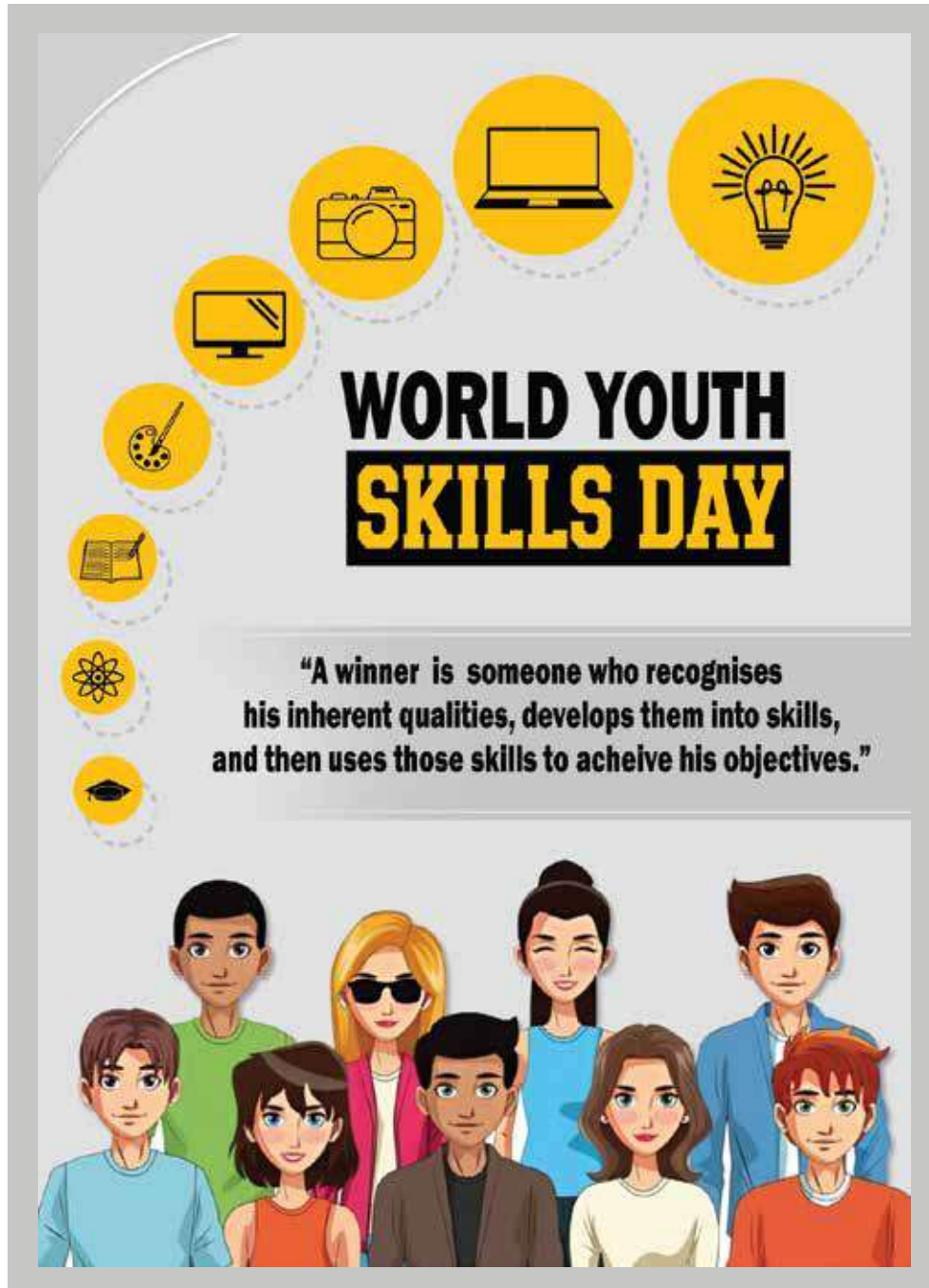


# DON BOSCO ARTS AND SCIENCE COLLEGE

Affiliated to University of Madras



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## Inspired to perspire

My dear Staff – teaching, office and supporting staff – and my loving students – girls and boys,

It is with great joy that I am writing these few lines in E-Voice of the renowned Don Bosco College of Arts and Science, Kilpauk. The seed sown nine years ago, has grown to be a big tree which, with God's grace, I am sure, will keep growing to be a mighty tree.

My dear Staff and Students, you have the ability to transform yourselves and the society. Whatever struggles you may have, you have capacity to turn them into songs. As the Chinese proverb says, "If I keep a green bough in my heart, the singing bird will come." I am sure you have already overcome many obstacles in the past and so with confidence you can move on wearing smiling faces. May you ever blossom with the fundamental conviction that "the happiness is an Inside Job."

Life is purposeful, not an accident. Indeed, discovering life's purpose is the greatest joy of living. During this college education, you have the best way to respond to the gift of life, i.e., to embrace it wholeheartedly and to live it to the full. In a world filled with preoccupation with success, power, positions and possessions that prevents us from living freely and nobly, we certainly need inspiration! Inspiration refers, literally, to the act of inhaling air into the lungs. It can breathe fresh purpose into our lives, transforming existence into an adventure. Our college has the purpose to enlighten your minds, strengthen your will, fill you with passion, instil hope and drive away despair and pervade your souls with courage.

