

SOCIO FLASH

#NEWSLETTER

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Mundhra
Secretary - Dg Vaishnav
College - Chief Patron

MESSAGES – PATRONS



**Shri. Ashok Kumar
Mundra,
Secretary, DDGD
Vaishnav College**

“Warm regards. I congratulate the Department of Sociology for the launch of the newsletter ”SOCIO FLASH” The newsletter provides a medium of exposure for all the efforts put in by the students, faculty and the department for its growth and development. I hope the department maintains its stride towards success and progress. I convey my best regards to the Department of Sociology for its future endeavours.”

“Warm regards. it’s with immense pleasure that I launch the Department of Sociology ‘s newsletter, “Socio Flash”. The newsletter will be valuable for both the faculty and the students. Since the establishment of the department, it has progressively expanded. I congratulate the head, faculty and students who have contributed in helping the department thrive. I would like to commend the entire group responsible for the newsletter. I wish the department of sociology all the best in their future undertakings.”



**Dr. S. Santhosh Baboo,
Principal, DDGD Vaishnav
College**

MESSAGES – EDITORS



Dr.C.Chidambaranathan
Assistant professor & Head of
the Department of sociology
DDGD Vaishnav college

The sociology department at our college was founded in 2015. It began with a small number of pupils and grew to its maximum potential in a few years. The department has been regularly hosting a variety of events since 2017 including conferences, seminars, workshops, guest lectures, and more.

In addition to these, our students took part in a range of extracurricular and academic activities. This academic year, the department started offering certificate programmes for all three years and internships for the final year (for the benefit of the students). Few of our students participate in sports activities too. Overall, the department is progressing in its development as a PG and Research department.



Dr.I.Jenitta Mary
Assistant professor of
Department of Sociology
DDGD Vaishnav College

Greetings Readers with great pleasure , I present to you the department of sociology annual newsletter “SOCIO FLASH ” .I am extremely grateful to our secretary, Shri.Ashok Kumar Mundra, for his assistance in putting together this newsletter. I'd like to thank our principal, Dr.S.Santhosh Baboo, for his guidance in creating this newsletter. My sincere thanks to our department head. Dr. C. Chidambaranathan provided motivation. This newsletter is intended to provide information about our department's academic and non-academic activities. It also provides an opportunity for sociology experts—faculty members, alumni, and students—to share their perspectives on contemporary issues.



Mr. Syed Azeez Ahmed,
Assistant Professor,
Department of Sociology



Ms. M. Kowsalya
Assistant Professor,
Department of Sociology



Mr. Azhagesan
Assistant Professor,
Department of Sociology

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MEMORANDUM OF UNDERSTANDING

(MOU 1)

Between CSIT-Sociology Management Institute of Technologies Association with MHRD Government of India, Chennai and Dwaraka Doss Goverdhan Doss Vaishnav College (Department of Sociology), Chennai for conducting diploma and certificate courses for all three years of our students.

SOCIOLOGICAL STUDENTS' SOCIETY (SSS)

A student society is a centre for education and development. Growth is the aim of this peer-run society, allowing students to fully develop and express themselves. They learn about the strength of their ideas and their capacity for conflict as they converse and argue. That's true—not with the words that hurt, but with the rationale. For students who are passionate about sociology and its effects on society, the Sociological Student's Society at the Department of Sociology at Dwaraka Doss Goverdhan Doss Vaishnav College in Arumbakkam, Chennai, has been a ray of hope. To bring the students closer to the reality, the Sociological Student Society has been indulging in the organisation of several programmes, campaigns, seminars, workshops, conferences, and even field trips. Students can acquire practical skills in research, critical thinking, and problem-solving, as well as a greater grasp of sociological principles and theories, by engaging in a variety of programmes and activities. With the capacity to assess and effectively solve social challenges, these knowledge and skills enable students to take an active role as change agents in their communities. Students can develop relationships, share ideas, and encourage one another in their efforts to positively impact society by collaborating on a variety of projects. Students are encouraged to voice their thoughts and work with their peers in a friendly setting because of the sense of community that is fostered within the student society. This not only encourages students to keep learning and developing long after their formal education has ended, but it also serves to build a strong sense of belonging among the members. The members of the student society are brought together to work towards a common goal and leave a lasting impression on those around them by the shared objective of making the world a better place.

“The Sociological Student's Society (SSS) is a student association of the Department of Sociology, which was started in 2015. The aim of SSS is to advance the interests of students. It encourages the students in academics, field projects, career guidance, and inter-collegiate cultural events. It also provides an opportunity and a platform for the members to develop their leadership qualities and communication skills.”

Dr. I. Jenitta Mary - Faculty Coordinator [SSS] - DDGD Vaishnav College

STAFF ACHIEVEMENTS

Dr. C. Chidambaranathan
(Head, Department of Sociology)

- Authored a volume entitled "The social effects of population explosion"
- Teaching excellence award in Lions Club of chennai on 26 - 09 -2023
- Chief Guest for Independence Day in a School
- Member in Inspection Committee appointed by University of Madras to conduct inspection in Guru Nanak college
- Chaired a session and Presented a paper in National Conference conducted by PG Dept. of English on the topic "Approaches towards science fiction and artificial intelligence in english"
- Appointed as a Member of Library Internal Stock Verification Committee for the year 2023-24.
- Resource Person of Deekshrambh - SIP 2023-24 organized by Internal Quality Assurance Cell.

