



To Reach The Unreachable Star

SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tirupattur District, Tamil Nadu, India

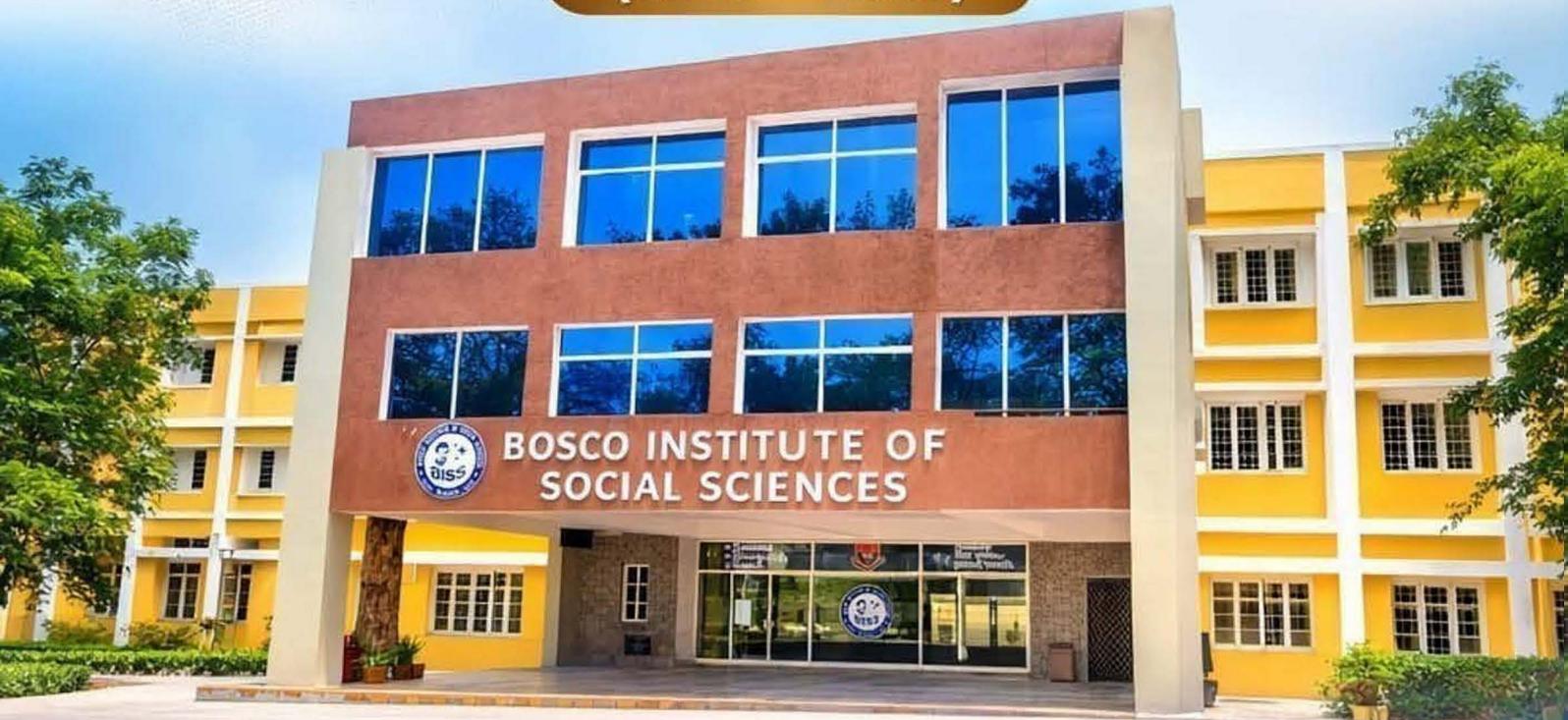
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Affiliated to Thiruvalluvar University

P.G. & RESEARCH DEPARTMENT OF SOCIAL WORK

ANNUAL COMPENDIUM OF

DEPARTMENTAL PROGRAMMES

(2025 – 2026)



Documenting Academic Excellence, Community Engagement,
and Professional Formation

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Dr. Clayton Michael Fonceca

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PUSH YOURSELF – A MOTIVATION PROGRAMM FOR SCHOOL STUDENTS

Venue: Mary Immaculate Higher Secondary School, Tirupattur District

Date: 20th June 2025

Organized by: Centre for Positive Youth Development' P.G. & Research Department of Social Work, Sacred Heart College, Tirupattur

Programme Overview

The Centre for Positive Youth Development, under the P.G. & Research Department of Social Work at Sacred Heart College, Tirupattur, conducted a motivational training programme titled “*Push Yourself*” on 20th June 2025 at Mary Immaculate Higher Secondary School, Tirupattur District. Led by Dr. K. Arockiaraj, Assistant Professor and Director of the Centre, the session aimed to ignite ambition, foster self-belief, and empower students to lead purposeful lives. A total of 280 girl students participated actively in the programme.

Objectives

The programme was designed to:

- Encourage students to set high aspirations and pursue them with consistency
- Cultivate self-discipline, self-esteem, and self-respect
- Instill values of passion, urgency, and selflessness in personal growth
- Emphasize the importance of self-directedness and intrinsic motivation in overcoming challenges

Highlights of the Session

- Centered around the theme “*Push Yourself*”, the session inspired students to:
- Embrace passion and maintain high ambition
- Act with urgency and purpose in achieving their goals
- Reflect on real-life examples, including sports icons like Neeraj Chopra, to understand the power of perseverance and resilience
- Key personal development traits self-discipline, self-esteem, self-respect, and selflessness were explored as essential pillars for success and holistic growth. The session’s interactive format and use of relatable stories created a dynamic and engaging learning environment.

Student Reflections

Participants responded with enthusiasm, sharing that the programme:

- Boosted their confidence and clarity in goal-setting
- Provided practical strategies for managing academic and personal challenges
- Helped them connect deeply with the message through real-life examples and interactive discussions

Impact

The Push Yourself programme proved to be a transformative experience, leaving students energized to push beyond their limits, stay focused on their dreams, and pursue them with dedication and resilience.



Community Engagement & SDG Alignment

Through initiatives like “ *Push Yourself* ”, the P.G. & Research Department of Social Work actively extends its academic and developmental expertise to the wider community, fostering youth empowerment and social transformation.

This outreach effort directly contributes to the United Nations Sustainable Development Goals, particularly:

- SDG 3 – Good Health
- SDG 5 – Gender Equality: by empowering young girls to pursue their ambitions with confidence
- SDG 17 – Partnerships for the Goals: by collaborating with local institutions to amplify impact

Such programs exemplify the department’s commitment to bridging academic knowledge with community development and nurturing a generation of self-aware, socially responsible, and goal-oriented youth.

ALUMNI INTERACTION

Venue: P.G. & Research Department of Social Work

Date: 23/06/2025

P.G. & Research Department of Social Work organized a special alumni interaction session for the second-year MSW students. The session featured three distinguished alumni of our department Ms. Olive Jeba Kanmani, Ms. Alvin Rubina Mary and Ms. Sharumathi. The event was formally introduced by Dr. Clayton Michael Fonceca and Dr. C. R. Christi Anandan, who warmly welcomed the guests and briefed students about the purpose of the session.

Alumni Contributions:

Ms. Olive Jeba Kanmani

Ms. Olive shared her enriching experience working in the Talent Acquisition department for two years at JM Frictech India Pvt. Ltd. She explained the key aspects of the recruitment process, highlighting how candidates are selected and groomed for corporate roles. Her insights on professional skills, interview etiquette, and grooming standards were particularly valuable for **Ms. Alvin Rubina Mary** served as an HR Executive, Ms. Alvin is currently running her own business – Annai Enterprise. She emphasized the importance business.



She inspired students by sharing her journey, challenges, and how her academic background helped her make confident career moves. She also reminisced fondly about her time in the department.

Ms. Sharumathi

Ms. Sharumathi shared her experiences working in small-scale industries as an HR Executive. She encouraged students to accept opportunities, even if they offer a lower salary, emphasizing the importance of skill development and learning through experience. Her practical advice resonated well with the students.



Outcome of the Session:



The interaction provided valuable real-world insights into HR roles and career development. Students were able to understand the transition from academic learning to professional application. The alumni emphasized skill building, adaptability, and self-confidence as key drivers of success in the HR field.

BLOOD DONATION CAMP

Venue: Thanthai Periyar Hall

Date: 25.06.2025

About the programme: On 25th June 2025, the P.G. and Research Department of Social Work, in collaboration with the NSS Division of Sacred Heart College (Autonomous), Tirupattur, organized a meaningful Blood Donation Camp at Thanthai Periyar Hall, BISS Block. The initiative was carried out in partnership with Christian Medical College (CMC) Vellore, YMCA Boys Division (Tirupattur), and the Lions Club of Tirupattur Host. The prime objective of this initiative was to collect lifesaving blood units to support cancer patients undergoing treatment at CMC Vellore.

This camp marked a significant milestone 22 years of unwavering commitment by the Department to promoting voluntary blood donation and serving critical healthcare needs through continued collaboration with CMC Vellore since 2004. The significant event was coordinated by Dr. K. Arockiaraj, Asst. Professor, P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur District.

Inauguration: The camp commenced with a solemn inauguration and invocation. Dr. C. R. Christi Anandan, Head of the Department of Social Work, warmly welcomed all dignitaries, collaborators, medical teams, and student volunteers. He emphasized the transformative impact of voluntary donation on lives, especially those battling cancer. A solemn moment of reflection and blessing was led by Rev. Fr. Henry Daniel Ambrose, Vice Principal (Shift I), who invoked divine guidance upon the noble service undertaken and offered special prayers for the well-being and recovery of cancer patients.

Collaborating Partners:

This multi-organizational initiative was made possible through the coordinated efforts of the following collaborators:

Lions Club of Tirupattur Host	Christian Medical College (CMC), Vellore – Blood Bank Team
Lion K. Lingannan – President	Dr. Gliff Richard – Medical Officer
Lion M.G. Chandrasekar – Secretary	Dr. Nissy – Medical Officer
Lion K. Mayakrishnan – Treasurer	Mr. Arul – Director, Blood Bank

<p>YMCA Boys Division, Tirupattur</p> <p>Mr. Ezekiel – Secretary</p>	<p>NSS Coordinators</p> <p>Dr. Mohan Gandhi</p> <p>Dr. U. Ramesh</p> <p>Dr. Napoleon</p>
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Each of these collaborators brought their unique strengths organizational coordination, medical expertise, and mobilization of resources to ensure the success of the camp.

Volunteer Turnout and Results:

The response to the camp was both enthusiastic and heartening.

- Total Volunteers Registered: 150
- Successful Blood Donations: 110 units

The collected blood units were screened and documented by the expert team from CMC Vellore. These donations have been directed toward cancer patients currently undergoing treatment, many of whom depend on regular transfusions as part of their chemotherapy or surgical recovery protocols.

Beyond the numerical achievement, the camp succeeded in raising awareness across campus about the profound value of blood donation, particularly in alleviating the suffering of cancer patients.

Impact and outcome

This initiative reflects Sacred Heart College's ongoing commitment to community engagement and social responsibility. The P.G. & Research Department of Social Work and the NSS Division continue to function not merely as academic wings but as catalysts of compassionate action and civic-minded leadership.



Over the past two decades, this tradition has not only saved countless lives but also instilled in generations of students a lifelong commitment to empathy, altruism, and public service.

The camp thus drew an inspiring turnout from both students and faculty, with 150 volunteers stepping forward to donate blood. Out of these, 110 units of blood were successfully collected by the medical team from CMC Vellore. These units were specifically earmarked to support cancer patients in need of transfusions during their treatment.

Acknowledgements

Heartfelt gratitude is extended to all the volunteers, students, faculty, and staff who came forward to donate blood and support this noble cause. Special thanks to the medical team from CMC Vellore for their dedicated service, and to YMCA and the Lions Club for their steadfast partnership.

Together, this coalition of institutions and individuals stands as a shining example of what collective social action can achieve.

Bridging Campus to Corporate – Preparing the Future Professionals

7th JULY 2025

Student Development Programme - 1

Organized by

P.G. & Research Department of Social Work (Aided),

Sacred Heart College (Autonomous), Tirupattur

Date: 07 July 2025 | **Platform:** Google Meet

1. Introduction

The Department of Social Work (Aided) at Sacred Heart College, Tirupattur, organized the first session of its Student Development Programme (SDP) on the theme “*Bridging Campus to Corporate – Preparing the Future Professionals.*” The objective was to equip Master of Social Work (MSW) students with real-world knowledge and practical insights to facilitate a smooth transition from academic life to the demands of the professional sector. Totally 72 social work students and 2 staff members participated in this SDP. This SDP was organized as part of Class Quality Circle Activities, coordinated by Mr. Jeromee II MSW student.

The resource person for the session was Mr. Richard Michael, an accomplished alumnus of the department and currently the Head – HR & Admin at Gourmet Popcornica, Chennai. With over 18 years of experience across reputed organizations like Titan Company Ltd., Orchid Pharma, Asahi India Glass, TAFE, Epsilon Carbon, and Chemplast Sanmar, Mr. Richard brought a wealth of experience to the session.

2. Welcome Address and Introduction

The session began with a warm welcome address by Mr. Silva, who set the tone by emphasizing the significance of such development programmes in shaping future professionals. Ms. Queen Shabnam formally introduced the guest speaker, Mr. Richard Michael, highlighting his professional milestones and his association with the college as a former MSW student. Dr. K. Arockiaraj, Assistant Professor and a college mate of Mr. Richard, extended a heartfelt welcome and shared nostalgic memories from their

student days, adding a warm and personal touch to the event. Dr. C.R. Christi Anandan, the Head-P.G. & Research Department, welcomed the speaker on behalf of the college.

3. About the Speaker

Mr. Richard Michael shared his professional journey, beginning with Titan in 2006, and highlighted how his roles - from HR Business Partner to Plant HR and now Head of HR shaped his comprehensive understanding of workforce dynamics. He spoke about his current role at Gourmet Popcornica, Chennai, and its mission. He then elaborated on key HR domains essential for aspiring professionals, including talent acquisition and onboarding, stressing the importance of smooth integration for new hires. He discussed performance management systems to drive growth, employee retention strategies focused on well-being, and organizational development for long-term impact. He concluded by emphasizing the need to build high-performance cultures rooted in collaboration and accountability.

Mr. Richard Michael's keynote address was a blend of inspiration, real-world insights, and practical strategies. His presentation focused on essential components of Human Resource (HR) practice and how students can align themselves with corporate expectations. Key takeaways included:

4. Special Learning Tools and Inspirations

4.1 MBTI – 16 Personality Types

Mr. Richard introduced the students to the **Myers-Briggs Type Indicator (MBTI) framework**, encouraging them to explore their personality types for better personal and professional development.

4.2 Motivational Media

- Recommended the movie **“The Boy Who Harnessed the Wind”** for its powerful message on resilience and innovation.
- Played a short clip from **Kung Fu Panda**, reinforcing the idea of inner strength and the importance of believing in oneself.

7. Vote of Thanks

The session concluded with a sincere vote of thanks by Mr. Abdulla, who expressed gratitude to Mr. Richard Michael for his inspiring address and then thanked all the organizers and participants. A virtual applause was extended to everyone involved.

8. Learning Outcome of the SDP

The Student Development Programme achieved its objective of empowering students to understand the expectations of the corporate world. The insights provided by Mr. Richard Michael helped students:

- Understand the significance of HR roles and responsibilities.
- Appreciate the value of self-awareness through tools like MBTI.
- Learn to bridge the gap between academic theory and professional application.
- Get motivated to take ownership of their career paths.
- Gain exposure to real-world strategies for success in HR and related fields.

The session left a lasting impression on the students and has significantly contributed to their career readiness, confidence, and commitment to lifelong learning.

Graduate Attributes

Students who participated in the SDP demonstrate:

- **Professional Readiness:** Ability to adapt academic knowledge to meet corporate expectations and workplace challenges.
- **Self-Awareness & Personal Growth:** Understanding one's personality type and strengths using tools like MBTI to guide professional and interpersonal development.
- **Effective Communication:** Proficiency in presenting ideas clearly and building strong interpersonal relationships.
- **Ethical Leadership:** Commitment to integrity, accountability and responsible team leadership in professional environments.

“4G – Go Green, Grow Green”

7th JULY 2025

In Collaboration With: Lions Club of Tirupattur Host

Date: 7th July 2025

Time: 11:30-5:00PM

Venue: BISS Block – 4G

Introduction

The P.G. & Research Department of Social Work (Aided), Sacred Heart College (Autonomous), Tirupattur, organized a green initiative titled “4G – Go Green, Grow Green” on 7th July 2025, in collaboration with the Lions Club of Tirupattur Host. The objective of the initiative was to promote environmental sustainability, enhance the campus greenery, and encourage students to engage in eco-conscious actions.

Welcome Address

Dr. C.R. Christi Anandan, Head of the Department of Social Work, formally welcomed the Lions Club members and other dignitaries. His warm address emphasized the importance of partnerships between academic institutions and community organizations in promoting sustainability.



Special Address

Dr. Arockiaraj delivered an enlightening session on the background and importance of the 4G initiative (Go Green, Grow Green).

Rev. Fr. Henry Daniel Ambrose shared encouraging words with the student body, highlighting their critical role in building a greener future.



Lions Club Involvement and Inauguration

The event was graced by members of the Lions Club of Tirupattur Host, including:

1. Lion Mr. K. Amirthalingam, President
2. Lion Mr. K. Mayakrishnan, Secretary
3. Lion Mr. D. Palanisamy, Treasurer

Other esteemed members of the Lions Club.

Lion Mr. K. Amirthalingam inaugurated the 4G initiative by planting a banyan tree, a symbolic act of sustainability and community commitment.



Student Participation and Activities

A total of 71 MSW students from both first and second year and Staff also participated actively in the event. They were divided into task teams, each responsible for specific environmental activities:

S.No	Teams	Work assigned
1.	Banyan Tree Care Team	Secured tree roots with rope
2.	Painting Team	Painted and marked campus trees.
3.	Bund Cleaning Team	Removed dry leaves and plastic waste.
4.	Weeding Team	Cleared unwanted weeds and leaves.
5.	Green Club Model Team	Created a kitchen garden and set up its boundary.
6.	Planting Team	Planted saplings in empty pots.
7.	Mud Transfer Team	Transported and levelled soil for plantation.
8.	Play Cards Team	Tied awareness placards on trees.



Conclusion

The 4G initiative not only beautified the campus but also created awareness about environmental care and practical action. It provided MSW students with hands-on experience in community mobilization, teamwork, environmental leadership, and sustainable practices.

The department extends sincere gratitude to the Lions Club of Tirupattur Host, college management, faculty, and students for making the event a grand success.

Graduate Attributes Developed

- **Environmental Consciousness**

Cultivated a deep understanding of sustainability and ecological responsibility.

- **Social Responsibility and Civic Engagement**

Strengthened commitment to serve the community through partnerships with local organizations.

- **Leadership and Teamwork**

Demonstrated collaboration, initiative, and leadership across diverse teams and roles.

- **Communication Skills**

Practiced verbal and non-verbal skills during awareness campaigns and interactions with dignitaries.

- **Ethical Values and Integrity**

Reinforced respect for nature and ethical approaches to environmental preservation.

Learning Outcomes Achieved

- LO1: Apply environmental knowledge to real-world practices

Students implemented sustainability strategies like tree care, weeding, and mud management.

- LO2: Engage effectively in collaborative community initiatives

Participated in joint efforts with the Lions Club and peers to execute green campus tasks.

- LO3: Demonstrate responsibility in ecological stewardship

Took initiative in beautifying the campus and promoting green awareness through placards and planting.

COMMUNITY RADIO: GLOBAL FORGIVENESS DAY

“From Hurt to Hope: The Power of Forgiveness”

7th JULY 2025

SCRIPT AND REPORT

Host:

"Hello, dear listeners! You're tuned into your voice, your station the campus radio station of Sacred Heart College, Tirupattur. Today is Global Forgiveness Day, a day to reflect, release, and renew. Joining us is Nisha, an MSW student with a heart for healing. Welcome, Nisha!

Nisha:

"Vanakkam Nitish! Thank you for having me. It's a joy to be here. Forgiveness isn't always easy but it's powerful. It's not about forgetting pain, but about choosing peace over poison.

Host:

That's so true. And forgiving doesn't mean we excuse what happened right?

Nisha:

Exactly. It means we're brave enough to let go. When we forgive, we heal ourselves as much as others. And in our work as social workers, this spirit of healing builds bridges in our communities.

Host:

A beautiful message. So today, let's all take a step say sorry, accept one, or simply choose to let go.

Nisha:

Yes let forgiveness led us to wholeness. Nandri, and wishing peace to every heart listening.

In other news today – do you know that there's a green wave sweeping across our campus today.

Host:

Yes, the 4G – Go Green, Grow Green initiative by our P.G. & Research Department of Social Work is in full swing. From tree planting to eco-awareness, it's a living expression of our commitment to sustainability and community well-being.

Nisha :

That's not all the week ahead is packed with purpose!

Host:

Indeed! On 8th July, we celebrate the Forums of Specialization Human Resources, Community Development, Medical & Psychiatric Social Work and Youth Development. It's a vibrant platform where students showcase their insights, innovations, and impact-driven ideas.

Nisha :

And rounding off the week with structure and strategy...

Host:

The 5S Workshop on core industrial concepts hosted by our department in collaboration with the NIPM Student Chapter. We're honored to welcome:

- Mr. T. Vimal Francis, Senior HR Manager, Gabriel India Ltd., Hosur
- Mr. R. Siva Baskar, HR Manager, Genau Extrusions Pvt. Ltd., Hosur
- Mr. Rajendra Kumar, NIPM Hosur Coordinator & Senior Manager, Calimere Technologies, Chennai

Their presence will surely enrich our understanding of workplace excellence and professional growth.

Nisha :

What a week of reflection, renewal, and readiness! Any closing thoughts,

Host:

Let's carry the spirit of forgiveness into every green act, every learning moment, and every human interaction. Nandri, and may peace and purpose guide us all.

Community Radio Broadcast Report**Overview:**

As part of its commitment to fostering holistic development and emotional well-being, the Department of Social Work marked Global Forgiveness Day with a thoughtful radio broadcast on Sacred Heart Radio. MSW student Ms. Nisha presented a reflective conversation emphasizing the transformative power of forgiveness. Through a dialogue with the show's host, highlighted that forgiveness is not an act of forgetting, but of healing promoting peace over pain and unity over resentment.

This message resonated deeply with the department's values of empathy, reconciliation, and social responsibility, aligning with the academic formation of future social workers.

4G Initiative – Go Green, Grow Green in Full Swing

Coinciding with Forgiveness Day, the eco-conscious **4G Campaign** Go Green, Grow Green was actively implemented across campus. Spearheaded by the P.G. & Research Department of Social Work, this best practice promotes environmental stewardship through activities such as:

- Tree planting across key campus zones
- Awareness posters and green pledge counters
- Student-led drives emphasizing sustainable living

The initiative reaffirms the department's dual commitment to ecological justice and active citizenship.

Upcoming Forums of Specialization – 8th July 2025

The department is gearing up for its annual **Forums of Specialization**, scheduled for **8th July 2025**, covering:

- **Human Resources Management**
- **Community Development**
- **Medical & Psychiatric Social Work**
- **Youth Development**

These forums serve as dynamic platforms for MSW students to present field innovations, engage in critical dialogue, and connect theory with practice through thematic presentations and peer exchange.

5S Workshop – Industry Interface with NIPM

Capping the week’s events is a focused **5S Workshop** centered on industrial work excellence, hosted in collaboration with the **NIPM Student Chapter**. The event will feature distinguished guest speakers:

- **Mr. T. Vimal Francis**, Senior Manager – HR, Gabriel India Ltd., Hosur
- **Mr. R. Siva Baskar**, HR Manager, Genau Extrusions Pvt. Ltd., Hosur
- **Mr. Rajendra Kumar**, NIPM Hosur Coordinator & Senior Manager, Calimere Technologies, Chennai

Participants will explore the **5S** methodology **Sort, Set in order, Shine, Standardize** and **Sustain** and its relevance to organizational productivity and professional discipline.

Conclusion

The events of 7th July 2025 reflect the department’s vibrant culture of **compassion, competence, and community engagement**. Through heartfelt dialogues, green initiatives, academic forums, and industry-linked programs, Sacred Heart College continues to nurture socially committed professionals ready to lead with insight and integrity.

Graduate Attributes Demonstrated

These initiatives provided rich opportunities for students to demonstrate core graduate attributes, including:

Graduate Attribute	Description
Ethical and Reflective Practitioner	Emphasized through discussions on forgiveness and personal accountability
Social and Environmental Responsibility	Practiced via 4G activities and sustainability advocacy
Effective Communication	Shown through dialogue scripting, anchoring, and community engagement
Leadership and Teamwork	Evident in organizing events, coordinating guest visits, and forum planning
Critical Thinking & Application	Applied in synthesizing concepts of 5S and translating theory into practice

Intended Learning Outcomes Achieved

Learning Outcome	Evidence from Activities
Apply social work principles to real-world contexts	Forgiveness broadcast and specialization forums
Integrate sustainability into developmental practice	4G initiative implementation
Engage with professional networks and stakeholders	Collaboration with NIPM and HR professionals
Exhibit professional presentation and reporting skills	Radio broadcast, event scripting, and content dissemination

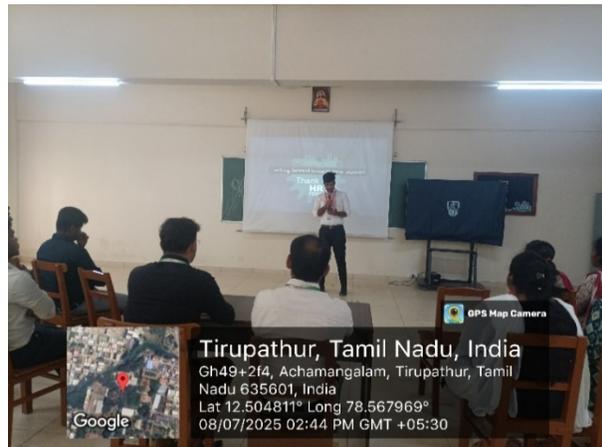
HR FORUM INAUGURATION

INTRODUCTION:

The inauguration of the HR Forum began at 2:30 P.M., with both 1st and 2nd-year MSW (HR) students assembling in the 1st MSW classroom. The ceremony was hosted by Mr. Vinoth Kumar and Ms. Dharshini from the 2nd-year MSW (HR). Ms. Srinidhi gave a comprehensive presentation detailing the purpose behind forming the HR Forum, its vision and mission, and the various activities planned to foster the skill development of HR students. Her explanation highlighted how the forum would serve as a platform for experiential learning and professional growth. Following this, the Vice President of the HR Forum, Mr. Maria Riki Marshall, delivered a warm welcome address to mark the formal beginning of the forum.



Ms. Srinidhi S – About the HR Forum



Mr. Maria Riki Marshall-Welcome Address

ABOUT THE FORUM:

The President of the HR Forum, Dr. Clayton Michael Fonceca, addressed the gathering with an insightful message about the purpose and significance of the HR Forum. He began with a captivating story of the great Alexander and his elephant, using this metaphor to draw a meaningful comparison to HR professionals. Through this narrative, Dr. Clayton Fonceca emphasized the strength, strategy, and leadership qualities essential in the field of human resources. His words served as a source of inspiration for the students, motivating them to embrace their roles as future HR leaders with confidence and purpose.



Dr. Clayton Michael Fonceca addressing the HR Forum

INAUGURAL ADDRESS:

The Head of the Department, Dr. C. R. Christi Anandan, warmly welcomed the members of the HR Forum during the event. He shared words of appreciation for the initiative and offered valuable insights to encourage and motivate the students. His message highlighted the importance of student-led platforms in nurturing professional growth and emphasized the department's support for collaborative learning and skill development through the HR Forum.

INTRODUCTION THE OFFICE BEARERS:

Ms. Nisha Leonara from II MSW introduced the Office Bearers of the HR Forum during the event. She presented the Forum President, Vice President, Secretary, Joint Secretary, Treasurer, and Joint Treasurer, along with the Class Leaders of the HR Forum. Following this, students specializing in Human Resources introduced themselves one by one, sharing their undergraduate background and hometown. The introduction segment concluded with self-introductions from Dr. C. R. Christi Anandan and Dr. Clayton Michael Fonceca, who addressed the students and added a personal touch to the gathering.



Ms. Nisha Leonara introduction the office bearers of HR Forum

ACTIVITY:

Two engaging activities were conducted by Mr. Raymond Silva and Mr. Jerald Robert to energize the students and promote team interaction. In the first activity, the students were divided into five mixed groups, comprising both 1st and 2nd-year MSW (HR) students. The game encouraged collaboration and bonding as students explored brand logos and their origins. They learned about famous companies such as BMW and Amazon and gained insights into their founders and brand distinctions. Faculty members supported and motivated the students, awarding points for active participation and knowledge sharing.

The second activity was a fun-filled game that involved non-verbal communication and observation. Students were split into two groups, again mixing both years. The game began with one student performing an action discreetly, which was then passed down the line from one student to the next. Each person mimicked the action as best as they could, and at the end, the final action was compared with the original. The result was often humorous and enlightening, showing how perception shifts with each retelling.

Both activities were met with enthusiasm and highlighted the collaborative spirit and curiosity among the students.



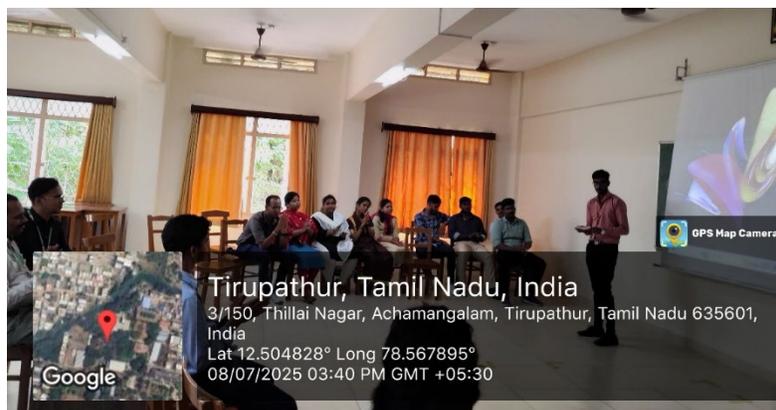
Activity Session 1



Activity Session 2

VOTE OF THANKS:

Mr. Ruban Raja from II MSW delivered the vote of thanks to formally conclude the inauguration program. With heartfelt appreciation, he acknowledged the contributions of everyone who played a role both on stage and behind the scenes in making the event a success. His words reflected gratitude and respect for the collective efforts that brought the HR Forum's launch to life.



Mr. Ruban Delivering the Vote of Thanks

**Medical and Psychiatry
Forum Inauguration**

July 8th, 2:30PM

Venue: Thanthai Periyar Hall

About Forum Activity

The Medical and Psychiatry Forum Inauguration, organized by the MSW 2nd Year Medical and Psychiatry students, successfully conducted on July 8th from 2:30 PM to 4:00 PM at Thanthai Periyar Hall, BISS Block, P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur. The program commenced with a soulful prayer song sung by 2nd year Medical and Psychiatry social (MSW students), followed by the traditional lighting of the lamp by Asst. Prof Mr. Moieeson Thairiyam (Association President), Asst. Prof Ms. Preethi M. (Forum President), Ms. Anitamol Jose (Vice President of M & P Forum), Mr. Jerome I (Secretary of the M & P Forum), and Ms. Jayapriya P (Treasurer of M & P Forum). Ms K. Athia delivered the welcome address, setting a warm and enthusiastic tone for the event.

Then after video presentation had done by Mr. Jerome, highlighting and introducing the all members of Medical and Psychiatry Forum. The inaugural address was delivered by Mr. Moieeson Thairiyam, who shared valuable insights and encouragement with the students.

The formal announcement of the new leaders was made during the event. Mr. Kaniyamudhan was selected as the Joint Secretary, Ms. Kanmani as the Joint Treasurer of the M & P Forum. After that, to create rapport building among the participants, a series of ice-breaking activities were conducted, coordinated by Kishore, Meiyarasu and Anita, which included four interactive and team building activities. Following the activities, the Forum President, Ms. M. Preethi, addressed the gathering and emphasized the importance of collaboration and gave thoughtful comments for Juniors.

Mr. Jerome, proposed the vote of thanks, expressing gratitude to all dignitaries, faculty and students for their active participation and support. Refreshments were arranged and served by Harish Sharma M, with special arrangements made for the junior students. The entire event was smoothly anchored by the Masters of Ceremony,

Ms. Hemalatha and Ms. Manine Mariam. The inauguration was a meaningful beginning to the academic year's forum activities, promoting unity, leadership and professional growth among Medical and Psychiatry students.

WORKSHOP ON 5S

Date : 09-07-2025

INTRODUCTION:

The programme commenced at approximately 10:15 A.M. with a prayer song, seeking divine blessings for the day's proceedings. Mr. Jerald Robert delivered the welcome address and introduced the chief guest with a thoughtful and well-known prologue. A ceremonial lamp-lighting followed, led by Principal Rev. Dr.D. Maria Antony Raj, Vice Principal Rev. Fr. Henry Daniel Ambrose, Mr. Vimal Francis, Mr. Siva Baskar, Mr. Rajadaran, Head of Department Dr. C.R. Christi Anandan, and President of the HR Forum Dr. Clayton Michael Fonceca. Dr. Clayton then presented an engaging introduction to the concept of 5S, illustrating its practical relevance with an example from the principal's office and a short story involving Ramesh and Suresh. Subsequently, Rev. Fr. Maria Antony Raj warmly welcomed the honorable chief guest and provided a broader explanation of the 5S methodology, linking it to universal thought processes. Dr. C.R. Christi Anandan followed with words of appreciation for the guest's presence. The event concluded with the honoring of three chief guests by the Head of the Department and faculty members, celebrating their contributions and presence with gratitude.



Registration



Lighting the lamp.



Honouring Mr. Vimal Francis.



Group Photo was Taken.



Honouring Mr. Siva Baskar.



Honouring Mr. Rajandaran.

SESSION I

The session commenced at 11:05 A.M., beginning with an introduction by Mr. Vinoth Kumar, who spoke about the journey and experiences of the chief guest, Mr. Vimal Francis. Mr. Francis opened the session with two thought-provoking questions: "What is 5S?" and "Where is it applied in your life?" The students responded actively, and he explained that 5S is primarily used for reducing waste and enhancing workplace efficiency by eliminating disturbances. He emphasized its relevance not only in workplaces but also in homes, colleges, hostels, and other environments.

He shared the historical roots of 5S, stating that it originated in Japan during the 1960s and soon became an integral part of Japanese culture. Initially adopted by Toyota, the system gradually spread to many other companies. He then elaborated on each element of the 5S methodology: Sort, Set in Order, Shine, Standardize, and Sustain adding a sixth 'S' for Safety, now recognized in modern practice. He explained 'Sort' as removing unnecessary items from one's space, using examples like hostel cupboards and mobile phones. 'Set in Order' refers to organizing items so that they are easy to find and return, saving time for others. 'Shine' encourages maintaining cleanliness and contributes to a healthy lifestyle, especially in workspaces. 'Standardize' involves consistently applying the first three principles to build lasting habits, and 'Sustain' means practicing self-discipline to regularly monitor and maintain these improvements.

Mr. Francis then displayed photographs of hostel rooms and instructed the students to apply the first three S's there, while the others were guided to apply 5S principles to organize their mobile phones. He gave participants 20 minutes to complete these tasks and then collected and showcased the results, highlighting the before-and-

after images of the hostel rooms. Meanwhile, the students who worked on their mobile phones shared how much storage space they had initially and how much they were able to clear using the 5S method.

