

Implementation of UGC Guidelines on Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-Being

INTRODUCTION

In alignment with the UGC Guidelines for the Promotion of Physical Fitness, Sports, Students' Health, Welfare, and Psychological and Emotional Well-Being at Higher Educational Institutions, St Aloysius (Deemed to be University), Mangaluru, has implemented a wide range of initiatives aimed at fostering the holistic development of its student community. Recognizing that education must extend beyond academic learning to include physical health, emotional resilience, and social awareness, the university has created a vibrant and supportive ecosystem that promotes student wellness through structured programs and inclusive campus practices. Key areas of focus include physical fitness and sports, mental health support, counselling and mentoring services, yoga and meditation, student leadership, and wellness outreach. Through interdepartmental collaboration and student engagement, St Aloysius ensures that every learner thrives in an environment that nurtures not just intellect, but also personal well-being, social consciousness, and emotional strength — in full spirit of the national vision for holistic higher education.

UGC GUIDELINES OVERVIEW

The UGC Guidelines emphasise the need for a holistic and student-centric approach in higher educational institutions to foster physical fitness, mental well-being, emotional resilience, and overall development. The guidelines advocate for the integration of daily physical activity, yoga, and sports into campus life; the establishment of student service centres offering counselling and psychological support; and the promotion of vibrant co-curricular and extracurricular engagement. Institutions are encouraged to implement mentoring programs, celebrate cultural diversity, promote inclusivity through dedicated support cells, and forge linkages with medical and mental health institutions. Furthermore, the guidelines highlight the importance of leadership development, peer support systems, and structured reflection programs to ensure that students are not

only academically prepared but also emotionally and socially empowered. Overall, the UGC calls for a nurturing environment where student welfare is at the heart of institutional planning and practice.

ABOUT THE INSTITUTION

St Aloysius (Deemed to be University) is a prestigious higher education institution located in the heart of **Mangaluru, Karnataka**. Situated on the scenic coastal belt of southwestern India, the university offers a serene and inspiring academic environment that blends tradition with innovation.

Vision, Mission, and Core Values

St Aloysius (Deemed to be University) is guided by the Jesuit legacy of excellence in education and service to society. This is a premier Jesuit institution dedicated to excellence in education, character formation, and social transformation. Rooted in the Jesuit tradition of holistic education, the university's mission is to form men and women who are intellectually competent, morally upright, spiritually inspired, and socially committed. The institution promotes values of inclusivity, service, leadership, academic excellence, and environmental responsibility. It strives to nurture responsible global citizens who are "Men and Women for and with Others."

- **Vision:** *To empower young men and women through holistic education that nurtures intellectual, moral, social, and spiritual growth, enabling them to become persons for and with others.*
- **Mission:** *To provide inclusive, transformative education through academic excellence, value-based learning, and social commitment.*
- **Core Values:** The university upholds values such as **integrity, inclusivity, compassion, social justice, academic rigour, environmental stewardship,** and **service to the marginalised**, shaping students into responsible global citizens.

DEPARTMENTS AND UNITS INVOLVED IN STUDENT WELFARE

To support the all-around development and well-being of its students, the university has established several dedicated departments and centres, including:

- **Department of Physical Education:** Organises & Promotes sports, fitness programs, tournaments, intramural leagues and wellness initiatives to promote physical health and team spirit.
- **Department of Counselling:** Provides professional psychological counselling, peer support programs, emotional well-being sessions, and mental health awareness campaigns.
- **Mentoring System:** Mentoring and peer engagement through structured interaction and outreach.
- **Campus Ministry:** Offers value education, retreats, and spiritual guidance to promote inner well-being and moral growth.
- **Centre for Social Concern (CSC):** Implements the Sahaaya mentoring and service-learning program to cultivate empathy and civic responsibility.
- **Women's Forum, Equal Opportunity Cell, Anti-Ragging Cell, SC/ST Cell:** Ensure inclusive practices, gender equity, student safety, and grievance redressal across campus.
- **Listening Centre – Offers psychological counselling, mentoring, and life skills development.**
- **Student Council and Associations – Encourage leadership, creativity, and campus vibrancy.**
- **Health Centre and Partner Institutions – Provide medical support and preventive health care.**
- **Sahaaya Program and Mentoring Cells – Facilitate structured mentorship and community engagement.**
- **Equal Opportunity Cell, Women's Forum, Anti-Ragging Cell – Ensure safety, equity, and student support.**
- **Placement and Career Guidance Cell – Prepares students for employment and professional growth.**

These units work collaboratively to ensure every student experiences a nurturing and enriching journey at St Aloysius (Deemed to be University).

