



Don Bosco

CO-ED

Arts and Science College
(Affiliated to University of Madras)

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THE POWER OF PERSPECTIVE: GANDHI'S MESSAGE FOR TODAY'S YOUTH



As we enter October, the month of Gandhi Jayanthi, we are reminded of the profound impact Mahatma Gandhi's philosophy can have on our lives. Recently, I came across a thought-provoking reflection by Ron Garan, a former NASA astronaut who spent 178 days in space. His experience left him with a striking perspective - that we're living a "lie" of separation. From space, Earth appears as a fragile, breathtaking, and small planet, where borders vanish and conflicts seem petty.

The Overview Effect

Garan's experience is not unique. Many astronauts have reported a profound shift in awareness, known as the Overview Effect, after witnessing Earth from space. This perspective challenges our conventional way of thinking, making us realize that we're all part of a larger, interconnected system. The "lie" Garan speaks of is the illusion of separation - the notion that we're divided by nations, politics, and identities. However, from space, it's clear that we're all part of one human family, living on a shared planet.

Gandhi's Message of Peace and Freedom

In this context, Gandhi's message of peace and freedom is more relevant than ever. His philosophy of non-violence, truth, and simplicity can guide us in addressing contemporary challenges. By embracing these principles, we can create a more compassionate and responsible society. Gandhi's emphasis on social justice, peaceful resistance, and sustainable development can inspire us to work towards a better future.

Relevance for College Youth

As young people, we have a crucial role to play in shaping the future of our country. Gandhi's message can inspire us to engage in social service, volunteerism, and community development initiatives. By adopting eco-friendly practices and promoting environmental conservation, we can contribute to a more sustainable future. Moreover, Gandhi's emphasis on self-care, mindfulness, and inner peace can help us manage stress, anxiety, and other mental health challenges.

Implementing Gandhi's Principles

So, how can we implement Gandhi's principles in our daily lives? Here are a few suggestions:

- *Student Activism:* Engage in peaceful activism and advocacy on issues that matter to you.
- *Community Service:* Participate in community development initiatives, such as education, healthcare, and environmental conservation.
- *Personal Growth:* Practice self-reflection and self-awareness to develop a stronger sense of purpose, values, and direction in life.

Conclusion

As we celebrate Gandhi Jayanthi this month, let's reflect on the relevance of his message in our lives. Let's strive to create a more just, peaceful, and sustainable world by embracing Gandhi's principles of non-violence, truth, and simplicity. By working together, we can build a brighter future for ourselves and for generations to come.

THE POWER OF PERSPECTIVE: GANDHI'S MESSAGE FOR TODAY'S YOUTH

Workshops and Training Programs

Colleges and organizations can play a vital role in promoting Gandhi's philosophy and values. By conducting workshops and training programs on Gandhi's philosophy, non-violent communication, and conflict resolution, we can empower young people with the skills and knowledge necessary to create positive change in their communities.

Let's Make a Difference

As young people, we have the power to shape the future of our country. Let's draw inspiration from Gandhi's message and work towards creating a better world. By embracing his principles of non-violence, truth, and simplicity, we can build a more just, peaceful, and sustainable society. The time to act is now - let's make a difference, starting today, in our college, in our context.

God bless you.



Yours affectionately in Don Bosco,

Rev. Dr. Jayapalan Raphael, SDB

Rector and Secretary



Dear Parents and Students,

On the social media lately, a 10-year-old contestant of 'Kaun Banega Crorepati 17' hosted by Amitabh Bachchan sparked a huge debate about single-child behaviour. Many viewers called him "spoiled" or "pampered," but psychologists say this is a classic example of something called **Six Pocket Syndromes**. The term refers to children who receive constant attention, care, and indulgence from their parents, often having all their needs met without compromise.

