

# **REPORT OF DEANERY OF STAFF AND STUDENT WELFARE**



**(2017-2022)**

**BISHOP HEBER COLLEGE  
(AUTONOMOUS)**

*(Affiliated to Bharathidasan University)*

*Nationally Reaccredited at the 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as 'College of Excellence'*

**Tiruchirappalli – 620 017**

## **DEANERY OF STAFF AND STUDENT WELFARE**

### **LIST OF PROGRAMMES ORGANIZED**

**(2017-18)**

Deanery of Staff and Students' Welfare organised the following programmes:

- A programme on 'Sexual Harassment at Workplaces' was organized. Dr.Manimegalai, Director, Women Studies, BARD, was the Resource Person.
- Apollo Hospitals distributed 5000 Advantage Cards to students and faculty. A programme on 'Managing the Differences in Marriages' was organised in collaboration with Student Counselling Centre for faculty members.
- A special programme on 'Diverse Voices' for International Students was organised in collaboration with Deanery of International Relations and Students Counselling Centre.
- A programme called 'Shelter' was inaugurated in collaboration with Student Counselling Centre to know the needs of the students who come from families with single parents, no parents or parents separated.
- 'Bear Fruit' a counselling programme for the children of Missionaries was organised in collaboration with Student Counselling Centre. Nearly 70 students attended the programme. Rev.Gnana Nithyan and Rev.Obediah Nithyan were the resource persons.

**NAME OF PROGRAMME : Sexual Harassment at Work Place**

DATE

: 07.07.2017



## Deanery of Staff and Student Welfare

### Bishop Heber College (Autonomous)

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"

Tiruchirappalli - 620 017.



**Dr. S. Ally Sornam**

**Dean**

#### PROGRAMME REPORT

Name of the programme : Sexual Harassment at Work Place  
Date : 7.07.2017  
Time : 11.30 am to 1.30 pm  
Venue : Admin A/C Seminar Hall  
Purpose of the Meeting : Awareness Programme on Women Teaching Faculties  
No. of Members Present : 49

#### Meeting Agenda

1. Prayer Song
2. Welcome Address
3. Presidential Address
4. Chief Guest Address
5. Interaction Session
6. Vote of Thanks

#### Summary

The programme on "Sexual Harassment at Work Place" in collaboration with the Deanery of Staff and Student Welfare was organized on 7.7.2017. The meeting began with prayer song by Students of the Department of Computer Science. Dr. S. Ally Sornam, Dean — Staff and Student Welfare and Head, Department of Library and Information science, delivered the welcome address on which she emphasized the purpose of the meeting. Dr. V. Violet Dhayabaran, Associate Professor, Department of Chemistry and Co-ordinator, Department of Biotechnology, Bioinformatics and Food Science & Nutrition, Bishop Heber College, gave a wonderful Presidential address. The Resource Person Dr. N. Manimekalai, Director & Head, Department of Women's Studies, Bharathidasan University, Tiruchirappalli, spoke on the problems of women in the working place and the impact of Sexual Harassment with suitable illustrations. It was a thought provoking session for the women teaching staff. There was a good interaction among the resource person and women faculty members. It was a useful and meaningful all of them. The women teaching staff gave a positive feedback about the programme. Dr. D. Fennala Agnes Iylin, Associate Professor, and Co-ordinator Department of Commerce CA, gave the Vote of thanks.

#### Enclosure:

Women Teaching Faculty Registration form, Invitation for the Programme  
Copy of Engagement Column -The Hindu News paper

  
**Dr. S. ALLY SORNAM**


Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

Tel. : 91 431-2770136 / E-mail : alysonam@gmail.com / Web. : www.bhc.edu.in

NAME OF PROGRAMME : Diverse Voices

DATE

: 29.11.2017



### Deanery of Staff and Student Welfare

#### Bishop Heber College (Autonomous)

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
Tiruchirappalli - 620 017.



---

**Dr. S. Ally Sornam**  
**Dean**

**Programme Report**

Name of the programme	: "Diverse Voices" (Listening to International and Northeast students)
Date	: 29.11.2017
Time	: 6.00 pm to 8.30 pm
Venue	: A/C Seminar Hall (Computer Science Block)
Purpose of the Meeting	: International and Northeast Students Interaction
No. of Students Present	: 53

**Meeting Agenda**

1. Prayer Song
2. Welcome Address
3. Presidential Address
4. Information about the Deaneries
5. Interaction Session
6. Vote of Thanks
7. Student profile/ Feedback
8. Cultural Programme

**Summary**

A Programme on "Diverse Voices "(Listening to International and Northeast students) in collaboration with the Deanery of International Relations and Deanery of Staff and Student Welfare began with a Prayer song rendered by the Choir. Dr.K.Rajkumar, Associate Dean of International Relations and Associate Professor of Computer Science Department, delivered the welcome address. Dr.V.Anand Gideon, Associate Dean of International Relations and Associate professor of Botany Department, honoured the Chief Guest.Dr.D.Paul Dhyaharan, Principal, Bishop Heber College, delivered a motivational Presidential address. The talk was well received and benefited by the International and Northeast students.Dr.J.Manalan, Dean of International Relations and College Librarian, shared the information about the Deanery of International Relations and he emphasized the purpose of the meeting.Dr.S.Ally Sornam, Dean of Staff and Student Welfare and Head,Dept.of Library Science gave a wonderful talk and she suggested to students to learn local language,to mingle with neighbourhood students and finally she shared motivational talk. Following that Ms.V.Jansi William, Student Counsellor shared the information about the Student Counselling Centre and encouraged the students to utilize the services of Student Counselling Centre after that, there was an Interaction between the International and Northeast students and the Deaneries.

  
**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

Tel. : 91 431-2770136 / E-mail : allysornam@gmail.com / Web. : www.bhc.edu.in

NAME OF PROGRAMME : Shelter

DATE

: 20.12.2017



### Deanery of Staff and Student Welfare

#### Bishop Heber College (Autonomous)

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
Tiruchirappalli - 620 017.



---

**Dr. S. Ally Sornam**  
Dean

#### Programme Report

Name of the programme : "SHELTER"  
Date : 20.12.2017  
Time : 12.00 pm to 1.15 pm  
Venue : A/C Seminar Hall (Computer Science Block)  
Purpose of the Meeting : Orphan, Single Parent and Separated Parent Students Interaction  
No. of Students Present : 130

Meeting Agenda

1. Prayer Song
2. Welcome Address
3. Presidential Address
4. Effective Life Management Skills (Motivational Talk)
5. Interaction and Feedback Session
6. Vote of Thanks

#### Summary

A Programme on "SHELTER" (Orphan, Single Parent and Separated Parent Students) in collaboration with the Deanery of Staff and Student Welfare began with a Prayer song rendered by the Choir. Mr. P. David Sam Paul, Student Counsellor, delivered the welcome address. Dr.S.Ally Sornam, Dean of Staff and Student Welfare and Head, Department of Library Science, honoured the Chief Guest. Dr. D. Paul Dhayabaran, Principal, Bishop Heber College, delivered a motivational Presidential address, it was a thought provoking session for the students. The talk was well received and benefited by the students. Dr.S.Ally Sornam, Dean of Staff and Student Welfare and Head, Department of Library Science gave a wonderful talk of Ability to adapt, Create the own identity, Time management, Being Healthy and Keep God first in your life with many illustrations, and she emphasized the purpose of the meeting. Following that Ms.V.Jansi William, Student Counsellor, encouraged the students and shared the information about the Student Counselling Centre and to utilize the services of Student Counselling Centre. Finally Mrs. V. Jansi William gave a vote of thanks. The Student Counsellors collected feedback forms from the students.

#### Enclosure:

1. Invitation of the programme
2. Students Registration forms
3. Students feedback forms



**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

Tel. : 91 431-2770138 / E-mail : allysornam@gmail.com / Web. : www.bhc.edu.in

NAME OF PROGRAMME : Bear Fruit

DATE

: 23.01.2018



## Deanery of Staff and Student Welfare

### Bishop Heber College (Autonomous)

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"

Tiruchirappalli - 620 017.



Dr. S. Ally Sornam

Dean

### Programme Report

Name of the programme : "BEAR FRUIT"  
Date : 23.01.2018  
Time : 11.45 am to 1.45 pm  
Venue : A/C Seminar Hall (Computer Science Block)  
Purpose of the Meeting : Spiritual Programme for Missionaries and Pastor's Children  
No. of Students Present : 46  
Meeting Agenda

1. Prayer Song
2. Welcome Address
3. Honouring the Chief Guest
4. Presidential Address
5. Chief Guest Address
6. Interaction and Feedback Session
7. Vote of Thanks

#### Summary

A Programme on "BEAR FRUIT" (For Missionaries and Pastor's Children) in collaboration with the Deanery of Staff and Student Welfare began with a Prayer song rendered by the Choir. Dr.S.Ally Sornam, Dean of Staff and Student Welfare and Head, Department of Library Science, delivered the welcome address and emphasized on the purpose of the meeting. Following that she honoured our Principal Dr.D.Paul Dhayabaran, Bishop Heber College. After that our Principal honoured the Chief Guests with a memento and he delivered a motivational Presidential address, which was thought provoking for our students. The Resource Persons Rev.P.Paul Gnana Nithyan, Co-ordinator, Department of Children Ministry, Tiruchirappalli - Tanjore Diocese and Rev.B.Obediya Nithyan, Associate Presbyter, St. John's church, Tiruchirappalli - Tanjore Diocese gave a spiritual message with Biblical perspectives and they shared Testimony. They conducted Games through the biblical values and which was enjoyed by the students and staff. The students actively participated in all the activities. Mrs. R.M. Devasena, Student Counsellor proposed the vote of thanks. Finally Mrs.V.Jansi William, Student Counsellor interacted with the students about the programme and Student Counselling Centre. The Students gave a positive feedback about the programme.

