

# International Yoga Day

The International Yoga Day was celebrated with lot of energy and enthusiasm by the students of our college. There were two functions organized simultaneously in two different halls in the college campus with two different mediation groups namely Heartfulness Meditation and Bramakumari Rajayoga meditation. The celebration at Pope Francis Hall was led by Brahmakumari Rajayoga Meditation team led by Mrs.Suseela from Vaniyambadi Unit of Brahmakumaris.



The programme started with the Tamil Thai Vazhthu. Dr. M.AntonyArockiasamy the programme officer welcomed the gathering and introduced the chief guest. Rev.Fr.Praveen Peter the Vice-Principal honoured the resource person with a shawl and narrated the importance of Yoga in our life. He also asked the students to learn this art and get the body and mind fit.



In her key note address the chief guest of the day Mrs.Suseela Brahmakumari trainer started with the knowledge of mind, heart and body. She interacted with the students and engaged them in the discussion of mind and body. She exhorted the students to participate actively in any physical activity so that the mind gets fresher. At the end of the session the chief guest conducted a session of Raja Yogam of Bramakumaris. At the end of the meditation two students gave feedback and clarified doubts with the

guest. Around 200 students and staff participated and benefitted from the new meditation technique. The programme concluded with national anthem.

# Parents Meet



The Parents-Teachers meet for the final year undergraduate students was conducted on 29<sup>th</sup> June, 2019. The meet was organized by the Heads of the Departments along with the class teachers. The objective of the parents meet was to plan, analyze and improve the academic performance of the individual students. The meet was proven to be a useful one with the active participation of the parents and teachers.



## Workshop on Glass Blowing Technique



The Department of Chemistry in association with Rural Society for Advancement of Chemistry (RUSAC) organized a workshop on 28th August, 2019. The workshop enabled the students to acquire the art of glass blowing. The inaugural function was presided over by Rev. Dr. C. Antonyraj, Secretary. Rev. Dr. D. Maria Antony Raj, Principal and Rev. Dr. K. A. Maria Arokia Raj, Addl. Principal gave the keynote address. Mr. Rathakrishnaa and Mr. Suresh were invited as the resource persons. Around 120 Students

were given demonstration and hands-on training to blow the glass materials in different shapes and sizes of choice. The valedictory function was presided over by Rev. Dr. Praveen Peter, COE and Vice-Principal (Admin, Shift-I). Dr. Vijaya Kumar, Secretary RUSAC, Asst. Professor, Department of Chemistry, Voorhees College gave the valedictory address.



## Workshop on Healing the Inner Child

A two day workshop on Healing the Inner Child was jointly organized by the Department of Counselling Psychology, Counselling Centre and Fullness of Life Club between 9<sup>th</sup> and 10<sup>th</sup> July, 2019 at Fountain Institute of Counselling and Psychotherapy, Sundampatti, Krishnagiri. Rev. On the first day Rev. Fr. Stanly, Chairman delivered a lecture on "The Importance of Healthy Mind and its Relationship to the Physical Self". The second day focused on Physiopsychology, FLAG, Counter Transference, Emotional Cyst,



The Science of Attraction, Identifying Emotional Cards and Ways to Overcome Attraction (Boy-Girl Relationship). Around 31 students actively participated in the workshop.



## National Workshop on Art Therapy

The PG Department of Counselling Psychology conducted a National Workshop on Art Therapy between 28<sup>th</sup> and 29<sup>th</sup> of September, 2019. Dr. Asha, Educational Scientist, Master Hypnotist & Child Development Consultant Learning and Development Analyst was the resource person of the Workshop. Around 42 participants including College and School Counsellors, Psychologist, Professors, Teachers and Research Scholars from 18 different institutions took part in this Workshop. Rev.Dr.Antonyraj SDB, the Secretary addressed the gathering and graced the occasion by his valuable presence.

Rev.Dr.I.Joe Sanjay OFM Cap, Head of the Department of Counselling and Psychology coordinated the workshop.