'**Six Pocket Syndrome**' comes from China, where it is linked to the one-child policy and sometimes called the 'Little Emperor Syndrome'. 'Six-pocket syndrome' is a term from child psychology that describes children who are excessively dependent on adults and have all their wants consistently fulfilled. The "six pockets" metaphorically represent the different ways children can be overindulged: food, toys, attention, praise, gadgets, and affection. Children who grow up in such an environment may struggle with patience, sharing, or handling small frustrations. Psychologists emphasize that this syndrome is not caused simply by being an only child. Instead, it develops when parents, often unintentionally, meet every demand and shield children from natural consequences.

Guidelines for Parents

"Just as no parent would hand a child a sharp knife or let them play with fire, unchecked assertiveness can also be harmful," stresses the psychologists. "Attention and love are essential, but teaching responsibility, empathy, and self-regulation is what helps children grow independent and well-rounded." They outline six effective parenting strategies to nurture confidence without encouraging over-assertiveness.

1. **Set boundaries:** Limit screen time, pocket money, and extra indulgences consistently.
2. **Assign responsibilities:** Give age-appropriate daily chores or tasks. Encourage independence.
3. **Encourage social interaction:** Let children spend time with peers or in group activities.
4. **Teach money management:** Involve children in small spending or saving decisions.
5. **Model emotional regulation:** Demonstrate calm handling of frustration and disappointment.
6. **Praise effort, not just results:** Appreciate patience, hard work, and learning rather than only outcomes.

Guidelines for Children

1. Know that you are not the only one at the centre of the world.
2. Respect your parents, elders, teachers and value their age and experience.
3. Humbly accept that you do not know everything yet.
4. If you are corrected, it is for your wellbeing.
5. Realise that you cannot have everything that you ask for.
6. When your parents say 'no', it does not mean they do not love you. It means they care for you.

SIX POCKET SYNDROME

Ultimately, the psychologists stress that balanced parenting - mixing love with responsibility - helps children grow up into independent, empathetic, and well-rounded individuals, while avoiding the potential negative effects of overindulgence.

I am sure that this short write up would help the parents and teachers to understand our children and our students better, help our young people to understand themselves deeper.



With understanding,

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

Principal

THE HIDDEN MESSAGES OF OUR CELEBRATIONS



Dear Young Friends, Warm greetings to each one of you!

Festivals are not just holidays on our calendar; they are like lessons from life. Each celebration carries a message, sometimes spoken, sometimes silent, inviting us to think deeply, grow better, and live meaningfully. For us as a college community, the month of October is very special because we celebrate two beautiful festivals: Ayudha Pooja and Diwali.

Even though these festivals come from ancient traditions, they still speak to us today with deep wisdom. They remind us to find holiness in our work and light in our living.

Ayudha Pooja – The Dignity of Work

Ayudha Pooja is not only about cleaning and decorating our books, tools, and machines. It is a time to thank and respect the things that help us in our work. When we bless our instruments, computers, or books, we remember that work is not a burden, it is a gift and a form of prayer.

The philosopher Kahlil Gibran said, *“Work is love made visible.”* When we work with love and care, our simple tasks become meaningful. A teacher preparing lessons, a student studying sincerely, an office assistant arranging files, all show the beauty and dignity of honest work.

Ayudha Pooja teaches us to see the sacred in the simple, to value our own efforts and the work of others too. Every person in our college is part of one family that builds our institution.

St. John Bosco beautifully said, *“Holiness consists in being cheerful and doing one’s duty well.”* That is the spirit of Ayudha Pooja, to find joy in our daily work and to turn our workplace into a space filled with grace and gratitude.

Diwali – The Light Within

Diwali, the Festival of Lights, is one of the happiest and most meaningful festivals. It celebrates joy, togetherness, and renewal but also something deeper: our inner awakening.

The light of Diwali stands for the victory of good over evil and wisdom over ignorance. It is not only about lighting lamps outside, but also about bringing light inside our hearts. When we light a lamp, we remember that darkness disappears where light shines. In the same way, negative thoughts cannot stay in a mind filled with love and understanding.