Dr. I. Jenitta Mary
(Assistant Professor,
Department of Sociology)

- Authored a edited volume entitled "The social effects of population explosion".
- Teaching excellence award in Lions Club of chennai on 26 - 09 -2023
- Participated in International conference on "Sociology in South Asia" conducted by South Asian Sociological Society.
- Acted as a Chairperson in Two days national seminar on 'interplay of women, law and society - issues and challenges" conducted by Vel Tech
- Participated in Faculty Development Programme (FDP) conducted in DGVC, on 14-18 June 2023.
- Resource Person of Deekshrambh - SIP 2023-24 organized by Internal Quality Assurance Cell.
- Department Coordinator - IQAC, Womens Forum, SSS
- Presented a paper in National Conference about "Approaches towards science fiction and artificial intelligence in english" conducted by PG Dept. of English, DGVC



TEACHING EXCELLENCE AWARDS FROM LIONS CLUB

STAFF ACHIEVEMENTS

Mr. Azhagesan

(Assistant Professor, Department of Sociology)

- Presented a paper 'Spiritual Legacy in 21st Century rediscovering saint Vallalar 's vision for social harmony" at the 48th All India Sociological conference organized by VIT, Vellore on 28th and 30th December 2023
- Participated in a two days International Conference on "Vallalar-200" organized by the Department of Philosophy, Annamalai University, Chidambaram held between 10th and 11th June, 2023.
- Successfully Completed a five days Faculty Induction Program (FIP) organized by Faculty Development Cell in association with Internal Quality Assurance Cell, Dwaraka Doss Goverdhan Doss Vaishnav College held between 14th and 18th June, 2023.
- Became a Life member in the Indian Sociological Society on 31st October 2023.

Ms. Kowsalya

(Assistant Professor, Department of Sociology)

- Department Coordinator - IIC, Womens Forum, SSS
- Participated in Faculty Development Programme (FDP) conducted in DGVC, on 14-18 June 2023.
- Faculty coordinator for model village competition (Won 1st prize and cash prize of ₹15,000) held during pongal celebration, DGVC.
- Committee member of Two days national conference on the topic "The reshaping effects of population explosion" in DGVC.



NATIONAL CONFERENCE BY ENGLISH DEPARTMENT



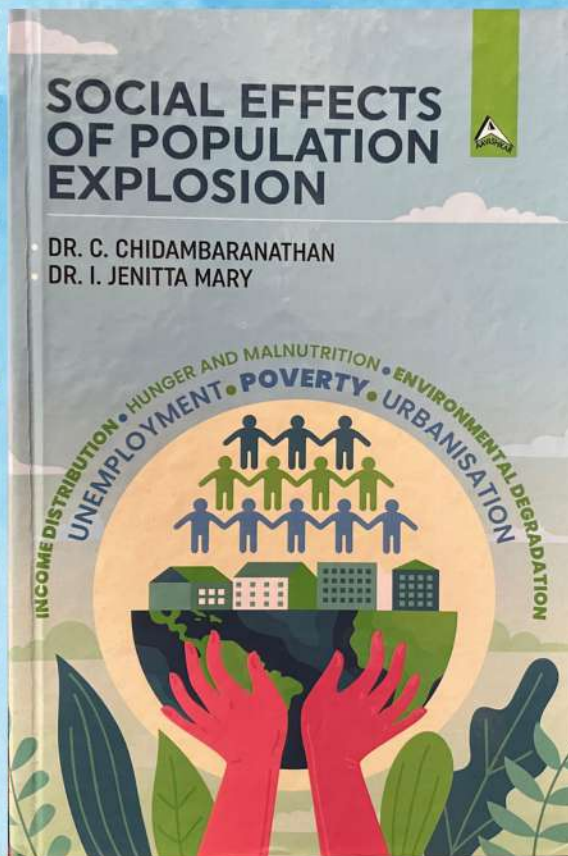
STAFF ACHIEVEMENTS

Mr. Syed Azeez Ahmed
(Assistant Professor, Department of Sociology)

- Presented a paper in the Central law college's National Conference on the title " Reality as a construct: Unveiling the layers of Media's spectacle and production of culture



DEEKSHARAMBH - SIP



DEPARTMENT ACTIVITIES

- 1. Student Induction Programme (3-14 July):** The programme aims to provide prospective students with important information about the university, such as academic programmes, support services, and campus life. It also included interactive workshops and activities to assist students connect with their peers and feel more at ease in their new environment.
- 2. Skill orientation on meditation (11 July):** The skills orientation on meditation offered a comprehensive overview and practical guidance on incorporating meditation into daily life. Throughout the session, participants were introduced to various meditation techniques aimed at cultivating mindfulness, reducing stress, and promoting overall well-being. The workshop began with an exploration of the concept of mindfulness, emphasizing its role in bringing awareness to the present moment and cultivating a non-judgmental attitude towards one's thoughts and experiences.
- 3. Workshop on Self development (25 July):** The workshop on self-development was an enlightening and empowering experience, offering participants valuable insights and practical tools for personal growth. Throughout the sessions, various aspects of self-awareness, goal setting, and effective communication were explored. One key focus was on understanding one's strengths and weaknesses, encouraging individuals to embrace their unique qualities while also identifying areas for improvement. Through interactive exercises and group discussions, participants gained a deeper understanding of themselves and their potential.
- 4. Workshop on Career Opportunities in overseas (12 September) :** The workshop on career opportunities overseas offered attendees valuable insights into the prospects and challenges of pursuing professional endeavors abroad. Throughout the sessions, participants gained a comprehensive understanding of the diverse range of career paths available internationally, spanning industries such as technology, finance, healthcare, and education. Experts highlighted the increasing globalization of the job market and the growing demand for skilled professionals willing to work in different countries.
- 5. Seminar on Census (21 September):** The seminar on census provided attendees with a comprehensive overview of the significance, methodology, and implications of census data collection and analysis. Throughout the seminar, experts highlighted the importance of census data in informing critical decision-making processes at various levels, including government policy formulation, resource allocation, and social research. Participants gained a deeper understanding of how census data serves as a foundational pillar for understanding population demographics, trends, and disparities.