#### Enclosure:

1. Invitation of the programme
  2. Students Registration forms
- Students and Resource persons feedback

Dr. S. ALLY SORNAM  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

## **LIST OF PROGRAMMES ORGANIZED**

**(2018-19)**

The Deanery of Staff and Students' Welfare organized the following programmes:

- A programme "Freshers Orientation" was organized for the International and Northern state students on 20.07.2018.
- A special programme "Seeking New Life" on de-addiction and substance abuse was conducted on 24 July 2018 for the Gardeners, Sweepers and Mess servants of our College. Mr. S. Pragadeeswaran, Psychiatric Social Worker, Athma Deaddiction Centre, Trichy was the resource person.
- Life Modification-A general health awareness programme was organized for the non-teaching staff on 4 August 2018. Dr. Vittal, Consultant, CSI Mission Hospital, Trichy was the resource person.
- A special meeting for the hostel wardens was held on 10.08.2018 to address the needs and problems faced by the wardens. Guidance was given to the wardens to perform case studies and to handle the difficult situation.
- "Opportunities Unlimited" - A Special programme for the Differently Abled was organized on 12 September 2018. Mr. V. Subramanian, Deputy Director and Mr. M. Manikandan, Junior Employment Officer were the resource persons.
- "Shelter"- a programme for the students of single parents or no parents was organized on 23 January 2019. Psychological counselling was given to them. Dr. Crescenda, Assistant Professor of Department of Rehabilitation Science, Holy Cross College, Trichy was the resource person.
- "Zireh" - a motivational and spiritual counselling programme for the students who are children of Pastors/ Missionaries was conducted on 28 January 2019. Mr. Issac Tilak and Mrs. Angeline Issac Tilak, Infosys Bangalore and Founder of Teen and Youth Ministries were the resource persons.

**NAME OF PROGRAMME : Fresher's Orientation "For International and Northern  
State Students"**

**DATE : 20.07.2018**



## Deanery of Staff and Student Welfare

### Bishop Heber College (Autonomous)

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
Tiruchirappalli - 620 017.



**Dr. S. Ally Sornam**  
Dean

#### Programme Report

Name of the programme : "Freshers Orientation" (For International and Northern State Students)  
Date : 20.07.2018  
Time : 6.30 pm to 8.00 pm  
Venue : A/C Seminar Hall, Admin Block (3rd Floor)  
Purpose of the Meeting : Orientation for International and Northern State Students  
No.of Students Present : 33

#### Summary

A Programme on "Freshers Orientation" (For International and Northern State Students) has organized in collaboration with the Deanery of International Relations and Deanery of Staff and Student Welfare. The Programme began with Prayer song rendered by CE hostel students. Dr.K.Rajkumar, Associate Dean of International Relations and Associate Professor of Computer Science Department, delivered the welcome address. He introduced Mr.Jhon Milton and Ms.P. Nehula Claribel (Management Office) who in-charge of international and Northern state students' affairs. He also introduced the Deans and the Student Counsellors. Dr.D.Paul Dhyabaran, Principal, Bishop Heber College, delivered the Presidential address which was informative and motivational to the students. The talk was well received and beneficial to the International and Northern state students. Dr.Michael David Premkumar, Associate Dean of International Relations and Head, Dept. of Management Studies shared information about the Deanery of International Relations and he emphasized the purpose of the meeting. Dr.C.Ravi Dhas, Associate Dean of Staff and Student Welfare and Head, Dept. of Physics gave a wonderful talk and he shared the information about the Deanery of Staff and Student Welfare. Following that Ms.V.Jansi William, Student Counsellor spoke on the services rendered by the Student Counselling Centre and she encouraged the students to utilize the services of Student Counselling Centre.

  
**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.



NAME OF PROGRAMME : Seeking New Life  
DATE : 24.07.2018



## Deanery of Staff and Student Welfare

### Bishop Heber College (Autonomous)

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"

Tiruchirappalli - 620 017.



**Dr. S. Ally Sornam**

**Dean**

#### Programme Report

Name of the Programme : "Seeking New Life"  
Date : 24.07.2018  
Time : 5.00 pm to 6.30 pm  
Venue : Admin block A/C Seminar Hall (3rd Floor)  
Purpose of the Programme : An awareness Programme on Alcohol and Substance Abuse for Gardeners and Housekeeping Staff.  
No. of Participants: 40

#### Meeting Agenda

1. Prayer
2. Welcome Address
3. Honouring the Chief Guest
4. Presidential Address
5. Chief Guest Address
6. Feedback
7. Vote of Thanks

#### Summary

A programme on "Seeking New Life" was organized in collaboration with the Deanery of Staff and Student Welfare. The meeting began with prayer song by the Choir. Mrs.RM.Devasena, Student Counsellor, delivered the welcome address. Dr.S.Ally Sornam Dean, of Staff and Student Welfare and Head, Dept. of Library Science honoured the Chief guest and delivered a wonderful Presidential address in which she emphasized the purpose of meeting and she spoke about the factors that are needed and the factors that affects the harmonious marital life. The speech was well received by the Participants. The Resource Person Mr.S.Pragadeeswarana, Psychiatric Social Worker, Athma De-Addiction Centre, Trichy gave a wonderful presentation on Awareness on Alcohol and Drug Abuse in which he explained the psycho social impacts of alcohol and drug abuse and How to overcome the addiction through the Medical management. It was a thought provoking session for the participants. The Participants really enjoyed the session and it was a useful session for all of them. The Participants gave a positive feedback about the programme and finally Mr.P.David Sampaul, Student Counsellor gave the vote of thanks. The Student Counsellors, collected the feedback forms from the Resource Person and the participants.

#### Enclosure:

Invitation of the Programme  
Participants Registration  
Feedback of Resource Person and Participants.

**Dr. S. ALLY SORNAM**

Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

**NAME OF PROGRAMME : Life Modification**  
**DATE : 04.08.2018**



**Deanery of Staff and Student Welfare**  
**Bishop Heber College (Autonomous)**  
Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
**Tiruchirappalli - 620 017.**



**Dr. S. Ally Sornam**

**Dean**

**Programme Report**

Name of the Programme : "Life Modification"  
Date : 04.08.2018  
Time : 10.30 am to 12.30 pm  
Venue : Conference Hall (Admin Block)  
Purpose of the Programme : An Awareness Programme on Life Modification for Non-Teaching Staff Members.  
No. of Participants : 123

**Meeting Agenda**

1. Prayer
2. Welcome Address
3. Honouring the Chief Guest
4. Presidential Address
5. Chief Guest Address
6. Feedback
7. Vote of Thanks

**Summary**

A programme on "Life Modification" was organized in collaboration with the Deanery of Staff and Student Welfare. The meeting began with prayer by Mr.P.David Sam Paul, Student Counsellor. Mrs.V.Jansi William, Student Counsellor delivered the welcome address. Dr.S.Ally Sornam, Dean, Staff and Student Welfare and Head, Dept. of Library Science honoured the Chief Guest and delivered a wonderful Presidential address. She gave an introduction of the Chief Guest to the participants. The Chief Guest Dr.Peter Vittal, MBBS MD, CSI Mission Hospital, Trichy gave a wonderful presentation on Awareness on Health and Diet. He explained how to modify our life with balanced Diet, Water, Sleep, Exercise and Meditation through Biblical perspectives. He also explained the importance of Fasting in our regular food habit. He shared diet tips to the participants. The participants really enjoyed the session and it was a useful session for all of them. The participants gave a positive feedback about the programme and finally Ms.RM.Devasena, Student Counsellor gave the vote of thanks. The Student Counsellors, collected the feedback from the Resource Person and the participants.

**Enclosure:**

Invitation of the Programme  
Participants Registration  
Feedback of Resource Person and Participants.

**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

**NAME OF PROGRAMME : Hostel Wardens meeting**

**DATE : 10.08.2018**



**Deanery of Staff and Student Welfare**

**Bishop Heber College (Autonomous)**

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"

**Tiruchirappalli - 620 017.**



**Dr. S. Ally Sornam**  
Dean

**Report of the Meeting**

Name of the Meeting : Hostel Wardens Meeting  
Date : 10.08.2018  
Time : 6:30 pm to 8:30 pm  
Venue : GB (Governing Body) Room, Admin Block.  
Purpose of the Meeting : What are the Problems faced by Hostel Wardens and Students / Remedial Measures  
No.of Members Present : 24

**Meeting Agenda**

1. Opening Prayer
2. Welcome Address
3. Ice Breaking Session
4. Discussion / Suggestion
5. Vote of Thanks

**Summary**

The meeting commenced with the opening prayer rendered by Mr.P.David Sam Paul, Student Counsellor. Our Principal, Dr. D. Paul Dhazyaharan delivered the welcome address. Ms.V.Jansi William, Student Counsellor conducted a Quiz event for the participants which was enjoyed by them. The purpose of the meeting was shared by Dr.S.Ally Sornam, Dean of Staff and Student Welfare and Head, Dept. of Library Science is to identify hostel students with Emotional or Behavioral problems with the help of wardens and to bring about remedial measures to overcome. Appropriate action plans were discussed by the Dean of Staff and Student Welfare and Student Counsellors. Few case studies were also presented by the Student Counsellors. The wardens shared some of the problems faced by them in handling hostel students and they shared some suggestions. Finally Ms.V.Jansi William, Student Counsellor proposed the vote of thanks.

**Difficulties of Wardens:**

- More number of students in the rooms
- Insufficient facility of Tables and Chairs
- Students use mobiles during study hours, mentioning that they use e-content of Class lessons.
- Students theft
- Attitude problems of students and also parents
- Food waste by staff and students.
- Security in the main gate must be strengthened.