Swami Vivekananda said, *“We are not born to crawl in darkness, but to shine as light.”* Each of us can be a small light, a light of kindness, truth, and hope. A kind word to a classmate, a smile to a teacher, a helping hand to someone in need. These are the real lamps that brighten our college.

Diwali invites us to light not only our homes but also our hearts to forgive, to listen, and to love. That is the real meaning of this beautiful festival.

The Deeper Message for Our College Community

Both Ayudha Pooja and Diwali remind us of something very important. Ayudha Pooja teaches us gratitude, to value our work and to thank the tools that help us. Diwali teaches us light, to think clearly, act kindly, and live truthfully.

THE HIDDEN MESSAGES OF OUR CELEBRATIONS

When gratitude and light come together, work becomes worship and learning becomes life.

As we celebrate these festivals, let us make our college not just a place of study but a place of growth where minds are bright, hearts are kind, and work is joyful.

Every festival, when understood deeply, teaches us one lasting truth: *To be truly human is to work with gratitude, to live with light, and to give with love.*

With prayerful wishes for your growth and happiness,



Yours in Don Bosco,

Rev. Fr. Anbu Francis, SDB

Vice Principal



02

September
2025

Fly High with English: A Roadmap to Success

The Department of English, Loyola College, Chennai, served as the resource person. She emphasised the importance of English for career building and the

wide range of career opportunities it offers. The session motivated students to harness their potential and pursue their goals with renewed confidence.

Assistant Professor of English, Loyola College, Chennai, served as the resource person. She emphasised the importance of English for career building and the



Fly High with English: A Roadmap to Success





03
September
2025

Onam Celebrations

The student council organised Onam celebrations on the college campus with great enthusiasm and joy. Dressed in traditional attire,

students added vibrant colour to the event. Competitions included floral carpet (Pookalam) making and dance, showcasing creativity,

teamwork, and cultural spirit. This festive atmosphere brought together students and staff, creating a memorable and joyous celebration.







04
September
2025

Workshop on "Maya Software"

The Department of Visual Communication conducted a workshop on Maya Software, facilitated by **Mr. Anand** and **Mr. Sebastian** from Maya Academy of Advanced Creativity (M.A.A.C.).

The speakers introduced the features of Maya through a live demonstration of creating a chocolate wrapper. This hands-on experience enhanced students' skills in 2D and 3D modelling workflows. The workshop proved

highly beneficial in expanding students' technical knowledge and career awareness in fields such as animation, VFX (Visual Effects), UI (User Interface), and UX (User Experience).



October 2025



Maya Software

Maya Software

Maya Software





08
September
2025

Rural Camp - Progress through Change

The PG Department of MSW organised a Rural Camp titled **"Progress Through Change"** from 8th to 13th September 2025 at Sagaythotamm Institute of

Agriculture, Takkolam. The PG students created awareness among the local communities about health, hygiene, and education. They learned the value of service learning

by engaging in manual labour within the premises and conducted surveys to understand the social, economic, and educational aspects of the rural community.







Launch of Radio DB

The much-awaited campus radio, Radio DB, was officially launched by the Rector and Secretary of the college, Rev. Dr. Jayapalan Raphael, son, on his Birthday.

This innovative initiative is based on the vision of the Principal, Rev. Dr. K. A. Maria Arokiasraj, SDB. Radio DB aims to serve as a dynamic platform for students, featuring

informative news segments. It also provides opportunities for students to showcase their talents as speakers, broadcasters, and content creators.

Radio



DB





Teachers' Day Celebrations

On 9th September 2025, students from various departments came together to celebrate Teachers' Day with enthusiasm. During the assembly, all the staff members were honoured by the college management with a memento. The students felicitated through songs and dances. The Radio DB featured programmes dedicated to the teachers. Later, the students came together to honour staff members of their respective departments as a mark of respect and gratitude for their guidance and dedication.





