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BEING AN HONEST

My dear friends,

Wishing each one of you a prosperous New Year 2025. May it fill your lives with new dreams and aspirations, and inspire you to take steps to fulfill them with God's help.

January is, for us, the month of Don Bosco, our Father and Founder, our model and guide. His vision for the young people was to make them good Christians and honest citizens. He dedicated his life to empower young people, especially the orphans and the poorest.



Being an honest citizen means:

Living with integrity: Being truthful, transparent, and accountable in all aspects of life.

Respecting the law: Obeying rules and regulations, and promoting justice and fairness.

Serving others: Contributing to the well-being of the community, and working for the common good.

Cultivating empathy and compassion: Understanding and caring for the needs and struggles of others.

My dear young Indians, you have the power to shape the future of our country. By embracing the values of honest citizenship, you can:

- 1. Create positive change: Contribute to building a more just and equitable society.*
- 2. Earn respect and trust: Build strong relationships with family and friends*
- 3. Develop a strong moral compass: Navigate life's challenges with confidence and integrity.*
- 4. Inspire others: Set a positive example for your peers and younger generations.*

Republic Day and Constitutions

In this month, we celebrate the 74th Republic Day of India. It is a great moment when we pay tribute to the foundational document of our nation - the Constitution of India. Adopted on November 26, 1949, and coming into effect on January 26, 1950, the Constitution is a testament to the vision and perseverance of our founding fathers.

It was drafted by a Constituent Assembly, comprising 389 members, over a period of two years, eleven months, and seventeen days. The Assembly was chaired by Dr. Rajendra Prasad, and the drafting committee was headed by Dr. B.R. Ambedkar. The Constitution is a blend of British, American, and Indian traditions, with a unique federal structure and a commitment to democratic values. The Constitution of India is a living document that has evolved over the years through amendments and judicial interpretations. It has been amended over 100 times since its adoption, reflecting the changing needs and aspirations of the nation. It has been our guiding light for over seven decades.

Key Features of the Constitution

- 1. Preamble: The Constitution begins with a Preamble that sets out the objectives of the Constitution, including justice, liberty, equality, and fraternity.*
- 2. Fundamental Rights: Part III of the Constitution guarantees fundamental rights to citizens, including the right to equality, freedom of speech and expression, and the right to life and personal liberty.*
- 3. Directive Principles of State Policy: Part IV of the Constitution sets out the directive principles of state policy, which guide the government in its policy-making and governance.*
- 4. Federal Structure: The Constitution establishes a federal structure, with power divided between the Union and the states.*

Pongal - Cultural Fest

Pongal is a significant harvest festival celebrated in Tamil Nadu with immense cultural and traditional importance.

Cultural Significance

- 1. Harvest Festival: Pongal signals the onset of the harvest season.*
- 2. Gratitude and Thanksgiving: The festival is a way for farmers and communities to express gratitude to God for prosperity and the bountiful harvest.*
- 3. Renewal and Rejuvenation: Pongal symbolizes the renewal of life, fertility, and prosperity, as well as the cleansing of past mistakes and negative energies.*

Traditions and Celebrations

- 1. Pongal: It is a sweet rice preparation made with freshly harvested rice, jaggery, and spices.*
- 2. Decorating Homes: Homes are decorated with intricate kolam designs, made from rice flour, and filled with flowers, leaves, and other natural elements.*
- 3. Worshipping God: People thank God by offering prayers, flowers, and food.*
- 4. Thanking Cattle: Cattle are decorated, blessed and fed with gratitude, as they play a vital role in agriculture and farming.*

Impact Today

- 1. Preservation of Tradition: Pongal helps preserve Tamil Nadu's rich cultural heritage and traditions.*
- 2. Community Building: The festival fosters community bonding, as people come together to celebrate and share in the festivities.*
- 3. Agricultural Significance: Pongal highlights the importance of agriculture and farming in Tamil Nadu's economy and culture.*
- 4. Tourism and Economic Boost: The festival attracts tourists, generating revenue and promoting local businesses.*

Conclusion

Don Bosco's motto, 'Honest Citizens,' is a powerful reminder of the importance of living with integrity, respect, and compassion. As young Indians, you have the potential to become positive change-makers in your communities and beyond. Embrace the values of honest citizenship, and work together to build a brighter, more just future for all. For this, let us recommit ourselves to upholding the values enshrined in the Constitution - justice, liberty, equality, and fraternity. Let us strive to build a nation that is just, equitable, and free, where every citizen can live with dignity and pride. In this process, the feast like Pongal remains a vital part of cultural identity, promoting community bonding, agricultural significance, and cultural preservation. As the festival evolves, it continues to adapt to modern challenges while retaining its traditional essence.

