

CO-ED

DON BOSCO ARTS AND SCIENCE COLLEGE

(Affiliated to University of Madras)





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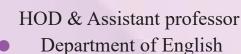
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My dear friends,

Greetings from the Cradle of Salesian Family, Valdocco Turin, Italy, for the new month of November. The days that

c o m e to my mind immediately is Children's day and Mother's day (mamma Margaret, mother of Don Bosco). "Happy Children's Day! Happy Mother's day".

On 14th November, we celebrate the joy, curiosity, and potential of our future leaders. Let's pledge to create a world where every child can grow, learn, and thrive. I wish all students, faculty, and staff a wonderful Children's Day!. As future educators, healthcare professionals, and leaders, let's reaffirm our commitment to nurturing young minds. May our actions inspire hope, creativity, and kindness in the next generation.

Remembering the magic of our own childhood, and the curiosity, laughter, and sense of wonder, Let's strive to preserve that spark in ourselves and in the children around us.

"Empowering Future Generations!

On Children's Day, we honor the rights, dignity, and potential of every child. May our college community continue to foster inclusivity, creativity, and growth for all. We joyfully celebrate Children's Day, honoring the youngest members of our society who bring immense joy, energy, and hope to our world. As a college community, we recognize the significance of nurturing and empowering our future leaders, innovators, and change-makers.

Reaffirming our Commitment



Children's Day serves as a poignant reminder of our collective responsibility to create a conducive environment where every child can:

- Grow with dignity and respect
- Learn without boundaries or biases
- Thrive with equal opportunities and access
- Dream without limitations or fears

As future educators, healthcare professionals, entrepreneurs, and leaders, we have a vital role in shaping the next generation. Let us reaffirm our commitment to:

- Foster curiosity, creativity, and critical thinking
- Promote emotional intelligence, empathy, and kindness
- Support inclusive and diverse learning environments
- Encourage physical and mental well-being

Challenges motivate us

As we celebrate Children's Day, we also acknowledge the challenges faced by many young people, including inequality, poverty, and social injustice. We pledge to work towards a brighter future, where every child can:

- Access quality education and healthcare
- Feel safe and protected from harm
- Express themselves freely and confidently
- Reach their full potential and pursue their passions

Together, as Don Bosco College of Arts and Science, we can create a world where every child can grow, learn, and thrive. Happy Children's Day!

Happy Mother's Day!

May our loving Mother Margaret, mother of Don Bosco, who educated and empowered her son, forming his mind and heart, also collaborated with Don Bosco in shaping the lives of the poorest young people at Valdocco, Turin, inspire us all, as we remember her on 25th November. Happy Mother's day!

May God bless you all!

Affly. in Don Bosco, Rev. Fr. Jayapalan, SDB

Rector

Don Bosco Arts and Science College.

Children's Day in a Troubled World: Addressing the Crisis

Children's Day, a day celebrated globally to commemorate the innocence and potential of childhood, has taken a new dimension in the While technology has

digital age. While technology has brought immense benefits to young people, it has also introduced a host of challenges that threaten their well-being. From the perils of social media to the insidious grip of addiction, today's youth are grappling with a complex landscape that demands understanding, empathy, and effective solutions.

The Digital Dilemma: Social Media and Internet Addiction

The ubiquitous presence of social media platforms has transformed the way young people interact, connect, and perceive themselves. While these platforms offer opportunities for socialization self-expression, they also pose significant risks. Studies have shown that excessive social media use can lead to depression, anxiety. low self-esteem. and even cyberbullying.

A recent survey conducted by DBICA revealed that teenagers spend more than four hours per day on social media. Many of them report feeling pressured to maintain a carefully curated online persona, leading to feelings of inadequacy and social comparison.

Moreover, the internet has become a breeding ground for addiction. Excessive internet use can interfere with academic performance, relationships, and overall health. A study published found that 60 percentage of young people exhibit signs of internet addiction, including withdrawal symptoms, tolerance, and impaired control over usage.