6. Scope of Sociology - Hunting for Human Insights(October 12): The Scope of Sociology Programme delves into the intricate dynamics of society, aiming to elucidate its complexities through a multidisciplinary approach. Through a series of interactive sessions, the programme endeavors to broaden participants' perspectives, foster critical thinking, and cultivate a deeper understanding of societal structures and phenomena.

7.Pongal Celebration (12 January): The Pongal celebration at the college was a vibrant and culturally enriching event that brought together students, faculty, and staff to commemorate the traditional harvest festival of South India. The festivities commenced with a colorful display of rangoli art adorning the campus grounds, showcasing intricate patterns and vibrant hues.

8. Parents Teachers Meeting (19 January): Every semester, following exams, the department arranges Parent-Student Meetings (PTMs) to inform parents of their children's academic progress and to foster a relationship between the faculty and the parents.

9.National Conference on Reshaping Effects of Population Explosion(February 5 & 6): The National Conference on Reshaping Effects of Population Explosion is a significant gathering aimed at addressing the multifaceted impacts of population growth on society, economy, and the environment. The National Conference on Reshaping Effects of Population Explosion serves as a platform for dialogue, collaboration, and knowledge exchange among stakeholders from government, academia, civil society, and the private sector. By fostering interdisciplinary discussions and generating actionable insights, the conference aims to inform policies and interventions that promote sustainable development and improve the well-being of current and future generations in the face of population growth.

10 Training for Competitive Exams (21 February): The seminar on training for competitive exams, hosted by an Educasium IAS institute, was a comprehensive exploration of strategies and resources for aspiring candidates aiming to excel in various competitive examinations. Throughout the sessions, participants gained valuable insights into the rigorous preparation required for exams such as the UPSC Civil Services, State Public Service Commissions, and other competitive tests in fields like banking, engineering, and management



2 DAYS NATIONAL CONFERENCE



TRAINING FOR COMPETITIVE EXAMS

11. Workshop on English for competitive exams (March 7): The workshop on English for competitive exams aimed to equip participants with essential skills and strategies to excel in competitive examinations. Through a comprehensive approach, the workshop covered various aspects of English language proficiency crucial for success in exams such as vocabulary building, grammar rules, comprehension techniques, and effective writing strategies.

12. Seminar on women's day (March 8): The seminar on Women's Day was a dynamic and empowering event that celebrated the achievements and contributions of women across various fields. It provided a platform for women to share their experiences, challenges, and successes, inspiring and motivating others to break barriers and pursue their goals. The seminar included keynote speeches, and interactive workshops addressing key issues such as gender equality, women's rights, and empowerment.

13. IC Success Strategies for Entrepreneurship (March 12): The Success Strategies for Entrepreneurship seminar was an insightful and informative event that provided aspiring entrepreneurs with valuable guidance and practical advice for building successful businesses. Through engaging presentations, expert speakers shared their experiences, insights, and proven strategies for overcoming challenges, identifying opportunities, and achieving sustainable growth in the competitive business landscape. The seminar covered various aspects of entrepreneurship, including business planning, marketing, financial management, and networking.



