

SAC-IQAC BULLETIN

ST ALOYSIUS COLLEGE (AUTONOMOUS), MANGALURU

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"Simple Formula to Get a Job"

Alchemy Association of the Department of Post Graduate studies and research organised an invited lecture on "Simple formula to get a job" for the students on November 19, 2021. The resource person Dr. Sumesh Eswaran, Deputy general Manager, Anthem Biosciences, Bengaluru discussed some of the very important formulae, for instance, liking the subject, having adequate subject



knowledge, confidence and so on. He also stressed on the attitude of newly recruited employees which would reinforce the working environment of industries along with effective planning and meeting deadlines. He emphasized on the importance and risk factors that came along with the projects in a pharmaceutical industry.. The speaker concluded by delivering a rough framework of questions to qualify, and the different parameters a candidate has to possess.

Reported by Dr. Akshatha R. Salian

Leadership Training Programme





Centre for Social Concern and Centre for Environmental Concern, St Aloysius College (Autonomous) Mangalore in collaboration with Samvada Youth Resource Centre organised a Leadership Programme on March 17 and 18, 2022. The programme was organised for the Commerce and Humanities students belonging to the volunteer group namely 'We care' and 'Eco corner'. A total of 45 students participated in the programme. Rev. Dr. Praveen Martis SJ, Principal, St Aloysius College (Autonomous), inaugurated the programme with his inspiring words. Ms Jennifer Mascarenhas, Dean, Extension Services, Dr. Alwyn D'sa, Registrar were present for the programme. On the first Day, issues regarding Human rights were discussed among the students through various activities. On the second day, the need to raise our voice against any injustice was discussed. Also some essential attributes of leaders were covered via games and activities such as- team spirit, observation skills, and creativity. The programme was coordinated by Ms Jennifer Mascarenhas, Dean of extension services. Ms Philomena, Coordinator, Centre for Social Concern. Ms k Gopika, Coordinator, Centre for Social Concern and Ms Bindiya Shetty, Programme coordinator of Centre for Environmental Concern. The programme posed incredible learning outcomes and experiences for the students. Reported by Centre for Environmental Concern

Lecture on Skill Development



The Department of Post Graduate Studies & Research in Commerce organised a Special Lecture on 'Skill Development for Career Excellence' on March 18, 2022. Dr, Jnaneshwar Pai Maroor, Assistant Professor & Coordinator Alumni - Affairs, Department of Humanities, NMAM Institute of Technology, Nitte Deemed to be University addressed the students of M. Com & M. Com (Finance & Analytics) on the same. The presentation on the topic enriched the participants and accredited appreciation by all the students.

Pragathi the Skill Development Programme 2022

Pragathi the skill development programme for the students of St. Aloysius college (Autonomous) was held on 26th and 27th August in college premises. The objective of the programme was to encourage integral development of students which is the essential feature of modern holistic education.

3675 students took part in the interactive session, which were based on various skill-based topics taken up by 113 eminent resource persons from different walks of life. Out of this lot 52 were external resource person and 61 were internal resource persons. On the whole 370 students were held in 74 rooms across 3 different blocks i.e. Arrupe Block, Administrative Block and Xavier Block. They imparted knowledge and inculcated skills among the students, which provide a fruitful experience to participants. Topics like communication and effective learning, interpersonal skills, conflict management, team building, leadership skills, self-motivation, time management, goal setting, social awareness, marriage and responsibility give an enriching experience to the students.

Students expressed their opinion through feedback form taken at the end of each session. Their feedback is found to be very encouraging in general and were happy about the topics dealt in terms of the resourcefulness of facilitators. All the sessions were interesting in general and designed so as to particularly improve personality, communication skills, spiritual development and integral growth of individuals.

Feed back was also taken from resource persons from both external institutions and internal members. All expressed their appreciation regarding the organization and hospitality provided. They were particularly happy about the infrastructure and logistics arrangements of the College.





Webinar on Stress Management and Coping of the Self during Pandemic

UG & PG Department of Social Work of St Aloysius College (Autonomous) (SAC), organized a national webinar titled "Stress Management and Coping of the Solf during Pandemic".

The Webinar was held on 20 July 3pm exclusively for teachers. There were teachers from Haryana, Punjab, West Bengal, Himachal Pradesh, Kerala. Tamil Nadu, Karnataka, Haryana, UP, Maharashtra. Ludhiana, Gujarat and MP. Dr Praveen Martis SJ, the principal of the college delivered his message wherein he spoke about present pandemic that some



took it casually and some were affected. We need to understand spiritually and our own aspects of human life, how we are connected to our own thoughts, our body and how it affects our psyche. We need to know what happens in the world, have knowledge about present situa-

needs (physical, psychological and physiological) than postponing, differentiating between work space and home space, shift to routine job like eating together, praying together, resort to exercise, meditation, work out. Teacher's job didn't end in teaching but provide evaluation of student's performance attendance marking online exams and online marks entry, assignment evaluations and so on. When we know that pandemic is not in our control try to accept the reality and we cannot stop living our life. Share positive and supportive news to get rid of stress and self-hypnosis is very much important. Dr. Jahanara Gajendragad answered several questions that were raised by teachers. The session was moderated by Ms. Andrea II BA Social Work, Dr Deena D Souza, Head and Convenor UG Department of Social Work welcomed all the participants and introduced the Resource person and Dr. Shwetha Rasquinha, Head PG Department of Social Work moderated the question-and-answer session and Ms. Savitha D Souza, Lecturer UG Department of Social Work delivered the vote of thanks.

