



DON BOSCO ARTS AND SCIENCE COLLEGE
AFFILIATED TO UNIVERSITY OF MADRAS

CO-ED

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World Health Day



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Empowering Change:

The Critical Role of India's Youth in Shaping Democracy

In the vibrant tapestry of Indian democracy, each election cycle presents a momentous opportunity to shape the future of the nation. As the world's largest democracy gears up for another electoral exercise, the spotlight turns to its youngest voters. With nearly two-thirds of its population under the age of 35, India's youth hold the power to influence their country's direction for decades to come, not just with a ballot but with their collective will. This article serves as a clarion call to these young citizens: 'Your Vote, Your Future'



India's demographic dividend is not just a statistic; it's a reservoir of potential and change. Young voters bring fresh perspectives, new ideas, and an innate understanding of the challenges and opportunities that lie ahead. They are voting not only for the next five years but also laying the foundation for their own future and those of generations to follow. Their votes carry the weight of aspirations for better education, employment, environmental sustainability, and social equality.

The issues that dominate electoral campaigns often directly affect the youth of India. Employment rates, educational reforms, climate change policies, and digital privacy laws are not abstract concepts but real challenges that will shape their lives. Engaging with these issues allows young voters to ensure that their voices are heard and to hold leaders accountable for their promises and performance.

In an era where information is at our fingertips, young voters have unprecedented access to data on political parties, their manifestos, and their track records. Social media platforms, digital forums, and news apps play a crucial role in shaping opinions and fostering debates. However, the responsibility lies with discerning fact from fiction, critically analysing information, and making informed decisions that transcend the echo chambers of online discourse.

Despite the potential for significant impact, young voter turnout has often been inconsistent. Apathy, disillusionment with the political process, or a sense of futility can deter engagement. Overcoming these barriers means recognizing the power of individual and collective action. Each vote is a building block in the edifice of democracy, and abstaining from voting only diminishes one's say in how the country is run.

Encouraging young voter participation requires concerted efforts from all sectors of society. Educational institutions, civil society organizations, and the media have pivotal roles in fostering a culture of political engagement. Voter registration drives, awareness campaigns about the importance of each vote, and platforms for dialogue between the youth and political candidates can bridge gaps and build trust in the democratic process.

Young voters of India, the future is not merely inherited—it is shaped by your actions. With each election, you are given a canvas to paint the India you wish to see. Your vote is your voice, your weapon, your tool for change. It is a privilege and a responsibility. As you stand at the precipice of history, remember: the choices you make at the ballot box will echo through the annals of time.

Your vote, your future. Let it be a future forged by informed choices, optimism, and the indomitable spirit of youth. The time to act is now.

Fr. Rajkumar SDB
Rector/ Secretary

The Power of Mindfulness:

Exploring its Benefits on Mental Well-being, Stress Reduction, and Emotional Regulation

In the hustle and bustle of modern life, where demands and distractions abound, finding moments of peace and clarity can seem like a distant dream. However, amidst the chaos, there lies a powerful tool that has been gaining traction in recent years for its transformative effects on mental well-being: Mindfulness.



Mindfulness, rooted in ancient contemplative traditions, is the practice of intentionally paying attention to the present moment with openness, curiosity, and acceptance. It involves bringing awareness to our thoughts, feelings, bodily sensations, and surrounding environment without judgment.

One of the most compelling aspects of mindfulness is its profound impact on mental health and well-being. Numerous studies have shown that regular mindfulness practice can lead to a myriad of benefits, ranging from reduced stress and anxiety to improved mood and emotional regulation.

At the heart of mindfulness, lies its ability to cultivate a sense of presence and awareness, allowing individuals to disengage from rumination and worry about the past or future. By anchoring our attention to the present moment, mindfulness helps break the cycle of negative thought patterns and fosters a greater sense of calm and equanimity.

Furthermore, mindfulness has been found to enhance emotional regulation—the ability to recognize, understand, and manage one's emotions effectively. Through mindfulness practice, individuals learn to observe their emotions as they arise without becoming overwhelmed or reactive. This increased emotional awareness allows for more adaptive responses to challenging situations, reducing the likelihood of impulsive or harmful behaviors.

Moreover, mindfulness has been shown to promote resilience—the capacity to bounce back from adversity and navigate life's ups and downs with greater ease. By fostering a non-judgmental attitude towards our experiences, mindfulness encourages self-compassion and self-care, providing a buffer against the stresses and strains of daily life.

In addition to its mental health benefits, mindfulness has also been linked to improvements in physical health, including reduced blood pressure, improved sleep quality, and enhanced immune function. By promoting relaxation and stress reduction, mindfulness practice can have far-reaching effects on overall well-being and quality of life.

In conclusion, the power of mindfulness cannot be overstated. By cultivating present moment awareness and non-judgmental acceptance, mindfulness offers a path to greater mental clarity, emotional resilience, and overall well-being. Whether through formal meditation practices or simple everyday mindfulness exercises, integrating mindfulness into our lives can be a transformative journey towards a healthier, happier, and more balanced existence.

Dr. Xavier Rajarathinam

The Principal

Fuel Your Dreams:

Transforming Obstacles into Opportunities

In life, obstacles are inevitable. They come in various forms, challenging us and sometimes even deterring us from pursuing our dreams. However, it's how we perceive and handle these obstacles that truly define our journey. Instead of allowing them to thwart our aspirations, we have the power to transform these obstacles into opportunities, fueling our dreams and propelling us towards success.



Consider the story of J.K. Rowling, the author of the beloved Harry Potter series.

Before achieving literary fame, Rowling faced numerous setbacks. She battled poverty, endured the loss of her mother, and struggled as a single parent. Rejection letters from publishers seemed to signal the end of her dream of becoming a published author. However, Rowling refused to let these obstacles define her. Instead, she used them as fuel to persevere. She transformed her struggles into inspiration, channeling her emotions and experiences into the magical world of Hogwarts. Ultimately, her resilience and determination led to the creation of one of the most successful book series in history.

Central to transforming obstacles into opportunities is adopting a growth mindset. This mindset, championed by psychologist Carol Dweck, emphasizes the belief that abilities and intelligence can be developed through dedication and hard work. Those with a growth mindset, view challenges as opportunities for growth rather than insurmountable barriers. They embrace setbacks as learning experiences, recognizing that failure is not the end but a stepping stone on the path to success.

An example of this mindset in action is the journey of Elon Musk, the visionary entrepreneur behind companies like Tesla and SpaceX. Musk has faced numerous setbacks and failures throughout his career, from the near-bankruptcy of Tesla to multiple rocket launch failures at SpaceX. However, Musk approaches these challenges with unwavering optimism and resilience. He sees each setback as an opportunity to learn and improve, iterating on his ideas and pushing the boundaries of innovation. Through his perseverance and willingness to embrace failure, Musk has transformed obstacles into opportunities, revolutionizing industries and realizing his audacious dreams.

In our pursuit of dreams, a growth mindset is crucial, but practical strategies are equally important. Embrace failure as a learning opportunity, seeking lessons to inform your next steps. Surround yourself with supportive networks for guidance during challenges. Break daunting obstacles into manageable tasks, celebrating small victories along the way. Stay flexible, adapting to changes on the journey towards your dreams. By combining a growth mindset with practical strategies, we can turn challenges into opportunities, fueling our dreams and propelling us towards success.

Rev. Fr. Ernest Rosario, SDB

Director of Communication

How to Work with People You Don't Like

It is easy to chalk up conflicts to poor 'chemistry' with another person, but everyone has different style, and often, being aware of those differences can help. We are often trying to get something done that matters to us. However, to do this, we need to work with others. These 'others' include people we don't agree with, like, or trust, so working with them seems impossible – like collaborating with the enemy.



Here are some key takeaways: **Listening is the First Step to Addressing the Issues:** Sometimes, we fail to observe what is going on around us. We are fully engrossed in our problems. We may not listen to the other person. So, we fail to fully understand the situation. This involves actively listening to opposing viewpoints, seeking to understand the rationale behind them, and clearly articulating your perspective.

