimpse into the World of Cinema the Electric theatre, in its heyday, was a beacon for cinema lovers. As the students walked its corridors, they could almost hear the faint hum of old projectors and the excited chatter of movie-goers. Learning about the history of cinema in South India, right where it all began, added a layer of authenticity and depth to their understanding.

From Films to Philately The transformation of the Electric theatre into a Head post office is a testament to the ever-evolving nature of spaces. While the primary purpose of the building has changed, its essence remains intact. The students delved into the world of philately, exploring the evolution of communication methods. They discovered the art of stamp collection, the intrinsic value of vintage stamps, and the techniques of old stamping methods. Each stamp, with its intricate design, told a story of its own, offering insights into the socio-political climate of the times.

Guided Learning The presence of Ms. Krishna Priya and a distinguished Professor Dr. Jai Sakthivel from Dept. of Journalism and Communication, Madras University enriched the experience manifold. Their expertise and guidance ensured that the students not only saw but truly understood the historical and cultural significance of the Electric theatre and its current role as a post office. Their narratives added context, making the past come alive in the present.

The Significance of Industrial Visits Industrial visits, like the one to the Electric theatre, play a pivotal role in a student’s academic journey. They provide a tangible connection to theoretical knowledge, allowing students to see its application in the real world. Such experiences broaden horizons, encourage critical thinking, and instill a deeper appreciation for one’s field of study.

# “Heartwarming Act of Kindness: Students Unite to Donate Blood for Cancer Patients”



In a heartwarming display of compassion and selflessness, a group of dedicated students came together on September 19, 2023, to donate blood for cancer patients in need. Their noble act not only underscores their empathy but also serves as a shining example of what a united community can achieve.

Siva, a second-year B. Com student, and Dean Jones, also in their second year of B. Com, played instrumental roles in this benevolent initiative. Alongside them were Hemanth Kumar, a second-year CS student, and Thomas Britto, a second-year BA English student. These students put aside their academic pursuits to offer a lifeline to those battling cancer.

This heartwarming endeavor was successfully coordinated by Brother Peter SDB, whose guidance and support played a pivotal role in making this initiative a reality. His dedication to the cause and leadership ensured that everything ran smoothly, making it easier for the students to contribute their precious blood.

The act of donating blood is a noble gesture that can save lives and bring hope to those fighting against cancer. These students have shown not only their commitment to their studies but also their commitment to humanity. Their willingness to sacrifice their time and resources to help those in need is truly commendable.

We, as a community, appreciate the dedication and selflessness of Siva, Dean Jones, Hemanth Kumar, and Thomas Britto, along with the invaluable contribution of Brother Peter SDB. Their collective effort serves as a reminder that even small actions of kindness can make a significant difference in the lives of those who need it the most.

Let this inspiring act of goodwill motivate us all to extend a helping hand to those facing adversity, for it is in unity and compassion that we find the true essence of humanity.

## Eco Fest 2023

### A Celebration of Sustainability and Culinary Delights



On 20th September 2023, the campus buzzed with excitement and anticipation as the Eco Club rolled out its much-awaited event – the Eco Fest. Designed to be a confluence of environmental awareness and culinary appreciation, the fest was a testament to the club's commitment to promoting sustainable practices among students.

A Day with David Iassa the fest had the privilege of hosting Mr. David Iassa, the Principal of Hotel management institute as its resource person. A renowned environmentalist and advocate for sustainable living, enlightened the students with his profound insights into eco-friendly practices and their significance in today's world. His engaging sessions were not just informative but also served as a call to action, urging students to adopt a more conscious and responsible approach towards the environment.

**A Culinary Extravaganza** One of the highlights of the Eco Fest was the array of prepared food items brought in by students from various departments. This wasn't just a display of their culinary skills but also an embodiment of sustainable cooking. Using locally sourced and organic ingredients, the students showcased dishes that were not only delicious but also eco-friendly. The fest became a platform for them to highlight the importance of sustainable food choices and their impact on the environment.

**Coordinating for Success** The seamless execution of the Eco Fest was a result of the meticulous planning and coordination by Mr. Arun Kumar and Mr. Lavanya. Their dedication and passion for the cause were evident in every aspect of the event, from curating informative sessions to ensuring a diverse range of sustainable food items for attendees to savor.

**Appreciating the Value of Food** Beyond the flavors and aromas, the Eco Fest was an opportunity for students to reflect on the value of food. It was a reminder that food is not just about satiating hunger but also about understanding its source, its journey, and its impact on the planet. The students took the time to savor each bite, appreciating the effort that went into preparing each dish and the story behind its ingredients.

**In Conclusion** the Eco Fest 2023 was more than just an event; it was an experience. It brought together students from diverse backgrounds, united by their passion for the environment and their love for food. It was a day of learning, sharing, and celebrating the simple joys of life while being mindful of our responsibility towards Mother Earth.