My wish for you, my dear young people, is that you may wake up every morning with a smile and go after life to 'live it, enjoy it, taste it, smell it, feel it'. As Thomas Alva Edison, the American inventor, once remarked, "Genius is one percent inspiration and ninety-nine percent perspiration!" I do believe that the inspiration that you receive from Don Bosco, management and staff will lead you to hours of perspiration in the college that will bear fruit in your life. St. Augustine said, "God who created you without your consent, will not save you without your consent." Every one of you have come into the world with a mission. May you devise your own educative activities to carry forward your deep God-given mission.

We are given another year to inspire one another, to dislodge our despair and become harbingers of hope. The higher education sets us on the process of rising to higher state of knowing and deeper level of being. I wish that the college brings inspiration to many and stirs the fire in somebody's belly. May its purpose of promoting self-reflection, self-confidence and motivation to make your life meaningful to yourself and to the world, bear fruit. In the classroom and in the college campus, lives have been changed, nations' destinies shaped and the course of history altered by the power of inspiration. May your experience be one of them. Invoking God's blessings on you all and your families and wishing you all the best in the new year!

Yours affectionately in Don Bosco

Rev. Fr. Jayapalan SDB  
Rector

## Unveiling the Superhero Within: How Character Education Empowers You



**"The only true wealth is that which you give away, and the only education is self-education." - Jim Rohn**

College is a time of intellectual exploration, burgeoning independence, and sometimes a descent into instant ramen-fueled chaos. While academic prowess undeniably paves the way for success, character education is another often overlooked realm of learning. This isn't about memorizing moral codes but about empowering you to cultivate essential traits that define you and how you navigate life's complexities, giving you a sense of confidence and control over your journey to success.

Many students today are adrift in a sea of academic pressure and social expectations. Unfortunately, traditional education often prioritizes test scores over fostering essential character traits like integrity, emotional security, self-discipline, determination, and initiative. However, these character traits are crucial not just for personal success but also for professional success. They form the bedrock of a successful career, helping you navigate challenges, build strong relationships, and inspire others. As Helen Keller said, "Character cannot be developed easily and quietly. Only through trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

Here's the good news: character education isn't some mythical lost art. Positive psychology, a branch focused on human strengths and virtues, offers a clear roadmap to cultivate these essential traits. It's about understanding and fostering the strengths that empower us to flourish. Identifying signature strengths is crucial. These core abilities energize and define us. Recognizing these strengths helps students overcome challenges, set goals, and navigate academic and personal hurdles, instilling a sense of resilience and capability. Building emotional intelligence (EQ) allows students to manage emotions effectively, fostering healthy relationships and resilience. Positive psychology offers tools to develop EQ, such as practising gratitude, cultivating optimism, and promoting healthy coping mechanisms. A growth mindset, the belief that intelligence and abilities can be developed through effort, fuels determination and perseverance.

Transforming these concepts into action involves self-reflection, challenging oneself, practising gratitude, self-compassion, and focusing on progress. Dedicate time for honest self-reflection, fostering a sense of self-awareness. Step outside your comfort zone. Volunteer, join a club, or tackle a challenging academic project. Taking time to appreciate the good things in your life boosts happiness and well-being. Treat yourself with kindness and understanding, promoting a sense of self-compassion. Significant change rarely happens overnight. Celebrate small victories and acknowledge your progress. "The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." - Helen Keller. Embrace the journey of character building, focusing on growth and learning to inspire yourself and others.

Rev. Fr. Raj Kumar SDB  
Secretary and Treasure

## Blessings of God: A Message from the Principal



### **Dear Donbosconians,**

Each one of you, dear Donbosconians, is a unique creation of God. I thank God Almighty for His marvellous grace in meeting you all in July. Senior students are scaffolded with the Don Bosco education system, and our freshers are eagerly waiting to experience it from our institution. Let us all thank God for this unique opportunity.

There are thousands of reasons to thank God. One simple reason is that we are all alive. We have our food, shelter, and all other facilities, which many cannot avail. The Gross Enrolment Ratio (GER) at the all-India level is around 30%. According to the National University of Educational Planning and Administration (NUEPA), the dropout rate for higher education in India is 25%. This means that only one in four students who enrol in college can complete their degree. "Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." - William Arthur Ward.

You are all chosen and blessed. So be thankful to God Almighty, parents, teachers, relatives, and well-wishers for all the blessings. Understand your responsibilities, the pain experienced by your parents, and the efforts of your teachers. Be punctual for college. Concentrate on your studies and come out with flying colours. A good education will uplift you and your family. Remember, your success is not just yours, but ours as well. We are all part of this mission, and it's our collective effort and dedication that will propel you to new heights. The journey may be challenging, but with determination and hard work, you will achieve your goals. Let's work together as a team to create a brighter future, not just for ourselves, but for our community and the world at large.

As you embark on this new academic year, remember that you are not alone. The institution is here to support you. Stay focused, stay grateful, and stay blessed. These are not just words, but a way of life that will guide you through your journey.