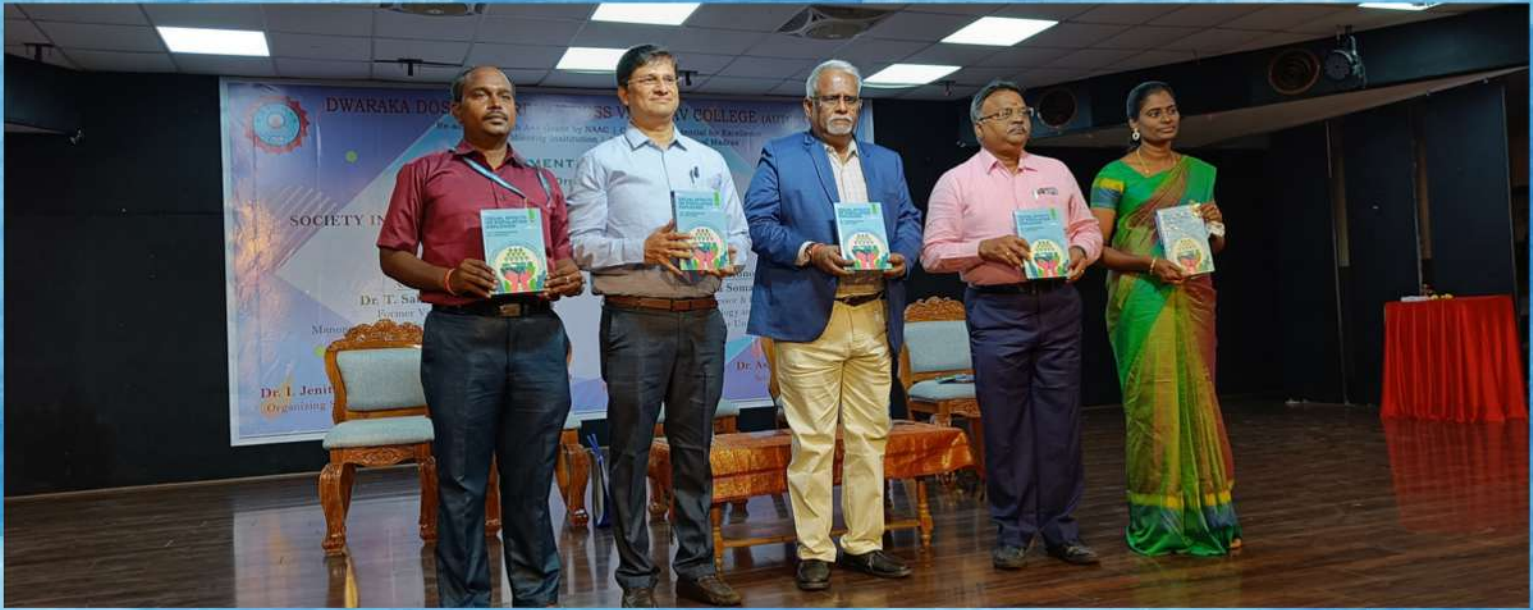
Chennai, TN, India

1st Street, Arumbakkam, Chennai, 600106, TN, India

Lat 13.075707, Long 80.212707

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Note : Captured by GPS Map Camera



PONGAL CELEBRATION AWARD FOR BEST MODEL MAKING



SSS ACTIVITIES

- 1. Healthy agriculture in rural areas (July 29) :** The Healthy Agriculture in Rural Areas program aimed to promote sustainable farming practices and improve the overall well-being of rural communities. Through a series of workshops, training sessions, and community outreach initiatives, the program focused on educating farmers about organic farming methods, soil conservation techniques, and water management strategies to enhance agricultural productivity while minimizing environmental impact.
- 2. Beyond the high: A Coastal journey to overcome drug abuse (17 August):** It is a comprehensive initiative aimed at addressing the escalating issue of substance abuse within coastal communities. Through a combination of education, outreach, and support services, the program sought to raise awareness about the dangers of drug abuse and provide resources for prevention and intervention. Key components of the program included community workshops, school-based education campaigns, and outreach efforts targeting at-risk populations
- 3. Special event for special kids - Onam Celebration (August 23) :** A special event for special kids celebrating Onam is a heartwarming occasion that aims to create a festive and inclusive atmosphere for children with special needs to enjoy the traditions and cultural heritage of the Onam festival. Onam is a significant harvest festival celebrated in the Indian state of Kerala, marked by various rituals, feasting, and cultural performances. The event typically features a range of activities tailored to accommodate the needs of children with disabilities, ensuring their full participation and enjoyment.
- 4. Science behind Superstition (2 September):** The "Science behind Superstition" program delved into the fascinating intersection between human psychology and belief systems, aiming to debunk myths and explore the rational explanations behind seemingly irrational superstitions. Through engaging presentations and interactive discussions, the program offered insights into the evolutionary origins of superstitions, cognitive biases, and the role of cultural influences in shaping belief systems.
- 5. Red Talks (4th September):** It provides a platform for education, discussion, and empowerment surrounding menstrual health and hygiene. These seminars aim to break the silence and stigma surrounding menstruation, promote menstrual health awareness, and provide women with valuable information to manage their periods confidently and hygienically.
- 6. Awareness on basic law (5 September):** The Awareness on Basic Law program was a comprehensive and enlightening initiative aimed at educating individuals about their legal rights and responsibilities. Through interactive sessions, informative presentations, and engaging discussions, participants gained a deeper understanding of fundamental legal concepts and principles. The program covered various aspects of basic law, including civil rights, criminal law, contracts, and legal procedures
- 7. A right for village residents (16 September):** The "Right for Village Residents" program is a comprehensive initiative aimed at addressing the needs and rights of residents in rural communities. This program focuses on empowering villagers by ensuring access to essential services, infrastructure, and opportunities that contribute to their overall well-being and quality of life. Through a combination of advocacy, policy reforms, and grassroots initiatives, the program aims to improve access to education, healthcare, clean water, sanitation, and livelihood opportunities in rural areas.

8. Seminar On Population Explosion (September 21) : The seminar on population explosion convened with a focus on comprehensively understanding the multifaceted challenges posed by rapid population growth. Key discussions delved into the socio-economic, environmental, and political ramifications of burgeoning populations, emphasizing the urgent need for proactive measures to address this global issue. The seminar on population explosion served as a platform for raising awareness, fostering dialogue, and galvanizing action towards addressing one of the most pressing challenges of our time. It underscored the importance of holistic approaches that prioritize sustainability, equity, and human well-being in shaping the future trajectory of global population dynamics.

9. Population explosion and female hygiene (4 October): The Population Explosion and Female Hygiene program aimed to address two critical issues facing communities: the rapid growth of population and the importance of female hygiene. Through a series of educational sessions, workshops, and outreach efforts, the program sought to raise awareness about the challenges associated with overpopulation and the benefits of family planning. Additionally, it emphasized the significance of female hygiene practices in promoting women's health and well-being.

