

ALWEEK



A weekly newsletter from
The Department of Journalism,
St Aloysius College, Mangalore

VOLUME : XX

ISSUE: V

OCTOBER 2022

WORLD MENTAL HEALTH WEEK

Sanjay Cyril I, II BA

SAC: Department of Counselling, St. Aloysius College (Autonomous) Mangaluru launched a week-long awareness programme on mental health on October 10th 2022 at Sanidhya Hall in observance of World Mental Health Day.

The principal, Rev. Fr. Praveen Martis SJ, Rev. Fr. Felix Victor SJ, the campus minister, Ms. Jennifer Ida Mascarenhas, Dean of Extension Services/Counselling, were present during the programme.

The students were introduced to the new Initiative Buddy system by

the Campus Minister. A buddy is a partner (a senior student) who will assist the first-year students in adjusting to and navigating the new St. Aloysius College environment.

This programme is the first of its type in all Karnataka Jesuit colleges and will significantly improve campus life by enlivening the community and assisting new students in becoming acclimated to the institution while also giving them a supportive environment in which to flourish. In his presidential remarks, the principal stated that the Buddy system



would enable students to develop strong relationships with their peers and maintain good mental health.

Mr. Macwin of III BA was the master of ceremony, while Mr. Shimil P.V. Counselor of St. Aloysius College delivered the vote of thanks.

QUIZ ORGANISED BY DEPARTMENT OF PSYCHOLOGY

Nanditha R Prem II BA

SAC: The Department of Psychology of St. Aloysius College (Autonomous) Mangaluru had organized a quiz titled 'Quizology' on the occasion of World Mental Health Day on October 10th at the Department of Psychology, Administration Block of the college.

The event was inaugurated by Dr. Shalini Ayyappa, Head of Psychology Department. Quizology was conducted with the objective of increasing awareness of Mental health and mental health issues through a quiz.



The quiz was conducted in 3 rounds- General Round, a Rapid Fire round and finally an Audio-visual round. The event was hosted by Sahana of 3rd BA and coordinated by Sheryl of 3rd BA. The winners of the quiz were Sona Prakash and Joshan Joshy of 3rd BA. The winners were awarded with certificates.

RURALEXPOSURE FOR STUDENTS OF SOCIAL WORK



Clive Lobo, II BA

Mundagod: The Department of Social Work, St. Aloysius College (Autonomous) Mangaluru, organised a rural exposure programme from 1st October to 5th October at Mundagod Taluk, Uttara Kannada District in Karnataka

In these five days, students and representatives from Loyola Vikas Kendra travelled to various villages in the Mundugodu community and conducted surveys with an emphasis on the Sustainable Development Goals 2030 focusing on the vulnerable sections of the Mundugodu community like women, children, and construction workers to observe malnutrition of

children in the village, lack of facilities and issues faced by construction workers, to know if the pregnant women and labouring mothers are receiving adequate nutrition, and more. In order to spread awareness about the environment, students also performed a street play about environmental preservation.

On the occasion of Gandhi Jayanthi, students took part in a cleanliness drive next to the Mundugod bus stop as part of the Swachata Abhiyan Programme. 33 students and two staff members of the social work department, Ms Savita and Ms Dezma took part in this programme.

INTERACTIVE SESSION ORGANIZED ON "YOUTH IN SOCIETY"

Ancita D'costa II BA

SAC: The Department of Political Science, St Aloysius College (Autonomous) Mangaluru organized an interactive session on "Youth in Society" on Friday, October 7th, 2022 at Sanidhya Hall, Administration Block of the college. Mr. Anshu Kumar Srivastava, IPS DCP (law and order), and the city Commissioner of Mangaluru, was the resource person. While addressing the audience,

Mr. Anshu highlighted the importance of youth in our country and called youth the backbone of our society. He spoke about his journey and how he became an IPS



officer. On being asked how one can clear the UPSC examination and stay motivated, the DCP stated that self-discipline is the key. He urged the students against using drugs, which would harm their youth and future. He concluded by saying that the youth should

be ready to face the consequences of their work so as to be able to stand up for their rights.

The principal Rev. Dr. Praveen Martis S.J. addressed the gathering and said Youth can make and can break society. Young people are not only our nation's future; they are also one of the key forces driving change and advancement in society. During the programme, Dr. Norbert Lobo, the Director of the Administration Block, Dr. Rose Veera D'Souza, the Dean of the Faculty of Arts, as well as staff members and students, were present.

VEGETATION GARDEN BUILT BY NSS ASSOCIATION AT MANILA SCHOOL

Vidyanand, II BA

Bantwala: The NSS Association of St. Aloysius College (Autonomous) Mangaluru organised a two-day camp at Government High School, Manila Muruwa of Bantwala Taluk on the 8th and 9th of October 2022.

32 volunteers, along with programme officers and other staff of the college have



prepared Areca nut and Banana plantation garden. The students were also cleaned the

surroundings of the school.

The programme was organised in collaboration with Shree Dhama Manila and Manila Gram Panchayat.

"Cleanliness is next to Godliness"

- Mahatma Gandhi