All the best.

Dr. S. Xavier Raja Rathinam  
Principal

## First Things First: Prioritising Your Vision and Passion



It gives the students a nostalgic feeling of returning to academic rhythm after the short summer vacation. Education will undoubtedly empower students and enlighten their careers. As we are at the threshold of the new academic year 2024, having a clear vision for the future is of prime importance. Let us cultivate these things in this academic year.

Begin with the End in Mind. This famous statement by Stephen Covey, author of **Seven Habits of Highly Effective People**, focuses all our attention on our single goal. It sets priorities in our lives. It would help to start with the end in mind to achieve your desired life. This means identifying the big picture, the life you want to lead, the character traits you wish to embody, and the impact you want to have on those around you. Then, ensure each daily action aligns with your ultimate goals.

First Things First. To put something first means prioritising or giving it the highest importance or significance in a given situation or context. It implies that a particular thing or task is prioritised over others and takes precedence in attention, time, resources, or focus. Putting something first often involves prioritising it and ensuring that it is given the necessary attention and effort to be accomplished or addressed effectively. Let's give priority to those things which are most important in our lives. All the others will find a way out from our priority list.

Distance Yourself from Distractions. Our minds are filled with so much goodness and potential. Distractions are also part of life. If we distance ourselves from distractions, they will save our efforts to accomplish our goals. It is paramount to identify our journey's pitfalls and avoid them; otherwise, we will never experience the peak moments of achieving our desired goals.

Fr. Sagayaraj Kasi SDB  
Vice Principal

## WORLD ENVIRONMENTAL DAY CELEBRATION

The greatest threat to our planet is the belief that someone else will save it.

-Robert Swan

To make students be more responsible towards environmental causes, Don Bosco Arts and Science college organized a series of activities on World Environmental Day. A seminar on "Environmental Conservation " was organized where experts from local organizations shared their knowledge on sustainable living. Additionally, a tree planting ceremony was held, where saplings were planted and students took pledge to take care of them in the future. The event aimed to raise awareness among the students about the impact of human actions on the environment and encouraged them to adopt environmentally responsible habits.



## ORIENTATION PROGRAMME

The Internal Quality Assurance Cell (IQAC) of Don Bosco Arts and Science College, Kilpauk organised an orientation programme for the staff on June 5, 2024 in the Bi-Centenary Hall between 9 a.m. and 1 p.m. The orientation programme was divided into two sessions. During the first session, **Rev. Fr. Rajkumar Mervyn SDB**, the Secretary animated the staff. He emphasized on the methods of educating the present generation and focused on the creation of conducive work climate. The second session was graced by **Rev. Fr. John Wilson SDB, formator, DB Vazhikatti**. He gave the staff a comprehensive insight into **Salesian Pedagogy** and briefed the **Preventive System of Education**. This orientation programme helped the staff members to reflect on their roles as educators and further align themselves with the vision and values of Don Bosco Arts and Science college .





## ROADMAP TO NAAC ACCREDITATION

Internal Quality Assurance Cell (IQAC) and Institution's Innovation Cell (IIC) jointly organized a five-day Faculty Development Programme (FDP) titled **Roadmap to NAAC Accreditation** on June 6th, 10th – 13th, 2024 in Bi-Centenary Hall, Lab 1, Lab 2 and AV Hall between 9 a.m. and 2:30 p.m.

The first session in Bi-Centenary Hall was led by **Dr. Dorothy Pushparani, Assistant IQAC** Coordinator, Loyola College, Chennai. She focused on Cultivating Excellence: The importance of Individual, Departmental and Institutional Quality in Higher education. She highlighted **Quality=Excellence**. As a professor, one needs to adopt student centric learning and she suggested SMART framework to achieve quality excellence in higher education.

The Second session was handled by Dr. Ashok Immanuel, HOD, Dept. of Computer Science, Christ University, Bengaluru. He animated the staff members of the college in Lab 1. He highlighted that the staff should be relevant and well updated from time to time. He explained the need of AI enabled lectures and listed out appropriate mediums to furnish the teaching process and encouraged the staff to use ICT tools while teaching.



## DESIGN THINKING AND CELEBRATING THE TEACHING

The first session was led by **Dr T.S Renuga Devi, Convenor, IIC-WCC**, held at Bi-Centenary Hall. Her session titled "Design Thinking" provided an in-depth analysis of problem-solving through steps, the benefits of the design thinking approach and its five phases. Through object games and various group activities, the faculty members were able to think out of the box.

The second session was led by **Dr. Lazer Selva, Retd. Associate professor from Loyola College**, held at Bicentenary Hall. His perspectives aligned with the title "**Celebrating Teaching**". The purpose of this session was to highlight the significance of quality teaching in higher education. He facilitated an interactive session where faculty members worked in groups to develop creative teaching activities.



## Effective Teaching Plan and mastering The Art of Classroom Communication

**Dr. Vimala Earnest Punitha Kumar, Former Principal, St. Christopher B.Ed. College** led the first session in lab 2. She expounded the methods and skills of teaching which helped the staff to build their capacity and competencies in the teaching- learning process.