Move Beyond Misunderstanding: Never brood over your past and take courageous steps to clarify and confront the issues and problems that can give you better clarity and help overcome your prejudiced and wrong notions.

Dare to Dialogue is the Key Step to Opening Conversation: The best way to put an end to our long faces and resentment is to open a conversation. People should be frank enough to share the genuine situation and reasons for misunderstanding that will break through a new beginning.

Appreciate and Celebrate Differences: Our natural tendency might be to shy away from conflict, fearing it will derail the collaboration entirely. We need to understand that suppressed conflict is more harmful. Unacknowledged differences can fester beneath the surface, breeding resentment and hindering progress. We need to give space and time so that differences can be celebrated. Appreciate what is good in others and celebrate the differences.

Rev. Fr. Kasi Sagayaraj SDB

Vice Principal

The Future of Work: Thriving in the Age of AI

Artificial Intelligence (AI) is rapidly transforming the world, impacting how we work and live. Understanding AI's influence is crucial for those entering the workforce.



Healthcare is a prime example. AI-powered diagnostics assist doctors in analyzing medical images with greater accuracy, leading to earlier diagnoses and better patient outcomes. AI is also being used to develop personalized treatment plans and even power robotic surgery systems.

The financial sector is another area experiencing significant AI transformation. AI algorithms are used to detect fraud, personalize financial products, and even make investment decisions. While this automation streamlines processes, it raises questions about job displacement and the ethics of AI-driven financial decisions.

In education, AI is creating personalized learning experiences. AI-powered tutors provide targeted instruction, allowing students to learn at their own pace. Additionally, AI automates administrative tasks, freeing up educators for more individualized interaction. AI's impact extends beyond these core sectors. It is transforming manufacturing by optimizing production lines and improving quality control. In transportation, AI is paving the way for self-driving cars and drones, while the creative industries are embracing AI for music generation, scriptwriting, and product design.

Preparing for the AI-powered Workplace

- Critical thinking and problem-solving – AI excel at data analysis and pattern recognition but struggles with complex situations. One has to hone their ability to analyze information, identify problems, and develop innovative solutions.
- Lifelong learning – The world of AI is constantly evolving. Cultivate a growth mindset and continuously learn. Stay updated on advancements in AI and its effect on your chosen field. Explore online courses, attend industry workshops, and network with professionals.
- Human-Centric skills – AI will automate tasks, but human skills like communication, collaboration, empathy, and emotional intelligence will remain crucial. Develop strong communication skills to convey ideas and collaborate effectively. The future worker has to develop strong communication skills to convey ideas and collaborate effectively and sharpen their leadership skills to inspire and motivate others.
- Adaptability – The future workplace demands flexibility and the ability to adapt to change. Be open to learning new skills and taking on new challenges. This adaptability will ensure the aspirant to thrive in a constantly evolving work environment.

The rise of AI presents challenges and opportunities. By developing core skills, embracing lifelong learning, and focusing on human-centric abilities, future workers can position themselves to thrive in the AI-powered world of work. It has to be remembered that AI is a tool, and the key to success lies in leveraging its capabilities to enhance human skills and creativity.

This article coincides with the theme explored at the International Conference on “Harmonizing AI and Humanities for a Sustainable Societal Discourse,” organized by the Department of Commerce & Corporate Secretaryship, which delves into the critical perspective of the human element in Artificial Intelligence.

Dr. Marcus

Director of DICE

Lenten Renewal

DBCC Christian Students Embrace Lenten Renewal with Holy Eucharist



Moreover, the First Friday Holy Eucharist Mass fostered a sense of unity and solidarity among students as they united in worship and prayer. It cultivated a spirit of camaraderie and togetherness within the college's Christian community, underscoring the significance of collective faith and support during the Lenten period.

In addition to providing spiritual sustenance, the Mass also served as a platform for students to engage in acts of service and charity. Throughout Lent, students actively participated in various outreach activities, extending acts of love and compassion to those in need within the wider community.

Don Bosco Arts and Science College assembled in solemn reverence for the First Friday Holy Eucharist Mass, presided over by Rev. Fr. Selvaraj SDB. This sacred occasion marked a pivotal moment for spiritual renewal as the college community embarked on their Lenten journey. As we are in the session Lenten grace, students seized the opportunity to delve deeper into their spiritual lives and rekindle their connection with their faith. Rev. Fr. Selvaraj delivered a compelling message during the Mass, emphasizing the paramount importance of divine love and fostering love and compassion towards one another.



The Mass served as a guiding beacon for students as they navigated the challenges of Lent, affording them a chance to introspect on their spiritual odyssey and reaffirm their dedication to living lives imbued with love and grace. As the month of Lent unfolded, the college community steadfastly embraced their devotion, embracing the sacred mystery and the transformative power it holds during the Lenten season.



ComFestia'24

A Spectacular Display of Talent and Knowledge



The campus of Don Bosco Arts and Science College was abuzz with excitement and enthusiasm as students from various colleges converged to participate in ComFestia'24, an inter-collegiate event organized by the Department of Commerce and the Department of Corporate Secretaryship.

The event, held on March 2, 2024, aimed to provide a platform for students to showcase their talents and skills in a diverse range of activities. From the moment the doors opened for on-spot registration at 8:30 am, the campus was filled with eager participants ready to sign up for the program.

The formal inauguration ceremony commenced promptly at 10 A.M in the Bi-Centenary Hall, with a rendition of the Thamizh Thai Vazhthu followed by welcome addresses from the college Principal and Dr. Marcus A. The event instructions were then provided by Mr. C. Arun Kumar, setting the stage for a day filled with excitement and competition. Throughout the day, participants engaged in a series of events designed to test their managerial acumen, creativity, teamwork, and analytical skills. From the intense 'Best Manager Competition' to the exhilarating 'Shark Tank Challenge', each event showcased the talent and dedication of the participants.

A total of 190 participants from over 20 colleges actively took part in ComFestia'24, contributing to the vibrant atmosphere of the program. The event would not have been possible without the tireless efforts of Mr. C. Arun Kumar and Dr. Gladstan PD, who spearheaded the organization and coordination of the event. During the valedictory event held in the Bi-Centenary Hall, accolades were bestowed upon the outstanding participants. Loyola College was honored with the runner-up award, while MOP Vaishnav College for Women emerged as the winner. Individual event winners received cash prizes, and participants from group events were awarded medals. All participants received participation certificates as a token of appreciation for their involvement.

Refreshments were provided twice during the event to ensure the comfort and well-being of participants, further enhancing the sense of camaraderie and fellowship among attendees. In his closing remarks, Rev. Fr. Vice Principal praised the dedication and commitment of all involved, emphasizing the importance of events like ComFestia'24 in fostering collaboration among colleges and providing students with opportunities to showcase their talents.

ComFestia'24 was not just an event; it was a celebration of talent, teamwork, and camaraderie. As participants left the campus, they carried with them memories of a day filled with excitement and competition, eager to return for future editions of this spectacular event.



Empowering Communities

Don Bosco Arts and Science College Joins Christian Social Economic Forum



The management team of Don Bosco Arts and Science College actively participated in the Christian Social Economic Forum, an event dedicated to the social welfare of the people, organized for decades. This forum has been instrumental in driving positive change and development initiatives in Tamil Nadu and India.

Honorable Minister Udhayanidhi Stalin, Minister of Youth Welfare and Sports Development of Tamil Nadu, and Mr. T. Mano Thangaraj, Minister of Milk and Dairy Development, graced the occasion with their presence and delivered excellent speeches. They highlighted the invaluable contributions of the Christian community towards the progress and welfare of Tamil Nadu and India.

Rev. Fr. Raj Kumar SDB and Rev. Fr. Kasi Sagayaraj SDB, representing Don Bosco Arts and Science College, actively participated in the Christian Social Economic Forum, underscoring the college's commitment to community engagement and social responsibility.

The event served as a platform for leaders, policymakers, and community members to come together, exchange ideas, and collaborate on initiatives aimed at fostering social and economic development. Through their participation, Don Bosco Arts and Science College reaffirmed its dedication to empowering communities and promoting the common good.