Happy Birthday

Rev. Dr. Jayapalan, SDB

09
September
2025

Birthday Celebrations of

Rev. Dr. Jayapalan, SDB, the Secretary and Rector of the College

The college celebrated the birthday of **Rev. Dr. Jayapalan Raphael, SDB**, the Secretary and Rector. The Principal of the college, **Rev. Dr. Maria Arokiaj, SDB**,

highlighted his leadership and kindness. The Vice Principal, **Fr. Anbu Francis, SDB**, presented a gift, and the Student Council President, **Mr. Santhosh**, gave a bouquet. This was followed by

a cultural programme performed by the students. The celebrations reflected the deep respect and admiration the college community and students have for the Rector, the father of the family.







10
September
2025

A Guest Lecture: How Can You Be a Socially More Responsible Student?

The Department of B.Com. (General) organised a guest lecture titled *"How Can You Be a Socially More Responsible Student?"* The resource person was Dr. Kumari

Preetha, Assistant Professor, Department of Commerce, Mahalakshmi College of Arts and Science, Chennai. She highlighted the importance of community

service, ethical practices, and social accountability. The guest lecture created awareness among the students on being responsible citizens.







13
September
2025

Orientation Talk on "Understanding & Sensitizing on the Transgender Community"



An orientation talk on "*Understanding & Being Sensitive towards the Transgender Community*" was held at Bosco Hall. The college students were sensitised about the oppression and daily societal pressures faced by the transgender community. Furthermore,

the students learned about the challenges such as abuse from doctors and the critical need for hormonal treatments to aid in their gender transformation. As a result of the orientation programme, the students became more aware of the struggles, social stigma, and medical challenges faced by the transgender community.





Industrial Visit to Image Creativity Academy

The final-year Visual Communication students visited Image Creativity Academy, T. Nagar, on 13th September 2025. During the visit, they learned about Maya and Figma software tools. This industrial visit enhanced their practical knowledge and provided valuable industry exposure.





16
September
2025

From Science to Global Action

The Eco Club organised a poster-making competition themed "From Science to Global Action" to commemorate World Ozone Day. The event was held at AV Hall from 1:50 p.m. to 2:50 p.m. Participants

effectively expressed their ideas through visually impactful representations. This day serves as a reminder of the importance of protecting the ozone layer and the impact of ozone depletion on the Mother Earth.



Intradepartmental Poster Making Competition



Workshop on "Adobe Premiere"

The Department of Visual Communication organised a one-day workshop on Adobe Premiere Pro, led by **Mr. Ashwin Kumara**, a video editor and media professional. Second-year B.Sc. Visual Communication students were introduced to the basics of video editing.

Hands-on practice with sample footage enhanced their learning experience. The workshop equipped students with practical editing skills and motivated them to explore advanced techniques in digital media production.



Psychology Corner

Anger Management (*Navigating the Fire Within*)

What is Anger?

Have you ever snapped at someone and then wondered, "Why did I overreact like that?" That's anger. It's a natural human emotion—our built-in alarm system reacting to situations that feel unfair, stressful, or threatening.

The real issue isn't feeling anger, but rather how we respond to it.

Why Does Anger Happen?

Anger shows up when:

- Your boundaries are crossed.
- You feel powerless or disrespected.
- Stress or tiredness piles up.

Basically, your mind is saying: "Something isn't right. Fix it!"

What's Happening in Your Brain?

Here's the cool part. When anger hits:

- The **amygdala** (your brain's alarm bell) goes off.
- Stress chemicals like **adrenaline** and **cortisol** flood your system.
- Your **prefrontal cortex** (the logical, calm part) takes a back seat.

That's why, in the heat of the moment, it's harder to think straight and easier to say things you later regret.

Did You Know?