Substance Abuse: A Growing Concern

Substance abuse among young people remains a pressing issue, with alcohol and drugs continuing to wreak havoc on lives. Peer pressure, easy access, and a lack of understanding about the consequences contribute to the prevalence of substance abuse among adolescents.

According to the Health Organization, 45 percentage of high school students have used alcohol at least once in their lifetime. The use of prescription drugs and illicit substances has also increased in recent years. Substance abuse can have devastating effects on physical and mental health, as well as academic and social outcomes. It can lead to addiction, impaired judgment, and involvement in risky behaviours.

Consumerism: The Cult of Materialism

The relentless pursuit of material possessions has become a defining characteristic of contemporary culture, with young people being particularly vulnerable to the allure of consumerism. Advertising, social media, and peer pressure can influence young people to spend beyond their means, leading to debt, financial stress, and a sense of emptiness. Many of them feel pressured to keep up with the latest trends and gadgets, leading to a constant desire for more.

Consumerism can also have negative environmental and social consequences, as it contributes to waste, pollution, and exploitation.

Relationship and Dating Issues: Navigating the Complexities of Love

Relationships and dating can be a challenging and rewarding experience for young people. However, the complexities of modern relationships, coupled with the pressures of social media and peer pressure, can make it difficult for young people to navigate this important aspect of life.



A study published in the Pew found that 55 percentage of teenagers have experienced heartbreak or rejection. Many of them struggle with issues such as trust, communication, and commitment.

Additionally, the rise of online dating and hookup culture has introduced new challenges and opportunities for young people. While these platforms can provide access to a wider pool of potential partners, they can also lead to superficial connections and emotional exploitation.

Lack of Focus and Attention: The Distracted Generation

The constant bombardment of information and stimuli in the digital age has made it difficult for young people to focus and concentrate. The short attention spans and constant distractions of social media, video games, and other digital technologies can impair cognitive function and academic performance. The lack of focus and attention can also have negative consequences for personal and professional development. It can make it difficult to set goals, prioritize tasks, and achieve success.

Distractions and Peer Pressure: The Challenges of Adolescence

Adolescence is a time of great change and uncertainty, and young people can be particularly susceptible to distractions and peer pressure. The desire to fit in and be accepted can lead to risky behaviours, academic neglect, and emotional turmoil.

A study published found that many of teenagers have engaged in risky behaviours such as substance abuse, skipping school, or engaging in unprotected sex due to peer pressure. Many of them struggle to resist the influence of their peers, even when they know it is harmful.

Distractions and peer pressure can also make it difficult for young people to develop a sense of self and identity. They may feel lost and confused, unsure of who they are and what they want to achieve.

Providing Support and Guidance: A Holistic Approach

Addressing the challenges faced by today's youth requires a holistic approach that involves education, counselling, mentoring, sports, expressive art therapy, meditation, and mindfulness. Educators, parents, and community leaders must work together to provide the support and guidance that young people need to thrive.

Education: Schools and educational institutions must play a crucial role in educating young people about the risks and benefits of technology. Curricula should include lessons on digital citizenship, media literacy, and online safety. Additionally, schools should promote critical thinking and problem-solving skills to help young people navigate the complexities of the digital age.

Counselling: Counselling can provide a safe and supportive space for young people to explore their emotions, develop coping strategies, and address the challenges they are facing. Counsellors can help young people identify and overcome issues such as anxiety, depression, and substance abuse.

Mentoring: Mentorship programs can connect young people with positive role models who can offer guidance, support, and inspiration. Mentors can help young people set goals, develop skills, and build confidence.



Sports: Participation in sports can provide numerous benefits for young people, including physical health, mental well-being, and social development. Sports can help young people learn important values such as teamwork, discipline, and perseverance.

Expressive Art Therapy: Expressive art therapy can be a powerful tool for helping young people process their emotions and express themselves creatively. Through activities such as painting, drawing,



writing, and music, young people can explore their thoughts and feelings in a safe and supportive environment.

Meditation and Mindfulness: Meditation and mindfulness practices can help young people develop self-awareness, reduce stress, and improve focus and concentration. These practices can also help young people cultivate resilience and emotional regulation.