SESSION II

The second session commenced at 2:15 P.M., led by Mr. R. Siva Baskar. He began by screening a video that highlighted how artificial intelligence is increasingly replacing physical human labor echoing a similar message previously conveyed by the Prime Minister. Mr. Baskar emphasized that to thrive in the HR field amid such changes, individuals must become “focused HR professionals.” He posed a question to the audience: How are you going to become a focused HR? He then introduced two essential strategies upskilling, which involves expanding one’s roles and responsibilities, and reskilling, which means transitioning from one function to another. To guide this transformation, he outlined 13 key topics crucial for future HR professionals: Competency Mapping, Skill Matrix, Leadership Development Programme (LDP), Coaching & Mentoring (360° Process), Succession Mapping and Knowledge Transfer, Employee Retention Strategies, Policy-making Strategy, Win-Win Strategy, Employee Grievance Resolution System, People Engagement, Internet of Things (IoT), Digitalization, and Last Time Injury (LTI). Mr. Baskar briefly discussed each area and stressed that mastering these topics is essential to maintaining relevance and effectiveness in the evolving HR landscape. He concluded by identifying sustainability as one of the most trending and vital themes in the HR domain.



Mr. Siva Baskar explaining about the focused HR.

SESSION III

The session commenced at 3:35 P.M. and was led by Mr. Rajandran, who shared his personal experiences and insights into the role of an HR professional. He emphasized the significance of networking in the HR field and discussed the challenges he faced while working with newly joined HR personnel. Mr. Rajandran went on to explain the various industry sectors, including product-based companies, service organizations and ITES (Information Technology Enabled Services). He introduced the LinkedIn platform, outlining its purpose and offering practical tips on how to use it effectively. Additionally, he provided guidance on interview skills, highlighting the powerful impact of maintaining eye contact. To wrap up the session, he introduced the “Mirror Concept” and encouraged participants to embody the principles of 3D Discipline, Dedication, and Determination as essential traits for building a successful and resilient HR career.

VALEDICTORY SESSION

The final session commenced at 4:00 P.M. and was gracefully led by the Rector of the College, Rev. Fr. Praveen Peter, who addressed the gathering in a meaningful and inspiring manner. Following his speech, certificates were distributed to students from various departments, recognizing their efforts and participation. The event concluded with a heartfelt vote of thanks delivered by Mr. Rayman Silva and the rendition of the College Anthem, bringing the day to a memorable close.

Integrated Graduate Attributes Highlighted:

- Critical and Creative Thinking
- Communication and Interpersonal Skills
- Professional Ethics and Responsibility
- Lifelong Learning and Self-Management
- Digital and Information Literacy



Group photo of the participants.

Learning Outcomes Achieved:

- Apply theoretical concepts of 5S and HR practices to real-life scenarios
- Demonstrate an understanding of current industry trends and sustainability in HR
- Reflect on personal values and career strategies
- Utilize digital tools and networking platforms for professional development
- Evaluate the role of discipline and leadership in career success

Cultivating Emotional Intelligence, Catalyzing Community Change & Inauguration of Social Work Extension Centers

Date: 14-07-2025

Introduction

The Department of Social Work, organized an inspiring and skill-enriching programme titled “Emotional Intelligence for Development Professionals – Unlocking Emotional Strength to Lead Change in Communities” on 14th July 2025, at Thanthai Periyar Hall, BISS Block. The event was designed to sensitize social work students to the critical importance of emotional intelligence (EI) in professional and community development contexts.

The event commenced promptly at 2:00 PM, led by Ms. Samanvaya D. Vincent, student of II MSW, who served as the Master of Ceremony. The session opened with a soulful prayer song sung by the II MSW students, invoking the presence of God.

Following the invocation, Dr. K. Arockia Raj, Assistant Professor, delivered a warm and meaningful welcome address, highlighting the objectives of the programme and extending heartfelt greetings to the dignitaries, faculty members, and students. He introduced the chief guests for the session – Dr. R. Ananda Kumar, IAS, Commissioner of Rural Development and Panchayat Raj (Training), Tamil Nadu, and Mr. P. Nicola Prakash, State Coordinator for e-Governance and an alumnus of the Department of Social Work. The programme then moved into the felicitation ceremony, a moment of honour and pride for the department. Dr. C.R. Christi Anandan, Head of the Department, presented a shawl to Dr. Ananda Kumar, IAS, as a traditional gesture of respect and gratitude and Rev. Fr. Henry Daniel Ambrose, Vice Principal, followed by felicitating Mr. Nicola Prakash the alumni of the social work department

Session on Emotional Intelligence

The session of the day was led by Dr. R. Ananda Kumar, IAS, Commissioner of Rural Development and Panchayat Raj (Training), Tamil Nadu. His session was an intellectually stimulating and emotionally engaging experience that bridged administrative expertise with practical life lessons in emotional intelligence.

The session began with the IAS officer breaking traditional formalities by initiating an interactive dialogue with the students. He posed questions about the MSW curriculum, seeking to understand what students had learned and how it was being applied in their academic and fieldwork contexts.



In response, Mr. Rayman Silva, student of II MSW, gave a concise overview of the Human Resource Management subject. He also shared his fieldwork experiences, emphasizing how the theoretical concepts learned in class were translated into real-life

Mr. Rayman Silva Shared his Field work Experience

Following this interaction, Dr. Ananda Kumar narrated the insightful and humorous Nasruddin Mulla story.



Ms. Sneha Shared the 1st Year Curriculum



Ms. Athia Shared the Methods of Social work

Ms. Sneha shared a summary of the First-Year MSW curriculum, touching upon key subjects that contribute to the foundational understanding of social work.

Ms. Athia elaborated on the primary and secondary methods of social work, which include case work, group work, community organization, social action, research, and administration.

The Chief Guest requested the students to play the classic motivational song “Que Sera Sera”. After listening, he deconstructed the meaning of the song, encouraging

students to reflect on acceptance, uncertainty, and emotional detachment from uncontrollable outcomes qualities that emotionally intelligent professionals must develop.

To make the session experiential, Dr. Ananda Kumar invited two student volunteers to enact a skit, allowing participants to explore emotional responses in real-life scenarios. The skit served as a learning tool for observing how emotions arise and how they can be navigated mindfully in public and professional spaces.

He then shared a deeply personal story about the tragic death of a close friend. With heartfelt emotion, he described the emotional toll it took on him, how he processed the grief, and how emotional intelligence helped him heal and move forward. This candid narrative made a powerful impact on the audience, emphasizing that emotional intelligence is not just a professional tool but also life skill necessary for coping with personal loss and adversity.

In the course of the session, Dr. Ananda Kumar also recommended several books



and readings that students should explore to deepen their understanding of emotional intelligence, leadership, and mental resilience. The gesture highlighted his commitment to promoting continuous learning and self-

Dr. Anandha Kumar explaining on emotional intelligence

The session stood out for its participatory format, where the speaker weaved together storytelling, questioning, music, enactment, and reflection. Through this approach, he successfully transformed the idea of emotional intelligence from a theoretical concept into a practical, embodied, and lived experience for all participants.

Q&A Session:

An insightful and thought-provoking Q&A session followed:

Mr. Jerome asked how to overcome confusion in career paths. The Chief Guest responded with a motivational narrative of his own life journey.

Ms. Febina inquired about emotional management in personal and professional life.

Ms. Srinidhi asked how one can prevent suicidal thoughts, to which the Chief Guest responded with practical mental health strategies.

Ms. Sugantha questioned how emotional intelligence can be applied in rural communities.

Ms. Sneha asked for suggestions on how to control anger, a crucial part of emotional regulation.

Feedback Collection:

Participants were asked to provide their written feedback on paper, offering their reflections on the event. These were collected for future improvements and record maintenance.

Inauguration of Social Work Extension Centres

Following the impactful session on emotional intelligence, the event proceeded with the inauguration of four Social Work Extension Centres established by the Department of Social Work, Sacred Heart College (Autonomous), Tirupattur. These centres symbolize the department's continued commitment to bridging academic learning with real-world community engagement.

The inauguration was led by the Chief Guest, Dr. R. Ananda Kumar, IAS, Commissioner of Rural Development and Panchayat Raj (Training), Tamil Nadu, who was invited to officially open the newly established centres.

Rev. Fr. J. Andrews Raja, Director of Extension Activities, provided a comprehensive overview of the initiative. He explained the Memorandum of Understanding (MoU) signed between the Department of Social Work and the State Institute of Rural Development (SIRD). This partnership aims to strengthen rural governance, improve service delivery, and address social issues in the villages of Tirupattur district through participatory interventions led by MSW students.

Rev. Fr. Andrews Raja highlighted the objectives, scope, and functioning of each of the four extension centres.

- HR – Talent Forge
- MNP – Centre for Holistic Health and Wellbeing
- YD – Centre for Positive Youth Development
- CD – Centre for Good Governance and Community Building

These centres are strategically placed in rural panchayats to serve as:

- Community learning and resource hubs
- Fieldwork platforms for student practitioners
- Outreach bases for awareness campaigns, capacity-building programs, and surveys

Each centre focuses on key social themes including health and hygiene awareness, women and child welfare, education support, livelihood promotion, mental health awareness, rights-based education, and environmental sustainability.



The inauguration ceremony began with a ribbon-cutting by Dr. Ananda Kumar, IAS, formally marking the launch of the centres. This was followed by a brief walkthrough where the IAS officer visited the documentation displays of previous activities conducted by students in

Dr. Anandha Kumar inauguration of the Centres

He took time to review reports, posters, and field records, showing keen interest in the grassroots-level social work carried out by the students. He commended the department's efforts to integrate classroom learning with community practice and appreciated the innovative initiatives designed by the students to address local issues.

In his remarks, the IAS officer emphasized the importance of field-based experiential learning, especially in rural contexts where developmental gaps are often most visible. He encouraged the students to view these centres not just as academic extensions but as real-time laboratories for social transformation.



Dr. Anandha Kumar Reviewing the Documents

Graduate Attributes

- **Critical Thinker and Reflective Practitioner**

Developed emotional reasoning and capacity to evaluate social and personal experiences using emotional intelligence tools and principles.

- **Ethical and Empathetic Leader**

Demonstrated sensitivity to emotional dynamics and ethical responses in community-based settings, especially through interactive dialogue and storytelling.

- **Effective Communicator**

Engaged in meaningful conversation and inquiry with professionals and peers, showing clarity, empathy, and contextual understanding.

- **Socially Responsible Change Agent**

Actively participated in the inauguration of extension centres aimed at enhancing community welfare, reflecting a commitment to societal transformation.

Intended Learning Outcomes (ILOs)

- **Recognize and apply emotional intelligence competencies**

Students will identify key emotional strengths and demonstrate their application in both personal and professional social work scenarios.

- **Integrate theoretical knowledge with field practice**

Learners will connect curriculum concepts to real-life interventions, evidenced by discussions and enactments during the session.

- **Demonstrate community engagement skills**

Learners will participate in experiential activities such as skits, reflective dialogues, and extension centre initiatives aimed at rural development.

- **Develop emotional resilience and ethical judgment**

Learners will reflect on life narratives and personal experiences to cultivate emotional maturity and integrity in field-based practice.

- **Collaborate and contribute to institutional-community partnerships**

Students will actively engage in structured outreach through newly established centres, reinforcing interdisciplinary teamwork and participatory development.

Conclusion

The programme on “Emotional Intelligence for Development Professionals” followed by the inauguration of four visionary Social Work Extension Centres stands as a landmark initiative in experiential learning and community empowerment. Through heartfelt storytelling, participatory dialogue, and field-based reflection, students not only deepened their understanding of emotional intelligence but also witnessed its real-time application in rural development settings. The dual emphasis on inner growth and outward action captured the essence of social work education where empathy meets strategy, and learning evolves into leadership.

Book Release Report

14/07/2025

Title: Directory of Youth Work Organizations in India



A proud and significant milestone for the *Sacred Heart College (Autonomous), Tirupattur*, as the P.G. & Research Department of Social Work celebrates the publication and formal release of an impactful scholarly work, *Directory of Youth Work Organizations in India*. This initiative not only underscores the institution's commitment to social relevance and academic excellence but also sets a benchmark for youth-focused research in India.

Contributors and Creators

The book has been authored and compiled by:

- Dr. K. Arockiaraj, Assistant Professor, P.G. & Research Department of Social Work. With key involvement and support from:
- Rev. Fr. Henry Daniel Ambrose, Vice Principal, *Sacred Heart College (Autonomous), Tirupattur, Dst. And,*
- Mr. Boniface, Research Scholar, P.G. & Research Department of Social Work.

Their collaborative efforts reflect the department's dedication to documenting and strengthening the landscape of youth work organizations across the country.

Release Ceremony

The release of the book was officially graced by **Dr. R. Anandakumar, I.A.S.**, Commissioner of Rural Development and Panchayat Raj (Training), Saidapet, Chennai. His presence added prestige to the occasion, emphasizing the significance of linking government leadership with academic contribution. Dr. Anandakumar appreciated the visionary effort behind the publication and commended the Social Work department for its proactive approach in curating a resource that bridges youth development sectors and grassroots organizations.

About the Publication

Directory of Youth Work Organizations in India serves as a comprehensive guide that:

- Catalogues diverse youth-focused organizations operating across various regions
- Offers structured insights into their goals, services, and community impact
- Enables students, scholars, and practitioners in Social Work and related disciplines to explore collaborative and field-learning opportunities
- Supports policy-makers and researchers in identifying models of youth engagement

Significance and Impact

This directory is poised to become a foundational reference for:

- Social Work education and outreach
- Youth empowerment initiatives
- Field projects and internships
- Stakeholders in public policy, education, and non-profit sectors

It aligns with the college's broader vision of fostering sustainable development and equipping students with meaningful, practice-oriented learning.

Cultural Showcase Report

14/07/2025

Event: Inauguration of the Associations & Investiture Ceremony

Venue: Sacred Heart College (Autonomous), Tirupattur

A Moment of Cultural Pride



A vibrant and enriching moment unfolded at Sacred Heart College (Autonomous), Tirupattur, during the Inauguration of the Associations & Investiture of Office Bearers. As part of the celebration, MSW students delivered a magnificent display of Tamil folk arts that echoed the depth, color, and heritage of the region. These artistic presentations were not mere cultural displays; they were a culmination of structured Theatre Skill training embedded in the MSW curriculum and framed by Outcome-Based Education (OBE) principles. Students showcased art forms such as Karagam, Oyilattam, and Kummi with precision, confidence, and expressive depth all reflecting a deep integration of academic learning and cultural storytelling.

Student-Led Cultural Presentation

Showcasing the diversity of Tamil Nadu's traditional expressions, the students performed a range of folk-art forms from rhythmic dances to musical interpretations each reflecting the cultural identity and community spirit of the land. The performances were carefully curated to evoke regional pride and highlight the integral role of art in social awareness and youth development.

These artistic expressions aligned seamlessly with the ethos of the Social Work Department, promoting inclusivity, cultural literacy, and creative empowerment among students.

Honoured Presence

The cultural segment was witnessed and deeply appreciated by Dr. R. Anandakumar, I.A.S., Commissioner of Rural Development and Panchayat Raj (Training), Saidapet, Chennai, whose presence elevated the occasion. His engagement with the performances emphasized the value of youth-led cultural initiatives in bridging governance, community development, and traditional identity.

In his brief remarks, Dr. Anandakumar commended the performers and encouraged educational institutions to continue fostering such meaningful opportunities where tradition meets transformation.



Significance of the Event

The folk arts performances served multiple purposes:

- Reinforcing Tamil heritage in institutional spaces
- Encouraging students to embrace and promote indigenous cultural forms
- Celebrating leadership and unity among student bodies
- Showcasing the department's commitment to holistic education through artistic engagement

This event stands as a testimony to the powerful role of culture in academic and civic contexts.

Learning Outcomes Achieved

The performances directly reflected the following **Intended Learning Outcomes (ILOs)**:

- **ILO 1:** Demonstrate an understanding of traditional and indigenous art forms as tools for community engagement and social communication.
- **ILO 2:** Apply theater-based techniques in promoting cultural awareness and identity among diverse audiences.
- **ILO 3:** Exhibit public presentation skills, creativity, and collaboration through live performance.
- **ILO 4:** Integrate theoretical learning with experiential practice, reinforcing the role of art in Social Work interventions.

Graduate Attributes Displayed

The event highlighted several core **Graduate Attributes** cultivated through the MSW program:

Attribute	How It Was Reflected
Effective Communication	Through clear articulation in song, dance, and narration.
Teamwork and Collaboration	Students coordinated roles and movements across disciplines and batches.
Ethical and Cultural Sensitivity	Showcased respect for Tamil traditions while promoting inclusive values.
Creativity and Innovation	Interpreted folk forms dynamically to suit a contemporary institutional audience.
Self-awareness and Leadership	Students planned, choreographed, and led performances with minimal supervision.

Skills, Spirit, Sports: MSW Students Power Up on World Youth Skills Day

15th JULY 2025

The PG and Research Department of Social Work successfully organized an Intra-Department Sports Competition in celebration of World Youth Skills Day on 15th July 2025, from 2:30 PM to 5:30 PM. The event witnessed enthusiastic participation from both first- and second-year MSW students, under the esteemed guidance of Prof. Moieeson Thairiyam. The program was coordinated by Mr. Antony Vimal Raj (Secretary) and Ms. Anitamol Jose (Sports In-charge).

The event commenced with an inaugural address by Prof. Moieeson Thairiyam, who highlighted the transformative role of sports in cultivating discipline, teamwork, and holistic growth among youth. Competitions included Arm Wrestling, Volleyball, Basketball, Throwball, and Kho-Kho, with participants grouped into four teams: First Year Boys, First Year Girls, Second Year Boys, and Second Year Girls.



- **Arm Wrestling**, held at the entrance of the BISS Block, opened the program with a draw between competitors.
- **Kho-Kho** and **Throwball** took place at the Amalagam Hostel Ground and in front of Rinaldi Hostel respectively, both victories claimed by the **Second Year Girls**. The matches featured **13 players** for Kho-Kho and **9 players** for Throwball per team.
- **Basketball** and **Volleyball**, held near Don Bosco Indoor Stadium and Rinaldi Hostel, were exclusive to male participants. The **First Year Boys** emerged victorious in Volleyball, while the **Second Year Boys** showcased strong coordination and skill throughout both events.



This dynamic celebration of World Youth Skills Day became a spirited platform for students to demonstrate athleticism, teamwork, and camaraderie. The department reaffirmed its commitment to nurturing the physical and personal development of its students. Faculty and organizers extended heartfelt appreciation to all participants for making the celebration both impactful and memorable.

Graduate Attributes & Outcomes in Action



Throughout the event, students exhibited:

- **Effective Communication & Collaboration** – through strategic gameplay and peer coordination
- **Critical Thinking & Problem-Solving** – while navigating

dynamic matches

- **Leadership and Accountability** – in team management and sportsmanship
- **Commitment to Well-being and Community Engagement** – aligning with the outcome of **‘Participating in initiatives that reflect social responsibility and inclusivity.’**

Celebrating Impact & Appreciation

This vibrant celebration served as a platform for experiential learning and personal growth, reinforcing the department's commitment to nurturing well-rounded social work professionals. The faculty and organizers extend heartfelt appreciation to all participating students for embodying the spirit of World Youth Skills Day with enthusiasm and excellence.

Alumni talk on Social Work in Schools and Marginalized Communities

Date: 15-07-2025

Introduction:

A Student Development Program titled “Social Work in Schools and Marginalized Communities” was organized as a special alumni engagement to guide MSW students in understanding their roles and responsibilities when working with school children and underserved groups. The session began at 12:20 PM, with Mr. Jerome from the second-year MSW batch as the Master of Ceremony. The Welcome Address was delivered by Mr. Arjun, also an MSW student.



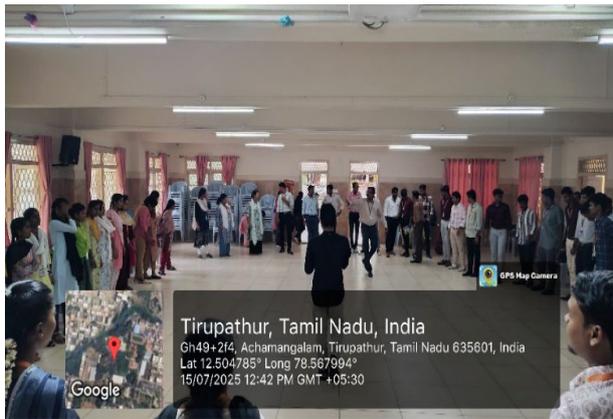
The Head of the Department, Dr. C.R. Christi Anandan, honoured the event with his presence. The Chief Guest was Mr. Chandru, a notable alumnus and the founder of Pattampoochi, an organization committed to social change and child welfare.

Talk Highlights

The Chief Guest, Mr. Chandru (MSW batch of 2021), shared his experience as a social worker and founder of Pattampoochi, which works with children, transgender persons, and rural communities. To set the tone, he initiated a lively ice-breaking activity that fostered team bonding and boosted confidence among students.

Key insights from his talk included:

- Challenges faced by transgender persons and the importance of respectful, informed engagement.
- Real-life experiences working with rural children and organizing meaningful activities like a summer camp in Yelagiri with YMCA.
- Fundraising approaches based on trust and authentic communication.
- Balancing friendship and professionalism in team dynamics.



Question & Answer Session

How can we identify transgender persons in our local context, especially when awareness is limited?

A student shared, “Before joining MSW, we didn’t even know there are transgender people living in Tirupathur. For us, this is very new.”

In response, Mr. Chandru explained that many transgender individuals may remain unrecognized due to societal stigma, fear of discrimination, or lack of acceptance. He emphasized the importance of respectful and sensitive engagement. He also noted that local government bodies and police departments maintain registers of transgender persons. Social workers can access these through proper channels by collaborating with NGOs or social welfare departments, ensuring confidentiality and care in outreach.

How can we start a project or organization like Pattampoochi?

When asked how students could initiate a social impact project, Mr. Chandru encouraged starting with ground-level insight.

“Find the real needs of the people you want to help. Visit communities, talk to them directly, and never work in isolation. Build a team, collaborate, plan step by step, and most importantly, keep your mission heartfelt not just procedural.”

His advice highlighted the importance of empathy, teamwork, and community-driven planning

What motivated you to create Pattampoochi?

Reflecting on his own journey, Mr. Chandru shared a poignant memory from his MSW fieldwork. He visited a village where children lacked books or access to a library. Moved by their eagerness to learn, he and his friends set up a mini-library. Witnessing the joy it brought, he felt compelled to continue working with children.

“That moment stayed with me. It wasn’t just an activity it became a purpose,” he said.

This humble initiative laid the foundation for Pattampoochi, a dedicated team working toward child welfare and social empowerment.



Reflections & Recognition

Dr. K. Arockiaraj, Chandru’s batchmate and faculty member, expressed pride in his journey, calling it inspirational for current students. He praised the meaningful impact Chandru continues to make in society.

Vote of Thanks

Wrapping up the session, Mr. Jerome thanked Mr. Chandru for his powerful presentation and acknowledged the collective efforts behind the event.

Would you like me to format this into a press release or a community newsletter as well? Or perhaps even adapt it into a short script for your next radio segment?

Graduate Attributes & Learning Outcomes Integration

Graduate Attribute	Realized Through the Session
Intellectual Competence	Exposure to real-world challenges in social work practice
Professional Ethics & Values	Respectful engagement with transgender persons
Leadership & Teamwork	Lessons on organizing projects, managing teams empathetically
Social Responsibility	Community engagement and sustainable impact
Empathy & Communication Skills	Interactive Q&A and storytelling techniques

Intended Learning Outcome	Evidence in Session Activities
Apply theoretical knowledge in real-life contexts	Reflections on field visits and grassroots project initiation
Demonstrate ethical decision-making and sensitivity	Handling identity disclosures with confidentiality
Promote inclusive practices in social environments	Discussion of marginalized identities and inclusive strategies
Collaborate with diverse stakeholders effectively	Partnerships with NGOs, YMCA, and local departments

Bridging Learning with Impact: The Role of Alumni Engagement

The “Social Work in Schools and Marginalized Communities” programme served as a dynamic intersection of alumni engagement and Outcome-Based Education (OBE), deepening the connection between academic learning and real-world practice.

In terms of Alumni Connect:

- It fostered mentorship, inspiration, and continuity by spotlighting the journey of an alumnus who translated his MSW training into grassroots impact.
- Students gained first-hand exposure to the realities of social work, hearing authentic stories that bridged the past and present of the programme’s ethos.

- It opened pathways for future collaborations, internships, and field insights transforming alumni into living learning resources.

In terms of OBE Implementation:

- The session provided tangible demonstrations of Intended Learning Outcomes such as ethical engagement, inclusive practice, and stakeholder collaboration.
- Graduate Attributes like empathy, leadership, and professional ethics were visibly modeled and reflected through interaction and reflection.
- Students moved from theoretical understanding to applied thinking, resonating with the OBE goal of aligning education with competencies and social relevance.

This programme didn't just meet objectives it embodied them. It turned learning into a lived experience, showing students how their academic journey could ripple outward into meaningful societal change.

COMMUNITY RADIO: WORLD YOUTH SKILLS DAY

Dialogue and Report - "Skill Up, Stand Tall"

15th JULY 2025

Host:

"Hello, dear listeners! You're tuned into your voice, your station the community radio station of Sacred Heart College, Tirupattur. Today, on World Youth Skills Day, we shine a spotlight on the most powerful force shaping our future: our youth. With me is, a passionate Master of Social Work student from the P.G.& Research Department of Social Work – Aided Stream, who's here to share why this day matters." Today 15 July 2025 marks the 10th anniversary since World Youth Skills Day was first celebrated in 2015.

Youth:

"Vanakkam Namba! Thank you for having me. You know, every year, World Youth Skills Day reminds us that building a better tomorrow begins with equipping young minds with the right tools not just degrees, but practical, life-changing skills."

Host:

"True! Today's youth don't just want to survive they want to lead, build, and transform. What kind of skills do you think matter most today?"

Youth:

"Great question. It's no longer just about textbooks. Youth today need digital fluency, emotional intelligence, financial literacy, and skills in communication, collaboration, and conflict resolution. These are essential especially if we hope to build peaceful, resilient communities."

Host:

"And with the world facing challenges from climate change to unemployment, these skills sound like lifelines."

Youth:

"Exactly! And let's not forget vocational and entrepreneurial skills. When young people can start small businesses, serve their communities, or even just feel confident in their talents, they *own* their potential. It's empowering and it's inclusive."

Host:

"Very well said. So, what can we, as a community, do to support youth on this journey?"

Youth:

"It starts with opportunities internships, training programs, mentorship, and encouraging local talents. Schools, NGOs, even we as individuals can listen more, guide more, and believe more in young people."

Host :

"True. And as a student of social work, you see this up close every day, don't you?"

Youth:

"Absolutely. Many young people I meet just need someone to believe in them. That's why I love this quote by Don Bosco:

'It is not enough to love the young; they must know that they are loved.'

When we invest in youth with care, attention, and skill-building, we're telling them: You matter. You belong. You can."

Host:

"Listeners, let's remember: when youth rise, society doesn't just move forward it *leaps* forward. On this World Youth Skills Day, let's pledge to skill up, lift up, and never give up on our youth!"

Youth:

"Because skills aren't just for jobs, they're for life. Nandri. Thank you."

Community Radio Broadcast Report

Overview:

In observance of World Youth Skills Day 2025, the community radio of Sacred Heart College, Tirupattur, aired a themed segment titled “Skill Up, Stand Tall.” The broadcast featured an interactive conversation between the program host and a student representative from the P.G. & Research Department of Social Work – Aided Stream. It emphasized the significance of life skills, vocational abilities, and emotional preparedness in shaping an empowered and inclusive youth population.

Key Highlights:

- The broadcast focused on the 2025 international theme: *“Youth Skills for Peace and Resilience.”*
- Emphasis was placed on essential 21st-century skillsets including:
 - **Digital literacy**
 - **Emotional intelligence**
 - **Financial literacy**
 - **Communication, collaboration, and conflict resolution**
- A compelling call for skill development in youth as a path toward community transformation, entrepreneurship, and inclusive social change.
- The segment featured a poignant quote from **Don Bosco**: “It is not enough to love the young; they must know that they are loved.” This underscored the importance of visible, intentional support systems in youth empowerment.

Graduate Attributes Demonstrated

Effective Communication – Articulating social messages on a public platform

Social Responsibility & Ethics – Advocacy for inclusive development

Intended Learning Outcomes (ILOs)

- Apply social work theory to contemporary social issues
- Communicate effectively with academic and public audiences
- Promote sustainable practices and inclusive youth growth

- Use communication platforms for advocacy and awareness

Conclusion

The segment served as an inspirational call to action, encouraging institutions and individuals to invest in youth through skill development, mentorship, and inclusive support. It echoed the message that skills are not merely for employment they are instruments of dignity, empowerment, and sustainable peace.

Justice Begins with Us: Observing International Justice Day through Awareness, Reflection and Responsibility

Date: 16th July 2025

Time: 1:00 PM

Venue: BISS Block

Introduction:

The Department of Social Work conducted a program on July 16 to observe International Justice Day. This day focused on spreading awareness about justice, fairness, and equal rights for all. The program helped everyone understand serious global issues like genocide, war crimes, and crimes against humanity. It encouraged students to stand up against injustice wherever they see it.

Welcome Address:

Ms. Nisha Leonara gave a short and warm welcome to everyone who attended the program. She said that International Justice Day was an opportunity for all to come together and reflect on the importance of truth, fairness, and human rights. She welcomed the gathering and thanked everyone for being part of the event.

Theme Presentation

Speaker: Ms. Febina, II MSW

Theme Title: "Justice Is Not Just a Law, It's a Responsibility"

Ms. Febina spoke about how justice was not only about courtrooms and laws, but also about treating people fairly in everyday life. She explained that International Justice Day reminded everyone to protect others from big crimes and stand for what is right.

Why This Day Mattered:

Ms. Febina explained that this day brought attention to serious crimes such as:

- Genocide – killing groups of people based on religion, caste, or race
- War Crimes – hurting innocent people during war
- Crimes Against Humanity – like slavery, torture, or illegal imprisonment

She also explained the role of the International Criminal Court (ICC), which worked across countries to punish those who committed these crimes and give justice to victims.

Theme Presentation by Ms. Febina

Real-Life Examples Shared:

Ms. Febina gave real-life examples of ongoing injustice in the world:

1. Palestine–Israel Conflict – Innocent civilians, including women and children, continued to lose their homes and lives.
2. Manual Scavenging in India – Though banned by law, some people still did this work because of caste-based discrimination.
3. Violence Against Women and Dalits – Many victims were not given justice due to fear, power imbalance, and social status.
4. Refugees and Migrants – Many people who fled their countries were treated unfairly and denied basic rights in other places.

Graduate Attributes Demonstrated:

- Ethical and Social Responsibility:

Students engaged with global and local justice issues, reflecting on fairness, human rights, and the moral imperative to act against injustice.

- Critical Thinking and Problem Solving:

Through thematic presentations and real-life examples, participants analyzed complex societal problems and explored pathways to justice.

- Effective Communication:

The speakers conveyed sensitive topics with clarity and empathy, fostering dialogue and understanding among peers.

- Global Citizenship:

The program cultivated awareness of international justice mechanisms and encouraged students to think beyond borders in advocating for human rights.

- Empathy and Inclusivity:

The event emphasized compassion and respect for marginalized communities, reinforcing inclusive values in social work practice.

Learning Outcome:**Students gained:**

- Awareness of international justice frameworks and the role of institutions like the ICC.
- Understanding of key global and local justice issues, including genocide, manual scavenging, and refugee rights.
- Ability to connect social work principles with real-world advocacy for fairness and equality.
- Motivation to act against injustice in personal, academic, and community settings.
- Skills to critically reflect on societal structures and promote ethical change through informed dialogue and action.

Conclusion:

The program ended with a strong message that justice should start from each of us in our homes, schools, and communities. The speakers encouraged everyone to be fair, raise their voices against injustice, and treat everyone equally. The participants left the program with more awareness and motivation to promote justice in their daily lives.

Chart Presentation on Mental Health Aspects

Date: 22/07/2025

Time: 2:30 PM

Venue: II MSW Class Room

Introduction:

On 22nd July 2025, the Medical and Psychiatry students from the P.G. and Research Department of Social Work conducted a forum activity as part of their academic engagement. The event took place from 2:30 PM to 4:00 PM in the department seminar hall. It was organized under the guidance of Asst. Prof. Preethi M. and witnessed the presence of Asst. Prof. Moieson Thairiyam. The session was aimed at creating awareness and enhancing knowledge about various aspects of mental health among the students through an informative chart presentation.

The session began with a welcome address delivered by Mr. Harish, a second-year MSW (Medical & Psychiatry) student. He warmly greeted the gathering and introduced the objective of the session. Following this, the second-year students presented their respective topics through creatively designed charts, while the first-year Medical and Psychiatry students participated as the audience.

Objective of the Programme:

The main objective of this forum activity was to enhance awareness and understanding of various aspects of mental health among Medical & Psychiatry students through a structured and interactive chart presentation session.

Session carried out:

Following the introduction, a series of well-prepared chart presentations were delivered by the second-year Medical and Psychiatry students, each covering a significant topic related to mental health. The details of the presentations are as follows:

The first presentation was given by Mr. Harish, who spoke about the **Holistic Approach in Mental Health Care**. He explained the importance of integrating emotional, psychological, social and spiritual aspects into mental health treatment. Following him, Mr. Kishore elaborated on the Different Scales Used in Mental Health Assessment, where he discussed the application and significance of tools such as the **Kuppuswamy scale, Udai Perek Scale, WHO- 5, Participation scale, Patient health questionnaire (PHQ-9), Geriatric Depression scale**.



Presentation of Mr. Harish



Presentation done by Mr. Kishore

Next, Ms. Hemalatha presented the **Types of Mental Health Disorders**, providing clear distinctions between various conditions like mood disorders, anxiety disorders, and psychotic disorders. Ms. Jayapriya continued with a presentation on **DASS (Depression, Anxiety, and Stress Scale)**, highlighting how this scale helps in identifying and measuring the levels of emotional distress in individuals.



Presentation led by Ms. Hemalatha



Presentation done by Ms. Jayapriya

Mr. Jerome then gave an insightful explanation on the **Structure of Personality**, referencing **Freudian concepts such as the id, ego, and superego**. He was followed by Ms. Athia, who presented a summary of the **Mental Health Care Act 2017**, emphasizing the rights of individuals with mental illness and the responsibilities of mental health establishments.

Ms. Hanna addressed the topic of **Psychosomatic Disorders**, explaining how mental health can directly influence physical well-being. Mr. Meiyarasu shared information on **various Government Schemes Related to Mental Health Care**. He also highlighted the importance of toll-free helpline numbers and rehabilitation services available for mental health support. The schemes he mentioned **National Mental Health Programme, Ayushman Bharat, Pradhan Manthri Jan Arogya Yojana etc.**



Chart presentation led by Ms. Hanna



Presentation of Mr. Meiyarasu

Ms. Anita presented the **Models of Psychiatric Social Work**, where she discussed various intervention approaches such as Biopsychosocial model, medical model, strength-based model etc. used by psychiatric social workers. After the chart presentations, Mr. Jerome conducted a brief session on **Parenting Styles**. Using symbolic examples, he described “**Eagle Parenting**” as an ideal model, while other types such as tiger, hen, tortoise, cat, and lion parenting were cited as fewer effective styles.



Presentation taken by Ms. Anita



PPT Presentation of Mr. Jerome

Conclusion:

The session concluded with a vote of thanks delivered by Ms. Anitamol Jose, Secretary of the forum. She expressed sincere gratitude to the faculty members, participants and all student presenters for their valuable contributions and enthusiastic involvement.

This interactive and informative session successfully met its objective of educating first-year students on vital mental health topics while fostering peer-led learning and active student engagement in academic activities.