  
**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

Tel. : 91 431-2770136 / E-mail : allysornam@gmail.com / Web. : www.bhc.edu.in

**NAME OF PROGRAMME : Opportunities Unlimited**

**DATE : 12.09.2018**



**Deanery of Staff and Student Welfare**

**Bishop Heber College (Autonomous)**

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"

**Tiruchirappalli - 620 017.**



**Dr. S. Ally Sornam**

**Programme Report**

**Done**

Name of the Programme: "**Opportunities Unlimited**"

Date : 12.09.2018

Time: 11.30 am to 01.30 pm

Venue : A/C Seminar Hall, CS Block

Purpose of the Programme: An Awareness Programme on "Opportunities Unlimited" for final year UG Students of Economics and History

No. of Participants: 66

**Meeting Agenda**

1. Prayer
2. Welcome Address
3. Honouring the Chief Guest
4. Presidential Address
5. Chief Guest Address
6. Feedback
7. Vote of Thanks

**Summary**

A programme on "**Opportunities Unlimited**" was organized in collaboration with the Deanery of Staff and Student Welfare and Training and Placement Division. The meeting began with prayer by Mr.P.David Sam Paul, Student Counsellor. Dr.JGR.Sathiseelan, Dean of Training and Placement Division and Head, Dept. of Computer Science delivered the Welcome Address. Dr.S.Ally Sornam, Dean of Staff and Student Welfare and Head, Dept. of Library Science honoured the Chief Guest and delivered a wonderful Presidential address. The Chief Guest Mr.V.Subramanian, Deputy Director and Mr.M.Manikandan, Junior Employment Officer, District Employment Office, Trichy gave an informative speech about job opportunities for the physically challenged as well as normal persons in Government sectors and gave guidance and suggestions for writing Competitive Exams. Participants really enjoyed the session and it was a useful session for all of them. The participants gave a positive feedback about the programme and finally Ms.RM.Devasena, Student Counsellor gave the vote of thanks. The Student Counsellors, collected the feedback from the Resource Person and the participants. This Programme was telecast on JM TV channel.

**Enclosure:**

Invitation of the Programme

Participants Registration

Feedback of Resource Person and Participants

Copy of Engagement Columns Published in The Hindu, Dina Malar, Dinamani and Malaimalar Newspapers.

**Dr. S. ALLY SORNAM**

Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

Tel. : 91 431-2770136 / E-mail : allysornam@gmail.com / Web. : www.bhc.edu.in

**NAME OF PROGRAMME : Shelter**  
**DATE : 23.01.2019**



**Deanery of Staff and Student Welfare**  
**Bishop Heber College (Autonomous)**  
Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
**Tiruchirappalli - 620 017.**



**Dr. S. Ally Sornam**  
**Dean**

**Programme Report**

Name of the Programme : "SHELTER"  
Date : 23.01.2019  
Time : 11.00 am to 1.30 pm  
Venue : AC seminar Hall (Computer Science Block)  
Purpose of the Programme : A Psychological Wellbeing Counselling for Orphan/Single Parenting students.  
No.of Members Present : 70

**Summary**

A programme on "Shelter" was organized in collaboration with the Deanery of Staff and Student Welfare. The meeting began with prayer song by the Choir, Dr. V. Jassi William, Student Counsellor, delivered the welcome address. Dr. S. Ally Sornam, Dean, Staff and Student Welfare and Head, Dept. of Library Science honoured the Chief Guest, Dr. F. Samuel Christopher, Vice Principal, Self-Finance section delivered a Presidential address in which he shared about the purpose of the programme and stressed the problems faced by Orphan and Single parenting students in the current scenario. Dr. S. Ally Sornam delivered the Felicitations Address thrusting by motivating the students to get benefited of the welfare schemes for their betterment and also made clear the facilities available in the campus. The speech was brainstorming and eye opening for the participants. The Resource Person Dr. L. Cresenta Shakila Motha, Assistant Professor, Department of Rehabilitation Science, Holy Cross College, Tiruchirappalli in her address, pointed the characteristics of the children who have Lost Parents / Single Parent and Parents Separated and hassles they encounter, and the ways and means to overcome them. She also brought to light some cases in her presentations citing for the need of the topic. This session created an awareness among the students. The Participants rendered positive feedback about the programme and finally Mrs. R. M. Devasena, Student Counsellor delivered the vote of thanks. The Student Counsellors, also received the comments in written from the Resource Person and the participants. The programme was live captured and telecasted by JM TV channel and coverage was flashed in Tamil dailies.

**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

**NAME OF PROGRAMME : ZIREH**  
**DATE : 28.01.2019**



## Deanery of Staff and Student Welfare

### Bishop Heber College (Autonomous)

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4

Recognized by UGC as "College of Excellence"

Tiruchirappalli - 620 017.



**Dr. S. Ally Sornam**  
**Dean**

### Programme Report

Name of the Programme	: "ZIREH"
Date	: 28.01.2019
Time	: 10.30 am to 1.30 pm
Venue	: AC Seminar Hall (Computer Science Block)
Purpose of the Meeting	: A spiritual programme for the children of Missionaries and Pastors
No. of Members Present	: 35

#### **Summary**

A programme on "Zireh" was organized in collaboration with the Deanery of Staff and Student Welfare. The meeting began with prayer song by the choir. Dr.V.Jansi William, Student Counsellor, delivered the welcome address. Dr.S.Ally Sornam Dean, Staff and Student Welfare and Head, Dept. of Library Science honoured the Chief Guest and delivered the Presidential Address. Rev.D.Dharma Raj, Chaplin, felicitated the occasion with word of god in which he spoke about sin of idol worshipping. The Chief guests Mr.C.Isaac Tilak, Founder, Teens and Youth Ministries and Mrs. Angeline Tilak, Bangalore, remind as the resource persons. Mr.C.Isaac Tilak spoke on the title on how to be a friend with Jesus, and love god. The guests combinedly took up the ice breaking session for the students. The students were really benefitted from the session. The Participants gave a positive feedback about the programme and finally Mrs.RM.Devasena, Student Counsellor delivered the vote of thanks. The Student Counsellors, collected the feedback forms and comments from Resource Persons and the Participants. The programme was live captured and telecast by JM TV channel.

  
**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

Tel. : 91 431-2770136 / E-mail : [allysornam@gmail.com](mailto:allysornam@gmail.com) / Web. : [www.bhc.edu.in](http://www.bhc.edu.in)

## **LIST OF PROGRAMMES ORGANIZED**

**(2019-2020)**

- An Enrichment Workshop was conducted for Assistant Professors with 3 years' experience on 20 July 2019 with Dr. Magesh Raja Gopal, Aram Hospital & Dr. G. John, Department of Commerce, St. Joseph College, Trichy as resource persons.
- A Programme on "Social Media Can we Embrace it or Not" was conducted on 6<sup>th</sup> September 2019 for the student sin collaboration with the Anti ragging Cell.
- A programme "Zireh – Who Am I" was organized for the children of missionaries and pastors on 25.09.2019, Mr.S.Micheal raj was the resource person.
- A programme on "Effects of Social Media; Addiction on Students" was conducted on 27September 2019. MS. Geetha, Psychologist, Athma Mind Centre was the resource person.
- "Shelter"- a programme for the students of single parents or no parents was organized on 23 January 2019. Psychological counselling was given to them. Dr. Crescenda, Assistant Professor of Department of Rehabilitation Science, Holy Cross College, Trichy was the resource person.

**NAME OF PROGRAMME : Handling Difficult Situation**

**DATE : 20.07.2019**



## Deanery of Staff and Student Welfare

**Bishop Heber College (Autonomous)**

Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4

Recognized by UGC as "College of Excellence"

**Tiruchirappalli - 620 017.**



**Dr. S. Ally Sornam**

**Dean**

### Minutes of the Meeting

Name of the Programme	: "Handling Difficult Students"
Date	: 20.07.2019
Time	: 09.30 am to 01.30 pm
Venue	: A/C Seminar Hall (Administrative Block)
Purpose of the Meeting	: A Programme for Teachers Enrichment for Teaching Staff
No.of Members Present	: 58

#### Summary

A "Teachers Enrichment Programme" was organized in collaboration with the Deanery of Staff and Student Welfare. The meeting began with a prayer song by the Choir. Dr.D.Fennala Agnes Iylin, Co-ordinator and Assistant Professor, Department of Commerce, delivered the welcome address. Mr.C.Alex Rajakumar Paul, Assistant professor, Department of English delivered a wonderful presidential Address. He gave an introduction of the Chief Guest to the participants. In the first session, the Chief Guest Dr.Magesh Raja Gopal, Consultant Psychiatrist, Aram Hospital, Tiruchirappalli has spoken about Mental Wellbeing of students with the dimensions of Practical learning, Behaviour Management, Attitude towards different background and Intellectual Stimulation. It was very informative to the participants. In the second session, the chief guest Dr.John, Associate professor, Department of Commerce, St. Joseph College, Tiruchirappalli gave a presentation about Good to Great Teacher with the components of qualities of a great teacher, Teachers and their Responsibilities, Different roles, Facets of a Teacher, Teachers Responsibilities and Student-Teacher Relationship in the past and present. He conducted a Management Game for the participants which was interesting and enjoyed by all the participants. The participants gave a positive feedback about the programme and finally Ms.RM.Devasena, Student Counsellor gave the vote of thanks.

**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.

Tel : 91 431-2770136 / E-mail : allysornam@gmail.com / Web : www.bhc.edu.in



**NAME OF PROGRAMME : Social Media Can we Embrace it or Not**

**DATE : 06.09.2019**



**Deanery of Staff and Student Welfare**  
**Bishop Heber College (Autonomous)**  
 Nationally Accredited with 'A' Grade by NAAC with a CGPA of 3.38 out of 4  
 Recognized by UGC as "College of Excellence"  
**Tiruchirappalli - 620 017.**



---

**Dr. S. Alfy Soranan**  
Dean

Name of the Programme : Social Media: Can we embrace it or not?  
 Date : 06 September 2019  
 Venue : AC Seminar Hall, Administrative Block  
 Purpose of the programme: To sensitize the impacts of social media usage  
 No. of students present : 108