Fr. Jayapalan Rahael Sdb

Rector,

Don Bosco Arts and Science College

Say Hello to 2025: A Year of New Beginnings and Endless Possibilities

As we bid farewell to 2024 and welcome the dawn of 2025, let us take a moment to pause, reflect, and embrace the magic of new beginnings. College life is filled with opportunities, challenges, and memorable experiences, and the New Year presents the perfect canvas to reset our mindset, renew our focus, and aspire to achieve greater heights.

The celebrated musician Taylor Swift once said, “This is a new year. A new beginning. And things will change.” Indeed, the New Year symbolizes a fresh chapter waiting to be written—a story only you can tell. Whether you are a freshman navigating the thrill of independence or a senior preparing to step into the real world, remember that every day of 2025 brings with it the potential for growth, learning, and transformation.



A Blank Canvas: Paint Your Dreams

Rainer Maria Rilke beautifully puts it, “And now we welcome the new year, full of things that have never been.” Think of 2025 as a blank book, with its pages unmarked and ready to capture your aspirations and accomplishments. What dreams will you bring to life this year? Perhaps it’s excelling in your academics, leading a campus project, starting a fitness journey, or nurturing relationships with newfound friends. As Sarah Ban Breathnach reminds us, “New Year’s Day. A fresh start. A new chapter in life waiting to be written.”

At the heart of every fresh start lies a decision to begin anew. Let’s approach this year with optimism and intentionality. A powerful quote to inspire us reads, “New Year, new mindsets, new focus, new intentions, new results.” This mindset shift is key to unlocking the opportunities that await us in both our personal and academic journeys.

Embracing Growth and Challenges

As college students, you are no strangers to challenges. From exams and deadlines to managing friendships and responsibilities, there’s no shortage of hurdles to overcome. But with every challenge comes a chance to grow. Let 2025 be the year you rise to those challenges with resilience and determination. Remember, “The best time for new beginnings is now.” Don’t wait for the perfect moment—start now, because the choices you make today will shape the course of your year ahead.

Take inspiration from your peers, mentors, and stories of success around you. I recall a conversation with Anjali Sharma, a final-year student who faced academic struggles early on but turned her journey around. “Last year, I decided to stop doubting myself and to take small, consistent steps towards my goals,” she said. “I started journaling my progress, asking for help when needed, and setting achievable goals. By the end of the year, I achieved grades I never thought possible.” Anjali’s story is a testament to the magic of perseverance and new beginnings.

Celebrate the Joy of Togetherness

A New Year is not just about individual goals; it’s also about cherishing the community that surrounds us. As we step into 2025, let’s strive to be kinder, more supportive, and more understanding of each other. Whether it’s lending a hand to a struggling classmate or simply sharing a moment of laughter, these small acts of kindness ripple through our college community.

The New Year is also a time to spread joy. “May the New Year bring joy, peace, and happiness to you and your entire family.” As students, you form your own family away from home, creating bonds that last a lifetime. Celebrate these connections, treasure your friendships, and support one another as you collectively move forward into the New Year.

Write Your Masterpiece in 2025

Let's leave behind the doubts, regrets, and missed opportunities of 2024. Instead, look forward with hope, because "The magic in new beginnings is truly the most powerful of them all." Dream big, work hard, and take pride in every small victory. After all, as one inspiring thought goes, "May the New Year be the canvas upon which you paint your dreams. Wishing you a masterpiece in 2025!"

To the entire college community—students, faculty, and staff—here's wishing you a Happy New Year filled with purpose, positivity, and success. Let's embrace 2025 with open hearts and unwavering determination. This is the beginning of anything you want. Now, let's make it extraordinary.

Happy New Year, and cheers to the endless possibilities that lie ahead!



Rev.Fr. Raj Kumar SDB
Secretary and Treasurer

Don't be afraid of distractions

Dear DonBosconians,

Season's Greetings,

We all struggle with distractions to some degree. Distractions can take many forms, including our phones, computers, friends, or our thoughts. In college, distractions can be even more abundant than in high school, because there are so many new opportunities and experiences available.

Many students struggle to stay focused and end up not getting the most out of their study sessions; then they sometimes find they need to cram at the last minute to get work finished.



Managing internal distractions

Internal distractions are your thoughts and emotions. These can include thoughts about pressing responsibilities or pleasant things that you'd rather be doing. This can also include emotions about life circumstances, the task you are working on, fears, and worries. Circumstances like major world events and personal struggles can be sources of internal distractions. Below are some tips to help you manage your internal distractions.

Make a daily plan

- *Schedule time for each task that you have to do. Plan to work in short chunks.*
- *Incorporate a change of scenery. Take a break by going on a short walk around your neighborhood.*
- *Discover the best time of day for you to tackle challenging assignments.*
- *Discover where you study best.*
- *Incorporate movement and fun. Make sure to schedule times to participate in activities that you enjoy each day and week. Add some movement or exercise to your daily schedule.*

Manage your thoughts while studying

- Plan an activity to transition your mind for focus, like deep breathing or listening to music.
- Write down competing and distracting thoughts on a Post-it or notebook and save them for later. This way, you won't forget about them but will be able to put them aside until you are done working.