The second session was held in lab 2, led by **Dr. J.A Charles, Deputy Principal, Loyola College, Chennai**. He shared his expertise on NAAC reforms and instigated the staff community to initiate the spade work for NAAC accreditation.

The third session was held in the AV hall, led by **Dr. Jesudoss, a corporate trainer**. He insisted on the importance of **professional communication**. He kept the session very engaging with lots of activities pertaining to body language and also shared the nuances of attaining an optimistic growth in teaching career.



## Designing the Curriculum and Methodologies for Outcome-Based Education

Dr. Divya Christudoss conducted the first session in AV hall and spoke on "values in action: aligning code of conduct with professional ethics". The session gave a holistic understanding on how faculty members should conduct themselves in a professional manner inside as well as outside the college.

The second session held in AV Hall, conducted by Dr. M.C John Milton. The session was on designing the curriculum and methodologies for outcome-based education: **Aligning POs, PSO's, CO'S.**

The third session was conducted by Dr. Vanitha in lab 1 on "Online learning opportunities, E content creation and open educational resources for professional development".



## Learning ERP for Higher Education System

This session was conducted by **Mr. Yesu Raja and Mr. Imran from Boscsoft Technologies Pvt. Ltd., Yelagiri**. The focus of the day was the **Higrade app**, a comprehensive ERP tool designed to streamline various academic and administrative processes. Mr. Yesu Raja and Mr. Imran meticulously guided the staff members through the functionalities of the Higrade app, covering essential tasks such as course registration, timetable allotment, mentoring, leave and permission requests, attendance recording, event creation, and assessment management. The session aimed to enhance the efficiency and productivity of the staff by leveraging the Higrade app to simplify administrative tasks.

In conclusion, the objective of the FDP was to broaden the horizons of the staff fraternity in accordance with emerging trends in the field of education, and provide a panoramic view on NAAC accreditation. The objective was meaningfully achieved towards the end.



## Animation Programme on NAAC accreditation

The Internal Quality Assurance Cell (IQAC) of Don Bosco Arts and Science College, Kilpauk organized an animation programme for the staff on NAAC accreditation in AV hall on June 14,2024. Dr. Ordetta Mendoza, Educationalist, Retd. Associate Professor, Stella Maris College elaborated the seven criteria along with the guidelines stipulated by NAAC for accreditation. She focused on documentation, segregation of data and condensed the process of report writing. The participants were enlightened and left with a positive spirit of working towards NAAC.



## Naan Mudhalvan FDP Programme

The Faculty Development Programme was conducted by Naan Mudhalvan Scheme on the topic, **“Graphic Design and Multimedia.”**

Several faculties from reputed institutions attended the programme. The faculty representative Prof. Antony Sophia A from the department of English Don Bosco College of arts and science attended Naan Mudhalvan training programme, a platform that aims to provide skill development for the students. This training programme is spanned over the period of six days from 18.06.2024 to 23.06.2024 with hands-on training for accessing Adobe express application which is one of the prime tools for the course. The session was a highly impactful paved way for innovative measures in using technology in the classroom.



## New Beginning of the Academic Year 2024-2025

The second and third year students of Don Bosco Arts and Science College stepped into the new academic year with eagerness to dive into their studies and expand their horizons of knowledge. Students looked forward to academic opportunities in order to engage in meaningful discussion with their peers and professors. They were eager to step out of their comfort zones and challenge themselves academically, personally, and professionally, with the ultimate goal of becoming well-rounded individuals with a deeper understanding of the world and their place.



## International Day of Yoga

The students came together to celebrate the 10th International Day of Yoga with enthusiasm and fervor. The theme for the 10th International Day of Yoga was '**Yoga for Self and Society**'. The students gathered for invigorating yoga sessions led by experienced instructors. In the stillness of the serene environment, the participants focused on breathing exercises, meditation techniques and engaged in yoga postures. This helped students to calm their mind and body, reducing stress and anxiety. Students learned to focus on their physical and mental well being.



## Welcoming the New Members of the Management

In order to foster a sense of community and to prepare students for the day ahead the **Department of B. Com (General)** organized the common assembly at 8.30 am. The assembly began by seeking the blessings of the Divine. The students of B Com general came together to share a variety of information, including latest news, motivational stories which helped to foster camaraderie among the group. The **Principal, Dr.S.Xavier Raja Rathinam** and the **Vice Principal of the college Rev.Fr.Sagayaraj Kasi SDB** welcomed and introduced the new rector of the college **Rev.Fr.Jayapalan Raphael, SDB** and the **Dean of Ethics and Religion Rev.Fr.Oswalt Devadass, SDB**.

# HEARTY

Dear Fathers

# WELCOME



## Commission for Master of Social Work

“Create the highest, grandest vision possible for your life, because you become what you believe.” -Oprah Winfrey

A team of visited Don Science College **commission for Work (MSW)** was composed professionals faculty, who college's infrastructure, qualifications to meet the



university members Bosco Arts and to conduct the **the Master of Social program.** The team of esteemed from the university's reviewed the curriculum, and faculty ensure that they standards required

for accreditation. The visit aimed to assess the college's ability to provide a high-quality education in social work, and the team's findings will ultimately determine whether the MSW program at Don Bosco Arts and Science College will be recognized by the university.