**Summary**

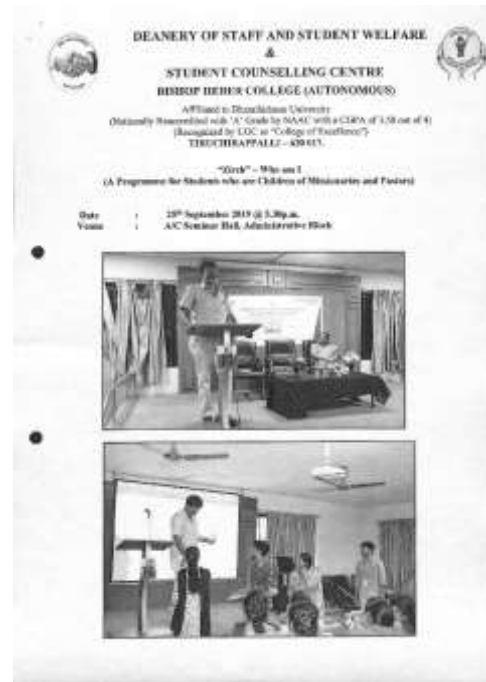
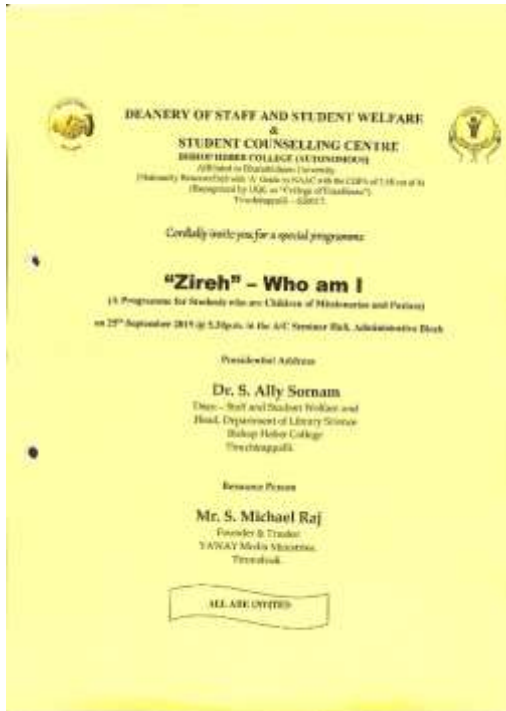
Albert Einstein once said "I fear the day that technology will surpass our human invention". Despite controversy around privacy, hacking, fake news that surrounds the online life, the world continues to embrace the social media as it is a great way to pass time and to know whatever is happening around the world. To sensitize the younger generation by recognizing the issues and concerns, opportunity and various challenges about in the arena of social media, the Deanery of Staff and Student Welfare in collaboration with Anti-Ragging Cell organized a certificate programme entitled "Social Media: Can we embrace it or not?" for B.Com (CA) students. Dr. S. Alfy Soranan, Dean of Staff and Student Welfare and Head, Department of Library and Information Science delivered the keynote address and Dr. D. Fenula Agnes Iyba, Zonal Officer of Anti-Ragging Cell, Co-ordinator and Assistant Professor, Department of Commerce, welcomed the Chief Guest of the day Dr. K. Rajkumar, Associate Dean, International Relations, Co-ordinator, Department of Data Science and Assistant Professor, Department of Computer Science. He briefed on the major threat and consequences of social media by giving real life examples and experiences. He emphasized that the steep rise of social media has transformed the entire world into a global village which creates a worldwide networking platform for the youth to explore the world. He mentioned that India ranks third in global cyber bullying list which leads to lot of crimes. He also accentuated the ways to overcome the fears and problems of social media through physical interaction with parents, siblings and friends rather than online friends. He concluded that even though social media proves to be an excellent medium to promote and facilitate innumerable things, at the end it is our choice to decide to what extent it has to be used. So, younger generation has to utilize social media in a constructive and productive manner, being its advantages are utilized. The programme ended with vote of thanks extended by Dr. V. Jeevi William, Student Councilor.

  
**Dr. S. ALFY SORANAN**  
 Dean  
 Bishop Heber College  
 Tiruchirappalli - 620 017  
 Tel : 01 431-277030 / E-mail : alfyssoran@gmail.com / Web : www.bhc.edu.in

Sr	Name of the Student	Year Department	Roll. No	Signature
13.	P. Anshu	B BSc Chemistry	17510003	P Anshu
14.	M. Venkai	B BSc Chemistry	17510004	Venkai
15.	M. Pooja	B BSc Chemistry	17510017	Pooja
16.	M. Manohari	B BSc M of D	17510022	Manohari
17.	Bhuvaneshwari	B B.A. LIT	17510021	Bhuvaneshwari
18.	Large Thomas	B BSc Aci	17510020	Large Thomas
19.	Manthi	B BSc History	17510023	Manthi
20.	Shri	B BSc Maths	17510024	Shri
21.	Karthika	B B.A. English	17510025	Karthika
22.	A. Prerna	B BSc Maths	17510026	A. Prerna
23.	R. Jeeva	B B.A. English	17510027	R. Jeeva
24.	Charlene	B B.A. English	17510028	Charlene
25.	Changath Prathiba	B BSc Maths	17510029	Changath Prathiba
26.	M. Prathiba	B BSc Maths	17510030	M. Prathiba
27.	M. Anshu	B B.A. English	17510031	Anshu
28.	A. Christelle	B BSc Maths	17510032	A. Christelle
29.	V. Mahesh	B BSc Maths	17510033	V. Mahesh
30.	M. Dhruv	B BSc Maths	17510034	M. Dhruv
31.	P. Srinivasan	B BSc Maths	17510035	P. Srinivasan

NAME OF PROGRAMME : Zireh – Who Am I

DATE : 25.09.2019




**Deanery of Staff and Student Welfare**  
**Bishop Heber College (Autonomous)**  
 Affiliated to Dhabalpur University  
 (Recognized by UGC as "College of Excellence")  
 Tiruchirappalli - 620 017.

---

**Dr. S. Ally Sornam**  
 Dean

**Name of the Programme :** "ZIREH"  
**Date :** 25<sup>th</sup> September 2019  
**Venue :** A/C Seminar Hall, Administrative Block  
**Purpose of the programme:** To inculcate the progressive role of minority children.  
**No. of students present :** 80.

**Synopsis**  
 "Zireh" means "the one who provides". Hence things are created by God to provide the needs of fellow human beings. The children of visionary parents, the successors of an illustrious work have to play a vital role in spreading the message of Gospel. In order to fulfill the purpose of Gospel's message among the missionary students, the Deanery of Staff and Student Welfare and Student Counseling Centre jointly sponsored a programme for the students of missionary parents. Dr. V. Jinal William, Student Counselor facilitated the gathering and Dr. Ally Sornam, Dean, Staff and Student Welfare and Head, Department of Library Science addressed the Presidential address by highlighting the qualities and abilities to be possessed by the students of missionary parents. The Chief Guest for the programme is Mr. V. Michael Raj, Founder & Trustee, YAMAY Mission, Tiruchirappalli. The programme begins with an activity of "Who am I" and the students participated with interest. He explained the significance of developing talents, intellect and spirituality to accomplish the missionary work. He emphasized the presence of human life to the students with his thoughts and views of missionary through his personal life experiences. He particularly emphasized the concept of personal responsibility, where the individual differences of people make them to perceive things and people in a different way. Being into missionary, he encouraged to develop optimistic perception towards people and objects. The programme ends with a vote of thanks proposed by Mrs. R. Lakshmi Devi, Student Counselor.

  
**Dr. S. ALLY SORNAM**  
 Dean - Staff and Student Welfare  
 Bishop Heber College (Autonomous)  
 Tiruchirappalli - 620 017.

Tel. : 01 421-9770 Fax: 01 421-9771 E-mail : allysornam@jssm.ac.in / Web : www.jssm.ac.in


**DEANERY OF STAFF AND STUDENT WELFARE & STUDENT COUNSELLING CENTRE**  
**Bishop Heber College (Autonomous)**  
 Affiliated to Dhabalpur University  
 (Recognized by UGC as "College of Excellence")  
 Tiruchirappalli - 620 017.

---

**"ZIREH" on 25<sup>th</sup> September 2019**

Name of the Student	Roll No	Year / Department	MRG / I/O	Marked by	Mark / Total	Signature
A. Agathe	198121605	T. E. COM-2A	F	90/100000	10/10	[Signature]
M. A. Arif	198121606	T. E. COM-2A	F	99/100000	10/10	[Signature]
A. Arif	106121607	T. E. COM-2A	F	90/100000	10/10	[Signature]
Michael Beal	198121608	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	106121609	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121610	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121611	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121612	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121613	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121614	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121615	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121616	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121617	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121618	T. E. COM-2A	F	90/100000	10/10	[Signature]
Arif	198121619	T. E. COM-2A	F	90/100000	10/10	[Signature]

NAME OF PROGRAMME : Effects of Social Media Addiction on Social Media

DATE : 27.09.2019

 **Deanery of Staff and Student Welfare**  
**Bishop Heber College (Autonomous)**  
Nationally Reaccredited with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
Tiruchirappalli - 620 017. 

**Dr. S. Ally Sornam**  
Dean

**PROGRAMME REPORT**

Name of the Programme : "Effects of Social Media Addiction on Students"  
Date : 27th September 2019  
Venue : AAC Seminar Hall, Golden Jubilee Building  
Purpose of the programme: To analyze the detrimental effects of social media addiction  
No. of students present : 86

"Social Media is not a media. It is a key to times, engage, and build relationships" said by David Alton. The younger generation use social media to interact people rather than to impact people. The digital life continues to expand people's boundaries and opportunities and mobile phones become a prominent part in our everyday work and personal life. Irrespective of its advantages, it is harmful to people's health, mental fitness and happiness. Thus to explore the darker side of social media and to minimize the detrimental effects of social media addiction, the Deanery of Staff and Student Welfare and Student Counselling Centre jointly organize a seminar programme on "Effects of Social Media Addiction on students" for the women hostellers of Bishop Heber College. The programme began with the invocation of God's blessings. Dr. D. Ponnala Agnes lylin, Co-instructor and Assistant Professor, Department of Commerce, welcomed the gathering and introduced the chief guest Ms. Geetha, Psychologist, Ashra Mental Centre and District Mental Health Programme, Tiruch. The chief guest made the session interactive by sharing real life case studies with the students and she stressed the association between social media addiction and academic performance of the students. She also explained that social media negatively impacts on physically, psychologically, socially, emotionally, and academically. She appropriately put forth its safeguarding measures from social media sites such as uninstalling unwanted apps in the mobile, being conscious in spending time on social media etc. Students clarified their doubts with the resource person by raising different questions on safety on social media, interventional strategies used for social media addiction etc. She preclearly pointed that all the social media networking sites create an illusion of connectivity. Disconnecting digital people and connecting people in real world prospers the essence of human life. The programme ended with vote of thanks extended by Mrs. Devaneta, Student Counsellor.