Get enough rest!

- Everyone is more distracted when tired. Aim for 7-9 hours of sleep each night.

Set SMART goals (specific, measurable, achievable, realistic, timely)

- Having specific goals can help you stay on task and feel motivated.

Engage in self-talk

- If you find your mind wandering when you should be working, tell yourself to get back on task and that you need to complete this work.
- Praise yourself and verbally reinforce positive behaviors. Tell yourself that you did a great job when you accomplish a task.
- Remind yourself that you are capable and you need to put more effort.
- Engage in self-care and be kind to yourself. Make sure your goals are achievable and realistic. Focus on progress and growth. Remember that during challenging times, it is easier to start with small goals and build from there.

Practice self-regulation

· Self-regulation is when you use processes to be aware of and control your behaviors and thoughts. This will help you deal with distractions that can interfere with your learning.

Managing external distractions

External distractions originate outside of you—things like technology (phones, social media, websites, YouTube, video games, Netflix), other people, or noises around you.

Always choose the right place to study, where you have less distraction.

Seek accountability

· Ask a friend, roommate, classmate, or one of your family members to keep you accountable to your goals and fight against distractions.

Take charge of technology distractions

Limit or bar yourself from unnecessary technology use during study and class times. You can also ask a friend to hold you accountable!

- Leave your smartphone, laptop, etc. at home, in another room, or with a friend while studying.
- Use internet-blocking sites or self-management tools.

Everything is possible under the sky.

Keep trying

Source:

1. Dembo, M. and Seli, H. (2013). *Motivation and learning strategies for college success: A focus on self-regulated learning (4th ed.)*. New York: Routledge.
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Dr. S. Xavier Raja Rathinam

Principal

New Year 2025: A Journey of Hopes and New Beginnings

As we are at the threshold of the new year 2025, let me extend my warmest wishes to all of you for a happy and prosperous new year. This is a moment to celebrate new hopes, embrace new vibes, and embark on a journey filled with boundless possibilities. The arrival of January brings with it a cascade of blessings and the promise of transformation. May this year be a tapestry of growth, dreams, and incredible milestones in your life.



Bicentenary of Dream of St. John Bosco

January is also a time of reflection and gratitude. It marks the death anniversary of St. John Bosco, a beacon of hope and inspiration for youth during the 19th century. At the tender age of nine, he had a dream that became the cornerstone of his life's work. Amidst the challenges of the Industrial Revolution, his wisdom and compassion shone brightly, making him a timeless figure of inspiration. St. John Bosco's mission to uplift and empower disadvantaged youth reminds us of the profound impact one individual can have. His legacy challenges us to dream boldly, act purposefully, and serve tirelessly.

Three Ways to Make 2025 Extraordinary

To make this new year meaningful, let us focus on three key pillars:

1. *Something to Dream*

Dreams are the compass that guides our lives. They inspire us to transcend boundaries and reach for the stars. Let 2025 be the year where you dream big so big that your aspirations feel almost impossible. Remember, every great achievement begins with a dream. Let your vision propel you toward the heights of success.

2. *Something to Do*

A purpose-driven life is the foundation of true fulfillment. Identify your passions and translate them into action. Whether it's excelling in academics, contributing to your community, or honing your talents, channel your energy into pursuits that resonate with your heart. This year, let your actions be the bridge between your dreams and reality.

3. *Something to Live For*

"He who has a why to live will know how to live on," said Viktor Frankl, a Holocaust survivor and philosopher. When you have a reason to live and a purpose, a cause, and a dream then every challenge becomes surmountable. Find your "why" in 2025, and let it illuminate your path.

Embrace the New Year with Courage and Passion

Dear friends, this is your moment to shine. Let the new year 2025 be a year where you seize opportunities, overcome obstacles, and grow into the best version of yourself. May your journey be filled with joy, resilience, and remarkable achievements.

Wishing you a year of new beginnings, endless possibilities, and a future brimming with hope. Happy New Year!

Fr. Sagayaraj Kasi SDB

Vice Principal

BCA Commission from the University of Madras

On 2nd December our College's BCA Department recently underwent a comprehensive inspection by a team of experts from the University of Madras. The inspection team, led by Dr. Ananthi Sheshasaayee Associate Professor and Head, Department of Computer Science, Quaid-E-Millath Government College for Women, and Dr. Shobhana Williams, Department of Computer Science Valliammal College for Women, meticulously evaluated various aspects of the department's curriculum, faculty, infrastructure, and overall academic standards.

The college's delegation, comprising Principal Dr. Xavier Raja Rathinam, Vice-Principal Rev. Fr. Kasi Sagayaraj, Mrs. Rajalakshmi, Head of the Department of Bachelor of Computer Application and Assistant Professor, Mr. Allen Cornelius, Assistant Professor of Computer application, Mr. Jocil, Assistant Professor of computer application actively participated in the inspection process, providing detailed insights into the department's functioning and achievements. The inspection aimed to assess the department's adherence to the University's academic guidelines, its commitment to providing quality education, and its efforts in fostering a conducive learning environment for students. The experts' observations and recommendations will play a crucial role in further enhancing the department's academic standards and ensuring the overall growth of the BCA program.

