



CO-ED

# DON BOSCO ARTS AND SCIENCE COLLEGE

(Affiliated to University of Madras)



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Merry  
Christmas

HAPPY NEW YEAR

# 2025

2024



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My dearest Staff, loving students, parents and friends of Don Bosco,

It's Christmas time. I wish every one of you and your family members a Merry Christmas! Remember, Christmas is not just a day, but a state of mind. Let's keep the spirit of Christmas alive throughout the year! Let's remember the true spirit of Christmas:

**Love: Jesus taught us to love one another, just as God loves us.**

**Kindness: Show compassion and empathy towards those around you.**

**Hope: Believe in the goodness of the world and the people in it.**

**Joy: Share your smile, your laughter, and your happiness with others**

As we celebrate the birth of Jesus, the Prince of Peace, our world is still plagued by wars, conflicts, and violence. Innocent lives are lost, families are torn apart, and communities are shattered. In the midst of such chaos, we are reminded of the profound message of Christmas: peace on earth, goodwill to all. Jesus' birth represents hope, love, and redemption – values that are desperately needed in our world today.

The ongoing conflicts in Russia-Ukraine and Israel-Palestine serve as poignant reminders of the devastating consequences of war. In Ukraine, the conflict has resulted in thousands of lives lost, millions displaced, and a nation torn apart.

The international community must continue to advocate for a peaceful resolution, respecting Ukraine's sovereignty and territorial integrity. In the Middle East, the Israeli-Palestinian conflict has spanned decades, with both sides suffering immense human costs. We must pray for a two-state solution, recognising the rights and dignity of both Israelis and Palestinians to live in peace and security.

**As we reflect on the true meaning of Christmas at this time of wars, let us not forget:**

*1. The human cost of war:* Innocent civilians, including children, women, and men, are caught in the crossfire, forced to flee their homes, and suffer from the struggle to survive.

*2. The power of compassion:* In the face of conflict, we see countless examples of ordinary people showing extraordinary kindness, generosity, and courage.

*3. The importance of forgiveness:* As we strive for peace, we must also work towards forgiveness – forgiving ourselves, others, and even those who have caused harm.

*4. The need for collective action:* We must come together as a global community to demand peace, to support those affected by conflict, and to work towards a more just and equitable world.

**This Christmas, let us recommit ourselves to the pursuit of peace. Let us:**

*1. Pray for peace:* Pray for an end to conflicts, for the safety of those affected, and for the wisdom of leaders.

**2. Support humanitarian efforts:** Donate to organisations providing aid to those affected by conflict, such as the International Committee of the Red Cross (ICRC) or the United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA).

**3. Advocate for peaceful solutions:** Contact your representatives, sign petitions, and raise awareness about the need for diplomatic solutions to conflicts.

**4. Practice peace in our daily lives:** Cultivate empathy, understanding, and kindness in our interactions with others, even in the face of disagreement or adversity. "Peace on earth will come to stay, when we live Christmas every day," says Helen Steiner Rice.

**As young people, you have the power to make a difference in the world. Use your talents, your voices, and your actions to spread love, kindness, and hope. May this Christmas season be a time of hope, peace, and renewal for all. May we strive to create a world where peace is not just a distant dream, but a lived reality.**

**"The Christmas message is one of peace, love, and reconciliation," said Billy Graham. Let us have peace, so that we may live in freedom, and that our children may grow up in a world without fear. The best way to spread Christmas cheer is singing loud for all to hear. May you be filled with love, laughter, and all your favorite things!**

**Wishing you all and your families, a Peace-filled Christmas and a Bright Prosperous New Year 2025!**



Yours in Baby Jesus,  
**Fr. Jayapalan sdb**  
Rector, Rinaldi Juniorate



Preparing for university exams is a transformative experience in every student's life. It demands discipline, resilience, and a clear strategy to tackle both academic and mental challenges. As Ralph Waldo Emerson once said, "The only person you are destined to become is the person you decide to be." This quote is a powerful reminder that exams are an opportunity to shape your capabilities and develop lifelong skills. Here's an in-depth guide for college students on preparing for exams, complemented with valuable insights for parents on how to offer supportive guidance during this pivotal time.