## “Inspiring Change: ‘Idhuvum Kadandhu Pogum’ Campaign by Peace & Harmony Club and Naam Vidhaikalam”



In a world filled with constant challenges and uncertainties, the call for positive change resonates deeply. On September 21st, 2023, the Peace & Harmony Club joined hands with the esteemed NGO, Naam Vidhaikalam, to launch the inspiring campaign, “Idhuvum Kadandhu Pogum” (This Too Shall Pass). This initiative embodies the spirit of acting and embracing change as a means to create a brighter future. At the heart of this campaign stands Mrs. Monisha, a dedicated counselor and the founder of Naam Vidhaikalam.

The “Idhuvum Kadandhu Pogum” campaign serves as a beacon of hope and a catalyst for transformation. Its central theme, “Why to stop when we can just start,” challenges individuals to question the inertia that often hinders progress. Rather than waiting for change to happen, the campaign encourages people to become the architects of their own destiny. At the forefront of this campaign is Mrs. Monisha, a prominent figure in the field of counseling and the founder of Naam Vidhaikalam, a non-governmental organization dedicated to fostering personal and societal growth. With her extensive experience and passion for helping others, Mrs. Monisha has been a guiding light for countless individuals seeking positive change. As the resource person for the campaign, Mrs. Monisha brings her wisdom and insights to the forefront. Her counseling expertise, combined with her deep commitment to making a difference, has inspired many to take proactive steps towards personal and collective betterment.

The campaign’s title, “Idhuvum Kadandhu Pogum,” encapsulates the essence of resilience and adaptability. It reminds us that challenges are transient and that every difficulty can be overcome with determination and action. The theme, “Why to stop and when we can just start,” underscores the importance of taking that first step toward change. It calls upon individuals to cast aside doubt and hesitation and to embrace the power they hold to shape their own destinies.

The “Idhuvum Kadandhu Pogum” campaign is not merely a slogan but a call to action. It includes a series of events and activities aimed at empowering individuals and communities. These initiatives may encompass workshops on personal development, community engagement programs, and awareness campaigns on mental health and well-being. The collaboration between the Peace & Harmony Club and Naam Vidhaikalam demonstrates the power of unity in creating meaningful change. Together, they emphasize the importance of fostering peace, harmony, and positive transformation within communities.

The “Idhuvum Kadandhu Pogum” campaign, organized by the Peace & Harmony Club in partnership with Naam Vidhaikalam and led by the indomitable Mrs. Monisha, serves as a testament to the human spirit’s resilience and potential for growth. It encourages us to embrace change, take proactive steps, and, most importantly, believe that we have the capacity to shape a better tomorrow.

As we move forward, let us remember the campaign’s message: “Why to stop when we can just start.” This phrase encapsulates the essence of the campaign, inspiring us all to be the change we wish to see in the world and to believe that, indeed, ‘idhuvum kadandhu pogum’—this too shall pass, making way for a brighter future.

# BREAKING TABOOS

## Menstrual Wellness Awareness Program Unites Chennai University and Queen Mary's College



In a pioneering initiative to destigmatize menstruation and promote menstrual wellness, Chennai University and Queen Mary's College joined forces with Dream Kalam. On September 21, 2023, at 10 AM, they commenced a groundbreaking Menstrual Wellness Awareness Program. This program saw the esteemed presence of Dr. Vanitha Aggarwal, Coordinator of the National Service Scheme at Madras University, and Dr. Umamakeshwari, Principal of Queen Mary's College, as special guests. Expert speakers elucidated crucial insights necessary for women in today's context, making it an exceptional seminar on raising awareness. The event garnered participation from 35 NSS Volunteers of Don Bosco Arts and Science College, alongside around 700 volunteers from various colleges.

The Menstrual Wellness Awareness Program symbolized a paradigm shift in how society perceives and addresses menstrual health. It aimed to empower women with knowledge, ensuring that they no longer viewed menstruation as a taboo topic.

The presence of Dr. Vanitha Aggarwal and Dr. Umamakeshwari added gravitas to the program. Their leadership and commitment to social causes set a strong example for the participants. Their involvement underlined the importance of institutional support for such initiatives.

The program featured a lineup of speakers who delved into various aspects of menstrual wellness. They provided valuable insights on women's health, hygiene, and psychological well-being during menstruation. These discussions aimed to dispel myths and foster an environment of understanding and empathy.

The Menstrual Wellness Awareness Program transcended institutional boundaries. With 35 NSS Volunteers from Don Bosco Arts and Science College and 700 volunteers from various colleges, it became a collective effort to spread awareness and break the silence surrounding menstruation.

This program marked a significant step toward menstrual wellness awareness in Chennai. By addressing the needs and challenges faced by women today, it championed a more enlightened and inclusive society. The exchange of knowledge and ideas among the participants contributed to a healthier and more informed community.

The Menstrual Wellness Awareness Program, initiated by Chennai University and Queen Mary's College in collaboration with Dream Kalam, signifies a pivotal moment in the journey toward gender equality and empowerment. With the support of distinguished guests, passionate volunteers, and expert speakers, this event showcased the collective determination to challenge stereotypes and pave the way for a more informed and inclusive society where women can navigate their menstrual health with confidence and dignity.