Boxing Tournament

“The harder the battle, the sweeter the victory.”– Floyd Mayweather

The gloves were on from December 2nd to 4th as the Department of Physical Education of Madras University hosted the B Zone Boxing Tournament at the Nehru Stadium. Our college, led by the enthusiastic Physical Education Director, Mr. Jai Infant Rahul, sent a strong contingent of four boxers to compete.

Kevin Bosco (III Year B.Com General), Damnic Rosario (III Year B.Com General), Mohana (III Year B.Com General), and Yogesh (II Year B.Com General) all stepped into the ring, showcasing their dedication and training. The highlight of the tournament came from Yogesh, who displayed exceptional skill and determination. He fought his way through the competition, winning his match and securing a place in the finals! This achievement is a testament to Yogesh's hard work and the excellent guidance provided by Mr. Rahul.

Inauguration of the Christmas Wreath and Advent Blessings

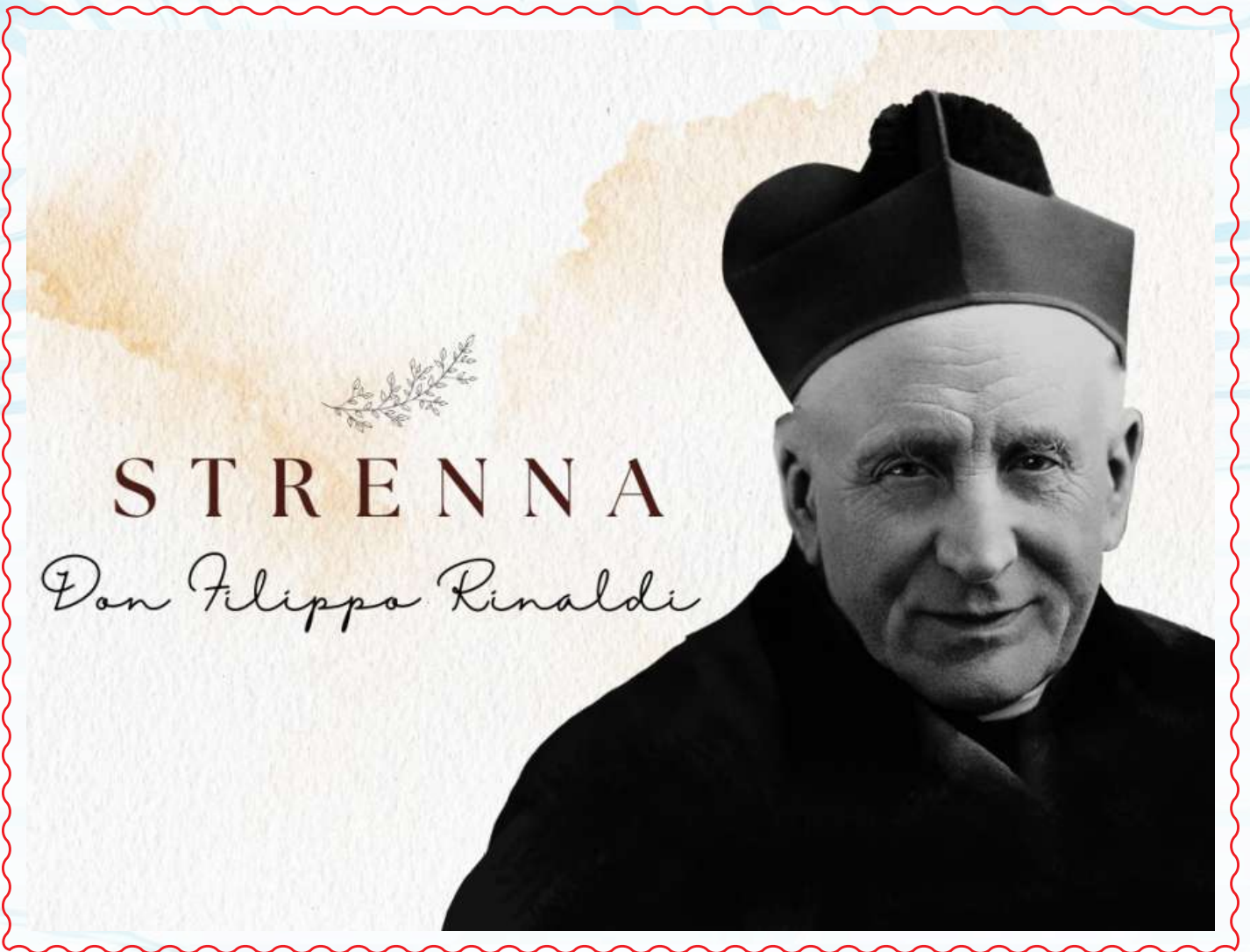
“Advent is a season of waiting, a season of hope, a season of preparation.”

