



SACRED HEART COLLEGE (AUTONOMOUS)

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2022-23

SOFT SKILLS

1. Workshop On Theatrics

The PG & Research Department of English (Shift II), Sacred Heart College, Tirupattur organized a Workshop on Theatrics between 3rd, 4th and 5th 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, MannarThirumalaiNaicker 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.



Source: SHC Times XXIII edition (15th August 2023) Page 18

2. Workshop On SPSS Basics

The PG & Research Department of Management Studies, Sacred Heart College organized a one day Workshop on “SPSS Basics” for the II MBA Students on 23rd August, 2022. The event commenced with a formal inauguration in the presence of the eminent resource person Dr. AnanthAnthonisamy, Faculty in Accounting and Finance Department of the Business Studies University of Technology and Applied Sciences, IBRA, Sultanate of Oman, and Convener Dr. S. Sasi Kumar, Head, Management Studies, the organizing secretary Prof. Lawrence G, and the organizing committee members Dr. J. Sasiganth, Prof. R. Alexzander and Dr. R. Arockia Mary. The workshop was organized to equip knowledge to the students in the field of Data Analysis using the Software SPSS. The students actively participated and interacted with the resource person.



Source: SHC Times XIX edition (02nd Sep 2022) Page 12

3. Theatre Skill Training

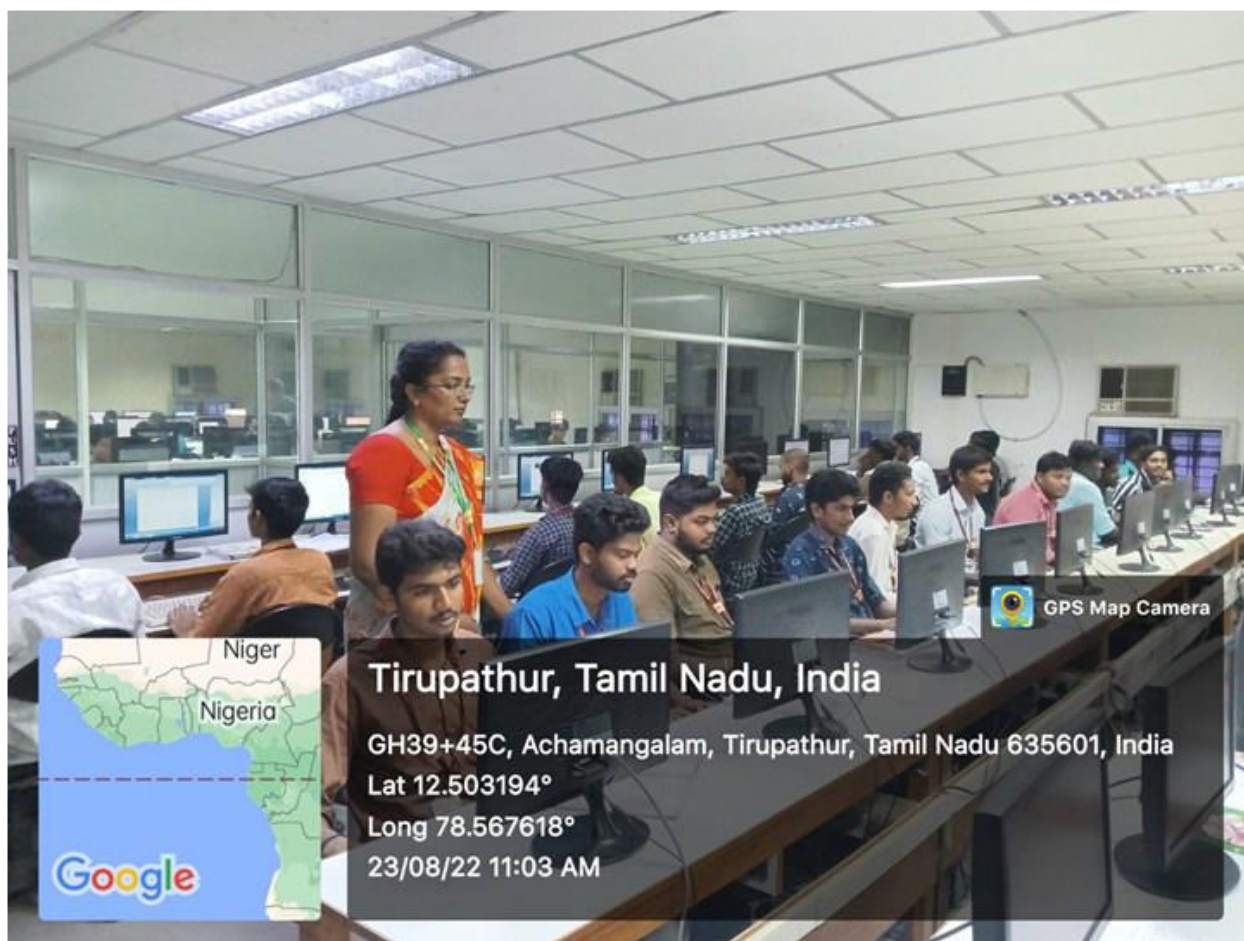
The Department of Social Work (HRM), Sacred Heart College organized a four-day “Theatre Skills Training Programme” for the I PG, MSW [HRM] Trainees between 8th and 11th August, 2022. Mr. Stephan, a well-known trainer/master with over 20 years of experience in this field, was the resource person. The main goal was to help the students learn theatre skills such as: paraiaattam, kaliyalaattam, oyilaattam, gummiaattam, social awareness songs, and street plays. The event equipped the students with life skills like time management, teamwork, improving voice culture, communication, adapting to new situations, cooperating, coordinating and leadership skills. It had a significant impact on the trainees, and the lessons and knowledge gained were extremely valuable and priceless.



