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CO-ED

Arts and Science College

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79th Independence Day

2025



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World Youth Skills Day (WYSD)

My dear Staff, Parents and Students,

Greetings to you all. The month of August brings to our mind immediately our Independence day and our 'search for true freedom' in our 78 years of journey in 'free India'. While we appreciate the sacrifice of many freedom fighters and leaders who have built up India, we are still left with many questions, challenges and expectations, particularly by the young people.

Key Aspects of Freedom for Indian Youth:

- **Freedom of Expression:** As Indian youth, you are looking for platforms to express your opinions, engage in debates, and participate in discussions on social, economic, and political issues.
- **Quest for Independence:** You are seeking independence from authority and traditional norms, wanting to make your own choices and decisions.

Challenges:

- **Lack of Guidance:** Many students lack proper guidance and leadership, leading to misdirection and frustration.
- **Unemployment and Frustration:** you as youth in the Indian context, face significant challenges, including unemployment, corruption, and social evils, which can lead to feelings of frustration and disillusionment.

In this context, we the animators and guides are called to empower them. I would like to highlight a few key aspects:

Empowering Indian Youth:

- **Education and Skill Development:** Providing education and skill development opportunities can equip youth with the knowledge and expertise needed to take on leadership roles.
- **Social Initiatives:** Encouraging volunteering for

social initiatives and community service can help youth address pressing issues and develop a sense of social responsibility.

- **Environmental Consciousness:** Creating awareness about environmental issues and promoting sustainability can empower youth to be change agents.
- **Positive Role Models:** Recognizing and celebrating young leaders who have made a positive impact can inspire others to take on similar initiatives.

Responsibility in building up Future India

You, my dear young friends, as Indians, play a vital role in building up the future of our nation. You are the driving force behind the country's growth, innovation, and progress. Here are some key responsibilities that you can take up to contribute to the nation's development:

- **Technological Advancement:** You can leverage technology to drive innovation, entrepreneurship, and economic growth. You can develop new products, services, and solutions that can benefit society and the economy.
- **Social Change:** You can bring about social change by addressing pressing issues like climate change, gender equality, and human rights. You can participate in community service, volunteerism, and advocacy to create a more just and equitable society.
- **Economic Development:** You can contribute to economic development by starting your own businesses, creating jobs, and innovating in various industries. Government schemes like Don Bosco-Tech and Skill India can provide you with the necessary support and resources.
- **Sustainable Development:** You can play a crucial role in promoting sustainable development

World Youth Skills Day (WYSD)

by adopting environmentally friendly practices, reducing waste, and conserving natural resources.

- **Education and Skill Development:** You can educate and skill others, particularly in rural areas, to bridge the knowledge gap and promote digital literacy.
- **Community Service:** You can engage in community service, volunteerism, and social work to address social issues and promote community development.
- **Leadership and Governance:** You can take on leadership roles and participate in governance to bring about positive change and ensure that the country's growth is inclusive and sustainable.

Our country's freedom fighters had a profound vision for India's future, emphasizing unity, self-reliance, and social justice. To fill their vision and dreams, you need access to quality education, skill development opportunities, and leadership training. You also require a supportive ecosystem that encourages innovation, entrepreneurship, and social responsibility. Here we are to facilitate that. By working together, following our leaders who gave their life for our freedom, we too can build up a brighter future for the nation.

- **Safeguarding Freedom:** We have the responsibility to safeguard and strengthen the country's freedom, as emphasized by Sardar Vallabhbhai Patel.
- **Contributing to Nation-Building:** We should contribute to the development of the country, ensuring that India realizes the dream of its freedom fighters.
- **Embracing Values:** We should uphold values like non-violence, compassion, and service to others, as exemplified by Mahatma Gandhi and other leaders.
- **Taking Leadership Roles:** We can take on leadership roles, participate in governance, and bring about

positive change, as inspired by the quotes of Netaji Subhas Chandra Bose and Bhagat Singh.

So my dear friends, as Indians, may we grow as '*honest citizens*', in the words of Don Bosco, our Father and Guide. Jawaharlal Nehru said, "The future belongs to those who believe in the beauty of their dreams." May we believe and contribute to make our dream of developed India, a reality.

I wish you all a very happy Independence day.

May we grow proud to be Indians!



Yours affectionately in Don Bosco,

Rev. Dr. Jayapalan, SDB

Rector and Secretary.

VOLUNTEERISM

My dear friends,

Happy to meet you again through this newsletter. As we are about to embark on volunteering activities in the college, I would like to reflect on the nobility of Volunteerism.

Volunteerism: The Need of the Hour for Students A call to action for young minds

The world we live in today owes much of its progress to the spirit of volunteerism. From the fight against oppressive regimes to the march of science and social change, it has been the selfless efforts of volunteers that have shaped our society.

Take, for instance, our **freedom fighters**—Mahatma Gandhi, V.O.C., Subhash Chandra Bose, Bhagat Singh, and countless others. They were not paid to sacrifice their lives. They did it out of love for their country and people. In the same way, **technological growth** we see today is not just from profit-driven minds, but from individuals who volunteered their time and knowledge to improve lives globally.

Religious figures like **priests, nuns, monks**, and spiritual leaders have also been volunteers—offering their lives for the betterment of others' spiritual and moral growth. Likewise, **social reformers** like Dr. B.R. Ambedkar, Periyar and Raja Ram Mohan Roy challenged social injustice and discrimination not for personal gain but from a deep sense of responsibility towards society.

In the **Western world**, volunteerism is an essential part of education. Universities often require students to spend several months, even up to a year, in **voluntary service**, often abroad. This helps build character, empathy, and a lifelong commitment to giving back.

Sadly, in **India**, this spirit seems to be fading, especially among students. It is not because Indian

students lack talent or compassion. What's missing are **role models** and platforms to guide them.