# Dance Festival 2023: A Fusion of Talent and Artistry at DB Square

Sept 21, 2023



In a magnificent celebration of creativity and talent, the Cultural Club orchestrated the Interdepartmental Dance Festival 2023 on September 21st, 2023, at the illustrious DB Square. This thrilling event featured a mesmerizing array of dance performances, including solo, dual, and group dances across various styles. Prof. D. Abisha and Prof. V. Jesinthal Mary played crucial roles in shaping this cultural extravaganza, while the club expressed its gratitude to President Keertan Akash, Vice President Mahalakshmi, and Treasurer Sandhiya for their invaluable contributions.

The Interdepartmental Dance Festival 2023 was a testament to the diversity and dynamism of dance forms. It brought together students from different departments, each showcasing their unique talents and interpretations of various dance styles. The event served as a platform for self-expression, artistic exploration, and, most importantly, the celebration of unity through the universal language of dance.

One of the highlights of the festival was the inclusion of solo, dual, and group performances, catering to a wide range of artistic expressions. Solo performers captivated the audience with their individual styles, while dual dancers wove narratives through synchronized movements. Group performances showcased the power of collective creativity, as students joined forces to deliver captivating choreographies.

Prof. D. Abisha and Prof. V. Jesinthal Mary, instrumental figures in the success of Dance Festival 2023, provided mentorship and encouragement to the participating students. Their expertise and dedication played a pivotal role in nurturing the performers and ensuring the event's smooth execution.

The Cultural Club expressed its heartfelt appreciation for the leadership of President Keertan Akash, whose vision and commitment made the festival possible. Vice President Mahalakshmi's support and organizational prowess were also acknowledged, as she played a crucial role in coordinating the event's logistics. Treasurer Sandhiya's financial acumen ensured that resources were efficiently allocated for the festival's success.

Beyond the dazzling dance performances, the Interdepartmental Dance Festival 2023 was a celebration of unity within the academic community. It served as a reminder that art and culture have the power to bridge gaps, transcend boundaries, and foster a sense of togetherness.

The Cultural Club's Interdepartmental Dance Festival 2023 at DB Square was a resounding success, showcasing the vibrant tapestry of talent and creativity within the institution. The dedication of Prof. D. Abisha and Prof. V. Jesinthal Mary, along with the unwavering support of the club's leadership, ensured that this event will be remembered as a harmonious fusion of artistry and unity.

As the dancers gracefully took their final bows, it was evident that the festival had not only entertained but also inspired and united everyone in attendance. This dance extravaganza will undoubtedly serve as a cherished memory in the annals of the institution's cultural heritage.



## Exploring the Future: Commerce Department's Seminar on HR Analytics and Digital Marketing



On September 22nd, 2023, the Department of Commerce took a significant step towards embracing the future by organizing an insightful seminar on HR Analytics and Digital Marketing. The seminar, aimed at broadening students' horizons and equipping them with contemporary knowledge, featured the distinguished resource person, Prof. C.N. Kshetranga, from the prestigious corporate B-School, IIKM. The event drew enthusiastic participation from the Commerce students and was skillfully organized by the dynamic duo of Dr. Galdstan, Head of the Department, and Dr. Nancy Das, the Organizing Secretary.

The seminar provided a captivating glimpse into two crucial domains reshaping the business landscape today: HR Analytics and Digital Marketing. Prof. C.N. Kshetranga, renowned for his expertise and experience in the corporate world, led the discussions, shedding light on the latest trends, strategies, and tools that are driving these fields forward.

The Department of Commerce's decision to delve into HR Analytics and Digital Marketing reflects its commitment to ensuring that its students are well-prepared to navigate the evolving business terrain. In today's competitive job market, an understanding of these domains is invaluable, and this seminar offered Commerce students a head start in their careers.

As the resource person, Prof. C.N. Kshetranga brought a wealth of real-world insights to the seminar. His expertise in HR Analytics and Digital Marketing not only educated but also inspired the attendees. Prof. Kshetranga's interactive sessions and engaging anecdotes added depth and context to the subject matter.

The success of the seminar was a testament to the leadership and coordination skills of Dr. Galdstan, the Head of the Department of Commerce, and Dr. Nancy Das, the Organizing Secretary. Their tireless efforts ensured that the event ran smoothly, from the planning stages to its execution.

The active participation of Commerce students was the heartbeat of the seminar. Their curiosity, enthusiasm, and eagerness to learn were palpable throughout the sessions. The seminar offered them a unique opportunity to engage directly with industry insights, ask questions, and network with their peers.

The Department of Commerce's Seminar on HR Analytics and Digital Marketing was more than an educational event; it was a forward-looking initiative that empowered students with the knowledge and skills needed to excel in the modern business landscape. Prof. C.N. Kshetranga's expertise illuminated the path forward, and the dedication of Dr. Gladstan and Dr. Nancy Das ensured the seminar's seamless execution.

As the students left the seminar with newfound knowledge and inspiration, it was evident that this event would have a lasting impact on their academic and professional journeys. The Commerce Department's commitment to staying at the forefront of education and innovation continues to pave the way for future success in the field of commerce.