Source: SHC Times XIX edition (02nd Sep 2022) Page 16

4. A Five-Day Training Program On computing Skills

The Department of Computer Applications (UG) took a special initiative to train the II and III UG students on the basic computing skills that are required for creating personal and business documents. The training pro-gram was organized for 5 days, 2 hours per day. User manuals were prepared by the department and circulated to the students to refer and to learn. All the faculty members of the department were involved in the training program.



Source: SHC Times XIX edition (02nd Sep 2022) Page 22

5. Seminar On Software Project Methodology

The Department of Computer Applications (UG) organised a Seminar titled “Project Methodology” on 29 August, 2022. The event aimed to enhance the III UG students to learn and acquire the technical writing skill. It also enabled them to understand the software development phases and the art of creating the software project artefacts. The project artefacts were demonstrated with case study by Prof. T. Prabakaran and Dr. J. Merlin Florence, Faculty, Department of Computer Applications (UG) respectively. About 102 students attended the seminar.

Source: SHC Times XIX edition (02nd Sep 2022) Page 22

6. Bosco Employability Skill Training Program- BEST’ 2023

The Career Guidance & Placement Cell, Sa-cred Heart College organized three days BEST - Bosco Employability Skill Training Workshop in association with Don Bosco Vazhikatti, Chennai on 19th, 20th & 21st January, 2023. The session was organised for all the III UG students. During the Inaugural Program Rev.Fr.Andrews Raja, Director, Career Guidance and Placement Cell welcomed the gathering. Rev.Dr.D.Maria Antony Raj, Principal addressed the gathering and gave his valuable advice to the students. Rev.Fr.James, Director, Don Bosco Vazhikatti, Chennai explained the importance of the workshop and motivated the students. The students were divided into five different groups and trained in various halls. The sessions were on: personal branding, mock interview, core professional skills and what next after graduation? The event concluded with the words of gratitude by Rev.Fr. Andrews Raja.