5S IMPLEMENTATION ACTIVITY IN THE CLASSROOM

Origin and Training Context

This activity was a direct outcome of the one-day workshop on 5S conducted on 09 July 2025 by the P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur – 635 601, Tamil Nadu, India. In which hands-on training was given by:

- Mr. Vimal Francis (Senior Manager - Gabriel India Ltd. Hosur)
- Mr. Siva Baskar (HR Manager – Genau Extrusions Pvt. Ltd. Hosur)
- Mr. Rajadaran (Sr. Lead – TAG, Calimere Technologies, Hosur)

Their expert training laid the foundation for students to apply the 5S methodology in real classroom settings, bridging theoretical learning with practical execution. The implementation activity described below showcases how the workshop translated into meaningful experiential learning.

Introduction

The 5S methodology is a structured approach to workplace organization, rooted in five Japanese principles:

- Seiri (Sort)
- Seiton (Set in Order)
- Seiso (Shine)
- Seiketsu (Standardize)
- Shitsuke (Sustain)

On Tuesday, July 22nd, an interactive 5S Implementation Activity was conducted in the classroom to enhance students' understanding of this practice and its relevance in academic and professional settings. This hands-on session aimed to instill habits of efficiency, cleanliness, and discipline.

Inauguration and Overview

The program began promptly at 2:30 PM, with a welcome note. Mr. Silva, from II MSW, took the lead in giving an introductory overview of 5S. He explained the importance, objectives, and benefits of implementing the 5S methodology in academic and professional settings, especially in maintaining discipline, cleanliness, and efficiency in classroom spaces. He emphasized how these five principles, when consistently followed, lead to enhanced productivity, reduced wastage, and improved focus and morale.

Team Division and Preparation

The students of HR Forum were then divided into two teams and given a shallow idea of implementing 5S in the classroom by Mr. Nithish from II MSW, to encourage active participation. Each group was tasked with implementing the 5S principles in the I MSW classroom and HR Specialization classroom.

Practical Implementation of 5S

The two teams divided went to their designated classrooms and practiced the method by removing things which are defective, not in use – more likely categorizing them as Keep, Dispose and Recycle. Then the frequently used materials are neatly arranged, after that the tables and chairs in the classroom are arranged in an order which looks good and comfortable and the extra chairs and tables were kept aside. The seating arrangements were planned by the students and it was floor taped by them. Similarly, the table and chair for faculty, the dustbin, cupboards and Smart TV were also marked with floor taping to ensure neat and orderly appearance. By applying 5S in a real-world classroom setting, students not only learned a new methodology but also contributed toward building a positive and organized learning environment.

Graduate Attributes and Learning Outcomes

Through this activity, students demonstrated several core competencies aligned with academic goals:

Graduate Attributes	Learning Outcomes
Critical and creative thinking	Ability to apply structured problem-solving in real-life contexts

Effective communication and collaboration	Demonstrated teamwork and clarity in shared responsibilities
Ethical and social responsibility	Promoted community care and sustainability through organized spaces
Adaptability and lifelong learning	Willingness to internalize and practice new organizational frameworks
Leadership and initiative	Coordinated task execution with minimal supervision

Conclusion

The 5S Implementation Activity was more than an exercise in tidiness, it was a transformative experience in ownership, planning, and collaboration. It created an immediate and visible impact on the learning environment and planted the seeds for a sustained culture of discipline and efficiency. By combining practical application with reflection, students cultivated skills and mindsets that will serve them well in both academic and professional spheres.

PHOTOS



Mr. Silva giving the orientation about 5S



Mr. Nithish instructing about 5S implementation



Sorting the unwanted items in classroom



Implementing of 5S in 1st MSW Class room

INTERFAITH PRAYER SERVICE CELEBRATING FRIENDSHIP

Date: 23 July 2025

Time: 3:00 PM

Venue: Thanthai Periyar Hall

Introduction

On 23 July 2025, the P.G. & Research Department of Social Work conducted an interfaith prayer service during its association gathering, dedicated to celebrating friendship. The program emphasized the virtues of selfless love, peace, reconciliation, and the universal bond of friendship. Participants were invited to reflect on the truth that friendship is the golden thread tying together hearts across diverse cultures and beliefs.



Welcome Address

Fr. Stio (II MSW Student) and team coordinated the event, which opened with a prayer song. He extended a warm welcome to all attendees, marking the gathering as a space for inter-religious unity and dialogue on the occasion of Friendship Day.

Wisdom Readings on Friendship

Three students from the 2nd MSW batch delivered reflections centered on the deeper meanings of friendship:

- Mr. Abdullah spoke on *Selfless Friendship*
- Mr. Anjulush explored *Universal Love and Equality*
- Mr. Arjun reflected on *Peace and Reconciliation*

Each reading inspired dialogue around inclusivity, compassion, and the transformative power of friendship.

Pledge Ceremony

Staff and student representatives were invited onto the stage and given lighted candles, symbolizing hope and solidarity. Association Secretary Harish led the group in a heartfelt pledge, with participants raising their right hands in affirmation



The Pledge

I pledge to be a light in the lives of others

To walk with my friends in both joy and sorrow,

And to reach out to the lonely, the forgotten, and the needy.

I will speak with kindness, act with fairness,

And think with an open and generous heart.

I will look beyond differences and serve with love,

Building peace where there is pain, and hope where there is despair.

May this pledge remind me that true friendship includes all,

And that love, compassion, and justice are the path I choose to follow.

Silent Prayer and Gesture of Peace

A moment of silent reflection was observed to honour war victims and pray for global peace. Participants then exchanged peaceful gestures and expressions of gratitude for one another's presence and friendship.

Fun & Activities

Following the prayer service, the Student Association organized recreational activities. Students were divided into two teams for a lively game of Dodgeball, which lasted until 4:15 PM. The event concluded with refreshments before students dispersed for the day.



Graduate Attributes & Learning Outcomes Reflected

Graduate Attribute	Example from Program
Empathy & Ethical Sensitivity	Reflected in the interfaith dialogue and compassion-centered pledge.
Cultural & Social Awareness	Celebrated through universal themes of friendship and reconciliation.
Collaborative Practices	Demonstrated by coordinated readings and inclusive rituals.
Leadership & Communication Skills	Evident in student-led sessions and coordination efforts.

Conclusion

The interfaith prayer service served as a powerful reminder of friendship's ability to transcend boundaries and foster peace. Through thoughtful reflections, symbolic rituals, and shared activities, the program inspired participants to embody empathy, unity, and service in their daily lives. As the light of friendship continues to guide their path, may its warmth extend far beyond the day illuminating tomorrow with kindness and purpose.

Leading the Salesian Way - Leadership Development Programme

29th July – 31st July 2025

From the 29th to the 31st July 2025, Sacred Heart College (Autonomous), Tirupattur District, organized a three-day Leadership Development Programme titled “Leading the Salesian Way” at the Mother Teresa Hall of the college. This unique initiative brought together 158 student leaders from undergraduate and postgraduate streams, representing classes, associations, student movements, and various functional groups within the institution. The primary objective of this programme was to empower young student leaders by instilling in them the art and spirit of leadership inspired by the pedagogy and philosophy of St. Don Bosco.



The sessions were facilitated by Dr. K. Arockiaraj, Assistant Professor from the P.G. & Research Department of Social Work and Director of the Centre for Positive Youth Development, in collaboration with the Salesian Youth Movement. Assisting him throughout the programme was Mr. Boniface, a Ph.D. Scholar specializing in Youth Development. The overall coordination of the programme was efficiently handled by Rev. Fr. Henry Daniel Ambrose, Vice Principal (Shift I), whose commitment ensured smooth execution and active participation.

The programme was carefully designed to engage student leaders in meaningful and experiential learning. It began with an inspiring introduction to the life and mission of St. Don Bosco, often referred to as the "Father of Youth." The facilitator highlighted Don Bosco's early struggles, deep faith, and unwavering commitment to the empowerment of young people, which eventually led to the foundation of the Salesian Congregation that now spans over 136 countries. The students were invited to reflect on what it means to be part of a Salesian institution and how their leadership roles could be shaped by the core Salesian values of reason, religion, and loving kindness.

Central to the training was the Salesian Preventive System of Education, which emphasizes guiding young people through clarity and respect (Reason), nurturing inner values and faith (Religion), and leading with compassion and presence (Loving

Kindness). These principles were presented not as abstract ideals, but as practical tools for everyday leadership, particularly within academic and peer-group contexts.



One of the core sessions explored the relational aspects of leadership, highlighting how effective leaders must be approachable, emotionally intelligent, and consistent in their interpersonal behaviour. Students were encouraged to follow Don Bosco's model of initiating relationships with kindness smiling first, listening fully, speaking respectfully, and showing genuine interest in others. Dr. Arockiaraj also demonstrated how these values help build trust and strengthen team cohesion.

Another important dimension covered in the training was communication, where participants were guided to analyse what makes a leader a poor communicator and how to communicate effectively like Don Bosco. Emphasis was placed on active listening, empathetic speech, and the conscious use of body language. A memorable insight from this session was the importance of making others feel heard, valued, and safe in expressing themselves a hallmark of Don Bosco's legacy.

To put these principles into action, students engaged in a team-building activity that required them to design and execute a group model based on height, strength, and beauty. This exercise provided valuable insights into leadership emergence, delegation, inclusivity, planning, communication, and time management. Participants then reflected on their roles in the group: Did they initiate or wait to be led? Were they inclusive or exclusive? Did they accept responsibility or shy away from it? This reflective process helped many discover untapped potential and areas for growth.

The programme also explored various leadership styles, including democratic, autocratic, bureaucratic, and laissez-faire approaches. Students identified their dominant styles and discussed the effectiveness of each in different scenarios. Special attention was given to the concept of influential leadership, where students learned that true leaders are those who believe in their ability to make a difference, communicate with clarity and kindness, involve their teams meaningfully and celebrate collective achievements.

A powerful session on leading by example encouraged students to connect academic discipline with leadership excellence. Drawing inspiration from Don Bosco's own

balance between personal and official responsibilities, students were reminded that academic leadership means showing integrity in one's studies, supporting peers, asking insightful questions, and initiating innovative academic projects. Discipline, punctuality, and self-motivation were identified as key traits of exemplary leaders.

The sessions were not merely lectures but deeply engaging and interactive. Students were consistently encouraged to reflect on their leadership experiences, assess their strengths and weaknesses, and commit to personal action plans for further growth.

The programme concluded with a participatory reflection where students drafted their individual plans of action to implement the learning in their respective roles.

During the feedback session, participants unanimously described the programme as an "eye-opener." Many shared that they had, for the first time, truly understood the depth and responsibility of their leadership roles. They appreciated the balance of theory and practice, and the way the sessions spoke to both their heads and hearts. Several students mentioned that they felt more confident, competent, and committed to lead with authenticity, rooted in the values of the Salesian tradition.

In conclusion, the Leadership Development Programme on "Leading the Salesian Way" proved to be a transformational experience for the student leaders of Sacred Heart College. It not only enhanced their leadership competencies but also nurtured in them a spirit of service, empathy, and moral responsibility. The collaborative efforts of the Centre for Positive Youth Development of the P.G and Research Department of Social Work, *the Salesian Youth Movement*, and the college administration successfully created a space where young leaders could reflect, relate, and rise to their full potential as Salesian leaders of tomorrow.



Capacity Building Programme on Documenting and Reporting of Community Development Programmes

Date: 04 August 2025

Venue: BISS Block

Organized by: Centre for Community Building and Good Governance, PG & Research Department of Social Work

Introduction

The Capacity Building Programme on Documenting and Reporting of Community Development Programmes was a strategically designed initiative aimed at strengthening the practical competencies of social work trainees in the realm of rural development. Organized by the Centre for Community Building and Good Governance, the session addressed a critical yet often overlooked dimension of community engagement structured documentation and transparent reporting. Held at the BISS Campus, the programme provided a platform for experiential learning, equipping participants with the tools and insights necessary to translate field realities into meaningful records that inform policy and practice.

Resource Person

Dr. T. Selvam led the session with remarkable clarity and depth. His orientation emphasized the strategic importance of documentation in enhancing the effectiveness, accountability, and sustainability of rural development initiatives.

Session Highlights

- **Overview of RGSA Scheme**

Participants were introduced to the Rashtriya Gram Swaraj Abhiyan (RGSA) a flagship scheme aimed at strengthening governance in rural India. The session unpacked its objectives, implementation mechanisms, and relevance to grassroots development.

- **Handholding Support in Rural Governance**

Dr. Selvam elaborated on the concept of handholding support, highlighting its role in empowering local governance structures and ensuring participatory planning and execution.

- **Understanding Rural Contexts**

The session provided a framework for analyzing geographical and demographic profiles of rural areas, enabling trainees to contextualize development interventions with greater precision.

- **Identifying Challenges and Strategic Planning**

Through case-based discussions, participants explored common challenges in rural development ranging from resource constraints to socio-political dynamics and learned how to formulate implementable strategies tailored to local needs.

- **Village Panchayat Development Plan (VPDP)**

A key focus was placed on the VPDP, where trainees learned how to list activities, prioritize needs, and prepare structured plans that align with community aspirations and government mandates.

Participation

30 social work trainees actively participated in the programme. Their involvement in interactive discussions, reflective exercises, and scenario-based learning significantly enhanced their confidence and readiness to undertake documentation and reporting tasks in real-time field settings.

Learning Outcomes Achieved

- Gained comprehensive understanding of documentation frameworks in rural development.
- Developed skills in data collection, analysis, and reporting for field-based interventions.
- Understood the importance of transparency and accountability in community governance.

- Learned to prepare and evaluate Village Panchayat Development Plans.
- Strengthened critical thinking and strategic planning abilities.

Graduate Attributes Demonstrated

Attribute	Description
Professional Competence	Applied theoretical knowledge to practical documentation tasks.
Critical Thinking	Analyzed rural challenges and formulated context-specific strategies.
Effective Communication	Engaged in structured reporting and interactive discussions.
Ethical Reasoning	Emphasized transparency and accountability in governance.
Community Engagement	Connected documentation practices with grassroots realities.

Conclusion

The Capacity Building Programme proved to be a highly impactful learning experience, bridging the gap between academic instruction and field application. By emphasizing the strategic role of documentation in community development, the session empowered trainees to become more effective, ethical, and informed practitioners. The insights gained will undoubtedly contribute to more transparent and accountable governance at the grassroots level.

RECENT TRENDS IN HUMAN RESOURCE MANAGEMENT

Date: 05/08/2025

Time: 2:00 PM to 3:00 PM

Venue: HR Forum

Introduction

The HR Centre – Talent Forge of the MSW program organized a dynamic forum session focused on Recent Trends in Human Resource Management. This interactive event provided first-year trainees with firsthand insights into evolving HR practices, particularly the integration of advanced technologies such as the Applicant Tracking System (ATS). The session fostered experiential learning through the speaker's personal journey and practical demonstrations, enhancing participants' understanding of contemporary HR tools and expectations.

Welcome Address

Mr. Joshva P. delivered a warm and engaging welcome to all attendees, marking the inaugural forum session for the first-year MSW students. His address set a positive tone, emphasizing the importance of active participation and professional growth through such platforms.

Session Highlights

- **Understanding ATS and Technological Advancements**

Joshva introduced the concept of the **Applicant Tracking System (ATS)** a pivotal tool in modern recruitment. He explained how resumes are filtered and ranked using this software, urging students to adapt their resume formats to meet current industry standards. The discussion was enriched by the speaker's personal experience with the HR department at ZOHO, offering real-world relevance.

- **Emphasis on Skill-Based Hiring**

The session underscored the growing importance of **skills over academic grades** in today's job market. Through examples and reflective questions, students were encouraged to evaluate their own competencies and understand the value of emotional intelligence, patience, and adaptability in professional settings.

Activity Conducted

To enhance self-awareness and attentiveness, participants were divided into two groups and engaged in a rhythmic clapping exercise based on assigned numbers.

This playful yet purposeful activity highlighted the importance of presence, focus, and coordination key attributes in any professional setting.

Learning Outcomes Achieved

- Developed awareness of technological tools used in HR, such as ATS.
- Understood the importance of skill-based hiring and emotional intelligence.
- Practiced reflective thinking through scenario-based questions.
- Enhanced interpersonal and communication skills through group activities.

Graduate Attributes Demonstrated

Attribute	Description
Critical Thinking	Analyzing the relevance of ATS and adapting resume formats accordingly.
Effective Communication	Engaging in discussions and responding to workplace scenarios with clarity.
Self-Awareness & Emotional Intelligence	Reflecting on personal reactions to workplace challenges.
Teamwork & Collaboration	Participating in group activities that foster coordination and mutual understanding.
Adaptability	Recognizing the shift from academic credentials to skill-based hiring and preparing accordingly.

Conclusion

The HR Forum session successfully bridged theoretical knowledge with practical insights, empowering students to navigate the evolving landscape of human resource management. Through experiential learning and reflective engagement, participants gained a deeper understanding of industry expectations and the competencies required to thrive.

Youth for Sustainable Future – Awareness Session by Centre for Positive Youth Development

Date: 05 August 2025

Venue: Oasis, Sacred Heart College (Autonomous), Tirupattur

Organized by: Centre for Positive Youth Development, PG & Research Department of Social Work

Participants: 66 Eco-Club Members (Shift I)

Introduction

In alignment with its mission to foster socially responsible and environmentally conscious youth, the Centre for Positive Youth Development organized a dynamic awareness session titled “Youth for Sustainable Future” on 5th August 2025. Held at the Oasis, the session brought together 66 Eco-Club members from Shift I, creating a vibrant space for reflection, dialogue, and commitment toward sustainable living.



Resource Personnel

- Dr. K. Arockiaraj, Director of the Centre for Positive Youth Development, facilitated the session with compelling insights and practical strategies.
- Dr. Jude Vimal, President of the Eco-Club (Shift I), coordinated the event, ensuring a seamless and engaging experience for all participants.

Objectives of the Session

- To raise awareness about the urgency of sustainable living among youth.
- To encourage eco-friendly behavior in everyday choices.
- To help students critically examine their consumption patterns and ecological impact.
- To empower youth as agents of environmental and social change.

Session Highlights:

Self-Assessment Activity

Participants began by listing personal items and categorizing them as eco-friendly or non-eco-friendly, sparking immediate reflection on consumption habits.

Reflective Dialogue:

Guided reflection questions encouraged students to explore their values, choices, and environmental responsibilities, fostering deep personal engagement.

3 Pillars of Sustainability:

Dr. Arockiaraj introduced the three interconnected pillars:

- ❖ Environmental Sustainability
- ❖ Social Sustainability
- ❖ Economic Sustainability

He emphasized the transformative role of youth in shaping a sustainable future.

The 5Rs Framework:

The session unpacked the 5Rs – Refuse, Reduce, Reuse, Recycle, Repurpose – with practical examples tailored to campus and home settings, making sustainability both accessible and actionable.

Lifestyle Shifts for Sustainability:

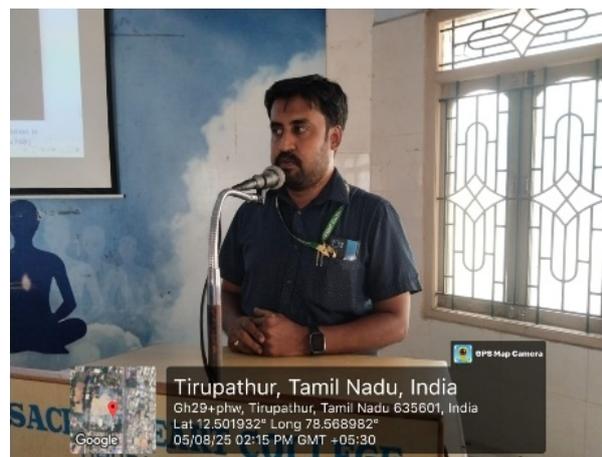
Students explored tangible ways to:

- Reduce carbon footprints
- Adopt energy-efficient habits
- Avoid fast fashion
- Become conscious consumers

Advocacy and Action:

Participants were encouraged to engage in green initiatives such as:

- Tree planting
- Clean-up drives



- Sustainability advocacy through social media platforms

Participation & Engagement

The session was marked by high levels of interaction, with students actively sharing ideas, participating in group reflections, and making personal sustainability pledges. The atmosphere was one of enthusiasm, curiosity, and collective responsibility.

Learning Outcomes

- Developed a critical understanding of sustainability principles.
- Cultivated self-awareness regarding ecological impact.
- Strengthened collaborative spirit for environmental action.
- Committed to adopting sustainable habits in daily life.

Graduate Attributes Demonstrated

Attribute	Description
Social Responsibility	Embraced sustainability as a personal and collective duty.
Critical Reflection	Evaluated personal choices through an ecological lens.
Leadership & Initiative	Voluntarily pledged to adopt sustainable practices.
Communication Skills	Engaged in meaningful dialogue and peer learning.
Ethical Reasoning	Connected lifestyle choices with broader environmental ethics.

Conclusion

The Youth for Sustainable Future session served as a powerful catalyst for change, inspiring students to move from awareness to action. The voluntary pledges made by participants reflected a genuine commitment to sustainability, reinforcing the belief that youth are not just beneficiaries of the future they are its architects. The programme left a lasting impression, with many students expressing that the session was both eye-opening and deeply motivating.

Feedback Collection

To assess the effectiveness and impact of the session, feedback was collected from participants at the end of the programme. The responses reflected a high level of satisfaction and engagement.

- A majority of students described the session as “highly useful” and “thought-provoking.”
- Many appreciated the interactive format, which allowed for personal reflection and peer learning.
- Several participants expressed a desire for more frequent sustainability-focused sessions, indicating a growing interest in environmental leadership.
- The feedback also highlighted the value of practical examples and relatable activities, which made the concepts more accessible and actionable.

YOUNG LEADERS DEVELOPMENT PROGRAMME

Theme: Desire to Become a Leader

Date: 05 August 2025

Venue: Dr. Ambedkar Gallery, BISS Block

Organized by: Centre for Community Building and Good Governance,
PG & Research Department of Social Work



Introduction

The Young Leaders Development Programme – Series 1.2 emerged as a pivotal initiative dedicated to cultivating leadership potential among undergraduate students at Sacred Heart College. Rooted in the compelling theme “Desire to Become a Leader,” the programme sought to ignite a sense of purpose and direction in young minds by emphasizing the transformative power of self-awareness, values-based leadership, and active community engagement. Far more than a conventional seminar, the event served as a reflective journey encouraging participants to explore their inner motivations, confront personal limitations, and envision their roles as future changemakers. Through interactive dialogue, motivational storytelling, and guided introspection, the programme fostered an environment that empowered students to embrace leadership as a lifelong commitment to growth, service, and ethical influence.

Resource Persons

- Rev. Fr. J. Andrews Raja SDB
- Dr. T. Selvam

Both speakers delivered compelling sessions that blended motivational insights with practical strategies for personal growth and leadership development. Their talks emphasized the role of integrity, empathy, and purpose in shaping effective leaders.

Participation

Over 50 undergraduate students from diverse disciplines actively participated in the programme. Their enthusiasm and engagement reflected a genuine desire to explore leadership as a personal and social responsibility.

Session Highlights

- **Cultivating the Desire to Lead**

Participants were encouraged to reflect on their inner motivations and aspirations. The speakers emphasized that leadership begins with a desire to serve, a commitment to values, and the courage to take initiative.

- **Values-Based Leadership**

The sessions explored the foundational principles of ethical leadership, including accountability, empathy, and vision. Students were guided to identify their core values and understand how these shape their leadership style.

- **Self-Development as a Leadership Tool**

Through interactive discussions, students learned that self-awareness, emotional regulation, and continuous learning are essential traits for emerging leaders. The programme emphasized that leadership is not a position but a process of growth and influence.

Learning Outcomes Achieved

- Recognized the importance of personal values in leadership.
- Developed self-awareness and identified areas for personal growth.
- Understood the role of empathy and service in effective leadership.

- Strengthened communication and reflective thinking through interactive sessions.

Graduate Attributes Demonstrated

Attribute	Description
Leadership & Initiative	Demonstrated through active participation and reflection on leadership aspirations.
Ethical Reasoning	Engaged with values-based frameworks for responsible leadership.
Self-Awareness & Emotional Intelligence	Explored personal motivations and emotional responses in leadership contexts.
Effective Communication	Participated in discussions and expressed ideas with clarity and confidence.
Community Engagement	Connected leadership development with social responsibility and service.



Conclusion

The Young Leaders Development Programme – Series 1.2 served as a catalyst for personal transformation and leadership awakening among undergraduate students. By fostering a desire to lead with purpose and integrity, the event laid a strong foundation for future changemakers committed to building inclusive and value-driven communities.

Campus Radio: Hiroshima Day

6th August 2025

Dialogue and Report

Echoes of Hiroshima: A Call for Peace Across Campuses

Speaker 1: Good day to everyone tuning in from across Sacred Heart College. Today, August 6th, we observe Hiroshima Day a moment to reflect, remember and rise with renewed commitment to peace.

Speaker 2: Exactly 80 years ago, Hiroshima was devastated by the world's first atomic bomb. Over a hundred thousand lives were lost, and many more suffered. But today is not just about history it's about humanity. It's a reminder of what happens when compassion is forgotten.

Speaker 1: Whether you're studying Literature, Chemistry, Social Work, Commerce, or Computer Science this day speaks to all of us. Because peace is not just a political concept. It's a human one. And our education is not just for employment; it's for empowerment.

Speaker 2: As young people, we have a choice. We can ignore the wounds of history, or we can learn from them. Hiroshima tells us: violence doesn't solve conflict. Dialogue does. Respect does. Understanding does.

Speaker 1: And in our own lives on campus, in communities we face tension, disagreement, even injustice. But if we choose empathy over ego, and peace over pride, then we honour those who suffered in Hiroshima by preventing future harm.

Speaker 2: So today, let's commit: to be peace-builders in our own way. Through kindness. Through listening. Through raising voices, not weapons.

Speaker 1: May Hiroshima's silence echo not fear, but hope. Not anger, but awareness. Let it remind us that every life matters and every choice creates ripples.

Speaker 2: This is your Campus Radio, thanking you for joining us in remembrance. May this reflection shape our actions and deepen our purpose.

Campus Radio Broadcast Report

Organized by: P.G. & Research Department of Social Work

Platform: Campus Radio, Sacred Heart College (Autonomous), Tirupattur

Theme: *Echoes of Hiroshima: A Call for Peace Across Campuses*

Overview:

In remembrance of the atomic bombing of Hiroshima on August 6th, 1945, Sacred Heart College's Campus Radio hosted a special broadcast titled "*Echoes of Hiroshima.*" Marking the 80th anniversary of this historical event, the program served as a platform to reflect on global conflict, human resilience, and the enduring importance of peace. Anchored and scripted by students of the Social Work Department, the talk was designed to resonate across departments, fostering an inclusive and engaging experience for all listeners.

Program Highlights

The broadcast featured a thoughtful dialogue between two speakers, blending historical insights with contemporary relevance. Key messages included:

- Acknowledgment of the human cost of war and its long-lasting impact.
- Emphasis on peace as a shared responsibility not only among nations, but among individuals and institutions.
- Encouragement for students to embody compassion, dialogue, and non-violence in their academic and personal lives.
- A call to recognize education as a tool for empowerment and ethical citizenship.

The tone of the program was reflective yet hopeful, ensuring that listeners from various streams could relate meaningfully be it through moral reflection, professional relevance, or intellectual curiosity.

Graduate Attributes Addressed

The initiative aligned with several institutional graduate attributes, including:

Attribute	Relevance
Social and Ethical Responsibility	Promoted a values-based outlook on peace and conflict resolution.
Critical and Reflective Thinking	Invited introspection on historical memory, ethical leadership, and personal choices.
Effective Communication	Delivered cross-disciplinary messages through accessible and emotionally resonant dialogue.
Global Citizenship	Cultivated empathy and awareness of global issues with local implications.

Learning Outcomes Achieved

Students who engaged with the Campus Radio program demonstrated:

- **Historical awareness** of Hiroshima and its relevance to modern peace efforts.
- **Empathetic understanding** of how conflict impacts individuals and societies.
- **Capacity to apply academic learning** in the pursuit of justice and reconciliation.
- **Personal reflection** on values like compassion, nonviolence, and global solidarity.
- **Communication skills** in articulating social concerns through creative and collaborative mediums.

Relevance Across Departments

By integrating themes of peace and social justice into a format accessible to all students, the program reinforced the shared mission of education: not simply to impart knowledge, but to develop morally conscious individuals. Students from diverse streams were able to relate the discussion to their field from the ethical use of scientific innovations to the responsible handling of business and governance.

Conclusion

The Hiroshima Day Campus Radio initiative successfully merged remembrance with action. Far from a ceremonial broadcast, it offered students a meaningful encounter with history empowering them to shape a better tomorrow. The Department of Social Work's commitment to transformative dialogue was evident, and the program stood as a shining example of how education and advocacy can walk hand in hand.

INDUSTRY-INSTITUTION PARTNERSHIP REPORT

Collaborating Organizations:

Duroflex Industry, Kelamangalam, Hosur & P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur District

Date: 08 August 2025

Venue: Duroflex Industry, Kelamangalam, Hosur

Participants: 12 MSW (Aided) Trainees, Sacred Heart College

Introduction

As part of the Department's commitment to experiential learning and community engagement, 12 MSW trainees from Sacred Heart College (Autonomous), Tirupattur, visited Duroflex Industry in Kelamangalam, Hosur, on 8 August 2025. The visit was organized under the banner of Industry-Institution Partnership, aimed at fostering cultural exchange, employee engagement, and professional exposure for social work trainees.

The program featured a blend of traditional performances, interactive games, and professional dialogue, offering trainees a unique opportunity to engage with industrial employees and HR professionals in a dynamic, real-world setting.

Cultural Presentation

Upon arrival, the trainees were warmly welcomed by the Duroflex staff and management. The group was divided into two teams' girls and boys for the cultural segment. The girls' team initiated the program with a graceful performance of Oyill Attam, a traditional folk dance that celebrates Tamil heritage and communal harmony. The boys' team followed with an energetic rendition of Mattu Kombu Attam, symbolizing strength, unity, and festive spirit.

These performances were met with enthusiastic appreciation from the employees, creating a joyful and inclusive atmosphere that set the tone for the rest of the day



Employee Engagement Activities

Following the cultural segment, the trainees transitioned to the outdoor grounds for a series of interactive games designed to promote teamwork, stress relief, and employee bonding.

Activities Conducted:

- **Tag Ball Demonstration:** Led by Mr. Jerauld Robert, this game was introduced to both trainees and employees. The demonstration encouraged participation and served as an icebreaker between the two groups.
- **Tug of War:** Organized by seniors Riki Marshall and Jerauld Robert, this classic team-building activity saw 20 participants on each side. The game ended humorously when the rope snapped mid-contest, sending both teams tumbling an unexpected moment that added laughter and camaraderie to the event.
- **Pot Breaking Game:** Coordinated by Mr. Suriya, this traditional challenge involved tying a pot overhead and inviting participants to break it while blindfolded. The game symbolized resilience, focus, and celebration, and was a fitting conclusion to the outdoor activities.

Interactive Session with HR

The trainees were then invited for an informal interaction with Mr. Vijay, Deputy General Manager HR at Duroflex Industry. During the session, Mr. Vijay shared his professional journey, insights into HR practices, and reflections on the evolving role of social work in industrial contexts.

Key discussion points included:

- Career pathways in HR and employee welfare
- The importance of empathy and communication in managing workforce dynamics
- Opportunities for social work graduates in corporate social responsibility (CSR), training, and employee engagement

Learning Outcomes

By participating in Industry–Institution Partnership program, trainees were able to:

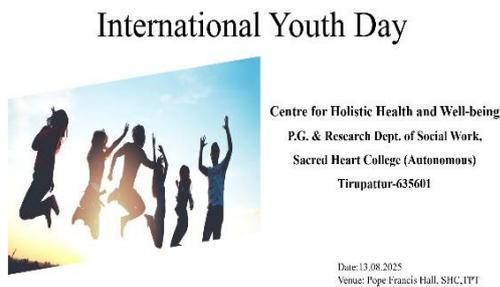
- Experience real-world employee engagement strategies through cultural and recreational activities
- Understand the role of social work in industrial settings, particularly in HR and welfare domains

International Youth Day

A special program to commemorate “**International Youth Day**” was organized for the **NSS Students** at Pope Francis Hall, Sacred Heart College (Autonomous), Tirupattur, on **13.08.2025**, from **2.30 p.m. to 4.00 p.m.** The event was initiated by **Dr. Mohan Gandhi**, Department of Tamil, who welcomed the gathering and set the tone for the session.



The keynote address was delivered by **Prof. M. Preethi** from the “**Centre for Holistic Health and Well-being**”, P.G. & Research Department of Social Work. She spoke on the theme “**Local Youth Actions for the SDGs and Beyond**”, emphasizing the vital role of young people in driving social change and sustainable development.



The address highlighted the **challenges faced by today's youth** and was structured around the

5Cs of youth empowerment:

- **Confidence**
- **Character**
- **Competence**
- **Connection**
- **Contribution**

To inspire the students, she described upon real-life examples of global youth icons such as **Malala Yousafzai**, **Greta Thunberg** and **Jack Andraka** who represent courage, leadership and innovation.

As part of the program, the students collectively took a **pledge to combat drug abuse**, reinforcing their commitment to personal growth and societal well-being.



The session was highly motivating, encouraging students to become **change-makers in society** by contributing positively to their communities while aligning their efforts with the **Sustainable Development Goals (SDGs)**.

The program concluded with an interactive discussion and left the participants deeply inspired to embrace their role as active contributors to nation-building and global progress.

Develop interpersonal and communication skills through cross-sector interaction

Reflect on the value of cultural expression in building workplace morale and inclusivity

Gain insights into career pathways and professional expectations within corporate environments

Graduate Attributes Strengthened

- Professionalism: Exposure to industrial protocols, HR practices, and employee engagement strategies
- Cultural Competence: Appreciation for traditional art forms and their role in community-building
- Teamwork & Collaboration: Active participation in group activities and peer coordination
- Communication Skills: Engaging with employees, HR professionals, and peers in diverse settings
- Leadership & Initiative: Organizing and facilitating games and cultural segments with confidence
- Adaptability: Navigating unfamiliar environments and responding to dynamic group interactions



Conclusion

The visit concluded with a small gathering where the Duroflex team expressed appreciation for the trainees' performances and engagement. As a token of gratitude, the trainees were presented with gifts, symbolizing the mutual respect and goodwill fostered through the partnership.

HR Forum Activity Report

Date: 26 August 2025

Time: 2:30 PM – 3:30 PM

Venue: HR Forum Classroom

Organized by: HR Specialization, P.G. & Research Department of Social Work

Institution: Sacred Heart College (Autonomous), Tirupattur District

Introduction

The HR specialization of the P.G. & Research Department of Social Work had a forum session with a thematic focus on “Work-Life Balance.” This interactive and reflective session was designed to introduce first-year MSW trainees to the complexities of maintaining equilibrium between professional responsibilities and personal wellbeing a foundational concept in human resource development and social work practice.

The forum served as a platform for experiential learning, peer engagement, and value-based discussion, aligning with the department’s commitment to holistic education and professional preparedness.

Welcome Address

The session commenced with a warm and enthusiastic welcome by Mr. Joshva P, who addressed the trainees with heartfelt joy and encouragement. His remarks emphasized the significance of forum-based learning in shaping the professional identity of social work students and acknowledged the excitement surrounding the first formal gathering of the new batch.

Theme Introduction: Work-Life Balance

Mr. Joshva introduced the theme by contextualizing the concept of work-life balance within the social work and HR sectors. He highlighted the increasing relevance of this topic in today’s fast-paced professional environments, where burnout, stress, and blurred boundaries often challenge personal wellbeing.

The trainees were encouraged to reflect on:

- The importance of setting boundaries
- Strategies for managing stress and workload

- The ethical implications of imbalance in helping professions
- The role of organizational culture in supporting employee wellbeing

This thematic framing laid the groundwork for deeper engagement throughout the session.