## A Revered Visit: Don Bosco Arts and Science Extends a Warm Welcome to Fr. Daniel, Procure of the Mission Don Bosco in Turin, Italy and Ms. Ester



On the distinguished date of September 22, 2023, Don Bosco Arts and Science College had the honor of hosting a visit by Fr. Daniel, the Procure of the Mission Don Bosco in Turin, Italy and Ms. Ester. This exceptional occasion was marked by a heartfelt reception from the students, who held these esteemed guests in the highest regard. A ceremonial felicitation was meticulously arranged to pay homage to the presence of Fr. Daniel and Ms. Easter. The event bore witness to the esteemed presence of eminent Salesians, including Fr. Don Bosco, Provincial of Chennai, Fr. Raj Kumar, Fr. Sagayaraj Kasi, Fr. Ernest, Fr. Joe Anand, and Fr. Leo, the Director of Surabi. The pivotal role played by Fr. John Christy as the translator for Fr. Daniel during his address added to the significance of this visit.

The students of Don Bosco Arts and Science College extended a warm and enthusiastic welcome to Fr. Daniel and Ms. Easter, reflecting their deep appreciation for these esteemed guests.

A specially arranged felicitation ceremony was conducted to honor Fr. Daniel and Ms. Ester. This gesture eloquently conveyed the institution's profound respect and gratitude for their presence. The visit was graced by the august presence of several eminent Salesians, including Fr. Don Bosco, the Provincial of Chennai, and other dignitaries. Their presence underscored the momentous nature of the occasion, accentuating the strong bonds between the institution and the Salesian community.

Fr. John Christy played a pivotal role as the translator for Fr. Daniel, facilitating effective communication during the visit. During his address, Fr. Daniel expounded on the cherished values of the Salesian mission, including love for the poor, unwavering commitment to society, and the dissemination of the benevolent spirit of Don Bosco. His words served as a wellspring of inspiration, reminding all present of the profound importance of service, compassion, and the enduring legacy of Don Bosco.

## Empowering Faculty: Faculty Development Program on IQAC and Hybrid Functioning ERP Portal



On September 23rd, 2023, from 9:00 AM to 1:30 PM, a dynamic Faculty Development Program unfolded in the confines of the Computer Lab. Discovering Dimensions of NAAC Resource Persons Dr. Ordetta Mendoza, Academic Coordinator, St.Claret college, Ziro, AP. The program was meticulously designed to empower faculty members with the knowledge and skills required for hybrid level functioning and to familiarize them with the ERP portal and its various modules. The training aimed to ensure that all modules could be effectively utilized with accurate data. Facilitating this enriching experience was a team of experts from Bosco Soft, who provided invaluable guidance and support to our esteemed staff members.

In the rapidly evolving landscape of education, the ability to seamlessly transition between in-person and digital learning modes is paramount. The Faculty Development Program embraced this challenge by focusing on hybrid level functioning. Faculty members were exposed to innovative teaching techniques, tools, and strategies that enable them to create a dynamic and inclusive learning environment, whether in a physical classroom or a virtual one.

The heart of modern educational institutions lies in their Enterprise Resource Planning (ERP) systems, which streamline administrative processes and enhance the overall efficiency of academic operations. The training program diligently familiarized faculty members with the ERP portal and its intricate modules. This hands-on experience allowed them to gain a comprehensive understanding of how to effectively utilize the portal to manage tasks, access resources, and optimize data for more efficient functioning.

The success of the Faculty Development Program owed much to the expertise and guidance of the team from Bosco Soft. These experts brought a wealth of knowledge and practical experience to the training sessions, ensuring that faculty members received the most up-to-date and relevant information. Their patient and engaging approach fostered a collaborative learning environment, allowing our staff members to ask questions, seek clarification, and gain confidence in navigating the ERP system.

The ultimate goal of the training program was to equip faculty members with the skills and knowledge necessary to make effective use of the ERP portal and all its modules. The program emphasized the importance of maintaining accurate and up-to-date data within the system to enhance the institution's overall functionality. The Faculty Development Program marked a significant step forward in empowering our faculty with the tools and skills needed to excel in the evolving landscape of education. The training not only familiarized them with hybrid teaching but also ensured their proficiency in utilizing the ERP portal for efficient administrative and academic tasks. As our faculty members left the Computer Lab, they carried with them a sense of confidence and readiness to embrace the challenges and opportunities that lie ahead. The commitment to excellence and adaptability displayed by the institution in organizing this program reaffirms its dedication to providing a high-quality educational experience for both faculty and students.

## Strength in Discipline: Karate Tournament Hosted by the Sports Club

On September 23rd, 2023, the Sports Club hosted a Karate Tournament for students, emphasizing discipline, focus, and skill. The event featured Kyoshi Dr. E. Kebiraj, a 7th Dan black belt and Indian Army team coach in WKF, as the distinguished leader. Faculty members, including K.S Padhma Priya and others, contributed to its success. The tournament not only showcased physical prowess but also instilled values of respect and self-control. President T.S. Sanjay Kumar and K. Kavya's support highlighted the significance of sports and fitness in the academic community. The event symbolized the institution's commitment to holistic development.