Source: SHC Times XXI edition (26th Jan 2023) Page 19

7. Workshop on “HR Analytics”

The Department of Social Work (Human Resource Management), Sacred Heart College organized a Two-Day Workshop on „Human Resource Analytics“ between 27th and 28th January, 2023. The resource person for the workshop was Dr. M. Irudhayaraj, AVP-HR, Nova Techset Ltd, Chennai. The resource person briefed the nuances of HR Analytics through practical session. About 120 students and HR professionals, including students from KristuJayanti College, Bengaluru, Don Bosco College, Yelagiri and Don Bosco College, Dharmapuri, ErPerumalManimegalai College of Engineering and the PG & Research Department of Social Work, Sacred Heart College, Tirupattur attended the event.



Source: SHC Times XXII edition XXII (09th April 2023) Page 19

8. Intensive Training Programme on Career Skilling

The Intensive Training Programme on Career Skilling is an annual feature of the Department of Computer Science (Shift-I). The specialty of this event is that it is completely sponsored by the generous alumni of the Department of Computer Science. The event was conducted at Fountain College, Vidivelli, Sundampatti, Krishagiri District between 10th and 12th January, 2023. The beneficiaries of the programme were the II & III UG students. The programme consisted of motivational, psychological and technical sessions handled by experts in the respective fields.

Source: SHC Times XXI edition XXII (09th April 2023) Page 13

9. National Workshop on “Data Analytics Using Advanced Excel”

The Department of Commerce (Computer Applications) Shift II organized the National Workshop on “Data Analytics using Advanced Excel” on 1st March, 2023. Dr.K. Mohamed Jasim, Assistant Professor, VIT Business School, VIT University, Vellore was the resource person of the Workshop. He emphasized the widespread application of Advanced Excel options in data analytics. He also demonstrated the steps to analyse large datasets, using pivot tables and visualize the outputs using charts & graphs. Participants were given hands on training with real time dataset and they expressed that they learned and implemented the tools and advanced options in excel used for data analytics.



Source: SHC Times XXII edition (09th April 2023) Page 16

10. Soft Skills Training

The PG and Research Department of Commerce (Shift – II) organized the Soft Skills Training program on 16th March, 2023 for the II, II UG and PG students. The resource person of the workshop was Mr. Harish, e NOVA Software and Hardware Private Limited. The resource person addressed on how to face interview, how to write résumé to students and related important factors in this domain. About 130 students took part in the programme.



Source: SHC Times XXII edition (09th April 2023) Page 22

LANGUAGE AND COMMUNICATION SKILLS

1. A Three- Day Hybrid National Seminar On Literary Theories

The PG and Research Department of English (Shift II), Sacred Heart College, Tirupattur, conducted A Three- Day Hybrid National Seminar on Literary Theories between 16, 17, and 18th August, 2022. The seminar commenced with an inauguration ceremony under the guidance of Rev. Dr. K. A. Maria Arokiaraj, Additional Principal and Head, PG Department of English (Shift II), Sacred Heart College. Dr. Lourdunadhan, Principal, St. Joseph Arts and Science College for Women, Salem was the resource person. On the first day the speaker dealt with linguistics and introduced the term “Theory”. On the 2nd day, the resource person gave insights into the multiple dimensions of formalism and meaningfulness in linguistics. On the final day he focused on structuralism and post structuralism in detail. Interactive sessions made learning enjoyable and good feedback was received from the participants. About 700 students and research scholars from 22 states participated in the seminar. There were 482 online and 218 offline participants. Students from 122 colleges and 47 universities actively engaged in the sessions.