As the forum concluded, participants left inspired and motivated to continue their efforts towards building a more inclusive and prosperous society, guided by the principles of compassion, solidarity, and service.

Extraordinary Visit

Warm Welcome Extended to Extraordinary Visitor,
Rev. Fr. Gianni Rolandi SDB.



Don Bosco Arts and Science College had the honor of extending a warm welcome to the esteemed visitor, Rev. Fr. Gianni Rolandi, SDB. He was graciously received by our college students, who expressed their heartfelt gratitude for his presence in the INM Province.

The arrival of Rev. Fr. Gianni Rolandi marked a significant occasion for our college community, providing students with a unique opportunity to engage with a revered figure within the province. His presence was deeply appreciated and acknowledged by both faculty and students alike.

As part of the welcoming ceremony, various activities and presentations were organized to showcase our appreciation and hospitality towards Rev. Fr. Rolandi SDB

His arrival left a lasting impression on everyone present, serving as a source of inspiration and encouragement for our college students. His insights and guidance will undoubtedly continue to guide us as we strive for excellence in our academic and personal endeavors.

Celebrating Unity

Final Year Department Students Come Together for Group Photo Session

A heartwarming event unfolded as final year department students gathered for a special group photo session. It was a momentous occasion to commemorate their journey and achievements throughout their time at our esteemed institution.

We extend our deepest gratitude to every department student and staff member whose unwavering dedication and cooperation made this event possible. Their collective effort and enthusiasm truly exemplify the spirit of unity and collaboration that defines our academic community.

As the shutter clicked, capturing smiles and camaraderie, it symbolized more than just a photograph; it represented the bonds forged and memories cherished during their academic tenure. This group photo will serve as a cherished memento, reminding us of the moments we shared and the challenges we overcame together.

As these final year students prepare to embark on new adventures, we wish them success and fulfillment in all their future endeavors. May the memories created and friendships formed during their time here continue to inspire and guide them on their journey ahead. We sincerely acknowledge DBICA Team for the photography.



SAP Insight : Department of Commerce and TEQH Max Collaborate for Student Empowerment

The Department of Commerce, in collaboration with TEQH Max, organized a transformative event titled "Empowering Futures: A Strategic Insight into SAP." This enlightening session was specially tailored for the first- and second-year B. Com students, aiming to equip them with essential knowledge and skills in SAP, a leading enterprise resource planning software.

Mr. Parthasarathy R and Ms. Thirumagal B.E., esteemed resource persons renowned for their expertise in SAP, led the insightful sessions. Their comprehensive presentations provided students with valuable insights into the practical applications and strategic implications of SAP in the business world.

The event was meticulously coordinated by Mr. Adhithya Pandiyan, who ensured the seamless execution of the program. Mr. Pandiyan's dedication and leadership were instrumental in creating a conducive learning environment for the students.

"Empowering Futures" served as a platform for students to expand their horizons and gain practical knowledge that will be invaluable in their future careers. By fostering collaboration between academia and industry experts, the event exemplified the commitment of the Department of Commerce and TEQH Max to empower students with the skills required to excel in the ever-evolving business landscape.



Workshop on Personality Enhancement

Program Equips Students for Success



On March 5th, 2024, the Department of English at Fr. Schlooz A.V Hall organized a transformative workshop aimed at enhancing students' personalities and employability skills. Led by Ms. Karthika Mani, a renowned communication and personality trainer and the Founder of The Shameless Academy, the workshop proved to be an enlightening experience for all attendees.

The workshop, held from 12 Noon to 1.30 P.M, focused on equipping students with the necessary tools and techniques to excel in interviews and enhance their overall persona. Ms. Karthika Mani conducted interactive sessions that delved into various aspects of personality enhancement and interview preparation.

One of the key highlights of the workshop was Ms. Karthika Mani's discussion on interview etiquettes, which opened the eyes of the students to the subtle nuances that can make or break an interview. She emphasized the crucial role of body language, including handshakes and eye contact, in leaving a positive impression on potential employers.

Furthermore, Ms. Karthika Mani stressed the importance of crafting a compelling resume, describing it as a bridge between the candidate and the employer. She provided valuable insights into resume writing, highlighting the significance of showcasing accomplishments, experiences, and skills effectively.

The workshop was well-received by the students, who found it immensely beneficial in gaining a comprehensive understanding of interview techniques, resume writing, and personality enhancement. It served as a platform for students to hone their skills, boost their confidence, and prepare themselves for success in the competitive job market.

Overall, the workshop on Personality Enhancement Program organized by the Department of English was a resounding success, reaffirming the commitment of the institution to empower students with the skills and knowledge necessary to thrive in their professional endeavors.

Exciting Opportunity Unfolds for Don Bosco Arts and Science College Final Year Students



Today marked a significant milestone for the final-year students of Don Bosco Arts and Science College as the Training and Placement Cell hosted an insightful ‘Orientation on Job Drive’. The session was exclusively tailored for the selected students who will be participating in the highly anticipated Statewide Placement Drive at Presidency College scheduled on Wednesday, March 6th, 2024.

The ‘Orientation on Job Drive’ served as a comprehensive preparatory session, equipping the students with valuable insights, strategies, and tips to excel in State Placement Drive. With meticulous planning and expert guidance, the Training and Placement Cell ensured that the students are well-prepared to showcase their talents and competencies to potential recruiters.

Amidst an atmosphere buzzing with anticipation and enthusiasm, students eagerly absorbed the valuable information shared during the orientation. From refining their resumes to mastering the art of effective communication and interview techniques, every aspect crucial for a successful placement endeavor was meticulously addressed.

Statewide Placement Drive at Presidency College holds immense promise and potential for our talented students. Armed with newfound knowledge and confidence instilled through today’s orientation, they are ready to embark on this journey towards securing rewarding career opportunities. Don Bosco Arts and Science College takes immense pride in nurturing and empowering its students to thrive in the competitive professional landscape.

Innovation at the Forefront:

Orientation on Establishing Innovation and Incubation Cells

The academic community took a significant step toward fostering innovation and creativity with an orientation dedicated to establishing Innovation and Incubation Cells. Hosted by the Research and Development forum, this initiative aims to nurture innovative ideas and the entrepreneurial spirit among students, equipping them with the necessary tools and guidance to realize their ideas.

Dr. Augustine Prasad, the esteemed Coordinator of the Innovation Cell at DG Vaishnav College, graced the event as the resource person. With extensive knowledge and experience in the realm of innovation and incubation, Dr. Prasad shared invaluable insights with the attendees.

During the orientation, Dr. Prasad highlighted the critical role of Innovation and Incubation Cells in the academic landscape. He emphasized their function as catalysts in transforming theoretical knowledge into practical applications, fostering a culture of research and development among both students and faculty.

Furthermore, Dr. Prasad delved into the operational dynamics of successful Innovation Cells, spotlighting the best practices for nurturing creativity and steering innovations from ideation to implementation. He underscored the importance of a supportive ecosystem that promotes experimentation and risk-taking, crucial for breakthrough innovations. He introduced new NAAC rules and regulations, to our college's IQAC Cell.



International Women's Day

Celebration at Don Bosco Arts and Science College

Don Bosco Arts and Science College in Chennai, orchestrated a vibrant celebration in honor of International Women's Day. The campus buzzed with energy as special events unfolded, aiming to recognize and celebrate the achievements and contributions of women. The focal point of the day's festivities was the Bicentenary Hall, where women students and staff gathered for an enlightening session led by the distinguished resource person, Mrs. Shalim Maria Lawrence.

Mrs. Lawrence, an esteemed Author, Intersectional Feminist, and Dalit Activist, graced the occasion to share profound insights into the significance of International Women's Day. Her presence added depth to the celebration, as she articulated the importance of acknowledging and addressing the diverse challenges faced by women in today's world. The session fostered a sense of empowerment and solidarity among the women present, creating an atmosphere of inspiration and motivation.

