

## **Sociology Department Activity 2023-24**

- **Student Induction Programme (3<sup>rd</sup> -14<sup>th</sup> July 2023):** 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.
- **DAY 1** Inauguration of SIP begins at Dwaraka Auditorium. At First session, the Secretary addressed the gathering. Followed by secretary, the chief guest Nandakumar IRS took over the session and motivated the students with his own life story. He voluntarily met and educated 3.5 lakh students. Accompanying them, the COE, disciplinary committee, & skill developmental cell mentioned the importance and guidelines which should be followed inside the campus. Finally, they proposed a vote of thanks with gratitude. In the next Session, Chinmaya IAS academy elaborated about its structure. Following them the Head of the department Dr.C.Chidambaranathan explained about the department and the college. After the Head, the Assistant Professor Dr. I.Jenitta Mary elaborated about the disciplinary guidelines, SSS forum with their role and finally about the activities and programs of the department.
- **DAY 2** In day two, Session one was handled by Dr. Sudha Krishnakumar, which was about academic motivation and exploring sociology. She also stated about the importance of self-motivation and distraction. Session two is about motivating students towards academics by Mr. Saravana Ragavan where he explained about the subject, its relationship with other subjects, need and necessity of sociology. The next session was about student faculty interaction where Ms. Kowsalya and Mr. Azhagesan explained about the self-discipline, goals, manners etc.
- **DAY 3** The first Session was alumni and senior's interaction where seniors elaborated about their perspectives on subjects, guided students with some fun filled activities to make sure that they move towards their career in a right manner. Session two was handled by Dr.C. Chellapillai. He motivated students with bold speech and gave general ideas about job opportunities and importance of sociology in today's world. The final session was taken over by the alumni's where they conducted many activities for the students to know and interact with one another.
- **DAY 4** On day four, session one was handled by Dr.M. Mani where he talked about the importance of smart work. He taught about the necessity of practical thinking and

situation analyzing with various physical activities. The next session was handled by Dr. K. Rao Prashanth Jothi. He gave new strategies and ideas to coping with a new environment. He also mentioned the importance of education in the future.

- **DAY 5** Session one was conducted at Dwaraka auditorium where they introduced various clubs with their motto. It included clubs like NCC, NSS, IIC, VIE, SFA, NDLI Club, Rotaract club etc. And session two was an outreach program by visiting the old age home, where all students actively participated and interacted with the aged people. They also contributed food.
- **DAY 6** At this session Dr. Augustine Arul Prasad gave an overview on 21st century skills for graduates. He explained about the importance of time and social medias distraction. He differentiated between reality and society.
- The next session was handled by Dr. S. Narasimhan where he stated the necessity of human values in this present world. He also stated that these values determine a person's loyalty, honesty, etc. He also connected the individual's human values with society by some activities.
- **DAY 7** The session was conducted at Vallabacharya Auditorium. Students from various departments participated in this event. It was an interactive session where students participated in fun filled physical activities.
- **Skill orientation on meditation (11<sup>th</sup> July 2023):** 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.
- **Workshop on Self-development (25<sup>th</sup> July 2023):** 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.

- **Onam Celebration (23<sup>rd</sup> August 2023):** A special event for special kids celebrating Onam is a heart-warming 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. Science behind Superstition
  - **Red Talks (4th September 2023):** 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.
  - **Workshop on Career Opportunities in overseas (12<sup>th</sup> September 2023):** The workshop on career opportunities overseas offered attendees valuable insights into the prospects and challenges of pursuing professional endeavours 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.
  - **Seminar on Census (21<sup>st</sup> September 2023):** 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.
  - **Scope of Sociology - Hunting for Human Insights (12<sup>th</sup> October 2023):** 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.

- **National Conference on Reshaping Effects of Population Explosion (5<sup>th</sup> & 6<sup>th</sup> February 2024):** 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.
- **Training for Competitive Exams (21<sup>st</sup> February 2024):** 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
- **Workshop on English for competitive exams (7<sup>th</sup> March 2024):** 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.
- **Alumni Meet (02<sup>nd</sup> March 2024):** The Department of Sociology conducted Alumni Meeting on 02/03/2024. The Head of the Department welcomed the Alumni and briefed about progress of the department. Dr I Jenitta Mary, recollected the main incidents of previous batches in our college. Mr Syed Azeez Ahmed, discussed the role of Alumni

in the educational institution. Mr Azhagesan narrated the possibilities of job opportunities and Ms Kowsalya, shared her college life to the participants. Each Alumni shared their experience in the department in our college. They also pinpointed their current position in their life. Each student shared their current status and position as well as their memories in the college during their periods. Finally, Head of the Department, allotted a representative from each batch to collect the alumni details. He also mentioned about various career opportunities to develop them. He suggested few points to develop the Alumni Association.

- **Empower Her Health Unveiling Cervical Cancer & Menstrual Well-being (8<sup>th</sup> March 2024):** Empower Her Health Unveiling Cervical Cancer & Menstrual Well-being 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 Health experiences and challenges towards Menstruation. The resource person through her inspiring and motivating speech made others to break barriers and pursue their goals towards Cervical Cancer. It was a hands on training for the students to make aware of cervical cancer and Menstrual hygienic.
- **Success Strategies for Entrepreneurship (12<sup>th</sup> March2024):** The Success Strategies for Entrepreneurship 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. It covered various aspects of entrepreneurship, including business planning, marketing, financial management, and networking.