Source: SHC Times XIX edition (02nd Sep 2022) Page 15

2. Invited Talk on Translation: Theory and Practice

The PG and Research Department of English (Shift II), Sacred Heart College organized an invited talk titled “An Introduction to Translation: Theory and Practice” on 23rd August, 2022. The session aimed to make the students understand the nuances of translation theory and acquire the skill of translation. During the inaugural ceremony, the dynamics of the day was given by Ms. J. Mary Jenif, Head, UG Department of English Shift-II. Mr. U. Kamesh, Assistant Professor and the organizer of the event introduced the resource person and Mr. S. Saravanan, Assistant Professor and the President of the association felicitated the re-source person. The resource person Mr. V. Madhan Kumar, Assistant Professor, Department of English (Shift-I), Sacred Heart College gave a detailed note on translation: theory and practice. About 120 Students from III UG, I & II PG participated in the event



Source: SHC Times XIX edition (02nd Sep 2022) Page 16

3. Intensive English Language Training Programme at Don Bosco Apostolic School, Pannur

The Department of English (Shift II), Sacred Heart College (Autonomous), Tirupattur organised a Four Day Intensive English Language Training Program at Don Bosco Apostolic School, Pannur as a part of the MoU signed with the Salesian Province, Chennai. The event aimed to train the aspirants in English Language and Communication Skills. Two faculty from the Department of English: Mr. Prabakaran and Mr. Kamesh trained the students in LSRW (Listening, Speaking, Reading and Writing). Classes were conducted between 14th and 17th January 2023. The training programme began with the diagnostic test. It is to identify the level of the aspirant's proficiency in English language. Situational and functional dialogues were used to improve the Speaking skill. EFL cards were used to improve the reading skill. Linguaphone of the native speakers were used to improve the listening skill. Basic grammar was taught to bring accuracy in writing skill. On the final day of the training programme, an achievement test was conducted to identify the improvement of the aspirants. The training programme concluded with the valediction.



Source: SHC Times XXI edition (26th Jan 2023) Page 18

4. Word a Day

The Students of English Department has taken up the initiative to display a Word a Day to enhance the English vocabulary of the students. The activity is systematically monitored and goes through a series of well-structured process before it is executed. The students select commonly used vocabulary and submit it for correction and get the approval. Once it is approved, the words are printed along with its meaning and usage in a sentence. It is then recorded by the students through microphone and displayed in different places in the campus. The students team up and display in front of the Library, Golden Jubilee Building, Rinaldi Hostel, Sacred Heart Statue and Gate-2 and also to ensure that the activity is effectively done. It has been observed that the initiative has kindled great interest among the students and help them in improving their English vocabulary and their language.



Source: SHC Times XXI edition (26th Jan 2023) Page 21

5. Career Opportunities in English Language and Literature

The PG and Research Department of English Shift-II, Sacred Heart College organized a virtual talk on the topic Career Opportunities in English Language and Literature on 06th Mach, 2023. Dr. N. Merlin DepsyNithiya, Assistant Professor of English and Language Trainer, Holy Cross College, Tiruchirapalli was the re-source person. The students were enlightened about the different career opportunities for English graduates and the emerging roles in language teaching. The resource person elaborated on the importance of technical knowledge and its presence in multiple fields. She introduced the different courses that are beneficial and valuable in the pursuit of higher career prospects in English Literature. Mr. Peter ConisciousPrabhu, Asst. Professor, Dept. of English organized the event.



Source: SHC Times XXII edition (09th April 2023) Page 17

LIFE SKILLS

1. Workshop On “A Critical Outlook On Media & Social Media”

The Department of Life Education organized a workshop on the topic “A Critical Outlook on Media and Social Media” in collaboration with DBICA, Chennai, for all the 1stUG Students of Sacred Heart College on 17th August, 2022. The workshop was conducted in two different sessions for both the Shifts. Students were divided into 6 groups and they were animated in 6 different halls. There were 6 resource per-sons to felicitate the workshop. The objectives of the workshop were to create awareness on the usage of Media and Social Media among students. The resource persons animated their sessions in a unique way with games, thought provoking reviews about movies and ads. Students enjoyed the workshop and learnt social media’s positive and negative faces. It helped students to realize and change their outlook towards the usage of social media in a meaningful way. Most of the students came forward and clarified their doubts and helped others to gain knowledge. About 1285 students were benefited from the workshop.