## World Suicide Prevention Day

The Department of Counselling Psychology observed “World Suicide Prevention Day” on 13<sup>th</sup> September, 2019. It was an awareness campaign. Rev. Dr.C.Antonyraj, Rector and Rev. Dr.D.Maria Antonyraj, Principal inaugurated the awareness campaign. The Department in collaboration with Counselling Center and FOLC, invited all the staff and students of Sacred Heart College to work together to prevent suicide and bring awareness among themselves. The events included: “I Love Myself” badges, Oath Taking, Thumb Impression Campaign and “Letting go of Worries and Receiving a Blessing” respectively.



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## Psych Expo 2020



The Department of Counselling Psychology along with Extension Education Services and Counselling Centre hosted Psychology Exhibition on 24<sup>th</sup> and 25<sup>th</sup> February, 2020. The honourable District Collector of Tirupattur Mr. Shivan Arul IAS., inaugurated the Psych Expo 2020. More than 3000 students from government, aided, private schools and various colleges

benefited out of this exhibition. Rev. Dr. C. Antonyraj, Secretary, Rev. Dr. D. Maria Antony Raj, Principal, Rev. Dr. K.A.MariaArokiaraj, Additional Principal and Rev. Dr. I. Joe Sanjay, Rev. Fr. S. Henry Daniel Ambrose, Mrs. Latha Munusamy, Rev. Fr. Selvaraj and Rev.Sr. Anthonyammal, Staff and Students graced the expo.



## CHEMFEST' 2020



The Department of Chemistry in association with Rural Society for Advancement of Chemistry (RUSAC) organized CHEMFEST on 25<sup>th</sup> February, 2020. Dr.Prabhu, Asst. Professor of Physical Chemistry, University of Madras, Chennai and Dr. Poornandhan, President, RUSAC were invited as the resource person. Around 650 students participated in the event.

Rev. Dr. C. Antonyraj, Secretary, Rev. Dr. D. Maria Antony Raj, Principal, Rev. Dr. Praveen Peter, Vice Principal (Shift-I) and COE. Rev. Dr.K.A. Maria Arokiaraj, Additional Principal, Staff and Students graced the occasion. Events like Chem Connections, Paper Presentation, Quiz, Odd Out, Guess Me were conducted.



## Awareness Programme on Nutrition, Health & Hygiene



The Department of Microbiology and Biochemistry organised an awareness programme on Nutrition, Health and Hygiene for the girl students on 10<sup>th</sup> February, 2020. Ms. R. Mahalakshmi, Head, Department of Nutrition, FSM and Dietetics, Marudhar Kesari Jain College for Women, Vaniyambadi was invited as the chief guest. The III UG girl students from Arts Stream participated in the programme. Dr. S.R. Xavier Raja Rathinam,

Vice Principal (Academics Shift-I), Staff and Students graced the occasion.

## Annual Alumni Day - 2020



The Annual Alumni Day of Sacred Heart College was held on 26<sup>th</sup> January, 2020. The members were explained the Life and Annual Membership by the Executive Members and Volunteers. Sports events for alumni were conducted. Rev. Dr. D. Maria Antony Raj, Principal and the Sacred Heart College Unit Delegate presided over the Annual General Body Meeting. Around 132 alumni members participated in the meet. Dr. S.M. Krishnan, the President, delivered the Presi-

dential Address. Dr. C.R. Christi Anandan, Secretary, presented the Annual Report of the Alumni Association mentioning the various activities including the Chapter Meetings held in Chennai and Hosur. Mr. Nicola Prakash, Treasurer, Alumni Association presented the financial report for the annum, 2019-20. The Executive Committee offered scholarship and Mr. Rooph Sing, alumnus sponsored Rs. 10,000. Mr. A. Gopinathan, Vice President of Alumni Association proposed the vote of thanks and concluded the event.