10. Flashmob On Mental Health (October 10) : A flashmob on mental health is a spontaneous gathering of individuals who come together to raise awareness or promote discussions about mental health issues in a public setting. These events often involve a coordinated dance, song, or other performance to attract attention and engage bystanders in conversations about mental health. The purpose of organizing a flashmob on mental health is to reduce stigma, increase understanding, and encourage people to seek help when needed. By bringing mental health topics into the public sphere in a creative and unexpected way, flashmobs can challenge stereotypes and misconceptions surrounding mental illness.

11. Seminar on basic constitutional rights (October 18): Seminar on constitutional rights provides an opportunity to explore and discuss the fundamental rights and freedoms guaranteed by a nation's constitution. These seminars typically delve into various aspects of constitutional law, including the historical context, legal interpretations, and contemporary challenges related to upholding these rights.

12. Fete Sociale '24 (February 10): The Fete Sociale '24 Culturals Program is an enriching and vibrant event that aims to celebrate diversity, creativity, and social awareness among students studying sociology and related disciplines. It serves as a dynamic platform for students to engage and express themselves creatively, and contribute to social change and awareness. It fosters a sense of community, intellectual curiosity, and social responsibility among participants, enriching their academic experience and nurturing their passion for sociology and the social sciences.



FETE SOCIALE '24



SPECIAL EVENT FOR SPECIAL KIDS



FLASHMOB ON MENTAL HEALTH



Tiruvallur, TN, India
Ponneri, Tiruvallur, 600120, TN, India



SSS - STUDENT EXECUTIVE COUNCIL



Amruthavarshini
Vice President - SSS



Jonath
Secretary - SSS



Kironika Sree
Joint Secretary - SSS



Tarun Kumar
Cultural Secretary - SSS



Iniyavan
Treasurer - SSS



Harakesh
Digital Executive - SSS



Tamil mani
Executive Member



Theshma
Executive Member



Priyanka
Executive Member



Ranjith
Executive Member



Dharshan
Executive member



Kavya
Executive member



Johnson
Executive Member



Madhumitha
Executive Member



Priyadharshan
Executive Member



Rohindh
Executive member



EXPERT CORNER

SOCIOLOGICAL & METHODOLOGICAL LENS: CANCER AND CARE OF THE AGEING

The global healthcare landscape is vastly experiencing a vivid and significant transformation, primarily driven by the rapid ageing of populations universally. This demographic shift presents a myriad of unique challenges, particularly in the domain of cancer care. Due to the aging factor, the incidence of cancer escalates substantially, prompting a critical reassessment of healthcare strategies to ensure that older adults receive adequate support and treatment. This paradigm shift holds particular relevance in regions such as Tamil Nadu, where the ageing population faces specific challenges and opportunities in managing cancer and age-related health concerns. One of the dangerous diseases that cause huge suffering and misery is Cancer that transcends age boundaries, manifests differently in older adults compared to younger populations. According to GLOBOCAN 2022 survey, approximately 53% of cancer cases occurred among the individuals aged 65 and above. This statistic underscores the urgent necessity for governments and healthcare systems to devise comprehensive strategies aimed at addressing the distinctive needs of older adults with cancer. In Tamil Nadu, this imperative is further emphasized by district-level data, which unveils variations in cancer incidence across different regions. For instance, Coimbatore district emerges as the hotspot for cancer cases, numbering 5936 cases, which represents 41% of the total cases in the region. This elevated prevalence can be attributed to various factors, including lifestyle choices, environmental factors, and access to healthcare services. Furthermore, within the district, the distribution of cancer types varies, with breast and gynecological cancers being more prevalent among women, while head and neck/gastrointestinal cancers predominate among men. Understanding these regional variations is pivotal for developing specific interventions and methodical way of efficient allocation of resources.

Moreover, age-standardized incidence rates (ASIR) offer insights into the burden of cancer among older adults across different districts in Tamil Nadu. For example, the Coimbatore district exhibits higher ASIRs among women, indicating gender disparities in cancer prevalence. Conversely, the Salem district records lower ASIRs for men (2.03/100000) and women (3.20/100000), thereby highlighting regional discrepancies in cancer burden. In addition to demographic factors, the intersection of ageing and cancer introduces complexities in healthcare delivery. Older adults often present with co morbidities and age-related physiological changes that influence cancer diagnosis, treatment, and outcomes. Late-stage diagnosis is common among older adults due to the potential for cancer symptoms to be mistaken for age-related ailments, resulting in delays in treatment initiation and poorer prognoses. Furthermore, older patients are more susceptible to treatment toxicities, which can significantly impact their quality of life. To effectively address these challenges, a holistic approach to cancer care is imperative, one that integrates geriatric assessments, multidisciplinary teams, and patient-centered interventions. Geriatric assessments encompass not only the biological aspects of aging but also psychosocial and functional dimensions, thereby enabling clinicians to tailor treatment plans to individual needs and preferences. Multidisciplinary teams, comprising oncologists, geriatricians, nurses, social workers, and other healthcare professionals, collaborate to optimize treatment outcomes and provide comprehensive support to older adults throughout their cancer journey. Furthermore, fostering an age-friendly healthcare environment is crucial for promoting healthy ageing and improving cancer care outcomes. This involves not only enhancing access to screening, diagnosis, and treatment services but also addressing structural barriers such as transportation and financial constraints that may hinder older adults' access to care. Additionally, investing in caregiver support programs and community-based services can alleviate the burden on older adults and their families, thereby promoting overall well-being and enhancing quality of life.