Source: SHC Times XXII edition (02nd Sep 2022) Page 15

2. Interactive Session On “Enhancing Career Ability”

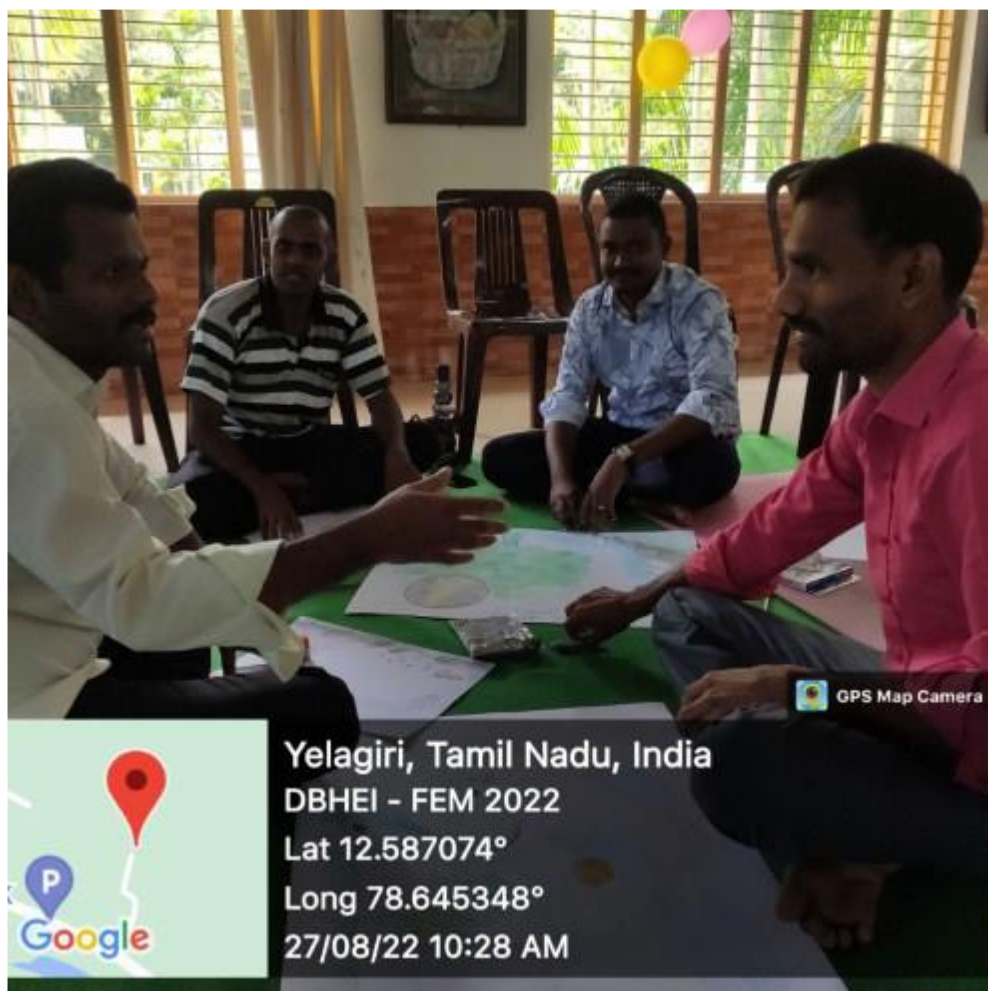
The PG and Research Department of Computer Applications, Sacred Heart College organized a interactive session titled “Enhancing Career Ability” on 22nd July, 2022 by Mr. Amal Antony Jesuraj, SAP systems Architect, Smartsoft International Inc, USA. The resource person had immense knowledge and experience about the industry which he shared with the students. The session was very interactive and intriguing. It threw light on many career opportunities available in the industry for the students. About 120 students and 6 faculty members participated in the session. The webinar was organized by Prof .R.Veeraragavan, President, SHINE (IT Association).