Ironically, during **natural disasters**, we see a sudden rise in selfless service. People come together in large numbers. But once the disaster passes, so does the spirit. This is disheartening.

Volunteerism should not be limited to emergencies. It should begin in **childhood**, within our homes and schools. Only then will we truly notice those around us who need help.

Dear students, the **future of our nation** depends on what we do today. Even a **small act of volunteerism**—teaching someone, planting a tree, or helping a neighbour—can have a huge impact.

Start today. Step up. Volunteer. You will be amazed at the change you can bring.



Rev. Dr. K. A. Maria Arokia Raj, SDB
Principal

THE POWER OF YOUTH: SHAPE YOUR FUTURE TODAY

Youth is not just about age. It is a special time full of energy, ideas, and possibilities. What you do in this phase of life will shape your future and may even influence the world.

1. You Have Energy – Use It Wisely

You are full of strength to wake up early, work hard, think clearly, and act boldly. But where is your energy going? Is it being spent on endless scrolling, wasting time, or on becoming a better person? Swami Vivekananda said, “Arise, awake, and stop not till the goal is reached.” Use your energy to learn, to grow, and to build your future.

2. You Have Time – Don’t Waste It

Your time is very precious. Once lost, it never comes back. As Benjamin Franklin rightly said, “Lost time is never found again.” Use your time to invest in your future. Use it for things that matter like learning, developing your talents, helping others.

3. You Can Think – So Think Big

What you think becomes your life. If you think small, you stay small. If you think big, you grow. Don Bosco encouraged his students: “Do not be content with mediocrity. The world belongs to those who dare.” Dare to dream. Think of how your life can help others too. Even one good idea, one strong voice, or one simple action can make a big difference.

4. You Can Choose – So Choose Right

Your life depends on the choices you make today, your friends, your habits, your values. Choose truth. Choose discipline. Choose good company. Good choices today lead to a bright future tomorrow.

5. You Can Lead – So Start Now

You don’t have to wait to be “older” to lead or inspire. Start now. Use your gifts to help others. Mahatma Gandhi said, “The future depends on what you do

today.” Leadership means taking responsibility. It means setting a good example.

Your Time is Now

You don’t have to be perfect or famous. You just need to be sincere, focused, and strong. Take small steps. Avoid excuses. Move forward every day. Don Bosco trusted the youth. Swami Vivekananda believed in the power of youth to rebuild the nation. You too can make a difference. Let your life be a light for yourself and for others.

Wishing you a powerful and meaningful youth,



Yours in Don Bosco,
Rev. Fr. Anbu Francis, SDB
Vice Principal

As part of the academic curriculum, the third-year B.Com. (General) students of Don Bosco Arts and Science College undertook a summer internship during May 2025 to gain practical exposure and industry insights. To evaluate and reflect on their learning experiences, a Summer Internship Review was conducted on Wednesday, 2nd July 2025. The students were divided into four groups, with each group assigned a designated faculty member for supervision and assessment.

During the review session, students:

- *Presented detailed reports summarising their internship activities*
- *Discussed the skills and knowledge gained during their training*

- *Reflected on real-time industry practices and their application to academic learning*

The review served as a valuable platform for peer learning, faculty feedback, and self-assessment. Faculty members offered constructive feedback and guidance, helping students identify areas of improvement and enhance their professional preparedness. The session not only assessed the students' progress but also motivated them to approach the remainder of their internships with renewed focus and commitment. This initiative highlighted the college's emphasis on practical learning and aimed to bridge the gap between academics and industry expectations.

SUMMER
2*25





The First Friday Holy Mass for the month of July was solemnly celebrated on 4th July 2025 at 8:30 a.m. in the Bi-Centenary Hall. The sacred celebration was attended by the staff and students of the college community.

The Holy Eucharist was presided over by the Rector and Secretary of the College, **Rev. Dr. Jayapalan Raphael, SDB**. During his homily, Rev. Dr. Raphael reflected on the biblical verse, Isaiah 43:1, which reads, *"Do not fear, for I have redeemed you; I have called you by name, you are mine."* He



emphasized the importance of understanding one's identity in God and the call to live in unity of purpose as a Christian community. The celebration concluded with a prayer for the continued guidance and protection of the institution and its members.



The Freshers' Day Celebration was held on 4th July from 12:00 noon to 1:30 p.m. The main purpose of Freshers' Day was to make the newcomers feel welcome and comfortable in their new environment. The event was jointly organised by the second and third-year students, who came together in a spirit of unity and hospitality. The programme featured a variety

of ice-breaking sessions and interactive activities that fostered a sense of belonging and connection between the first-year students and their seniors. The lively and inclusive atmosphere encouraged open communication and set the tone for positive relationships within the student community. The event was filled with smiles, laughter, and a renewed sense of unity among all students.



The Parent-Teacher Meeting for the third-year students of the college was held at the SIGA Auditorium from 9:30 a.m. to 12:00 noon. The meeting served as a meaningful platform for communication between the faculty, parents, and students. The aim of this meeting was to strengthen the partnership between students, staff, and parents to shape the students' future.



The meeting was inaugurated with a welcome address, followed by an inspiring speech from the Secretary and Rector of the college, **Rev. Dr. Jayapalan Raphael, SDB**. In his address, he compared the educational journey of students to a voyage across a vast sea of knowledge. He emphasized that both the college and parents are co-travelers, accompanying students on their path, with the collective goal of reaching the "shore" of success. He poignantly remarked,

"Together, we share the future," underscoring the shared responsibility in shaping students' lives.

Rev. Dr. Maria Arokia Raj, SDB, Principal of the college, then addressed the gathering.