Conclusion

The challenges faced by today's youth are complex and multifaceted. However, by working together, educators, parents, and community leaders can provide the support and guidance that young people need to overcome these challenges and build a brighter future. By fostering education, counselling, mentoring, sports, expressive art therapy, meditation, and mindfulness, we can help young people develop the skills and resilience they need to thrive in the digital age.

Rev. Fr. Raj Kumar SDB Secretary and Treasurer



Dear Don Bosconians, Season's Greetings.

As we celebrate the vibrant festivities of October, such as Ayudha Puja and Diwali, it's essential to remain mindful of the

upcoming semester exams.

Remember the wisdom from Proverbs 21:31, which says, "The horse is made ready for the day of battle, but victory rests with the Lord". This proverb reminds us that preparation is key for success.

Take time to identify your learning style—whether you are a visual, auditory, or kinesthetic learner—and experiment with techniques that resonate with you for optimal study effectiveness.

1. Use the Class time Effectively

Attend every class, focus intently on the lectures, and organise your notes so that they make sense to you. When you take notes in class, you become more focused.

2. Make the most of your leisure time after 1.30 pm.

Get your professor's help to understand a concept or to clarify your doubts. Don't hesitate to approach your professors during their available hours or to reach out via email with your questions. This proactive approach not only clarifies class material; It also provides valuable exam preparation tips and helps you write a better essay. Building these connections with your professors can foster mentorship opportunities that can benefit your academic journey significantly.

3. Use Flashcards

Using flashcards is an effective strategy to prepare for exams. Rewriting important facts, concepts, and definitions boosts retention and understanding of the material. Self-quizzing enhances recalling and helps to assess learning.

Using digital flashcard apps helps to organise systematically and review the course content. This makes study sessions more efficient and interactive.

4. Visit the Library Often

It is advisable to visit the library when time permits. Please refer to the hard copies of the books. Some individuals prefer the complete silence characteristic of a library setting, while others are more inclined toward the stimulating atmosphere of a bustling bookstore. Regardless of your preference, it is important to acclimate to your environment and engage in your studies effectively.

5. Switch it up

Allocating excessive time to a single subject may lead to a decline in concentration. A crucial strategy for preparing for examinations is to alternate topics approximately every 30 minutes. This will prevent fatigue. It is advisable to revisit topics and subjects after allowing a break.

6. Read and Review — Early and Often

According to the <u>Ebbinghaus Forgetting</u> <u>Curve principle</u>, we forget 75% of what we have learned within 24 hours. Going over new ideas a day after class will increase retention and comprehension. Therefore make time for a quick review. Break chapters into sections and review the material at the end of each before moving on. Make notes by summarising the critical aspects of the reading. This will help to review them easily. Bookmark difficult sections to revisit later.

7. Stay Organised

Organise the study plan by identifying your goals and objectives. Write them down, by doing so, you can avoid procrastination. Keep track of your goals, create a to-do list, and find out the additional resources you need to stay on track.

8. Visualise the Material

Concentrate on the key elements of your class notes by summarising the content. Emphasize important terms and ideas by underlining or highlighting them. If you prefer not to use conventional written notes. consider transforming them into charts, diagrams, mind maps, or outlines to develop visual aids that clarify intricate concepts.

9. Focus on Understanding

Memorization involves techniques recalling and reiterating information. In contrast, understanding encompasses a deeper comprehension of how to apply new knowledge across different situations and its connections to other concepts. It's important to note that college exams typically assess understanding rather than

10. Stay Focused

mere memorization.

Maintaining focus by stepping away from your phone and social distractions. Consider listening to some instrumental music, using noise-cancelling headphones, and switching your mobile device to airplane mode to enhance your concentration while studying.

11. Take Breaks

Allowing your mind and body to recharge is essential for engaging with your studies with renewed energy and concentration. As noted by Forbes, the Pomodoro technique can significantly enhance productivity. method involves 25-minute study sessions followed by short breaks of five to ten minutes, helping you maintain focus on your tasks while offering a rewarding pause afterward.