## Seminar on “Role of Nature in Literature”

**I believe a leaf of grass is no less than the journey-work of the stars.** - Walt Whitman, poet

The Department of English organized a seminar titled “**Role of Nature in Literature**” on 25th June 2024 at DBICA hall. The chief guest for the seminar was **Rev.Fr. Rayappa A. Kasi, cosmologist and conservationist from Vellore.** The objective of the seminar was to sensitize students on climate change, a pressing issue that needs immediate attention.

Through literature the chief guest Rev.Fr. Rayappa A. Kasi, explored the intricate relationship between nature and human societies. By referring to literary works that feature the natural environment, students gained a deeper understanding of the interconnectedness of the world and the impact of human actions on the environment. The chief guest concluded the seminar with a thought provoking statement that the future of their generation is in their hands whether they like to succumb to the devastating effects of climate change or rise up and adapt to the changing tides of nature. The seminar had a profound impact on the students, as they left the hall with a greater sense of responsibility towards environment.



# International Day against Drug Abuse and Illicit Trafficking

**Change your behaviors and your feelings will follow.** - Susan McManhon.

The Dean of student affairs and National Service Scheme jointly took a proactive stand against drug abuse and illicit trafficking by organising a seminar on Drug Abuse and Illicit Trafficking in the college campus from 12.30 pm to 1.30 pm. The seminar not only created an awareness about the dangers of drug abuse, its harmful effects on physical and mental health, and the consequences of drug-related crimes. The students benefited from the seminar as they realized that in order to create a drug free society collective efforts are essential to combat drug trafficking.



## Documentary Premiere of Beno Zephine



Rev. Fr. Ernest Rosario, the esteemed Director of Don Bosco Institute of Communication Arts (DBICA), is a prominent figure in the field of media and communication. Under his visionary leadership, DBICA has flourished as a hub for creative and innovative media education. Fr. Rosario's commitment to fostering talent and promoting social change through media is evident in his extensive body of work. One of his most notable projects is the documentary "Beno Zephine," which was premiered in collaboration with the Department of Visual Communication, Don Bosco College of Arts and Science Chennai.

The documentary short "Beno Zephine" was premiered on 27th June 2024, a momentous occasion that drew an illustrious audience to celebrate the extraordinary life and achievements of Mrs. Beno Zephine, showcasing the inspiring journey of a 100% visually impaired IFS officer who had great vision.

The event was graced by several distinguished guests, including Chief Guest Dr. Radhakrishnan IAS, who lauded Zephine's indomitable spirit and her contributions to civil service. The Guest of Honor, Mr. Gunasekaran, Editor-in-Chief of Sun News, commended the documentary for shedding light on Zephine's inspiring journey and her unwavering determination to overcome challenges. He emphasized the importance of such narratives in motivating the youth and fostering a more inclusive society.

Special invitees included Rev. Dr. Sr. Stella Mary, Principal of Stella Maris College, who spoke about the importance of role models like Zephine in educational institutions. She noted that Zephine's achievements inspire students to pursue their goals regardless of the hurdles they may face. Other guests like Sr. Perphin and Mr. Lenin graced the occasion with their nostalgic moments. Several other guests like the family members of Mrs. Beno Zephine, Fr. Antony Pancras Director of New Reader press, various journalists and media people. Over 250 students attended from our institution, Don Bosco College of Arts Science and from several reputed colleges like Mar Gregorios, Stella Maris, Women's Christian College and students of Little flower Convent school for Blind, Chennai.





Finally Mrs . Beno Zephine shared the invaluable insights drawn from her own journey of overcoming challenges. She emphasized the importance of achieving in small things, suggesting that success starts with minor victories that build confidence and skill. Zephine urged students to recognize that talent is not confined to academics alone and encouraged them to explore diverse fields, including sports and extracurricular activities.

Zephine stressed the importance of effective communication, advising students to spend quality time conversing with their parents and honing their communication skills to articulate clearly and precisely in all settings.

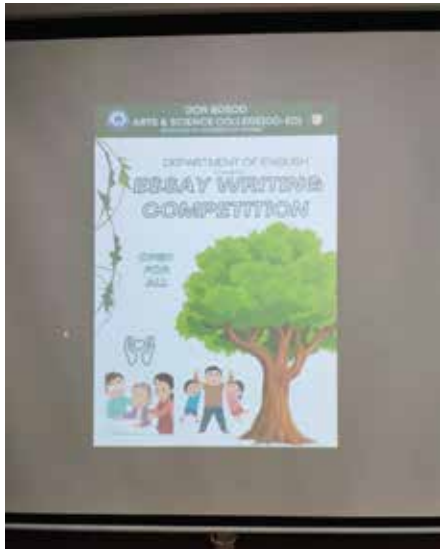
Zephine also inspired students to aim for great heights in civil service exams, underscoring that with determination and the right approach, significant achievements are within reach. She spoke about the need to rise from failures, viewing setbacks as opportunities to learn and grow stronger.