Source: SHC Times XXII edition (02nd Sep 2022) Page 17

3. A Two-Day Workshop Towards Emotional Wellbeing of Young People

A Two-Day Workshop towards Emotional Wellbeing of Young People was organized by Don Bosco Higher Education Indian Network at Don Bosco College of Arts and Science, Yellagiri Hills between 25th and 27th August, 2022. The workshop focused on “Faculty Empowerment with Therapeutic Skills”. The workshop inculcated the facilitation skills towards emotional wellbeing of young people. The technical sessions were excellently mastered by Rev. Fr. John Brit-to Belevendran. During the valedictory session Rev. Dr Thaddeus SDB, Principal, Don Bosco College, Yellagiri Hills gave a thoughtful session on acquiring therapeutic skills. About 13 teaching faculty from Sacred Heart College attended the event.



Source: SHC Times XIX edition (02nd Sep 2022) Page 21

4. 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) Scholar-ship 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 inaugurated 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 re-spective 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 willing-ness towards empowerment. Participation certificate were given to all the students. About 29 students attended the program.



Source: SHC Times XXII edition (09th April 2023) Page 19

5. Awareness Program on Government Sector Jobs

The Career Guidance & Placement Cell, Sacred Heart College in association with the Ministry of Human Resource Development organized a “Motivational and Awareness Program on the Job Opportunities in Central and State Government Sectors” on 29th July, 2022. The session was organised for the III UG students. During the inaugural program Ms. Pricilla, Student Member, DB SEWA welcomed the gathering. Rev. Dr. Maria Antony Raj, Principal, felicitated the gathering. Mr. Sathya Kumar M.E. IAF, Ministry of HRD was the resource person. He motivated the students by providing valuable information on the available jobs in central and state governments. The official websites and the procedures to apply for such exams were detailed by the resource person. He encouraged the students to clarify their doubts and he clarified the same. The session concluded with the words of gratitude by Rev.Fr. Andrews Raja, Director, Career Guidance and Placement Cell, Sacred Heart College.



Source: SHC Times XIX edition (02nd Sep 2022) Page 5

6. Anti-Human Trafficking Day

The Tamil Nadu State Women's Commission celebrated Anti-Human Trafficking Day on 2nd August, 2022 in the premises of Sacred Heart College. The PG students from the Department of Social Work and Counseling Psychology participated in the event. Mrs. Sneha, Advocate and Social Welfare Activist, Mr. Senthil, SRDPS (Women and Children Home) and dignitaries from TN Police Department graced the occasion. The event focused on: human trafficking, who easily gets trafficked, what are the purpose, where can we get help and whom do we need to report. The key idea include: prevention, rescue, rehabilitation and re-integration. Mrs. Sneha spoke in detail about how easily the offenders prey on their victims. Mrs. Veni, Chief Police Personal discussed about the recent cases she dealt and shared the help line number to contact. Mr. Senthil spoke in detail about the service they render from his office and he also shared about the story of the recent inmates/victims they are helping. A pamphlet was shared with all the necessary details about his office, work, child and women help line numbers with the students.



Source: SHC Times XIX edition (02nd Sep 2022) Page 6

7. 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 3rd and 4th August, 2022. Rev. Dr. SiluvaiMuthu 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. SiluvaiMuthu 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.



Source: SHC Times XIX edition (02nd Sep 2022) Page 10

8. 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 17th Aug, 2022. The event aimed to pro-mote 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, Rotary 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 & Move-ments 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 SwamyVivekanda Matriculation School, Thimmanamuthur and Sri Narayani Matriculation School participated in the rally.



Source: SHC Times XIX edition (02nd Sep 2022) Page 14

9. Awareness Programme On Psychological Well-Being Among Young Girls

The Women Cell, Sacred Heart College, ar-ranged an awareness programme titled “Psychological Well-being among Young Girls” for the III UG Girl Students on 24th Aug, 2022. The Dean of Women Students Dr. A. Merceline Anita introduced the resource person, Ms. A. Mercy Pious, Psycho-Social Management Counsellor, CEO, Magic Wand of Society, Psychological Management & Social Research Consultancy. The Associate Deans, Dr. S. Kalaiarasi, Department of Mathematics and Dr. A. Poongothai, Department of Biochemistry, honoured the resource person. The Chief Guest interacted with the Students effectively and the students too respond-ed the session joyfully. She suggested ideas to avoid inferiority complex, to communicate effectively and coping with stress and emotions effectively.