## Navigating the Digital Frontier: Seminar on The Role of Law in Regulating Social Media Data and Privacy Ms. Muskaan Ahmed



On September 25th, 2023, the Department of Corporate Secretaryship demonstrated its commitment to fostering intellectual growth by hosting a thought-provoking seminar. The event, centered on “The Role of Law in Regulating Social Media Data and Privacy,” was specially tailored for students currently enrolled in legal courses for the semester. Ms. N. Ramamani, a distinguished advocate from the High Court and an accomplished mediator, served as the esteemed resource person. The successful organization of this seminar can be attributed to the dedicated efforts of Prof. C. Arun Kumar, the Head of the Department, and Prof. Sudha.

Recognizing the ever-expanding influence of social media and its impact on privacy and data security, the Department of Corporate Secretaryship designed this seminar to equip students with a deeper understanding of the legal aspects surrounding these issues. The seminar sought to broaden their horizons, encourage critical thinking, and facilitate informed discussions on the pertinent subject matter.

The seminar was graced by the presence of Ms. N. Ramamani, a legal luminary known for her expertise in the field. Her insights into the complex intersection of law, social media, data, and privacy were invaluable. As an advocate practicing in the High Court and a skilled mediator, Ms. Ramamani provided a holistic perspective on the legal challenges posed by the digital age.

The seminar’s primary objective was to empower students with the legal knowledge and analytical skills necessary to navigate the intricacies of regulating social media data and safeguarding privacy. In an age where personal information and online interactions play an increasingly prominent role in society, understanding the legal dimensions is essential. Prof. C. Arun Kumar, the Head of the Department, played a pivotal role in conceptualizing and organizing the seminar. His vision for enhancing students’ legal education and critical thinking skills led to the creation of this impactful event. Prof. Sudha, another key organizer, contributed her expertise to ensure the seamless execution of the program.

The seminar on “The Role of Law in Regulating Social Media Data and Privacy,” hosted by the Department of Corporate Secretaryship on September 25th, 2023, was a testament to the institution’s commitment to holistic education. By providing students with exposure to contemporary legal challenges in the digital age, the department enriched their intellectual capacity and equipped them with the tools to engage with complex legal issues. As the students departed from the seminar, they carried with them a heightened awareness of the legal intricacies surrounding social media, data protection, and privacy. This knowledge will undoubtedly serve them well in their academic endeavors and future careers, reinforcing the institution’s dedication to nurturing well-rounded legal minds.

## LinkedIn Upskilling Program Phase II Building Stronger Professional Profiles



On the 25th of September 2023, the Training & Placement Cell, in collaboration with FACE PREP, proudly presented the second phase of the “Branding your Profile using LinkedIn” upskilling program. This initiative is designed to equip students with the essential skills needed to establish a strong professional presence on the widely used networking platform, LinkedIn. This Program was organized for first year students.

The program coordinators, Prof. Michal Stalin and Prof. Allen Cornelliious, have been instrumental in ensuring the success of this initiative. Their dedication to enhancing the employability and career prospects of students has been commendable. Through their guidance and expertise, students have gained valuable insights into the art of personal branding and networking on LinkedIn.

LinkedIn has become a crucial tool for professionals in today’s competitive job market. Phase II of this program built upon the foundational knowledge provided in Phase I, delving deeper into advanced strategies for optimizing LinkedIn profiles, expanding networks, and creating a compelling online presence.

By partnering with FACE PREP, the Training & Placement Cell aims to empower students with the skills and knowledge necessary to stand out to potential employers and make meaningful connections within their chosen industries.

As we continue to navigate the dynamic landscape of the job market, initiatives like “Branding your Profile using LinkedIn” are vital in preparing students for success. We extend our gratitude to Prof. Michal Stalin, Prof. Allen Cornelliious, and all those involved in organizing this program for their dedication to the professional development of our students. Together, we are shaping a brighter future for our budding professionals.

## SAHITYA KALA 2023

### A Grand Celebration of Indian Literature and Arts



In a splendid showcase of cultural diversity and artistic prowess, the Department of English organized “SAHITYA KALA” on September 27, 2023. This inter-college event served as a vibrant celebration of Indian Literature and Arts, captivating the hearts and minds of all who attended. The event featured a diverse range of activities, each designed to reflect the rich tapestry of Indian culture and creativity. From thought-provoking Book Reviews to the captivating strokes of Face Painting, the enchanting storytelling of Folk Tales, and the intriguing ‘What If?’ scenarios, there was something for everyone to enjoy.

One of the highlights of “SAHITYA KALA” was the Western Music competition, where talented performers showcased their melodious skills. The distinguished panel of judges for this category included Allwin Fernandes and Ms. Ferdora Roberts, an independent singer known for her remarkable vocal talent. The grand inauguration of this literary extravaganza was graced by the esteemed Chief Guest, Mr. Naveen Kumar N.S. A digital journalist and Creative Director at the renowned Galatta YouTube Channel, Mr. Naveen Kumar N.S. brought his insights and experience to the event, inspiring students with his journey in the world of media.

The Valedictory ceremony marked the culmination of this literary fiesta, with Mr. Vanavil.K. Ravi, a celebrated poet and Lawyer in the Madras High Court, serving as the Chief Guest. His presence added a touch of eloquence and gravitas to the closing proceedings. The Celebrity Walk featured none other than VJ Vijay, a multifaceted talent known for his prowess as a rapper, actor, and lyricist. As the Vijay TV Morattu Single Title winner, VJ Vijay’s charismatic presence lit up the event and left a lasting impression on the audience.