In summary, the intersection of ageing and cancer presents multifaceted challenges that necessitate tailored approaches and comprehensive strategies. By addressing regional disparities, integrating multidisciplinary care, and fostering an age-friendly healthcare environment, policymakers and healthcare providers can effectively support older adults in managing cancer and ageing related health concerns, thereby ensuring optimal health outcomes, keeping in mind the better quality of life.



Dr. Sundara Raj T
Associate Professor
Department of Sociology
Periyar University

SMALL FAMILY NORM AND DETERIORATION OF KINSHIP RELATIONS AND USAGES IN INDIA

In recent decades, India has witnessed a significant shift towards the adoption of small family norms, a trend that has been accompanied by the deterioration of traditional kinship relations and usages. This transformation, driven by various socio-economic factors, has profound implications for the fabric of Indian society, challenging age-old customs and altering the dynamics of family structures. Historically, Indian society has been characterized by large, extended families where multiple generations lived together under one roof. These extended families fostered strong bonds of kinship, with shared responsibilities and interdependence among members. However, with urbanization, industrialization, and changing socio-cultural values, the traditional joint family system has gradually given way to nuclear families, comprising only parents and their children. The transition to small family norms can be attributed to several factors. Economic pressures, urban migration, and the pursuit of individual aspirations have led to smaller family sizes. Moreover, increased access to education, especially for women, has empowered individuals to make independent choices regarding family planning. Government initiatives promoting family planning and population control have also played a role in encouraging smaller families as a means to address overpopulation and socio-economic challenges. While the adoption of small family norms may offer certain advantages such as improved quality of life, economic stability, and greater autonomy, it has also led to the erosion of traditional kinship relations and usages. In large extended families, relationships were nurtured through daily interactions, shared rituals, and collective decision-making.

However, in nuclear families, the emphasis on individual autonomy often results in weakened ties with extended relatives. The decline of kinship relations is particularly evident in the diminishing significance of rituals and ceremonies that once served as occasions for family bonding and social cohesion. Traditions such as joint family meals, religious celebrations, and communal festivities are gradually fading away as nuclear families prioritize efficiency and convenience over communal activities. Furthermore, the breakdown of joint family structures has resulted in the loss of support systems for childcare, eldercare, and emotional well-being, placing greater strain on individual families. The erosion of kinship relations also has implications for social support networks and solidarity within communities. In traditional Indian society, kinship ties extended beyond immediate family members to include a wide network of relatives who provided emotional, financial, and social support in times of need. However, in the context of nuclear families, these support networks are often limited, leading to increased vulnerability and isolation, especially for marginalized groups.

Additionally, the decline of kinship relations poses challenges to the preservation of cultural heritage and traditional knowledge systems. Many customs and rituals were transmitted orally within families, passed down from one generation to the next. However, as nuclear families become the norm, there is a risk of cultural dilution and loss as traditional practices are no longer actively maintained or transmitted. In conclusion, while the adoption of small family norms in India may reflect demographic and socio-economic realities of the modern era, it also brings about significant changes in kinship relations and usages. The shift from extended to nuclear families has implications for social cohesion, support systems, and cultural continuity. Efforts to address these challenges require a nuanced understanding of the complex interplay between demographic trends, socio-cultural values, and policy interventions, with a focus on promoting inclusive family structures and strengthening community bonds in the face of evolving societal dynamics.



S. Madhankumar
Rtd Assistant Professor
Department of Sociology
ST Hindu College

SOCIAL RESPONSIBILITIES OF TEACHERS

MESSAGE: At the outset, I would like to proudly say that I was one among the great VAISHNAV FAMILY for 27 years (1996-2023). Having served the institution last as the head of the PG & Research department of Economics from 2018 to 2023, I have many memories to share about the department of sociology. I appreciate the initiative taken by DR.Chidambaranathan , his team of teachers and the students in bringing out this newsletter which endorses their strong passion for the profession. I wish the team headed by DR.Chidambaranathan all the very best to reach greater heights in whatever they do.

In general, the teachers are solely responsible to shape the future of their student by nurturing the young minds, imparting quality education, instilling values and mootng a love for learning. The academic journey of a student is made fruitful, because the teachers act as pillars of support and guidance to the young minds. In addition to teaching the regular syllabus in the curriculum, its contribution made by the teacher that will transform the student from the student level to the level of a responsible citizen. That's why, the role of a teacher is considered to be crucial and diverse.

Beyond academic, the teachers influence the students in their character moulding and ethical behavior. As the students spend nearly 60% of their time with the teachers from various fields (namely academics, sports, NCC, NSS and extended activities and so on) it goes without saying that the teachers impact the lives of students. This is the main reason for a teacher to possess all modest qualities, as the students, even without their knowledge will start following the teachers who are role models to them. Action speaks louder than words. Here is the path shown by the teachers that will make the students walk steadfastly towards their goals. This will pave way for the wholesome holistic development and unwavering efforts on the part of its students.