Source: SHC Times XIX edition (02nd Sep 2022) Page 17

10. One Day Basic Training Programme on “Human Rights”

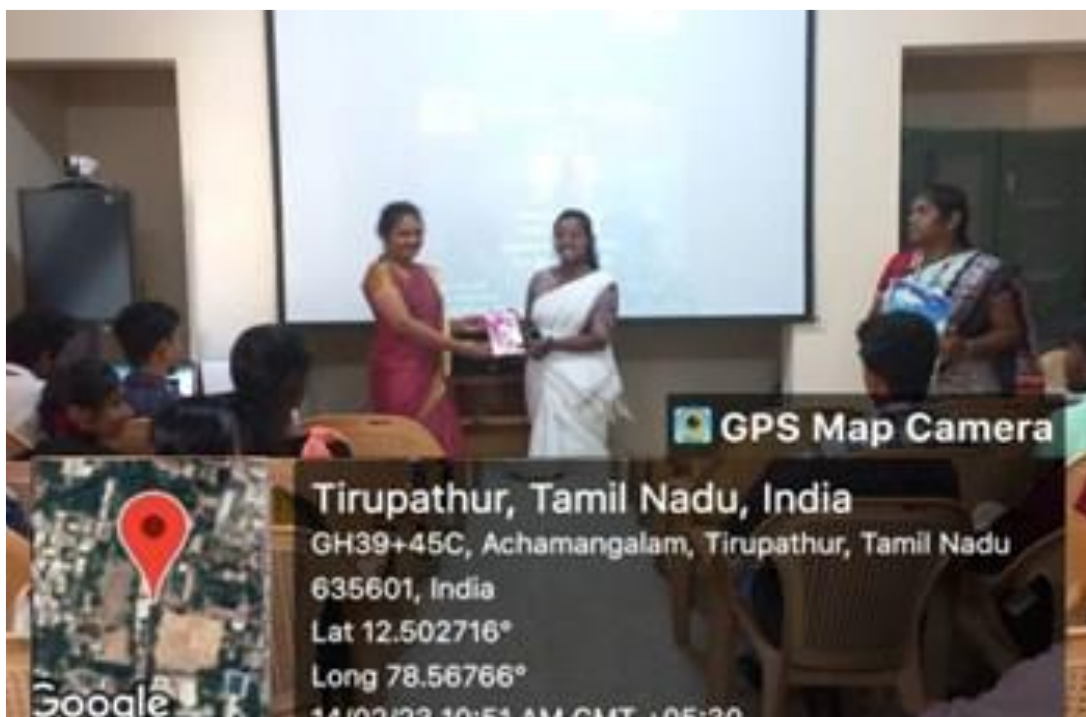
The Department of Social Work (Human Resource Management), Sacred Heart College organised a One Day Basic Training Programme on Human Rights in collaboration with National Human Rights Commission (NHRC) on 03rd February, 2023. Rev. Dr. D. Maria Antony Raj, Principal, Sacred Heart College was invited as chief guest for the inaugural ceremony. In his address he gave awareness on human rights and he stressed the importance of human rights among the students and motivated them to be vigilant, he also appreciated the department for conducting the training programme. Sacred Heart College is one among the four colleges selected and funded by the commission across Tamil Nadu. Four resource persons were invited for the programme. Mr. Rajaratnam Santhanam, Advocate, Madras High Court. He addressed on the topic “Introduction to Human Rights”. Dr. Sam Deva Asir RM, Assistant Professor, Bishop Heber College, enlightened the students on the topic “Human Rights Institution in India”. Dr. Rex Sahayaraj, Guest Lecturer, RGNIYD, covered the topic “Rights of Women and Children” and Dr. K. Krishnan, Executive Director- FSD, educated on the topic “Rights of other Vulnerable Group”. The students of the Department of Business Administration and the Department of Social Work (HRM) attended the event.



