

# PSYCH EXPO 2022

The Department of Counselling Psychology, DB Extension Centre, Counselling Centre and the Fullness of Life Club, Sacred Heart College (Autonomous) collectively organised the 'Psycho Expo' on 25<sup>th</sup> and 26<sup>th</sup> February, 2019.

The objective of the expo is to provide the platform and unleash the potential of the students by showcasing their knowledge and spreading the awareness towards the importance of mental health among the student community. The inaugural ceremony was graced by Rev. Dr. John Alexander, Secretary, Rev. Dr. Maria Antonyraj, Principal, Dr. Joe Sanjay, Head, Department of Counselling Psychology, Rev. Fr. Selvaraj, Rev. Sis. Anthoniammal and Ms. Latha Munuswamy, Staff of the respective departments and the Students of Counselling Psychology and Fullness of Life Club members respectively.



There were 12 stalls and the exhibits comprised of novel models and charts based on the various aspects of Psychology like: Emotions, Counselling, Psychological Games, Development Stages, Abuse, Addiction, Motivation, Love and Relationships, Science of Human



Body- Sexuality, Multiple Intelligence, Physical, Mental Health, Happiness and Memory. The valedictory function witnessed the presence of Rev. Fr. Amrose, Department of Social Work; he distributed the participation certificates and congratulated the students for their hard work. The expo was visited by more than 2000 students from Sacred Heart College and around 1000 students from the neighbouring schools.

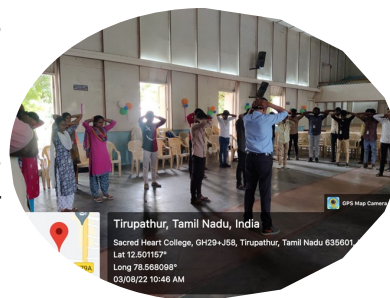


## WORKSHOP ON THEATRICALS



The PG & Research Department of English (Shift II), Sacred Heart College, Tirupattur organized a Workshop on Theatrics between 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> of August, 2022. The objective of the workshop was to impart the knowledge of Theatrics and be exposed to it. The aim was to understand and appreciate theatre art, stage acting and the experience of performing a play. During the inaugural session Rev. Dr Maria Arokiaraj, Additional Principal and Head,

PG & Research, Dept. of English detailed the dynamics of the program. Mr. Saravanan, Assistant Professor, Dept. of English introduced the resource person to the gathering. The resource person: Mr.N. Elango, Associate Professor & Head, PG & Research Department of English, Mannar Thirumalai Naicker College, Madurai introduced the participants to the world of theatres and art. About 80 participants from the Dept. of English Shift-II attended the workshop.



## AWARENESS PROGRAM ON ALCOHOL & SUBSTANCE ABUSE



The Department of Life Education in collaboration with De - Addiction Ministry, A. Kattupadi, Vellore organized an Awareness Program on Alcohol & Substance Abuse on 3<sup>rd</sup> and 4<sup>th</sup> August, 2022. Rev. Dr. Siluvai Muthu SDB was the resource person of the event. The objectives of the event include:

to create awareness on alcohol and substance abuse, to clarify myths and facts about alcohol addiction and to make the students to understand the impact of addiction. During the valedictory session: Rev. Dr. John Alexander, Secretary and Head, Department of Life Education appreciated and thanked Rev. Dr. Siluvai Muthu for his noble deed. Rev. Dr. John Alexander and Rev. Dr. Samson Shanmugam presented the speaker a memento. About 654 hostel students of the institution attended the event.



## INVITED TALK ON APPLICATIONS OF MATHEMATICS



The Department of Mathematics (Shift-II) organized an Invited Talk titled “Applications of Mathematics” on 16<sup>th</sup> September, 2022. Dr. L. Vikraman, Assistant Professor, Government Thirumagal Mills College, Gudiyattam was the resource person. M.Thanigajalam, Asst. Prof. Department of Mathematics introduced the resource person. The speaker in his address took the students deep into the world of Mathematics with examples related to the applications of Mathematics.