TED Talk Screening

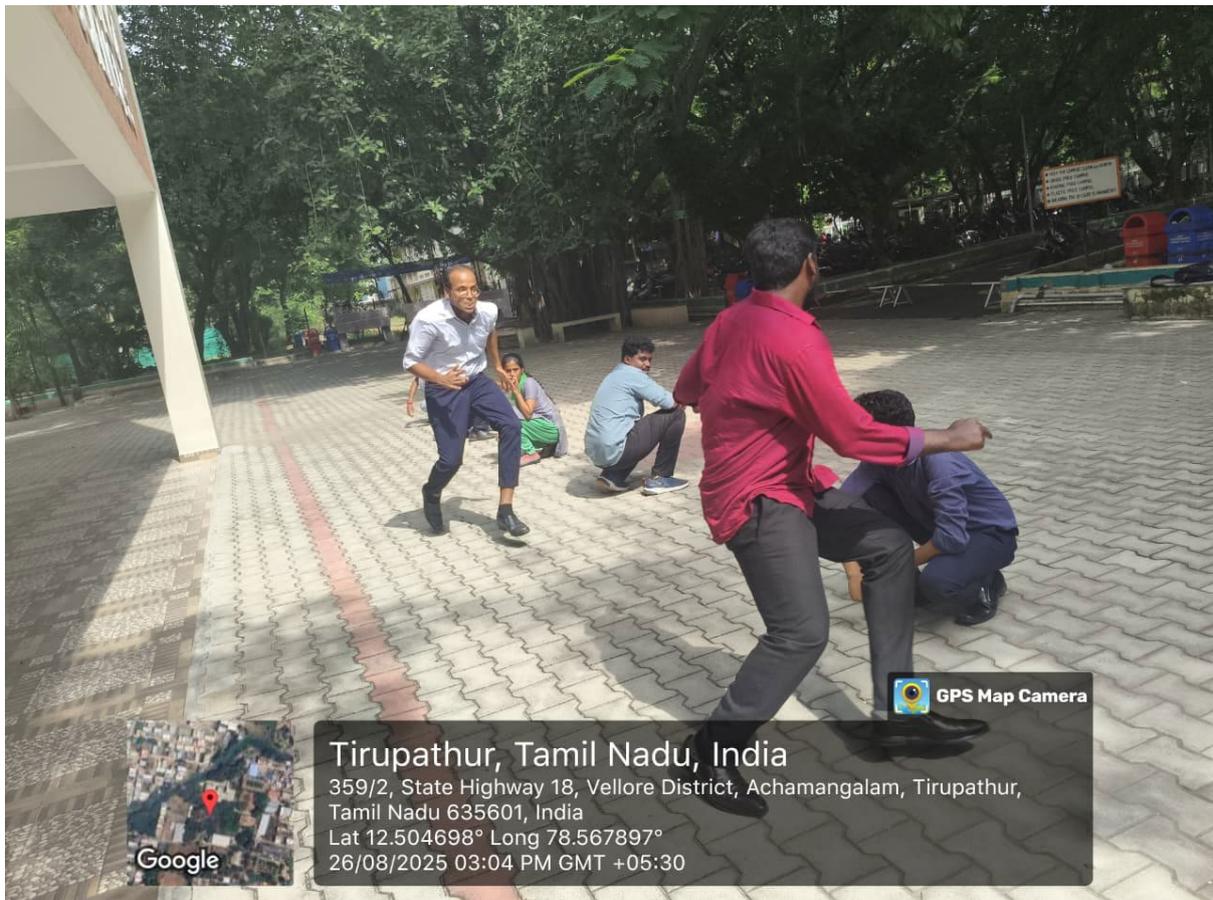
As part of the forum’s experiential learning approach, a carefully selected TED Talk was screened to provide trainees with a compelling, real-world perspective on the theme of **Work-Life Balance**. The video featured a seasoned professional sharing personal narratives of navigating career demands, emotional fatigue, and the pursuit of sustainable wellbeing.

The speaker’s candid reflections on burnout, boundary-setting, and the cultural pressures of productivity offered trainees a nuanced understanding of the psychological and social dynamics that shape professional life. Through storytelling, humor, and vulnerability, the talk bridged theory with lived experience making abstract concepts tangible and emotionally resonant.

Key takeaways included:

- The value of intentional rest and recovery
- The psychological impact of overwork
- The importance of self-awareness and prioritization
- How resilience and support systems contribute to balance

The video served as a powerful visual and emotional anchor for the session's learning objectives.



Interactive Activity: KHO-KHO

In a creative twist, **Mr. Kishore Kumar** facilitated a physical activity **KHO-KHO** to reinforce the session's theme. This traditional game was chosen not only for its energizing effect but also as a metaphor for agility, teamwork, and mental clarity.

The activity helped trainees:

- Release academic and emotional tension
- Experience the value of movement and play in professional life
- Reflect on the need for balance between action and rest
- Strengthen peer bonds through shared experience

“Balance is not just a concept it’s a rhythm. Today, we practiced that rhythm together.”

-Mr. Kishore Kumar

Learning Outcomes

By the end of the session, trainees were able to:

- Define and contextualize work-life balance in HR and social work settings
- Identify key stressors and coping mechanisms relevant to their future roles
- Reflect on personal values and boundaries related to professional wellbeing
- Engage in experiential learning through multimedia and physical activity
- Connect theoretical insights with real-world applications and ethical considerations

Graduate Attributes Strengthened

- **Self-Awareness**
Recognizing emotional and physical limits in professional settings
- **Teamwork & Collaboration**
Building peer relationships through shared activities and dialogue
- **Resilience**
Developing strategies to cope with stress and adapt to challenges
- **Ethical Practice**
Understanding the moral dimensions of wellbeing and professional responsibility
- **Communication Skills**
Practicing active listening, reflection, and respectful exchange

- **Professionalism**

Appreciating the role of balance in sustainable career development

Conclusion

The HR Forum session on *Work-Life Balance* marked a meaningful beginning for the first-year MSW trainees. Through thoughtful discussion, multimedia engagement, and physical activity, the session fostered a deeper understanding of personal and professional wellbeing. It reaffirmed the department's commitment to nurturing socially responsible, emotionally intelligent, and ethically grounded professionals.

Welcome address by Joshva. P

Theme: Work life balance

In the beginning of the session Mr. Joshva introduced about the work life balance in the field in which the trainees are eagerly awaiting to know about the skills that have to be learnt by every individual.

A small speech as be described at the opening and the trainees came to know about the topic which they are going to know

TED talk:

A ted talk video was played to ensure the struggles that was faced by the people in the field of work, through that TED talk the trainees came to know about how they can get rid of the struggles that they might face in the field that they work.

Activity conducted:

A small game “KHO-KHO” was conducted by Mr. Kishore Kumar to the trainees to ensure they were engaged with proper cleared mindset.

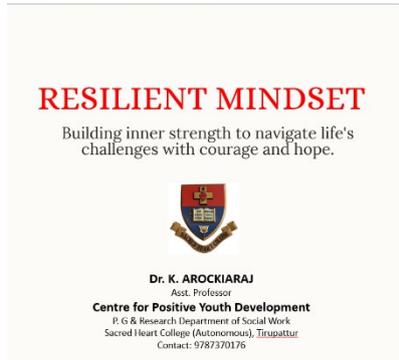
Activity by Mr. Kishore Kumar

Conclusion:

The program ends with proper knowledge about the work life balance with the job with real life experience of the person who has been on the field for 15+ years.

Awareness Programme on Suicide Ideation and Resilient Mindset

02.09.2025 | Centre for Positive Youth Development | Dept. of Social Work | Sacred Heart College



Dr. K. Arockiaraj, Assistant Professor from the Centre for Positive Youth Development, PG & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur, handled an engaging session on “*The Art of Building a Resilient Mind*”, creating awareness

among students on suicide ideation, stress management, and resilience-building strategies. The National Service Scheme (NSS), All India Catholic University Federation (AICUF), and Red Ribbon Club (RRC) of Sacred Heart College (Autonomous), Tirupattur, jointly organized an invited talk titled “*The Art of Building a Resilient Mind*” on 2nd September 2025 at the MT Hall. The programme aimed to create awareness among college students about suicide ideation, its underlying causes, and the importance of building resilience to face life’s challenges. About 250 students took part in the session, making it an engaging and transformative experience.



The programme began with a warm welcome address delivered by Dr. V. Madhan Kumar, who highlighted the need for students to strengthen their mental health and develop resilience to cope with academic and social pressures. Following this, Rev. Fr. S. Henry Daniel Ambrose, Vice-Principal (Administration), felicitated the gathering. He appreciated the collaborative efforts of NSS, AICUF, and RRC in addressing an issue of great concern among youth, and stressed the relevance of such programmes in creating a positive campus environment.

Dr. K. Arockiaraj, Assistant Professor, Centre for Positive Youth



Development, PG & Research Department of Social Work, Sacred Heart College handles a session titled *Resilient Mindset: Building Inner Strength to Navigate Life's Challenges with Courage and Hope*, focused on the psychological roots of suicidal thoughts hopelessness, helplessness, and worthlessness. He explained that these emotions, though intense, are not permanent and can be overcome with the right perspective and support. He emphasized that failures should not be seen as endpoints but as stepping stones to success, citing examples of personalities who rose to greatness after setbacks.

The session was highly interactive and filled with engaging activities that encouraged reflection and participation. Symbolic exercises such as the “How heavy is this?” activity helped students understand how stress becomes heavier the longer it is carried. Group discussions and role-play exercises encouraged students to think about resilience as a skill that can be cultivated in daily life. In addition, a self-assessment test was administered to all participants to help them measure their levels of stress and coping ability. This exercise promoted self-awareness and allowed students to reflect on their personal emotional well-being.

Through the session, students gained valuable insights into practical ways of developing resilience. They learned the importance of acknowledging emotions



without shame, practicing mindfulness and grounding techniques, cultivating hobbies and positive activities, and maintaining authentic social connections instead of relying excessively on digital interactions. The resource person stressed that seeking help is not a sign of weakness but a mark of strength and courage. These lessons collectively enabled the students to recognize that resilience does not mean avoiding problems but developing the capacity to bounce back from them with determination and hope.

Learning Outcomes

By the end of the session, students were able to:

- **Understand the psychological roots of suicide ideation**, including feelings of hopelessness, helplessness, and worthlessness, and recognize their impermanence.
- **Identify practical strategies for stress management**, such as mindfulness, grounding techniques, and emotional regulation.
- **Reflect on personal emotional wellbeing** through symbolic exercises and self-assessment tools, fostering deeper self-awareness.
- **Recognize resilience as a learnable skill**, cultivated through daily habits, authentic relationships, and constructive responses to failure.
- **Challenge stigma around mental health**, embracing help-seeking as a courageous and empowering act.
- **Engage in peer dialogue and experiential learning**, using role-play and group discussions to internalize key concepts.

Graduate Attributes Strengthened

- **Emotional Intelligence**
Ability to recognize, understand, and manage personal emotions and empathize with others in challenging situations.
- **Resilience**
Capacity to recover from setbacks, adapt to change, and maintain wellbeing in the face of adversity.
- **Self-Awareness**
Insight into personal stress levels, emotional triggers, and coping mechanisms through reflective exercises.
- **Ethical Responsibility**
Commitment to fostering inclusive, stigma-free environments that prioritize mental health and human dignity.

Report on Four-Day Inner Child Healing Program

**Organized by Anugraha – Capuchin Institute of Counselling,
Psychotherapy & Research**

Nochiodaipatti, Dindigul – 624 003, Tamil Nadu, India

(In collaboration with Alagappa University | Recognized by Toronto Centre for
Psychotherapy and Counselling Education (TCPCE) | ISO 9001:2015 Certified)

Duration: 11/09/2025 – 14/09/2025 (4 Days, 30 CPD Hours)

Participants: 50+ Members

Introduction

A four-day **Inner Child Healing Program** was conducted at **Anugraha Institute of Counselling, Psychotherapy and Research, Dindigul** from 11th to 14th September 2025. The program aimed to help participants explore their inner child, heal past wounds, strengthen emotional wellbeing, and develop a deeper understanding of personal growth and interpersonal relationships.

The program was highly interactive, combining lectures, activities, therapies, art, and reflective exercises.

Objectives

1. To understand the **concept of the inner child** and its impact on personal growth.
2. To provide **therapeutic techniques** for addressing childhood wounds, fears, and primal pain.
3. To explore **bonding patterns**, emotional needs, and relationship dynamics.
4. To use **art, play, and expressive therapies** for healing and self-discovery.
5. To practice **reparenting and grief therapy** as tools for emotional integration.
6. To encourage **self-reflection, relaxation and stress management** through experiential learning.

Participants

A total of **50+ members** attended the four-day residential program at Anugraha Institute. Participants included:

- **Students and Professors from Sacred Heart College, Tirupattur** (Departments of Social Work – Medical & Psychiatric Specialization, and Psychology)
- Participants from other institutions

This diverse group enriched the program by bringing varied perspectives and experiences into the sessions.

Day 1 – Healing the Inner Child (11.09.2025)

The program began at 9:00 a.m. with a prayer song led by **Fr. Sathyan**. Sessions covered:

- Conscious, unconscious, and subconscious mind
- History of Anugraha and the inner child
- Imprinting and its aspects

Sr. Princy conducted activities and sessions on child upbringing, bonding with parents, and stages of child growth.

In the afternoon, **Fr. Sathyan** led sessions on:

- Marshmallow Experiment (SQ, PQ, IQ, EQ)
- Signs of the inner child
- Signs and causes of primal pain
- Inner child dialogues

Evening session by Sr. Princy included:

- Mind lock, mind fixation and anchoring
- Negative locks: unfulfilled dreams, unfinished business, unintegrated self, addiction lock, power lock, avenger lock, arrogance lock, ethnicity lock, stubbornness lock, self- depreciation lock.



Day 2 – Healing the Inner Child (12.09.2025)

The day began with a prayer song by

Fr. Sathynathan. Sessions included:

- **Tridoshas in Ayurveda** (Vata, Pitta, Kapha) and their management
- Introduction to **Fear Therapy**
- Activity on fear and anxiety: **Shivering Therapy** (with blindfolds), reflection on negative memories, and drawing fears

In the afternoon, participants engaged in:

- Counseling Art and Expressive Art Therapy
- Six Piece Story Method (6PSM)
- Drawing a house with three people
- Sharing five favorite songs

Evening session: **Body movement therapy through dance** (Jump-o-bird, Bhangra, belly dance, folk dance, happiness movements).

The day closed with **relaxation and stress release**, ending at 7:45 p.m.

Day 3 – Healing the Inner Child (13.09.2025)

The day began with **Fr. Sunder Wilson**, who spoke on:

- Journey of Hearts – consciousness and unconscious mind
- Aspects of Partner Bonding (romantic, intimacy, sexual, touch needs)
- Stages of Romantic Bonding: Attraction, Infrastructure, Hatred, Reality After a **Love Moment activity**, sessions continued until lunch.

Afternoon by Fr. Sahaya Raj:

- Childhood play activities
- Laughing Buddha and 12 steps of happiness
- Art and drawing on happiness



(Fig 3- Fr. Sathian Innasi taking the session)

Evening session by Fr. Sathain Innasi:

- Gender Differentiation and Integration
- Gender Programming: Anima and Animus Integration
- Moon and Sun as symbols of female and male characteristics

The formal sessions ended at 7:30 p.m., followed by a **campfire (8:30 – 9:30 p.m.)** with dance and fellowship.



(Fig 4 - Participants are dancing in the camp fire)

Day 4 – Healing the Inner Child (14.09.2025)

The final day began with an **action song** to energize participants.

Session 1 – Fr. Sahayaraj (Reparenting):

- Reflective writing: lovable moments with parents, unmet childhood needs
- Group activity: nurturing care through words of affirmation and cradle exercise (bedsheet rocking)

Session 2 – Sr. Vincy (“I Have a Dream”):

- Visualization and goal-setting
- Vision Board
- SMART and Force-field analysis
- Emphasis on achieving happiness through personal goals

Session 3 – Fr. Sathyanadhan (Grief Therapy):

- Orientation and guided therapeutic activities for processing grief.

The program concluded with:

- Feedback session
- Thanksgiving
- Certificate distribution
- Group photography

Conclusion

The four-day **Inner Child Healing Program** at Anugraha Institute provided participants with deep insights into emotional wellbeing, personal growth, and healing childhood wounds. Through lectures, experiential activities, art, play, reparenting, and grief therapy, participants gained valuable tools for self-awareness and resilience.

The program fostered **bonding, joy, reflection, and healing**, leaving lasting impressions on all who attended.

Artifacts



Fig 5- Group photo with the resource persons who took the sessions



While the participants taking part in the dance therapy



While the participants dancing the action song

HR Forum Activity – 16th September 2025

Introduction

The HR Forum at conducted a set of interactive activities to enhance team spirit, problem-solving, and coordination among students. The activities involved both first-year and second-year HRM students, encouraging collaboration across batches. Through these exercises, participants experienced the importance of teamwork, resource utilization, and strategic thinking, which are essential in Human Resource Management.

Activity 1: "Resource Stretch Challenge"

Description:

Students were divided into two teams (Team A and Team B) consisting of a mix of first-year and second-year HR students. Each team was asked to form the **longest possible line within 5 minutes** using only personal belongings such as ID cards, pens, shoes, and belts. No external items were allowed.

- Both teams actively participated by pooling their resources.
- Team B successfully created a longer line and was declared the winner.

HR Connection:

This activity highlighted key HR concepts:

- **Resource Management:** Effective use of available resources without external dependence.
- **Team Collaboration:** Success depends on contribution and cooperation of each team member.
- **Time Management:** Achieving goals within limited time is critical in organizational settings.



Activity 2: "Seven Stones"

Description:

The second activity was based on the traditional game of *Seven Stones*, where both teams played multiple sets (around 5–6). Each set was scored, and at the end of all rounds, **Team B emerged as the overall winner**.

HR Connection:

This game demonstrated important HR learnings:

- **Strategy and Planning:** Teams had to plan each move carefully to win.
- **Decision-Making:** Every throw or move involved, reflecting workplace decision-making.
- **Healthy Competition:** Encourages performance improvement and motivation among employees.
- **Resilience:** Losing a round did not stop the teams from trying again, showing persistence in achieving organizational goals.





Outcomes of the HR Forum Activities

1. Enhanced bonding between first-year and second-year HR students.
2. Practical understanding of teamwork, leadership, and communication.
3. The importance of resource management, planning, and adaptability.
4. Motivation to think strategically under pressure.
5. Promotion of a positive and engaging HR learning environment.

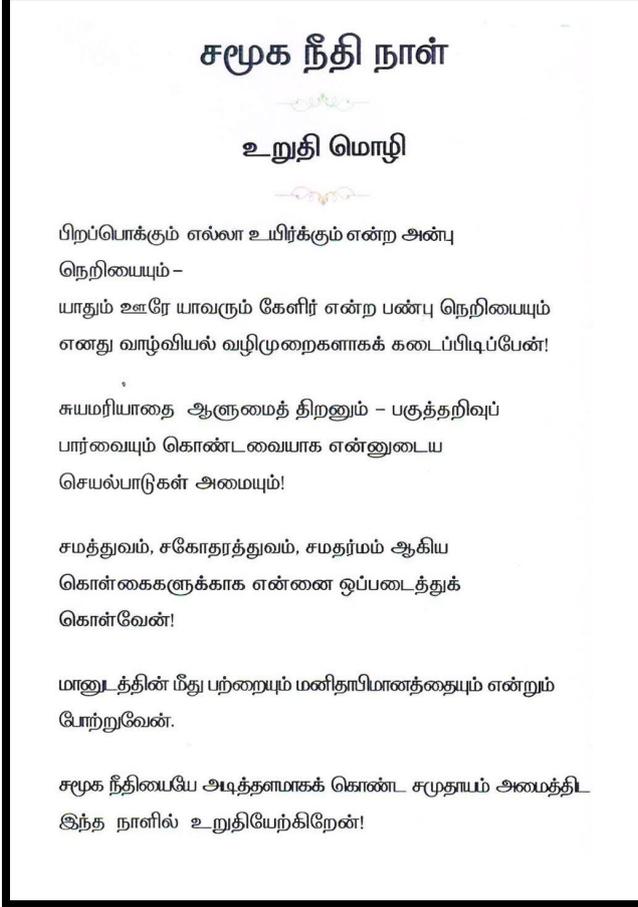
HR Mapping

Activity Element	HR Concept	Explanation
Using own items & Strategy	Resource Management	Optimal use of available resources within constraints.
Team members	Team Collaboration	Success achieved through collective effort and trust.
5-minute time limit & 5 Set of Try	Time Management	Achieving objectives within deadlines, similar to workplace tasks.
Team B's approach	Collaborative & Strategy	Creative approach leads to better outcomes.

OBSERVANCE OF SOCIAL JUSTICE DAY

Date: 17th September 2025

Venue: BISS Block, Sacred Heart College (Autonomous), Tirupattur District – 635601



Introduction

As part of the observance of Social Justice Day on 17th September 2025, Sacred Heart College (Autonomous), Tirupattur, organized a pledge-taking ceremony to reaffirm the values of social equality, fraternity, and justice.

The programme commenced with a brief address by Rev. Dr. D. Maria Antony Raj, Principal, Sacred Heart College (Autonomous), who highlighted the significance of the day, which coincides with the birth anniversary of Periyar E. V. Ramasamy (தந்தை பெரியார்), a pioneering social reformer and

staunch advocate of social justice.

Programme Overview

The pledge was administered by Dr. K. Arockia Raj, Assistant Professor, P.G. & Research Department of Social Work, and was collectively recited by all participants with a spirit of unity and commitment.

The event witnessed the participation of over 300 students from the following departments:

- P.G. & Research Department of Social Work
- P.G. Department of Social Work – HRM
- P.G. Department of Counselling Psychology
- Department of Psychology



During the ceremony, the students and faculty members voiced the pledge in one spirit, affirming their role in carrying forward the legacy of social reformers and upholding the values of human rights and dignity in their personal and professional lives. Their vibrant involvement demonstrated the deep sense of responsibility felt by



the younger generation toward creating a socially just society.

Significance of the Event

The observance of Social Justice Day at Sacred Heart College went beyond a symbolic exercise; it became an occasion to engage students with the enduring relevance of Periyar's philosophy in contemporary times. The ceremony highlighted the responsibility of academic institutions to nurture critical thinking, social awareness, and ethical commitment among students. By taking the pledge, the students and staff of Sacred Heart College reaffirmed their determination to stand against discrimination, promote inclusivity, and work towards building a society where every individual is treated with dignity and fairness.



Conclusion

The successful observance of Social Justice Day at Sacred Heart College (Autonomous), Tirupattur, stands as a testament to the institution's ongoing commitment to values of justice and equality. With the active participation of faculty and students, the event not only paid tribute to Thanthai Periyar's birth anniversary but also reinforced the collective responsibility of the academic community to embody and promote social justice in all walks of life.

INDUSTRIAL VISIT REPORT

Date: 19 September 2025

Visit Place: Hosur

Organizations Visited:

1. Venkraft Paper Mills Pvt. Ltd – Unit 2,
2. TVS Motor Company – Plant 9 and
3. Camp Revive - Hosur



Introduction

As part of the academic requirement of the Social Work curriculum, a one-day industrial visit was organized to Hosur on 19th September 2025. The primary objective of this visit was to provide trainees

with practical exposure to industrial operations, manufacturing processes, workforce management practices, and team-building activities, thereby bridging the gap between classroom learning and real-world experience. The group assembled at the college chapel early in the morning, where the visit commenced with a short prayer invoking blessings for a safe and productive journey. The bus departed from the college campus at 6:15 AM, and after a pleasant journey filled with enthusiastic discussion and expectation, the team reached Venkraft Paper Mills Pvt. Ltd – Unit 2 at approximately 8:40 AM.

Visit to Venkraft Paper Mills Pvt. Ltd – Unit 2

Orientation: Upon arrival, the trainees were welcomed by Mrs. Janani, who gave an in-depth orientation about the company. Established in 2004, Venkraft Paper Mills is a key player in the paper manufacturing sector, producing high-quality Kraft paper, duplex boards, and specialty paper products used for packaging, printing, and disposable goods.

Mrs. Janani elaborated on the company's commitment to sustainability, explaining how the use of recycled fibers contributes to eco-friendly production. She also spoke

about Venkraft's ability to innovate and adapt to market needs, which has enabled the company to serve both domestic and international markets effectively.



Manufacturing Process

The trainees were guided through the factory by Mr. Tamil Selvan, who meticulously explained every step of the paper production process. The visit provided first-hand exposure to:

- Pulping: Conversion of raw material, including waste paper, into pulp.
- Cleaning and Pressing: Removal of impurities and preparation of pulp.
- Drying and Rolling: Formation of paper sheets which are rolled for commercial use.
- Duplex Paper Production: Manufacturing of two-layered sheets, one smooth and white for printing, and the other grey or brown for packaging applications.

Mr. Tamil Selvan also shared practical insights into procurement challenges (raw materials costing ₹8/kg in Tamil Nadu vs ₹2/kg from other regions) and explained how Unit 1 and Unit 2 differ in terms of workforce and departmental structure.

Interaction with HR Manager

One of the highlights of the visit was the interactive session with Mr. Cruz, the HR Manager and a proud alumnus of our college. He spoke candidly about the company's workforce composition, where 80% of the workers are from North India,

working in a three-shift system to handle the daily 150-ton raw material intake. Mr. Cruz emphasized the importance of workplace safety, admitting that preventing accidents remains a major challenge. He explained that the company holds FSC certification, which reinforces its commitment to sustainable practices. The session offered valuable insight into industrial relations, communication channels, and the expectations placed on workers to report safety concerns promptly.

Vote of Thanks

At the conclusion of the visit, mementos were presented to the management team as a token of gratitude. Mr. Ebinesar presented a memento to Mr. Cruz, and Mr. Kani Amuthan to the HR Executive. Ms. Hemamalini delivered the formal vote of thanks, acknowledging the warm welcome and valuable guidance received.



VISIT TO TVS MOTOR COMPANY – PLANT 9



Orientation: The second phase of the industrial visit took place at the TVS Motor Company Plant. Ms. Asuvitha delivered a comprehensive orientation, tracing the company's journey from its beginnings as a bus service in Madurai in 1911 to its emergence as one of India's leading manufacturers of two- and three-wheelers.

Plant Visit and Observations

The trainees were given waistcoats for safety and taken on a guided tour of Plant 9, which is dedicated to the manufacturing of three-wheeler vehicles. Ms. Subha, the HR Executive, explained the layout and operations of the plant, including:

- Machine Unit: 43 machines working in precision manufacturing.
- Engine Assembly: A single conveyor with 18 machines dedicated to engine production.
- Vehicle Assembly: U-shaped conveyor facilitating efficient vehicle assembly.
- Export Painting Unit: 80% automated processes for high-quality finishing.

The trainees learned that TVS produces three-wheelers in a wide range of colors, including pink models designed to promote women's safety, showcasing the company's socially responsible initiatives.

Employee Welfare and Safety

TVS was commended for its emphasis on safety protocols and employee welfare schemes, including health support and ergonomic working conditions. The exposure helped trainees appreciate the balance between productivity and worker well-being in a large-scale manufacturing environment.

Vote of thanks

Mementos were presented to the HR team and alumni working at TVS. Ms. Kowsalya delivered the vote of thanks, acknowledging the knowledge-sharing and warm hospitality extended by TVS.

VISIT TO CAMP REVIVE – HOSUR



Orientation

The final segment of the day was a visit to Camp Revive, an outdoor activity center in Mathigiri designed to enhance physical fitness, teamwork, and leadership skills.

Activities and Learning

Under the guidance of Mr. Vinoth and Mrs. Sudha (an alumni of the college), the trainees participated in a series of engaging activities:

- Trust-building exercises to improve interdependence.
- Concentration and observation games to sharpen focus.
- Physical balancing challenges to develop coordination.
- Motivational session on leadership, emotional regulation, and life balance, where Mrs. Sudha emphasized that a true leader must embrace challenges and persist on the harder path.

The interactive session left a lasting impression, as trainees were encouraged to adopt daily habits for personal growth and to practice emotional intelligence in their professional and family lives.

Vote of thanks

The day concluded with a vote of thanks delivered by Mr. Hariharan, expressing gratitude for the enriching experience. The session ended with a group photograph, marking the day as both memorable and impactful.

Learning Outcomes

- Gained practical knowledge of paper manufacturing, three-wheeler production, and industrial operations.
- Observed HR management practices, safety measures, and workforce welfare schemes.
- Developed an appreciation for industrial discipline, productivity targets, and quality control processes.
- Learned the importance of leadership, teamwork, and emotional balance through outdoor activities.
- Connected classroom theories of labor relations, occupational health, and organizational behavior with real-life scenarios.

Conclusion

The industrial visit was a holistic learning experience that successfully combined technical exposure, human resource insights, and personal development activities. The visits to Venkraft Paper Mills and TVS Motor Company provided valuable understanding of large-scale manufacturing processes, while Camp Revive allowed trainees to strengthen their teamwork, leadership, and emotional resilience.

This experience not only enhanced academic learning but also instilled a deeper appreciation for the challenges and opportunities of the industrial sector, making it a significant milestone in the professional development of the trainees.

ALUMNI ENGAGEMENT

Date: 23.09.2025

Venue: Thanthai Periyar Hall

Introduction

As part of its ongoing alumni connective initiative, the P.G. & Research Department of Social Work at Sacred Heart College (Autonomous), Tirupattur, proudly welcomed one of its most illustrious alumni, Senthamizhsudar Mr. K. Sivakumar, for a special guest lecture on 23rd September 2025.



Mr. Sivakumar, a prominent media professional with SUN TV Network Limited, also serves as Head of the Research Division at Veils College, Chennai. Widely recognized for his wit, humor, and motivational presence, he is a celebrated speaker across media forums and academic platforms. A member of the 1984–1986 MSW batch, Mr. Sivakumar embodies the enduring legacy and transformative spirit of Sacred Heart College's social work program.



Overview

The event commenced with a warm and thoughtful welcome address by Dr. C.R. Christi Anandan, Head of the P.G. & Research Department of Social Work. His words set the tone for a meaningful gathering that honoured both legacy and aspiration.

Mr. Sivakumar then took the stage, addressing all first and second-year MSW students in a vibrant and engaging session. His lecture focused on the vital themes of education, health, and wellbeing the core pillars of social work and personal development. His talk was a masterclass in motivation, insight, and human connection. Drawing from his rich professional journey and personal reflections, he delivered a lecture that was both entertaining and transformative.



- **Education as Empowerment:** He emphasized that education is not just a pathway to employment but a lifelong tool for personal growth, empathy, and societal change.
- **Health and Wellbeing:** Stressing the importance of mental and physical wellness, he encouraged students to care for themselves while championing the wellbeing of others.
- **Aspiration and Impact:** With his signature humor and clarity, he urged students to “reach for the stars,” reminding them of their potential to lead, serve, and inspire.
- **Interactive and Engaging:** The session was filled with laughter, reflection, and active student participation. His anecdotes and humor made complex ideas accessible and memorable.
- **Humanistic Vision:** He closed with a powerful call to action challenging students to become better individuals, compassionate professionals, and agents of positive change.

The lecture left a lasting impression on students and faculty alike. Mr. Sivakumar’s presence rekindled alumni pride and reaffirmed the department’s commitment to nurturing socially conscious leaders. His words resonated deeply, inspiring students to embrace their roles with purpose, empathy, and excellence.



Conclusion

The program concluded with a heartfelt vote of thanks delivered by Professor Moieeson, who expressed deep appreciation for Mr. Sivakumar's inspiring presence and the impact of his message. This event marked a significant milestone in the department's alumni engagement efforts, bridging generations and celebrating the legacy of social work education at Sacred Heart College. Mr. K. Sivakumar's visit stands as a testament to the enduring power of connection, inspiration, and community.

Ethnic Cultural Exchange Programme

Date: 17/09/2025

Venue: BISS Block, Sacred Heart College (Autonomous), Tirupattur District

Introduction

The Ethnic Cultural Exchange Programme organized on 17th September 2025 at the BISS Block of Sacred Heart College (Autonomous), Tirupattur, was a remarkable occasion that reflected the spirit of unity in diversity. The programme was conceptualized as an effort to create a common platform where students from diverse ethnic, linguistic, and cultural backgrounds could share their traditions, learn from one another, and celebrate their collective identity as part of the MSW community.

The event began at 3:00 PM with much anticipation and enthusiasm. The Masters of Ceremony, Ms. Athia and Ms. Samanvaya Vincent of II MSW, seamlessly anchored the programme. Their confident presence, warm introductions, and timely transitions ensured the event flowed smoothly, while also keeping the audience engaged throughout.

Programme Overview

The sequence of events unfolded as a rich tapestry of music, dance, cultural gestures, and interactive activities that embraced both traditional and contemporary elements.

Welcome Song

The programme was inaugurated with a welcome song, rendered beautifully by Fr. Stio, Ms. Anitamol Jose, and Ms. Samanvaya Vincent. Sung in the traditional style of Kerala, the melody set a serene and welcoming tone, inviting the audience into a space of cultural appreciation. The song not only represented Kerala's musical heritage but also symbolized the act of embracing one another's cultural expressions with openness.

Welcome Dance – Tamil Nadu Tradition

Following the song, the stage came alive with a welcome dance performed by Ms. Dhanalakshmi and her team. Through their graceful movements, the team reflected the classical and folk elements of Tamil Nadu's tradition. The audience responded with resounding applause, acknowledging the beauty and pride of the Tamil culture.



Tamilian 'Aarathi' – Gesture of Inclusion



A heartwarming segment followed, where the non-Tamilian MSW students were welcomed through the Tamilian tradition of "aarathi". This symbolic gesture carried deep significance it was not just a ritual of reception but an act of cultural inclusion, respect, and unity. It

highlighted the spirit of hospitality that Tamil Nadu is known for, making students from other states feel valued and at home.

Fun Activities – Lemon and Spoon Race

To balance the cultural richness with joy and laughter, the programme moved into fun activities. The classic Lemon and Spoon Race brought the crowd to life, as both students and faculty participated with childlike enthusiasm. The competition saw playful cheering, laughter, and light-hearted moments, strengthening bonds among participants and breaking down barriers between students and staff.



Kerala Dance Performance

The stage once again transformed as Ms. Anita and her team presented a traditional Kerala dance. With vibrant costumes and rhythmic steps, the performance transported the audience into the cultural landscape of Kerala. The dance not only entertained but also educated the spectators about the distinct expressions of the state's folk traditions.



Humur Dance of Assam

The cultural journey then moved to the northeast, with the Jhumur dance of Assam. In this segment, participants formed a lively circle and performed the dance together. The collective nature of the performance encouraged active participation, engagement, and a sense of belonging. The audience, irrespective of their ethnic background, immersed themselves in the rhythm, demonstrating the unifying power of cultural exchange.



Cultural Song of Manipur

From Assam, the programme transitioned to Manipur, where Ms. Athia and her team sang a traditional Manipuri song. The melodic rendition conveyed the lyrical and soulful traditions of the region, offering the audience a glimpse into the artistic sensibilities of Manipuri culture.



Thabal Chongba Dance of Manipur

Continuing the Manipuri tradition, the Thabal Chongba dance was performed. True to its spirit, the dance required everyone to gather in a circle and move together, learning the steps and rhythms. What made this special was the participatory nature students and faculty alike joined in, making the dance not just a performance but an interactive cultural learning experience.



Ramp Walk – Confidence and Fun

A lively and entertaining Ramp Walk followed, where both students and faculty took to the stage. This segment brought joy, laughter, and confidence to the participants. The Ramp Walk created an informal space where cultural attire, personal style, and self-expression

blended together, further boosting the confidence of students while adding a light-hearted dimension to the programme.