Vibrant Campus Life at St Aloysius (Deemed to be University), Mangalore

St Aloysius Deemed to be University, nestled in the heart of Mangaluru, is not just an institution of academic excellence but a thriving hub of cultural, intellectual, Sports and social activity. The university offers a vibrant and inclusive campus life that reflects its Jesuit values of holistic education, character formation, and community engagement. With a dynamic blend of curricular and co-curricular programs, students are encouraged to explore their passions, nurture their talents, and grow into well-rounded individuals. Whether it's through spirited cultural fests, competitive sports events, service-driven outreach programs, or a variety of student-led clubs and associations, the campus buzzes with energy, creativity, and camaraderie throughout the year. This dynamic environment fosters not only academic success but also personal growth, leadership, and lifelong friendships. The University promotes an enriched campus life through events like Aloysian Fest, Kalotsava, TEDxSAC, UTSAV, and cultural leagues. Students participate in national and international fests, community engagement programs like walkathons, outreach drives, and heritage documentation. NCC, NSS, and student clubs are highly active.

A. Aloysian Fest 2024 at St. Aloysius (Deemed to be University), Mangaluru

St. Aloysius (Deemed to be University) in Mangaluru hosted the vibrant **Aloysian Fest 2024** on March 16, 2024, marking a significant milestone as the first major fest since attaining university status. The event brought together over 1,500 students from more than 50 colleges across India, celebrating a diverse array of academic, cultural, and sports activities.

The fest featured seven thematic sub-fests, each organised by different postgraduate departments:

- **Ark of Arts:** Hosted by the PG Departments of Social Sciences.
- **Saksham:** Organised by the PG Studies and Research in Social Work.
- **Udhgam:** Conducted by the PG Studies and Research in Commerce.

- **Synapse:** Arranged by the PG Departments of Biological Sciences.
- **Quanta:** Managed by the PG Departments of Physical Sciences.
- **Aloysiad:** A sports meet organised by the Department of Physical Education.
- **Kalaatrividha:** A cultural extravaganza showcasing various art forms.

The inauguration ceremony was graced by Ms. Shiny Astrid Pereira, an alumna and Kannada television actress, who encouraged students to embrace extracurricular activities, emphasising learning over winning. Rev. Fr. Melwin Pinto SJ, who presided over the event, highlighted the importance of appreciating and learning from others to become better individuals.

The valedictory ceremony, presided over by Rev. Fr. Praveen Martis SJ, Vice Chancellor, celebrated the achievements of participants. Winners and runners-up across various events were honoured, with institutions like St. Agnes College, School of Social Work Roshni Nilaya, and SDM College of Business Management among the top performers.

The fest successfully provided a platform for students to showcase their talents, fostered connections among young minds, and celebrated the spirit of unity in diversity.

B. Kalothsava, a Cultural Event:

Kalothsava is an annual cultural festival organized by the Student Engagement Cell of St Aloysius (Deemed to be University), Mangaluru. The event serves as a platform to identify and nurture student talents across various cultural domains. **Kalothsava 2024** at St Aloysius (Deemed to be University), Mangaluru, was inaugurated on August 12, 2024, at Fr L.F. Rasquinha Hall, LCRI Block. Organized by the Student Engagement Cell, the event aimed to identify and nurture student talents across various cultural domains.

The inauguration featured Dr. Mohan Alva, Chairman of Alva's Education Foundation, as the chief guest, who emphasized the importance of art in national development and introduced students to the Japanese art of Ikebana. Vice Chancellor Rev. Dr. Praveen Martis SJ presided over the program, encouraging students to actively participate in artistic endeavours.

Key university officials, including Registrars Dr. Alwyn D'Sa and Dr. Ronald Nazareth, along with Dean of Student Engagement Cell Naveen Mascarenhas, were present. The event concluded with a vibrant cultural program showcasing the diverse talents of the students.

C. TEDx SAC - A platform for sharing personal stories of resilience, creativity, and transformation

TEDxSAC is an independently organized TEDx event hosted by St Aloysius (Deemed to be University) in Mangaluru. It serves as a platform for sharing "ideas worth spreading," bringing together diverse voices from various fields to inspire and engage the community. The event features live speakers and TED Talk videos, fostering deep discussions and connections among attendees. Each edition of TEDxSAC centres around a unique theme, encouraging participants to explore new perspectives and embrace transformative ideas. Through thought-provoking talks and interactive sessions, TEDxSAC aims to ignite creativity, promote innovation, and celebrate the power of individuality.