## The Student's Guide to University Exam Preparation



University exams are often more demanding than what students may have experienced in school, requiring a broader understanding, critical thinking, and application of knowledge. Follow these strategies to face exams with confidence.

### 1. Start Early and Stay Consistent

• **Procrastination is one of the biggest obstacles to exam success:** The earlier you start, the more effectively you can cover each topic without last-minute cramming. In the words of Benjamin Franklin, "By failing to prepare, you are preparing to fail." *Begin your preparation as early as possible to prevent anxiety and enhance your readiness.*

• **Develop a Study Plan:** Break down your syllabus into manageable chunks. Organise your schedule around topics and set realistic deadlines. Make a timetable that balances your time across subjects and accounts for review sessions.

• **Consistency is Key:** Even if it's just an hour each day, regular study builds a stronger understanding than occasional bursts of intense study. "Success is the sum of small efforts, repeated day in and day out," says author Robert Collier. Consistency breeds confidence and retention.

### 2. Familiarise Yourself with the Exam Format and Marking Scheme

Every exam has its specific format and marking system, so it's essential to know what to expect before you walk into the exam hall.

• **Review Past Papers:** Use past exam papers as a tool to understand the type of questions asked. Not only does this help you identify essential topics, but it also allows you to practise time management.

- **Practice Under Timed Conditions:** As you practise past papers or sample questions, replicate the exam setting by timing yourself. This will improve your ability to complete the paper within the given time. Remember, *practice makes perfect—familiarity with the paper structure can significantly reduce anxiety.*

- **Understand the Marking Scheme:** Knowing how marks are allocated for different sections can help you prioritise your responses. Often, the first few questions carry more weight, so use your time strategically.

### 3. Experiment with Study Techniques to Find What Works Best for You

Different people learn in different ways. Your goal should be to find the study techniques that maximise your retention and understanding.

- **Use Visual Aids:** Diagrams, mind maps, and flowcharts can be excellent tools for visual learners. They simplify complex ideas and make them easier to recall.

- **Mnemonic Devices:** Mnemonics can help you remember complex sequences or lists of information. For instance, to remember mathematical operations (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction), use the mnemonic “Please Excuse My Dear Aunt Sally.”

- **Teach Others:** One of the best ways to reinforce what you’ve learned is by teaching it to someone else. By explaining concepts to friends or family, you can solidify your understanding.

- **Focus on Application:** University exams frequently test the application of concepts rather than rote memorisation. Dig deeper into the “why” and “how” of each topic. *“Tell me and I forget, teach me and I remember, involve me and I learn,” said Benjamin Franklin. Actively engaging with your study material is key.*

### 4. Prioritise Physical and Mental Well-being

Maintaining a healthy routine during exams is essential. The mind is a powerful asset, but only if the body supporting it is well-cared for. “The mind is not a vessel to be filled, but a fire to be kindled,” said Plutarch, reminding us of the importance of self-care in learning.

- **Get Adequate Sleep:** Lack of sleep hinders memory and concentration. Aim for 7-8 hours of restful sleep each night, especially before the exam day.

- **Eat Nutritious Foods:** Foods rich in antioxidants, vitamins, and minerals—such as fruits, vegetables, whole grains, and lean protein—can boost brain function. Avoid excessive caffeine, as it can lead to burnout.

- **Exercise Regularly:** Exercise is a great way to relieve stress and increase focus. A daily 20–30-minute workout—whether it’s a walk, yoga, or a gym session—can refresh your mind and body.

- **Take Breaks:** Continuous study without breaks can lead to burnout. After every hour of

study, take a 10–15-minute break. Use this time for relaxation, meditation, or a short walk to clear your mind.

## 5. Manage Exam Anxiety and Stay Positive

The pressure of exams can cause stress and anxiety, but managing this is crucial for optimal performance. As Dr. Seuss said, “You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.” *Believe in your abilities, and don't let fear dictate your actions.*

**Use Breathing Exercises:** Deep breathing can reduce stress and help you stay calm. Before beginning each study session, take a few deep breaths to focus your mind.