The success of “SAHITYA KALA” was made possible by the generous support of sponsors who recognized the importance of promoting arts and culture. We sincerely acknowledge RC Construction, UDHAYRE Tech Systems, and Medmix for their invaluable contributions. The dedicated faculty members of the English Department played a pivotal role in guiding and shaping the event. We extend our heartfelt appreciation to Prof. Abisha, the head of the department, as well as Prof. Jaswa Jabaraj, Prof. Michael, Prof. Joy Mercy, Prof. Aayushi Sharma, Prof. Jesinthal Mary, and Prof. Priyadharshini for their unwavering support.

Special recognition is due to the student core committee comprising Kane, Racheal, Brother Peter, Rejineesh, Allwyn Titus, and Kripa. These individuals were instrumental in orchestrating and executing the event, ensuring its seamless success. “SAHITYA KALA 2023” was not merely an event; it was a celebration of creativity, culture, and camaraderie. As we look forward to future editions, we remain committed to nurturing and showcasing the immense talent that lies within our student community.

## A Beacon of Excellence in Education Honored with the Best Teacher Award



On the 2nd of September 2023, a momentous occasion unfolded as the Best Teacher Award was bestowed upon Mrs. Jacqueline, a venerable educator whose tireless dedication has illuminated the path of education for the past three decades. This prestigious recognition was conferred upon her by the Commission for Other Backward Classes of the Delhi Government, acknowledging her unwavering commitment, exceptional hard work, and remarkable service to educating students.

Mrs. Jacqueline's journey in the field of education is nothing short of awe-inspiring. For 30 years, she has been a pillar of strength and a wellspring of knowledge, shaping the minds of countless young individuals who have had the privilege of being her students. Her impact on the education landscape has been profound and transformative, leaving an indelible mark on the hearts and minds of all who have crossed her path.

Dedication and commitment are the cornerstones of Mrs. Jacqueline's teaching philosophy. She has consistently gone above and beyond to nurture the intellectual and moral growth of her students. Her classrooms have always been a hub of inspiration, where every student is encouraged to dream big and work hard to achieve their goals. Mrs. Jacqueline's relentless pursuit of excellence has not only motivated her students but has also inspired her fellow educators.

Hard work, they say, is the key to success, and Mrs. Jacqueline embodies this principle. Her countless hours spent preparing engaging lessons, staying updated with the latest educational trends, and providing personalized attention to her students have not gone unnoticed. Her dedication to her craft is an inspiration to her colleagues, who strive to emulate her tireless work ethic. One of the most remarkable aspects of Mrs. Jacqueline's journey is her unwavering commitment to serving her college. She views her role not merely as a job but as a lifelong mission to empower young minds with knowledge. Her dedication to her institution has played a pivotal role in shaping it into a center of academic excellence.

The Best Teacher Award presented to Mrs. Jacqueline serves as a testament to her exceptional contributions to education. It is a recognition well-deserved, honoring a woman whose passion for teaching has touched the lives of countless individuals and enriched the community as a whole. Her students, both past and present, fondly remember her as a mentor, guide, and a source of inspiration.

In an age where education is paramount, individuals like Mrs. Jacqueline stand as beacons of hope, illuminating the path to knowledge and enlightenment. Her journey of 30 years serves as a reminder that dedication, commitment, and hard work can truly make a difference in the lives of students and in the education system as a whole.

As we celebrate Mrs. Jacqueline's remarkable achievement, let us also reflect on the profound impact that teachers have on society. They are the architects of our future, molding young minds into responsible and informed citizens. Mrs. Jacqueline's story is a shining example of the transformative power of education and the invaluable role that teachers play in shaping a brighter tomorrow.



## YMCA Champions Shine Bright: Celebrating Excellence in Boxing, Judo, and Silambam

The YMCA community has reason to celebrate as our young athletes have once again demonstrated their exceptional talent and sportsmanship in a range of disciplines. From boxing to judo and even Silambam, our champions have made us proud with their remarkable performances. Let's take a closer look at the outstanding achievements of our athletes:

Boxing - Men: S. Devanand - 3rd year B. Com General, Position: Gold, T.S. Sanjay Kumar - 3rd year Visual Communication, Position: Silver, D. Vishal Rosahn - 2nd year B. Com General, Position: Gold

Boxing - Women: K. Kaviya - 3rd year B.A. English, Position: Gold

Judo - Men: T.S. Sanjay Kumar - 3rd year Visual Communication, Position: Bronze, K.G. Vishwa - 3rd year B.Com General, Position: Bronze, M. Harish Kumar - 2nd year B.Com Corporate Secretary ship, Position: Bronze, D. Vishal Roshan - 2nd year B.Com General, Position: Bronze, M. Devaraj - 2nd year B.Com General, Position: Bronze, A. Santhosh Kumar - 1st year Visual Communication, Position: Bronze

Judo - Women:, K. Kaviya - 3rd year B.A. English Literature, Position: Gold, D. Hemalatha - 2nd year Visual Communication, Position: Silver, Lavanya - 2nd year Visual Communication, Position: Silver, Kiruthuka - 1st year B.Com Corporate Secretary ship, Position: Bronze