In recognition of the talent and participation of the students, various prizes and medals were awarded to those who actively engaged in the events organized from the 5th to the 8th of March. This gesture not only celebrated the spirit of the occasion but also served as an encouragement for students to actively participate in such initiatives that promote awareness and understanding of women's issues.

Simultaneously, the college took a proactive step towards fostering gender equity by organizing separate sessions for male students. In DBICA AV hall, Ms. Viola, Counsellor at Deepagam, engaged with second-year boys, providing valuable insights into the importance of gender equity. This session aimed to promote awareness and understanding among the male students, encouraging them to be allies in the pursuit of gender equality.



Similarly, Ms. Virgin, Counsellor at Deepagam, addressed the first-year boys in College's AV Hall, sharing valuable insights on women empowerment. These sessions were designed to instill a sense of responsibility and understanding among the students, promoting a culture of respect, equality, and inclusivity within the college community. For the 3rd year students had Career guidance and it was organized by the resource persons Mr. Sagayaraj and Mrs. Nithiya Dias.

The International Women's Day celebration at Don Bosco Arts and Science College was not merely an event; it was a comprehensive initiative aimed at promoting awareness, fostering understanding, and celebrating the achievements of women. The involvement of esteemed speakers, recognition of student participation, and targeted sessions on gender equity collectively contributed to making this celebration a meaningful and impactful one. The college's commitment to creating an inclusive and enlightened community was evident throughout the event, marking it as a commendable effort in advancing the cause of gender equality.



Successful Parents Meeting

Highlights Key Discussions on Student Progress



Don Bosco Arts and Science College in Chennai, hosted parents' meeting, emphasizing the institution's commitment to fostering collaboration between faculty and parents for the betterment of student outcomes. The meeting, held on campus, served as a platform for parents to engage directly with their student's class tutors. Among the key topics discussed were the upcoming 1st Continuous Internal Assessment (CIA) examination, student discipline, and overall student growth.

Throughout the interaction, parents had the opportunity to address any concerns or queries they had regarding their student's academic progress and well-being. The discussions with the respective class tutors provided valuable insights into each student's performance and areas for improvement.

The upcoming 1st CIA examination was a focal point of discussion, with tutors offering guidance on preparation strategies and academic expectations. Parents were briefed on the assessment criteria and encouraged to support their children in their studies leading up to the examination.

A significant portion of the meeting was dedicated to discussing the overall growth and development of the students. Tutors shared observations and feedback on each student's academic progress, extracurricular involvement, and personal development, highlighting areas of achievement and areas for

National Integration Camp at Bharathiar University: A Five-Day Journey of Unity and fellowship

The National Integration Camp (NIC) at Bharathiar University embarked on an auspicious note as participants from various institutions gathered to foster unity and camaraderie over a five-day period.

The journey began with participants arriving at Bharathiar University around 11.30 P.M, where they were promptly accommodated in the international hostel. The inaugural ceremony of the NIC commenced at 11 A.M, graced by the esteemed presence of Mr. Ajith Kumar Lal Mohan, Professor, as the Chief guest. Mr. Lal Mohan delivered an enlightening address emphasizing the significance of the camp. Subsequently, Mr. M. Senthil Kumar, the State NSS Officer and camp director, captivated the audience with his insightful speech.

Following the speeches, camp kits were distributed to all contingent leaders, symbolizing the official commencement of the camp. Mr. Ganapathi, the contingent leader representing the University of Madras, received the camp kit on behalf of the institution. The inaugural session concluded with the rendition of the National Anthem, after which participants convened for lunch.

Throughout the camp, participants engaged in various activities aimed at fostering teamwork and collaboration. They completed necessary paperwork, participated in engaging party games, and received camp ID cards. Additionally, contingent leaders briefed participants on various disciplinary guidelines to ensure a harmonious environment.

Br. Peter SDB from Don Bosco Arts and Science College, a 2nd-year B.A. English student, actively participated in this event, contributing to the diversity and enthusiasm of the gathering.

Themed “Not Me but You,” the National Integration Camp promised to be a transformative experience, uniting participants from diverse backgrounds in the spirit of harmony and understanding over the five-day duration. Stay tuned for further updates as the NIC unfolds, nurturing bonds of friendship and solidarity among participants from across the nation.



National Conference

Don Bosco Arts and Science College Hosts Groundbreaking National Conference on Communication for Change



In a significant first, the Department of Visual Communication at Don Bosco Arts and Science College successfully hosted the inaugural National Conference, “Communication for Change,” on March 11, 2024. This pioneering event, held at the college’s Bicentenary Hall, was lauded for its innovative approach in exploring the evolution and impact of communication technologies.

Reflecting on the transformative journey from traditional communication methods, such as print, telegrams, and telephones, to today’s digital age, the conference underscored the expanded scope of communication studies. It ventured beyond the conventional study of media to address the broader implications of technological advancements on societal dynamics. Inspired by renowned scholars Raymond Williams and James Carey, the event aimed to foster positive societal transformations through the power of communication.

In a move to challenge traditional academic hierarchies, the conference drew on Jürgen Habermas’s concept of the Public Sphere and Gilles Deleuze’s Rhizomatic Approach. This innovative structure facilitated a collaborative learning environment where each participant’s unique insights contributed to a collective reimagining of communication studies. A highlight of the conference was its commitment to sustainability and cultural preservation. Participants received eco-friendly jute bags sourced from Aruvi -Magalir Suya Udhavi Kuzhu, and traditional refreshments were served, evoking a sense of nostalgia and appreciation for indigenous practices.

The event featured thought-provoking keynote speeches from distinguished scholars such as Mr. Ravindran, Dean, School of Communication, Central University of Tamil Nadu; Dr. S. Arul Selvan; and Dr. Shuaib Mohamed Haneef. M from Pondicherry University. Their insights challenged attendees to reconsider the role and potential of communication in addressing critical societal issues.

With 30 paper presentations across diverse themes, including arts, culture, educational pedagogy, and new media, the conference offered a rich tapestry of perspectives. Esteemed academics, Dr. D. Punitha and Rev. Dr. A. Irudhayaraj SJ, further enriched discussions, guiding participants through an intellectual exploration of communication’s many facets.

The conference culminated in a compelling play that embodied the principles discussed throughout the event. Echoing Theodor W. Adorno’s concept of ‘Non-Identity Thinking,’ the performance artfully navigated contemporary issues through the lens of eastern and western critical thought. Mr. Gopalan Ravindran praised the play for transcending conventional ‘Identity Thinking’ and sparking a profound connection between the particular experiences - depicted and universal themes.

This landmark conference not only fulfilled a long-cherished dream for the Department of Visual Communication but also set a new standard for academic discourse in the field. By examining communication through a critical lens, it has paved the way for transformative discussions that promise to shape the future of communication studies.



READING ALOUD AND DEBATE COMPETITIONS

Fostering Literary Expression and Exploring Perspectives



The English Association organized two engaging events to promote literary expression and encourage critical thinking among students.

The Reading Aloud Competition took place at Don Bosco Arts and Science College in Chennai, from 1.30 P.M to 2.30 P.M. This event aimed to sharpen students' reading skills, often overlooked in the digital age. Participants were provided with a short passage and vocalized it to the audience. The competition not only helped students analyze their reading abilities but also emphasized the importance of reading as a joyful journey of personal growth. Mr. Michael Stalin P., Assistant Professor, from the Department of English, expertly judged the event.

Simultaneously, the Debate Competition was held at the DBICA Hall from 1.30 P.M to 3.30 P.M. The competition aimed to refine students' public speaking skills and provide them with a platform to express their thoughts and opinions. Teams debated on pertinent topics such as "Is India a Secular Country?" and "Traditional Women Vs. Modern Women." The spirited debates sparked vibrant discussions, offering a diverse range of perspectives. Mr. Jaswa Jebaraj. A, Assistant Professor, from the Department of English, served as the adjudicator for this intellectually stimulating event.

Both competitions provided students with valuable opportunities to enhance their literary and critical thinking skills, reflecting the English Association's commitment to nurturing well-rounded individuals.