Reported by Ms Savitha D Souza

Recognition in Appreciation: July & August 2021



tion and instead of falling prey to some theories and falls belief, develop positive thoughts and take enough precautions and do not loose immunity by giving stress to ourselves.

Dr. Jahanara Gajendragad, Professor and Head, Department of Psychiatric Social Work, Institute of Human Behaviour and Allied Sciences, Delhi, the resource person addressed the teachers on the above theme. We talk about stress management when we feel that there is something that is bothering us, difficult things to deal with. We all said 2020 was very bad but 2021 was not less in terms of devastating year with our kith and kin falling ill and some of us loosing beloved ones.

One of the most important and significant change that has taken place is in education system. We had to cope with demand of education system. It is challenging to keep the students in online mode. Teachers had to develop different skills in teaching, some skills had to be learnt newly. At home whole set up has changed for teachers. Children attending online classes, husband is working from home and you being a teacher taking a specific place and making use of newly learnt teaching methods. Apart from psychological symptoms, teachers also have developed feelings of sadness, fearfulness, worry and fear. Increased stress due to fear that if I become sick what will happen to my children and family, our neighbour's shutting their doors, we are not able to meet anyone, addiction to watching news, seeing death toll, infection rate, Frustration with the existing system, parents of students criticising teachers saying we can teach better than this teacher, whether will I be steady in my job and will I get my full salary? And so on.

So, how do I cope with such stresses? It's important to acknowledge our feelings and emotions, focus on our



AMIN VIBHAN HARISH

REV. FR XAVIER GOMES

Virtual Power Seminar held for the IT students



The department of Information Technology in collaboration with ICT Academy, India organized a two-day virtual power seminar as part of the Sky Campus, a digital learning initiative of the ICT Academy, for the first year students of MCA, M.Sc. (Software Technology) and M.Sc. (Big Data Analytics) from February 24-25, 2022. The resource person for the Seminar on day one, was Ms Monica Popuri, Engineering manager for Hewlett Packard financial services, India and on the second day was Mr Bhavesh Patel, a Talent Advisor at Wipro. Ms Annapoorna, Faculty member, coordinated the programme. Ms Popuri began the session with the scope of the IT industry and tried to enkindle interest in programming, for students and explained various programming tools and technologies that students need to lookout for. She also explained different technologies that are essential for the future and one would need to be job-ready. The session ended with a questionanswer session. Mr Patel shared his valuable insights on how students can think differently and how they can challenge themselves. He called upon students to build their skills for the future, emphasizing on staying local while thinking global. Furthermore, he spoke on being employable. "Learnability comes from the desire and ability to learn, and it is that one skill, a life skill, which is necessary for everyone. It's needed for everyone to keep learning and equipping yourself for the future. Be someone to whom sticking to one skill is not enough," he said. He concluded by saying, "Do not worry about failures. They teach us how to improve and what not to do the next time." The session ended with a question-answer session where the students got answers to eye-opening questions like, 'How students could effectively cope with offline classes after online sessions' as well as 'what is expected from the students when they are being hired'. There were more than 190 participants attending the session.



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September - October, 2021

Webinar on Acing Interviews

The PG Dept. of Business Administration (MBA) con-



Institute of Management and IT - NIMIT

PG Department of Business Administration Presents

Webinar on

Be a confident communicator- "Hidden Skills for Aspiring Leaders"
Acing Interviews



Mrs. Divya Pereira
Assistant Professor
PG Department of Business Administration, AIMIT.

Date: 29 September 2021 Time: 03.00 P.M - 4.00 P.M

E-Certificates will be provided to all participants. Registration is Mandatory.

For Registration: https://bit.ly/3zkSkNz



https://www.almit.edu.in/

ducted a webinar on 'Acing Interviews' on 29th September, 2020. The in-house staff member of the Dept. Mrs Divya Pereira was the resource person. Topics such as types of interviews. most commonly asked interview questions, examples and sample templates were covered. The webinar ended with a question and answer session and vote of thanks.

Workshop on Leadership Quality in Life Saving



On 27th May 2022, NSS in association with YRC organised a workshop on Leadership Quality In life Saving. The resource person for the day was Mr K Jagadish Adapa (MD of Usha Fire Safety & Director of Usha Pvt Ltd.). He carried out an interactive session regarding fire safety and the importance of being aware of the precautions and immediate measures to save lives. He also demonstrated various methods of fire extinguishing at the college ground and gave practice on same to the volunteers. 290 NSS and YRC Volunteers took part.