Silambam - Men: A. Santhosh Kumar - 1st year Visual Communication, Position: Gold (National SILAMBAM Championship)

Silambam - Women: D. Hemalatha - 2nd year Visual Communication, Position: Gold (National SILAMBAM Championship), Ragalya - 1st year B. Com Corporate Secretary ship, Position: Silver (National SILAMBAM Championship)

In addition to their impressive national achievements, our Silambam athletes, A. Santhosh Kumar and D. Hemalatha, have been selected to represent our country in the upcoming international Silambam Championship in Thailand. This prestigious opportunity is a testament to their dedication and talent, and we have no doubt that they will make YMCA and India proud on the international stage.

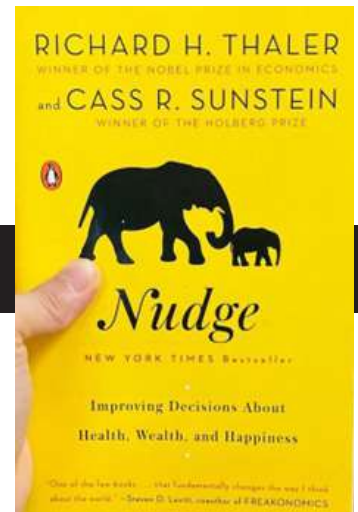
We extend our heartiest congratulations to all our talented athletes who have brought honor to YMCA through their hard work and determination. Their achievements are a source of inspiration for all of us and a reminder that with passion and dedication, anything is possible. We wish them the best of luck in their future endeavors and look forward to witnessing their continued success on both national and international platforms. We sincerely acknowledge and appreciate Ms. Padhma Priya the Director of Physical Education.!



## Nudge

by

Richard H. Thaler and Cass R. Sunstein



In a world where debates on government intervention and personal freedom continue to rage, “Nudge” by Richard H. Thaler and Cass R. Sunstein offers a refreshing perspective on how governments and organizations can subtly guide individuals towards making better choices for themselves and society as a whole. Through the concept of “choice architecture,” the authors explore the intriguing notion of “libertarian paternalism,” where freedom of choice remains intact while people are gently nudged towards more favorable decisions. Thaler and Sunstein’s book kicks off by dissecting this idea of libertarian paternalism. It posits that our choices are often heavily influenced by our surroundings, even when we believe ourselves to be acting with full autonomy. They argue convincingly that recognizing and leveraging these environmental influences can lead to better decision-making without the need for coercion or force.

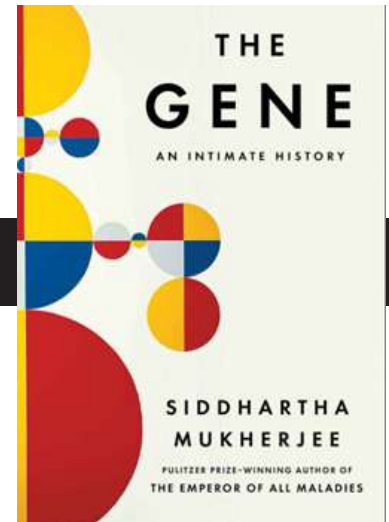
The heart of “Nudge” lies in its exploration of six practical techniques to create these behavioral nudges: Anticipating Error: This involves crafting choices in a way that reduces the likelihood of errors. For example, setting a desirable option as the default choice simplifies decision-making. Offering Defaults: Presenting a default option, which individuals can accept passively if they don’t make an active choice, can encourage healthier or more environmentally conscious decisions. Emphasizing Outcomes: Making the consequences of various choices more conspicuous can drive better decision-making. Visual aids, like graphics illustrating health risks, can be remarkably effective. Drawing Maps: Providing comprehensive information about available choices can empower individuals to make informed decisions. Websites that compare savings account options are a prime example. Narrowing the Field: Reducing the number of choices can prevent decision fatigue. Restaurants offering a concise menu of healthy options simplify the selection process.

Offering Incentives: Rewarding individuals for specific choices, such as offering employees a health insurance discount for getting a flu shot, can be a potent motivator. Throughout “Nudge,” Thaler and Sunstein offer compelling real-world examples where these techniques have made a tangible difference, from boosting organ donation rates to curbing energy consumption. What sets this book apart is its accessible language and clear explanations of complex ideas. It dismantles the notion that government intervention must be heavy-handed, illustrating how small, thoughtful nudges can produce substantial societal benefits.

However, the authors stress the importance of ethical and responsible use of nudges. They caution against manipulative practices and emphasize the need for transparency and accountability in their implementation. In a world increasingly concerned with the intersection of personal liberty and collective well-being, “Nudge” provides a thought-provoking framework for reconciling these seemingly opposing forces. This book is not just a theoretical exploration; it offers practical insights into how governments and organizations can improve lives by subtly shaping our choices. “Nudge” is a must-read for anyone interested in the future of public policy and the delicate art of influencing behavior without compromising freedom. With its global appeal, it’s no wonder this book has been translated into over 30 languages and sold over 3 million copies.