On December 4th, 2024, a festive spirit filled the air as Mrs. Jacqueline and the students inaugurated the Christmas season with the lighting of an Advent Wreath at DB Square of Don Bosco Arts and Science College. The Vice Principal of the college Rev. Fr. Kasi Sagayaraj SDB delivered the Advent message and led a blessing ceremony for both the wreath and the upcoming Advent period. Mrs. Jacqueline enlightened the gathering by explaining the symbolism behind the candles. Each flame, she revealed, held a special meaning. As she lit the first candle, she spoke about hope, the essence of the first week of Advent.

The subsequent candles would represent themes like peace, joy, and love, guiding the congregation towards the joyous celebration of Christmas. This heartfelt ceremony marked the beginning of a reflective and hopeful Advent season, leaving a warm glow in the hearts of everyone present.



“First of all, pray every day for the courage to carry the cross the Lord has laid on you - this is the first thing you must do.”- Philip Rinaldi



On December 5th, 2024, the Salesian community commemorated the Feast of Blessed Philip Rinaldi, a significant figure in the Salesian order. A Holy Mass was celebrated at SIGA Auditorium by the esteemed Rector, Fr. Jayapalan Raphael SDB, who delivered a profound sermon shedding light on the life and mission of Blessed Rinaldi.

The esteemed Rector, Fr. Jayapalan's sermon highlighted Rinaldi's unwavering dedication to the Salesian charism of educating young people, particularly the marginalized and disadvantaged. He emphasized Rinaldi's tireless efforts in fostering a loving and supportive environment where young people could grow spiritually, intellectually, and morally. The celebration was a poignant reminder of Rinaldi's legacy and enduring influence on the Salesian mission. It allowed the Catholic staff and students to reflect on their commitment to serving others and living out the Salesian values.

Bosco Employability Skills Training



On December 6, 2024, a significant event titled “Bosco Employability Skills Training” was held at Deepagam Hall from 10.30 to 1.30 pm to benefit final year B.A. English and B.Com. General students. The program aimed to equip them with the tools and knowledge necessary to navigate the exciting yet challenging world of careers. The esteemed speaker for the event was Rev. Fr. Joe Anand SDB, Director of Don Bosco Vazhikaatti, a well-respected institute known for its career guidance and training expertise.

“Even if you’re on the right track, you’ll get run over if you just sit there.” -Will Ronger

Fr. Joe’s address shed light on both government and private job sectors. He provided valuable insights and guidance that helped students to make well-informed decisions about their future paths. He further motivated students to plan and focus on their careers. The program’s success stemmed from the collaborative efforts of several key individuals.



Ms. Abisha X, Head of the English Department, and Mrs. Jebaseeli Novaleena, Head of the Commerce Department, played vital roles as convenors. Mr. Shane Cristen C. and Ms. Kenisha A., the organizing secretaries, ensured the event ran smoothly. Finally, credit goes to Faculty Co-ordinator Mrs. Reeta Selvarani S. for her dedication in bringing this valuable session to life. This

Bosco Employability Skills Training served as a springboard for the participating students. By equipping them with essential knowledge and skills, the program empowered them to chart their course confidently toward successful careers.



BCA department's Awareness Program on sexual harassment of women in the workplace



On December 11th, 2024, the Department of Computer Applications (BCA) in collaboration with AICTE (All India Council for Technical Education), organized an awareness program on Sexual harassment of Women at the Workplace in AV Hall at 12.00 noon. The program focused on the critical issue of sexual harassment of women in the workplace. The resource person was Rev. Fr. Joseph Leo SDB, Director of SURABI, a renowned organization working towards social justice and women's empowerment. Rev. Fr. Leo's expertise offered valuable insights into the legal framework, the different forms of sexual harassment, and the importance of creating a safe and respectful work environment in which students have to learn and be educated.

"Empower women by ensuring their safety; it's the foundation of equality."

Mrs. Rajalakshmi B, Head of the Department of Computer Applications, served as the program convenor, demonstrating the department's commitment to fostering a culture of respect for all. The Organizing secretaries Mr. Allen Cornelius N.F. and Mr. Jocil D. Assistant Professors, ensured the program's smooth execution. This awareness program empowered attendees with the knowledge and resources needed to recognize, prevent, and report sexual harassment. It served as a vital step towards creating a more inclusive and equitable workplace for all.