Literary Club's

Heartwarming Visit to St. Thomas Home for the Aged



The members of the Literary Club embarked on a meaningful extension activity as they paid a visit to St. Thomas Home for the Aged in Vyasarpadi, Chennai. Led by the Club Coordinator, Mr. P. Michael Stalin, the members approached the activity with enthusiasm and compassion.

Following the guidelines of the students' club, the cabinet members and other participants meticulously planned and executed a well-organized agenda for their visit to the Old Age Home. Their thoughtful preparations attracted additional students from various other clubs and even some Post-Graduate students, all eager to engage with the elderly residents.

Upon arrival at the Old Age Home, the members warmly introduced themselves to the residents. Under the guidance of Br. Ronald Edwin SDB, the event organizer, the club members showcased their talents through dance, songs, and various artistic performances, captivating the attentive audience. They also encouraged the elders to join in the cultural festivities and shared quality time with them, even participating in tea time conversations.

Moved by the blessings and heartfelt appreciation from the elders, the students bid farewell after enjoying a shared lunch. Promising to return soon, the event concluded on a positive note, leaving a lasting impact on both the young participants and the elderly residents. This therapeutic experience not only enriched the minds of the youngsters but also fostered a sense of connection and compassion within the community.

Renewing Faith: Youth Pasch 2024 Retreat

The Salesian Youth Ministry Province of Chennai organized the Youth Pasch 2024 event at the Don Bosco Youth Animation Center in Ennore. Catholic students from Don Bosco Arts and Science College enthusiastically participated in this spiritual retreat, immersing themselves in a weekend of reflection and renewal.

Throughout the event, participants engaged in various activities designed to deepen their spiritual connection and foster personal growth. Guided by experienced facilitators, they explored themes of faith, service, and community, gaining valuable insights and inspiration along the way.

The Youth Pasch 2024 event provided an opportunity for young Catholics to come together, share their experiences, and strengthen their bonds of fellowship. As they returned to their daily lives, participants carried with them a renewed sense of purpose and a deeper understanding of their faith.

The Salesian Youth Ministry Province of Chennai, continues to empower and support young people on their spiritual journey, ensuring that they remain active and engaged members of the Catholic community. We sincerely acknowledge Rev. John Christy SDB, the Youth director of our Province, for organizing the event.



Empowering Futures:

A Seminar on the GST Filing Landscape at Don Bosco Arts and Science College, Chennai



In today's era, understanding the Goods and Services Tax (GST) is pivotal for all commerce enthusiasts. Recognizing this, the Department of Commerce at Don Bosco Arts and Science College, Chennai, took a significant step by organizing a seminar on March 18 & 19, 2024. Titled 'Empowering Futures: Navigating the GST Filing Landscape,' the event was held in the college's computer lab and was specifically tailored for 2nd B Com (General) and 2nd B Com (CS) students. It aimed at providing a comprehensive understanding through both theoretical insights and practical experience in GST filing.

Leading the charge was Mr. Hari Krishnan, an experienced Accounts Executive from JM Corporate Services. He brought invaluable expertise to the complexities of GST. The seminar commenced with a theoretical session, laying the groundwork by discussing GST's concept, its implementation in India, and its implications on businesses and the economy at large. Topics covered included the significance of GST in streamlining taxation, eligibility for GST registration, key filing dates, and an in-depth analysis of the GST rate structure in India.

However, the seminar's pinnacle was the practical session. In this segment, students gained hands-on experience by working with real-life client databases, under the guidance of Mr. Krishnan. They navigated through the entire process of filing GST returns via the GST portal, covering steps from registration to submission. Such practical exposure was instrumental in bridging the theoretical and practical aspects of GST filing, ensuring active participation from the students.

The seminar further emphasized interactive learning. A dedicated Q&A session allowed students to explore complex topics, with Mr. Krishnan providing detailed explanations. This interaction underscored the seminar's comprehensive approach to education.

Moreover, the importance of documentation and record-keeping was highlighted, preparing students for the professional standards and compliance requirements they will face in their careers. Concluding on an empowering note, the seminar left students feeling more confident in their ability to navigate the GST filing landscape.

Coordinated by Mr. Adhithya Pandiyan, this initiative by the Department of Commerce marks a significant stride towards future readiness. By integrating theoretical knowledge with practical application, the seminar effectively prepared students for their professional journeys. 'Empowering Futures: Navigating the GST Filing Landscape' not only demystified GST filing but also equipped students with the skills and confidence to tackle the commerce world head-on. This seminar exemplifies the department's commitment to the holistic development of its students, readying them for real-world challenges and opportunities.

தமிழ்ப்பேரவை:

பள்ளி மாணவர்களுக்கான தமிழ்ப் பயிற்சி வகுப்பு



தொன் போஸ்கோ கலை மற்றும் அறிவியல் கல்லூரி, தமிழ்ப்பேரவையின் ஒருங்கிணைப்பில் 2024 மார்ச் மாதம் 19 ஆம் நாளன்று அயனாவரம் சென்னை மேல்நிலைப் பள்ளியில் ஒன்பதாம் வகுப்பு மாணவர்களுக்கு பைந்தமிழ் பயில்வோம் பாரினில் உயர்! என்னும் பொருண்மையில் மாணவர்களுக்கு தமிழ்மொழிவழிக் கல்வி பயில்வதன் அவசியத்தையும், தமிழ்மொழி மீதான ஆர்வத்தையும் தூண்டும் வகையில் பயிற்சி அளிக்கப்பட்டன.

தொன் போஸ்கோ கலை மற்றும் அறிவியல் கல்லூரியின் தமிழ்த்துறைத் தலைவர் முனைவர் அ. சண்முகம் அவர்கள், பயிற்சி வகுப்பின் நோக்கம் குறித்தும், தமிழ்வழிப் படிப்பை மேற்கொள்வதன் நன்மை குறித்தும் காணொளிக் காட்சியின் வழி உரை நிகழ்த்தினார். அதனைத் தொடர்ந்து பள்ளியின் உதவித் தலைமையாசிரியர் திரு. எ. சீனிவாசன் அவர்கள், மாணவர்களுக்கு தமிழ்மொழியின் சிறப்புக் குறித்தும் இப்பயிற்சி வகுப்பினை பயன்படுத்திக்கொள்ளவும் மாணவர்களுக்கு அறிவுரை வழங்கும் விதமாகவும் தலைமையுரையை நிகழ்த்தினார். பின்பு பழந்தமிழர்களின் வாழ்வியலையும் பண்பாட்டையும் வெளிப்படுத்தும் விதமாக குறும்படங்கள் திரையிடப்பட்டன.

தொடர்ந்து தமிழ்த்துறை, உதவிப் பேராசிரியர் முனைவர் க. சக்திவேல் அவர்கள், தமிழைப் பிழையின்றி எழுதவும் படிக்கவும் மாணவர்களுக்கு எடுத்துக்காட்டுகளுடன் பயிற்சியினை வழங்கினார். மேலும் அடுக்குத்தொடர்கள், வார்த்தை விளையாட்டுகள், நிறுத்தற்குறியீடுகள் ஆகியனப் பற்றி மாணவர்களுக்கு எளிமையாக விளக்கினார்.

அதனைத் தொடர்ந்து கேள்விநேரம் ஒதுக்கப்பட்டு மாணவர்களுக்கு ஏற்படுகின்ற ஐயங்களுக்கு விளக்கம் கொடுக்கப்பட்டது. அரசு பள்ளியில் பயிலும் மாணவர்களுக்கு இது போன்று காணொளிகாட்சியின் மூலம் வகுப்பெடுப்பது அவர்களிடையே உற்சாகத்தையும் ஆர்வத்தையும் தூண்டும் வகையில் இருப்பதாக மாணவர்கள் பின்னூட்டம் அளித்தனர். பள்ளியின் தலைமையாசிரியரும், ஆசிரியர் பெருமக்களும் இவ்வகுப்பினை கவனித்து எம் மாணவர்களுக்கு பெரிதும் பயனுள்ளதாக இருந்ததாக தங்களது கருத்தினை பதிவு செய்தனர்.