## Workshop on Hypnotherapy

The students of Counselling Psychology and Social Work department attended a residential certificate course on Hypnotherapy at Fountain Institute of Counselling and Psychotherapy, Sundampatti, Krishnagiri District Hypnotherapy between 21<sup>st</sup> and 24<sup>th</sup> January, 2021. Rev. Dr. I. Joe Sanjay OFM Cap, Prof. Arul Prabakar and Rev.Sr. Sumi accompanied the students. Rev. Fr. Arul Xavier OFM Cap the Rector of the community and the animator of the workshop enriched the students with his erudite scholarship. The sessions were simple yet profound. The speaker gave a clear and distinct orientation on topics related to modern mind, critical mind and primitive mind. The course enabled the students to understand the nature and dynamics of hypnotherapy and cleared the misconceptions.

## National Voter's Day Celebration

The National Voter's Day was celebrated on 25<sup>th</sup> January, 2021 at Sacred Heart College (Autonomous), Tirupattur. The celebration began at 10.30 a.m with the august presence of Mr. M.P. Sivan Arul, District Collector, Dr. P. Vijay Kumar, IPS Superintendent of Police, Rev. Dr.D. Maria Antony Raj, Principal, Sacred Heart College and the esteemed members of the district administration. The dignitaries were greeted with welcome dance, performed by Government school students. The staff, students, self help group members, NCC cadets, rover and ranger volunteers of Sacred Heart College, the scouts and guides, students, headmasters from the neighbouring government schools participated in the voter's day celebration . The participants formed the human chain "Vote Tirupattur" that was video graphed by a drone. All the participants took oath with "Voters Pledge". The aim of national voter's day celebration was to encourage, facilitate more young voters to take active part in the political process and enrich democracy. The tri colour balloons were released by the District Collector, Sub- Collector, Superintendent of Police, Principal, Headmasters and Students as a flag of the awareness movement among the citizen. The participants gathered at Carreno Hall, the District Collector delivered a lecture on democracy and the importance of voting. Finally, the new voter identity cards were distributed to the fresh voters.



## 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.





## ANTI-DRUG AWARENESS RALLY



The “Anti-Drug Awareness Rally” was organized by Groups & Movements, Women Students Cell of Shift-II, Sacred Heart College in collaboration with Rotary Club, Tirupattur on 17<sup>th</sup> Aug, 2022. The event aimed to promote awareness among the public about the harmfulness of drug usage. Rev. Dr. D. Maria Antonyraj, Principal, Sacred Heart College and Rtn. J. K. Palani, District Governor, Rotract Club initiated the rally at 10.00 a.m in the presence of Rev. Dr.K.A. Maria

Arokiaraj, Additional Principal, Sacred Heart College, Rtn. PHF. S. Ravi, President, Rtn. PHF. R. Chandrasekaran, Trainer, Rotary Town Club Members, Groups & Movements Presidents (Shift-II), Mrs. C. Dharmadevi & Dr. Sarala Devi, Deans of Women Students (Shift-II). The rally started from Sacred Heart College campus and moved through Vaniyambadi Main Road, Dharmapuri Main road and concluded at Taluk Office, Tirupattur. About 800 students including the II UG students with children from Swamy Vivekanda Matriculation School, Thimmanamuthur and Sri Narayani Matriculation School participated in the rally.



## BLOOD DONATION CAMP



The P.G. & Research Department of Social Work, National Service Scheme (NSS) Sacred Heart College in collaborated with the Christian Medical College, Vellore organized a Blood Donation Camp on 28<sup>th</sup> August, 2022 at Don Bosco Indoor Stadium. The event aimed to raise awareness on blood donation, educate the students on the importance of donating blood to the needy and further to help female students understand their hemo-globin level. As part of this pro-

gramme, eager donors including faculty, non-teaching staff, parents and students (boys & girls) came to donate blood for this good cause. A team from CMC Hospital, consisting of two doctors, four nurses, and ten lab technicians, conducted a thorough screening and testing of blood samples after providing individual counselling to each donor. The donors were examined before having their blood drawn. About 161 units of blood from 201 volunteers were collected.