Provincial visitation

On December 13th, 2024, Don Bosco Arts and Science College was honored by a visit from, Rev. Fr. Don Bosco Lourdasamy SDB Provincial and Chairman. The day was marked by a series of significant interactions and engagements, underscoring the importance of the visit in shaping the institution's future. The day commenced with a morning assembly where the Provincial addressed the entire college community. His inspiring words resonated with students and staff alike, motivating them to strive for excellence in their academic pursuits and personal growth. Fr. Don Bosco's address emphasized the Salesian charism of "Reason, Religion, and Loving Kindness," highlighting the importance of a holistic education that nurtures both intellectual and spiritual development. Following the assembly, Fr. Don Bosco SDB, engaged in a meeting with the Salesian community. This private gathering provided an opportunity for the Provincial to discuss the spiritual, pastoral, and educational aspects of the college. The exchange of ideas and experiences among the Salesian community strengthened their commitment to the mission of Don Bosco.



The afternoon session was dedicated to an interaction with the college staff members. Fr. Don Bosco Lourdasamy SDB, listened attentively to the concerns and suggestions of the faculty and staff, acknowledging their hard work and dedication. He provided valuable guidance and encouragement, emphasizing the importance of fostering a positive and supportive learning environment for students. The Provincial's visit was a significant event for our college. It provided an opportunity for the institution to reflect on its achievements, identify areas for improvement, and renew its commitment to Salesian charism. The interactions with the Provincial inspired the college community to strive for excellence and to make a positive impact on the lives of their students.



Workshop on Responsible Gaming Awareness

The Department of Visual Communication recently hosted a thought-provoking workshop on “Responsible Gaming Awareness” on December 13, 2024. The session was led by Ms. Arnika Singh, who delved into the nuances of digital etiquette and the potential pitfalls of irresponsible online behavior. Nearly 50 students from the Visual Communication Department and SIGA attended the workshop. The purpose of this workshop was to empower young minds and to navigate the complexities of the digital age. Through engaging games and interactive discussions, participants were encouraged to explore the impact of their online actions and to cultivate responsible digital habits.



One of the key takeaways from the workshop was the importance of critical thinking and media literacy in an era dominated by deep fakes and misinformation. By understanding the potential consequences of sharing unverified content, students were urged to become discerning consumers of information. To further support their professional development, all participants were awarded LinkedIn Premium subscriptions and certificates of participation. This gesture not only recognized their engagement but also provided them with valuable tools to enhance their online presence and networking opportunities. The workshop on Responsible Gaming Awareness was more than just an event; it was a catalyst for change. By fostering a culture of digital responsibility, the Department of Visual Communication is equipping students with the knowledge and skills needed to thrive in an increasingly interconnected world.



Extension Activity



On the 15th of December, 2024, the Department of Commerce (Corporate Secretaryship) at Don Bosco Arts and Science College embarked on a commendable extension activity at Nesakkaram - Seeds in Nungambakkam, Chennai at 10.00 am were 20 students participated led by Ms.Lavanya Assistant Professor and Head of the Department. The initiative aimed to cultivate a sense participated of social responsibility and community development among students. By partnering with Nesakkaram - Seeds, an organization that is dedicated to empowering marginalized

communities, the college sought to make a tangible difference in society.

During the event, students actively participated in various activities, including engaging in games and awareness programs on anti-drug abuse. The debates held provided a platform for critical thinking and constructive dialogue. These interactive sessions not only entertained them but also educated the participants, fostering a deeper understanding of social issues. The extension activity offered students a unique opportunity to step outside the classroom and connect with the real world. By immersing themselves in the community, they gained valuable insights into the challenges faced by marginalized groups and the importance of empathy and compassion. This experience will undoubtedly shape their future perspectives and motivate them to become responsible citizens.



Rhythm of Christmas

On 19th December 2024 at 4 pm, the “Rhythm of Christmas” intercollegiate carol competition, hosted by the Department of Visual Communication, unfolded at our college. Over nine colleges participated in this festive event. Our Rector, Rev Fr. Jayapalan Raphael SDB, warmly welcomed the participants and delivered an insightful talk on the true essence of Christmas, emphasising its message of peace, love, and goodwill. The event was graced by the presence of David Immanuel Joseph, an esteemed Aerospace Engineer and accomplished musician, as the Chief Guest. A distinguished panel of judges, comprising Mr. Bruce Lee, a renowned guitarist at a leading band, Ms. Cicily Abraham, a celebrated playback singer, and Mr. David, a skilled guitarist, meticulously evaluated the performances. The competition witnessed a spirited display of talent, with each college showcasing their unique interpretations of Christmas carols. Ultimately, Patrician College of Arts and Science emerged victorious, claiming the first prize. Stella Maris College secured the second position, while Loyola College was awarded the third prize. The “Rhythm of Christmas” was a resounding success, made possible by the unwavering support and cooperation of all the faculty members of the college.