Additionally, Zephine advocated for regular reading of newspapers and books, calling it the first step toward success. She highlighted the wise use of technology in this modern world of distraction. She urged students to always do what is right and to accept challenges without hesitation, as facing difficulties head-on builds resilience and character. Her message was clear: to achieve success, students must develop a well-rounded skill set, maintain clear communication, embrace challenges, and persist through adversity. Her inspiring words left a lasting impact, motivating students to strive for excellence in all aspects of life.

This event has made grand success by the sincere efforts and hardwork of Fr. Ernest Rosario. His dedication to creating impactful media that educates and inspires is reflected in the documentary's meticulous storytelling and compelling narrative. His work continues to be a testament to the transformative power of media and its role in advocating for inclusivity and social justice.

## Essay Writing Competition

The Department of English organized an essay writing competition on various topics. The main objective of the competition was to encourage critical thinking and creative writing skills among students. The students showcased their ability to articulate their ideas effectively in the essay writing competition by demonstrating strong writing skills.



## Leaders' Summit 2024'



On 27th of June, 2024 the management Rev. Fr. Rajkumar Mervyn SDB, Secretary, Dr. S.R. Xavier Raja Rathinam, Principal, Rev. Fr. Kasi Sagayaraj SDB, Vice Principal, Rev. Fr. Oswald Devadass, Dean and Campus Minister, Mr. Matthews Arockiasamy, Director, DICE, Mr. Michael Stalin, Coordinator, DICE, Mr. Allen Cornelius, Assistant Coordinator and Mr. Shane Christen, faculty representative of Don Bosco Arts and Science College, took part in 'Logistics Leaders' Summit 2024' at Savera Hotel, Mylapore, Chennai. The main objective of the summit is to introduce 'Logistics and Supply Chain Management and the Maritime' to all academicians, thereby supporting to fade unemployment from the society.

Dr. Madhanagopal introduced the members and the objective of the summit, elaborated about the difference and the significance of 'Career vs Job', where building career is far more important than pushing oneself to get recognised by a job. He also explained about the 'Multi Modal Transport System'.

Captain D. Bhatia, introduced and explained about 'Shipping, Market and its various Types.' He also mentioned the ebb and flow of logistics, where the former reaching its peak and hitting the rock bottom, is cyclic process. He also mentioned that 90% of world's goods depends upon shipping.

This elaborate and visionary talk for the youngster through the academicians to build their skill and career, came to an upbeat ending with a palatable dinner.

## Alumni Talk

The Department of Commerce (General) and Department of Commerce (Corporate Secretaryship) started a new initiative known as Alumni Talk. This provided Mr. Dwarakanth. J (Whizz Events and Entertainment ) a former graduate from B Com (General) to reconnect with the alma mater and to share his experience .This Alumni talk provided a unique platform for Mr.Dwarakanth to reflect on his journey , share his expertise and offer valuable insights to the students.

On the behalf of B Com (Corporate Secretaryship) Mr. Joel Reubenraj.C who is currently pursuing M.Com at Madras University reconnected with the alma mater. Mr. Joel Reubenraj.C shared his experience at Don Bosco Arts and Science College. He further emphasized that the college played a significant role in shaping his career and personal growth, crediting the institution's rigorous academic programs, esteemed faculty, and supportive community for providing him with a strong foundation and sense of belonging that has stayed with him throughout his life. Thus, the students of the college were benefited by the Alumni talk as it served as a source of knowledge and inspiration to navigate their path in order to achieve their full potential.







## Drug Rally

The NSS unit along with department of physical education and students welfare forum from Don Bosco Arts and Science College went for drug rally in order to create awareness on dangers of drugs and its impact on individual, families, and society.



## Charting the Path to Success

### Parent – Teacher Meeting at Don Bosco Arts and Science College

Don Bosco Arts and Science College, Chennai, convened a momentous Parent-Teacher Meeting on June 29, 2024, for all second and third-year students. Strategically scheduled at the outset of the academic year, this assembly sought to establish a robust foundation of communication and collaboration among parents, students, and faculty, thereby ensuring a seamless and stable academic trajectory ahead.

The meeting provided an excellent forum for parents and students to engage with their respective class tutors and Heads of Departments (HODs). These interactions furnished valuable insights into the forthcoming academic year and elucidated effective strategies for navigating the current academic landscape.

A pivotal highlight of the meeting was the comprehensive review of the preceding semester's performances. Tutors and HODs meticulously evaluated each student's accomplishments, offering detailed feedback that illuminated their strengths and areas necessitating improvement. Parents received a lucid portrayal of their ward's academic progress, accompanied by pragmatic suggestions on how to bolster their learning at home.

In addition to performance reviews, the meeting focused on setting explicit expectations for the year. Faculty members delineated the curriculum, key academic milestones, and the significance of adhering to deadlines, maintaining regular attendance, and actively participating in college activities. This guidance aimed to equip students and their families for the challenges and opportunities of the new academic year.

A crucial element of the meeting was the signing of the student-parent undertaking form. This document, signed by both students and parents, functioned as a pledge to comply with the college's rules and regulations, uphold discipline, and strive for academic excellence. It underscored the commitment of all parties to work collaboratively towards the students' success.