He highlighted the college's expectations, particularly in the areas of discipline, punctuality, and clearing arrear papers. He stressed that fulfilling these expectations would equip students to confidently move into the next phase of life—be it higher education, entrepreneurship, or pursuing a career.

Following the formal addresses, an interactive session was held where parents and students shared their expectations from the college. They expressed appreciation for the institution's efforts and also offered suggestions to enhance the learning environment and support systems. The dialogue fostered a sense of mutual understanding and collaboration.

The meeting concluded with a vote of thanks, leaving all participants with a renewed sense of commitment

and working together for the holistic development and bright future of the students.



As part of the community engagement initiative, the second-year B.Com. (General) students of Don Bosco Arts and Science College conducted an impactful extension activity on 5th July 2025. The programme



Food Distribution to the Underprivileged:

Simultaneously, another team of students prepared and distributed nutritious food packets to underprivileged individuals residing along the roadside. This initiative was an expression of care and solidarity with less fortunate members of society.

Throughout the day, the students exhibited strong teamwork, leadership, empathy, and organisational skills, reflecting the core values of the institution. The activity proved to be a mutually enriching experience, offering both community support and personal growth for the participants.

This extension programme stands as a testament to the college's commitment to holistic education, nurturing students not just academically, but also as socially responsible citizens.

aimed to promote social awareness, civic responsibility, and community service among students.

The 48 participating students were divided into nine teams, each assigned specific responsibilities under the supervision of faculty coordinators. The extension activity was carried out through two major initiatives:

Educational Outreach at a Government School:

One group of students visited a nearby government school where they conducted interactive and engaging educational sessions for the children. Through games, simple teaching methods, and creative activities, the team succeeded in making learning, both fun and meaningful.



Quiz Competition on "Project Dolphin Awareness Programme"

7th July, 2025



Project Dolphin is a ten-year initiative undertaken by the Government of India. This conservation effort aims to protect both river and ocean dolphins. In view of this project, the government has decided to sensitise students and create awareness among them.

In accordance with the guidelines from the Government and the University, several activities were planned to help students understand and support this critical conservation mission.

A short quiz competition was conducted on 7th July 2025 during the common assembly by **Mr. Jaswa Jebaraj A.**, Assistant Professor and IQAC Co-ordinator.

The quiz focused on dolphin species, their habitats, the threats they face, and the objectives of Project Dolphin. Students participated enthusiastically, demonstrating keen interest and awareness on environmental and



wildlife conservation. Winners of the quiz were recognised and awarded by **Rev. Dr. K. A. Maria Arokia Raj, SDB**, Principal of the college.

Following the quiz, all students collectively took a pledge for dolphin conservation, reaffirming their commitment to environmental responsibility and sustainable living.



Workshop on "Building Resilience Through Mindfulness"

The Department of Visual Communication organised a workshop titled "Building Resilience Through Mindfulness" on 7th July 2025 at DBICA Hall from 11:30 a.m onwards. The resource person was Rev. Fr. Arokia Doss, SDB, Professor and Administrator, Don Bosco Matriculation Higher School, Red Hills, Chennai.

Rev. Fr. Arokia Doss, SDB, led the targeted session with the goal of equipping students with mindfulness techniques to strengthen emotional resilience. His key message centred on the deep interconnection between mindfulness and resilience. He highlighted that it is essential to remain grounded, adaptable, and emotionally robust amid challenges. The participants expressed appreciation for the techniques and committed themselves to adopting mindfulness practices to bolster resilience in both personal and academic realms.



Seminar on
"Adjust, Adapt, Advance."

10th July, 2025

The Department of Computer Applications, in collaboration with the Student Counsellor, organised a seminar titled **"Adjust, Adapt, Advance."** on 10th July 2025 at the Bi-Centenary Hall from 9:30 a.m. to 11:30 a.m. Ms. Pujitha M, counselling psychologist, served as the guest speaker. The purpose of the seminar was to help students adapt to change. Ms. Pujitha highlighted how the human mind perceives and reacts to change, offering practical strategies for navigating transitions. She explained concepts such as psychological reactance and emotional resistance, which people often experience when their sense of stability is disrupted.

The session emphasised that resistance to change is a normal response, and having a clear sense of priorities can help individuals stay on track during institutional changes. The seminar aimed to help students understand their emotional reactions to change and provided practical strategies to adapt smoothly and move forward with confidence.



The Department of Commerce (General) successfully organised the Commerce Talent Hunt on 10th July 2025 at the AV Hall, exclusively for the newly admitted first-year B.Com. General students. The event was designed to identify and nurture the diverse talents of the freshers while fostering confidence, creativity, and peer bonding. The event was graced by **Rev. Fr. Dr. Maria Arokia Raj, SDB**, Principal, and **Rev. Fr. Anbu Francis, SDB**, Vice Principal. The Principal delivered a motivational address, applauding the students' enthusiasm and appreciating the department's effort in providing such a dynamic platform for student development.



Guided by the Organising Secretary, **Mrs. A. Kenisha** and the Convenor, **Dr. S. Jebaseeli Novaleena**, and enthusiastically coordinated by third-year B.Com. General students, the event was conducted with great energy and efficiency. Students showcased their talents through singing, dancing, drawing, live musical performances, and poetry reading. Third-year students played an integral role in planning, organising, and hosting the event, demonstrating commendable leadership and teamwork and serving as role models for their juniors.

The event concluded with words of encouragement and appreciation from the faculty. The Commerce Talent Hunt 2025 proved to be a memorable and enriching experience, helping students showcase their potential and felt welcomed into the college community.



Students of Don Bosco Arts and Science College, Kilpauk, Chennai, won the Overall Trophy at the intercollegiate event *"Come, Let's Shout the Power of Say No to Drugs,"* held at Anna Velankanni's College of Arts and Science, Chennai, on 11th July 2025.