• **Visualisation Techniques:** Visualise yourself successfully completing your exams and achieving your goals. This technique can help reinforce positive thoughts.

**Stay Focused on Your Progress:** Avoid comparing yourself to others. Focus on your journey, your improvements, and your achievements. Remember, exams are just one part of your academic career, not a measure of your entire worth.

## Tips for Parents of University Students

Parents play an essential role in their children's academic success, even at the university level. Offering balanced support can make a significant difference in a student's stress levels and motivation.

### 1. Be Empathetic and Understanding

University exams can be as stressful for students as they are for parents. Maintain an open, non-judgmental line of communication. As Maya Angelou wisely said, “People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” A supportive, understanding approach will ease your child's anxiety.

2. **Encourage Open Communication:** Let your child express their worries without fear of criticism. Showing empathy fosters trust and makes them feel more comfortable sharing their challenges.

### 3. Create a Productive Study Environment

A dedicated study space that's free from distractions can greatly enhance focus.

• **Help Them Organize:** Ensure they have the necessary study materials like textbooks, stationery, and access to online resources.

• **Respect Their Study Schedule:** Avoid interruptions during study time and encourage regular breaks. Balance between study and relaxation is vital for sustained productivity.

• **Promote Healthy Lifestyle Choices:** Encourage habits that support physical and mental well-being.

• **Suggest Regular Exercise:** Physical activity improves mood and reduces stress, making it easier for students to focus.



Limit Screen Time: While some screen time is necessary for studying, excessive use for entertainment can lead to fatigue. Promote short breaks with physical activity instead.

#### 4. Celebrate Effort, Not Just Results

Shift the focus from grades to the effort and growth they demonstrate. Recognize the hard work they put in, regardless of the outcome. “Success is not final, failure is not fatal: it is the courage to continue that counts,” said Winston Churchill. This mindset encourages resilience and a growth-focused attitude.

#### 5. Provide Help When Needed, But Avoid Micromanagement

Be available to assist if they ask but avoid overly monitoring their study habits.

**Offer Practical Support:** Whether it’s discussing difficult concepts, helping them plan their study schedule, or preparing a healthy snack, small gestures of support go a long way.

**Encourage Independence:** University students are learning to become self-sufficient. Encourage them to make their own choices while being there as a supportive presence.

#### Conclusion: The Journey is the Reward

Preparing for university exams is both challenging and transformative. As you work toward academic success, remember that exams are milestones, not endpoints. Focus on personal growth, resilience, and the knowledge you gain along the way. Success isn’t measured

solely by the grades on your transcript but by the courage, perseverance, and growth you experience through the journey. As Michelle Obama said, “You don’t have to be somebody different to be important. You’re important in your own right.”

For parents, the role you play in this journey is invaluable. By providing empathetic support and helping your child maintain a balanced routine, you foster an environment where they feel empowered to succeed.

With diligent preparation, self-care, and unwavering support from family, university students can approach their exams confidently, armed not just with knowledge but with resilience and a balanced mindset. In the words of Maya Angelou, “You may



encounter many defeats, but you must not be defeated.” Embrace the journey, learn from every experience, and remember that each step brings you closer to your goals.

**Rev. Fr. Raj Kumar SDB**  
Secretary and Treasurer



**Dear DonBosconians,**

*Happy to meet you all once again through this e-voice!*

The proverb “make hay while the sun shines” emphasizes to seize opportunities and to work diligently when conditions are favourable. This expression originated from agricultural practices, where farmers must harvest hay during periods of good weather to ensure a successful yield. In today's fast-paced world, the ability to recognize and seize opportunities is crucial for personal and academic growth.

In the same way you have to seize the opportunity presented to you. Education is one such opportunity that you have all been given. Education is the most powerful weapon that can enlighten, uplift, empower and transform the lives of the individual and bring a change in the society. Through education you became the agents of change in the society.