The Parent-Teacher Meeting was a resounding success, achieving its objective of fostering a collaborative environment among parents, students, and faculty. The insights and guidance dispensed during the meeting are anticipated to positively influence the students' academic journey, ensuring a productive and successful year ahead. This event heralds the commencement of a promising academic year, predicated on the pillars of communication, collaboration, and shared commitment.



# Parent – Teacher Meeting

VISCOM



B.Com



Computer Science



BA.English



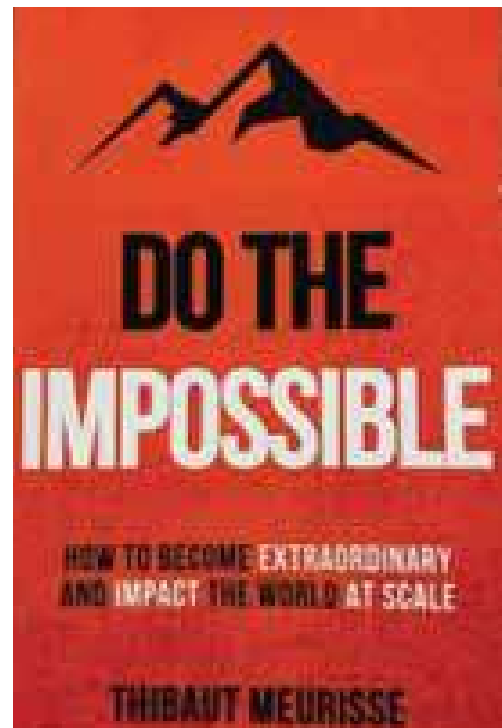
## "Do the Impossible: Unlock Your Full Potential with the Power of Mindset"

Thibaut Meurisse

"Do the Impossible: Unlock Your Full Potential with the Power of Mindset" by Thibaut Meurisse is a compelling and motivational guide designed to help readers achieve extraordinary goals by transforming their mindset and habits. This book is a treasure trove of practical wisdom and actionable strategies, making it a valuable resource for anyone seeking to maximize their potential. Meurisse emphasizes defining SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals. Clear goals provide a roadmap and fuel motivation, helping you focus on your desired outcomes. Embracing challenges and viewing failures as opportunities for growth is essential. A growth mindset fosters resilience and continuous improvement, turning setbacks into stepping stones.

Regularly visualizing yourself achieving your goals can enhance motivation and reinforce a positive self-image. Visualization is a powerful tool that can bring your aspirations to life. Breaking your goals into smaller, manageable tasks and taking consistent daily action is crucial. Meurisse highlights that small, steady steps lead to significant progress over time. Identifying and challenging limiting beliefs that hold you back is vital. Replacing them with empowering beliefs that support your goals can unlock new levels of potential. Cultivating self-discipline and developing positive habits that align with your goals are critical to long-term success. Consistent habits create a foundation for achieving your aspirations. Minimizing distractions and maintaining focus on your priorities is essential. Techniques like time blocking and the Pomodoro method can help improve concentration and productivity. Accepting that failure is a natural part of the journey to success is a recurring theme in the book. Learning from mistakes and using them as stepping stones is crucial for achieving goals.

Finding an accountability partner or joining a group with similar goals can provide support, motivation, and encouragement. Accountability ensures that you stay on track and committed to your objectives. Surrounding yourself with positive influences, including supportive people, inspirational content, and a conducive physical environment, can boost your motivation and energy. A positive environment nurtures a positive mindset. Thibaut Meurisse's "Do the Impossible" is an inspiring read that provides practical lessons and actionable strategies to help you transform your mindset, overcome obstacles, and achieve extraordinary goals. Whether you want to make significant changes in your personal or professional life, this book offers the guidance and motivation to unlock your full potential.



## "Tiny Habits"

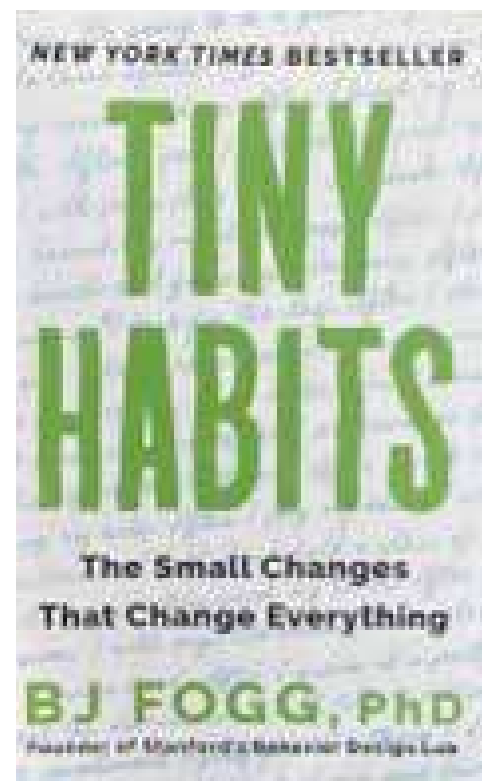
BJ Fogg, PhD

"Tiny Habits" by the esteemed BJ Fogg, PhD, introduces practical strategies for creating lasting behaviour change through small, manageable habits. This book, penned by a recognized expert in the field, is an insightful guide that provides readers with a framework to make significant changes in their lives by starting small. One of the key takeaways from "Tiny Habits" is the power of starting small. Fogg underlines the importance of beginning with tiny habits that are a breeze to accomplish, setting yourself up for success and building unstoppable momentum. By linking new habits to existing routines, you can fuse these new habits with familiar behaviours or cues in your daily life, making them more automatic and easier to adopt.