The event, organised by the NGO Ilangu – Lighten the Future, aimed to raise awareness on the dangers of drug abuse among the youth. Through various competitions, the organisers emphasised the importance of a drug-free society. The competitions instilled social responsibility among students and provided them with a platform to showcase their creativity and advocacy.

Competing against several colleges across Chennai, the students from Don Bosco Arts and Science College stood out for their exceptional talent, originality, and passionate advocacy for a drug-free future. Their performances resonated strongly with the event's theme and objectives, ultimately earning them the coveted Overall Trophy.



As part of the college's initiative to strengthen student support systems and ensure holistic development, the Department of Commerce (General) carried out a faculty home visit on 12th July 2025. **Dr. S. Jebaseeli Novaleena**, Head of the Department, visited the residence of first-year B.Com. (General) students in accordance with the directions of college management. During the visit, Dr. Jebaseeli Novaleena engaged in a meaningful conversation with the family, seeking to understand the students' family background, home environment, and any challenges that might affect their academic performance. This interaction provided valuable insights into the students' socio-economic context, enabling the department to offer more tailored academic coaching and personal guidance. Such visits reinforce the college's commitment to student-centred education, fostering stronger faculty-student relationships and ensuring no student is left behind in their academic journey.



Parent-Teacher Meeting for Second Year Students

12th July, 2025



The Parent-Teacher meeting was held for the second-year students on 12th July 2025 at 9:30 a.m. in the SIGA Auditorium. The main objective of the meeting was to foster a partnership in shaping the students' future. **Rev. Fr. Anbu Francis, SDB**, Vice Principal of the college, delivered the

welcome address. He emphasised the institution's aim to develop dutiful and God-fearing individuals, with holistic development at the core of its philosophy. He pointed out that teachers and the college not only sow the seeds of knowledge but also instil discipline, values, and skills in students' lives, enabling them to become fruitful and purposeful individuals.

Rev. Dr. Jayapalan Raphael, SDB, Rector and Secretary of the college, spoke about the enduring legacy of Don Bosco, describing him as:

"A true lover of youth, deeply committed to their holistic development."

He reminded everyone that when hands join together, they create a 'clap', which symbolises the power of collaboration. In the same spirit, he urged educators and parents to remain united in shaping students as both achievers and builders of society.

Rev. Dr. Maria Arokia Raj, SDB, Principal of the college, pointed out the expectations the college has of students and parents. He reiterated that discipline is the foundation of education. New initiatives—such as communication skills, coding classes, maths



classes, and special classes—will be conducted for the students. By the end of the final year, students will be empowered to pursue higher studies, embark on careers, or become entrepreneurs.



Rev. Dr. K. A. Maria Arokia Raj, SDB, Principal of the college, addressed the students during the common assembly on the theme "*Carpe Diem*", a Latin term meaning "*seize the day*". He urged students to make the most of each day, emphasising the importance of living purposefully and embracing the present moment. He also presented the overall trophy to the winners of the intercollegiate event held at Annai Velankanni's College of Arts and Science on 11th July 2025.



Induction Programme for First-Year M.S.W. Students

14th July, 2025

The Induction Programme was conducted for the first-year postgraduate students of the Master of **Social Work (M.S.W.)** at A.V. Hall. The primary aim of the programme was to acquaint the students with the college and to prepare them for the professional journey ahead in the field of social work. The students were introduced to the faculty members of the M.S.W. department. The session was designed to help students understand the structure of the M.S.W. course and to instil in them the core values, ethics, and expectations of the social work profession.



On 15th July 2025, the Student Council elections were held at Don Bosco Arts and Science College from 12:00 noon onwards. Students actively participated in the democratic process and cast their votes to elect representatives for the positions of President, Vice President, and General Secretary. The elections were conducted fairly and transparently, reflecting the democratic spirit within the college campus.

The results of the Student Council elections were declared during the common assembly on 16th July at 8:30 a.m., **Rev. Fr. Anbu Francis, SDB**, Vice Principal, announced the names of the newly elected:

- **President: Santhosh M. III B.Com. (General)**
- **Vice President: Mohammed Kalimullah M. II B.Com. (Corporate Secretaryship)**
- **General Secretary: Lavanya D. III B.Com. (General)**

Rev. Dr. Jayapalan Raphael, SDB, Rector and Secretary, congratulated the newly elected leaders. In his address, he said:

"You stood for election with a purpose. Leaders are those *who knows the way, go the way and show the way*. You will be the advocates of the student voice, bridging the management and student community. The student council will plan and execute the college's events and promote student welfare."

Rev. Dr. K. A. Maria Arokiaraj, SDB, Principal, also extended his warm congratulations. The newly elected leaders addressed their peers, assuring them of their accessibility and commitment to meet their needs. They expressed deep gratitude to the management and student body for entrusting them with these responsibilities.



The first-year Master of Social Work (M.S.W.) students, accompanied by the faculty of Social Work — **Ms. Jini Thomas**, Head of the Department, and Assistant Professors **Mr. Devaprasanth** and **Ms. Pavithra Bharathi**, visited Jananam Foundation, a De Addiction cum Rehabilitation Centre in Iyyappanthangal, Chennai.

The objective of the visit was to gain first-hand exposure to addiction treatment practices and rehabilitation strategies in a real-world clinical setting. Students observed key procedures such as medical screening and psychosocial assessments. They also gained insights into the complex challenges individuals face during de addiction, including withdrawal symptoms, relapse risk, family estrangement, and social stigma.

The visit provided a deeper understanding of therapeutic interventions and highlighted the importance of a holistic, family-centred approach to rehabilitation. It was an enriching academic experience that effectively linked classroom learning with practical field realities.