## 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.





## Awareness Programme on Cervical Cancer



The Awareness Programme on Cervical Cancer was conducted on 14th Feb, 2023 for all the UG women students of Shift I. The event was coordinated by the Women Cell of Shift I in collaboration with the Department of Biochemistry and Microbiology. Dr. N. Madhu Priya, MBBS, DGO, MS(OG) MRC-OG, Sri Jeya Hospital, Tirupattur was invited as the resource person. Dr. A. C. Gomathi, Head (PG), Department of Biochemistry welcomed and introduced the resource person. Dr. S. R Xavier Rajarathnam, Vice Principal of Academics, Shift I and Dr. A. Merceline Anita, Dean of Women

Students Shift I felicitated the resource person. Dr. N. Madhu Priya gave an orientation for the Girls about the problems faced by them in this adolescent age and how to tackle it. She stressed on Invasive Cervical Cancer, its diagnosis, screening, stages of the disease, how to prevent it and the need of HPV Vaccine during 9 to 14 years of age. Catch up vaccination for adolescents and young adults till 26 years of age. She pointed out that Cervical Cancer is treatable with good outcome. Dr. A. Merceline Anita conveyed her sincere thanks to the event coordination committee and to the participants. The event created awareness among the girls to take precautionary measures to avoid cervical cancer.



## SAIT-23 National Level IT Symposium



Sacred Heart Association for Information Technology – SAIT' 2023, a National-Level IT Symposium was organized by the Department of Computer Applications on 14th February, 2023. It serves as a stage for the participants to exhibit their technical expertise in the fields of computer science and Information Technology. Rev. Dr. K.A. Maria Arockiaraj SDB, Additional Principal inaugurated the event and delivered the keynote address encouraging the participants to become entrepreneurs in the field of IT. Rev.

Dr. Samson Shanmugam SDB, the Vice Principal, presented the overall championship trophy to the Department of Computer Applications, Don Bosco College, Yellgiri Hills. Dr. A. John Martin, Head, Department of Computer Applications and faculty members graced the occasion. About 315 participants from 13 colleges along with their faculty members attended the event.



## Awareness Program on Dental Care and Hygiene



An awareness program on Dental Care and Hygiene was organized by the Department of Physics (Shift II) on 22nd February, 2023. Dr. S. Govindasamy, M. D. S., Consultant Prosthodontist and Implantologist and Dr. G. Shoba B.D.S., L. G. Dental Clinic, Tirupattur were the resource persons. The program mainly focused on the natural care of teeth and recent development in the dental treatment. The program was organized by Mr. G. Jayakumar, President, UG Physics Association (Shift II), Department of Physics.

## Two Days Workshop on Experimental Physics for Higher Secondary School Students

The Department of Physics organized the Workshop titled Experimental Physics for Higher Secondary School Students on 11th and 13th of February, 2023 for higher secondary students. The workshop mainly focused on higher secondary physics experiments and hands on training for the school students. Dr. A. Albert Irudayaraj and Mr. C. Thirupathi, Heads, Department of Physics, Rev. Dr. K. A. Maria Arokiaraj, Additional Principal and Rev. Dr. P. Gandhi Kallarasan, Lab Director, Department of Physics were felicitated during the event. About 79 students and 4 Teachers of Govt. Elite Model School, Tirupattur and 40 students and a Teacher from Govt. Higher secondary School, Palnakuppam attended the event respectively. Mr. G. Jayakumar, President, UG Physics Association (Shift II) coordinated the event.



## “Know Don Bosco” an Online Quiz



The Department of Computer Application organized an online quiz titled “Know Don Bosco” on 17<sup>th</sup> February, 2023. The biography of St. John Bosco was given to the students in the form of question and answer to prepare and appear for the quiz. About 115 students took part in the quiz and the top 3 from each class were honoured with an attractive prize.



## SHARP 2018

A State Level Intercollegiate IT Competition titled The Sacred Heart Achievements Recognition Programme (SHARP 2018) was organized by the PG Department of Computer Science on 6<sup>th</sup> September, 2018. Around 76 participants from ten institutions competed passionately in the IT convention. The competition was filled with a spectrum of technical events including tech talker, brain blazer, cyber blabber, soft seller, code master, web spider, and spot sharper. The in-

augural session was presided over by Dr.S.R.Xavier Rajarathinam, Vice Principal (Academics) Shift-I and the valedictory session by Rev.Dr. K.A.Maria Arokiaraj, Additional Principal, Shift-II. The programme was organized under the leader-

ship of Dr. S.Sagayaraj along with the president, secretaries, staff and students of the department.