- **Almost everyone feels anger often.** A study found that more than 9 out of 10 college students reported getting angry frequently, especially in their first year. (PMC, 2019)
- **Your body feels anger too.** When you're angry, your blood pressure spikes, your palms may sweat, and your body gets ready for "fight or flight." (Hogrefe, 2014)

Quick Fixes (In the Moment)

When anger flares up, try these evidence-based strategies:

- **Deep Breathing:** Inhale through your nose for

4 counts, hold briefly, and exhale slowly through your mouth for 6–8 counts. Repeat a few times.

• **Take a Time-Out:** Step away from the situation for a minute or two. Walk, stretch, or just move to another room.

• **Grounding Exercise:** Notice 5 things you see, 4 you hear, 3 you touch, 2 you smell, 1 you taste.

• **Use "I-Statements":** Instead of blaming ("You always..."), try: "I feel upset when..."

• **Reframe the Thoughts:** Ask yourself: "Will this matter tomorrow?" or "Am I sure this was intentional?"

Healthier Ways to Let It Out

Bottling anger makes it explode later. Instead:

- Say how you feel without blaming ("I feel upset when...").
- Write it down, journaling clears the clutter.
- Move your body, walk, run, dance, exercise whatever helps.
- Talk to someone you trust, once you've cooled off.

Long-Term Workouts for Anger

- Notice your triggers and patterns.
- Practice calm habits, breathing, meditation, journaling.
- Learn problem-solving instead of lashing out.
- If anger feels unmanageable, reach out for help, it's a sign of strength, not weakness.

Takesaway: Anger isn't the villain. It's just a signal. How you handle it makes the difference between burning bridges and building better ones.

Remember:

Progress isn't instant and it's rarely a straight line. But every time you pause, breathe, and choose a healthier response, you're already reshaping how you handle anger. Change begins with small steps. And each step counts.

- *Tharaniwari M.*
Student Counsellor



Sound of Silence

Silence makes the loudest sound
It presses heavily on my eardrum
Inside and out
A soundless barrier echoes confining
My mind
The sound of silence sinks deeply
To weigh upon my spirit
Bearing in down
Like the weight of thousand raindrops
On the head of a flower
Somewhere in silence, I float
Between the body and mind.
Reaching for a connection
To break the resounding silence
And re-enter the physical world



- Kamilini K.
I B.Com. (General)



The Dusk

The dusk approaches near,
Birds in flocks flap their wings.
The multifaceted hues of the sun
Paint the sky aglow
With red embers,
Sprinkled with gold,
And kissed with orange fire.

-Haseebur Rahman H.
I.B.Com. (General)





Eternal Krishna

A deity you stand, serene and true,
 With skin the shade of the evening blue,
 Like clouds that wander through the skies,
 A timeless glow within your eyes.
 The flute becomes your voice, your song,
 A melody that drifts along;
 The peacock's feather crowns your head,
 A sign of grace divinely spread.
 An ocean vast of youthful light,
 Eternal beauty, pure, and bright
 Around you gopikas softly move,
 Their hearts aflame with sacred love.
 In every glance, in every tone,
 The world beholds the Divine alone.



- **Rushiyaa M.**
 I B.Com. (General)



IF NO^T_W ^T_W HEN

If Not Now, When?"

This poster portrays a person grabbing the Earth tightly, symbolizing the need to protect our planet from the effects of climate change. The phrase "If Not Now, When?" implies that the time to act is now. We can't keep waiting for others to fix things; every small step counts, whether it's reducing waste, conserving energy, or raising awareness. The melting water around the Earth demonstrates how our planet is suffering, and if we do not act soon, the damage may be irreversible. The poster motivates people to accept responsibility and collaborate for a cleaner, greener, and safer future.



- Bidipta Patra
III B.Com.
(Corporate Secretaryship)

Global Teacher Award Winners



Mansour Al Mansour
Saudi Arabia
2025



Ranjitsinh Disale
India
2020



Maggie Macdonnell
Canada
2017



Andria Zafirakou
United Kingdom
2018

"If at first you don't succeed, try, try again"

- W. E. Hickson

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