The third edition of TEDxSAC, themed "KOSEI," was held on February 4, 2024, at St Aloysius (Deemed to be University), Mangaluru. The event featured 12 speakers from diverse backgrounds who shared personal stories of resilience, creativity, and transformation. Notable speakers included Padma Shri awardee Shekhar Naik, who discussed overcoming visual impairment to lead India's blind cricket team; acid attack survivor Pramodini Roul, who emphasized inner strength and confidence; and entrepreneur Dikshith Rai, who recounted his journey from a backbencher to CEO of Codecraft Technologies. Other speakers included MasterChef India finalist Dr. Rukhsaar Sayeed, activist Aarti Malhotra, Jesuit priest and Bharatanatyam dancer Fr. Saju George SJ, and photographer Vicky Roy. The event was inaugurated by Kishore Alva, Executive Director of Adani Group and an alumnus of the university, who highlighted the importance of platforms like TEDx in fostering youth engagement and global exposure. The theme "KOSEI," meaning individuality, was reflected throughout the event, inspiring attendees to embrace their unique identities and perspectives.

D. UTSAV - An annual interclass cultural competition:

UTSAV is an annual interclass cultural competition hosted by St Aloysius (Deemed to be University) in Mangaluru. Organized by the Student Council, the event features a variety of performances, including dance, music, drama, and other creative arts, providing students with an opportunity to showcase their talents. UTSAV aims to foster cooperation and healthy competition among students, enhancing their cultural engagement and team spirit. The event is a significant part of the university's efforts to promote holistic development and celebrate the diverse talents of its student community.

E. Cultural Leagues:

Cultural Leagues at St Aloysius (Deemed to be University), Mangaluru, are dynamic interclass competitions designed to foster creativity, teamwork, and cultural expression among students. These leagues encompass a variety of events, including music, dance, drama, and literary contests, providing a platform for students to showcase their talents and engage in healthy competition. Organized by the Student Engagement Cell, the Cultural Leagues aim to enhance the holistic development of students by encouraging participation in extracurricular activities. Through these events, the university nurtures a vibrant campus culture that celebrates diversity and promotes artistic excellence.

F. NSS Activities at St Aloysius (Deemed to be University), Mangaluru

The NSS (National Service Scheme) at St Aloysius (Deemed to be University) actively engaged students in impactful social service and community development initiatives throughout the academic year 2024–25. The unit conducted a diverse array of programs such as the celebration of International Yoga Day on 21 June 2024 in collaboration with Delampady Yoga Pratistana and Decathlon, and a paddy transplantation drive at Panchajanya Goshala Trust, Kinnigoli on 18 July. A cancer awareness and stem cell donor registration drive was held on 19 July in association with DKMS Foundation. Volunteers showcased their talents during the Yuvajana Habba competitions on 25 July, and commemorated Kargil Vijay Diwas with a quiz competition. Significant contributions were made through environmental and civic engagement efforts like the Swachh Bharat cleanliness drive at Tannirbavi Beach on 2 October and a major blood donation camp on

1 October 2024 where 154 units were collected. The National NSS Day was celebrated on 24 September with special guests and youth recognition. A week-long annual special camp from 27 November to 3 December 2024 at Eliyala involved wall painting, plantation, and community education. Volunteers also participated in awareness programs on substance abuse, climate change, PCOS, and suicide prevention in collaboration with hospitals and civic bodies. A cultural highlight was their participation in the Karavali Utsav on 21 December 2024 representing Tulunadu heritage. NSS students served at election booths during Lok Sabha polls and conducted outreach at Snehalaya (a psychosocial rehabilitation centre) on 14 April. National achievements included participation in the National Integration Camp in Belagavi, where Joel Austine D'Souza and Vismaya won top honors in debate and folk dance. The Golden Jubilee and Alumni Meet held on 23 March 2024 honored former volunteers and celebrated the spirit of selfless service. Overall, the NSS unit has significantly contributed to student leadership, community impact, and the vision of socially responsible education.