Nuances and Art of Research Writing



On 20th December 2024, The Department of English successfully hosted a seminar titled “Nuances and the Art of Research Writing” at Fr. Schoolz Hall from 10:00 AM to 11:00 AM. The seminar aimed to equip students with essential insights into the intricacies of research writing. The keynote speaker, Dr. K. Subapriya, an esteemed Assistant Professor from the PG and Research Department of English at Pachaiyappa’s College,

delivered an enlightening presentation. She provided a comprehensive overview of the research writing process, she demystified the complexities associated with research writing. Dr. Subapriya’s address focused on several key aspects of research writing which laid the foundation for the art and craft of research writing. The seminar was well-attended, with over 40 students who were eager to learn from Dr. Subapriya’s expertise. Participants actively engaged in discussions and asked insightful questions, fostering a stimulating learning environment. The event was organised by Ms. Abisha.X, Assistant Professor and Head of the Department of English ensured the event ran smoothly. The event concluded with a sense of accomplishment and renewed enthusiasm for research among the attendees.



Christmas Celebration



On 21st December, the festive spirit filled the air as our college buzzed with excitement for the Christmas celebrations organized by the Student Council. DB Square, the heart of our campus, transformed into a winter wonderland. Twinkling fairy lights adorned the trees, a giant Christmas tree stood proudly in the center, and carols wafted through the air, setting the mood for a joyous occasion. A talented student recited a beautiful poem in Tamil, capturing the essence of the festive season. The celebration commenced with a warm welcome from our esteemed Rector, Rev. Fr. Jayapalan Raphael SDB, and Secretary, Rev. Fr. Rajkumar SDB. Their special messages resonated with the true essence of Christmas – love, peace, and togetherness. The judges for this competition were the talented Ms. Faustina

Roberts, a captivating independent singer, and Mr. Francis Samuel, a skilled guitarist.

The highlight of the day was the inter-departmental competitions, where students showcased their creativity and talent. The stage came alive with the enactment of the nativity scene, each department bringing their unique interpretation to this timeless story. Vibrant group dances filled the square with color and energy, followed by soulful group carols that resonated with the spirit of Christmas. The laughter and cheers reached a crescendo as the highlight of the event - the Santa Dance! Our beloved Chief Guests surprised everyone by joining a costumed Santa on stage. Their rendition of a beloved Christmas hymn added a magical touch as Santa danced with enthusiasm.



Following this delightful performance, the staff members took center stage, treating everyone to a special carol performance. Their dedication and passion warmed the hearts of all present. As the festivities reached their conclusion, the much-anticipated results were announced by the Rector. The English Department emerged victorious, claiming the first prize. B.C.A. and B.Com. (CS) departments followed closely behind, securing the second and third prizes respectively. The Rector, with a proud smile, then distributed the prizes, acknowledging the efforts of all participants. As the celebrations concluded, the air was filled with a sense of camaraderie

and joy. The event reaffirmed the spirit of Christmas – a time for community, connection, and celebrating the simple pleasures in life.

Silver Bells Christmas



On December 23rd, 2024, the Student Council of our college embarked on a heartwarming Christmas outreach program to the Little Sisters of the Poor, an old age home nestled in Chetpet. Led by Assistant IQAC Coordinator, Mr. Allen Cornelius, Ms. Immaculate Catherine Anitha C, Faculty Coordinator of Peace and Harmony Club, Mr. Adhithya Pandiyan A, member of Institution Innovation Council, Mr. John Benjamin Kirubakaran Faculty Coordinator of Rangers and Rovers club and the initiative was spearheaded by Tharun, the President of the Student Council along with 25 students who participated in this charitable mission. The primary goal of this outreach was to spread joy and

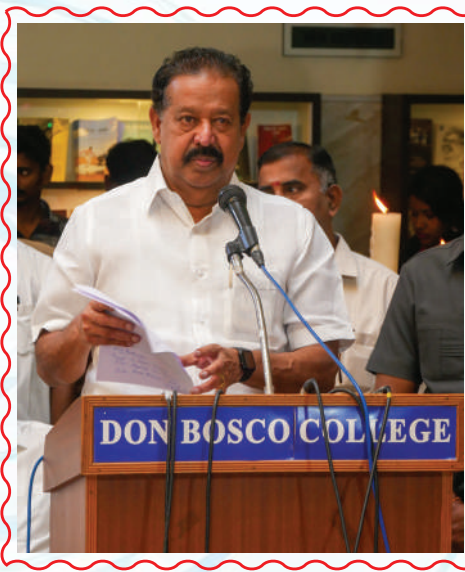
cheer among the elderly residents during the festive season. A group of enthusiastic students visited the home and gave a dance performance that filled their hearts with the spirit of Christmas. The staff members serenaded the residents with melodious Christmas carols, bringing smiles to their faces and warmth to their hearts.

Beyond the musical performances, the students also extended a helping hand by donating essential items. The generous contributions included bathing soap, detergents, coconut oil, toothbrushes, toothpaste, cooking oil, sugar, wheat, rice, salt, toor dal, milk, and semolina. These thoughtful gifts aimed to alleviate the daily needs of the residents and provide them with a sense of comfort and care.