12. Take good care of yourself

Opting for junk food to save time may not be the best approach. Instead, focus maintaining a balanced diet rich in "brain foods," such as fresh fruits and vegetables,

along with protein and healthy fats to nourish your mind.

The same principle applies to sleep: Ensure you get a restful night's sleep before your exam. While studying late may seem beneficial, it can leave you feeling fatigued and hinder your ability to concentrate.

13. Learn by Teaching Others

Explaining concepts to peers is an excellent way to reinforce your understanding while assisting them on their learning journey. By finding new ways to articulate a concept, you deepen your mastery of the material.

14. Make Learning Enjoyable with Words

Breaking down your course material manageable sections creating acronyms, phrases, rhymes,

or metaphors can be an effective-and enjoyable—way to memorise key concepts. For instance, students studying business strategies might remember the acronym POGO SQUINT, which stands for:

- Performance objectives
- Outsourcing

for

- Global factors
- Overcoming resistance to change
- Supply chain management
- Quality management
- Inventory management
- New product/service design and development
- Technology

No matter how whimsical, this technique can aid in recalling important concepts for your exams. Feel free to share your creative acronyms and rhymes with your study group to provide others with fresh and engaging ways to remember their coursework.

Remember, "Hard work never fails."

Dr. S. Xavier Raja Rathinam Principal



"A legend who will live for eternity: Ratan Tata."

Ratan Tata, synonymouswith excellence, integrity, and humility, is one of India's most respected and inspirational business leaders. He is a

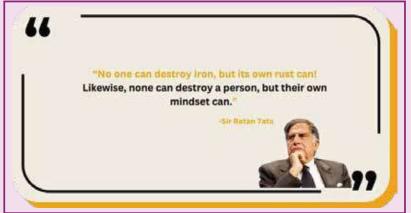
beacon of wisdom and a true embodiment of leadership with purpose. Here are the qualities that make Ratan Tata a towering figure whose journey continues to inspire millions worldwide.

1. Visionary Leadership

He was a born leader. His far-sighted vision turned Tata Group into a global powerhouse. Under his leadership, Tata Consultancy Services (TCS), one of India's top IT firms, was founded, and Tata Motors introduced India's first indigenously developed car, the Tata Indica. This ability to look ahead, to innovate, and to steer the company through uncharted territories is a hallmark of his visionary leadership.

2. Commitment to Ethics

Ratan Tata has consistently upheld the highest standards of ethics. He has shown that success and integrity can go hand-in-hand. He steered Tata Group through some of the most challenging times, always prioritising ethical values over short-term profits.



3. Empathy and Humility

What sets Ratan Tata apart from many business magnates is his genuine empathy for people. He has always placed employees, customers, and the larger society at the centre of his decisions. His efforts to make life better for millions demonstrates his profound commitment to uplifting humanity. His life's work stands as a reminder that true greatness lies not in wealth or power but in character and humility.

4. A Legacy of Giving

Philanthropy is at the heart of the Tata legacy, and Ratan Tata has continued to build on this with his characteristic generosity. Over 60% of Tata Sons, the holding company of Tata Group, is owned by charitable trusts. Through these, Ratan Tata has contributed significantly to causes like education, healthcare, and rural development. His commitment to giving back to society on such a grand scale is an inspiring lesson in how businesses can be a force for good.

Ratan Tata's life story is not just a narrative of business success—it is a lesson in how to lead with compassion, integrity, and purpose. His qualities as a visionary leader, ethical businessman, empathetic human being, and humble personality continue to motivate millions to aspire for greatness, not just in

their professional lives, but as responsible and caring members of society. Tata's journey proves that true success is about building a legacy that uplifts others, a lesson the world will forever cherish.

Rev. Fr. Sagayaraj, SDB

Vice Principal,

Don Bosco Arts and Science College.