G. NCC Activities at St Aloysius (Deemed to be University),

The NCC (National Cadet Corps) units at St Aloysius (Deemed to be University), comprising the Army, Navy, and Air Wings, actively engaged in a wide range of programs during the academic year 2024–25, fostering discipline, patriotism, and social responsibility among cadets. The Army Wing conducted several notable activities, including the Army Day Parade on 15 January 2025, the Khel Mahotsav Procession, and the celebration of Vijay Diwas at Kadri War Memorial on 16 December 2024. Social outreach included cleanliness drives on Gandhi Jayanti, a drug awareness run on 7 December, and blood donation camps on 1 October and 12 December 2024. The Navy Wing participated in rainwater harvesting at B.C. Road (21 July), a plastic cleanup and plantation drive on Independence Day, and an environmental awareness trek to Bandaje Falls on 9 January 2025. The Air Wing held a Tiranga Rally, walkathons for river conservation, and an Ayurvedic medical camp at the District Prison in October. All three wings celebrated International Yoga Day on 21 June 2024 and engaged in a series of seminars, motivational talks, and guest lectures, including a Kargil Vijay Diwas session with Havaldar Robert John and CAPF awareness by C.N. Adarsh Shastry.

Cadets earned recognition at national camps, including the prestigious Republic Day Camp (RDC 2025), where CWO Steve Richard Sumith D'Souza represented the Karnataka and Goa Directorate and briefed the Chief of Defence Staff. Additional cadets participated in the All India Vayu Sainik Camp, All India Thal Sainik Camp, Advanced Leadership Camps, and the Coastal Sailing Expedition on INS Tarangini. Environmental and social initiatives remained a strong focus, with NCC cadets participating in the Swachh Bharat Abhiyan, awareness street plays, and volunteer work at events like Karavali Utsav and Iskcon temple cleanups. The NCC's efforts throughout the year reflected the university's commitment to nation-building and holistic student development, making the corps an integral part of the campus culture.

Student Services Centre (SSC)

The **Student Services Centre (SSC)** at St Aloysius (Deemed to be University) serves as a vital support hub dedicated to enhancing the overall student experience. It offers a range of services including academic guidance, career counselling, psychological support, and assistance with scholarships and student welfare schemes. The SSC functions as a one-stop solution for students' needs, aiming to foster personal growth, academic success, and well-being throughout their journey at the university.

Centre for Extension Services

The Extension Services at the University serve as a pivotal bridge connecting the academic realm with the broader community, addressing societal needs and fostering a spirit of civic engagement.

The students and staff extend a helping hand to those in need, creating a bridge between the campus and the broader community. Beyond the direct benefits conferred, participation in these services offers students the chance to cultivate qualities of social responsibility, ecological awareness, and emotional equilibrium.

The University boasts a comprehensive array of extension programs, including Sahaaya for undergraduate students, Rural Immersion for postgraduate students and Community Programmes in Adopted Villages under the UBA project, and Professional Listening (Counselling) services for students, staff, and parents.

Sahaaya, a flagship initiative, empowers students to actively contribute to social well-being and awareness of societal responsibilities. Its activities are divided into four service groups:

1. Centre for Social Concern (CSC)
2. Centre for Environmental Concern (CEC)
3. Centre for Cultural Concern (CCC - 1)
4. Centre for Civic Concern (CCC – 2)

Each of these centres oversees 10 to 15 associations, serving as conduits for the execution of Sahaaya Activities. Every student is expected to dedicate 40 hours to social service over two semesters, with 20 hours allocated to the second semester and 20 hours to the third. This breakdown includes one hour for orientation, 3 hours of Mentoring, 2 hours of reflection and fourteen hours of Sahaaya Exposure activities.

These exposure activities span a wide spectrum, encompassing organising awareness programs in schools, colleges, and communities on educational, health, environmental and social issues. Students also engage with the residents of care and support centres, addressing the needs of the underprivileged, elderly, orphanages, de-addiction, and rehabilitation centres. Furthermore, they actively participate in environmentally conscious activities and conduct rights-based campaigns, walkathons, cyclo-walkathons, rallies, and more.

Sahaaya and the Mentoring System

Introduction

The *Sahaaya* Program at St Aloysius (Deemed to be University), Mangaluru, is a unique and comprehensive initiative aimed at fostering social responsibility, leadership, and holistic growth among students. Rooted in the university's vision of forming individuals who are intellectually competent, morally upright, and socially committed, the program offers a structured framework that integrates academic mentoring with community-based learning. Organised through five focused service groups — the Centre for Social Concern (CSC), Environmental Concern (CEC), Cultural Concern (CCC-1), Civic Concern (CCC-2), and the B.Voc Department — Sahaaya ensures that students are engaged in a

40-hour experiential learning model over two semesters. This includes orientation, mentoring, reflection, and field exposure, supported by faculty mentors and student leaders. The program is designed not only to enhance academic and emotional well-being but also to nurture empathy, awareness, and active citizenship among the student community.