  
**Dr. S. ALLY SORNAM**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 017.


Tel : 91 431-2770130 / E-mail : allysornam@gmail.com / Web : www.bhc.edu.in

date: 27/09/19  
time: 8:00pm to 9:00pm  
Place: AAC Seminar Hall, Golden Jubilee Building

**"Effects of Social Media addiction on Students"**

I am from Holy Hostel. I came here just because we were all asked to attend the meeting compulsorily. But after Maria's speech, I really understood the demands of social media and its addiction. It's very useful for us.  
- Fine N. Gloria (Hostel)

The session was really very useful. The chief speaker made us to recognize how we are being addicted to our mobile phones. She made us to understand the real effects of mobile phones on us and how it is affecting our health. I'm really thankful to her for this wonderful meeting that is arranged.  
- Supra Kishor J  
B Heber College



NAME OF PROGRAMME : SHELTER

DATE : 09.12.2019

**DEANERY OF STAFF AND STUDENT WELFARE & STUDENT COUNSELLING CENTRE**  
BISHOP HEBER COLLEGE (AUTONOMOUS)  
All India University  
(Recognized by UGC under MAAC with ACPA of 3.58 out of 4  
(Recognized by UGC as "College of Excellence")  
TRICHYRAPALLI - 620 017.

Jointly organize an awareness programme on

**"SHELTER"**

Presidential address  
**Mr. C. Alex Rajakumar Paul**  
Associate Dean,  
Deanery of Staff and Student Welfare,  
Bishop Heber College

Resource Person  
**Mr. D. Jayakumar**  
Trinaka,  
General India Ministry,  
Trichyrapalli.

Venue : A/C Seminar Hall, Computer Science Block  
Date : 09<sup>th</sup> December 2019  
Time : 10.30 am

ALL ARE INVITED

**Deanery of Staff and Student Welfare**  
Bishop Heber College (Autonomous)  
Nationally Recognized with 'A' Grade by NAAC with a CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
Trichyrapalli - 620 017.

Dr. S. Ally Soranam  
Dean

Name of the Programme : "SHELTER"  
Date : 09 December 2019  
Venue : A/C Seminar Hall, Computer Science Block  
Purpose of the programme: To provide a motivational support  
No. of students present : 77

**Summary:**  
Hebber's view of the future points instead about positive thinking. It collectively states the "Mind is everything. What you think you become". Children who are deprived of the parental care and a secure family environment often become vulnerable to a host of psychological, behavioral, emotional problems and psychiatric disorders. To provide a motivational support for the students of Single Parent and Orphan, the Deanery of Staff and Student Welfare and Student Counselling Centre organized a motivational programme entitled "SHELTER" by them. The programme began with a prayer song by the student choir. Mr. C. Alex Rajakumar Paul, Associate Dean, Deanery of Staff and Student Welfare delivered the presidential address. Dr. V. Anil Wilson, Student Counsellor, Student Counsellor welcomed the Chief Guest of the programme was Mr. D. Jayakumar, Director, Gospel India Ministry, Trichy, cordially invited our guest students address to the opportunities available for single children and orphan children and emphasized to have positive thinking and positive attitude. He also invited the students to harness their minds with the power of optimism to think positively by setting constructive and affirmative opportunities in transforming their life by accepting the positive progress of single parenting or to develop strength and clear goals, help to believe with positivity, to sharing responsibilities and handling situations. The programme ended with vote of thanks extended by Mrs. RM. Divyana, Student Counsellor.

Dr. S. Ally Soranam  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Trichyrapalli - 620 017.

Tel : 91 435 2779130 / E-mail : allysoranam@gmail.com / Web : www.bhcb.edu

**"SHELTER"**  
LA Motivational Programme for disadvantaged parenting students

Date: 9<sup>th</sup> December 2019  
Time: 11.30 am to 3pm  
Venue: A/C Seminar Hall, CS Block

Resource Person:  
Mr. D. Jayakumar  
Director - Gospel India Ministry  
Trichyrapalli.

- Breakfast arranged by Mr. Alex Paul, Sr. J. Wilson and Student Counsellor Mrs. Divyana
- The address was given in English in listening.
- 5 with a song by singing Anthon.
- Got lunch 3pm - 4pm.

Dr. S. Ally Soranam

STUDENT COUNSELLING CENTRE  
STUDENT COUNSELLOR  
BISHOP HEBER COLLEGE  
TRICHYRAPALLI - 620 017

**"SHELTER"**

Date: 09 December 2019  
Time: 11.30 am - 1.30 pm  
Place: A/C Seminar Hall, CS Block.

- Ranga Pragasatharanil  
We feel very confident and happy when they speak. They gave us relief to live in the world.
- Sr. Anthon  
may motivated us they told the difference between wisdom and knowledge.

Dr. S. Ally Soranam

STUDENT COUNSELLING CENTRE  
STUDENT COUNSELLOR  
BISHOP HEBER COLLEGE  
TRICHYRAPALLI - 620 017

## **LIST OF PROGRAMMES ORGANIZED**

**(2020-2021)**


- The Deanery of Staff & Students' Welfare and the Department of Food Science, Nutrition & Dietetics jointly organized an awareness programme on "Healthy Lifestyle for Healthy Hearts" for the teaching staff of Bishop Heber College on 7 October 2020 through Zoom Meet. Dr. M. Chenniappan, Cardiologist, Ramakrishna Nursing Home, Trichy, was the resource person.
- The Deanery of Staff & Students' Welfare and the Student Counselling Centre jointly organized a programme on "Understanding Students' Mental Health" for the teaching staff of the Department of Computer Science on 8 December 2021. Mr. C. John Sakthivel, Director, Teens & Youth Ministries, Trichy was the Chief Guest..
- The Deanery of Staff & Students' Welfare and Anti – Ragging Cell jointly organized an awareness programme through Google Meet Platform on "Bitter Truth – Gender Equality" on 19 March 2021. Mrs. Allirani Balaji, Social Entrepreneur & Altruist and Founder & Director of An All Women Social Welfare Organization was the resource person.

**NAME OF PROGRAMME : Healthy Lifestyle For A Healthy Heart**

**DATE : 07.10.2020**

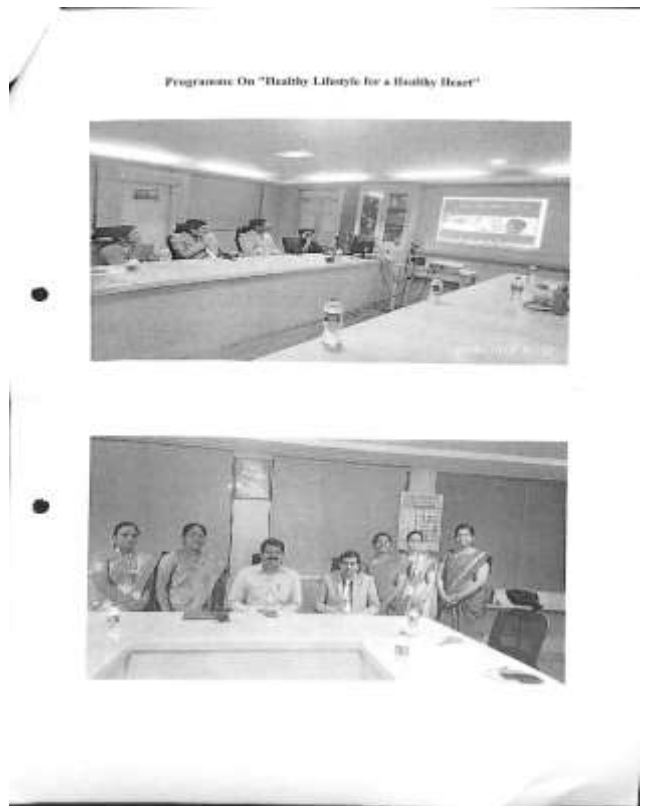
**BISHOP HEBER COLLEGE (AUTONOMOUS)**  
 Affiliated to Bharathidasan University  
 Nationally Reaccredited with 'A' Grade by NAAC  
 Recognized by UGC as College of Excellence  
 Trichirappalli - Tamilnadu.

**To Commemorate WORLD HEART DAY-2020**  
 Department of Food Science, Nutrition and Dietetics &  
 The Deanery of Staff and Students Welfare  
 Jointly Organising an Interactive Webinar  
 On The Topic  
**Healthy Lifestyle For A Healthy Heart**  
**DATE:07-10-2020**  
**TIME:4 PM**

Resource Person  
  
**Dr. M. Chenniappan,**  
 DM, FACC, FACP, FRCP, Cardiologist,  
 Krishna Nursing Home, Wazirpur, Trichy  
 Assistant Professor for the Tamil Nadu  
 JGR Medical University Chennai  
 Member of The American College of Cardiology  
 and The Royal College of Physicians.