Oyilattam Dance of Tamil Nadu

As the event neared its cultural crescendo, the Oyilattam dance of Tamil Nadu was performed. This vibrant folk dance, characterized by synchronized steps and rhythmic patterns, showcased the dynamism of Tamil Nadu's heritage. The performance was not just about entertainment but also about keeping alive the traditions that bind communities together.



Group Photo Session

To commemorate the memorable gathering, all participants and faculty assembled in front of the BISS Block for a group photo session. This moment captured the collective joy, unity, and cultural pride that the event had fostered.



Tug of War – Spirit of Healthy Competition

Adding excitement and energy, a Tug of War was organized between the first-year and second-year MSW students, held separately for boys and girls. The atmosphere was electric as teams pulled with determination, while spectators cheered with enthusiasm. The event highlighted teamwork, sportsmanship, and friendly rivalry, reinforcing unity through competition.



Vote of Thanks and Conclusion

The programme concluded with a Vote of Thanks, where the organizers expressed gratitude to the faculty, student participants, and everyone who contributed to the success of the event. The words of appreciation underscored the collaborative spirit behind the programme.

Significance of the Event

The Ethnic Cultural Exchange Programme was much more than a sequence of cultural performances. It served as a living classroom of intercultural dialogue and learning, where students had the opportunity to:

- Experience and appreciate the traditions of diverse states like Tamil Nadu, Kerala, Assam, and Manipur.
- Build confidence by participating in activities ranging from performances to ramp walks.
- Strengthen bonds of solidarity and respect among classmates and faculty through both cultural and fun activities.
- Understand that cultural exchange is not about showcasing differences but about discovering shared humanity through tradition, music, and joy.

The programme highlighted the richness of India's diversity within the microcosm of the MSW community. It encouraged students to take pride in their heritage while learning to respect and value the heritage of others.

Graduate Attributes Fostered

- **Intercultural Competence:** Students demonstrated respect, empathy, and openness across cultures.
- **Collaborative Leadership:** Peer-led performances and activities showcased teamwork and initiative.
- **Confidence and Communication:** Ramp walks, anchoring, and participatory dances enhanced public speaking and self-expression.
- **Ethical and Inclusive Engagement:** Rituals like 'aarathi' and shared dances promoted equity and cultural humility.
- **Resilience and Joyful Learning:** Fun competitions nurtured sportsmanship and emotional intelligence.

Learning Outcomes Achieved

Students were able to:

- Identify and articulate the cultural significance of traditional practices from Tamil Nadu, Kerala, Assam, and Manipur.
- Engage in experiential learning through performance, participation, and peer interaction.

- Reflect on the role of cultural exchange in building inclusive academic communities.
- Apply principles of social inclusion and respect in diverse group settings.
- Demonstrate leadership and creativity in organizing and participating in cultural events.

SDG Relevance

This programme directly aligns with the following Sustainable Development Goals:

- **SDG 4 – Quality Education:** Promoted inclusive and equitable learning through cultural pedagogy.
- **SDG 10 – Reduced Inequalities:** Fostered intercultural respect and inclusion across linguistic and regional lines.
- **SDG 16 – Peace, Justice and Strong Institutions:** Strengthened social cohesion and participatory engagement within the academic community.

Indian Knowledge Systems (IKS) Relevance

This Ethnic Cultural Exchange Programme exemplifies the living essence of Indian Knowledge Systems by transforming cultural celebration into experiential learning rooted in indigenous wisdom. Its relevance spans across pedagogical, philosophical, and community-building dimensions:

1. **Embodied Learning through Indigenous Arts:** Performances such as *Oyilattam* (Tamil Nadu), *Thabal Chongba* (Manipur), and *Jhumur* (Assam) reflect IKS's emphasis on embodied cognition where knowledge is transmitted through movement, rhythm, and collective memory. These art forms are not mere entertainment but repositories of ecological, social, and spiritual knowledge.
2. **Rituals of Inclusion and Hospitality:** The TAMILIAN *aarathi* ritual extended to non-TAMILIAN students mirrors the IKS principle of *Atithi Devo Bhava* honoring the guest as divine. This act of cultural welcome reinforces values of respect, inclusion, and relational ethics central to dharmic traditions.

3. Pluralism and Unity in Diversity: IKS celebrates *Ekatma Manav Darshan* the vision of oneness in humanity. By showcasing traditions from Kerala, Assam, Manipur, and Tamil Nadu, the programme cultivated mutual respect and intercultural empathy, aligning with the IKS worldview that diversity strengthens social harmony.

4. Ethics, Aesthetics, and Community Wellbeing: The programme fostered *samyak sambandha* (right relationships) among students and faculty, promoting emotional intelligence, ethical conduct, and aesthetic appreciation. These align with IKS goals of nurturing *samskara* (refined character) and *lokasangraha* (welfare of all). By engaging with folk songs, traditional attire, and regional rituals, the event supported *parampara* (lineage-based transmission of knowledge). It encouraged students to value their roots while embracing others' a foundational IKS approach to cultural continuity.

This integration is especially significant in the context of the National Education Policy (NEP) 2020, which emphasizes the revitalization of IKS to foster culturally grounded, inclusive, and experiential learning. By aligning with IKS, the programme not only enriched the MSW curriculum but also advanced graduate attributes such as intercultural competence, ethical engagement, and collaborative leadership. It demonstrated how cultural exchange can serve as a transformative educational tool bridging tradition and innovation, and nurturing students as socially conscious, culturally literate citizens.

Conclusion

The Ethnic Cultural Exchange Programme held on 17th September 2025 at Sacred Heart College (Autonomous), Tirupattur, was thus a resounding success. With its blend of cultural performances, interactive activities, and joyful participation, the event not only entertained but also educated and united the MSW community. By bringing together students and faculty in a spirit of celebration and learning, the programme embodied the core values of inclusivity, mutual respect, and cultural pride. It stands as a testimony to the belief that diversity, when celebrated, strengthens bonds and builds communities rooted in respect and harmony.

The event concluded on a high note, leaving behind memories of joy, laughter, and cultural appreciation that will continue to inspire students in their academic and personal journeys.

ALUMNI ENGAGEMENT & SPONSORSHIP

Date: 18.10.2025

Venue: Department of Social Work

Introduction

As part of its enduring commitment to alumni engagement and institutional development, the P.G. & Research Department of Social Work at Sacred Heart College (Autonomous), Tirupattur, hosted a meaningful alumni interaction on 18 October 2025. The event welcomed Mr. Sanjay Rao, a distinguished member of the 2023–2025 batch, representing a cohort of socially conscious graduates who continue to uphold the department’s values of service, solidarity, and stewardship.



Alumni Contribution

In a gesture of gratitude and continued support, the alumni of the 2023–2025 batch collectively donated 100 plates valued at ₹5,000. This contribution directly supports the department’s infrastructure and student welfare initiatives, particularly in hosting community outreach programs, student seminars, and departmental gatherings.

The donation was formally presented to:

- **Dr. C.R. Christi Anadan**, Head, P.G. & Research Department of Social Work
- **Mr. Nicola Prakash**, Treasurer, Triputtur SHC Alumni Society & Tamil Nadu State Coordinator

Their presence underscored the importance of alumni-led philanthropy and the role of sustained partnerships in nurturing academic excellence and social impact.

Alumni Donors

The following alumni were acknowledged for their generous contribution and continued commitment to the department's growth:

ANTONY SANJAY S	AJAY R
JOSHITH DAISEENA SHAWLA J	PRIYA DHARSHINI S
NISHA S J	REMO ALBINUS R
SIBI ABISHEK A	BENZIGAR NOLAS M
MOZHIVANAN A	SWETHA S
STEFANIA ANCIL P	MAXI ASISSIONA C
SHARMILA A	LAKSHMI A
KRISHNA PRIYADHARSHINI G	MOSESVIMALDASS Y
HARSHITHA M	JOHN BARJO
PERIYANAYAGAM A	ARULANANDHU K
PRAKASH B	NARMADHA B
MICHAEL C	ANTONY THARUN S
EMILINRAJ C	GOWDAMAN R P
SANJAYRAO R	JOEVIRGIN S
ELAVARASAN S	NELSON KAMBA H
AMRITHA C D	DHARANI P



Significance & Impact

This act of giving reflects the department's culture of gratitude and civic responsibility. It also reinforces the alumni's role as co-architects of the department's legacy, contributing not only materially but also symbolically to the values of community and continuity. The plates will be utilized in various departmental functions, including student-led initiatives, outreach programs, and inter-departmental collaborations ensuring that the alumni's generosity continues to serve future generations.



Conclusion

The Department of Social Work extends its heartfelt appreciation to the 2023–2025 alumni batch for their thoughtful sponsorship and enduring connection to the institution. Their contribution is more than a material gift it is a reaffirmation of the department’s mission to cultivate socially responsible leaders and a reminder that the spirit of Sacred Heart College lives on through its alumni. This event serves as a model for future alumni engagement, encouraging ongoing collaboration, mentorship, and support. As the department continues to grow in scope and impact, such gestures of solidarity will remain vital in shaping a vibrant, inclusive, and service-oriented academic community.

CLASS QUALITY CIRCLE

I MSW 2025-2027 Batch – ODD SEMESTER 14.07.2025 to 18.10.2025

Introduction

The Class Quality Circle (CQC) for the I MSW batch (2025–2027) was established as a dynamic platform to foster academic excellence, personal growth, and social responsibility. Through a series of structured interventions and participatory activities, the CQC aimed to create a holistic learning environment that empowered students to take ownership of their educational journey while cultivating values of discipline, collaboration, and civic engagement.

1. Daily Recap Sessions

Each morning began with a student-led recap of the previous day's academic and experiential highlights. This practice was more than a routine it was a pedagogical tool that:

- Reinforced retention through verbal reflection
- Encouraged metacognition by prompting students to evaluate their own learning
- Created a shared narrative of progress and discovery

Students summarized key chapters, concepts, and classroom discussions, often linking them to broader social themes or personal insights. This ritual fostered accountability, improved articulation skills, and built a sense of collective ownership over the learning process.

2. Remedial Classes: Structure and Purpose

Recognizing the diversity of student backgrounds and learning styles, the department introduced remedial classes tailored to address linguistic and conceptual barriers.

These sessions were held in the afternoons and featured Bilingual Pedagogy: in which Tamil and English



were used in tandem to explain complex theories, ensuring accessibility for all students. Students debated and dissected concepts collaboratively. These methods bridged the gap between theory and practice, enhanced classroom participation, and built student confidence. The sessions also served as a safe space for academic recovery and growth.

3. Peer Learning Initiative



Peer learning was introduced as a strategic intervention to promote collaborative knowledge construction. Students were grouped based on complementary strengths and learning needs. Key features included:

- **Mentorship Chains:** Stronger students guided peers through difficult topics.
- **Co-learning Projects:** Pairs or small groups tackled assignments together.
- **Feedback Loops:** Students reviewed each other's work and offered constructive input.

This model democratized the classroom, reduced performance anxiety, and cultivated leadership and empathy among students. It also reinforced the idea that learning is a shared journey, not a solitary pursuit.

4. 5S Implementation Activity

To instill principles of efficiency and discipline, an interactive session on the Japanese 5S methodology was conducted. Students actively participated in:

Sorting classroom materials, **Organizing** resources for easy access, **Cleaning** and maintaining hygiene, **Standardizing** practices for consistency, **Sustaining** the improvements through regular checks

The activity transformed the classroom into a model of order and functionality. More importantly, it taught students how these principles apply to professional environments, especially in organizational and field settings.

5. Eco-Friendly Classroom Initiative

In a symbolic and practical gesture toward environmental stewardship, students planted saplings around the classroom. This initiative:

- Fostered ecological awareness and responsibility
- Created a serene and inspiring learning environment
- Encouraged long-term care and observation of plant growth

Each student was assigned a sapling to nurture, reinforcing values of patience, care, and sustainability. The green classroom became a living metaphor for growth both academic and personal.

6. Anti-Drug Pledge



In a solemn and unified act of social responsibility, students and faculty took a pledge against drug abuse. This event:

- Reinforced the ethical foundations of social work
- Encouraged students to become advocates for healthy living
- Signaled the department's commitment to public welfare

The pledge was not merely symbolic it was a call to action. Students were encouraged to initiate awareness campaigns and integrate anti-drug advocacy into their fieldwork.

7. One Minute Talk

To cultivate public speaking and critical thinking, a daily “One Minute Talk” was introduced. Each student prepared and delivered a short presentation on a topic of their choice. Benefits included:



- Improved articulation and confidence
- Exposure to diverse ideas and perspectives
- Development of concise communication skills

Topics ranged from social justice issues to personal reflections, creating a vibrant intellectual atmosphere. The exercise also helped students discover their voice and refine their narrative style.

8. Classroom Games

Games were periodically conducted to energize the classroom and reinforce learning. These included:

- **Academic Quizzes:** Testing subject knowledge in a fun format
- **Team Challenges:** Promoting collaboration and strategic thinking
- **Memory Games:** Enhancing recall and concentration



These activities broke the monotony of traditional lectures, strengthened peer relationships, and created joyful learning moments that students looked forward to.

9. Group Discussions

Structured group discussions were held regularly to deepen understanding and encourage critical engagement. Topics were often linked to current events, fieldwork experiences, or theoretical debates. Outcomes included:

- Enhanced analytical thinking
- Exposure to multiple viewpoints
- Strengthened argumentation and listening skills

Faculty facilitated these sessions to ensure inclusivity and relevance, often using them as springboards for assignments or field reflections.

Learning Outcomes

- **Improved Subject Mastery** through daily recaps and remedial classes
- **Critical Thinking & Analysis** via group discussions and case studies
- **Communication Skills** enhanced through One Minute Talks and peer learning
- **Confidence & Participation** boosted by experiential methods and games
- **Social Responsibility** nurtured through eco-initiatives and anti-drug pledge

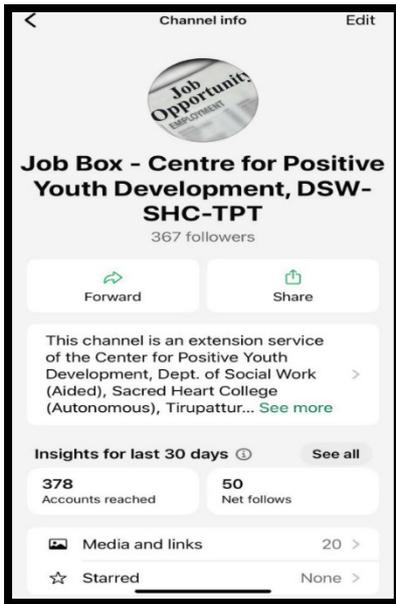
Graduate Attributes Demonstrated

- Effective Communication
- Teamwork and Collaboration
- Ethical and Social Responsibility
- Leadership and Initiative
- Adaptability and Lifelong Learning

Conclusion

The Class Quality Circle for the I MSW 2025–2027 batch stands as an encouragement of participatory education and strategic innovation. It transformed the classroom into a space of reflection, collaboration, and civic engagement. The initiatives documented here not only elevated academic standards but also nurtured values essential to the social work profession empathy, discipline, and social responsibility.

JOB BOX INITIATIVE FOR YOUTH EMPOWERMENT



Introduction

The Job Box initiative is a strategic and socially impactful platform designed to connect youth with employment opportunities across diverse sectors. Spearheaded by Dr. Arockiaraj, Assistant Professor in the P.G. & Research Department of Social Work, this initiative reflects a deep commitment to positive youth development, employability, and community engagement. It is hosted under the Centre for Positive Youth Development and has become a trusted channel for job seekers and employers alike.

Objectives



- To empower youth by providing timely and relevant job opportunities.
- To foster industry-academia collaboration through employer engagement.
- To build a community of aspirational learners and professionals.
- To enhance career readiness among students and alumni.

Unique Features

Job Box is not just a listing service but a collaborative space where employers, educators, and youth co-create opportunities. Job postings are shared regularly via WhatsApp, ensuring instant access and high engagement. The platform has over **370 active followers**, including students, alumni, and professionals.

- **Sector Diversity:** Opportunities span across social work, education, healthcare, IT, development, and more.

- **Success Story Integration:** Alumni and student placement stories are featured to inspire and validate the platform’s impact.
- **Youth-Centric Messaging:** The initiative resonates with socially conscious and career-oriented youth, aligning with their aspirations and values.



Operational Framework

- **Managed by:** Centre for Positive Youth Development
- **Content Curation:** Jobs are vetted for relevance, sector alignment, and youth suitability.
- **Employer Engagement:** Employers are encouraged to post directly, fostering transparency and trust.
- **Feedback Loop:** Users share placement experiences, contributing to a growing archive of success stories.

Broader Impact

Career Empowerment: Job Box equips youth with the tools and opportunities to transition confidently into the workforce.

Social Capital Building: It strengthens networks between academia, industry, and community stakeholders.

Scalability Potential: The model is replicable and can be expanded through digital platforms and institutional partnerships.

Conclusion

The Job Box initiative stands out as a unique and impactful model for youth empowerment. By blending digital outreach with human connection, it transforms the way students and alumni engage with career opportunities. Under the visionary leadership of Dr. Arockiaraj, it continues to grow as a beacon of hope, aspiration, and practical support for young professionals seeking meaningful futures.

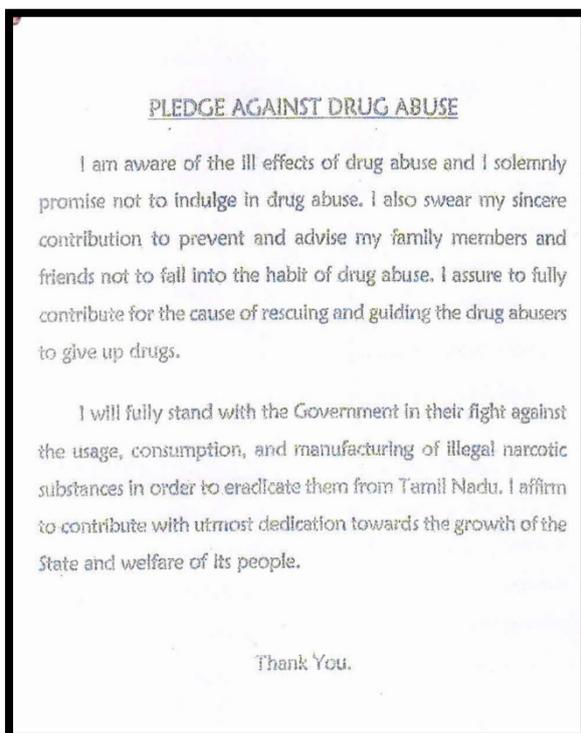
PLEDGE AGAINST DRUG ABUSE

Venue: P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur District, Tamil Nadu

Participants: Students and Faculty of MSW

Overview

In a collective demonstration of social responsibility and commitment to public welfare, the students and faculty of the P.G. & Research Department of Social Work at Sacred Heart College (Autonomous), Tirupattur District, Tamil Nadu, solemnly took a pledge against drug abuse.



Pledge Highlights

The pledge emphasized:

- Awareness of the harmful effects of drug abuse
- Personal commitment to abstain from drug use
- Responsibility to advise family and friends against substance abuse
- Dedication to guiding and supporting individuals struggling with addiction
- Full support for the Government's initiatives to eliminate illegal narcotic substances
- A firm resolve to contribute to the growth and welfare of Tamil Nadu

Significance

This initiative reflects the department's proactive stance in promoting health, safety, and social well-being. It aligns with broader goals of community engagement and supports the Sustainable Development Goals (SDGs), particularly:

- SDG 3 – Good Health and Well-being
- SDG 16 – Peace, Justice, and Strong Institutions

By fostering awareness and advocacy, the department continues to uphold its mission of nurturing socially conscious citizens and contributing meaningfully to societal transformation.



Learning Outcomes

Through this initiative, students were able to:

- Demonstrate awareness of public health challenges related to substance abuse
- Apply principles of social work advocacy in real-world contexts
- Strengthen their ethical commitment to community welfare
- Develop communication strategies for preventive education
- Reflect on their role as change agents in society

Graduate Attributes

Attribute	Description
Social Responsibility	Ethical commitment to societal challenges and public welfare.
Empathy and Compassion	Support for individuals affected by addiction and marginalization.
Critical Thinking	Evaluates social issues and develops preventive strategies.
Leadership and Initiative	Promotes health, safety, and community engagement.



Conclusion

The pledge-taking ceremony served as a powerful reminder of the department's dedication to nurturing socially conscious professionals. By actively engaging in this initiative, students and faculty reaffirmed their role in shaping a healthier, more resilient society. The event not only strengthened their academic and ethical foundations but also deepened their commitment to the values of peace, justice, and community well-being.

RESUME BUILDING SESSION

Venue: P.G. & Research Department of Social Work

Date: 18/11/2025

Introduction

A resume serves as a critical tool for any job seeker as it presents a concise and clear summary of an individual's skills, qualifications, achievements, and personal information. A well-structured resume creates a strong first impression and positions the candidate as organised, professional, and job-ready. Preparing an effective resume significantly enhances employability and increases the likelihood of being shortlisted by recruiters.

About the Session

The HR Forum of the Department of Social Work conducted a Resume Building Session on 18.11.2025 at 2:30 PM for the I-year and II-year MSW students. The programme commenced with an address by the Vice President of the HR Forum, Ms. Maria Riki Marshal, who stressed the importance of presenting a strong resume and how it influences employer perception.

Following this, Dr. Clayton Michael Fonceca, Assistant Professor, P.G. & Research Department of Social Work, provided an in-depth, hands-on training session exclusively for the MSW HR students. His contribution added significant value to the programme in the following ways:

- **Step-by-step Resume Building Guidance:** Dr. Clayton explained the technical structure of a professional resume, covering formatting standards, alignment, heading hierarchy, and appropriate use of fonts and layout.
- **Identification of Core HR Competencies:** He guided the MSW HR students in identifying relevant HR-specific skills such as recruitment, employee engagement, HR analytics, training & development, labour legislations, and documentation. He ensured that these competencies were articulated effectively under the skills and experience sections.
- **Tailoring Resumes to Job Roles:** Dr. Clayton taught students how to customise their resumes to suit specific HR profiles, highlighting internship experiences, fieldwork practice, and project achievements in accordance with industry expectations.

- **Meticulous Individual Resume Correction:** One of the major highlights of the session was the personalised evaluation performed by Dr. Clayton.
 - He reviewed each student's resume thoroughly.
 - Provided specific corrections on grammar, structure, ordering of sections, and professional phrasing.
 - Suggested improvements regarding quantification of achievements, clarity of responsibilities, and overall presentation.
 - Ensured every resume reflected professional standards and enhanced the student's employability.

This personalised mentoring ensured that every participant left the session with a polished and professionally improved resume.

Technical Session by Mr. Nithish S., II-year MSW

Mr. Nithish S. provided practical insights on essential resume components such as personal details, academic qualifications, credentials, achievements, internships, and the inclusion of a professional photograph. He also emphasised categorising skills into technical and soft skills and the importance of proper declarations and signatures.

Outcome of the Session

Students reported that the session was exceptionally useful and transformative. The dual approach conceptual learning followed by personalised resume correction helped them understand both the structure and quality required in a professional resume.

By the end of the session, students gained:

- Confidence in presenting their academic and fieldwork experiences effectively.
- Clarity in differentiating HR competencies and drafting them professionally.
- Professionally corrected resumes ready for internship and placement applications.

The session concluded with a vote of thanks.

Graduate Attributes Strengthened

1. **Professional Competence:** Students acquired job-ready resume writing skills essential for entering the HR field.
2. **Effective Communication:** Training helped students express their qualifications clearly and professionally.
3. **Critical Thinking:** Students learned to analyse their own experiences and present them strategically.
4. **Self-awareness & Personal Growth:** The correction process helped students recognise strengths, gaps, and areas for enhancement.
5. **Leadership & Collaboration:** Students reflected on leadership roles and teamwork experiences to integrate into their resumes effectively.

Programme Outcomes (MSW) Addressed

PO1 – Professional Identity:

Crafting an HR-focused resume directly supports students' formation of a professional identity.

PO2 – Employability:

Resume refinement equips students with essential career preparation skills.

PO4 – Documentation Skills:

Accurate and structured resume writing aligns with professional documentation expected in Social Work and HR.

PO5 – Ethical & Professional Standards:

The session promoted honest representation of experience and professional presentation standards.

PO7 – Lifelong Learning:

Students understood that resume updating is a continuous process aligned with career growth.

Relevance of the Session

The session is highly relevant for MSW HR students who require strong resumes to secure placements in HR departments, industries, NGOs, training sectors, and corporate institutions. The training ensured students understand industry-specific expectations, which is crucial for internships, fieldwork placements, and job applications.

This event, with its combination of expert faculty input and peer-led technical instruction, greatly enhanced the students' readiness for competitive recruitment processes.

Conclusion

The Resume Building Session proved to be a comprehensive and impactful learning experience for MSW students. The involvement of Dr. Clayton Michael Fonceca, who meticulously reviewed and corrected each resume, elevated the quality and effectiveness of the programme. The session strengthened the students' professional documentation skills, enhanced their employability, and aligned closely with the graduate attributes and programme outcomes of the MSW programme.

STUDENT PARTICIPATION IN

National Level Workshop on Disaster Crisis Volunteering

At YMCA College of Physical Education, Chennai

20th – 21st, November 2025

The students of the P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur, actively participated in a National Level Two-Day Workshop on the *Role of Young Volunteers in Disaster Crisis Situations*. The event was organized by the YMCA National Council and held at the YMCA College of Physical Education, Chennai, on 20th and 21st November 2025.

A total of 15 postgraduate students attended the workshop and showed excellent interest throughout all the sessions. Their active involvement in lectures, demonstrations, and practical activities reflected their commitment to learning disaster management skills.

During the two-day workshop, the students were introduced to a comprehensive set of disaster management skills that every young volunteer should know. They learnt the basics of first aid, including how to treat minor injuries, manage bleeding, and provide immediate care in emergencies. The sessions also covered rescue and recovery skills, helping the students understand how to safely approach and assist victims during crisis situations. One of the major components was CPR (Cardio-



Pulmonary Resuscitation), where students practiced the correct steps to revive an unconscious person. They were taught various types of knots, which are essential for rescuing people during floods or other emergencies.

Demonstrations were given on different methods of lifting, carrying, and shifting injured persons without causing further harm. The trainers explained the role of youth volunteers in relief camps, including crowd management, distribution of essentials, and providing emotional support. Students also learnt how youth can play an important part



in any crisis situation by acting quickly and responsibly. The sessions provided a broad understanding of the nature of disasters, the stages of the disaster cycle, and



how communities can prepare for, respond to, and recover from disasters. They also gained insights into the roles of government agencies, NGOs, and private organizations during emergencies. Overall, the workshop equipped the students with practical, technical, and theoretical knowledge that every young social

worker is expected to learn in the field of disaster management. A major highlight of the program was the practical demonstration conducted by the Chennai Fire Service Department. Students witnessed real-life rescue methods, firefighting techniques, and emergency response procedures, which strengthened their understanding of disaster operations.

During the valedictory session, students shared positive feedback with the organizers. They mentioned that the workshop was highly useful, informative, and important for their personal growth as young social work professionals. It motivated them to contribute effectively during real disaster situations.

Each participant received a certificate of participation and a T-shirt with the YMCA logo, symbolizing their involvement and successful completion of the training. Dr. K. Arockiaraj, Faculty Member from the Department of Social Work, accompanied the students throughout the workshop. He guided them in understanding the sessions better and ensured meaningful



participation in all activities. The workshop provided valuable exposure, hands-on training, and confidence to the students in handling disaster situations. It

strengthened their volunteer spirit and equipped them with essential life-saving skills, contributing to their professional development in the field of social work.



Graduate Attributes (GAs)

- **GA 1 – Disciplinary Knowledge:**
Students gained theoretical and practical knowledge in disaster management, first aid, CPR, rescue techniques, and crisis response.
- **GA 2 – Social Responsibility:**
The workshop enhanced their commitment to serving communities during emergencies and supporting vulnerable groups.
- **GA 3 – Problem Solving & Critical Thinking:**
Students learned to assess crisis situations, make quick decisions, and apply appropriate rescue methods.
- **GA 4 – Teamwork & Leadership:**
Group activities, demonstrations, and rescue drills fostered leadership, coordination, and collaboration.
- **GA 5 – Ethical and Moral Reasoning:**
Exposure to disaster relief principles strengthened ethical decision-making, respect for human life, and compassion toward victims.
- **GA 6 – Self-Management & Professional Growth:**
Students developed confidence, emotional maturity, and readiness to volunteer in real-life emergencies.

Programme Outcomes (POs)

- PO 1 – Application of Knowledge:
Students applied classroom concepts of disaster management in real-time simulations and practical demonstrations.
- PO 2 – Skills for Professional Practice:
Training in CPR, first aid, lifting/shifting techniques, knots, and rescue operations built essential field skills expected of social work professionals.
- PO 3 – Community Engagement:
The workshop strengthened students’ capacity to engage with communities during crises and support relief operations.

Indian Knowledge Systems (IKS) Relevance

- India has a long tradition of community-based disaster preparedness, mutual aid, and collective resilience; this workshop connects students to those indigenous values.
- The training reflects traditional Indian principles of seva (service), sahaya (support), and sahodarya (fraternity) in times of crisis.
- Emphasizes local wisdom in risk reduction, such as community alert systems, indigenous survival techniques, and culturally rooted coping mechanisms.
- Reinforces the IKS goal of preparing youth to safeguard communities using both traditional knowledge and modern disaster science.

Sustainable Development Goals (SDG) Linkage

SDG	Relevance to the Workshop
SDG 3 – Good Health and Well-Being	CPR, first aid, and emergency health care training promote lifesaving practices.
SDG 4 – Quality Education	Provides skill-based, experiential learning beyond classroom teaching.
SDG 10 – Reduced Inequalities	Equips students to support vulnerable populations during disasters.

Conclusion

The National Level Workshop on Disaster Crisis Volunteering held at YMCA College of Physical Education, Chennai, provided the postgraduate students of the P.G. & Research Department of Social Work with invaluable exposure to the realities of disaster preparedness and emergency response. Through hands-on training, expert demonstrations, and interactive sessions, the students gained essential life-saving skills, strengthened their volunteer spirit, and deepened their understanding of the critical role social workers play during crises. The workshop successfully integrated theoretical knowledge with practical field experience, enabling students to develop confidence, competence, and professional readiness. It also fostered teamwork, leadership, ethical responsibility, and community-centered engagement qualities central to the social work profession. Overall, the programme not only enhanced their disaster management capabilities but also contributed significantly to their holistic development as responsible, skilled, and compassionate social work professionals committed to serving society in times of need.

Bond Beyond MSW Get-together

Venue: Ezharuvi & Bommikuppam Village

Date: 22.11.2025

Introduction

A programme titled 'Bond Beyond MSW', was held on 22 November 2025 with the primary goal of strengthening interpersonal relationships among I-year and II-year MSW students. Recognizing the intensity of academic expectations throughout the semester, the department aimed to create a relaxed and supportive environment where students could unwind, interact meaningfully, and build a sense of community. The serene locations of Ezharuvi Temple and Bommikuppam Village offered the perfect natural setting for students to step away from routine and reconnect with peers in a refreshing and harmonious atmosphere. Beyond recreation, the event emphasized unity, collaboration and the value of shared experiences that contribute to the holistic development of social work students.

Beginning of the Day: Departure and Arrival

The program began with students assembling and boarding the bus at 11:30 AM. The bus ride itself became an early bonding experience, filled with laughter, light conversations and friendly interactions between juniors and seniors. By 12:30 PM, the group reached Ezharuvi, where the peaceful environment immediately set a positive and calming tone for the rest of the day. The journey created an atmosphere of comfort and openness, encouraging



Heading Towards Ezharuvi

students to engage wholeheartedly in the activities ahead.

Welcome Address and Orientation Upon arrival, students gathered to listen to a warm welcome address by Dr. K. Arockiaraj. His brief message invited students to explore the surroundings mindfully and appreciate the cultural and natural richness of the Ezharuvi area. His encouraging words created a sense of belonging and

motivated students to immerse themselves fully in the day's experiences. The address also helped frame the purpose of the day not just as a picnic, but as an opportunity for community-building and relationship strengthening.

Upon arrival, students gathered to listen to a warm welcome address by Dr. K. Arockiaraj. His brief message invited students to explore the surroundings mindfully and appreciate the cultural and natural richness of the Ezharuvi area. His



encouraging words created a sense of belonging and motivated students to immerse themselves fully in the day's experiences. The address also helped frame the purpose of the day not just as a picnic, but as an opportunity for community-building.

Dr. K. Arockiaraj addressing the gathering

Temple Visit and Nature Engagement

After the welcome session, students moved in groups to explore the Ezharuvi surroundings. One group visited the temple, where they offered prayers, observed the architecture and enjoyed moments of quiet reflection in the tranquil space. The calmness of the temple environment allowed students to slow down and enjoy peaceful moments that are often missing from busy academic schedules.



Another group preferred spending time near the riverbank, surrounded by flowing water, greenery and shade. Students relaxed under the trees, took photographs, shared conversations and enjoyed the refreshing natural atmosphere.

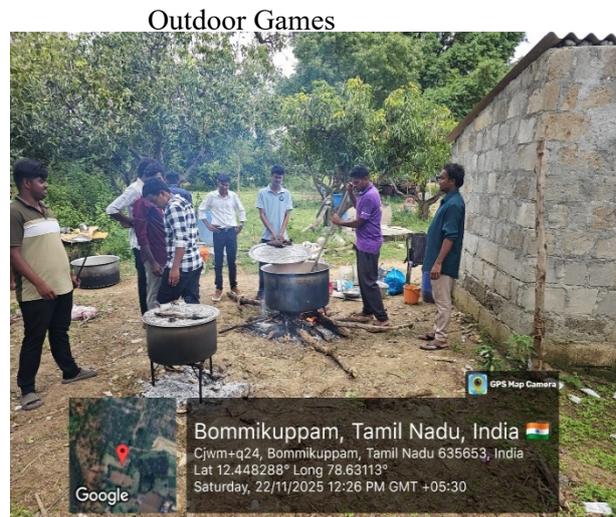
The students exploring Ezharuvi

Outdoor Games and Group Activities

Following the exploration, the students gathered in an open area for a series of recreational games. The atmosphere shifted into one of high energy and excitement as students engaged in volleyball, cricket, and fun-filled group activities. These games brought out teamwork, friendly competition and shared joy. Students who rarely interacted in the classroom found space to connect, participate and enjoy each other's company. The activities played a crucial role in fostering unity and strengthening peer relationships.

Lunch Preparation

A group of students who had arrived earlier in the morning played an important role by preparing the lunch for the day both chicken biryani and vegetable biryani. Their effort reflected leadership, responsibility, and a spirit of service, aligning with the core values of social work. The aroma of the freshly prepared food created anticipation and added to the warmth of the gathering. This collective initiative showcased the ability of students to work together toward a shared goal.



Visit to Bommikuppam Village

Around 1:50 PM, the group travelled to Bommikuppam Village to continue the program. The village, surrounded by dragon fruit plants, coconut trees, and sapota orchards, created a naturally welcoming environment. The rural atmosphere provided a grounding experience, reminding students of the simple beauty and richness of community life. The shift in setting further enhanced the bonding experience and offered a refreshing contrast to the usual campus environment.

Prayer and Thanksgiving for the Meal

Once settled at Bommikuppam, the Head of the Department, Dr. Christi Anandan addressed the students with an inspiring message. He emphasized the importance of teamwork, empathy and building strong peer connections qualities essential for future social workers. His address encouraged students to support one another both academically and personally.

Following this, Mr. Moieeson Thairiyam also spoke in an encouraging and informal tone, motivating students to embrace such opportunities for personal and professional growth. Their combined presence and guidance



Prayer and Thanksgiving for the Meal

added meaning to the gathering, strengthening the student–faculty relationship.