**Other opportunities include internships, workshops, leadership positions, clubs and sports activities.** Seize these opportunities, which present new experiences. These are learning opportunities that equip and mould your character and your skills. Engaging with new experiences can lead to increased confidence, improved problem-solving skills, and a greater sense of independence.

Make the most of your time by pursuing these opportunities. Use your innovative ideas and creativity to develop interdisciplinary research to address the global challenges. This can lead to meaningful development and prepare you for future challenges. By actively seeking and embracing opportunities, you pave the way for a fulfilling educational journey and a prosperous future. Remember, every opportunity is a stepping stone toward your dreams—don't hesitate to take that leap.



**Dr. S. Xavier Raja Rathinam**  
Principal



What does Christmas mean to you? For many, it's a time of vibrant traditions—new clothes, sweet treats, beautifully decorated cribs, attending midnight Mass, and singing carols. While these customs bring delight, they often focus on outward celebration, sometimes overshadowing the profound spiritual essence of Christmas.

A story reminds us of the depth of this season's meaning. Imagine a king crossing a river with his family. Frustrated with the boatman's answers, the king grew impatient. Suddenly, the boatman leaped into the river, carrying the king's child. Overwhelmed with fear, the king plunged into the waters to save his child. Safely ashore, the boatman explained, *"I wanted to show you the depth of God's love. Just as you risked everything to save your child, so too did God, who sent His only Son to save humanity."*

This story mirrors the heart of Christmas, revealing five beautiful truths about the season:

## 1. God Among Us - The Incarnation

Christmas celebrates the miraculous moment when God took human form as Jesus Christ, born of the Virgin Mary. It is the ultimate expression of divine love, made real and reachable.

## 2. God With Us - Immanuel

Jesus walked alongside us, experiencing our joys, pains, and hopes. His name, Immanuel - "God with us" - reminds us that we are never alone. He shares in every moment of our lives, bringing hope and comfort.

## 3. God of Simplicity and Humility

Born in a humble manger, Jesus' birth teaches us that God's love transcends wealth and status. In His simplicity, we find a message of inclusion, peace, and hope for all people.

## 4. God Beyond Barriers

Jesus broke societal norms and boundaries, embracing the outcasts, forgiving sinners, and challenging injustice. His life reveals a God who calls us to love without limits and reflect that love in our relationships.

## 5. God of Joy

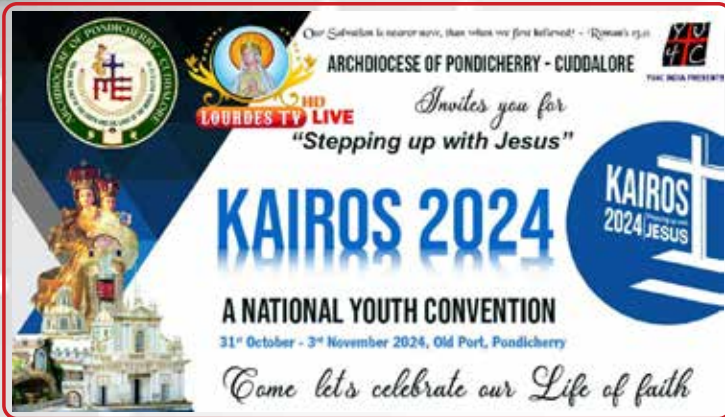
The joy of Christmas is not confined to a day or a gathering; it's a joy meant to transform our lives. When we share kindness and compassion with others, we reflect Christ's love and bring His light into the world.

This Christmas, let's pause to journey inward, reconnecting with the true meaning of the season. Beyond the decorations and celebrations, let us carry hearts full of gratitude and love. By embracing the simplicity, joy, and unity that Jesus represents, we become instruments of His peace in the world.

May the light of Christmas shine brightly in our hearts, guiding us to be messengers of hope, compassion, and joy. Let us celebrate the miracle of God with us and live as reflections of His boundless love.