Let the teachers and all the students walk together; fight out together and march together towards a new future. The purpose of this article is to educate both the teachers and the taught to explore the avenues, to understand the key aspects of curriculum and to make their possible contributions in the smallest ways in rebuilding and renewing the economy. Hence it is needless to say and reiterate the commitments and passion that the teacher should possess in creating the students not only by educating them but also by transforming them into useful individuals through proper application devices.

Best wishes.



Dr.T.S.Prema

Principal
ST. Thomas College of Arts
and Science

ALUMINI CORNER

NOSTALGIA OF NATURE

In the hills of Tamil Nadu, a gem unfolds,
Kodaikanal, where beauty beholds.
Misty mornings, a painter's delight,
Mountains embrace, in veils of white.

Lakes mirror the sky, serene and deep,
Whispers of trees, a lullaby to keep.
Flowers bloom in a riot of hues,
Nature's palette, with no excuse.

In every corner, a story untold,
Of love, of legends, of tales so old.
Each rock, each path, a silent sage,
Guiding the lost, from age to age.

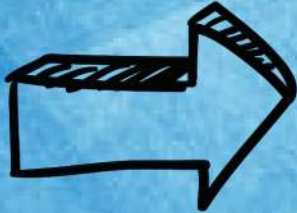
Sunsets paint the sky in hues so grand,
A masterpiece crafted by nature's hand.
Stars sprinkle the night, a twinkling show,
A celestial dance, in rhythmic glow.

Kodaikanal, a place of dreams,
Where reality merges with mystical streams.
A sanctuary for the soul to find,
In its beauty, solace, and peace combined.



Dharan Raj
Alumini
(2020-2023)

STUDENTS CORNER



Perhaps One day, they'll understand all the sacrifices she gladly make out of love for them.

- John Mark Green



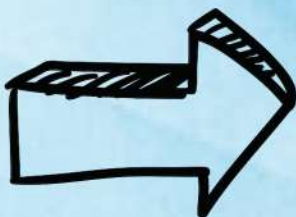
Madhumitha K
I BA Sociology



The best protection any women can have is "Courage"



Ranjani Devi S
I BA Sociology



Give Girls wings to fly, not the pain to cry and die.



Gayathri Pepi Raam
I BA Sociology

UNVEILING THE POWER OF CONNECTION: HOW SOCIAL MEDIA SHAPES PEOPLE'S LIVES

In the age of digital connectivity, social media has become an integral part of our daily lives, reshaping the way we communicate, interact, and perceive the world around us. It's a tool that transcends geographical boundaries, allowing us to connect with people from all corners of the globe instantly. It has evolved into a powerful force that influences everything from how we form relationships to how we consume information and even how we view ourselves. Social media has a profound impact on individuals' behavior, influencing various aspects of their lives. Social media can foster feelings of envy and inadequacy as individuals compare their lives to the carefully curated content shared by others.

This phenomenon, often referred to as "social comparison," can lead to behaviors such as excessive consumption, materialism, or even depression and anxiety in extreme cases. Social media has become a platform where everyone wants to look beautiful and the introduction of many filters and editing also made things possible. However, it gave rise to unexpected beauty standards which affect teenagers' self-esteem and confidence. This leads to a negative impact on youngsters' mental health. Therefore, many teenagers start starving themselves just to look slim and fit. "More than a game, the filters in social media subconsciously implant the notion of imperfection and ugliness, generating a loss of confidence," said Dr. Tausk.

As individuals embrace platforms like Facebook, Instagram, Twitter, and TikTok to connect, share, and express themselves, an intriguing correlation emerges between social media engagement, the pursuit of social acceptance, and the potential to carve out a livelihood. The pressure to conform to societal norms, both in appearance and lifestyle, can fuel a sense of discontent and perpetuate unrealistic expectations. The massive number of shares and likes in social media distracts designers and artists from the real creative process. Instead of focusing on the production of the artwork, reviewing others' shares and artworks consume the time and the effort required to start your own project.

Communicating between others and learning about other's thoughts may drive more ideas and inspire designers and artists to think with the end user or client in mind. Although the digital world allows you to meet with people from different countries, it prevents the real meaning of social communication. Human brains communicate better when two people talk face-to-face rather than using texting or chat applications. Being addicted to social networks leads to significant time loss. Checking new updates and engaging with others all the time consumes your production and creative thinking time.

While social media offers unparalleled connectivity and opportunities for self-expression, it also presents significant challenges, including issues of privacy, mental health, and the spread of misinformation. It is crucial to approach social media use with mindfulness and critical awareness. Let us strive for a future where technology serves as a tool for empowerment rather than a source of division, ensuring that our digital interactions reflect the values of empathy, integrity, and respect.



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THE AGRARIAN CRISIS IN INDIA

The recent protests regarding the legal guarantee of the minimum support price(MSP) was once again laid bare the agrarian crisis in India. While there are both critics and supporters of the MSP, the issue runs much deeper. To understand this crisis, one must dig into the roots of the issue - The Peasantry class in India, their history and the political economy of land.

The concept of land in the political economy of Indian Society held a unique position. Land-Ownership, which has now become the primary source of empowerment of the peasantry, did not exist in India. Unlike in European mercantilism and the successive capitalist systems of production, land in India was not a commodity that could be bought or sold. For thousands of years, land was the collective property of the state. The concept of private land simply did not exist in India. Starting from the Maurya Empire (and even before) right till the Mughals, land was always the property of the state, managed by the ruler (Badshah, Raja, Sultan, Nayaka etc.)