எம் கல்லூரியின் மாணவர்கள் சார்பாக காட்சித்தொடர்பியல் துறை இறுதியாண்டு தமிழ்ப்பேரவைத் தலைவி மாணவி ரூபினி அவர்கள், தமிழ்ப்பற்று குறித்து தனது கருத்தினைப் பதிவு செய்தார். பிறகு செம்மொழிப் பாடல் இசைக்கப்பட்டது. இறுதியாக எமது கல்லூரியின் தமிழ்த் துறை உதவிப் பேராசிரியர் முனைவர் ச. ஆசைக்கண்ணு அவர்கள், நன்றி கூறும் விதமாக இவ்வாய்ப்பினை வழங்கிய பள்ளியின் தலைமையாசிரியருக்கும், உதவித் தலைமையாசிரியருக்கும், பிற ஆசிரியர்களுக்கும், மாணவர்களுக்கும் நன்றியினை கூறிட பயிற்சி வகுப்பு இனிதே நிறைவடைந்தது. இவ்வகுப்பில் தொன்போஸ்கோ கலை மற்றும் அறிவியல் கல்லூரியின் தமிழ்த்துறைப் பேராசிரியர்களும், தமிழ்ப்பேரவை மாணவர்களும் கலந்துகொண்டனர்.



Spot Fetz-2024

S.A. College of Arts and Science Hosts its First Inter-Collegiate Spot Fetz-2024



S.A. College of Arts and Science hosted its inaugural Inter-Collegiate Spot Fetz-2024 on March 20th and 21st, drawing enthusiastic athletes from various colleges, including a standout delegation from Don Bosco Arts and Science College. The event showcased a plethora of sports, with Don Bosco Arts and Science college's cricket and men's carrom teams making a significant impact through their skill and teamwork. Alwin Titus, a second-year B.A. English student from our college, excelled in the men's carrom competition, securing a runner-up position and earning widespread admiration for his gameplay.

The event's success was largely due to Ms. Padhma Priyaa, Director of Physical Education at S.A. College, whose organizational skills and dedication to sportsmanship were pivotal. The Spot Fetz-2024 was celebrated not just as a competition but as a festival of youth, energy, and sportsmanship, fostering a spirit of healthy competition and mutual respect among students. This event, particularly highlighted by the achievements of Allwin Titus and Don Bosco Arts and Science college's teams, promises to be a precursor to more such events, aiming to showcase young talent and encourage inter-collegiate camaraderie.

Thanks to Ms. Padhma Priyaa and all involved for making this first Spot Fetz-2024 a success, underscoring the importance of sports in education and personal development

Grand Annual Job Drive 2024

Hosted by Don Bosco Arts and Science College and
Don Bosco Vazhikaatti

In an event that marks the culmination of rigorous preparation and collaboration, Don Bosco Arts and Science College, Chennai, in association with Don Bosco Vazhikaatti, organized its much-anticipated Annual Job Drive 2024 successfully. The event, held on March 22nd, brought together a multitude of companies across different sectors, offering students and job seekers a broad spectrum of opportunities. The chief guest for the event, Mr. John Alexander, CEO of Equitas Small Finance Bank, was honored at the event. The event was blessed and inaugurated with the presence of Rev. Fr. Raj Kumar, SDB, Dr. S. R. Xavier Raja Rathinam, Principal, Rev. Fr. Ernest, SDB, Rev. Fr. Sagayaraj Kasi SDB, Rev. Fr. Joe Anand SDB, and Rev. Fr. Simmion, SDB, the Assistant Director of DBV. We sincerely acknowledge Director Rev. Fr. Andrew Joseph SDB for his collaboration and cooperation. The Chief Guest spoke on the importance of focus, hard work, and being passionate about the dreams job seekers should have. He acknowledged the social welfare measures taken by Equitas Small Finance Bank on, 'Women's Empowerment'.

The job drive was spread across three prominent venues within the college premises Bicentenary Hall, SIGA Hall, and Deepagam Hall - to accommodate the extensive list of participating companies and the large turnout of eager candidates. A total of 26 esteemed firms made their presence felt at the drive, ranging from technology giants and financial institutions to automotive companies and healthcare providers. Among the participants were well-known names such as Altruist Technologies Pvt Ltd, Bankzone, Cedar Business Solutions, and HDB Financial Services, alongside specialized entities like Jana Small Finance Bank, Muthoot Finance and Shriram Finance Ltd. The event not only showcased full-time job opportunities but also provided a platform for internships and project collaborations, catering to a wide array of academic disciplines and career aspirations. There were 300 students who participated in the Job Fair.

The coordination team, led by key faculty members and a dedicated group of student volunteers, ensured the event's smooth operation. Mr. Michael, Coordinator, Training and Placement Cell, emphasized the importance of such drives in bridging the gap between academia and industry. 'Our objective is to facilitate a direct connection between our talented students and the industry, ensuring they have the opportunities to kickstart their careers in their chosen fields,' he stated.

The Annual Job Drive 2024 stands as a testament to the college's commitment to enhancing employability and supporting students' transition from academic life to professional environments. The successful execution of this event has set a new benchmark for placement activities, promising even greater prospects for future graduates of Don Bosco Arts and Science College.



International Conference on Convergence 2024: A Harmonious Blend of AI and Sustainable Discourse

In a significant event, the International Conference on Convergence 2024: Harmonizing AI & Sustainable Societal Discourse was held at Don Bosco Arts and Science College, Chennai. The conference brought together distinguished guests, faculty members, students, and esteemed participants. It aimed to integrate Artificial Intelligence (AI) with the Humanities to foster sustainable societal discourse.

The event commenced with traditional Tamil homage and a prayer song, paying respect to our sublime culture and seeking blessings for the day's proceedings. The lighting of the Kuthu Vilakku, a ceremonial lamp, by the chief guest Mr. Girish Pandian, President of IEMA, along with other dignitaries, symbolized the collective journey towards innovation and wisdom.

In a commitment to sustainability, a sapling was watered, signifying growth, renewal, and the promise of a greener future. The unveiling of the Abstract Proceedings, a compilation of scholarly works, was a highlight of the conference, officially inaugurated.



Dr. S.R. Xavier Raja Rathinam, Principal, Don Bosco Arts and Science College, extended a warm welcome to all participants, setting an optimistic tone for the event. Dr. Gladstan and Mr. Arun Kumar, Heads of the Department of Commerce, elaborated on the conference's objectives, emphasizing the integration of AI and sustainable societal growth. A series of felicitations honored the contributions of Mr. Charles, Technical Advisor of the Naan Mudhalvan Scheme, and Mr. Jude Kishore, a founding member of Ninestars Pvt Limited, acknowledging their support and wisdom.

Mr. Girish Pandian delivered the Presidential Address, themed 'The Future of Business,' providing insightful perspectives on the role of AI in shaping business practices. Following this, Mr. Patrick Amalraj, a tech entrepreneur from USA, delivered the keynote address, offering innovative ideas on AI and Human Resource Management.

The Conference Note by Mr. Derek Cheshire, an Innovationist cum Author from UK, discussed 'The Future of Innovation,' captivating the audience with clear and engaging insights.

The event concluded with the valedictory function, where Dr. Sivaraman recapped the event's highlights. Mr. Bastian B Babu, CEO of Skill wise Consulting and Guest of Honor, shared his reflections on AI and advancement, inspiring attendees with his address.

Ms. Aswini from Auxilium College, Vellore, was awarded the Best Paper & Publication award, marking a significant academic milestone. The event concluded with closing remarks by Mr. Arun Kumar, a vote of thanks, and the National Anthem, celebrating the successful culmination of Convergence 2024.

This conference at Don Bosco Arts and Science College, Chennai, has indeed set a precedent, advocating for the harmonious integration of AI with sustainable societal discourse, aiming for a more inclusive and prosperous future.