Inauguration of Don Bosco Sports Academy

1 ctober 2024

Rev. Fr. Rajkumar, SDB, the esteemed Secretary of the College, officially inaugurated the Don Bosco Sports Academy at DB Square at precisely 1:00 p.m., marking a significant milestone for the institution. This academy promotes sportsmanship and provides training opportunities for young athletes. According to Mr. J. Rahul, the Physical Director of the college, the academy's motto is "Say no to drugs and yes to health." This catchphrase is a

reminder to make positive choices and prioritise a h e a l t h y lifestyle.











As a part of the Government of India's "Swachata Hi Seva" mission, the students of the NSS club actively participated in the Mega Beach Cleaning campaign on 2nd October 2024.

Students cleaned the beach at Besant Nagar. Under the supervision of Dr.Aasaikannu, coordinator of the NSS club, students worked diligently to remove trash and plastic waste from the beach. Through these efforts, NSS students promoted civic responsibility and contributed to the country's cleanliness mission.





First Friday Mass



On 4th October 2024, the First Friday Mass at our college was celebrated with deep reverence, aligning with the Feast of St. Francis of Assisi and specially dedicated to the Holy Rosary. The Mass, led by Rev.Fr. Sagaya Raj SDB drew attention to St. Francis' profound love for creation, humility, and peace. His virtues were held up as a model for the congregation to emulate in their daily lives, especially in fostering environmental stewardship and compassion for the poor.A special highlight of the celebration was the recitation of the rosary, honouring the October tradition of dedicating the month to Our Lady. The faithful prayed fervently for peace, unity, and guidance, invoking the intercession of the Blessed Virgin Mary.

The Mass left a lasting spiritual impact, inspiring the community to reflect on St. Francis' life and the power of the rosary in their faith journey.





Rev.Fr. Sagaya Raj SDB





Campus Drive - October 2024

In collaboration with the *Magic Bus Foundation*, the Career Guidance and Placement Cell at Don Bosco Arts and Science College, Kilpauk, Chennai successfully organised a campus recruitment drive on October 5, 2024, at 10.00 am.











The drive was honoured by the esteemed presence of Rev. Fr. Rajkumar Mervyn SDB, Secretary, and Rev. Fr. Kasi Sagayaraj SDB, Vice Principal, who provided their invaluable support and encouragement. Their participation added grace and prestige to the event. Their leadership was pivotal in motivating the students and ensuring the success of the drive.

The event witnessed significant participation, with 132 candidates registering for the recruitment process. After a rigorous selection process, 110 candidates were shortlisted in the initial rounds, and 91 candidates advanced to the second round of interviews, which will be conducted at the respective company.

The event concluded by 4:30 P.M., under the efficient coordination of the Career Guidance Placement Cell, led by Mr. P. Michael Stalin, Coordinator, and Assistant Coordinators Mr. Devaprasanth, Ms. Kavitha, and Mr. Manivalan. This drive represents a continued commitment to students with impactful providing opportunities and preparing them for professional success. It reflects the college's ongoing efforts to foster strong industry partnerships and enhance the employability of its graduates.





Blood Donation Camp



The Red Ribbon Club organised a blood donation camp on the college campus at 10 a.m. in collaboration with ESI Hospital Ayanavaram, Chennai. The camp aimed to assist those in need of transfusions. More than 50 students volunteered to donate blood to support this noble cause. The camp was efficiently organised by **Dr.Sakthivel**, **RRC**, **program officer**.





Rev. Fr. Rafael Bejarano's Visit to Don Bosco College

9 ctober 2024

On 9th Wednesday, October 2024, Fr. Rafael Bejarano SDB, responsible for Salesian Social Work & Services in the Youth Ministry Department, Rome, visited Don Bosco College as part of his casual visit. During his visit, Fr. Bejarano SDB engaged with the Principal and students, focusing on the college's contributions to youth development and Salesian values in education.

He praised the institution's efforts in fostering a supportive environment for holistic youth formation and discussed ways to strengthen ties between Salesian works globally. His visit underscored the importance of collaboration and the ongoing mission of the Salesian family to empower young people.