**Fr. Sagayaraj Kasi SDB**  
Vice Principal, DBCC

**Wishing all of you a Happy Christmas.  
May this Christmas bring  
more Peace, Joy, and Love to all of us.  
Merry Christmas & Happy New Year.**



*Kairos, a transformative youth retreat*, was organised for Christian and Catholic students at Pondicherry for four days. Thirty-three students from the college were accompanied by Ms. Immaculate Catherine Anita (Assistant Professor, Department of English) and Mr. Mathews (Assistant Professor, Department of Corporate Secretaryship). This retreat focused on spiritual growth,

personal reflection, and community building. The retreat encouraged participants to explore their faith. Furthermore, the retreat engaged the participants in meaningful discussions on topics such as abortion, suicide, and other challenges that today's youth face. Through talks, prayer, and group activities, this retreat deepened the participants' relationship with God and helped them understand the importance of living out their faith daily.





In view of All Soul's Day , students and staff members of the college gathered to offer prayers for the departed souls. This helped them to reflect on the significance of remembering and honouring the departed family members.



### Workshop on Entrepreneurship and Innovation as a Career Opportunity

On 6<sup>th</sup> November 2024, workshop titled "Entrepreneurship and Innovation as a Career Opportunity" was conducted in the Bi-Centenary Hall, from 9.00 am to 2.30 pm. The resource person was Mr. D. Udayakumar, Hon. Treasurer, Ambattur Industrial Estate Manufacturers Association (AIEMA), an entrepreneur known for his innovative approaches in business. The workshop aimed to inspire participants to view entrepreneurship as a rewarding career option while emphasizing the importance of innovation in today's competitive market. Mr. Udayakumar began by sharing his personal experience in the business and outlining the entrepreneurial landscape, explaining how entrepreneurs drive economic growth and how innovation provides a competitive advantage.

A significant portion of the workshop focused on identifying viable business opportunities, where Mr. Udayakumar advised participants to look for unmet needs, emerging trends, and unsolved problems as sources of entrepreneurial inspiration.



He stressed the value of conducting thorough market research and understanding customer needs to build sustainable businesses. Addressing the common challenges entrepreneurs face—such as funding constraints, resource management, and resilience—he shared practical strategies to overcome these, including seeking mentorship, networking, and developing a support system. The workshop ended with an engaging Q&A session where attendees received personalized advice, leaving them motivated and equipped with actionable insights for pursuing entrepreneurial goals. The event concluded with vote of thanks, expressing gratitude to all the organizers and participants who made this event a successful one.

The Institution's Innovative Council, along with the Department of English, commemorated National Education Day in the AV hall at 10:30 am. The resource person was Mr. Jaswa Jebaraj A. (Assistant Professor and IQAC Coordinator). He addressed a group of fifty students. The event aimed to underscore the transformative power of education. During the presentation, he emphasised the transformative power of education in changing lives. He concluded his inspiring presentation with a powerful quote from Ambedkar: "*Education is social justice.*"



The first-year students of the Master of Social Work went for an observation visit to Loyola Shelter for Homeless Men, which operates under the auspices of the Jesuit Migrant Service. The visit aimed to provide first-hand experience in understanding the dynamics of shelter service. During the visit, students had the

opportunity to interact with the residents of the shelter. The Observation visit to Loyola Shelter provided an invaluable experience to students by making them understand shelter services and the realities of homelessness.

The university semester exams commenced on 8<sup>th</sup> November 2024. The exams helped students to develop their study habits and time management skills. By taking up the exams students demonstrated their knowledge and skills which they acquired throughout the semester.

11<sup>th</sup> November 2024

### Observation visit to FOODHUB office

The first-year students of the Master of Social Work visited the FOOD HUB office at DLF, Ramapuram as a part of their observation visit. The visit's main objective was to understand the role of food hubs in supporting



community nutrition and food security. The staff at the food hub explained their community outreach efforts and partnership initiatives. Students learned that collaboration between social workers, government, and community organisations is necessary to enhance food access and support systems. This observation visit made

the student realise the importance of community service and the impact of social service in tackling food insecurity.