Harmony and Talent Take Center Stage at Inter-Departmental Cultural Competitions

The Cultural Club hosted its Inter-Departmental Cultural Competitions, showcasing talents in Mime & Drama, Group Singing, and Solo Singing. This event was efficacious. Thanks to the unwavering support from respected Fathers, Principal, and faculty members, whose encouragement was pivotal. Esteemed judges, Dr. Asaikannu, Mr. Jaswa Jebaraj, Ms. Joy Mercy, Mr. Micheal Stalin and Ms. Rajalakshmi, were specially appreciated for their dedication and insightful feedback to the participants.

The organizers, Ms. X. Abisha and Mrs. V. Jesinthal Mary, received special thanks for their meticulous planning and execution of the event. Gratitude also extended to the department heads, faculty, and support staff for their collaborative effort in facilitating this vibrant showcase of artistic talents. The competitions not only highlighted the creative abilities of students but also emphasized the role of arts in fostering a rich educational environment. The collective efforts of all involved underscored the event's success, promising a bright future for similar cultural initiatives within the institution.



NOVA ICE Day: Celebrating Innovation and Student Ideas.

A Spark of Innovation: NOVA ICE Day Ignites Students' Creativity.

The Internal Quality Assurance Council (IQAC) and Research & Development Cell hosted NOVA ICE Day. The event, aptly named to celebrate “Ideas that Shape Tomorrow,” provided a platform for students to showcase their innovative ideas and creative concepts. The program witnessed an overwhelming response, with over 30 students’ entries vying for attention. The session commenced with a warm welcome address by Dr. A. Marcus, IQAC Convener, followed by the facilitation of the Chief Guest Dr. Renuga Devi by Dr. S.R. Xavier Raja Rathinam, Principal, and Rev. Fr. Kasi Sagayaraj SDB, Vice Principal. The chief guest of the program, Dr. Renuga Devi, Convener IIC from Women’s Christian College and a senior faculty member from the Physics Department, graced the occasion. Dr. Devi’s keynote address set the tone for the event. She commended the institution’s initiative in fostering innovation and expressed her appreciation for the student participants.

Nearly 75 students attended the event, eager to witness their peers’ sparks come to life. The highlight of the event was the students exhibiting their ideas via PowerPoint presentation. Participants, either individually or in groups, displayed their innovative concepts with remarkable enthusiasm and dynamism. The presentation spanned over two hours, with Dr. Devi engaging with the students in a lively Q&A session. As the program concluded, Dr. Renuga Devi announced the top three prize winners, acknowledging their exceptional talent. Mr. Allen, faculty and IQAC member, delivered the vote of thanks, expressing gratitude to all organizers and participants. The success of NOVA ICE Day can be attributed to the meticulous planning by Dr. Aayushi Sharma, Coordinator, Research & Development Cell, and the senior faculty of the English Department. The credit belongs to the students themselves, who showcased their novelty, originality, visualization, agility, and entrepreneurial spirit. This event served as a testament to the burgeoning innovative spirit within the institute, leaving a lasting impression on all who participated.



The prize winners were:

First Prize - Saisharan.G - 2nd year, Department of Commerce (Corporate Secretaryship). He got the first prize for the project “Stylesync”, an E-commerce website. Stylesync is wardrobe application where this application makes the user, fashion life easier and affordable. This app will pair a new design as per the users’ own resources and provide fashion advice.

Second Prize - Harihant Ji Mehta - 3rd year, Department of English. He got the second prize for the project “Trust Engine”. This prototype is a connectivity-based interface, where it allows the interaction of real time users through web forums and chat boxes, to essentially review literally anything with subscriptions.

Third Prize (group)- Tarun Victor D’Souza, Sai Suryaa.B, Kevin DJ D’Cruze - 1st year - Department of Computer Applications. The group presentation was awarded third prize for the project “A Safe Place (Mobile Application)”. The app will protect the users with the help of Artificial Intelligence, giving priority to the safety aspects and supports through various information and develops software that integrates with the smartwatches.

Dr. Sithara Puli Venkatesh Spearheads Interactive Session on Critical Thinking



The Department of Visual communication organized an enriching session on ‘Critical Thinking and Industrial Practices’ Dr. Sithara Puli Venkatesh, Assistant Professor from St. Xavier’s University, Kolkata, was the esteemed resource person for this event. Dr. Sithara Puli Venkatesh is known for her engaging teaching methods and deep knowledge in the field of visual communication, which she brought to the fore during the session held on Thursday, 28th March 2024.

The event commenced at 12 Noon and concluded at 1.30 PM, during which Dr. Sithara Puli Venkatesh covered various aspects of critical thinking, its importance in industrial practices, and how it can be applied to enhance productivity and creativity in the workplace. The attendees had the opportunity to interact with the resource person, gaining insights into the practical application of critical thinking skills. The seminar participants were postgraduate and undergraduate students.

Students and faculty members from various departments attended the session, reflecting the college's commitment to interdisciplinary learning and professional development. The event was not only an academic exercise but also a platform for participants to network and discuss potential collaborations.

The college administration had expressed satisfaction with the success of the event and plans to organize similar sessions in the future, aiming to foster an environment of continuous learning and intellectual growth among its students and staff.

BOOK REVIEWS

"You Can Do It! Your Personal Guide to Successful Living"

- by **Koren A. Norton**

In "You Can Do It! Your Personal Guide to Successful Living," Koren A. Norton, encapsulates a powerful and pragmatic approach to achieving personal and professional success. This insightful book is not merely a manual but a compass that guides readers through the complexities of life with a positive and actionable framework. Through ten meticulously outlined lessons, Norton embarks on a mission to transform the mindsets and habits of those aspiring to lead a fulfilling life.

The cornerstone of Norton's philosophy, the first lesson on adopting a positive mindset, underscores the importance of cultivating optimism and focusing on life's positive aspects. This foundational principle is pivotal for overcoming obstacles and propelling oneself toward success. Norton convincingly argues that a positive mindset is not just beneficial but essential for navigating life's challenges.

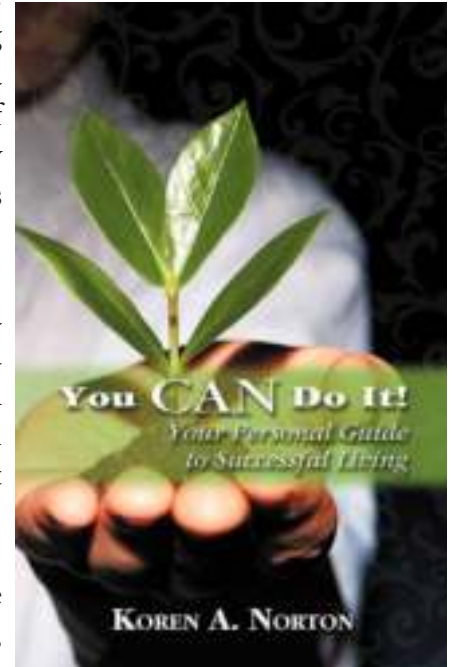
Setting clear goals, the subject of the second lesson, emphasizes the significance of having a concrete vision. Norton elaborates on how clarity, in goal-setting, acts as a beacon, keeping one focused and motivated. This lesson serves as a reminder that success is not accidental but the result of deliberate and strategic planning.

The third lesson on action is where Norton's advice becomes especially practical. The author demystifies the process of achieving goals by advocating for consistent and purposeful action. By breaking down goals into manageable tasks, Norton provides a roadmap for daily achievements and long-term success.

Subsequent lessons on overcoming self-doubt and fear, practicing effective communication, managing time effectively, building strong relationships, embracing personal growth, staying motivated and resilient, and focusing on happiness and fulfillment, are all interlinked and mutually reinforcing. Each lesson builds on the previous, creating a holistic guide for personal development.

Norton's skill in weaving these tenets into a coherent and compelling narrative is commendable. The book is filled with actionable tips, practical advice, and real-life examples, making it a valuable resource for anyone looking to improve their life. "You Can Do It! Your Personal Guide to Successful Living" goes beyond the conventional self-help book by providing a blueprint for a balanced and fulfilling life, emphasizing the importance of personal growth, resilience, and happiness.