Shared Meal

The community meal marked a highlight of the day. Students sat together, shared biryani, and engaged in warm conversations. The lunch space echoed with laughter, storytelling, spontaneous singing, and collective joy. This informal meal created a relaxed atmosphere where students felt comfortable bonding with peers outside their usual circles. Numerous photographs were taken, capturing candid moments that reflected genuine happiness and friendship.



Sharing the meal

Clean-Up Activity

After lunch, students collectively cleaned the area, washed vessels, and ensured the space was left tidy. This simple yet meaningful act demonstrated their sense of responsibility, community spirit, and respect for shared spaces. The willingness of

students to participate without hesitation showed unity in action and a genuine understanding of social work values in real-life contexts.

Fun Game with Faculty

A spirited catch-and-catch ball game followed, involving both faculty and students. The game was filled with laughter, encouragement, and playful competition. Seeing students and teachers interact freely, without the usual academic formality, strengthened their connection and created a memorable moment of togetherness. This activity highlighted the importance of human relationships in academic communities.

Return and Closing of the Day

As the day came to an end, students prepared for the return journey. The ride back was filled with a sense of satisfaction and warmth, as students reflected on the day's experiences. Moments were revisited through photos, conversations and shared smiles. Most students returned by bus, while a few travelled by bike. The feeling of unity carried through the journey, marking the day as a meaningful and memorable experience.

Conclusion

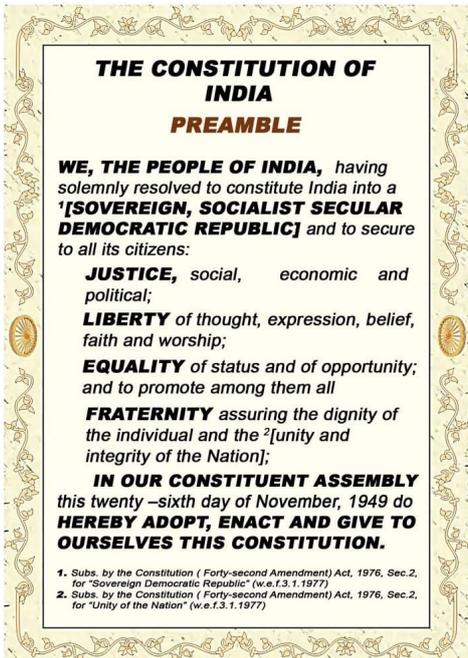
The Bond Beyond MSW Get-Together proved to be an enriching and impactful event for the Department of Social Work. It succeeded in creating a friendly, supportive, and collaborative space where students from both batches could interact freely and build meaningful relationships beyond the classroom environment. Through shared activities, nature exploration, recreational games, thoughtful faculty engagement, and collective responsibilities, the event helped nurture vital qualities such as cooperation, empathy, communication, and teamwork.

The get-together not only strengthened the social cohesion within the department but also created cherished memories that will continue to inspire students throughout their academic journey. The program achieved its objective of fostering bonding, promoting a healthy academic culture, and enhancing the overall well-being of MSW students.

Reading of the Preamble of the Constitution of India

Venue: BISS BLOCK

Date: 26.11.2025



Introduction

On the morning of 26 November 2025, the P.G. & Research Department of Social Work, the Department of Social Work (HRM), the Department of Psychology, and the P.G. Department of Counselling

Psychology of Sacred Heart College (Autonomous), Tirupattur, came together for a collective and meaningful observance of the Constitution Day of India. This observance was initiated by Rev. Dr. Maria Antony Raj, Principal, Sacred Heart College (Autonomous), to in still constitutional values and promote civic responsibility among students. The programme focused on reading the Preamble of the Constitution of India, emphasizing its values of justice, liberty, equality, and fraternity.



About the programme

The session began with a brief introduction to the significance of Constitution Day, followed by the collective reading of the Preamble. The Preamble was read aloud by Ms. Pavithra of II MSW, after which all students and

faculty members recited it in unison, demonstrating solidarity and commitment to constitutional ideals. The gathering highlighted the importance of constitutional

awareness, democratic citizenship, and respect for national values; core expectations of higher education institutions.

- The reading of the Preamble reinforced the foundational principles of the nation and encouraged students to internalize the values essential for responsible citizenship.
- The collective recitation served as a symbolic affirmation of India's democratic ethos, inclusiveness, and unity in diversity.
- The initiative aligned with the college's mission to foster informed, ethical, and socially responsible graduates.



Linkage to Graduate Attributes

The programme contributed to several **Graduate Attributes (GAs)** of Sacred Heart College:

Graduate Attribute	Contribution Through Programme
<ul style="list-style-type: none"> • Disciplinary Knowledge 	Understanding constitutional principles and democratic structures.
<ul style="list-style-type: none"> • Social Responsibility 	Encouraging civic participation and awareness of fundamental duties.

Relevance to Indian Knowledge Systems (IKS)

The Constitution of India itself draws from multiple Indian philosophical, cultural, and moral traditions. This programme is relevant to IKS because:

- It reconnects learners to India’s civilizational values such as dharma (justice), samathuvam (equality), and sahanubhuti (compassion).
- It promotes understanding of democratic traditions present in ancient Indian republics (e.g., Sabhas, Samitis).

Alignment with Sustainable Development Goals (SDGs)

SDG	Relevance to Programme
SDG 10 – Reduced Inequalities	Emphasizes equality, social justice, and dignity for all.
SDG 16 – Peace, Justice and Strong Institutions	Supports democratic participation and constitutional literacy.



Conclusion

The Constitution Day observance at Sacred Heart College was a meaningful academic and civic exercise. Through the collective reading of the Preamble led by Ms. Pavithra (II MSW) and initiated by Rev. Dr. Maria Antony Raj, the programme reaffirmed the college's commitment to fostering enlightened, ethical, and socially responsible graduates. The event not only celebrated the spirit of the Constitution but also echoed the Don Bosco vision of educating youth to become "upright and honourable citizens."

Students Participation and Awareness Programme on the Eradication of Tuberculosis (NTEP)

Venue: Thanthai Periyar Hall, Sacred Heart College (Autonomous), Tirupattur - 635001

Date: 27.11.2025

Collaborators:

- Centre for Sustainable Rural Development & Research Studies (CSRDRS), VIT Vellore
- Directorate of Public Health and Preventive Medicine, Government of Tamil Nadu



Centre for Sustainable Rural Development & Research Studies –VIT, Vellore & Directorate of Public Health and Preventive Medicine, Vellore, Govt of Tamil Nadu

P. G. & Research Department of Social Work, Sacred Heart College (Autonomous) Tirupathur.

**STUDENTS’ PARTICIPATION AND AWARENESS
IN THE ERADICATION OF TUBERCULOSIS
(NTEP)**

Date: 27/11/2025 Venue : P. G. & Research Department of Social Work,
Sacred Heart College (Autonomous) Tirupathur.

Details of Participants

- I MSW Students: 29
- II MSW Students: 44
- Faculty Members: 7
- External Trainers / Resource Persons: 4
- Total Participants: 84

Introduction

The P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur organized an in-depth health awareness programme titled “Students’ Participation and Awareness in the Eradication of Tuberculosis (NTEP)” on 27

November 2025. This programme was arranged in collaboration with two significant public health partners Centre for Sustainable Rural Development & Research Studies (CSRDRS), VIT, Vellore and the Directorate of Public Health and Preventive Medicine, Vellore, functioning under the Government of Tamil Nadu.

Tuberculosis (TB) remains one of the most challenging public health concerns in India, with social stigma, lack of awareness and poor health-seeking behaviour significantly affecting treatment outcomes. Understanding this, the department organized this programme to create a meaningful academic platform where students could gain accurate, updated and community-relevant knowledge about TB. The initiative focused not only on the medical and clinical aspects of TB but also the psychosocial, cultural, economic and community engagement dimensions, aligning with the holistic perspective of the social work profession. The programme served as a timely capacity-building intervention for MSW students, preparing them to actively participate in public health outreach, awareness drives and community health support services

Welcome Note

The event commenced with a warm and graceful welcome by Rev. Fr. J. Andrews Raja, who invited the participants into a reflective understanding of the day's theme. His welcome note set an academic yet compassionate tone for the gathering.

Rev. Fr. J. Andrews Raja emphasized the persistent challenges posed by TB in Indian society and highlighted how educational institutions play a



major role in shaping socially responsible citizens. He stressed the importance of student participation in public health movements, especially in diseases that disproportionately affect marginalized sections of society. His introduction of the resource persons health educators, district-level TB experts and social work alumni

helped the participants understand the depth and expertise being brought into the programme.

Following this, Mr. Babu, alumnus of our Social Work Department, Sacred heart college and a representative from VIT, addressed the gathering. He reflected on his student days and shared his pride in witnessing the department's continuous progress. He explained how social workers form an essential human link between public health systems and communities, especially in rural and semi-urban areas where misinformation and stigma are prevalent.

Thematic Overview and the Role of Social Work

Dr. C. R. Christi Anandan, Head of the Department of Social Work, delivered a comprehensive overview of the theme. His session explored the multi-layered nature of TB and the complex challenges involved in eradicating it. He emphasized:

- The role of social determinants of health, such as poverty, malnutrition, overcrowding
- The impact of stigma and discrimination faced by TB patients
- The ethical responsibility of social workers to create awareness and mobilize communities



Dr. Christi Anandan encouraged the students to approach TB from a psychosocial angle recognizing it as more than a medical disorder. He highlighted the need for social workers to participate actively in government schemes, grassroots health campaigns, community counselling and awareness programmes under

the National TB Elimination Programme (NTEP). His talk gave a strong foundation for the technical session that followed.

Eradication of Tuberculosis

The main session of the programme was delivered by Mr. Mahesh, an expert from the District TB Centre in Vellore. His presentation was rich in medical clarity, scientific explanation and real-life examples, enabling the students to grasp both the clinical and community dimensions of Tuberculosis. Mr. Mahesh began by explaining the profound psychological disturbances faced by TB patients, elaborating on how a



diagnosis often triggers emotions such as fear, shame, social withdrawal and anxiety. He explained that the stigma associated with TB often leads to delayed treatment, concealment of symptoms or refusal to seek help. In this context, he underlined the crucial role of social workers and psychologists in providing

emotional support, guiding families, improving treatment adherence and ensuring that the patients do not experience isolation during their recovery. He then moved on to discuss the national-level commitment to eliminating TB by 2030 under the National Tuberculosis Elimination Programme (NTEP). He explained India's strategic pillars, which include early detection, accessible testing, free medical treatment, nutritional support and continuous monitoring of patients. His explanation helped the students understand the broader structure within which health professionals and social workers operate when working on TB eradication efforts. He also explained in detail the difference between pulmonary and extra-pulmonary TB, describing the various organs that TB can affect beyond the lungs. He spoke about the wide range of symptoms including persistent cough, chest pain, night sweats, fatigue, weight loss and swollen glands. Furthermore, he clearly described the available diagnostic techniques such as sputum examination, CB-NAAT machines, chest X-rays and other laboratory procedures used to identify the presence of TB bacteria.

Mr. Mahesh also explained the scientific and historical aspects of the disease, including the individual who discovered the TB bacterium and the year of its identification. This historical insight added an academic depth to the session. He

then explained the treatment procedures in detail, covering first-line medications, the duration of treatment and the significance of uninterrupted medication to prevent drug-resistant forms of TB. He emphasized that all TB medicines are provided free of cost by the Government of India and he highlighted the government's ₹1000 nutritional support scheme, which is offered to TB patients every month to strengthen their immune system and support their recovery.

His session also touched upon the preventive aspects of TB. He explained how the disease spreads, the environmental and behavioural factors that increase vulnerability and the everyday practices that individuals can follow to reduce the risk of infection. He spoke about maintaining good ventilation, practicing cough hygiene, avoiding prolonged exposure in overcrowded spaces and ensuring early diagnosis for those showing symptoms. He also shared examples of individuals affected by TB, helping students understand the lived experiences behind the disease and encouraging them to develop more compassionate and stigma-free approaches to working with affected persons.

Following the technical presentation, an interactive and engaging doubt-clearing session took place. The MSW second-year students actively participated by asking questions that reflected both intellectual curiosity and a genuine desire to understand how they could contribute to TB eradication efforts. Their questions covered treatment challenges, misconceptions within communities, the role of NGOs, strategies for counselling and field-level issues faced by frontline health workers. The session was dynamic and reflective, highlighting the strong academic engagement of the students.

Recap by Health Educator

After the interaction, Mr. Thangarasan, Health Educator from the Vellore TB Centre, provided a concise yet powerful recap of the key points discussed. He reinforced the importance of early detection, the need for awareness and the responsibility students holds as emerging professionals who will work directly



with communities. His recap helped the students consolidate their learning and reflect on how social work values align with public health objectives.

Vote of Thanks

The programme concluded with a heartfelt vote of thanks delivered by Dr. K. Arockia Raj, who expressed gratitude to the resource persons, coordinators and students for making the session meaningful. He also shared his personal experience related to TB, adding a deeply human element to the closing remarks. His openness in sharing his story reminded everyone that TB is not a distant health issue but a lived reality that requires empathy, understanding and collective responsibility.

Programme Outcomes (POs) Addressed

PO1 – Knowledge Application

Students gained interdisciplinary knowledge on TB integrating medical, psychosocial and community perspectives.

PO2 – Social Problem Analysis

Learners critically examined stigma, social determinants and public health challenges associated with TB.

PO3 – Professional Skills in Practice

The programme strengthened skills required for fieldwork counselling, awareness creation and community mobilization.

PO4 – Ethical and Value-Based Practice

Students understood the ethical responsibilities of supporting vulnerable TB-affected individuals with empathy and dignity.

Relevance to Sustainable Development Goals (SDGs)

SDG 3 – Good Health and Well-being

The programme directly contributes to Target 3.3: *Ending the epidemics of TB by 2030.*

Students gained skills to participate in public health awareness, prevention and treatment support.

SDG 10 – Reduced Inequalities

The focus on stigma reduction and support for marginalized TB patients aligns with efforts to reduce health inequalities.

SDG 17 – Partnerships for the Goals

The collaboration with CSRDRS-VIT and the Directorate of Public Health reflects strong institutional partnerships for sustainable community health initiatives.

Graduate Attributes Demonstrated

1. Academic Excellence

Students demonstrated their ability to understand complex health issues by actively engaging with technical, scientific and psychosocial dimensions of TB.

2. Social Responsibility & Sensitivity

Participants reflected high levels of social awareness through their discussions on stigma reduction, community behaviour and the vulnerability of TB-affected individuals.

3. Critical Thinking & Problem-Solving

Through interactive discussions and questioning, students showcased analytical thinking in exploring treatment challenges, misconceptions and community-level barriers.

Conclusion

Overall, the awareness programme proved to be a transformative learning experience for the students. It expanded their understanding of TB beyond medical facts and statistics, helping them recognize the emotional, social and cultural layers associated with it. The programme strengthened their readiness to serve communities through awareness creation, counselling, advocacy and health education. As future social workers, the participants left the session equipped not only with professional knowledge but also with a renewed sense of compassion and commitment to contributing toward India's mission of eliminating Tuberculosis.

Educational Trip

Day 1	Sunday: 30/11/2025
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The first day of the study tour for the **II MSW** students of Sacred Heart College (Autonomous), Tirupattur, Tamil Nadu, began in the early hours of the morning with a sense of excitement and anticipation among the students. At 6:30 a.m. all participants assembled in front of the Indoor Stadium, where morning tea was thoughtfully arranged, allowing the students to refresh themselves before the long journey ahead.



Following this, **Rev. Fr. Henry Daniel Ambrose** addressed the students and offered brief yet meaningful instructions, emphasizing discipline, safety, and the academic significance of the study tour. His words set a reflective and responsible tone for the journey. Prior to departure, the students were also encouraged and wished a safe and enriching journey by faculty members, **Dr. Christy**, Head of the Department of **MSW** (Aided), **Dr. Arockia Raj**, Assistant Professor and **Mr. Moieson Thairiyam**, their motivating messages highlighted the importance of learning through exposure and real-world experience. The departure proceedings concluded with a prayer, invoking divine guidance and protection for a safe and successful journey.

Subsequently, the students boarded the college bus from the Sacred Heart College campus and travelled to Jolarpettai Junction to board the train bound for Hyderabad. The train journey from Jolarpettai to Hyderabad spanned approximately sixteen hours. Though lengthy, the journey was marked by interaction, reflection, and shared enthusiasm among the students as they prepared themselves mentally for the academic visits planned.

Day 2	Monday: 01/12/2025
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VISIT TO MSN LABORATORIES – R&D UNIT, HYDERABAD

The first day of the study trip began with the trainees assembling early in the morning, followed by breakfast and a short prayer that set a positive and disciplined tone for the day. The team boarded the bus at 8:30 AM and proceeded towards MSN Laboratories, Hyderabad, with enthusiasm and academic curiosity. The students reached the research facility by 9:50 AM, where they were warmly welcomed by the officials and guided to the auditorium.

The orientation session was led by Mrs. Sridevi, Human Resources, who provided a comprehensive overview of MSN Laboratories, one of India's leading pharmaceutical research and manufacturing organizations. She explained the organization's vision, major areas of research and its significant role in developing Active Pharmaceutical Ingredients (APIs), complex generics and advanced drug formulations. It was highlighted that more than 2,000 scientists



contribute to innovation across various units, thereby strengthening India's pharmaceutical research ecosystem.

The session also familiarized students with the organization's notable Corporate Social Responsibility (CSR) initiatives, including community health programme, rural infrastructure development, and blood donation drives, reflecting MSN Laboratories' commitment to social responsibility and community welfare.

Following the orientation, the students were taken on a structured guided tour of different Research and Development divisions. They observed the functioning of **API** (Active Pharmaceutical Ingredients) development laboratories, formulation units, analytical research sections, and stability testing facilities. The visit provided valuable insights into non-infringing route development, drug quality control mechanisms, and the rigorous regulatory processes involved in scaling laboratory research to industrial-level production.



Students actively interacted with the **HR** personnel and scientists, raising questions related to recruitment processes, workplace culture, career opportunities, and ethical standards in pharmaceutical research. The visit effectively bridged theoretical classroom learning with practical industrial exposure, enabling students to appreciate the scientific, regulatory, ethical, and human resource dimensions of the pharmaceutical sector.

After completing the organizational visit, the group returned to BIRDY by 7:45 PM. The students refreshed themselves and assembled at 9:00 PM for the daily evaluation session. During the session, participants reflected on the learning outcomes of the industrial visit and discussed how exposure enhanced their understanding of pharmaceutical research practices, human resource management, and community-oriented CSR initiatives. Committee-wise feedback was also shared, emphasizing the importance of time management, food planning, and transport coordination for the effective execution of subsequent visits. The first day of the organizational visit successfully provided meaningful academic exposure and professional learning, setting a positive and motivating foundation for the remaining days of the study tour.



MAJOR INSIGHTS

- MSN Laboratories is recognized for hosting one of Asia's largest pharmaceutical Research and Development facilities and operates with a strong commitment to global quality standards, reflected in its motto "**One Product at Global Market.**"
- The organization has received the Great Place to Work certification, highlighting its positive work culture and focus on employee well-being.
- Despite its strong institutional framework, the HR team noted an increase in attrition among women employees, indicating the need for strengthened retention strategies and gender-sensitive workplace policies.
- MSN Laboratories' CSR initiatives, including community health programme, rural development projects, and empowerment initiatives, demonstrate its sustained commitment to inclusive development and social responsibility.

VISIT TO NATIONAL INSTITUTE OF RURAL DEVELOPMENT & PANCHAYATI RAJ (NIRD&PR), HYDERABAD

The trainees proceeded to the National Institute of Rural Development & Panchayati Raj (**NIRD&PR**), Hyderabad, as part of their academic exposure programme. Upon arrival, the students were formally welcomed and guided to the training hall, where an initial orientation was delivered by Mr. Seizii D. The session introduced the functions, history, and institutional mandate of NIRD&PR.

The orientation highlighted that **NIRD&PR** is a premier national institution functioning under the Ministry of Rural Development and serves as a centre of excellence for rural development, decentralized governance and policy implementation. The institute is internationally recognized as a **UN- ESCAP** Centre of Excellence and plays a significant role in training, research, capacity building, and consultancy to strengthen rural governance systems across India. Its

outreach extends through its main campus in Hyderabad.



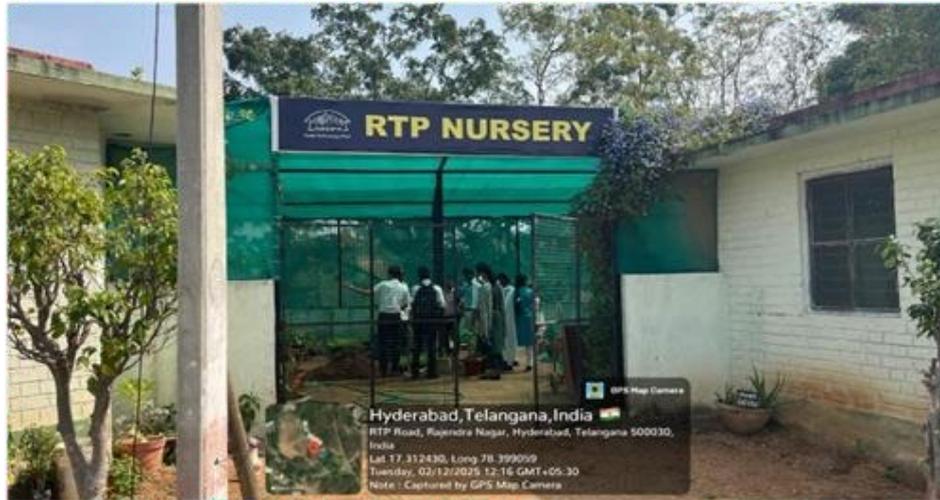
Also, regional centers, including Guwahati, supporting inclusive and region-specific development initiatives.

A formal academic session was conducted by the training faculty, who presented insights into **NIRD&PR's** core functions, livelihood promotion strategies, and rural development programme. Rev. Fr. Henry Daniel Ambrose introduced the purpose of the academic visit, emphasizing the importance of understanding governance and development processes at the grassroots level. This was followed by an informative session by Dr. Khan, who elaborated on the role of Rural Training Centre's, rural entrepreneurship models, climate protection initiatives, and the use of locally relevant technologies to ensure sustainable and community-driven development. The session enabled trainees to gain a deeper understanding of how national rural development policies are translated into effective field-level interventions.

CAMPUS EXPOSURE AND LEARNING EXPERIENCE

Following the academic session, the trainees were divided into groups for a guided campus exposure programme. The visit enabled students to observe. Various demonstration *units*, *production Centre's*, *sustainable livelihood* initiatives, and training facilities focused on rural skill development and technological innovation. This exposure

effectively bridged classroom-based theoretical learning with practical development practices, helping trainees visualize how inclusive and sustainable interventions are designed and implemented for rural upliftment. After the campus exposure, the trainees had lunch and later proceeded for scheduled visits in the evening



VISIT TO BIRLA MANDIR AND LUMBINI PARK

The group Visited Birla Mandir, where the serene environment and architectural significance of the site provided an opportunity for cultural observation and quiet reflection. The visit was followed by a stop at Lumbini Park, where trainees observed the well-maintained recreational and public spaces, gaining insights into urban planning, tourism management, and community-oriented public infrastructure.



KEY LEARNINGS AND EVALUATION

The team returned to **BIRDY**, after which an evaluation session was conducted. During the session, trainees shared their reflections on the academic exposure gained during the visit. Students highlighted how the visit to **NIRD&PR** enhanced their understanding of rural governance, community development, and policy implementation. The evaluation reinforced the importance of experiential learning in strengthening professional competence in social work practice. The visit provided valuable insights into sustainable and environmentally friendly construction practices adopted by **NIRD&PR**. Trainees learned about various sustainable income-generation programme aimed at empowering vulnerable sections of the community to create independent and stable livelihoods. The institution places strong emphasis on capacity building through training in zero-budget initiatives, enterprise development, and market linkages, all of which contribute to long-term economic stability. Overall, the exposure enabled trainees to understand the practical dimensions of rural enterprise development and the critical role of institutional support in strengthening rural economies.

Day 4	Wednesday: 03/12/2025
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VISIT TO CENTRE FOR GOOD GOVERNANCE (CGG), HYDERABAD

As part of the third day of the study trip, the students proceeded to the Centre for Good Governance (**CGG**), Hyderabad, for an academic exposure programme focused on public administration and governance systems. During the journey, faculty members briefed the students on the objectives of the visit and its relevance to the MSW curriculum.

Upon arrival, the team was formally welcomed and guided to the conference hall. The session commenced with an introductory address by Rev. Fr. Ambrose Henry Daniel, who emphasized the significance of governance studies in social work education and highlighted the importance of understanding policy processes, accountability, and administrative systems.



This was followed by an informative presentation by **Shri.** Devi Prasad, Director of CGG, who elaborated on the vision, mission, and pioneering role of the Centre in transforming governance practices in India. Established in October 2001 by the Government of Andhra Pradesh in collaboration with Department for International Development (**DFID**) and the World Bank, CGG was created to strengthen public administration through research, consultancy, and capacity- building programme. The Director explained how CGG works closely with ministers, senior government officials, management professionals, and citizens to promote people-centric, transparent, and accountable governance.



A short break provided opportunities for informal interaction, after which the second academic session was conducted by Mr. Amil and Mr. Pavan Kumar. They introduced the students to the various dimensions of CGG's work, including action research, change management, digital governance solutions, and policy advisory services. The session helped students understand how governance reforms are conceptualized, implemented, and evaluated within government systems. This exposure offered valuable professional insight into public administration, policy implementation, and social accountability mechanisms.

VISIT TO SALAR JUNG MUSEUM AND CHARMINAR

Following the academic engagement at CGG, the students visited the Salar Jung Museum, one of India's largest and most diverse museums. The trainees explored an extensive



collection of historical artefacts, sculptures, paintings, manuscripts, antiques, and international art objects, which showcased centuries of cultural and historical development. The visit enhanced the students' appreciation of socio-cultural heritage and historical continuity.

Later, the group visited Charminar, an iconic monument representing Hyderabad's rich historical and cultural legacy. Students observed the surrounding markets, traditional craft outlets, and the vibrant urban life of the old city. This exposure provided insights into local economies, cultural traditions, and community life, complementing academic learning with contextual social observation.

KEY LEARNINGS AND EVALUATION

The team returned to **BIRDY**, after which an academic orientation session was conducted by the Rector, Rev. Fr. Noel Madhichetti. He shared insights into the institute's mission and its contributions to youth development through initiatives aligned with the Sustainable Development Goals (**SDGs**).

The day concluded with individual reflections and group discussions on the learnings from the visit to CGG and the cultural exposure sites. Students highlighted how the experience strengthened their understanding of governance, public systems, culture, and social structures reinforcing the relevance of integrated academic and experiential learning in social work education.



VISIT TO THE NATIONAL INSTITUTE FOR THE EMPOWERMENT OF PERSONS WITH INTELLECTUAL DISABILITIES (NIEPID), HYDERABAD

As part of the academic exposure programme, the trainees visited the National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID), Hyderabad. During the journey, an orientation session was conducted by Mrs. Hanna, who provided background information about the institution and outlined the objectives of the visit.

Upon arrival at the **NIEPID** campus, the trainees were formally welcomed and guided for the academic session. The session began with a detailed introduction to the institute which is an autonomous organisation functioning under the Ministry of Social Justice and Empowerment.



Formerly known as **NIMH**, **NIEPID** is dedicated to the empowerment of people with intellectual disabilities through education, rehabilitation, clinical services, research and capacity-building programme. The institute operates regional centre's in Noida/New Delhi, Kolkata, and Mumbai and functions under the leadership of Maj. Dr. B. V. Ram Kumar, Director.



During the session, the trainees were introduced to the wide range of services offered by NIEPID. These included behavioral modification therapy, service for Intellectual Disability (**ID**) and Intellectual and Developmental Disabilities (**IDD**), occupational therapy, genetic counselling, early intervention services for children aged 0–6 years, audiology, and physiotherapy. The multidisciplinary nature of service delivery highlighted the holistic approach adopted by the institute in addressing the needs of people with intellectual disabilities.



The trainees also gained information about internship opportunities, diploma programme, and certificate courses offered by **NIEPID** for students pursuing careers in disability rehabilitation and allied professional fields. Interactive discussions with the faculty and professionals enabled the trainees to develop a deeper understanding of inclusive practices, rehabilitation models, and professional ethics in disability services.

KEY LEARNING AND EVALUATION

An evaluation session was conducted, during which students shared their reflections on the learning gained from the institutional visit. Participants highlighted how the exposure



enhanced their understanding of disability empowerment, rehabilitation

services, and multidisciplinary professional practice, reinforcing the relevance of institutional learning in social work education.

The visit to NIEPID provided trainees with valuable insights into comprehensive disability empowerment and rehabilitation services. The institute plays a significant role in supporting people with intellectual disabilities through therapeutic interventions, education, vocational training, and capacity-building initiatives. Emphasis on skill development and job-oriented training enables people with disabilities to achieve greater independence, self-confidence, and social inclusion. Overall, the exposure strengthened the trainees' understanding of rights-based, inclusive, and professional approaches to working people with intellectual disabilities.



TREKKING AT ANANTHAGIRI HILLS AND RECREATIONAL ACTIVITIES

The final full day of the study trip was dedicated to outdoor and recreational activities aimed at promoting physical fitness, mental well-being, and group cohesion among the trainees. The trainees proceeded to **Ananthagiri Hills**, one of the scenic hill ranges near Hyderabad, for a trekking experience. The trek provided an opportunity for students to engage closely with nature while developing endurance, teamwork, and mindfulness. Reaching the hilltop viewpoint offered panoramic views of the surrounding landscape, creating a calm and rejuvenating atmosphere. The experience encouraged reflection, emotional balance, and appreciation of the natural environment.

After completing the trek, the trainees returned to the campsite, where they refreshed themselves and had breakfast. This was followed by swimming and leisure activities conducted in a structured manner. These activities helped the trainees relax after



Consecutive academic sessions and promoted physical wellness, stress relief, and interpersonal bonding among peers.

Following lunch, the trainees spent time packing and organizing their belongings in preparation for departure. The group then returned to **BIRDY**. Upon arrival, the trainees were given an opportunity to engage in local shopping, allowing them to explore regional products and collect souvenirs as part of their cultural exposure. The day concluded with a Valedictory Programme, during which students reflected on their overall experiences and expressed gratitude for the academic, institutional, and experiential learning gained during the study trip. A brief evaluation session was also conducted, enabling trainees to share feedback, key learnings, and suggestions related to the programme. The evening concluded with dinner and a briefing on the return travel arrangements, marking the end of the study tour activities.

MAJOR INSIGHTS

The recreational and outdoor activities contributed positively to the trainees' physical and emotional well-being. Engagement in trekking and swimming promoted mindfulness, resilience, and stress management, while shared experiences in a natural setting strengthened peer relationships and teamwork. The reflective sessions at the end of the day enabled trainees to consolidate their learning, express gratitude, and gain a holistic understanding of the academic and experiential components of the study trip. Overall, the day served as a meaningful and balanced conclusion to the educational tour.

Day 7	Saturday: 06/12/2025
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DEPARTURE FROM HYDERABAD

The final day of the study trip began very early, with the students waking up at 4:00 AM to prepare for departure. After freshening up, the entire group assembled and boarded the bus at 4:30 AM. By 6:00 AM, they reached the railway station, where they prepared to board the train back to Tamil Nadu.

Arrival at Sacred Heart College (Autonomous), Tirupattur

The return journey to Jolarpettai marked the end of the six-day academic and experiential exposure. The students travelled through the day, reflecting on the intensive learning, cultural enrichment, field exposure and group bonding that took place throughout the trip. By 9:00 PM, the trainees reached the college campus safely, thus concluding the 2025 Hyderabad Study Trip.



FINAL EVALUATION

The final evaluation of the Educational Field Work Study Trip was conducted on 18 December 2025 at Sacred Heart College (Autonomous), Tirupattur District. The evaluation session was chaired by Dr. C. R. Christi Anandan, Head of the P.G. and Research Department of Social Work, and was supported by Dr. Clayton Michael Fonceca, Dr. Arockiaraj, Mr. Moieson Thairiyam, and Mr. Namsinchui Boniface Kamei. The faculty members closely reviewed the overall planning, execution, discipline, learning outcomes, and student participation during the study trip and provided insightful observations and encouragement.

The evaluation session began with a comprehensive video presentation by the Documentation Committee, which effectively showcased the academic visits, institutional interactions, cultural exposure, group activities, and reflective moments experienced by the students throughout the trip. The presentation highlighted the relevance of the visits to institutions such as industrial organizations, governance bodies, and social development agencies in strengthening practical understanding of social work concepts.



Following this, the Finance Committee presented a transparent account of the total expenditure incurred during the study trip along with the balanced amount remaining. This presentation demonstrated financial accountability, budgeting skills, and responsible fund management by the student body, which was appreciated by the faculty members.

Subsequently, committee-wise feedback sessions were conducted, wherein representatives from each committee shared their experiences, challenges, responsibilities, and learnings.

Feedback was presented by the Accommodation Committee, Food Committee, Transportation Committee, Health and Wellbeing Committee, Discipline and Spiritual Committee, Programme Committee, Finance Committee, Documentation Committee, along with reflections from the two Student Coordinators. These discussions highlighted the importance of teamwork, leadership, communication, crisis handling, and collaborative decision-making. Committees also shared constructive suggestions to improve coordination, time management, food planning, transport arrangements, and documentation for future study trips.



In the concluding segment, Dr. C. R. Christi Anandan and Dr. Arockiaraj offered their consolidated feedback based on committee reports and student evaluations. They appreciated the students' discipline, active involvement, adaptability, and reflective learning throughout the educational field work. They emphasized that such study trips play a crucial role in bridging classroom learning with real-world exposure, thereby enhancing professional competence, ethical sensitivity, and holistic development among social work students.

The evaluation session concluded on a positive and reflective note with light refreshments, marking the formal completion of the Educational Field Work Study Trip and reinforcing the value of experiential learning in the MSW programme.



CONCLUSION

The Educational Field Work Study Trip served as a critical experiential learning component of the Master of Social Work (**MSW**) programme, effectively bridging classroom-based theories with practical application. Aligned with the principles of Outcome-Based Education (**OBE**), the study trip enabled students to achieve key learning outcomes through structured exposure, observation, participation, and reflection in real-world settings.

Through visits to diverse locations such as industries, rural and plantation areas, science and research centre, eco-tourism sites,

governance institutions, and community-based organizations, students gained valuable insights into rural livelihoods, labour welfare, sustainable development, mental well-being, disability empowerment, and environmental conservation. These exposure visits, which are integral to the MSW curriculum, enabled students to observe and understand the social, economic, and cultural systems operating within society, thereby equipping them with the skills necessary to analyze social issues, intervening professionally, and advocate for positive societal change.

The educational field work trip also emphasized the development of essential social work competencies, including teamwork, leadership, time management, critical thinking, communication, and problem-solving. Through committee responsibilities, field interactions, and continuous evaluation sessions, students engaged in systematic self-reflection and assessment. This process fostered accountability, introspection, ethical awareness, and professional growth. By interacting closely with communities, organizations, professionals, and natural environments, students experienced transformative learning that strengthened their empathy, adaptability, and holistic understanding of social work practice. The integration of this field-based exposure into the MSW syllabus strongly aligns with the objective of developing competent, ethical, and skilled social work professionals. The study trip provided a meaningful platform for students to achieve key OBE learning outcomes, such as:

1. Application of Theoretical Knowledge: Understanding labour welfare, environmental social work, governance systems, and community dynamics through direct observation and interaction.
2. Skill Development: Enhancing communication, leadership, coordination, and organizational abilities in real-life professional settings.
3. Professional Values: Fostering empathy, ethical decision-making, cultural sensitivity, and social responsibility.

In conclusion, the Educational Field Work Study Trip successfully integrated the core objectives of the MSW programme by offering students

a comprehensive platform to apply theoretical learning, build professional competencies, and prepare themselves to address real-world social challenges.