Social Growth



Chennai World Cinema Festival

9 ctober 2024

The Chennai World Cinema Festival 2024, which kicked off 4thOctober on 2024, concluded a vibrant with ceremony award on 10th October 2024 at Don Bosco Arts and Science College. Featured film screenings held were multiple venues across the city. More than 3,200 films from 150



countries competed in the festival across different categories.

The Best Indian Short Film award was jointly awarded to "Thursday Special" and "Jaduga," while the Best International Short Film accolades went to "Hassan" and "Turn off the Lights," secured second place." The Hounds and the Runners" won the Best Indian World Cinema category. Speaking at the event, the director of the movie G.Raish said "Although my film has won many awards internationally, winning in Chennai feels especially special, as the city has always been a hub of South Indian cinema"







On 10th October 2024 Social Action Group was established. It was inaugurated in AV hall at 1.00 pm. The Secretary of the College Rev. Fr. Raj Kumar Mervyn, SDB welcomed the enthusiastic attendees.

In his opening remarks, Rev.Fr. Raj Kumar,SDB expressed his heartfelt appreciation for the commitment and active participation of the members. He emphasised the importance of the Social Action Group in addressing critical social issues that affect the community. In his speech, he urged the audience to take proactive steps towards the advancement of social justice and community support. He highlighted the pivotal role of the Social Action Group in creating meaningful change within the community. He called for a united effort among the members to tackle pressing social challenges. Thus he reinforced the idea that collective action is essential for achieving lasting impact. The inauguration served as a platform to inspire and mobilise individuals towards a common goal of social responsibility and community betterment.



The Social Action Group organised a rally advocating for a gadget-free lifestyle. According to the coordinator of the social action group, Ms. Jini Thomas, the aim of the rally is to create awareness about the impact of excessive gadget use. Today we come across lots of people whose eyes are glued to their gadgets, as a result of which it affects their personal and social relationships .This rally witnessed 100 students who highlighted the importance of disconnecting from technology to foster social connection.







Inauguration of GADGET FREE ZONE - Canteen



The inauguration of the GADGET FREE ZONE in the canteen is a significant step to promote mindful eating and social interaction among students. This innovative approach aims to create an environment free from distractions so that students can enjoy their meals without the interference of technology. Ms. Jini Thomas, HOD, PG Department of Master of Social Work, took this initiative.







Inauguration of PG Department MSW



The inauguration of PG Department of MSW took place at 11.00 am in Bi centenary hall. The chief guest for the inauguration was Dr. N. Karunya Devi ,social activist , advocate and member of CWC. In her inaugural speech she stressed on development of the intellect . She further requested students to Listen , learn and Love .The Guest of Honour Dr.K. Sathyamurthi , HOD, PG Department of Social Work - Aided , Madras School of Social Work stressed the students to make use of the privileges available to them .Dr. P. Mary Jesus Rani, HOD, PG of Social Work - Aided ,Loyola College ,Chennai pointed out the scopes and

career opportunities students Department.The students felt after attending the inaugural



have after they complete MSW. highly motivated and inspired program.











The *Eco Ideathon*, organized collaboratively by the Institution's Innovation Council (IIC), Eco Club, and Peace and Harmony Club, offered a dynamic platform for students to demonstrate their creativity and propose solutions to advance sustainability. Held on October 22, 2024, at 10:30 a.m. in Deepagam Hall, the event aimed to encourage critical thinking and foster a proactive, eco-friendly mindset within our college community.

The Ideathon consisted of three phases designed to enhance participants' ideas and presentations. In the initial screening phase, students submitted their ideas online, which were carefully reviewed for originality and feasibility by faculty members. Shortlisted participants then entered the mentorship phase, where they received guidance to refine their concepts and improve their presentation skills. The final round featured presentations from eight selected participants, who shared their innovative solutions with the judges and audience.