## WORLD SUICIDE PREVENTION DAY

The Department of Counselling Psychology promoted a campaign



in view of “World Suicide Prevention Day” on 10th September, 2018. The theme for this year was

“Working together to prevent suicide”. The Shift-I students were addressed by Fr. Sanjay, Fr. Selvaraj and Fr. Mani Lazar during the morning assembly near Carreno Hall, MCA Block and Golden Jubilee Block respectively. The students were asked to take an oath to promise that they will all love their life and will support to prevent suicide. A signature campaign was simultaneously inaugurated in various corners. For Shift II stu-

dents the message was conveyed by Fr. Selvaraj and Fr. Mani Lazar during the assembly. The students of Counselling Psychology performed a mind-blowing and meaningful mime; it vividly depicted the importance of life. The students of Counselling Psychology took an extra effort and displayed posters. For both the shifts small stickers were distributed to promote the awareness on the prevention of suicide. The students were promoted to get advice from counsellors and contact helpline number during tough times in their life.

## ICC 2K18

The Department of Commerce Shift I organized ICC 2K18 (Intra Commerce Competition) on 17<sup>th</sup> December, 2018. It is a key event in the academic calendar of the department during which the



students are given an opportunity to exhibit their latent talents and hone their leadership and organising skills. It is an event that is organized 'by the students, for the students and to the students'. The event started at 9.00 a.m. with an inaugural function during which the Rector and the Principal congratulated the Department for organizing the event and motivated the students. There were six off-stage events and seven on-stage events organized by a team of student organizers. The students participated in six groups enthusiastically in all the

events. The events were judged by the staff members from various departments and medals and certificates were distributed to all the winners and participants. The events concluded by 5.30 p.m. after a short evaluation of the program.



## Seminar on Mental Disorders

A Seminar on Mental Disorders was conducted by the PG Department of Counselling Psychology on 15<sup>th</sup> December, 2018 at Sacred Heart College, Tirupattur. The seminar started with an activity of 'Positive Energy Building' which was conducted by the second year Counselling Psychology students. Mr. Kulandaisamy MSW, PSM., Appa Mental Health Facility, Tiruvannamalai was invited as the resource person. The resource person detailed the mental disorders with definitions and positive and negative symptoms of Schizophrenia, Mania, OCD, Bipolar, Anxiety and Dissociative Disorders. The students of MSW and Counselling Psychology actively participated and gained insight.







## Medical Camp on Detection of Anaemia



A Free Medical Camp on Detection of Anaemia for adolescent girls was organized by the Rotract Club Shift-II. The camp aimed to promote awareness on anemia for young girls. The camp was sponsored by Rotract Club of Tirupattur and Dr. Elamparithi, Thangamma Hospital. The camp was organized between 6<sup>th</sup> and 13<sup>th</sup> Dec at Sacred Heart College. Rtn.Chandrasekar, the president, Dr. Elamparithi and ten members from Rotary Club graced the occasion. The programme was inaugurated by Rev. Dr. K.A. Maria Arokiaraj, the Additional Principal. A team of five staff nurses from Thangamma Hospital performed the blood test to detect anaemia among the students. Around 1050 students were benefitted by the free camp.



College Activities

## Centre for Competitive Examinations

The Centre for Competitive Examinations was initiated in September 2018, under the administration of Mr. S. Joseph, Associate Professor, Dept. of Mathematics, Sacred Heart College.



Online Applications were received till 12.12.2018, for all the classes. Total number of students enrolled for various course is 379. Classes for bank coaching commenced on 22<sup>nd</sup> November 2018. Classes are conducted every day from 2.30 p.m. to 4.30 p.m. in Don Bosco Center. Qualified Teachers from Sacred Heart College and other colleges train the students.

TNPSC, TET, PGTRB and Postal Service classes will commence shortly.