On 14<sup>th</sup> November 2024, the Tamil Nadu Police - NIB CID organized a state-level competition on drug awareness short films and reels. To discuss this initiative, a meeting was held on **14<sup>th</sup> November 2024** at 4:00 PM in the Conference Hall, CBCID Complex, Egmore, Chennai. Professors and students from various institutions participated in the meeting to support the vision of a drug-free Tamil Nadu.

The Department of Visual Communication and the Sports Club from our college enthusiastically joined the event. The Head of the Viscom Department, **Mr. Irshad Ahamed, and Assistant Professor Kavitha** accompanied the students.



**Mr. Myilvaganam, SP - NIB CID**, delivered an impactful address on the significance of anti-drug initiatives in colleges. He highlighted the alarming issues of drug abuse among youth and the urgent need for awareness campaigns. To amplify this effort, he encouraged all colleges to create short reels of 40 seconds, emphasizing the theme of drug prevention. **Mr. S. Lakshmanan, Addl. SP - NIB CID**, also participated in the meeting, sharing his insights on the importance of collaborative efforts in addressing the drug menace.

The event was highly informative and inspired students to contribute creatively to this noble cause.



The first year MSW students went for their rural camp visit as part of their curriculum to Don Bosco Youth Animation Centre in Ennore, on November 14, 2024. They interacted with local fishermen and vendors to understand the challenges in the community. They also designed a questionnaire to gather data from the local fishermen community, which provided valuable insights into their challenges and daily lives. Further the trainees engaged in preparing banners and presentations on various topics, such as career guidance and child safety. These informative presentations honed their communication and teamwork skills. They also engaged in activities, like field cleaning, and intellectual tasks such as report planning. This deepened their connection to the community. Overall, the camp proved to be a significant platform for practical engagement and personal growth.





The first-year students from the Master of Social Work attended a training about folk arts. This training enhanced students' understanding of cultural expression. The student gained an enriching experience in understanding the intersection between cultural practices and social work.



In collaboration with the women's cell, the student council celebrated Men's Day. The main objective was to honor all male staff (both teaching and non-teaching). The celebration sought to recognise their contributions and foster appreciation and respect across genders. The initiative created a positive environment by motivating and appreciating the male staffs in the college.



The AICUF club members conducted an "Educating Children's Week" program from 25<sup>th</sup> to 28<sup>th</sup> November 2024, nearby their houses. Five students from AICUF club enthusiastically conveyed the importance of Cleanliness, good habits. Through motivational stories they inspired positive changes in the young minds.



26<sup>th</sup> November 2024

Constitutional Day

On Constitutional Day, the staff members of the college gathered to take pledge. The day commemorates the adoption of the Indian Constitution in 1949, as it laid the foundation for India's democratic, secular, and sovereign identity. The staff members reflected on the transformative journey of the nation and reaffirmed their commitment to the principles that bind the diverse fabric of India.



In the heart of November, a day shines bright,  
 Celebrating children, their laughter, their light.  
 With dreams like kites, they soar and they play,  
 In the joyful magic of childhood, they dance through the day.



- AKASH B C DAVID

Joyful voices echo, in parks and in schools,  
 With games and with stories, they break all the joyful rules. III B A English  
 Each smile a joyful reminder of innocence pure,  
 In their boundless spirit, we find hope for sure.

Let's honor their joyful laughter, their curious gaze,  
 For in their small wonders, we find endless joyful praise.  
 On this cherished day, let's lift them up high,  
 For the future is theirs, as vast as the joyful sky.



**CHILDREN'S DAY** - RACHEL

III B A English



"Let us sacrifice our today so that our children can have a better tomorrow" said by Dr.A. P. J. Abdul Kalam.

Children's Day celebrated every year on November 14<sup>th</sup> in India, is a day dedicated to the well-being and rights of children. This date marks the birth anniversary of Jawaharlal Nehru, the first Prime Minister of India. He is known to be deeply fond of children and believed in nurturing them as the future of the nation. This day is not only an occasion to celebrate the joys of childhood but also an opportunity to reflect on the challenges that children face across the globe.