The distribution of land in the Indian closely followed the system of caste. The different caste communities were geographically distributed based on their place in the hierarchy of purity & impurity. These arrangements were decided by the collective panchayats in these villages. Even agrarian production was a collective effort, involving no demarcation of "private" lands. This becomes clear when we consider the Mansabdari system under the Mughals. The arrangement was such that an imperial officer would be appointed to a Zamin (Hindi for land) in which he was authorized to collect taxes. However, this officer (Zamindar in Hindi) did not have any attachment to the land as the lords/Barons in Feudal Europe did. The function of a lord was fulfilled by three different class of officers - A Zamindar who collected Taxes, A Subedar who enforced the rules and governed the province (under the suzerainty of the emperor) and a Faujdar who maintained the military (The mansabdar mostly came under the last category). The emperor kept transferring these officers, giving them assignments at various places during their time in service, to ensure transparency and loyalty. All land was the emperor's property - The zamindari was only a collector, subject to transfer anytime at the emperor's will.

All this changed in the 19th century. Lord Cornwallis, The Governor- General of the East India Company passed the 'Permanent Settlement Act' under which land, for the first time in Indian history, would become private property. This favour was given to those zamindars who were friendly to the company and its policies. Thus, the "Zamindari System" we now know was born. The collective land of the villages had turned into the private property of the zamindars. After independence, the Indian government passed several land reforms to redistribute land from exploitative zamindars to the agricultural workers - thus creating the class of modern Indian peasantry. This was a peasant - a small independent land holder who is neither an agricultural labourer (farmer without own land) nor an agricultural capitalist (large farms with high capital input). They neither had the ability to compete in an open market with agricultural capitalists nor did they want to be reduced to an agricultural labourer. This is their social class position to this date.

However, the infusion of capitalism into India moved agriculture in the opposite direction. The tendency for capital to centralize owing to the higher efficiency of large scale production (in competition) meant that peasant agriculture cannot survive in open competition with large scale agricultural capitalism. An agricultural capitalist, who owns large tracts of land, employs a lot of machinery and labourers has a much higher efficiency (and thus lower cost) than a peasant farmer, who has very little relative capital and land. In open competition, the existence of peasantry is an impossibility. This contradiction was offset for a while by the green revolution and the subsidies given to small scale peasant farmers. When this solution became unsustainable, attempts to modernize involved the micro-credit, micro-finance debt model, which has again proven fatal owing to the natural dynamics of unsustainable debts, and has resulted in farmer suicides.

The primary contradiction plaguing India's agriculture system is this - the land reforms created a peasantry (small land holder) class which is not able to compete in the globalizing force of capitalism and the efficiency of large scale capitalist agriculture (large farms owned privately, employing landless agricultural workers for wages, with high levels of capital input)

This contradiction can only be resolved by:

- Either Infusing private capitalism (which would mean most peasants would become landless agricultural workers) (or)
- Or sustaining this contradiction by offering more subsidies, debt write -off to peasantry and price support from competition.

The first solution was attempted by the Indian Government in 2020 and the peasant class revolted. The second is the demand that is being put forth in these new protests. However, this contradiction can only be offset by moving to a system beyond agricultural commodity production, where the market forces are not the primary determinant of food production and distribution. The social position of peasantry will continue to be threatened until then.



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SAFETY OF WOMEN IN INDIA

Women are often revered as goddesses, mothers, daughters, and wives, yet many live in constant fear and terror. Are women truly safe in modern society? Is ensuring women's safety a necessity? Despite claims by the government to protect women, India remains a country where women face significant threats to their safety. Numerous cases of domestic abuse, sexual assault, and even murder highlight this grim reality. Dowry-related violence continues to be a prevalent issue, with many viewing it as a reason for murder, perpetuating the belief that a father loses everything without dowry. Such factors underscore the lack of safety for women in a country grappling with traditional norms while striving for development.

Moreover, women endure discrimination, often being perceived as weak and ineffectual. This outdated mentality persists in contemporary times and contributes to various tragic incidents against women. Many women remain unaware of their basic rights, further exacerbating their vulnerability. Furthermore, forced early marriages rob young brides of their agency and understanding of responsibilities. Acid attacks, a brutal form of assault, leave lasting scars, both physically and emotionally.

Efforts to address women's safety gained momentum after the infamous Nirbhaya case, leading to the establishment of numerous organizations dedicated to this cause. It is crucial for women to equip themselves with self-defense techniques, readily available through online resources and videos. The foremost advice for women is to trust their instincts and leave any situation that feels even remotely unsafe.

While the government has enacted legal measures to protect women, the stark reality is that many still feel unsafe walking alone at night or engaging in social activities due to prevailing discrimination



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STUDENT ACHIEVERS

- 18 students from our department has presented a paper in Two days national conference on " The reshaping effects of population explosion".
- 1 student from our department has won silver medal in Khelo India university games basketball championship held at Guwahati, Assam.
- 1 student from our department won high cash intensive award in roller skating national championship (bronze medal).
- 2 students from our department has won fireless cooking contest conducted by Library and NDLI club
- 1 student from our department has won 3rd place in All India Karate Championship 2023-24.



NOTE: The college or the editorial team is not responsible for the views expressed/ information provided by the respective contributors in the newsletter.

COVID-19 PREVENTION



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