Dr. D. Paul Dhayabaran, Principal  
 Presides  
 Dr. J.G.R. Sathiaselvan,  
 Dean, Staff and Student Welfare  
 Coordinator of CA, CS&IT,  
 Welcoming The Gathering  
 Dr. S. Isaiyah,  
 Coordinator of Food  
 Science, Nutrition and Dietetics  
 Proposes Vote of Thanks

**WE WARMLY WELCOME YOU FOR THE INTERACTIVE WEBINAR THROUGH ZOOM MEET:**



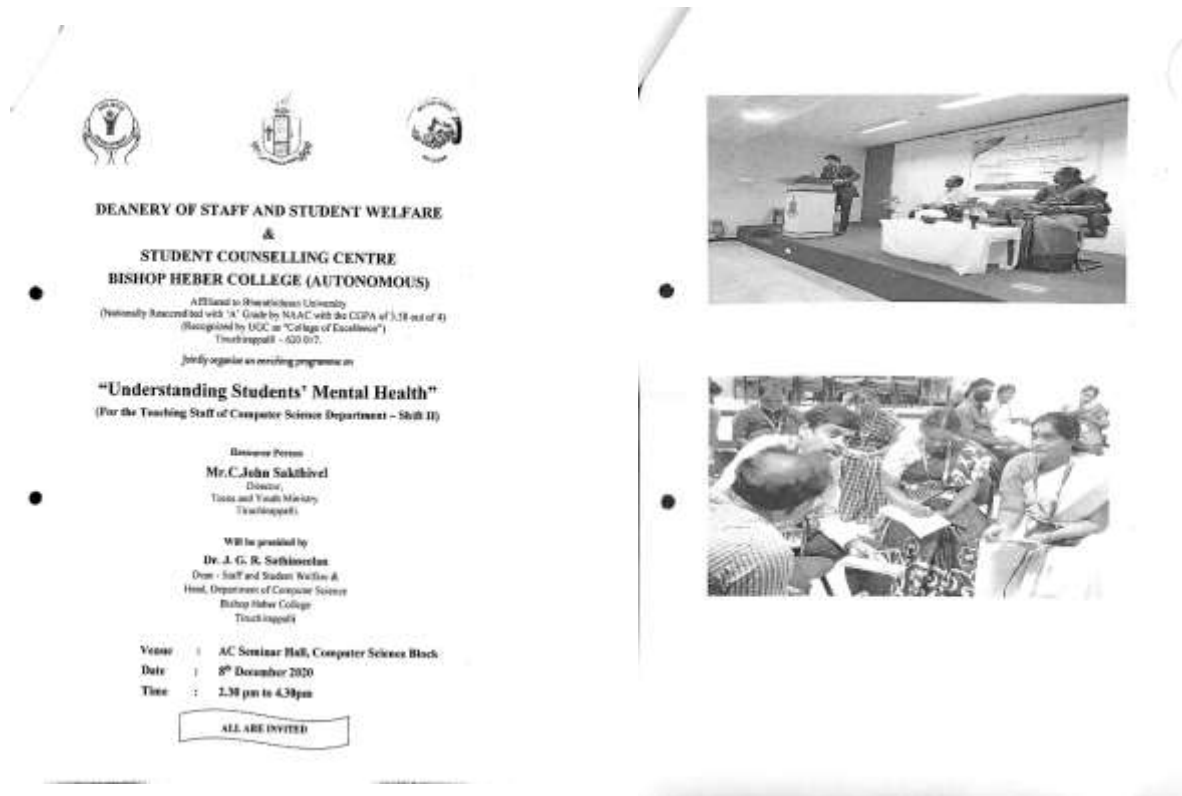
**DEANERY OF STAFF & STUDENTS' WELFARE & STUDENT COUNSELLING CENTRE**  
 Bishop Heber College (Autonomous), Trichirappalli  
 Nationally Reaccredited with 'A' Grade by NAAC with the CGPA of 3.58 out of 4  
 Recognized by UGC as "College of Excellence"

**"Healthy Lifestyle for a Healthy Heart" on 7th October 2020  
 (A Special Programme for the Teaching Staff members)**

Sl No	Name of the Staff	Designation	Name of the Department
1.	Dr. V. Violet Dhayabaran	Associate Professor	Chemistry
2.	Dr. J. Princy Merin	Associate Professor & Head	Chemistry
3.	Dr. Priscilla Suresh	Assistant Professor & Head	Zoology
4.	Dr. J. Jooni	Assistant Professor	Zoology
5.	Mrs. J. Eldine Romella	Assistant Professor	Library & Information Science
6.	Mrs. D. Hebaiba Beula	Associate Professor & Head	Actuarial Science
7.	Mrs. S. Baby Latha	Assistant Professor	Actuarial Science
8.	Mr. J. Dinesh Raj	Assistant Professor	Bio-Technology
9.	Mrs. C. Cynthia	Associate Professor	Bio-Technology
10.	Dr. K. Jasmine Jemimah	Associate Professor	Bio-Technology
11.	Dr. K. Akila	Assistant Professor	Bio-Informatics
12.	Dr. M. Raja Durai	Assistant Professor	Bio-Informatics
13.	Ms. J. Jeline Rani	Assistant Professor	Botany
14.	Dr. V. Anand Gideon	Associate Professor & Head	Botany
15.	Dr. I. Paul Ajithkumar	Assistant Professor	Botany
16.	Dr. Seethalakshmi	Assistant Professor & Head	Economics
17.	Dr. K. Thelma	Assistant Professor	Economics

**NAME OF PROGRAMME : Understanding Students' Mental Health**

**DATE : 08.12.2020**




The poster features three logos at the top: Bishop Heber College, the University of Mysore, and the Department of Computer Science. The text reads: 'DEANERY OF STAFF AND STUDENT WELFARE & STUDENT COUNSELLING CENTRE BISHOP HEBER COLLEGE (AUTONOMOUS)'. It is affiliated with the University of Mysore and is NAAC and CGPA accredited. The program is jointly organized with the Department of Computer Science. The title is 'Understanding Students' Mental Health' for the teaching staff of the Computer Science Department - Shift II. The resource person is Mr. C. John Sakthivel, Director of Talent and Youth Ministry. It is provided by Dr. J. G. R. Sathaseelan, Head of the Department of Computer Science. The venue is AC Seminar Hall, Computer Science Block, on 8th December 2020, from 2:30 pm to 4:30 pm. A box at the bottom says 'ALL ARE INVITED'. Two photographs on the right show a speaker at a podium and a group of people in a discussion.



The report is titled 'DEANERY OF STAFF AND STUDENT WELFARE BISHOP HEBER COLLEGE (Autonomous)'. It is dated 08/12/2020 and is by Dr. J.G.R. SATHASEELAN, Head of the Department of Computer Science. The program is 'Understanding Students' Mental Health' on 08th December 2020 at AC Seminar Hall, Computer Science Block. The purpose is to sensitize participants to understanding and recognizing students' mental health. There were 17 participants. A summary follows, stating that research shows that emerging adults face numerous stresses in their college transition from adolescence to adulthood. An academic experience major life events and challenges associated with this transitional period. It is imperative to understand the fundamental needs and issues of students, particularly in this phase of their life to effectively engage and foster the better to working best by the teaching community. Thus the Student Counselling Centre organizes an evening program on "Understanding Students' Mental Health" in the teaching staff of the Department of Computer Science - Shift II. The program began with an opening prayer by Mr. David, then Prof. Student Council was followed by welcome address delivered by Dr. V. Jeyaraj, Student Councilor. The session began with a welcoming quote followed by a discussion time where a girl asks many questions to her father, where her father was unable to answer the questions asked by his daughter. The subject covered in the document, this was that teachers play a vital role in recognizing and supporting students with varied health problems and in promoting mental well-being of the students. He also stated that sometimes teachers are the first people to identify a problem and it is parents know about the problems of students. The abstract of the participants to do a self-assessment in teaching staff through a self-evaluation questionnaire and the results of the self-evaluation was discussed among the participants, where the discussion focused light on how the teachers have to enhance their understanding towards the "U" generation students. By sharing a real-life story of Colonel Sanders, the founder of KFC, he invited to more communication in providing positive mental health among students even in tough and difficult times with students, parents and colleagues in dealing with students. He closed the session by emphasizing its actions such as engagement, awareness, transparency, and appreciation, and that true work can be achieved by the participants by an inspirational role model for the students. The participants closed their session of the program and ends with the vote of thanks proposed by Mrs. R. Lakshmi Devi, Student Councilor. The footer includes the name of the speaker, Dr. J.G.R. Sathaseelan, and the department name, Department of Computer Science, Bishop Heber College (Autonomous).

NAME OF PROGRAMME : Bitter Truth – Gender Equality

DATE : 20.03.2021



**ANTI – RAGGING CELL  
&  
DEANERY OF STAFF & STUDENTS' WELFARE  
BISHOP HEBER COLLEGE (AUTONOMOUS)**

Affiliated to Bharathidasan University  
(Nationally Accredited with 'A' Grade by NAAC with the COPA of 3.18 out of 4)  
(Recognized by UGC as "College of Excellence")  
Trichyappalli – 620 017.

Cordially invite you for an awareness programme on  
**"BITTER TRUTH – GENDER EQUALITY"**  
(An Awareness Programme on Anti - Ragging)

**Honorary Forum**  
Mrs. Alirasi Babji, M.A., M.A. (Psychology)  
Social Entrepreneur and Alumnat  
President - YUJAA (To Shape the Future)  
An All Women Social Welfare Organization  
Trichyappalli.

Date : 20<sup>th</sup> March 2021  
Time : 11.30 am to 12.30 pm  
Google Meet Code : [ztup-rtbu-qfu](https://meet.google.com/ztup-rtbu-qfu)

**ALL ARE INVITED**



**DEANERY OF STAFF AND STUDENT WELFARE  
BISHOP HEBER COLLEGE (Autonomous)**  
Nationally Accredited with 'A' Grade by NAAC with COPA of 3.18 out of 4  
Recognized by UGC as the "College of Excellence"  
Trichyappalli-620017, Tamil Nadu, India.

**Dr. J.G.R. SATHIASRELAN**  
Dean, Staff and Student Welfare  
Head & Associate Professor  
Department of Computer Science

**BITTER TRUTH – GENDER EQUALITY**  
(An awareness programme on Anti - Ragging)

To prevent the menace of ragging and to create a healthy, developmental relation among the students in the college campus, the Anti - Ragging Cell of Bishop Heber College in association with Deanery of Staff & Students' Welfare organized a virtual programme on Anti Ragging entitled "Bitter Truth - Gender Equality" on 20<sup>th</sup> March 2021 between 11.30 am and 12.30 pm through Google Meet Platform. The virtual programme began with the welcome address by Dr. V. Vidut Dhanapalan, Dean of Academics - Sciences, Co-ordinator - Department of Bio - Informatics & Bio - Technology and Associate Professor, Department of Chemistry followed by the introduction of the Guest Speaker done by Dr. V. Jagan Williams, Committee Member and Special Member - Anti - Ragging Cell and Student Counsellor, Mrs. Alirasi Babji, Social Entrepreneur & Alumnat and Founder & Director of An All Women Social Welfare Organization. Firstly emphasized the virtual programme will be presented mainly by highlighting that out of all countries, it is our country that has legal protection for women. She also mentioned that there is no equal representation of women and gender equality should start from home. She elaborated the government's responsibility for women and girls and also emphasized to explore for good things for women and utilizing these government schemes. She highlighted helpline available for women and stated that the helpline will provide police assistance, legal aid and medical help including ambulance services and also disseminate information on the government schemes for benefit women. She concluded her speech by saying a real life story of a woman from Durgam District named Mrs. Anshika who has in recent months who had claimed her IPS status. Through this virtual programme, it was obviously mentioned by Mrs. Alirasi Babji, the success and the representation of women is not a matter of competition, but of equality where we all should stand not only for gender equality but for women representation too. Dr. J.G.R. Sathiasrelan, Dean - Staff & Students' Welfare & Head, Department of Computer Science delivered vote of thanks and the virtual programme ended with the feedback given by the participants.