The Christmas outreach program was a testament to the compassion and empathy of the students. Their selfless actions not only brightened the Christmas season for the elderly residents but also fostered a sense of community and shared humanity. By spreading joy and providing support, the students demonstrated the true spirit of Christmas and left a lasting impact on the lives of those in need.



National Farmers Day: Distribution of one crore saplings



The National Farmers Day in India is also known as Kisan Divas in Hindi. Farmer's Day is celebrated every year on 23 December, on the birthday of the 5th Prime Minister of India, Choudhary Charan Singh, also a farmer's leader, who introduced many policies to improve the lives of the Indian farmers. To commemorate this day, News 7 channel in collaboration with Front Media Federation, College management, and the Eco club from Don Bosco Arts and Science College organised a distribution of one crore saplings. This occasion was graced by our Honourable Minister Dr K Ponmudy, Minister of Forests, Tamil Nadu, Sitting Minister, Mohan, and many other dignitaries from the ruling party along with Vice Principal Rev Fr Kasi Sagayaraj SDB and Rev. Fr. John Christy SDB. This kickstart program aimed to emphasise the importance of green initiatives and to distribute saplings to students and the community as a part of the initiative. Dr. K Ponmudy, the chief guest, spoke about the environmental initiatives introduced by the Tamil Nadu Government. Some of them include the Tamilnadu Green Mission, the planting of saplings during Dr. K. Karunandhi's birthday,

and Maragatha Park. He repeated the slogan "One crore trees are a gift to the Earth" and encouraged the students to join in. The day ended with our honorable chief guest distributing saplings to the students and planting saplings at our college premises.



On December 29th, Sacred Heart College hosted SYMFEST 2024-25, a landmark event celebrating the 200th anniversary of Don Bosco's 'Dream at Nine'. Organized by the Salesian Province of Chennai, this gathering brought together over 1,500 young participants from India, Sri Lanka, Nepal, and Bangladesh, united under the theme "Anchored in Hope: Young People as Agents of Change."



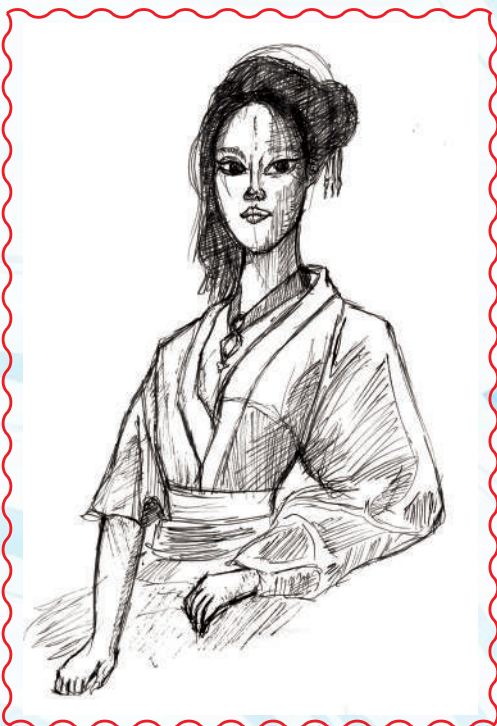
Reflecting on the significance of SYMFEST, Father Don Bosco Lourdasamy, the Provincial In-Charge for Youth Ministry in South Asia, highlighted its dual role as a celebration and a powerful motivator to inspire young people to dream, take action, and become agents of transformation.

"My children, jump, run and play and make all the noise you want but avoid sin like the plague and you will surely gain heaven." - St. Don Bosco

Reminding this quote by our Saint the Provincial Fr. Don Bosco emphasized that St. John Bosco's unwavering faith in the immense potential of youth to positively shape society continues to find vibrant expression through events like SYMFEST. He further explained that this gathering provides a crucial space where hope is ignited, talents are nurtured, and the values of justice and peace are deeply instilled within the young minds.

Led by Rev. Fr. Oswald campus minister of our college, fifteen students from our college proudly participated in SYMFEST and achieved a remarkable feat by securing Second Place in the Dance competition. This accomplishment is a testament to their talent, dedication, and the unwavering support they received.

Student's Corner



ZACHARIAH ADRIAN NAMAZI

IInd - B.Sc VISCOM



KIRUBA ROSELIN M

IInd - Bsc Viscom



விருதுவாக்கு 2025

எதிர்நோக்கில் நங்கூரம் ஊன்றி

இளைஞர்களுடன் திருப்பயணிகளாக

HOPE

Salesians of
DON BOSCO

STRENNA 2025

THE MEMORIAL OF

SAINT JOHN BOSCO

JANUARY 31

“Don Bosco hoped in the face of
difficulties and knelt down to pray”

*Walk with your
feet on earth,
but in your heart
be in heaven.*

– Don Bosco

FOUNDER OF THE SALESIAN SOCIETY

www.dbcc.edu.in

infodbcas@gmail.com

No: 45, Landons Road, Kilpauk, Chennai - 600 010