The **Sahaaya Program** at St Aloysius (Deemed to be University), Mangaluru, is a flagship initiative aimed at instilling values of social responsibility, leadership, and holistic development in students. Conducted through five dynamic service groups — the Centre for Social Concern (CSC), Environmental Concern (CEC), Cultural Concern (CCC-1), Civic Concern (CCC-2), and the BVoc Department — Sahaaya integrates 40 hours of structured engagement per student across two semesters. This includes one hour of orientation, three hours of structured mentoring, two hours of personal reflection, and 14 hours of community exposure. Mentoring is conducted by faculty members and trained student leaders who offer guidance on academic, emotional, and career-related concerns.

Key intellectual sessions under the **Centre for Social Concern (CSC)** included an Oral Hygiene Awareness campaign on 6th and 13th July 2024 in AR 803 with 250 students, in collaboration with KMC Hospital, Attavara. A session on Self-Regulation was held on 20th July 2024 by Fr. Ashwin with 400 student participants, followed by a Self-Care & Mental Health session by Dr. Manu Anand on 22nd September 2024 attended by 200 students. Under the **Centre for Environmental Concern (CEC)**, the seminar *Call for Conservation* was conducted on 20th July 2024 at LCRI by Mr. Pavan Joshi, engaging 410 students. The centre also organized plantation drives in Surathkal, Moodbidri, and Kanyana during July and August, along with a major clean-up drive in Pavor on 1st September 2024.

The **Centre for Cultural Concern (CCC-1)** organized a Substance Abuse Awareness program on 20th July 2024 at AR 804, conducted by Mr. Guru Prasad (BARC), with 408 student participants. Additionally, visits to social institutions such as Snehalya in Manjeshwara, St. Antony's Poor Home in Jeppu, and Bharath Sevashram in Kanyana were organized between July and September 2024. Meanwhile, **CCC-2 (Civic Concern)**

conducted a special mentoring session titled *Care for Common Home* on 20th July 2024 for CCC-2 mentees, focusing on ecological awareness and social responsibility.

The **B.Voc Department** contributed with a series of activities including an Oral Hygiene session on 24th July 2024 and a Self-Care and Mental Health session on 22nd September 2024, each engaging 95 students. Additionally, the department conducted a PM Surya Ghar Yojana awareness drive on 26th and 29th September 2024 at Derabail and Shaktinagar, reaching 120 and 109 students respectively.

Supplementing the core mentoring model, additional activities such as Astro Club's interactive mentoring sessions connected astronomy with environmental themes and included activities like quizzes and discussions (e.g., on 13th September 2024). The **Sahodaya Association** organised *Sanvedana – Touching Lives with Compassion* on 3rd January 2025, facilitating meaningful engagement with visually impaired achievers.

In conclusion, the Sahaaya and mentoring programs at St Aloysius (Deemed to be University) represent a powerful framework of experiential learning and community engagement. By combining reflection, structured mentoring, and practical exposure, the university has successfully cultivated a generation of socially aware, emotionally resilient, and environmentally responsible students.

Buddy System in St Aloysius (Deemed to be University), Mangaluru

The **Buddy System** at St Aloysius (Deemed to be University) is a key institutional initiative aimed at fostering a campus culture rooted in empathy, peer support, and emotional well-being. Designed and guided by the **Department of Counselling**, the system identifies and trains student buddies from both undergraduate and postgraduate programs to act as peer mentors. These buddies serve as the first point of contact for students in need, offering psychological first aid, empathetic listening, and referral support where necessary. The initiative not only promotes student wellness but also builds leadership and communication skills among the buddies themselves.

The **Buddy Training Program** was held on **29 August 2024** in the **Seminar Hall of the Department of Counselling**. This comprehensive session covered essential topics such as life skills, active listening, and empathetic communication. The training

equipped selected peer supporters with the tools to effectively assist their fellow students in managing academic stress, emotional concerns, and adjustment issues.

Following the training, the **Installation Ceremony** for the newly inducted buddies took place on **30 August 2024**. Hosted by the Department of Counselling, this event marked the official recognition of trained buddies and the distribution of certificates. It served as a motivation and morale booster for the peer supporters, emphasizing the importance of their role in shaping a caring campus environment.

Additional capacity-building was offered through **Life Skills Sessions** held on **19 August 2024**, facilitated by **Dr. Prithwi M., Assistant Professor**. These sessions focused on crucial areas such as goal setting, effective communication, and problem-solving techniques, enabling the buddies to better guide their peers in both personal and academic spheres.