ACKNOWLEDGEMENT

Our sincere gratitude is extended to all those who contributed to the successful planning and completion of the Educational Trip to Hyderabad. Heartfelt thanks to the Regional Joint Director (**RJD**), the Secretary of the RJD and all office personnel for granting permission and extending their support, which made this valuable educational exposure possible.

Deep appreciation to the College Principal, Sacred Heart College Autonomous, Tirupattur, Tamil Nadu, for the encouragement, guidance and institutional support provided throughout the process. Respectful thanks are also conveyed to the Head of the Department (**HOD**) and all faculty members of the Department of Social Work for their constant guidance, academic supervision and encouragement, during and after the trip. Special appreciation is extended to the PhD Scholar for accompanying and coordination during the visit. Sincere acknowledgment to **BIRDY** for providing comfortable accommodation and ensuring a safe and supportive stay for the students throughout the trip.

Grateful appreciation is extended to all the organizations such as **MSN** Laboratories and Research & Development Centre, National Institute of Rural Development and Panchayati Raj (**NIRDPR**), Centre for Good Governance (**CGG**) and National Institute for the Empowerment of Persons with Intellectual Disabilities (**NIEPID**) for their valuable time, warm hospitality and enriching learning experiences.

Appreciation to all the student committees, including the Programme Committee, Transportation Committee, Food Committee, Accommodation Committee, Wellbeing Committee, Spiritual Committee and Documentation Committee for their dedication, teamwork and responsible coordination, which ensured the smooth execution of the trip. Gratitude is sincerely extended to parents for their financial support, trust and encouragement, without which participation in this educational trip would not have been possible.

Acknowledgment is also made to all those involved in travel arrangements and logistical support, whose efforts ensured a safe and well-organized journey.

This educational trip was a collective effort, and heartfelt thanks are extended to everyone who contributed directly or indirectly to making it a meaningful and enriching learning experience.

Annexure

1. College permission Letter (Sacred Heart college Autonomous, Tirupattur)
2. RJD Permission Letter
(**Ref. ஓ.மு. எண்.3598/அ5/2025நாள்:28.11.2025**)

INDUSTRY – INSTITUTION PARTNERSHIP

Venue: BAER SHOES INDIA PVT. LTD., Ambur.

Date: 30.11.2025

Introduction

An Industry and Institution Partnership initiative was organized at BAER Shoes India Pvt. Ltd., Ambur, where the MSW students of Sacred Heart College were invited to perform traditional folk arts as part of the company's celebration "*Stride 30.*" This collaboration aimed to promote cultural exchange, enhance student exposure to industrial environments, and strengthen institutional relationships with leading industries.

The interaction also provided the students with an opportunity to gain first-hand insights into the functioning of a global leather manufacturing unit and to understand workplace culture, industrial processes, and employee engagement strategies.



Programme Highlights

The event began with the students presenting a vibrant Parai Attam as a welcome dance for the Chief Guest from Germany. The rhythmic performance created a festive atmosphere and provided a grand cultural entry for the dignitary.

Following this, the students performed two additional folk art forms:

- **Oyil Attam** – A graceful dance reflecting Tamil heritage, performed on stage and appreciated by the audience.

- **Kondattam** – An energetic folk dance that brought lively engagement and showcased the rich tradition and celebratory spirit of Tamil culture.

These performances highlighted the significance of preserving folk arts and demonstrated the students’ cultural competence and confidence before a large audience.



Industrial Visit Component

After their performances, selected students were taken inside the production facility for an industrial exposure visit. They were introduced to various stages of leather shoe manufacturing and learned key aspects such as:

- The company’s focus on designing “non-squeezing toe” and “heel-free” footwear for enhanced comfort.
- The global reach of the company, where 80% of the products are exported while 20% are sold domestically.
- Observation of workflow, organizational hierarchy, and workforce management.

Alumnus Mr. Rayappan, HR-Senior Exective, currently employed at BAER Shoes, guided the students throughout the visit. He explained the functioning of different departments, shared workplace experiences, and facilitated interactions with

company officials. This connection emphasized the strength of alumni support in industry linkages.

Importance of Industry–Institution Partnership

Industry–Institution Partnerships play a crucial role in bridging academic learning



with real-world practice. This collaboration:

- Enhances students’ experiential learning through direct exposure.
- Strengthens industry relevance in academic programmes.
- Provides opportunities for training, internships, and employability.
- Encourages industries to engage in community and cultural development through student participation.
- Builds long-term networks benefiting both the institution and the organization.

Such partnerships ensure that social work professionals understand organizational structures, employee welfare practices, and industrial realities skills essential for their field.

Learning Outcomes

By the end of the programme, the students were able to:

1. Demonstrate an understanding of industrial work processes and organizational functioning.
2. Gain exposure to large-scale event settings and professional interactions.

3. Appreciate the role of cultural performance in corporate events and community engagement.
4. Strengthen communication, teamwork, and presentation skills.
5. Understand the importance of industry collaboration for professional development.

Graduate Attributes Demonstrated

- Cultural Competence: Ability to perform and preserve traditional folk arts.
- Professional Skills: Exposure to industrial settings and workplace interactions.
- Teamwork & Leadership: Coordinated group performances and visit participation.
- Critical Thinking: Understanding production workflow and organizational dynamics.
- Social Responsibility: Participation in community-building initiatives.

Relevance to Sustainable Development Goals (SDGs)

This programme is aligned with the following SDGs:

- SDG 8 – Decent Work and Economic Growth:
Understanding workplace environments, employee welfare, and sustainable industrial practices.
- SDG 9 – Industry, Innovation and Infrastructure:
Exposure to modern manufacturing systems and innovative shoe-design technology.
- SDG 4 – Quality Education:
Integrating experiential and industry-based learning into academic development.

Conclusion

The Industry–Institution Partnership visit to BAER Shoes India Pvt. Ltd. offered the MSW students valuable exposure to the leather industry and enriched their understanding of industrial operations, employee relations, and organizational culture. The opportunity to perform traditional folk arts at a major corporate celebration also enhanced their cultural engagement and confidence.

Empowering Young Minds through Human Rights Awareness
Human Rights Day Celebration – 2025

Organised by

P.G. & Research Department of Social Work (Aided)

Sacred Heart College (Autonomous), Tirupattur District, Tamil Nadu

Venue: St. Charles Matriculation Higher Secondary School, Tirupattur

Date: 09 December 2025

Time: 3.00 p.m. – 4.00 p.m.

Participants: 250 School Children

Introduction

The P.G. & Research Department of Social Work (Aided), Sacred Heart College (Autonomous), Tirupattur District, organized a Human Rights Day Celebration on 09 December 2025 as part of the **Human Rights Skill Paper** for I MSW students. The programme was conducted at St. Charles Matriculation Higher Secondary School, Tirupattur, with the active participation of 250 school children.

The programme aimed to create awareness among young students about basic human rights and to nurture values of equality, dignity, justice and social harmony. By engaging school children through creative and participatory methods, the programme sought to make human rights education meaningful, accessible and impactful.



Objectives

- To create awareness about basic human rights among school children.
- To sensitize children to the importance of equality, dignity and justice.
- To educate students on key human rights issues affecting society.
- To promote values of peace, unity and social harmony.

Activities Carried Out

The programme commenced with the rendition of Tamil Thai Vazhthu, creating a solemn and respectful atmosphere. This was followed by a welcome address by Dr. K. Arockiaraj, Course Teacher, who explained the significance of Human Rights Day and highlighted the responsibility of social work students in promoting human rights awareness among younger generations.



Subsequently, Dr. C. R. Christi Anandan, Head of the P.G. & Research Department of Social Work, delivered the felicitation address. He emphasized that respect for human rights should begin at home and be reflected in everyday behaviour, interpersonal relationships and social interactions, thereby linking human rights education with moral values and social responsibility.

The core of the programme comprised a series of creative and participatory performances by the I MSW students. Through skits, mime acts, songs and dance performances, students explained various human rights articles in a simple, engaging and age-appropriate manner. Special emphasis was placed on the Right to Education, Right against Discrimination, and the importance of equality and dignity.

The performances also highlighted social issues such as bonded labour, child marriage, caste-based discrimination and religious intolerance, enabling school children to understand real-life human rights violations. Each activity concluded with clear messages promoting peace, respect, unity and social harmony. The

creative approach ensured active engagement and better comprehension among the school children.

Programme Outcomes (POs) Attained

The programme contributed to the attainment of the following Programme Outcomes of the MSW programme:

- **PO1 – Social Work Knowledge:** Enhanced understanding of human rights principles and constitutional values.
- **PO2 – Professional Practice Skills:** Applied advocacy and awareness-building skills in a real community setting.
- **PO3 – Ethics and Values:** Strengthened commitment to social justice, equality and human dignity.
- **PO4 – Social Responsibility:** Encouraged civic engagement and responsibility towards marginalized groups.
- **PO5 – Communication and Advocacy:** Developed effective communication skills through creative and participatory methods.



Graduate Attributes Demonstrated

The I MSW students demonstrated the following graduate attributes:

- Ethical sensitivity and respect for human dignity
- Critical understanding of social issues and human rights violations
- Effective communication and advocacy skills
- Teamwork, leadership and coordination

- Active citizenship and social responsibility

Relevance to Sustainable Development Goals (SDGs)

The programme aligned with the following UN Sustainable Development Goals:

- **SDG 4 – Quality Education:** Promoted inclusive and equitable education through rights-based awareness.
- **SDG 5 – Gender Equality:** Addressed gender justice and women’s rights through performances.
- **SDG 10 – Reduced Inequalities:** Highlighted issues of discrimination and social exclusion.
- **SDG 16 – Peace, Justice and Strong Institutions:** Fostered awareness of justice, equality and human rights.

Indian Knowledge Systems (IKS) Relevance

The programme reflected the values of Indian Knowledge Systems by:

- Upholding the principle of “**Vasudhaiva Kutumbakam**” (the world is one family), emphasizing universal human dignity.
- Reinforcing constitutional values of **justice, liberty, equality and fraternity**, rooted in India’s ethical traditions.
- Resonating with **Gandhian ideals** of truth, non-violence, social harmony and respect for human dignity.
- Encouraging moral responsibility, ethical living and collective well-being among young learners.

Outcome of the Activity

The programme successfully enhanced awareness and understanding of human rights among school children. The creative presentations captured their interest and helped them relate human rights concepts to everyday life. The active participation and positive feedback from the students reflected the effectiveness of the programme in promoting human rights awareness, peace and social harmony.

HUMAN RIGHTS DAY

Venue: Main Gate, Sacred Heart College (Autonomous)

Date: 10.12.2025

Introduction

Every year, December 10th is celebrated across the world as International Human Rights Day, commemorating the adoption of the Universal Declaration of Human Rights (UDHR). To mark this important occasion, the P.G. & Research Department of Social Work organized a vibrant awareness program aimed at strengthening students' understanding of human dignity, equality and justice. The event was designed not only to celebrate the day but also to create a space where students could reflect on and reaffirm their commitment to the values that protect humanity. The activity included a Human Rights Placard Display and a Signature Campaign, both of which encouraged participation, engagement and awareness among the college community.

The Morning Campaign: A Corridor of Awareness

The MSW students assembled at the main gate of the college at approximately 8:00 AM, well before the regular class schedule commenced. The atmosphere quickly filled with enthusiasm as the students prepared the placards, arranged the signature board and organized themselves to welcome their peers. The main gate, being a central point of entry, served as an ideal location to maximize visibility and encourage involvement from students of all departments.

Placard Display and Human Rights Messages

The placard display formed the heart of the awareness program, where MSW students stood in an organized formation holding placards that highlighted a wide



spectrum of human rights drawn from the Universal Declaration of Human Rights (UDHR), the Fundamental Rights of the Indian Constitution and several significant international human rights articles. Each placard carried a powerful message; some emphasized core UDHR principles such as the Right to Equality (Article 1), Right to Life, Liberty and Security (Article 3), Freedom from Discrimination (Article 7), Right to Education (Article 26) and Freedom of Thought and Expression (Article 19). Others showcased India's Fundamental Rights, including the Right to Equality, Right to Freedom, Right against Exploitation, Right to Freedom of Religion, Cultural and Educational Rights and the Right to Constitutional Remedies. Additional placards highlighted themes like Women's Rights, Child Rights, Rights of Persons with Disabilities, Environmental Rights and Right to Dignity and Justice, making the display diverse and comprehensive. As students entering the campus paused to read the placards, they were able to connect visually and intellectually with these essential rights, reinforcing the message that human rights are not abstract ideals but practical, everyday protections that uphold human dignity.

Greeting Students and Spreading Awareness

As students walked through the main gate, the MSW Students greeted them with "Happy Human Rights Day!" This simple yet warm gesture helped create an atmosphere of respect, celebration and reflection. Many students expressed appreciation, stopped to interact and asked questions about the purpose of the event, indicating genuine curiosity and willingness to learn.

Human Rights Signature Board



A large signature board bearing the theme "Human Rights: Our Everyday Essentials" and the promise of "On Human Rights Day, Let's promise to stand for Equality, Freedom, Justice and Dignity to all" was placed prominently near the entrance. Students were encouraged to sign on the board as a symbolic

affirmation of their commitment to safeguard human rights for themselves and for

others. Throughout the morning, groups of students gathered around the board, taking time to read the displayed statements and then signing their names. The board quickly filled with signatures, demonstrating strong student participation and support for the cause.

Visit of the Rector and the Principal



After the successful completion of the student-led campaign, the MSW trainees respectfully invited the esteemed college dignitaries to grace the event with their presence, further enriching the significance of the celebration. Rev. Fr. Dr. Praveen Peter, Rector, was the first to arrive at the venue. He observed the placards displayed



by the students, appreciated their efforts in promoting human rights awareness and expressed his admiration for the initiative. His act of signing the Human Rights Board served as a symbolic endorsement of the values upheld by the event and deeply encouraged the students. Shortly after, Rev. Fr. Dr. Maria Antony Raj, Principal, visited the site and extended his heartfelt greetings on the occasion of Human Rights

Day. He acknowledged the dedication of the MSW students, encouraged them to continue their commitment towards social awareness and added his signature to the board. The participation of both the Rector and the Principal added immense value to the event, enhancing its impact and inspiring the students to continue engaging wholeheartedly in socially meaningful activities.

Programme Outcomes (POs) Addressed

The Human Rights Day awareness programme significantly contributed to the attainment of the Programme Outcomes of the MSW programme by enabling students to:

- PO1 – Social Work Knowledge: Demonstrate a clear understanding of human rights frameworks such as the Universal Declaration of Human Rights, Fundamental Rights of the Indian Constitution and international human rights conventions.
- PO2 – Professional Practice Skills: Apply social work principles in real-life settings through awareness creation, advocacy and community engagement.
- PO3 – Ethics and Values: Internalize and promote core social work values such as human dignity, social justice, equality and respect for diversity.
- PO4 – Social Responsibility: Actively participate in initiatives that foster civic responsibility, democratic values and social accountability.
- PO5 – Communication and Advocacy: Effectively communicate social issues and rights-based messages to a diverse audience through visual displays and interpersonal interaction.

Graduate Attributes Demonstrated

The programme provided a platform for MSW students to demonstrate the following graduate attributes:

- Ethical and Social Sensitivity: Awareness of human rights issues and commitment to justice, equality and dignity for all.
- Critical Thinking: Ability to interpret human rights concepts and relate them to contemporary social realities.

- **Effective Communication:** Conveying complex rights-based messages through placards, slogans and interactive engagement.
- **Teamwork and Leadership:** Collaborative planning and execution of the awareness campaign in a disciplined and organized manner.
- **Active Citizenship:** Willingness to engage in social advocacy and promote democratic values within the academic community.

Indian Knowledge Systems (IKS) Relevance

The programme also reflected the essence of Indian Knowledge Systems by emphasizing values deeply rooted in India’s civilizational ethos:

- The concept of **“Vasudhaiva Kutumbakam” (the world is one family)** was reflected in the universal nature of human rights and collective responsibility.
- Constitutional values such as justice, liberty, equality and fraternity, derived from India’s socio-cultural and philosophical traditions, were actively promoted.
- Gandhian principles of truth (Satya), non-violence (Ahimsa), human dignity and social harmony resonated through the peaceful and participatory mode of awareness creation.

Relevance to Sustainable Development Goals (SDGs)

The Human Rights Day programme strongly aligns with the United Nations Sustainable Development Goals, particularly:

- **SDG 4 – Quality Education:** Promoted inclusive and equitable quality education by creating awareness on rights related to education, equality and freedom of expression.
- **SDG 5 – Gender Equality:** Highlighted women’s rights and gender justice through focused placards and discussions.
- **SDG 10 – Reduced Inequalities:** Addressed issues of discrimination, marginalization and equal rights for all sections of society.

- **SDG 16 – Peace, Justice and Strong Institutions:** Reinforced respect for human rights, rule of law, justice and accountable institutions through civic awareness and student participation.

Conclusion

The International Human Rights Day program was not merely an event but a meaningful collective experience that strengthened awareness, responsibility and solidarity within the college community. Through the thoughtful display of placards highlighting the Universal Declaration of Human Rights, Fundamental Rights and various human rights principles, the MSW students effectively transformed the college entrance into a space of reflection and learning. The enthusiastic participation of students who signed the Human Rights Board demonstrated a shared commitment to upholding dignity, equality and justice in everyday life. The event stands as a reminder that human rights begin with each individual and it is through continuous awareness and action that we safeguard these rights for all.

Workshop on Marketing and Institutional Support for Sustainable Social Entrepreneurship

Date : 12.12.2025

Time: 9:15 AM to 1:15 PM

Venue: Mahatma Gandhi Hall, BISS Block, Sacred Heart College (Autonomous), Tirupattur

Introduction

The P.G. & Research Department of Social Work organized a workshop on *Marketing and Institutional Support for Sustainable Social Entrepreneurship* on 12 December 2025 at Mahatma Gandhi Hall, Sacred Heart College (Autonomous), Tirupattur. The programme was conducted in collaboration with the Entrepreneurship Development and Innovation Institute (EDII-TN) to provide students with practical exposure to entrepreneurship and innovation. In the present social and economic context, social entrepreneurship had played an important role in addressing social issues while also promoting sustainability and self-reliance.

The workshop was organized to help students understand how innovative ideas could be converted into sustainable social enterprises. Many students had interest in entrepreneurship but lacked knowledge about marketing strategies, costing, pricing, and institutional support systems. Through this programme, students were encouraged to develop an entrepreneurial mindset, critical thinking, and problem-solving skills. The collaboration with EDII-TN also helped students gain awareness about government schemes and institutional support available for aspiring entrepreneurs.

Programme Proceedings

The programme began at 10:15 AM and was smoothly coordinated by Ms. Nisha, who served as the Master of Ceremonies. She welcomed the gathering and introduced the purpose and flow of the programme in a clear and confident manner.

Following this, Ms. Athia delivered the welcome address. She warmly welcomed the resource person, Head of the Department, faculty members, and students. In her address, she highlighted the importance of entrepreneurship in social development and emphasized the role of institutional support in building sustainable enterprises.

After the welcome address, the Shawl Honouring Ceremony was conducted. Ms. Mariam respectfully draped the shawl to the resource person as a mark of honour and gratitude. This gesture symbolized the institution's respect and appreciation for the speaker's contribution.

Subsequently, the Memento Presentation took place. Ms. Jayapriya presented the memento to the resource person as a token of remembrance and appreciation for sharing her valuable knowledge and experience with the students.



Technical Session on Costing and Pricing



The technical session was handled by **Mrs. S. Divya, B.Tech**, District Programme Manager, Entrepreneurship Development and Innovation Institute (EDII-TN). She explained the importance of costing and pricing in entrepreneurship and small businesses. She clearly explained why costing was essential to fix the right selling price, ensure profit, control expenses, and

support decision-making. The session also covered different types of costs such as direct material cost, labour cost, and overheads, along with fixed and variable costs.

She further explained pricing strategies like cost-plus pricing, market-based pricing, value-based pricing, and competitive pricing. The concept of break-even analysis was also discussed to help students understand the minimum sales required to avoid

loss. The session helped students understand how proper costing and pricing played a key role in the sustainability of social enterprises.

Ice-Breaking and Critical Thinking Session



At the beginning of the programme, an ice-breaking session was conducted by the resource person to create an interactive and comfortable learning environment. This session helped students overcome hesitation and encouraged open communication. Students actively participated and shared their thoughts, which improved their confidence and involvement in the programme.

During this session, the resource person also introduced critical thinking concepts. Through simple examples and situations, students were encouraged to think in multiple ways to solve a problem. This session prepared the students mentally for the innovation-based activities and helped them understand the importance of creative thinking in entrepreneurship and social work practice.

Costing -Based Group Activity

As part of the workshop, a Costing-based group activity was conducted to provide hands-on and experiential learning to the students. The students were divided into five teams, and each team was assigned the task of designing an innovative water bottle suitable for people aged 60 years and above. The objective of the activity was to help students understand age-related difficulties and apply innovation and critical thinking to solve real-life problems faced by elderly people.

During the activity, each team discussed the physical and practical challenges experienced by senior citizens, such as weak grip strength, joint pain, difficulty in opening bottle caps, spillage, weight of the bottle, and safety while drinking water. Students were encouraged to think from the perspective of elderly users and identify solutions that were simple, safe, and user-friendly. Based on these discussions, teams proposed innovative ideas such as easy-grip bottle designs, lightweight materials, spill-proof lids, larger openings for easy cleaning, and bottles that required less force to open.

Each team presented their innovative water bottle concept before the gathering and explained the problem identified, the solution proposed, and the benefits of their design for people above 60 years of age. The presentations showed students' creativity, teamwork, problem-solving skills, and understanding of user-centered innovation. The resource person appreciated the efforts of all five teams and provided constructive feedback to improve their ideas further.

Through this activity, students gained a practical understanding of innovation, problem identification, and solution development. The activity helped students realize the importance of designing products that were socially relevant and inclusive. Overall, the innovation-based group activity strengthened students' confidence, creativity, and ability to apply entrepreneurial thinking in social work practice.



Session on MSME Schemes and Institutional Support



The resource person also conducted a detailed session on MSME schemes and institutional support systems available for entrepreneurs. She explained the role of government departments such as EDII-TN, DIC, and MSME in supporting new and existing enterprises. Various schemes like NEEDS, UYEGP, PMEGP, PMFME, and other subsidy-based programmes

were explained in a simple manner.

She also highlighted the benefits of capital subsidy, interest subsidy, payroll subsidy, and incentives for women, SC/ST, and differently-abled entrepreneurs. This session

helped students gain awareness about financial assistance, training opportunities, and institutional guidance available for starting and expanding enterprises. The session motivated students to explore government-supported entrepreneurship opportunities for sustainable social development.

Vote of Thanks

The programme concluded with the Vote of Thanks delivered by Mr. Nithish. He expressed sincere gratitude to the resource person for her valuable session, the Head of the Department for guidance, faculty members for their support, and students for their active participation. He also thanked the organizing team for the successful coordination of the programme.



Conclusion

The workshop was highly informative and beneficial for the students of the P.G. & Research Department of Social Work. It provided practical knowledge on entrepreneurship, innovation, and institutional support systems. The programme successfully motivated students to explore sustainable social entrepreneurship as a viable career option. Overall, the workshop achieved its objectives and contributed meaningfully to the academic and professional development of the students.



WORLD BASKETBALL DAY CELEBRATION: OPEN WOMEN'S BASKETBALL TOURNAMENT

21st December 2025

Jointly Organized by

CENTRE FOR POSITIVE YOUTH DEVELOPMENT

P.G. & Research Department of Social Work (Aided),
Sacred Heart College (Autonomous), Tirupattur Dt.
and

YMCA Boys' Division, Tirupattur, and the Tirupattur Basketball Association

Introduction

The Centre for Positive Youth Development of the P.G. & Research Department of Social Work (Aided), Sacred Heart College (Autonomous), Tirupattur, organized an Open Women's Basketball Tournament to commemorate World Basketball Day on December 21, 2026. This initiative was conducted in collaboration with the YMCA Boys' Division, Tirupattur, and the Tirupattur Basketball Association, aimed at empowering women through sports.

The aim was to celebrate World Basketball Day by encouraging female participation in competitive sports; to foster community collaboration between various districts and sports organizations and o raise awareness about the vital importance of physical health and fitness for women.

Description of the Tournament

The tournament commenced with a formal inaugural ceremony, **Mr. George Bernadsha**, YMCA Executive Secretary, and **Mr. Ragulan**, Secretary – Tirupattur Basketball Association and Dr. K. Arockiaraj, Director of the Centre for Positive Youth Development were present, where **Dr. CR. Christy Anandan**, Head of the Department of Social Work, declared the first match open, symbolizing the start of a day dedicated to athletic excellence. **Rev. Fr. J. Andrews Raja**, Former Head of the Social Work Department, delivered a compelling inaugural address, specifically highlighting the critical importance of health, with a focus on women's physical well-being as



a cornerstone for social empowerment. A total of **eight teams** from the districts of Krishnagiri, Vellore, Thiruvannamalai, Namakkal, Salem, and Tirupattur participated with great enthusiasm, each bringing a unique regional flair to the court.



The event was strategically coordinated by **Dr. K. Arockiaraj**, Director, and **Rev. Fr. Henry Daniel Ambrose**, Youth Development Forum President, whose joint vision ensured the program aligned with the department's core mission of youth empowerment. Technical and logistical support was provided by **Mr. George Bernadsha**, YMCA Executive Secretary, and **Mr. Ragulan**, Secretary of the Tirupattur Basketball Association, ensuring all sporting equipment and court standards met professional benchmarks. The execution of the event was a masterclass in student leadership, as the **Social Work students of the Youth Development Specialization** and YMCA volunteers, under the guidance of **Ms. Sneha and Mr. Jayakumar**, managed the entire tournament flow, from registration desks to court-side officiating.



All faculty members of the Social Work department were present to provide mentorship and support, reinforcing the academic and social significance of the gathering. The matches were played under standard professional regulations, fostering a spirit of healthy competition and disciplined athleticism among the diverse teams gathered from across the region. Throughout the day, the atmosphere was electric, with students and spectators cheering as the players demonstrated high-level tactical skills and physical endurance. The coordination team handled the tight schedule with precision, ensuring that transitions between matches were seamless and that all participants felt welcomed and valued. This collaborative effort not only promoted sportsmanship but also strengthened the professional network between the college, the YMCA, and regional sports associations.



The tournament culminated in a thrilling final where the Mary Immaculate girls of Tirupattur District secured the first-place victory. During the valedictory function, Chief Guests **Mr. Kanagaraj** (President, Basketball

Association) and **Dr. Sheela Benjamin** (Treasurer, YMCA) distributed prizes. The players were honoured with trophies, medals, kit bags, and certificates. The event successfully highlighted the potential of women in sports and strengthened the bond between the institution and the community. The Centre for Positive Youth Development of P.G & Research Department of Social Work sincerely appreciates and thanks YMCA Boys' Division for the financial support and the Basketball Association, Tirupattur district for coordinating the teams and officials.

Relevance to MSW Curriculum

The programme strongly aligns with the **Master of Social Work (MSW)** curriculum, particularly in the areas of:

- **Youth Development and Empowerment**
- **Community Organization and Social Action**
- **Gender Studies and Women Empowerment**
- **Health Promotion and Preventive Social Work**
- **Field Work Practicum and Experiential Learning**

Through direct involvement in planning, coordination, and execution, students translated classroom learning into **real-world community engagement**, reinforcing theory–practice integration.

Programme Outcomes (POs) Addressed

The event contributed to the following MSW Programme Outcomes:

- **PO1:** Application of social work knowledge to promote individual and community well-being
- **PO2:** Practice ethical values and professional responsibility in community settings

- **PO3:** Demonstrate skills in community organization, leadership, and teamwork
- **PO4:** Promote social inclusion, gender equity, and empowerment initiatives
- **PO5:** Engage effectively with multidisciplinary and community-based organizations

Graduate Attributes Demonstrated

The programme enabled students to demonstrate key graduate attributes, including:

- **Leadership and Teamwork:** Coordinating large-scale sporting events collaboratively
- **Communication Skills:** Engaging with participants, officials, and community stakeholders
- **Social Responsibility:** Promoting women’s health, empowerment, and inclusion
- **Problem-Solving Skills:** Managing logistics, schedules, and on-field coordination
- **Professional Competence:** Adhering to ethical standards, discipline, and organizational protocols

Relevance to Sustainable Development Goals (SDGs)

The programme directly contributes to the following **United Nations Sustainable Development Goals**:

- **SDG 3 – Good Health and Well-being:** Promoting physical fitness and healthy lifestyles among women
- **SDG 5 – Gender Equality:** Encouraging women’s participation in sports and leadership
- **SDG 10 – Reduced Inequalities:** Providing equal platforms for women from diverse regions
- **SDG 17 – Partnerships for the Goals:** Strengthening collaboration between academic institutions, NGOs, and sports associations

Conclusion

The World Basketball Day Open Women's Basketball Tournament served as a powerful platform to integrate sports, social work education, and community engagement. The programme not only celebrated athletic talent but also reinforced the values of empowerment, health, inclusion, and collaboration. By actively involving MSW students, the event strengthened experiential learning and demonstrated how sports can be effectively utilized as a medium for social transformation and youth development.

CHRISTMAS CELEBRATION 2025

Date: 22 December 2025

Venue: Thanthai Periyar Hall

Introduction

Christmas is one of the most significant and joy-filled festivals celebrated across the world, commemorating the birth of Jesus Christ. The occasion symbolizes profound values such as love, peace, humility, forgiveness, compassion and sharing. Christmas serves as a reminder that humanity is bound together through kindness, mutual respect and goodwill. It encourages individuals to reach out to one another beyond social, cultural and personal differences, fostering harmony and togetherness, the Department of Social Work organized a grand Christmas Celebration 2025 on 22nd December 2025 at 2:30 PM in Thanthai Periyar Hall. The program was thoughtfully planned to create an atmosphere of joy and reflection while strengthening the bond between students and faculty members. The celebration aimed to provide students with a platform to express their cultural talents, promote unity and experience the true spirit of Christmas through prayer, music, dance, games and fellowship.

Prayer Song

The Christmas Celebration commenced at 2:30 PM with the gathering of students and faculty members in Thanthai Periyar Hall, which was beautifully filled with festive enthusiasm and cheerful anticipation. The program was skillfully anchored by Mr. Joshva and Ms. Hanna S Chandy, who served as the Masters of Ceremony. They conducted the proceedings with confidence, clarity and professionalism, ensuring smooth transitions between segments. Their effective coordination and engaging presentation played a crucial role in maintaining the energy and coherence of the program throughout the celebration.

The celebration began with a prayer song led by the FOSS students, invoking divine blessings and setting a calm, spiritual and reverent tone for the program. The prayer reminded everyone of the true meaning of Christmas and helped prepare the audience for a celebration rooted in faith, gratitude and reflection.



Welcome Address

Following the prayer, the welcome address was delivered by Mr. Eujine,. He extended a warm and heartfelt welcome to the Head of the Department, faculty members, association leaders and fellow students. In his address, he highlighted the importance of celebrating Christmas as a festival of unity, joy, gratitude and mutual respect, setting a positive tone for the rest of the program.

Christmas Song

The program continued with a Christmas song performed by the First-Year students. Their harmonious singing and enthusiastic performance filled the hall with festive cheer and warmth. The song was met with appreciation from the audience and enhanced the celebratory atmosphere of the occasion.



Christmas Message



The Christmas message delivered by Dr. Christi Anandan, Head of the Department. In his thoughtful and inspiring message, he reflected on the relevance of Christmas in contemporary society. He emphasized values such as love, forgiveness, humility, compassion and service to others, encouraging students to practice these values in their academic journey, personal lives and future professional roles as social workers.

Solo Song Performance

Following the message, a melodious solo song was presented by Rev. Fr. Stio K J from the Second Year. His soulful and expressive rendition captivated the audience and created a moment of joy and reflection, adding emotional depth to the celebration.



Dance Performance

This was followed by an energetic dance performance by the First-Year boys. Their synchronized movements, lively expressions and stage confidence added vibrancy to the program and showcased the cultural talents of the students.



Sports and Recreational Games

The program then transitioned into a lively and interactive segment with sports and recreational games organized by the association leaders. Events such as arm wrestling and tug of war generated excitement and active participation among students. These activities promoted teamwork, healthy competition, leadership and sportsmanship, while the audience enthusiastically supported and cheered for the participants.



Christmas Gift Exchange

A Christmas gift exchange was conducted next, creating curiosity, excitement and joyful anticipation among the students. The activity of identifying the “Christmas Child” added fun and engagement, while symbolically highlighting the spirit of giving, sharing and strengthening interpersonal bonds within the student community.



Dance Performance

The celebration continued with a lively and energetic dance performance by the Second-Year boys. Their confident choreography and dynamic stage presence further elevated the festive mood and kept the audience entertained.

Prize Distribution

Following the performances, prizes were distributed to the winners of the sports events. The winners were applauded for their enthusiasm, participation and sportsman spirit. This recognition motivated students to actively engage in extracurricular activities and fostered a spirit of encouragement and appreciation.



Vote of Thanks

The vote of thanks was delivered by Mr. Harish Sharma, who expressed sincere gratitude to the Head of the Department, faculty members, association leaders, organizers, participants and all those who contributed to the successful organization of the Christmas Celebration. His words reflected the collective effort and cooperation that made the event memorable.

Santa Claus Surprise and Group Photo

A special highlight of the event was the Santa Claus surprise, which brought immense joy, laughter and excitement to everyone present. Santa's appearance added a magical and cheerful element to the celebration, creating lasting memories for the students.

The event concluded with a group photo session, capturing the joyful moments and spirit of togetherness shared during the celebration. Finally, refreshments were served to all participants, marking a pleasant and satisfying end to the Christmas Celebration 2025.



Conclusion

The Christmas Celebration 2025, held at Thanthai Periyar Hall, was observed with great enthusiasm, joy and festive spirit. The event successfully conveyed the true message of Christmas while strengthening the bond between students and faculty members. It provided a platform for students to showcase their talents, participate in team-building activities and experience the joy of unity and fellowship. Overall, the celebration was well-organized, meaningful and memorable, leaving participants with cherished moments, renewed motivation and the enduring spirit of Christmas.

PONGAL CELEBRATION 2026

Date: 12 January 2026

Venue: BISS Block

Introduction

The Department of Social Work, organized the Pongal Celebration with great enthusiasm and cultural reverence, reflecting the rich Tamil tradition of gratitude, unity and harmonious coexistence with nature. Pongal, celebrated as the harvest festival of Tamils, symbolizes thankfulness to the Sun, land, farmers, cattle and all forces that sustain human life. For social work students, the celebration provided an opportunity to experience indigenous cultural practices that emphasize community living, mutual respect and environmental responsibility

Traditional Inauguration and Pongal Preparation

The celebration commenced in a traditional manner with the ceremonial preparation of Pongal, which formed the spiritual and cultural foundation of the entire programme. At 12:00 noon, the Pongal pot was kept by Ms. Komathi, Mr. Harish Sharma and Ms. Febina, representing the first and second year MSW students. As the water in the pot began to boil, symbolizing abundance and prosperity, the rice was added sequentially, marking the formal beginning of the Pongal preparation. The ritual was initiated by the Head of the Department, Dr. C. R. Christi Anandan, followed by Dr. K. Arockia Raj, Dr. T. Selvam, Dr. Clayton Michael Fonceca, Ms. Preethi and finally by the student representative Ms. Hoila Monica and Mr. Harish Sharma.