## SEMINAR ON DON'T DRUG YOURSELF DOWN



On 15th September, 2022 the Department of Life Education in collaboration with Niraivagam, Chennai, organized a Seminar on the topic “Don't Drug Yourself Down” Intervention Model to Overcome Substance Abuse for all the I UG Students of the institution. The objectives of the event include: to create awareness on drug and substance abuse, to clarify myths and facts about drug addiction and to make the students understand the impact of addiction. Rev. Dr. Joseph Jeyaraj SDB, Director, Niraivagam was the team leader. There were 5 resource persons animating the students: Mr.Murali, T.T. K. Hospital, Chennai, Mrs. Anne Florence, Assisted Learning Services, Mr.Prabakaran Samuels, Trainer & Coordinator, Mr.Amaladass, Trainer & Coordinator, Mr. Ashwin Mahesh, Assisted Learning Expert respectively. About 1288 students attended the seminar.

## PARENTS MEETING FOR II UG STUDENTS (SHIFT II)



Parents Meeting for the II UG Students (Shift II) was held on 24th September, 2022 between 10.30 am and 12.00 pm at Kamarajar Arangam. Rev. Dr. Samson Shanmugam SDB invoked the blessings of God through his prayer song. Mr.C. Thirupathy, Head (UG), Department of Physics, Shift-II welcomed the gathering and he emphasized on the importance of parents meeting. Rev. Dr. John Alexander, SDB, Rector and Secretary, gave the presidential address. He spoke on the responsibility of the parents for the welfare of the students. Rev. Dr. K.A. Maria Arokiaraj SDB, Additional Principal, gave the introduction message to the II UG students. He explained the rules and regulations of the college, discipline of the college, norms of using mobile phones in the campus, dress code, behaviour of the students, fee structure, opportunities of studying in SHC and the availability of various scholarships etc. Master of Ceremony and Vote of thanks were given by Dr. K. Anbarasan, Asst. Prof. Dept. of Tamil.





# International Seminar on Prevention of Child Sex Abuse

International Seminar

The Post Graduate & Research Department of Social Work, Sacred Heart College conducted an International Seminar on the Prevention of Child Sexual Abuse on 24<sup>th</sup> November 2018. The seminar was the need of the hour as India is rapidly facing problems related to Child Sexual Abuse. National reports deliver an alarm on the rate of incidents. In India, a child is sexually abused every 15 minutes, according to the latest government figures. "Being vulnerable is not their fault, but the same cannot be sustained, as the elders, parents and teachers are entrusted with the responsibilities to prevent and safeguard the children from such abuse", stated Dr. Lois J.Engelbrecht, Founder – Center for the Prevention & Treatment of Child Sexual Abuse, Quezon City, Philippines who was the resource person for the day.



She addressed the gathering on various themes which included:

1. Understanding a Child and Child Sexual Abuse
2. Magnitude of Child Sexual Abuse in India and Abroad
3. Causes and Consequences
4. Prevention of Child Sexual Abuse
5. Role of Parents, Institutions, Government and Public in ensuring Child Safety and Healthy Environment.



The target audience and participants were college students, research scholars, teachers from schools and colleges, NGO personnel and Psychologists. Dr. Lois J.Engelbrecht stated that India ranks first among countries worldwide for boys who have been sexually abused. She addressed the importance of safe touch and unsafe touch. She also stated that Child Sexual Abuse occurs by building trust, helping and showing love to children. Dr. Lois J. Engelbrecht explained about the Accommodation Syndrome which is otherwise called Grooming. She also stated the impact of Child Sexual Abuse in India.

At the end of the programme, the students were given an opportunity to share their feedback on the seminar. The feedback guidelines were given to the student to evaluate the importance of the seminar. During the feedback session many students expressed the need and the importance of the topic in today's context with special reference to youth as the change agent for the world. They further stated the resource person were highly skillful, resourceful, informative, lively and dynamic.