Esteemed professors Jaswa Jebaraj, Department of English A. and Allen Cornelius Department of Computer applications evaluated the final presentations based on originality, feasibility, creativity, and clarity. After thorough consideration, the following students were declared winners:

• 1st Prize: Sasidhar S. II BA

• 2nd Prize: Esther Rajathi F. II B.Com (CS)

• 3rd Prize: Dony S II B.Com (CS)

This event was a remarkable success, thanks to the enthusiasm of the students, faculty, and organizers. The winning ideas reflect our college's commitment to sustainability and innovation, setting a high standard for future initiatives that promote environmental awareness.





Institution Innovation Council (IIC) 7.0 Quarterly Council Meeting



The IIC 7.0's first quarterly council meeting at Don Bosco College brought together IIC members, including Vice Principal Rev. Fr. Sagayaraj Kasi ,Principal Dr. Xavier Rajarathinam S, and external experts Dr. Renuga Devi T.S. (WCC, Chennai) and Dr. T. Augustine Arul Prasad (D.G. Vaishnav College, Chennai). Dr. Aayushi Sharma, IIC Convener, outlined past achievements and introduced upcoming initiatives aimed at fostering innovation and entrepreneurship on campus.

The meeting emphasized planning student-centered activities, including entrepreneurship workshops, internship partnerships, and IPR awareness. Each IIC cell, represented by its coordinators, proposed events to strengthen innovation in areas such as digital engagement, intellectual property, and incubation resources.

External experts shared best practices, encouraging the council to increase cross-departmental collaboration, leverage digital tools, and foster an active learning environment. The meeting concluded with a roadmap to enrich the institution's culture of innovation in the coming semester.



ctober 2024



Model Exam

Model exams were conducted for the students from 24th October 2024 to 29th October 2024. The main purpose was prepare students for the upcoming semester exams. This provided students an opportunity to familiarise themselves with the exam format and identify areas for improvement.

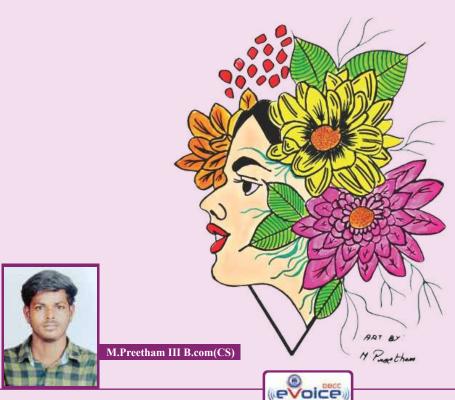


Students Achievement

World Record in Fastest Dual Direction Keyboard Sequence

Jeba Daniel from III B.Com (General) has created a new world record on 9th October 2024 for the fastest dual-direction keyboard sequence.





Students'Corner

Book Review

The Secret
- by Rhonda Byrne



Rhonda Byrne's "The Secret" is a groundbreaking work that has captivated readers around the globe with its promise of transformation through the power of thought. At its core, the book conveys a powerful message: our

thoughts have a magnetic quality that can shape our reality. By harnessing this "law of attraction," Byrne encourages readers to recognize their immense potential to manifest their desires—be it financial abundance, physical healing, or improved relationships.

Byrne posits that the key to unlocking this potential lies within our ability to control our thoughts. The premise is simple yet profound: what we focus on, we attract. If we channel our energy toward positive thoughts and feelings, we can reshape our lives in remarkable ways. The book illustrates this concept with relatable examples, such as the experience of frequently discussing a dream car and then unexpectedly encountering that very vehicle on the road. Such moments serve to reinforce the idea that our emotional vibrations play significant a determining our experiences.

One of the book's most compelling insights is the notion that love emits the highest frequency of all. The more love we feel and express, the more we amplify our ability to attract positive outcomes. This perspective encourages readers to foster a mindset of gratitude and appreciation, reinforcing the idea that what we emit into the universe circles back to us. Byrne's assertion that clarity of thought and belief are pivotal in this process encourages readers to vividly envision their goals and live as if they have already achieved them. This shift in mindset is transformative; it invites readers to act, speak, and think in alignment with their desires, creating a powerful resonance that attracts what they seek.