**Dr. J.G.R. Sathiasrelan**  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Trichyappalli - 620 017.





## **LIST OF PROGRAMMES ORGANIZED**

**(2021 -2022)**

- A seminar on “Love Yourself” was organized for the Non – Teaching Women Staff on 26.01.2021 in collaboration with the Student Counselling Center. Dr.Sharmila Priscilla Mathuram, Mathuram Hospital, Trichy was the resource person.
- A webinar was conducted on “Ideal Diet for Diabetes” for the UG & PG students on 29.11.2021. The resource person Ms.Maghida Sridhar, Chief Dietitian, Pondicherry Institute of Medical Sciences, Pondicherry addressed on the problems faced by a diabetic person.
- A programme “Zireh – Who I Am” was organized for the children of pastors/missionaries on 05.04.2022 in collaboration with Student Counselling Center. Mr.C.John Sakthivel, Director, Teens & Youth Ministry, Trichy was the resource person.
- A special awareness programme was organized for the UG students on 21.04.2022 in collaboration with Student Counselling Center. Ms.D.Sharmila Banu, Student Counsellor, BHC was the resource person.

NAME OF PROGRAMME : Love Yourself

DATE : 26.10.2021

DEANERY OF STAFF & STUDENTS' WELFARE AND STUDENT COUNSELLING CENTRE  
 BISHOP HEBER COLLEGE (AUTONOMOUS)  
 Affiliated to Bharathidasan University  
 (Nationally Accredited with 'A' Grade by NAAC with the CGPA of 3.53 out of 4)  
 (Recognized by UGC as 'College of Excellence')  
 Tiruchirappalli - 620 013

*Cordially Invites you for a Special programme*  
 ON  
**LOVE YOUR SELF**  
 (for Non-Teaching Women Staff)  
 by  
**Dr. SHARMILI PRISCILLA MATHURAM**  
 MATHURAM HOSPITAL  
 TIRUCHIRAPPALLI

VENUE  
 AC SEMINAR HALL, ADMIN BLOCK  
 Date : 26th October 2021  
 TIME : 2 PM TO 3.30 PM

DEANERY OF STAFF AND STUDENT WELFARE  
 BISHOP HEBER COLLEGE (AUTONOMOUS)  
 Tiruchirappalli - 620 013

Dr. I.G.R. MATHASEELAN  
 Dean, Staff and Student Welfare  
 Head & Associate Professor  
 Department of Physical Science

**Programme Report On "Love Your Self"**

"Love Your Self enough to live a healthy lifestyle", having yourself in the key to creating a passionate, fulfilled, and joyful life. To enhance the importance of being oneself and caring oneself among the non-teaching women staff on "Love Your Self" by Dr. Sharmili Priscilla Mathuram, Diabetologist, Mathuram Hospital, Tiruchirappalli. On 26th October 2021 between 2.00pm to 3.30pm at AC Seminar hall, Admin Block. The programme begins with the invocation of God's blessing followed by a formal welcome address delivered by Dr. V. Anni Willem, Assistant Professor, Department of Social Work and Student Counsellor. Dr. J.D.M. Mathuramaswamy, Dean Staff and Student Welfare and Head, Department of Computer Science gave the pre-oriental address were he invited to appreciate oneself for Physical, Psychological and Spiritual growth. After that, the session was handed over to Dr. Sharmili Priscilla Mathuram associated awareness regarding breast cancer is inevitable important as early detection. She explained the known risk factors of breast cancer that include such, family history of breast and other cancers. And lifestyle - eating choices, she explained the type of breast cancer. With factors and warning signs of breast cancer. She also explained through pictograms about breast self-examination for early detection of the presence of breast cancer. At the end of the programme, the participants raised their queries and clarifications to Dr. Sharmili, who also clarified their queries and doubts related to breast cancer, food patterns, impact of life style on breast cancer, relevance of mammogram on breast cancer etc. The participants shared their feedback to the resource person and the programme ends with the word of gratitude expressed by Mrs. M. Uthaya Devi, Student Counsellor.

Dr. I.G.R. Mathaseelan  
 Dean - Staff and Student Welfare  
 Bishop Heber College (Autonomous)  
 Tiruchirappalli - 620 013

DEANERY OF STAFF & STUDENTS' WELFARE AND STUDENT COUNSELLING CENTRE  
 BISHOP HEBER COLLEGE (AUTONOMOUS)  
 Affiliated to Bharathidasan University  
 (Nationally Accredited with 'A' Grade by NAAC with the CGPA of 3.53 out of 4)  
 (Recognized by UGC as 'College of Excellence')  
 Tiruchirappalli - 620 013

**"LOVE YOUR SELF" on 26th October 2021**  
 (A Special Programme for Non-Teaching Women Staff Members)

Sl No	Name of the Staff	Department	Designation	Signature
1.	A. Jeyaraj	Maths	Asst. Prof	A. Jeyaraj
2.	A. Vimala	English	Asst. Prof	A. Vimala
3.	S. Dorrajayam	IT & Sc.	Assistant	S. Dorrajayam
4.	P. Vimala	Physic	Lab. Assistent	P. Vimala
5.	K. Chandrabala	T.S.	clerk	K. Chandrabala
6.	P. Anandaramani	IT & Sc.	Assistant	P. Anandaramani
7.	J. Thirumala	English	Assistant	J. Thirumala
8.	G. Siva Sangeeta	Physics	clerk	G. Siva Sangeeta
9.	R. Sumantha	Computer	clerk	R. Sumantha
10.	E. Anantha	Bus	Attendant	E. Anantha
11.	M. S. S. S. S. S.	Bus	Attendant	M. S. S. S. S.
12.	M. Nandini	Bus	Attendant	M. Nandini
13.	A. Rajalakshmi	Bus	Attendant	A. Rajalakshmi
14.	C. S. S. S. S.	Typist	Typist	C. S. S. S. S.

A Special Programme on "LOVE YOUR SELF" (for Non-teaching Women staff members)

Date : 26/10/2021  
 Day : Tuesday  
 Venue : AC Seminar Hall, Admin Block  
 Time : 2 pm to 3.30 pm

A NANCIA Azoga Office Very useful for me to know the details of breast cancer.

Thankshasthu Overall the session was very useful to us to know more details about the women human body & its changes & precautions for many topics.

Nabala Truly very informative In this Reeth hour would you taught us to empower ourselves. Thank you very much for your mean speech of motivation.

NAME OF PROGRAMME : Ideal Diet For Diabetics

DATE : 19.11.2021

**BISHOP HEBER COLLEGE**  
Autonomously Recognized under A Order by S.M.C. with a Certificate of Status of A  
 Recognized by U.G. in Various of Equivalents  
 Tamil Nadu Open University, Tiruchirappalli

IN COMMEMORATION OF  
**WORLD DIABETES DAY**

PG DEPARTMENT OF FOOD AND NUTRITION  
 & DEANERY OF STUDENT AND STAFF WELFARE  
 is jointly organising an Interactive Webinar on

**"Ideal Diet for Diabetics"**

Resource Person



Ms. Maghda Sreelatha, M.Sc., M.P.H.L. RD  
 Chief Dietitian  
 Pondicherry Institute of Medical Sciences (PIMS)  
 PONDICHERRY

Dr. J. G. R. Sathiaselvan  
 Dean of Student & Staff Welfare,  
 Dept of Computer Science  
 Presides

Dr. S. Isaiiah  
 Co-ordinator,  
 PG Dept. of Food and Nutrition  
 Felicitates

Date: 19 November 2021 @ 2pm

"WE WARMLY WELCOME YOU ALL TO JOIN THROUGH ZOOM"

JOIN BY CLICKING THIS LINK  
<https://meet.google.com/psbt-umkzj-ssz?join=via-lobby>

**DEANERY OF STUDENT AND STAFF WELFARE**  
**BISHOP HEBER COLLEGE (Autonomous)**  
Autonomously Recognized with A Order by S.M.C. with a Certificate of Status of A  
 Recognized by U.G. in Various of Equivalents  
 Tamil Nadu Open University, Tiruchirappalli

Dr. J.G.R. SATHIASELVAN  
 Dean, Staff and Student Welfare  
 Head & Associate Professor  
 Department of Computer Science

Programme Report On "Ideal Diet for Diabetics"

PG Dept. of Food and Nutrition, Bishop Heber College, Tiruchirappalli and Deanery of Students and Staff Welfare jointly organized an interactive webinar on "Ideal Diet for Diabetics" on 19 November 2021 at 2pm. The aim of this webinar was to focus the Program Diet for the Diabetic patients and to brief knowledge about diabetes to be included in the diet. Dr. Maghda Sreelatha, M.Sc. in Nutrition & Dietetics, University of Food and Nutrition Association, delivert webinar address. Dr. J.G.R. Sathiaselvan, Dean of Student and Staff Welfare, Head of Computer Science presided over the event. Dr. S. Isaiiah, Coordinator of PG Dept of Food and Nutrition, felicitated the resource person and gave a brief introduction on about the ideal diet. The resource person Ms. Maghda Sreelatha, M.P.H.L. RD, Chief Dietitian, Pondicherry Institute of Medical Sciences (PIMS), Tiruchirappalli gave a enlightening and knowledgeable session on ideal diet for diabetics. Over 180 students participated virtually. The session ended with vote of thanks given by Dr. Isaiiah, Head, Secretary of Food and Nutrition Association. E-Certificates were provided to all the participants.