Jawaharlal Nehru saw children as the future of a strong and prosperous India. His unwavering belief in the importance of education and the protection of children's rights shaped his vision for a better future. So children's day has become an annual reminder of the need to safeguard the interests of children and ensure they are given opportunities to bloom and flourish in life. On this special day, schools across the country organise various activities such as singing, dancing, and performances by teachers that bring joy and excitement to children. Teachers and students often take part in events that highlight the importance of education, health, and child rights. This celebration reminds society of the importance of investing in children's growth and well-being.

While Children's Day is a joyful occasion, it also serves as a call to action. Despite progress, millions of children around the world still face issues such as poverty, lack of access to education, and exploitation. Children's Day is not just a celebration but a reminder of the ongoing need for collective efforts to create a safe and nurturing environment for every child, where they can dream, grow, and succeed in their life.



- *Br. Peter D*  
III B A English



Men's Day, observed annually on November 19<sup>th</sup>, is a day dedicated to recognising the contributions of men to society. While it may not be as widely celebrated as International Women's Day, it serves as a crucial platform to address issues specific to male mental health, gender roles, and societal expectations.

Historically, societal norms have often limited the expression of male emotions, leading to suppressed feelings and mental health struggles. Men's Day aims to challenge these stereotypes and encourage open conversations about mental health. By acknowledging the unique challenges faced by men, we can foster a more empathetic and supportive environment for them.

The day also offers an opportunity to celebrate the positive impact of masculinity. Traditionally associated with strength, leadership, and protection, masculinity can be a powerful force for good. However, toxic masculinity, characterised by aggression, dominance, and emotional suppression, can have detrimental consequences. Therefore this day provides a platform to promote healthy masculinity thereby emphasising qualities like empathy, vulnerability, and emotional intelligence. By encouraging men to embrace their full range of emotions, we can create a more balanced and compassionate society.

Ultimately, Men's Day is not about male superiority but about gender equality. By recognizing the challenges faced by men and promoting positive masculinity, we can work towards a world where both genders are valued and supported.

மனிதனின் அடிப்படை தேவைகளில் முக்கியமான ஒன்று உணவு. அந்த வகையில் நோயின்றி வாழ சிறந்த உணவே அவசியம் என்பதை தெளிவுபடுத்துகிறது. நோயற்ற வாழ்வே குறைவற்ற செல்வம் என்று பழமொழியும் உண்டு. ஆரோக்கியமான உணவை உட்கொள்வதன் மூலமே ஒரு மனிதன் நோயற்ற வாழ்வை வாழ முடியும். உணவே மருந்து என்ற நிலை மாறி இன்று மருந்தே உணவு என்ற நிலைக்கு உலகமானது மாறி வருகிறது. தற்போதைய நவீன உலகில் சரியான உணவை தேர்வு செய்து உண்பது மிகவும் கடினமானது.

இன்றைய வேகமான வாழ்கை ஓட்டத்தில் யாருக்குமே சத்துக்கள் நிறைந்த உணவை சமைத்து உண்பதற்கான நேரம் கிடைக்கவில்லை. இதனால் அனைவருமே துரித உணவுகளை கடைகளில் வாங்கி சாப்பிடுவதை அதிகம் விரும்புகின்றனர். நாம் உண்ணும் உணவுகள் ஆரோக்கியமானதாக இருந்தால் மட்டுமே நீண்டகாலத்திற்கு உயிர் வாழ முடியும். நாம் அன்றாட வாழ்வில் காய்கறிகள், பழங்கள், தானியங்கள், இறைச்சி மற்றும் கீரை வகைகளை சேர்த்து உணவு உட்கொள்ள வேண்டும். துரித உணவுகளை முழுமையாக தவிர்ப்பது சிறந்தது. சிறந்த உணவுகளை உண்டு நோயற்ற வாழ்வை வாழ்வதற்கு அனைவரும் இயற்கை உணவுகளை உண்ண வேண்டும்.



- A. Kamatchi  
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**HAPPY NEW YEAR**

**2025**



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