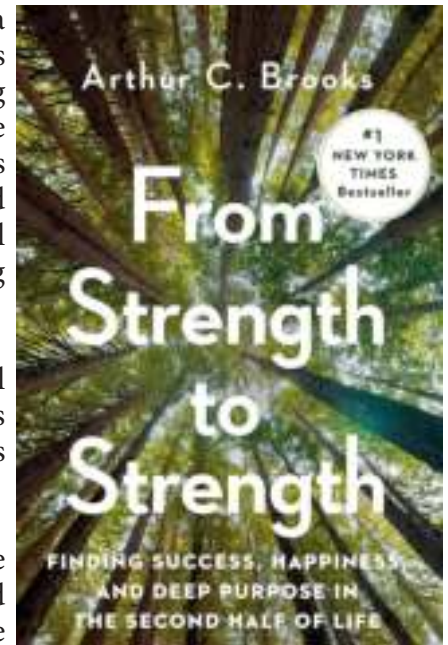
In conclusion, Koren A. Norton's "You Can Do It! Your Personal Guide to Successful Living" is a must-read for those who are on the path to personal and professional excellence. The book's strength lies in its simplicity and the universal applicability of its lessons. Whether you are just beginning your journey or well on your path, Norton's guide offers timeless wisdom and practical advice to help you navigate the road to success with confidence and purpose.



"From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life"

- by Arthur C. Brooks

Arthur C. Brooks' seminal work, "From Strength to Strength," presents a profound exploration into the pursuit of fulfillment in life's later stages. This book acts as both a beacon and a source of inspiration for readers yearning to discover success, happiness, and profound purpose as they navigate the complexities of aging. Brooks meticulously outlines ten essential lessons that serve as a comprehensive blueprint for personal transformation and enrichment during the second half of life. He emphasizes the critical importance of embracing change, uncovering meaning, and nurturing relationships.



The opening lesson, Embrace Change, establishes the book's foundational premise: The acceptance and adaptation to life's inevitable shifts. Brooks compellingly argues that embracing new challenges and circumstances is not just necessary but can be a potent source of strength and rejuvenation.

In the second lesson, Find Meaning and Purpose, Brooks delves into the essence of a life well-lived. He encourages readers to seek out and engage with activities that offer profound fulfillment, positing that genuine happiness stems from a purpose-driven existence.

Prioritize Relationships, the third lesson, underscores the vital importance of deep connections with family, friends, and loved ones. Brooks contends that these bonds are crucial for a rich and satisfying later life, providing both support and joy.

The fourth lesson, Practice Gratitude, champions the cultivation of a grateful mindset. Brooks asserts that recognizing and appreciating life's blessings is key to fostering a sustained sense of happiness and a positive life perspective. In Embrace Wisdom, Brooks advocates for continuous self-reflection, learning from one's experiences, and seeking insights from others. He views wisdom as an invaluable life asset, guiding individuals towards more informed and enriching life choices.

Detaching from Empty Rewards, the sixth lesson, encourages a shift away from seeking external approval and material wealth towards seeking internal satisfaction and personal growth. Serve Others, the seventh lesson, highlights the profound fulfillment that comes from contributing to others' well-being. Brooks suggests that altruism not only enriches the lives of recipients but also brings deep satisfaction to the giver.

The eighth lesson, Cultivate Resilience, focuses on developing the ability to overcome adversities. Brooks offers strategies for building resilience, ensuring that individuals can recover stronger from life's setbacks. Embrace Spiritual Progress, the ninth lesson, invites readers to deepen their spiritual beliefs and practices. Brooks proposes that spiritual exploration can provide a deeper sense of connection and understanding of life's purpose.

Finally, Embrace Aging, the tenth lesson, challenges conventional perceptions of aging, presenting it as an opportunity for continued growth, wisdom, and personal development. Brooks encourages a positive outlook on aging, emphasizing the unique opportunities it offers for life enrichment.

In conclusion, Arthur C. Brooks' 'From Strength to Strength' is an enlightening read that delivers insightful and actionable guidance for those seeking to enhance their later years. With its ten transformative lessons, the book offers a roadmap for navigating the second half of life with dignity, purpose, and joy. Brooks masterfully weaves together research, personal stories, and philosophical insights, making this book an essential read for anyone aiming to lead a meaningful and fulfilling life beyond traditional success metrics.

"The Mindful Body: Thinking Our Way to Chronic Health"

- by Ellen J. Langer

Ellen J. Langer's "The Mindful Body: Thinking Our Way to Chronic Health" is an enlightening exploration of the profound connection between the mind and the body, offering innovative perspectives on health that challenge entrenched negative beliefs. Through seven pivotal lessons, Langer unveils the transformative power of mindfulness and the significant impact our thoughts and attitudes have on our physical well-being. This book not only provides insights into the mind-body link but also serves as a guide to leveraging this connection for improved health and happiness.

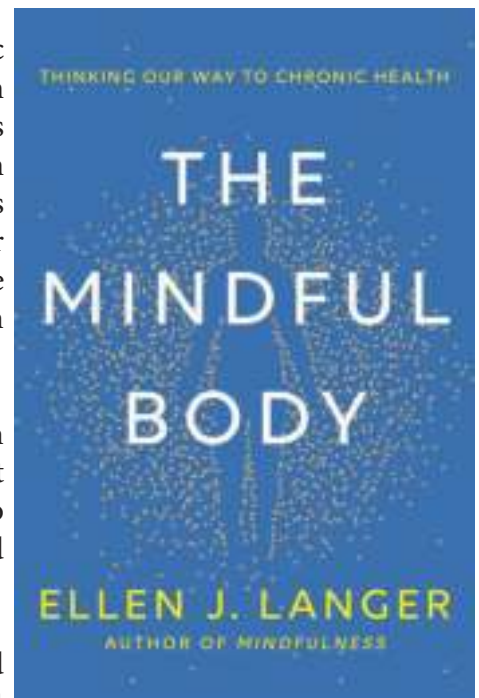
At the heart of Langer's thesis lies, 'The Power of Mindfulness', wherein she elucidates the healing potential of mindfulness, defined as the act of active noticing. This foundational concept encourages individuals to live fully in the present, allowing them to transcend past limitations and unlock new possibilities for health.

The Mind-Body Connection, another key lesson, explores the intertwined nature of our mental and physical states. Langer persuasively argues that our mental outlook can profoundly influence our health, advocating for a mindful approach to foster both physical and mental well-being.

Langer challenges Negative Outlooks on health by questioning the fatalistic assumption that health conditions inevitably deteriorate. She urges readers to reconsider these pervasive beliefs, suggesting that a positive, open mindset can lead to better health outcomes. The impact of, 'Our Thoughts and Beliefs' on our health is a significant focus, with Langer emphasizing how our mindset can profoundly affect our well-being. Langer advocates for a positive and empowered approach to health, which can lead to meaningful improvements in our lives.

'The Practice of Active Noticing', central to the concept of mindfulness, encourages readers to observe the world in new ways, fostering personal growth and enhanced well-being. This practice of discerning subtle differences and similarities in our surroundings can lead to profound insights and changes. Drawing on Social Psychology, Langer highlights how societal norms and expectations influence our health beliefs and behaviors. Understanding these social factors allows us to challenge detrimental health norms and adopt healthier practices.

Finally, Taking Control of Our Health encapsulates Langer's empowering message, showcasing the significant role our mindset plays in making health-promoting decisions. Recognizing the power of our mindset enables us to make conscious, health-promoting decisions, positioning us, as active participants in our health journey. In conclusion, 'The Mindful Body' by Ellen J. Langer is a compelling call to rethink our approach to health. Through its insightful lessons, the book encourages readers to embrace mindfulness, challenge societal norms, and take control of their health destinies. Langer's work is not just a critique of conventional health wisdom but a guide to living a healthier, more mindful life. This book is a must-read for anyone interested in the dynamic interplay between the mind and the body and its implications for overcoming chronic health issues.





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