Celebrating even the most minor successes is crucial. Fogg advises that celebrating reinforces positive behaviour and motivates you to continue. Consistency is another critical factor in habit formation. Practising your tiny habit consistently, even if it's just for a few seconds each time, is essential. Fogg also stresses the importance of embracing simplicity. Keeping your habits simple reduces barriers and makes them easier to integrate into your daily routine. Paying attention to your feelings and adjusting your habits based on feedback is essential. Modify a habit or try a different approach if it isn't working.

Using emotions to drive behaviour is another vital lesson. Connecting positive feelings with your habits makes them more appealing and reinforces their adoption. Creating a habit recipe, which involves identifying the specific elements that make up your habit (cue, routine, reward) and designing them intentionally, is essential for effective habit formation. Building momentum gradually is crucial. Starting with one tiny habit and building progressively upon it once it becomes established is more effective than trying to change everything. Fogg also advises focusing on behaviour, not goals. Instead of concentrating solely on big goals, focusing on the small behaviours (habits) that will lead you toward achieving those goals over time is more productive.

The lessons from "Tiny Habits" provide a practical framework for anyone looking to create positive changes in their life by starting small and building habits that are not only sustainable but also highly effective. BJ Fogg's approach is both accessible and actionable, making it an excellent resource for anyone seeking to make lasting changes in their behaviour.



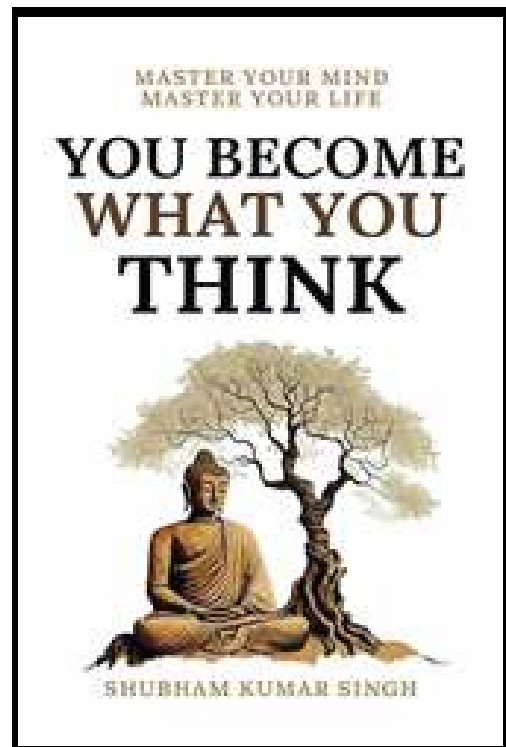
## "You Become What You Think"

Shubham Kumar Singh

"You Become What You Think" by Shubham Kumar Singh delves into the profound impact of our thoughts on our lives and success. This book provides valuable insights and practical strategies to harness the power of positive thinking and mental focus. Singh emphasizes the power of positive thinking, highlighting how our thoughts shape our reality. Cultivating a habit of positive thinking can attract positive outcomes and opportunities into our lives. Regular visualization of goals and dreams, as if they have already been achieved, helps program the mind for success and motivates necessary actions. The use of affirmations is another crucial lesson. Singh explains how positive affirmations can reprogram the subconscious mind. Repeating empowering statements builds confidence and reinforces belief in one's abilities. Practising mindfulness to become aware of thoughts and emotions is crucial. Mindfulness helps you stay present and make conscious choices that align with goals and values.

Overcoming negative self-talk by challenging and replacing it with positive, constructive thoughts can significantly improve self-esteem and mental well-being. Setting clear goals and breaking them down into actionable steps provides direction, keeping you focused and motivated. Singh also emphasizes the importance of gratitude. Regularly reflecting on the positive aspects of life shifts focus from what's lacking to what you have, increasing happiness and satisfaction. Another essential lesson is taking full responsibility for thoughts, actions, and outcomes. Accepting responsibility empowers you to make changes and take control of your life. You are surrounding yourself with positive influences, whether people, books, or environments, that can inspire and motivate you to stay on track with your goals.

Commitment to continuous learning and growth is crucial. Constantly seeking new knowledge and skills helps you stay adaptable and open to new opportunities. Singh encourages lifelong education and personal development to remain resilient and progressive. By applying these lessons from "You Become What You Think," readers can harness the power of their thoughts to create a more positive and successful life. Shubham Kumar Singh's insights are practical and empowering, offering a clear mental and emotional transformation path.





# WORLD YOUTH SKILLS DAY

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✉ [infodbcas@gmail.com](mailto:infodbcas@gmail.com) [www.dbcc.edu.in](http://www.dbcc.edu.in)