Dr. J.G.R. Sathiaselvan  
 Dean, Staff and Student Welfare  
 Bishop Heber College (Autonomous)  
 Tiruchirappalli - 620007

DEANERY OF STUDENT AND STAFF WELFARE  
 &  
 PG DEPARTMENT OF FOOD AND NUTRITION  
 Bishop Heber College (Autonomous)  
**"Ideal Diet for Diabetics"**  
 19-11-2021

Attendance:

PARTICIPANTS NAME LIST

L.B.Sc Nutrition and Dietetics			
S.No	ROLL NUMBER	NAME	SIGNATURE
1	215126101	AVANTHIKAA R	<i>[Signature]</i>
2	215126102	BAVITHRA R	<i>[Signature]</i>
3	215126103	DHANUSHKUMAR P	<i>[Signature]</i>
4	215126104	DHIVYA DHARSHINI M P M	<i>[Signature]</i>
5	215126105	GIFTLIN CHRISTINA S	<i>[Signature]</i>
6	215126106	GODWIN M	<i>[Signature]</i>
7	215126107	GRACE VIMALI	<i>[Signature]</i>
8	215126108	GUNASEELAN D	<i>[Signature]</i>
9	215126109	HARINI P	<i>[Signature]</i>
10	215126110	HARSHINI R	<i>[Signature]</i>
11	215126111	JANANI G	<i>[Signature]</i>
12	215126112	JANANI M	<i>[Signature]</i>
13	215126113	JAYA MEENAKSHI	<i>[Signature]</i>
14	215126114	JEFRICA J	<i>[Signature]</i>
15	215126115	JEYASRI S	<i>[Signature]</i>
16	215126116	JOSHIKA A	<i>[Signature]</i>
17	215126117	KALAIYANI R	<i>[Signature]</i>
18	215126118	KISHOREE S	<i>[Signature]</i>
19	215126119	KRIYA RANJANA S R	<i>[Signature]</i>
20	215126120	NITHISH ADHITHIYAN G	<i>[Signature]</i>
21	215126121	NIVETHA N	<i>[Signature]</i>
22	215126122	NIVITHITHA S	<i>[Signature]</i>
23	215126123	PAVITHRA V	<i>[Signature]</i>
24	215126124	PRAMOTICAA A	<i>[Signature]</i>
25	215126125	PRIYANKA D	<i>[Signature]</i>

NAME OF PROGRAMME : ZIREH – Christ Values

DATE : 05.04.2022





**DEANERY OF STAFF & STUDENTS' WELFARE**  
&  
**STUDENT COUNSELLING CENTRE**  
BISHOP HEBER COLLEGE (AUTONOMOUS)  
Affiliated to Bharathidasan University  
(Nationally Reaccredited with 'A' Grade by NAAC with the CGPA of 3.58 out of 4)  
(Recognized by UGC as "College of Excellence")  
Tiruchirappalli - 620017

**Jointly organize a programme**  
**ZIREH - (CHRIST VALUES)**  
(For the students of Missionary Parents)

**Presidential Address**  
Dr. D. Paul Dhayabaran  
Principal  
Bishop Heber College

**Felicitation Address**  
Dr. J.G.R. Sathiaselvan  
Dean - Staff & Students' Welfare  
Head, Department of Computer Science  
Bishop Heber College

**Resource Person**  
Mr. C. John Sakthivel  
Director  
Teens & Youth Ministry  
Tiruchirappalli

April 5, 2022 AC Seminar Hall, CS Block 6 pm to 8 pm




**DEANERY OF STAFF AND STUDENT WELFARE**  
**BISHOP HEBER COLLEGE (Autonomous)**  
Nationally Reaccredited with 'A' Grade by NAAC with CGPA of 3.58 out of 4  
Recognized by UGC as "College of Excellence"  
Tiruchirappalli-620 017, Tamil Nadu, India







**Dr. J.G.R. SATHIASSELVAN**  
Dean, Staff and Students' Welfare  
Head & Associate Professor  
Department of Computer Science

**PROGRAMME REPORT - "ZIREH - CHRIST VALUES"**

Name of the Programme : ZIREH - Christ Values  
Date : 05<sup>th</sup> April 2022  
Venue : AC Seminar Hall, Computer Science Block  
Purpose of the Programme : Spiritual Motivation for the students of Missionary Parents  
No. of Beneficiaries : 75  
Target Group : Students of Missionary Parents

**Summary**  
The Deanery of Staff & Students' Welfare and the Student Counselling Centre of Bishop Heber College, jointly organized a spiritual motivation programme titled "ZIREH - Christ Values" for the students of Missionary Parents on 05<sup>th</sup> April 2022 between 6.30 pm and 8 pm in AC Seminar Hall, Computer Science Block. The programme began with a eucharistic prayer song with a piano music by the missionary students to invoke the blessings of the Almighty followed by the welcome address delivered by Dr. C. Ravi Dhanu, Associate Dean - Staff and Students' Welfare and Assistant Professor & Head, Department of Physics, Bishop Heber College. Dr. D. Paul Dhayabaran, Principal, Bishop Heber College in his presidential address accentuated to instil Christ values within oneself through his homiletical address expounded that Jesus Christ comes to the world not to spread Christianity but to love them and make them holy to the world. Then, Dr. J.G.R. Sathiaselvan, Dean - Staff and Students' Welfare and Associate Professor & Head, Department of Computer Science felicitated by emphasizing that the Greatest gift that has ever been given to humanity is God's gift of "Christ Jesus" and we have to live and lead our life by imbibing the values of Jesus Christ followed by the resource person's address on Christ Values. In the beginning of the programme, an activity called "Game of Kingdom" was conducted to chain the participants. Mr. C. John Sakthivel, Director, Teens and Youth Ministry, Tiruchirappalli. He mentioned that being missionary students, it is imperative to imbibe the values of Jesus Christ and he also quoted the verse of 1 Corinthians 6: 12 "Everything is permitted for me, but not everything is good for me" in which, he accentuated to learn and practice good things into our life. He stressed that it is essential to imbibition the values of Jesus Christ in our life, as a missionary student. Then, the programme was ended with the feedback given by the participants and with a vote of gratitude by Mr. Daniel Akkrath Chellak, Student Counsellor, Bishop Heber College.

  
Dr. J.G.R. Sathiaselvan  
Dean - Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620017

**DEANERY OF STAFF AND STUDENTS' WELFARE**  
&  
**STUDENT COUNSELLING CENTRE**  
BISHOP HEBER COLLEGE (AUTONOMOUS)  
Affiliated to Bharathidasan University  
(Nationally Reaccredited with 'A' Grade by NAAC with the CGPA of 3.58 out of 4)  
(Recognized by UGC as "College of Excellence")  
Tiruchirappalli - 620 017.

**PROGRAMME SCHEDULE - 5<sup>th</sup> APRIL 2022**  
**"ZIREH - CHRIST VALUES"**  
(A Special Programme for the Students of Missionary Parents)

**Opening Prayer** : Choir

**Welcome Address** : Dr. C. Ravi Dhanu  
Associate Dean - Staff & Students' Welfare  
Assistant Professor & Head  
Department of Physics  
Bishop Heber College

**Presidential Address** : Dr. D. Paul Dhayabaran  
Principal  
Bishop Heber College

**Felicitation** : Dr. J.G.R. Sathiaselvan  
Dean - Staff & Students' Welfare  
Associate Professor & Head  
Department of Computer Science  
Bishop Heber College

**Resource Person Address** : Mr. C. John Sakthivel  
Director  
Teens & Youth Ministry  
Tiruchirappalli

**Vote of Thanks** : Mr. Daniel Akkrath Chellak  
Student Counsellor  
Bishop Heber College

**NAME OF PROGRAMME : A Social Awareness Programme For Undergraduates**

**DATE : 22.04.2022**

**BISHOP HEBER COLLEGE (AUTONOMOUS)  
TIRUCHIRAPPALLI 620012**

**DEANERY OF STAFF AND STUDENTS WELFARE  
IN ASSOCIATE WITH  
DEPARTMENT OF COMPUTER SCIENCE (AIDED)**

*Organizes*

**A Social Awareness Program for  
Undergraduates 1 year**

*Presidential Address*  
**Dr. J.G.R. Sathiaselvan**  
*Head, Dept of CS  
Dean, Staff & Student's Welfare*

*Felicitation*  
**Dr. D. Kirubai**  
*Department of CS (Aided)*

*Chief Guest Address*  
**Ms. S. Sharmila Devi**  
*Student Counsellor  
Student Counselling Centre  
Bishop Heber College*

*Organizers*  
**Prof. C. Sathish Kumar  
Dr. S. Senthil**

**21st April 2022  
9.30 AM to 11.30 AM**

**Venue : AC Seminar Hall**

**DEANERY OF STAFF AND STUDENT WELFARE  
BISHOP HEBER COLLEGE (Autonomous)**

**Dr. J.G.R. SATHIASSELVAN**  
*Dean, Staff and Student Welfare  
Head & Associate Professor  
Department of Computer Science*

**"SOCIAL AWARENESS FOR UNDERGRADUATE FOR FIRST YEARS"**

Name of the Programme	Social Awareness
Date	22 <sup>nd</sup> April 2022
Venue	AC Seminar Hall
Purpose of the Programme	Psychological Well-being (Psycho-education) among students
No. of Beneficiaries	55
Target Group	1 <sup>st</sup> Year, Computer Science (Aided)

**Summary**

The student Counselling centre along with Deanery of Staff and Student Welfare jointly organized a Psycho-educative programme for the undergraduate students of 1<sup>st</sup> year (Computer Science) on 22<sup>nd</sup> April 2022 at AC Seminar Hall (Computer Science Block).

The session began with the invoking the presence of God by the students through their prayer song followed by the presidential address by Dr. J.G.R. Sathiaselvan, Dean of staff and student welfare. The felicitation address was delivered by Dr. D. Kirubai, Assistant Professor, Department of Computer Science.

The special address was delivered by Ms. D. Sharmila Devi, Student Counsellor. The session began with a definition of Oxford. Psychological Wellbeing in three dimensions such as relationship with others, relationship with oneself and relationship with surroundings. The speaker further elaborated about the importance of psychological aspects of an individual in the harmony and all round development in their private and social life. The programme ended with vote of thanks by student representatives. There were about 55 students who were participants and beneficiaries.

**Dr. J.G.R. Sathiaselvan**  
*Dean, Staff and Student Welfare  
Bishop Heber College (Autonomous)  
Tiruchirappalli - 620 012.*

