



## 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.



College Activities



## Workshop on “Life Skills for Empowered Living”



The Department of Life Education, Sacred Heart College organized a two-day residential workshop on “Life Skills for Empowered Living” for Mother Teresa, Fr. P.M. Thomas and St. Marino (Transgender) Scholarship students on 7th and 8th March, 2023. Rev. Fr. Ravi Aruldass SDB, Assistant Director, Niraivagam Training Services, Chennai and Mr. A. Selvendhiran, Training Coordinator, Niraivagam Training Services, Chennai were the resource persons. Rev. Dr. John Alexander, Secretary inau-

gured the two days program and welcomed the resource persons. On the second day Rev. Dr. Joseph Jeyaraj SDB, Director, Niraivagam, addressed the students significance of the program. The students were engaged and trained on the following topics with respective group discussions, activities, inspirational videos, and games: Leadership and Empowerment, Goal Setting and Proactive strategies, Decision Making and Team Building, Time management Managing emotions, Attitude and Behaviour, Talent Night and Counting your Blessings, Discovering one’s inner potential, Conflict Resolution and its strategies, Self-actualization and enhancing Pro-Social Behaviour. During the valedictory session Rev. Dr. Maria Antonyraj, Principal appreciated the participants for their willingness towards empowerment. Participation certificate were given to all the students. About 29 students attended the program.

## Special Camp at Yelagiri Hills (Rovers and Rangers)



The Rovers and Rangers Unit, Sacred Heart College organized a two days special camp at Don Bosco Camp Site, Yelagiri Hills, Tirupattur District. The trainers were: Mr. J.Dhilipkumar HWB/R, Mr. P.Anburasan HWB/R, CEN.Dist/ICF Dist, Southern Railways State, The Bharat Scouts and Guides, Chennai and Ms. T.Anusuya Devi HWB/Ra, Assistant-Trainer, Southern Railways State, the Bharat Scouts and Guides, Chennai.

On the first day the trainers gave a brief introduction to the history of how this movement was started and the different levels that exist in our country. They were trained on flag hoisting, theme song and salutation. Skill development program was conducted in the evening to develop different skills. On the second day the students went for trekking. Various tasks were given to the volunteers. Mr. John Sunder, Asst. Prof, Dept. of Economics coordinated the camp.