Orientation Programme on “Healthy Relationship”

17th July, 2025

An orientation programme on Healthy Relationship was organized for the first-year students on 17th July 2025 at 11:30 a.m. in the Bicentenary Hall. The Chief guest for the orientation programme was **Rev. Dr. I. Joe Sanjay**, Head, Department of Psychology, Sacred Heart College, Tirupattur.

The Principal of the college **Rev. Dr. K.A Maria Arokia Raj, SDB**, welcomed the gathering and introduced the chief guest. In his address, he emphasized that throughout our life we cherish relationships. Healthy relationships are the foundation of personal and social well-being. He expressed hope that the session would help students develop a thoughtful and respectful approach to building and maintaining healthy relationships.

In his insightful presentation, Rev. Dr. I. Joe Sanjay guided the students through key aspects such as factors of attraction and the various stages of love. He encouraged students to understand the emotional and psychological dimensions of relationships. In his concluding remarks, he stressed the importance of prioritizing education and personal growth over fleeting attractions, especially, during the formative college years.





The second- and third-year students attended an orientation programme on Fullness of life club (**FoLC**) at SIGA Auditorium at 1.30 p.m. The resource person was **Rev. Dr. I. Joe Sanjay**, Head, Department of Psychology, Sacred Heart College, Tiruppur. The Principal of the college **Rev. Dr. K. A. Maria Arokia Raj, SDB**, introduced the resource person. The resource person spoke on the need of the fullness of club today. Today's youngsters do not know how to handle emotions. They, either harm themselves or hurt others. Fullness of life club deals with spiritual, intelligent and emotional quotient and students can develop themselves. The primary focus of the club is self healing of students and secondly, the members of the fullness of club will be trained with basic counselling skills. In this way, the members of the club can empower themselves by organizing rallies, exhibitions and can provide counselling to their fellow students.



M.S.W. Students Visit to Environmental Foundation of India

17th July, 2025

The first-year students of the Master of Social Work (M.S.W.) embarked on a field visit to the Environmental Foundation of India (EFI) at Madipakkam Eco Park. The educational trip provided students with hands-on experience in sustainable environmental practices, ecological awareness, and community-driven conservation initiatives.

During the visit, the students explored various aspects of the park, including the native plant species, water conservation zones, and biodiversity-enhancing features. The interactive exposure enabled them to appreciate the importance of environmental stewardship, and to understand the link between ecological well-being and social responsibility.



The Women's Cell organised a session titled "Health and Hygiene" for first-year students at the Bicentenary Hall from 11:30 a.m. to 1:00 p.m. The resource person for the session was **Dr. Cynthia Alexander, MD, DGO**, Consultant Gynaecologist and Obstetrician at Padma Clinic and Nursing Home, Chennai.

In her address, Dr. Cynthia emphasised the importance of grooming during adolescence and discussed key features of adolescent development. She raised concerns about the increasing consumption of junk food among adolescents and its long-term health implications. She also addressed the excessive use of gadgets and their negative impact on mental and physical health.

In her concluding remarks, Dr. Cynthia encouraged students to incorporate meditation into their daily routines and to strive for a balanced and fulfilling life. The session was informative and well received by the students.



An invited talk on "*The Power of Selflessness*" was held on 21st July 2025 at the Bicentenary Hall for third-year students and at SIGA Hall for the first and second years students. The main address was delivered by **Mr. Kulandai Francis**, Ramon Magsaysay Awardee and Founder President of IVDP, Krishnagiri. **Rev. Dr. Maria Arokia Raj, SDB**, Principal of the college, introduced the eminent guest and expressed hope that students would be inspired to become givers and cultivate selflessness in their lives. **Rev. Dr. Jayapalan Raphael, SDB**, Rector and Secretary, also addressed the gathering, emphasising the profound value of living for others. He remarked, "A person who has the heart to help others, and one who can live for others, has truly lived a meaningful life."



During his thought-provoking talk, Mr. Kulandai Francis shared his personal experiences and insights about how selfless service to the needy transforms not just communities, but also the character of the giver. The session left a deep impact and inspired students to embrace selflessness.



Inauguration of Associations & Clubs and Investiture Ceremony



The Inauguration of Associations and Clubs, along with the Investiture Ceremony, was held on 22nd July 2025 at SIGA Hall from 11:15 a.m. onwards. The chief guest for the occasion was **Rev. Dr. John Alexander, SDB**, Vice Provincial, Salesian Province of Chennai.

In his welcome address, **Rev. Dr. E. A. Maria Arokia Raj, SDB**, Principal, warmly introduced the Chief Guest and highlighted the college's commitment to the holistic formation of students. He emphasised that the leadership badges serve as symbols of responsibility and service, encouraging students to collaborate in fostering a spirit of learning and service.



Rev. Dr. Jayapalan Raphael, SDB, Rector and Secretary, in his introductory remarks, described Rev. Fr. John Alexander as a man of vision, who inspires through service and selfless dedication. The oath taking ceremony was led by the vice principal of the college **Rev. Fr. Anbu Francis, SDB**.

Rev. Dr. John Alexander, SDB, delivered the keynote address entitled **"Inside Out."** He urged students to cultivate virtues such as forgiveness, listening, compassion, charity, kindness, and respect for parents and teachers. He stressed that these qualities form the true essence of leadership and will help individuals reach greater heights in life. The investiture ceremony served as a reminder that leadership comes with responsibility and values.

Inauguration of Associations and Clubs & Investiture Ceremony

22nd July, 2025



The Department of English organised an animation programme titled **"The Journey Within: Exploring Your Inner Self"** on 25th July 2025 at A.V. Hall, from 12:40 p.m. to 1:40 p.m. The resource person was **Rev. Dr. Alphonse Philip, SDB**, Administrator, St. Mary's Anglo-Indian School, Chennai.