Commencement of the Cultural Programme

The cultural programme began at 1:10 PM with vibrant energy and collective enthusiasm. The event was anchored by Ms. Padma Priya from the First Year MSW, who served as the Master of Ceremonies. Through her eloquent narration in Tamil, enriched with literary metaphors and cultural expressions, she beautifully brought out the essence of Tamil heritage. Her narration



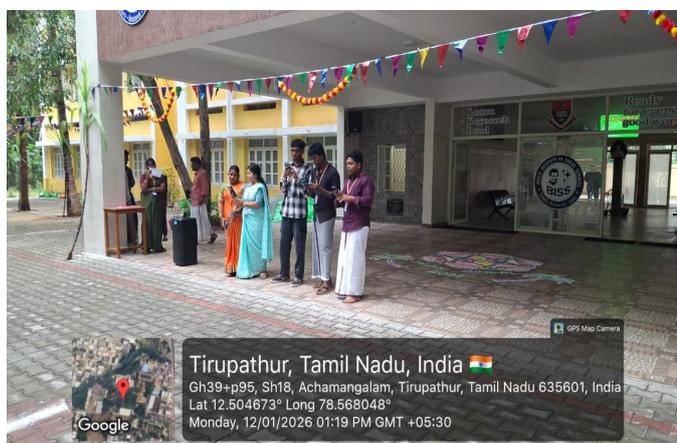
Highlighted the Tamil tradition of welcoming guests with warmth, celebrating togetherness and honouring age-old customs, thereby setting a dignified and festive tone for the celebration.

Welcome Address

The programme formally commenced with a warm welcome address delivered by Ms. Hema. In her address, she welcomed the dignitaries, faculty members and students and emphasized the significance of Pongal as a festival that teaches gratitude towards nature, respect for agricultural labour and unity among people. She also highlighted the relevance of celebrating such festivals within an academic setting, as they help students understand culture as a living social reality rather than a mere tradition.

Cultural Performances

The cultural segment of the celebration began with a melodious group song performed by Mr. Manikandan and his team from the First Year MSW. The song portrayed themes of harvest, rural life and Tamil cultural pride, creating a festive atmosphere and engaging the audience. The



performance reflected teamwork and harmony, echoing the collective spirit that Pongal represents.

Following the song, Ms. Padma Priya recited a Tamil poem on Pongal, highlighting the dignity of farmers, the interconnectedness of human life and nature and the timeless wisdom embedded in Tamil literature. The poem resonated deeply with the audience and added a reflective and emotional dimension to the celebration.



The programme further came alive with a lively group dance organized by the First Year MSW students. The performance was special as it witnessed the enthusiastic participation of both faculty members and students. The dance, inspired by folk rhythms and traditional expressions, symbolized inclusiveness and joy,

Traditional Games and Recreational Activities

As part of the celebration, traditional games were organized by Mr. Antony Vimal Raj to highlight the uniqueness of Tamil culture and its emphasis on sportsmanship and collective joy. A tug of war competition was conducted between the First Year and Second Year MSW students, in



which faculty members also participated. The event was filled with excitement and laughter and reflected the Tamil sporting spirit that values strength, teamwork, mutual respect and entertainment rather than mere victory.



Another major highlight was the traditional pot-breaking game, Uriyadi, which holds cultural significance during Tamil festivals. Participants were selected through a lucky draw to ensure fairness and equal opportunity. The event became more engaging with the inclusion of a faculty lucky draw. Dr. C. R. Christi Anandan was the first faculty member to participate, followed by Rev. Fr. J. Andrews Raja, who successfully broke the pot and became the first to do so. Dr. T. Selvam also participated and successfully broke the pot, much to the delight of the audience. These moments created an atmosphere of joy.



Pongal Address by the Head of the Department

Following the traditional pot-breaking (Uriyadi) event, the celebration was further enriched by the Pongal Address delivered by Dr. C. R. Christi Anandan, Head of the Department of Social Work. In his address, he reflected on the cultural and social significance



of Pongal as a festival deeply rooted in gratitude, humility and collective living. He emphasized that Pongal is not merely a celebration of harvest but a reminder of humanity's interdependence with nature, farmers and all forms of labour that sustain life and highlighted how Tamil culture has always upheld values of thankfulness and respect for both human and non-human contributors, including land, water, cattle and community.

Vote of Thanks

The programme concluded with the vote of thanks delivered by Mr. Joshuva. He expressed his heartfelt gratitude to the Head of the Department, faculty members, student coordinators, performers, volunteers and all participants who contributed to the successful organization of the Pongal celebration.

Pongal Offering and Distribution

Following the formal programme, the freshly prepared Pongal was brought ceremoniously. A Pooja was performed as an expression of gratitude to God and nature for the harvest and collective efforts. After the prayer, the Pongal was distributed to all faculty members and students, symbolizing sharing, equality and community living values deeply rooted in Tamil culture.



Relevance to Indian Knowledge Systems (IKS) and MSW Curriculum

The Pongal Celebration 2026 reflected the essence of Indian Knowledge Systems (IKS) by integrating indigenous Tamil cultural practices rooted in agrarian wisdom, ecological balance and community-oriented living. The ritualistic preparation of Pongal, reverence to nature, farmers and cattle, and the collective sharing of food demonstrated traditional knowledge systems that emphasize gratitude, sustainability and social harmony. From an MSW (Social Work) perspective, these practices align with core social work values such as community participation, respect for indigenous knowledge, social cohesion and environmental responsibility. The celebration enabled MSW students to experience culture as a lived social reality, thereby strengthening their understanding of community-based practice, culturally

sensitive social work and people–nature interdependence, which are essential components of professional social work education.

Conclusion

Thus, the Pongal Celebration organized by the Department of Social Work, stood as a meaningful expression of Tamil cultural identity and collective gratitude. Through traditional rituals, cultural performances, folk games and shared participation, the celebration fostered a strong sense of unity and belonging among students and faculty members. The celebration reinforced the values, such as inclusiveness, participation, mutual respect and community bonding. The active involvement of both faculty and students strengthened interpersonal relationships within the department and created an atmosphere of shared joy and learning. Overall, the Pongal Celebration served as a culturally enriching and socially relevant experience.

MENTAL HEALTH AWARENESS PROGRAMME FOR BUS & LORRY DRIVERS

Date: 19.01.2026

Venue: BISS Block, Department of Social Work

Introduction

As part of the National Road Safety Month-2026, the PG and Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur, organized a Mental Health Awareness Programme for drivers on 19th January 2026. The programme commenced punctually at 10.00 a.m. with the active participation of the department faculty and students. The Chief Guest and invited dignitaries were formally received, following which drivers from various parts of the Tirupattur district began arriving at the venue. In parallel with the seminar proceedings, medical screening activities were initiated, wherein participating drivers underwent blood tests and eye check-ups conducted by medical professionals. The programme aimed to promote road safety by addressing the physical and mental health needs of drivers through awareness and preventive health measures.



Welcome of the Chief Guest and Dignitaries

The programme formally commenced with a warm welcome extended by the PG and Research Department of Social Work. Dr. Christi Anandhan, Head of the Department of Social Work, and Dr. Clayton Michael Fonceca graciously welcomed the Chief Guest, Dr. Vijay Govindharaj, ENT Specialist. The department also extended a cordial welcome to the esteemed dignitaries, namely Thiru Venkat Ramanan, Regional

Transport Officer, Vaniyambadi; Thiru Murali, Motor Vehicle Inspector, Tirupattur; and Thiru Paneerselvam. Their esteemed presence added dignity to the programme and marked a meaningful beginning to the seminar.

Inaugural Session

The event was formally inaugurated at Periyar Hall. The programme was compered by Ms. Padma Priya, I MSW. The inaugural session began with the rendition of *Tamil Thai Vazhthu*, marking an auspicious start to the programme. This was followed by the welcome address delivered by Mr. Senthil Kumar, who also honoured the Chief Guest by presenting a shawl. Subsequently, the Head of the Department of Social Work was honoured with a shawl, in recognition of his initiative and efforts in arranging and organizing this awareness programme. A large number of drivers actively attended the event, demonstrating keen interest and contributing to the overall success of the programme.



Felicitation

As part of the programme, Ms. Padma Priya, I MSW, extended a warm felicitation to all the dignitaries present and delivered a brief honouring address. Her words appreciatively acknowledged the presence and contributions of the invited guests and set a positive tone for the session. Following this, she concluded her address by introducing the Chief Guest in a respectful and engaging manner, after which the Chief Guest was invited to deliver the special address. The felicitation segment created an encouraging and respectful atmosphere for the commencement of the Chief Guest's address.



Special Address on Road Safety

As part of the programme, Thiru Paneerselvam delivered a special address focusing on road safety and the well-being of drivers. In his speech, he emphasized that drivers are a unique and significant group who play a vital role in ensuring road safety. He highlighted that drivers often experience high levels of mental stress due to various factors such as speeding vehicles overtaking frequently, continuous horn sounds, and unhealthy competition among vehicles on the road. These factors, he explained, contribute significantly to mental strain while driving.

He further stated that a medical professional would provide detailed guidance on how such stress can be effectively reduced and managed. Concluding his address, he stressed the importance of adhering to traffic rules, particularly highlighting that vehicle number plates should be clearly visible from a distance of at least 80 metres, as mandated by road safety regulations.



Special Address by the Regional Transport Officer

Thiru Venkat Ragavan, Regional Transport Officer, Vaniyambadi, delivered a special address emphasizing the importance of mental discipline and road safety among drivers. In his speech, he stated that lack of attention is a definite and major cause of road accidents. He highlighted that mental stress, if not properly managed, directly affects concentration while driving and increases the risk of accidents.

He further stressed the importance of self-discipline, good health, positive thinking, adherence to traffic rules, and empathy towards fellow drivers. He emphasized that drivers should lead a stress-free and balanced life, which would help them perform their duties more effectively. He also spoke about the core value of *adjustment and willingness to give way*, stating that as human beings, practicing tolerance and understanding is essential for harmonious road usage. Concluding his address, he highlighted that drivers play a crucial role in society and are highly service-oriented professionals who support the functioning of daily life across generations. He

encouraged drivers to recognize their own value and honour themselves for their dedication and service, stating that drivers deserve respect and appreciation for their contribution to society.

Special Address by Rev. Fr. Joe Sanjay

Rev. Fr. Joe Sanjay from the Department of Psychology delivered a special address



focusing on the psychological well-being of drivers. In his speech, he emphasized that forgiveness is an essential quality for drivers, as the inability to forgive can lead to both physical and mental health problems. He encouraged drivers to gradually cultivate the habit of forgiveness in their daily lives to reduce stress and emotional strain. He further highlighted the need to minimize excessive mobile phone usage, especially while driving, as it negatively affects mental focus and safety. He suggested several effective stress-management practices, including meditation, reading books, listening to music, and engaging in regular physical exercise. He specifically emphasized that walking for at least half an hour every day plays a vital role in maintaining both physical and mental health. Concluding his address, he stressed the importance of gratitude and appreciation in daily life, stating that these practices,

along with prayer, significantly help in reducing stress and promoting inner peace among drivers.

Special Address by the Chief Guest – Dr. Vijay Govindharaj



Continuing the special addresses, the Chief Guest, Dr. Vijay Govindharaj, ENT Specialist, delivered an insightful and impactful address focusing on the overall health, discipline, and social responsibility of drivers. He emphasized that excessive exposure to horn sounds contributes to stress and health issues, and stressed the importance of regular health check-ups, including blood pressure monitoring and ear and eye examinations. He highlighted that government hospitals are equipped with advanced machines to assess hearing-related problems and encouraged drivers to make use of these facilities. He stated that responsibility for one's health lies in one's own hands and shared personal insights from his medical background to motivate the drivers. He strongly emphasized the need to control anger, stating that unmanaged anger leads to both personal and professional difficulties. He acknowledged drivers as being equal in responsibility to the police, as they play a crucial role in maintaining road discipline and public safety. Dr. Vijay Govindharaj highlighted that drivers often face pressure due to time constraints and stressed that reaching safely is more important than reaching quickly. He pointed out that Vellore

district records a high rate of road accidents and mentioned that the Regional Transport Office has taken corrective action to address accident-prone black spots, including the construction of a bridge near the Gangaiyamman Temple. He appreciated initiatives such as providing awareness stickers, barricades, bridges and electric poles as part of social responsibility measures. He further emphasized the importance of avoiding harmful habits such as smoking, alcohol consumption, and substance abuse, stating that these habits lead to severe health issues, including oral cancer. As healthier alternatives, he encouraged the use of fruits and natural substitutes instead of addictive substances. He also stressed the importance of adequate water intake and regular health monitoring.

Additionally, he addressed the importance of empathy and care for vulnerable groups, including children who may be unable to communicate effectively. He encouraged drivers to use horns responsibly and remain alert in sensitive situations. He emphasized that driving is a respectable profession and encouraged drivers to maintain discipline, self-control, and emotional stability. He concluded by stating that calmness, listening to soothing music, attending professional driving training programmes, and undergoing periodic eye and ear check-ups are essential for ensuring a safe, disciplined, and secure driving life.



Special Address by Thiru Amarnath, Regional Transport Officer, Ambur

Thiru Amarnath, Regional Transport Officer, Ambur, delivered a special address emphasizing alertness, responsibility, and self-awareness among drivers. He shared insights from his personal experience, stating that he had previously served as a

railway driver for nearly ten years, during which constant attention and disciplined thinking were essential



Significance of the Event

1. The programme created awareness among drivers about the importance of mental health, stress management, and emotional control for safe and responsible driving.
2. It highlighted the role of regular health check-ups, including eye, ear, and blood pressure screening, in preventing road accidents.
3. The event strengthened drivers' understanding of road safety rules, self-discipline, and empathy towards fellow road users.
4. It encouraged drivers to adopt healthy lifestyles by avoiding substance use and practicing positive habits such as meditation, exercise, and gratitude.
5. The programme promoted social responsibility and reinforced the vital role of drivers as service-oriented professionals contributing to public safety and community well-being.

Graduate Attributes Fostered

1. Social Responsibility and Ethical Values

The programme fostered a strong sense of social responsibility among students by engaging them in road safety awareness and community health promotion activities.

2. Effective Communication Skills

Participation in organizing and coordinating the event enhanced students' ability to communicate effectively with professionals, drivers, and community members.

3. Teamwork and Leadership

Volunteers from I MSW developed teamwork, coordination, and leadership skills through active involvement in planning and execution of the programme.

4. Critical Thinking and Problem-Solving

Exposure to real-life issues related to road safety, mental health, and occupational stress enabled students to analyze problems and understand practical solutions.

5. Lifelong Learning and Professional Competence

The programme encouraged continuous learning by integrating knowledge from social work, psychology, public health, and transport safety.

Learning Outcomes

1. Drivers gained improved awareness of mental health issues and practical strategies to manage stress while driving.
2. Participants understood the importance of regular health check-ups, including eye, ear, and blood pressure monitoring.
3. Drivers developed a better understanding of road safety rules, discipline, and empathetic behaviour on the road.
4. Volunteers from I MSW enhanced their skills in community engagement, coordination, and programme organization.

5. The programme strengthened the participants' sense of responsibility, self-care, and commitment to safe and ethical driving practices.

SDG Relevance

1. The programme aligns with **SDG 3: Good Health and Well-Being** by promoting physical and mental health awareness among drivers through stress management and medical screening.
2. It supports **SDG 11: Sustainable Cities and Communities** by emphasizing road safety, responsible driving, and accident prevention.
3. The event contributes to **SDG 8: Decent Work and Economic Growth** by addressing occupational health and safety issues faced by drivers.
4. It reflects **SDG 16: Peace, Justice, and Strong Institutions** by encouraging discipline, empathy, and respect for traffic laws.
5. The programme also indirectly supports **SDG 17: Partnerships for the Goals** through collaboration between educational institutions, transport authorities, medical professionals, and community stakeholders.

Indian Knowledge System (IKS) Relevance

1. The emphasis on **self-discipline, emotional control, and forgiveness** reflects core Indian values rooted in traditional wisdom.
2. Practices such as **meditation, prayer, gratitude, and balanced living** align with Indian philosophical approaches to mental well-being.
3. The focus on **Ahimsa (non-violence)** and patience in driving resonates with traditional Indian ethical teachings.
4. The idea of **service-oriented work (Seva)** highlights the cultural belief that professions like driving contribute to societal welfare.
5. The programme reinforced holistic health by integrating **mind, body, and social responsibility**, a key principle of Indian knowledge traditions.

Vote of Thanks and Conclusion

The programme concluded with the Vote of Thanks delivered by Thiru Murali, Motor Vehicle Inspector, Tirupattur. He expressed his sincere gratitude to the Chief Guest, resource persons, dignitaries, organizers, volunteers from I MSW, medical professionals, and all the drivers who participated in the programme. He acknowledged the collective efforts that contributed to the successful conduct of the awareness programme and extended his appreciation to all those involved. During the concluding session of the programme, special appreciation was extended to senior drivers for their continued service and commitment. As a mark of encouragement, a Bluetooth earbud was presented by the Chief Guest, Dr. Vijay Govindharaj, to the eldest driver participant aged 68 years. This gesture reflected respect for experience and dedication.

Furthermore, as part of the programme's hospitality and care, lunch was arranged and provided to all participating drivers. This initiative emphasized the organizers' concern for the well-being and comfort of the drivers and marked a thoughtful conclusion to the event.

Three-Day Training of Trainers (ToT) Programme on Sustainable Development Goals (SDGs) – Engaging the Youth

Jointly Organized by Rajiv Gandhi National Institute of Youth Development and the Centre for Positive Youth Development, Sacred Heart College (Autonomous), Tirupattur

(19 - 21 February 2026)

The Three-Day Training of Trainers (ToT) Programme on Sustainable Development Goals (SDGs) – Engaging the Youth was successfully organized from 19–21 February 2026 at Sacred Heart College (Autonomous), Tirupattur. The programme was jointly organized by the Rajiv Gandhi National Institute of Youth Development (RGNIYD), an Institute of National Importance under the Ministry of Youth Affairs and Sports, Government of India, and the Centre for Positive Youth Development, P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur.

The programme was sponsored and supported by the Centre for Training, Orientation and Capacity Building (CTOCB), RGNIYD, which focuses on strengthening youth-serving institutions through structured capacity-building initiatives. The Centre for Positive Youth Development has been actively promoting youth leadership, SDG integration, service learning, and community accompaniment programmes with Panchayats and neighbourhood communities.

A total of 50 faculty members and young leaders participated in the ToT programme. Participants represented 13 institutions from Tamil Nadu and Andhra Pradesh, including Arul Anandar College (Madurai), The Apollo University (Andhra Pradesh), Sacred Heart College (Tirupattur), Islamiah College (Vaniyambadi), Gonzaga College of Arts and Science for Women (Krishnagiri), Don Bosco College of Arts and Science (Dharmapuri and Yelagiri), M.M.E.S. Women’s Arts and Science College (Melvisharam), Marudhar Kesari Jain College for Women (Vaniyambadi), Mahatma Gandhi College of Arts and Science (Krishnagiri), YMCA Boys’ Division (Tirupattur), Towards the Change Foundation (Salem), and Samooganeethi Viduthi (Tirupattur).

The inaugural session commenced with a welcome address by Dr. C.R. Christi Anandan, Head of the Department of Social Work. The inaugural address was



delivered by Rev. Fr. Praveen Peter, Rector and Secretary, who highlighted the importance of engaging youth as transformative leaders in achieving the SDGs. The valedictory address was delivered by Rev. Fr. Henry Daniel Ambrose, Vice Principal, who encouraged participants to carry forward the spirit of collaboration and action in their respective institutions.

The academic sessions were facilitated by distinguished resource persons including Rev. Fr. Andrews Raja; Dr. T. Selvam ; Ms. Preethi ; Mr. S. Gokul , Resource Person from SIRD; Mr. Yuvaraj S., Resource Person from SIRD; and C.R. Christi Anandan, head – Social Work Department. Their sessions covered thematic SDGs such as Quality Education, Gender Equality, Decent Work and Economic Growth, Climate Action, Sustainable Cities and Communities, Responsible Consumption and Production, Industry, Innovation and Infrastructure, Reduced Inequalities, Good Health and Well-being, and Partnerships for the Goals.

The programme was coordinated by Dr. K. Arockiaraj, Director, Centre for Positive Youth Development, who ensured systematic planning, smooth execution, and effective evaluation of the training.

The objectives of the ToT were to enhance participants’ conceptual clarity on SDGs,



strengthen their competencies to design and implement SDG-based youth initiatives, equip them with participatory training methodologies, foster youth leadership and

advocacy skills, and promote partnerships among educational institutions, communities, civil society organizations, and government agencies.

The methodology included interactive lectures, group discussions, brainstorming sessions, case studies, hands-on project design, exposure visits, and digital engagement tools. Participants developed youth-led SDG action plans tailored to their institutional contexts.

Key takeaways included deeper understanding of SDGs and their local relevance, improved mentoring and mobilization skills, enhanced capacity to plan and evaluate SDG-based projects, strengthened inter-institutional collaboration, and practical exposure to community-level SDG implementation.

The programme concluded with evaluation, certificate distribution, and a collective commitment from all 50 participants to act as SDG ambassadors, ensuring a multiplier impact by engaging youth meaningfully in sustainable development initiatives across their institutions and communities.



PARTICIPATION AND ACHIEVEMENTS AT LUMINAIRE 2026

International Conference at Patrician College of Arts and Science, Chennai 26th & 27th February 2026

Students of the P.G. & Research Department of Social Work, Sacred Heart College, Tirupattur, actively participated in the International Conference on “Achieving Sustainable Development Goals for Global Well-being” and in various Competitions (LUMINAIRE 2026) organized by the Department of Social Work, Patrician College of Arts and Science, Chennai, on 26th and 27th February 2026. The event brought together academicians, research scholars, and students from various institutions, offering a platform for scholarly exchange, intellectual engagement, and creative expression aligned with the Sustainable Development Goals (SDGs). Five students presented research papers at the International Conference. Their participation demonstrated analytical skills, research competency, and field-based insights.

The topics presented included:

- Social justice and self-help initiatives in rural development
- Child-friendly environments and holistic development
- Career interests and skill development among youth
- Inclusive rural development models
- Governance and rural transformation strategies

The papers reflected field-based study, community engagement, and alignment with SDG themes such as poverty alleviation, quality education, gender equality, and sustainable communities.

Conference Participation (Two-Day Academic Exposure)

In addition to paper presenters, several students participated as delegates in the two-day conference. Through keynote sessions, thematic discussions, and scholarly interactions, students gained:

- Exposure to interdisciplinary academic perspectives
- Understanding of SDG implementation frameworks
- Insight into contemporary social work practices
- Networking opportunities with academicians and professionals

- This academic exposure strengthened their research orientation and professional confidence.

Inter-Collegiate Competitions – LUMINAIRE 2026

Alongside the conference, students actively participated in various cultural and creative competitions organized under LUMINAIRE 2026.

Street Play Competition – II Prize

A team of five students secured Second Prize in the Street Play competition.

- This achievement reflects:
- Strong thematic interpretation of social issues
- Effective team coordination
- Powerful communication and stage presence
- Creative advocacy through performance

The street play emphasized social awareness and community sensitivity, embodying the core values of social work education.

Photography Competition

Students actively participated in the Photography competition, showcasing visual storytelling and creative interpretation of social themes.

P. Kowsalya secured Second Prize in Photography.

The participation demonstrated artistic expression combined with social consciousness, aligning visual narratives with community realities and development perspectives.

Pot Painting Competition

Students also displayed artistic excellence in the Pot Painting competition:

A. Janani – First Prize

S. Shalini – Second Prize

Overall Institutional Impact

The participation in both academic and competitive events significantly enhanced the institutional profile of Sacred Heart College, Tirupattur.

Academic Outcomes

- Strengthened research presentation skills
- Enhanced analytical thinking and documentation abilities
- Improved academic articulation and public speaking
- Exposure to international academic standards

S. No.	Name	Event	Achievement
1	Y. Kaniamuthan	Paper Presentation	Presented Paper
2	P. Kowsalya	Paper Presentation	Presented Paper
3	E. Titus Prabakar	Paper Presentation	Presented Paper
4	A. Janani	Paper Presentation	Presented Paper
5	S. Kishore Kumar	Paper Presentation	Presented Paper
6	N. Padmapriya	Street Play	II Prize
7	E. Titus Prabakar	Street Play	II Prize
8	S. Kishore Kumar	Street Play	II Prize
9	A. Janani	Street Play	II Prize
10	Y. Kaniamuthan	Street Play	II Prize
11	S. Kishore Kumar	Conference Participation	Participant
12	V. Arjun	Conference Participation	Participant
13	Y. Titus Prabakar	Conference Participation	Participant
14	N. Padma Priya	Conference Participation	Participant
15	A. Janani	Conference Participation	Participant
16	V. Arjun	Photography	Participation
17	N. Padma Priya	Photography	Participation
18	S. Kishore Kumar	Photography	Participation
19	A. Janani	Photography	Participation

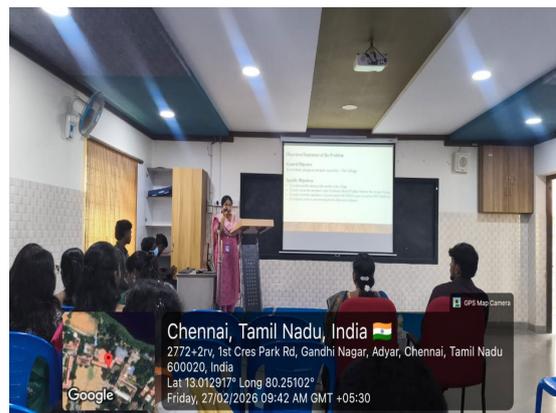
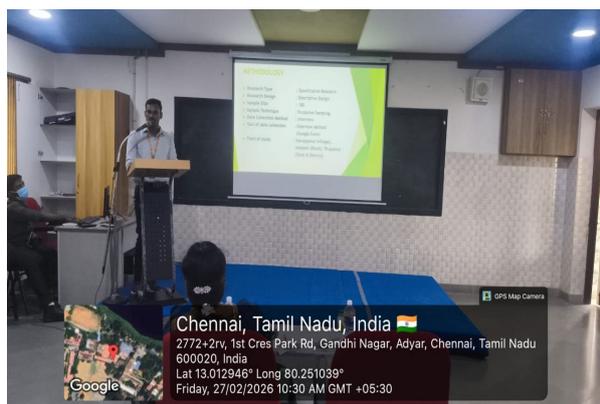
20	P. Kowsalya	Photography	Participation
21	P. Kowsalya	Photography	II Prize
22	A. Janani	Pot Painting	I Prize
23	S. Shalini	Pot Painting	II Prize

The participation and achievements at LUMINAIRE 2026 and the International Conference on Achieving Sustainable Development Goals for Global Well-being mark a significant milestone in the academic and co-curricular journey of the students of Sacred Heart College, Tirupattur.

CONSOLIDATED TABLE OF PARTICIPATION & ACHIEVEMENTS

LUMINAIRE 2026 & International Conference – Patrician College of Arts and Science

(26th & 27th February 2026)





**STUDENT AND FACULTY EXCHANGE WORKSHOP ON
PROJECT CYCLE MANAGEMENT AND IMPACT ASSESSMENT**

Date: 26 & 27 February 2026

Venue: Seminar Hall, NAB, RGNIYD, Sriperumbudur

Introduction

The Two-Day Student and Faculty Exchange Workshop on Project Cycle Management and Impact Assessment was organized on 26 and 27 February 2026 at Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, in collaboration with the P.G. & Research Department of Social Work (Aided), Sacred Heart College (Autonomous), Tirupattur. The workshop brought together MSW students and faculty members from both institutions to strengthen their practical understanding of project planning, proposal development, resource mobilization, and impact assessment. The programme served as an academic exchange initiative that promoted experiential learning, professional skill development, and institutional collaboration.

Day 1 – 26 February 2026

Inaugural Session

The workshop commenced with registration followed by the inaugural session, which set a professional and inspiring tone for the two-day programme. The session was coordinated by Ms. Binita, II MSW student. Dr. Rambabu Botcha delivered the welcome address, emphasizing the importance of collaboration between institutions and experiential learning in social work education. Dr. C.R. Christy Anandan and Dr. K. Arockiaraj delivered special addresses highlighting the need for structured project planning and effective fundraising skills in community development.



The inaugural address by Dr. S. Kumaravel underscored the significance of systematic planning, accountability, and sustainable resource mobilization in development practice. The session motivated participants to actively engage in the technical sessions.

Session 1 – Introduction to Project Cycle Management

The first technical session was handled by Dr. C.R. Christy Anandan, who introduced the concept of Project Cycle Management (PCM). He explained the five phases of PCM Initiation, Planning, Execution, Monitoring, and Closure and elaborated on how each stage contributes to successful project implementation. To provide practical exposure, participants were divided into groups and asked to plan a house construction project, focusing on budgeting, sequencing of activities, and allocation of resources. This activity helped students understand how structured planning and coordination determine the efficiency and effectiveness of a project.



Session 2 – Problem Identification and SMART Objectives

The second session focused on problem identification and development of SMART objectives. Participants were introduced to Problem Tree Analysis as a tool for identifying root causes and consequences of social issues. Through group exercises, students analyzed real life social problems and learned to differentiate between core issues and surface-level symptoms. The session also emphasized framing objectives that are Specific, Measurable, Achievable, Relevant, and Time-bound (SMART). This session strengthened analytical skills and helped participants understand how to convert social problems into measurable project goals



Session 3 – Logical Framework Approach and Proposal Development

The afternoon session was conducted by Mr. P. Nicola Prakash, who explained the Logical Framework Approach (LFA) and its importance in structured project planning. He introduced the 4×4 Logical Framework Matrix and guided participants in identifying goals, purposes, outputs, activities, indicators, means of verification, and assumptions. The session also covered Gantt charts and proposal writing techniques. Students actively participated in preparing a logical framework matrix, which provided hands-on experience in organizing project components systematically and aligning activities with measurable outcomes.



Session 4 – Theory of Change, Budgeting, and Risk Management

The final session of Day 1 focused on Theory of Change, results framework, budgeting process, and risk management strategies. The resource person explained how activities should logically lead to outputs, outcomes, and long-term impact. Participants learned the importance of preparing realistic budgets and anticipating potential risks during project implementation. The discussion on mitigation strategies helped students understand how to manage uncertainties effectively. This session emphasized structured planning and accountability in development projects.



Cultural and Interactive Session

The first day concluded with a mime competition and cultural performances by students from both institutions. The interactive session created a lively and engaging atmosphere, allowing participants to connect beyond academics. The cultural

exchange strengthened mutual appreciation and fostered a spirit of unity and collaboration.



Day 2 – 27 February 2026

Recap Session

The second day of the workshop began with a recap session coordinated by Ms. Mamtha, followed by a summary presentation by Ms. Shibina. The session revisited the key concepts discussed on Day 1, including the phases of Project Cycle Management, Problem Tree Analysis, Logical Framework Approach, budgeting, and risk management. The recap helped participants reinforce their understanding of how activities, outputs, and outcomes are logically connected in project planning. Students shared their reflections on the group exercises and clarified minor doubts from the previous sessions. This session ensured continuity in learning and prepared participants for the advanced discussions on resource mobilization and impact assessment.



Session 5 – Resource Mobilization and Fundraising

The first technical session of Day 2 was handled by Dr. S. Kumaravel and Dr. Rambabu Botcha. They explained the difference between resource mobilization and fundraising, highlighting that resource mobilization includes both financial and non-financial resources. The session covered digital fundraising methods, including the use of UPI, and discussed practical strategies for securing funds for development projects. Real-life examples from Field Action Projects were shared, illustrating challenges faced during project implementation and strategies used to overcome them. This session provided practical insights into sustaining social initiatives. The speakers also emphasized the importance of building long-term relationships with donors, stakeholders, and community members. They discussed how transparency, accountability, and proper documentation increase donor trust and credibility. Participants learned that successful resource mobilization requires strategic planning, communication skills, and networking. The session motivated students to think creatively about mobilizing resources for future social development initiatives.



Session 6 – Introduction to Impact Assessment

Mr. Joseph Prabhakar Sahayam conducted the session on impact assessment. He explained the definition and importance of impact assessment in measuring long-term change rather than short-term outputs. The session introduced different types of impact assessment, including Social Impact Assessment (SIA), Environmental Impact Assessment (EIA), and Economic Impact Assessment. He also discussed the DFID Sustainable Livelihood Framework as a tool for



understanding development impact. A group activity analyzing the social and economic implications of constructing a dam in a village encouraged critical thinking and practical application of concepts.

Session 7 – Evaluating Project Outcomes and Ethics

The final technical session was handled by Dr. K. Arockiaraj, who focused on evaluating project outcomes using quantitative and qualitative approaches. He explained data collection methods such as surveys, interviews, focus group discussions, and participatory techniques. The session also highlighted the importance of Means of Verification (MOV) in ensuring reliable data. Ethical considerations in impact assessment, including informed consent, privacy, and cultural sensitivity, were emphasized. Participants gained clarity on how to measure social transformation projects responsibly and transparently.



Valedictory Session

The workshop concluded with a valedictory session that included feedback from participants, a concluding address by faculty members, and the distribution of certificates. Participants expressed appreciation for the practical and interactive nature of the workshop.



The event ended with tea and informal interaction, strengthening academic ties between the two institutions.

Conclusion

The Two-Day Student and Faculty Exchange Workshop on Project Cycle Management and Impact Assessment was a professionally enriching academic initiative. It successfully bridged theoretical knowledge with practical application through structured sessions, group activities, and expert guidance. The workshop

enhanced participants' competencies in project design, budgeting, resource mobilization, and impact assessment. It strengthened collaboration between RGNIYD and Sacred Heart College and provided students with essential skills required for effective and ethical social development practice.

About the Department

The Post Graduate & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur District, is one of the pioneering centres of professional social work education in South India. Established in 1979 as the first Post Graduate Department of the College, the Department has consistently contributed to the promotion of social justice, human dignity, and sustainable community development through academic excellence and field-based engagement. From its inception, the Department has played a significant role in advancing professional social work education. The Master's Degree in Social Work was initially offered with Community Development as its specialization, reflecting the institution's commitment to grassroots empowerment and social transformation. In 1980, the Department expanded its academic horizon by introducing Human Resource Management as an additional specialization. A major milestone was achieved in 1987 when the Department of Social Work was granted autonomous status by the University of Madras, enabling greater academic freedom, curriculum innovation, and academic flexibility.

In 1988, the Department introduced Youth Development as a unique specialization—the first of its kind in India at the postgraduate level—demonstrating its visionary approach to addressing emerging social realities and youth empowerment. Further strengthening its academic stature, the Doctoral Programme in Social Work was launched in the year 2000, opening avenues for advanced research and scholarly contribution to the discipline. In response to the growing and contemporary demands of the profession, the Department introduced Medical and Psychiatric Social Work as a new specialization in 2024 as part of the College's Platinum Jubilee initiatives. Since its establishment, the Department has consistently emphasized the integration of theory, practice, and research. Faculty members and students have actively engaged in major and minor research studies, implemented developmental and action-oriented projects, and organized international and national conferences, workshops, and seminars. The Department has also contributed significantly to capacity-building initiatives for government bodies, non-governmental organizations, educational institutions, and corporate sectors through training programmes, consultancy, and collaborative partnerships over more than four decades of dedicated service.

Over the years, the Department has produced a strong network of alumni who serve in diverse sectors including government services, development organizations, healthcare institutions, corporate human resource management, community development programmes, and international agencies. Their contributions across the globe stand as a testament to the quality and impact of the Department's academic formation. The Ruby Jubilee of the Department was commemorated in 2019, marking forty years of academic excellence and social commitment. Committed to continuous improvement and academic relevance, the Department regularly seeks feedback from stakeholders and undertakes systematic curriculum revisions to address emerging social challenges and professional demands. With a firm commitment to the values of service, social justice, and inclusive development, the Department continues to prepare competent social work professionals, researchers, and leaders who are dedicated to building a more humane, equitable, and sustainable society.

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Post Graduate & Research Department of Social Work
Sacred Heart College (Autonomous)
Tirupattur District – Tamil Nadu, India

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LAYOUT DESIGN

Dr. Clayton Michael Fonceca
Mr. Gokulavasan V

Mr. Ruban Raja S
Mr. Kishore Kumar S