## The Gene: An Intimate History

by  
Siddhartha Mukherjee



In “The Gene: An Intimate History,” Siddhartha Mukherjee takes readers on an enlightening journey through the captivating world of genetics. This 2016 masterpiece seamlessly blends science, history, and personal anecdotes to deliver a profound narrative that leaves a lasting impact.

The book commences with a brief exploration of the history of genetics, tracing its roots from Gregor Mendel’s pioneering work to the groundbreaking discovery of DNA. Mukherjee masterfully elucidates the intricacies of various gene types and their functions, delving into the critical role genes play in shaping our traits, health, and even behavior. The author further elucidates how genes can be both influenced by and influencers of environmental factors, like diet and exposure to toxins, leading to a holistic understanding of their impact.

The latter half of “The Gene” is a thought-provoking exploration of the ethical and philosophical dilemmas posed by advances in genetics. Mukherjee delves into the potential of gene therapy to combat genetic diseases, the troubling specter of genetic discrimination, and the age-old question of whether genes dictate our destiny. Mukherjee’s writing is a marvel of clarity and engagement. He adeptly translates complex scientific concepts into accessible prose, ensuring that even those without a strong scientific background can grasp the material. His personal experiences as both a cancer patient and an oncologist add an intimate and relatable dimension to the narrative.

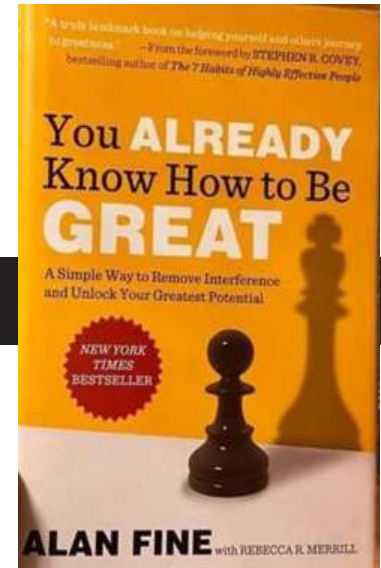
One of the book’s core messages is the power and potential of genes. It underscores how genes are not static, but dynamic entities susceptible to modification by external factors. Genetic diseases, Mukherjee explains, often result from mutations in genes, but he also highlights the promising frontier of gene therapy as a potential cure. Moreover, Mukherjee astutely raises concerns about genetic discrimination, an issue that looms large as the genetic landscape evolves. He prompts readers to ponder the ethical implications of a society where genetic information might be used to unfairly discriminate against individuals.

“The Gene: An Intimate History” is a must-read for anyone curious about the profound influence of genes on our health, society, and future. Mukherjee’s exploration of the gene’s multifaceted role in our lives is not only informative but also deeply thought-provoking.

In conclusion, this book stands as a testament to the power of science writing to bridge the gap between experts and the general public. Mukherjee’s clear, engaging style, comprehensive overview of genetics, and exploration of ethical and philosophical quandaries make “The Gene: An Intimate History” a remarkable and impactful work. It has rightfully earned its place as a commercial success and a cornerstone in the understanding of genetics. If you seek to broaden your comprehension of this fundamental aspect of biology and its far-reaching implications, “The Gene” is a compelling and rewarding choice.

# You Already Know How to Be Great

by  
Alane Fine



Alan Fine's book, *You Already Know How to Be Great*, is a motivational and insightful guide that empowers readers to unlock their full potential and achieve greatness in their lives. Drawing upon years of coaching experience and personal development wisdom, Fine distills essential lessons into a practical and inspiring narrative.

**Unleash Your Potential:** Fine's foundational message is that greatness resides within everyone. You don't need exceptional talents from birth; you possess untapped potential waiting to be discovered.

**Confront Fear:** Fear is the primary obstacle that hinders personal growth and achievement. Acknowledge and face your fears head-on to diminish their influence.

**Face Your Fears:** Avoidance only strengthens fear's grip. The more you confront your fears, the more they lose their power over you.

**Craft a Vision:** Greatness starts with a clear vision of what you want to accomplish. Define your goals and aspirations to create a roadmap for your journey.

**Set Specific Goals:** General aspirations are insufficient. Define your goals with precision to measure your progress and stay focused.

**Act:** Dreams alone won't suffice. Daily action is the key to turning your vision into reality. Commit to consistent effort.

**Persist in the Face of Setbacks:** Setbacks and failures are part of any journey. Persistence and resilience are crucial; don't let obstacles deter you.

**Continual Learning:** Embrace a growth mindset. The world is ever-changing, and your ability to adapt and learn is vital for sustained success.

**Surround Yourself with Positivity:** Your environment and the people you associate with profoundly impact your journey. Seek out positive influences and supportive individuals.

**Celebrate Success:** Acknowledge and celebrate your achievements, no matter how small. Recognizing your progress reinforces motivation and focus.

Alan Fine's book is a beacon of encouragement and practical guidance for those looking to reach their full potential. It's a reminder that greatness is not reserved for a select few but is attainable by anyone willing to embrace these key principles. Whether you're seeking personal or professional growth, "You Already Know How to Be Great" offers valuable insights and actionable steps to help you on your journey toward greatness.

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