Addressing the final-year B.A. English students, Rev. Dr. Alphonse Philip emphasised the importance of embarking on an inner journey as a means of self-discovery and personal growth. He explained that "the journey within" is a process of self-reflection, allowing individuals to recognise and understand their emotions and identify their core values. He described emotions as powerful indicators that guide and support personal development. Concluding his session, he encouraged students to engage in mindful practices, inspiring them to reflect deeply on their inner selves.



Corporate Social Responsibility and Corporate- & Community Collaboration

25th July, 2025

The Postgraduate Department of Social Work conducted an insightful session on 25th July 2025 from 10:00 a.m. to 2:00 p.m. at Media Clinique Hall focusing on Corporate Social Responsibility (CSR) and the pivotal role of corporate-community partnerships. The objective was to explore frameworks, share best practices, and develop strategies to foster meaningful collaborations between corporations and local communities through social work interventions.



The Department of Computer Applications organised an insightful seminar on Artificial Intelligence, Data Science, and the Modern Web Stack at Bicentenary Hall, starting at 9:30 a.m. The seminar aimed to enhance students' awareness and understanding of emerging technologies shaping the future of the IT industry.

The esteemed resource persons were:

- *Mr. Tanishq A. Khandar – Data Science Trainer*
- *Mr. Haha Maydeen J. – Full Stack Trainer*

While addressing the students, Mr. Tanishq A. Khandar emphasised the growing importance of data driven decision making across various industries. He introduced key concepts in artificial intelligence and data science, including machine learning models, data pre processing techniques, and real world applications in fields ranging from healthcare to e-commerce.

Mr. Haha Maydeen J. provided a comprehensive overview of the modern web development stack, covering front end and back end technologies, frameworks, and tools essential for building scalable, responsive web applications. He also shared industry best practices and discussed the evolving role of full stack developers in today's job market.

Students engaged enthusiastically with the speakers, seeking advice on skill development, certifications, and career pathways. The session gave them a clear vision of the skill sets needed to excel in the evolving technology landscape.



Rev. Dr. Maria Arokia Raj, SDB, Principal of the college, addressed the students during the common assembly. He emphasised the importance of discipline in students' lives, reminding the gathering that upholding discipline is a fundamental value. He further stated that discipline is not merely a rule, but an essential part of education that paves the way for both personal growth and academic success. He encouraged students to cultivate punctuality and show respect towards elders, noting that these values were crucial stepping stones to achieving greater heights.

Rev. Fr. Anbu Francis, SDB, Vice Principal of the college, delivered the Good Morning Talk, basing his message on the inspirational thoughts of **Gautama Buddha**. Rev. Fr. Anbu reflected on Buddha's well-known quote: **“What we think, we become.”** He urged students to be mindful of their thoughts as they shape actions, character, and ultimately destiny. He posed an introspective question to the students: **“Are our thoughts big and great?”**, motivating them to think positively and aim high in order to lead meaningful and impactful lives.



The assembly reinforced the importance of cultivating discipline, self-respect, and the power of positive thinking among students.

During the assembly, the two winners were awarded with the metals and certificates. Both of them proved that what they thought, they become. The two men **Vinith I.** - B.Com. (Corporate Secretaryship) - bodybuilding **Yogesh Prabhu S.** - III B.Com.(General) - boxing. They lifted the college's name above the sky under the guidance of **Mr. Infant Raghul**, the Physical Director.



“WHAT WE THINK, WE BECOME.”

Seminar: "The Journey Inside – A Roadmap to Personal & Professional Success: The Fruit of the Spirit"

On 29th July 2025, a seminar titled "The Journey Inside: A Roadmap to Personal and Professional Success – The Fruit of the Spirit" was conducted for first-year B.Com. students at Don Bosco Arts and Science College.

Rev. Fr. Joe Anand, SDB, Director of Don Bosco Vazhikatti, Perambur, Chennai, served as the resource person and shared invaluable insights. He introduced various certificate courses available for B.Com. students throughout their three-year study span. The central theme of his talk was self-discipline, focusing on its significance in achieving both personal and professional success.

Dr. S. Jebaseeli Novaleena, Convener of the event, warmly welcomed and introduced the Chief Guest. The session, held in the AV Hall from 12:30 p.m. to 1:40 p.m., was attended enthusiastically by 75 students of IBCG. Students listened attentively and found the seminar both informative and enjoyable. It is expected that Rev. Fr. Joe Anand's guidance will have a lasting impact as these students begin their academic journey.



The Women's Cell, in collaboration with P&G, organised an insightful and empowering session on personality development and menstrual hygiene for women students at Bicentenary Hall, from 2:00 p.m. to 3:30 p.m. The aim was to educate young women on crucial aspects of menstrual health, personal care, and self-development.

Ms. Krishnaveni, coordinator from P&G, presented an engaging and informative session. She addressed prevailing myths and taboos surrounding menstrual health, dispelled them with scientific facts, and encouraged open, stigma-free discussions. Her emphasis on menstrual hygiene helped students understand the need for proper care and awareness.



Beyond physical health, Ms. Krishnaveni inspired attendees to "be their own boss", highlighting the importance of financial independence, assertiveness, and confidence in women's lives. She explained that personality development is vital to building one's identity and career, and discussed practical steps for improving communication, self-esteem, and goal-setting.

The session concluded with a reminder that self-care is not a luxury, but a necessity, and that every woman deserves to prioritise her physical, mental, and emotional well-being. After attending, the women students felt empowered to take charge of their health and future.



On 30th July 2025, thirteen students from the II and III year B.Com. (General), accompanied by Dr. S. Jebaseeli Novaleena, participated in the International Conference on Digital Transformation in Commerce at Mahalakshmi Women's College of Arts and Science, Avadi.