## WORKSHOP ON RATIONAL EMOTIVE BEHAV- IOURAL THERAPY (REBT)



On 25<sup>th</sup> January 2019, thirty six students from the PG Department of Counselling Psychology along with Fr. Dr. I. Joe Sanjay and Rev. Sr. Anthoniammal attended REBT-Rational Emotive Therapy at Fountain Institute of Counselling and Psychotherapy, Sundampatti, Krishnagiri. The workshop was arranged exclusively for the students of Sacred Heart College, Tirupattur. Rev. Fr. Arul Xavier OFM Cap., Rev. Fr. Stan OFM Cap., were the resource persons of the workshop. Fr. Arul Xavier and Rev. Fr. Stan focused on REBT basics and the techniques used to change the irrational beliefs.

## CAMPUS WARRIORS-2019

The Tamil Nadu Jesus Youth Campus Ministry organized a 4-day program, "Campus Warriors-2019" for all the campus leaders across Tamil Nadu. The program was held in Sacred Heart College, Tirupattur with the support of the management. Around 35 participants from various institutions, 10 volunteers and a few other resource persons were present for the program.



The program was scheduled in such a way that there were two days of retreat and another two days of Jesus Youth Leadership training. The active participation of the participants and volunteers with the support and encouragement of the college management made the program a blessed one.

## COMMITTS-2K19

The Department of Commerce, Shift I organised its annual National Level Inter-Collegiate Commerce Meet COMMITTS 2K19 on 18<sup>th</sup> February, 2019. The event provides a platform for the commerce students of various colleges to exhibit and develop their soft skills. The inaugural function was presided over by Rev. Dr. C. Antony Raj, Rector and Secretary. Rev. Dr. Maria Antony Raj, Principal felicitated the students and declared the meet open. Five on-stage and four off-stage events were held. Students from 13 colleges participated in the event. The overall championship was won by Auxilium College (Shift I), Vellore. The second and third places were won by Auxilium College (Shift 2) and Andhra Loyola College, Vijayawada respectively. The top three teams were awarded with cash prizes.





## Psych Expo



The two days “Psycho Expo” with the theme Know Thyself was hosted by the Department of Counselling Psychology, Counselling Centre and the Fullness of Life Club on 25th and 26th February 2019. The expo was visited by 3000 students of Sacred Heart College and 500 students of Don Bosco Boys Higher Secondary School, Dominic Savio Boys Higher Secondary School, Charles Matriculation Higher Secondary School, CSI Girls Higher Secondary and Government Middle

School, Asiriyar Nagar, Tirupattur respectively. The Expo was organised to promote the importance of mental health among the student community. Rev Dr. Maria Antony, Principal, Rev. Dr. Antony Raj, Rector, Rev.Dr. Joe Sanjay Head, Rev Fr. Selvaraj, Rev. Sr. Anthoniammal, Rev Fr. Daniel Ambrose, Rev. Dr. Maria Arokiaraj and Ms. Latha Munuswamy, Students of Counselling Psychology and Fullness of Life Club Members graced the occasion.

## National Workshop on Application of NVivo in Qualitative Research

A National Level Workshop on Application of NVivo Software in Qualitative Research was organized for the Ph.D Scholars and Faculty Members in Social Sciences on 1st and 2nd March, 2019 by the P.G & Research Dept. of Social Work. The resource person was Dr. T. Vijayalaya Srinivasan, Assistant Professor in Psychology and School of Business Studies and Social Sciences, CHRIST (Deemed to be Univeristy), Karnataka. Around 44



participants (17 faculty members and 27 Ph.D scholars) from four states of India participated in the two day workshop. The workshop was inaugurated by Rev. Dr. C. Antony Raj, Secretary. Dr. S. Paul Raj, the Head, PG & Research Department of Social Work welcomed the participants and the resource person. Dr. K. Arockia Raj, the workshop coordinator briefed the background and need for this two day workshop. Rev. Fr. J. Andrews Raja introduced the Resource Person. The workshop facilitated the importance of Qualitative Research and briefed its tools. The participants were enabled with hands-on learning through demonstration by the resource person.