Furthermore, Byrne emphasises that believing in the power of attraction is not merely wishful thinking. It requires active participation—engaging with the universe through our thoughts and feelings. The act of receiving, as described in the book, involves immersing oneself in the emotions associated with our goals as if they were already manifest. This practice allows individuals to align with their true selves and the frequency of their aspirations, effectively bridging the gap between thought and reality.

While "The Secret" has attracted both fervent supporters and sceptics, its core message remains a source of inspiration for many. It advocates a proactive approach to life, where individuals are empowered to take control of their destinies. The principles outlined in the book echo the teachings of various self-help coaches and philosophies, reinforcing the idea that we hold the master key to creating the lives we desire. In conclusion, "The Secret" serves as a compelling guide to understanding the profound impact our thoughts have on our reality. Byrne's assertion that "whatever the mind can conceive, it can achieve" resonates deeply and invites readers to explore the magic of manifestation. By embracing the law of attraction and cultivating a mindset of love and abundance, we can unlock the potential that lies within us and embark on a journey toward our dreams.

Esther
II B COM (C.S

MOVIE REVIEW OF THE FILM "LUBBER PANDHU"



I am here with my movie review about laymen's favourite "Lubber Pandhu." Being a layman myself, I enjoy Tamil movies that have hearts and don't try to be either too Hollywood or too violent. Tamil movies bring a horde of violent bloodbaths to the theatres, bathing the audience with all groups of blood.

It was refreshing to see a simple movie with a lot of heart that doesn't try to be anything more or less. The movie "Lubber Pandhu" is one such. I watched this movie with my father recently.

"Lubber Pandhu" is set in the outskirts near Cuddalore, and it fits the bill of a simpleton's life. The movie is set in a more vibrant place than in some posh place. Everyone is constantly in conversation, and the one-liners were the chef's kiss. But the movie isn't just about gags and humour. It is also about love—just plain, simple love. Like how an object of interest like a tiffin box could communicate meaning in the desire and despair of a couple. There are two couples of two generations portrayed here.

Surprisingly, everyone here is compatible, but when it comes to ego, The slightest hindrance creates turmoil. Yet the love doesn't fade but rather asks for time to heal itself, like in Joy Harjo's poem. There is one thing that seeped into my mind while watching this film.

One of the protagonists has this dilemma of whether to prove his love for his girl or to prove his love for his game of cricket. Although it may seem straightforward, this dilemma is one of the most profound challenges men encounter. We all have this urge to be there with the person whom we care about most, yet there is a side we need to be active on something passionate for us—a part of ourselves.



Most men fear that if one has to succeed, the other has to go. But this movie gives the greatest hope. You needn't lose either of them, yet they both complement each other, his relationship and his passion. Finding the balance in this takes time for a man.

A hard task, but one we must go through. because as humans we need a partner and we need the drive to live. Both must prevail. There is no option but to fight for both, and I guess that the normal way of life—an understanding partner—is much needed. To gain that kind of confidence, I think you must give your all and be truthful instead of shying away.

This being said, the passion part also equally benefits their relationship, like how the sport keeps him standing out from the crowd and gives him the confidence to approach life in a certain way. The beauty of it all is the moral compass. I think it is important how he sticks to it amidst all the chaos. I guess that's an important attribute to learn. The movie also teaches there's no such thing as winning or losing. Mistakes are made but the characters are brave enough to come back to normal, more like the factor reset button. and It is an important attribute to learn. the movie allowed. has there is no such thing as winning or losing, All that matters is you're still playing, and that's the best gift you can hold on to than an end goal. The movie is fast-paced with lots of intercuts to keep the audience engaged for a commercial move fair enough. The music isn't too loud or preachy since Anirudh isn't here and most songs are vintage played back, major relief. It is one of those rare movies that doesn't shy away from pointing out social follies like caste discrimination. There is one part where a woman empowerment scene,

It seemed to be a bit forced. I am up for women's rights, but even my mom found it as if Samuthrakanni walked into the theatre. But we can let it slide into a movie full of heart, I guess. That's my review for Lubber Pandhu.