Students and faculty presented research papers enthusiastically and actively engaged in conference sessions. Their participation enabled them to gain valuable insights into the evolving landscape of digital commerce, explore current research trends, and enhance both academic and professional perspectives.

The organising committee awarded certificates of appreciation to all student and staff participants. Additionally, the students' research papers were published in the Journal of Business Intelligence. This marks a significant academic achievement of the department.



(What Is It? Why Does It Happen? What Can You Do?)

Ever felt this way?

- You're not sad. Not angry. Not anxious.
- But still... something feels off.
- You laugh, but it feels empty.
- You sleep, but wake up more tired.
- You go about your day, but something feels dull.

This in-between feeling is more common than you think.

And no, you don't need a "big reason" to feel like this.

Sometimes, your mind is holding emotions your mouth hasn't spoken yet.

What's really happening?

You might be experiencing emotional fatigue
burnout's quieter cousin.

It creeps in when you:

- Keep hiding how you really feel
- Pretend to be "okay"
- Push through without pausing

Your brain gets tired, even if nothing looks "wrong" on the outside.

How does it affect you?

Feeling "off" shows up in small, quiet ways:

- You stop enjoying hangouts or hobbies
- You study, but nothing sticks
- You say "I'm fine" a little too quickly
- You feel numb to what once excited you
- You sleep more or can't sleep at all

Sometimes, it's your brain overloaded.

Sometimes, it's your heart gently asking: "Are you okay?"

Think of your brain like a phone:

Even if nothing's open on the screen, apps run in the background, draining battery.

Naming your feelings, even just "I feel off today" is like closing those apps one by one.

It gives your brain a break.

Psychology Says:

- People who name their emotions are 30% better at handling stress

(UCLA study, 2019)

- Mental fatigue activates the same brain areas as physical exhaustion

(Journal of Neuroscience, 2021)

So yes, "feeling off" is real—even if others can't see it.

What Can You Do Now?

Here are 5 small things that can help:

1. Name What You Feel

Say or write: "I feel off", "I feel low." Labelling it helps you process it.

2. Check the Basics

Drink water. Eat. Move a little. Get some fresh air. Your body and mood are connected.

3. Breathe Slowly

Inhale for 4 sec → Hold for 4 → Exhale for 6 sec. Do this 3 times. It soothes your nervous system.

4. Do One Gentle Thing You Enjoy

Listen to music, step outside, doodle—no pressure, just comfort.

5. Let Yourself Rest

You don't have to "be okay" all the time. Rest is not laziness. It's care.

- Ms. T

We are delighted to announce that Pinapala Navya Sri, from the 2022–2025 batch of the Department of Commerce (General), has been selected by Accenture on 14th July 2025. Accenture commended our institution, stating that they had “hired the best talent from your campus.” Congratulations to Navya, and best wishes for a bright and successful future.

Shakeel Ahmed Secures Third Place at National-Level Karate Championship

Shakeel Ahmed, of 1st B.Com. (General), secured third place in the National-Level Karate Championship held in Bangalore. With his outstanding performance, he has brought laurels to the college.



Yuvaraj Wins Gold Medal in Powerlifting Competitions

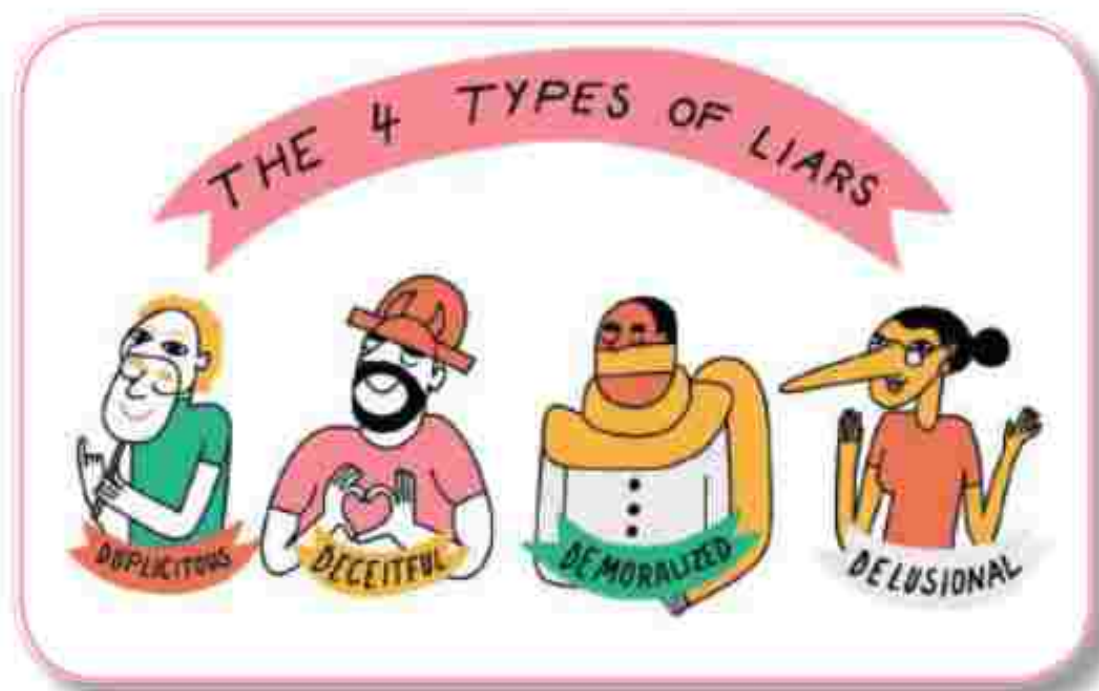
Yuvaraj, of Ist B.Com. (General), won the gold medal in the Sub-Junior Category at the Powerlifting Competition. His achievement is a proud moment for the college and an inspiration for fellow students.