Source: SHC Times XIX edition (09th April 2023) Page 9

11. Invited Talk on Gender Studies

On Feb 14, 2023, the PG and Research Dept. of English (Shift II) organized an Invited talk on Gender Studies. Mrs. J. Mary Jenif. Head (UG), Dept. of English high-lighted the dynamics of the day. Ms. U. Anto Maria Eusobia, Asst. Prof, Dept. of English introduced the resource per-son Ms. Achu John, Asst. Prof, Dept. of English, Don Bosco College, Yellagiri Hills. In her address she explained about feminism and the fives waves of feminism. She gave brief information about masculinity. She mentioned about the famous feminist writers like Mary Wollstonecraft and Virginia Woolf. She highlighted on queer theory, body studies, gender violence and sexuality studies. The III UG and I PG students attended the event.



Source: SHC Times XIX edition (09th April 2023) Page 11

12. 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. MadhuPriya, 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 Rajarathinam, Vice Principal of Academics, Shift I and Dr. A. Merceline Anita, Dean of Women Students Shift I felicitated the resource person. Dr. N. MadhuPriya 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.



Source: SHC Times XXII edition (09th April 2023) Page 12

13. 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.



Source: SHC Times XXII edition (09th April 2023) Page 14

14. National Conference on Promoting Entrepreneurial Skills towards Sustainable Development of Business

The PG and Research Department of Commerce (Shift – II) organized the One Day National Conference titled Promoting “Entrepreneurial Skills towards Sustainable Development of Business” on 23rd February, 2023. Mr. S. Karthick, Assistant Professor, Department of Commerce, welcomed the gathering. Rev. Dr. K. A. Maria Arokiaraj, Additional Principal, delivered the inaugural address. Dr. A. Shankar, Assistant Professor, Department of Commerce introduced Dr. S. Rajendran, Associate Professor, PG Department of Commerce, Sindhi College of Arts and Science, Chennai, the resource person for the first session. The speaker shared his valuable experience with regard to entrepreneurship. About 7 Participants presented their papers in the first session. Dr. Seenivasan, Assistant Professor, Department of Commerce (CA) was the chairperson of the presentation. About 6 participants presented their papers in the second session. Dr. G. Devi, Head (UG), Department of Commerce, introduced Prof. S. Kavitha, Head, PG Department of Commerce, Acharya Bangalore „B” School, Bengaluru, the resource person for the second session. She highlighted valuable insights with live examples in respect to the sustainable development, corporate social responsibility and necessity for renewable energy. The best papers and participants were awarded with certificates. Prof. G. Rajkumar, Assistant Professor, Department of Commerce, proposed the vote of thanks. About 500 participants from various colleges including faculty, research scholars and students attended the event.



Source: SHC Times XXII edition (09th April 2023) Page 18

15. Awareness Program on Life Style, Cancer and Food Habits in Siddha Medicine

The Women Cell (Shift-II), Sacred Heart College organized an Awareness program on “Lifestyle, Cancer and Food Habits in Siddha Medicine” on 17th March, 2023. Rev. Dr. K. A. Maria Arokiaraj, Additional Principal gave the dynamics of the program and felicitates the gathering. Dr. V. Vikram Kumar, MD(S), Asst. Medical Officer, Aandiyappanur was invited as the resource per-son. He gave vivid details about the types of cancer, and the causative agents for cancer. He mainly focused on uterine cancer or ovarian cancer in women and prostate cancer in men and skin cancer caused by Chernobyl disaster. He gave awareness about the usage of plastics and how it causes cancer in human life. He also pointed out the natural ways of detoxifying the body, people suffer from anaemia because of lack of haemoglobin and lack of personal health hygiene leads to global health care which causes many problems in the society.



Source: SHC Times XIX edition (09th April 2023) Page 24