When life's troll comes to a halt
Crossroads lead to debating thoughts
The mind says this the heart says that
The choice must be made, knowing a price will be paid

Between their thoughts a silence grows
I weigh them both, yet no truth shows
Both build truths and learn to lie
If neither is wrong and both are right, perhaps someday they will align

Then, are they liars in different names?
Tho man being the apex in deliberation
Can't figure out between faux or vrai
To discern a path they both must weigh
Through trial and error, through tear and mirth, which one survives the heart or the mind?



- Samantha Eve Rebello

II B.C.A.





The trees swayed
Under the iron hand of the axe—
Chop.
Chop.
Chop.
Echoes rang in the stillness of the
forest,
Echoes of ruin,
A death knell

The sun blazed
On the barren land.
Homeless birds,
With their little ones clutched tight,
Searched the sky
For a single green leaf—
A shred of shelter,
A cradle of hope.

Tears they shed
For their lost young ones.
And in their silent sorrow,
They wondered—
Would the remaining few survive
Beneath the scorched and withered
land,
Where roots find no water,
And the sky forgets to rain?

- Rushiyaa

III B.Com. (General)





Hearts blazed with fire,
Voices and hearts united
To sing a hymn for a nation.
From the clutches of chains,
Unified voices echoed
Freedom,
Freedom,
Freedom!
Songs of dreams and freedom
Rang out across the nation.

Today, we sing a hymn
On this day of remembrance,
A hymn for our nation.
As we see the tricolour unfurl,
Reminding us
Of countless sacrifices,
Of dreams,
Of courage,
Of unity.

Let the crown of peace be promoted,
Let Mother Nature's breath of life
Nurture the greenery.

And let the spirit of freedom
Live on
In every heart,
In every hand,
In every tomorrow.

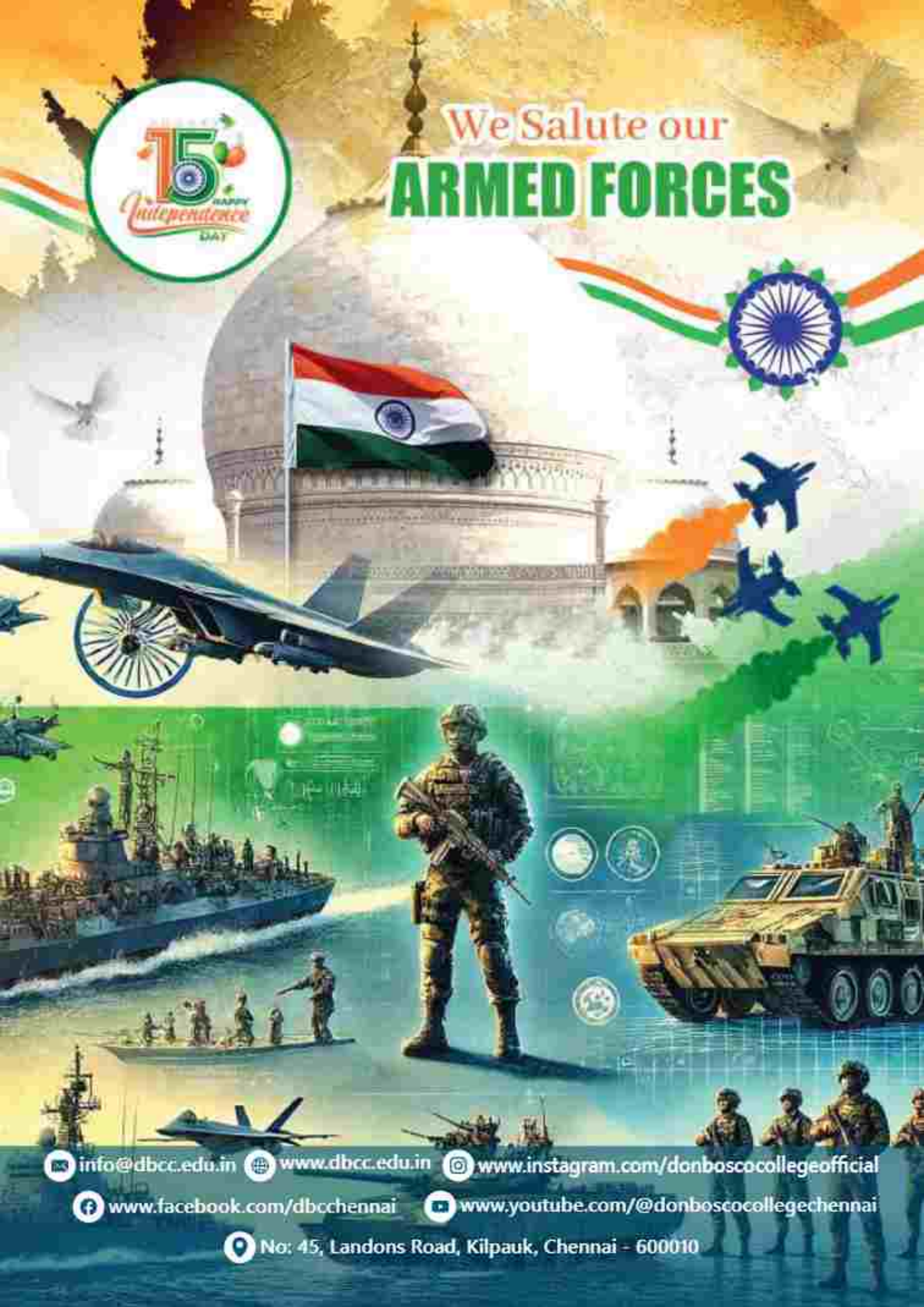


Ms. Abisha X.

HoD & Assistant Professor
Department of English



We Salute our
ARMED FORCES



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