To raise awareness on campus, a **mime performance** titled **“Be a Buddy, Not a Bully”** was staged on **13 August 2024** at the **Admin Block**, as part of the Awareness Week Campaign. Organised in collaboration with the **Anti-Ragging Cell** and the **Human Wellness Forum**, the performance addressed issues of peer responsibility, bullying, and substance abuse, aligning with the objectives of the **Nasha Mukh Bharat Abhiyaan**.

In addition, campus-wide **student competitions** were held on **16 and 17 August 2024**, themed around **“Be a Buddy, Not a Bully”** and drug-free campus awareness. Events such as essay writing, poster making, and reel creation offered students a platform to creatively engage with mental health and support themes while encouraging wide participation and peer interaction.

Buddies also played an active role in **Value Education classes** and outreach programs. One of the highlights was their involvement in the **“Zero Tolerance”** movie campaign, launched on **12 August 2024**, which focused on issues of bullying and drug abuse. Their contribution to these efforts reflected their expanding role as peer educators and mental health advocates on campus.

The **objectives** of the Buddy System were multi-faceted: to promote emotional resilience through peer support, enhance awareness of mental health, and encourage

student participation in preventive health programs. The system also aimed to empower peer educators by involving them in university-wide workshops, campaigns, and wellness initiatives.

Among the **best practices** of the Buddy System were its peer-led mentoring sessions, strong collaboration with professional counsellors, and integration with university-wide frameworks like **Sahaaya** and the **Human Wellness Forum**. These collaborations ensured that the program remained dynamic, inclusive, and impactful.

In conclusion, the Buddy System at St Aloysius (Deemed to be University) plays a vital role in creating a safe, inclusive, and emotionally responsive campus environment. Through training, awareness events, and ongoing peer support, the system continues to address the emotional and social challenges faced by students, helping them thrive both academically and personally.

Scholarships and student welfare schemes support the academic and personal development of its students:

The university provides several scholarships to recognise academic excellence and support students from economically disadvantaged backgrounds:

- **Endowed/Special Scholarships:** Funded by donors and retired staff members, these scholarships are awarded based on academic merit and financial need.
- **Government Scholarships:** Including schemes like Vidyasiri and Post-Matric Scholarships for minority, SC/ST, and physically handicapped students, as well as children of ex-servicemen.
- **Merit-Based Scholarships:** Such as the **Vidwath Spoorthi** for students scoring 90% and above in their 12th-grade exams, and the **Vidya Spoorthi** for academically excellent students from economically poor backgrounds.
- **Sports Scholarships:** The **Kreeda Spoorthi** scholarship recognizes students who have achieved at state, national, or international sports events.

In August 2024, the university awarded scholarships totalling over ₹38 lakh to 721 undergraduate students, highlighting its commitment to student support.

Student Welfare Schemes

Beyond financial assistance, the university implements various welfare programs:

- **Mid-Day Meal Scheme:** Provides subsidised meals to students from socially and economically deprived sections, especially those travelling from distant rural areas.
- **Student Activity Cell:** Organises cultural, health awareness, literary activities, yoga, and meditation sessions to promote holistic development.
- **St Aloysius Co-operative Stores Ltd:** Offers stationery and other essentials at reasonable prices, with profits used for student welfare activities like installing water coolers and projectors.

These initiatives reflect the university's dedication to fostering an inclusive and supportive environment for all students.

Student Council Activities at St Aloysius (Deemed to be University), Mangaluru

The Student Council at St Aloysius (Deemed to be University) played a dynamic and impactful role during the academic year 2024–25, promoting leadership, student participation, and social outreach through a variety of well-coordinated programs and campaigns. Their activities reflected the university's core values of compassion, integrity, and inclusivity, fostering a spirit of service and student empowerment on campus.

The year began with the **Induction Programme** on **11 July 2024** at **Eric Mathias Hall**, welcoming the newly elected Student Council members. The induction featured hands-on sessions on leadership styles, meeting protocols, time management, and learning preferences. The students were divided into three rotating groups that attended interactive sessions at **Sahodaya Hall, AR 803**, and **AR 804**. Noteworthy sessions included **Meeting Protocols** by Mr. Lohith Shetty, **Leadership Styles** by Mr. Krishnan Mohan, and **Time Management & Learning Styles** by Dr. Rahul T. and Mr. G. Heerchand.

The formal **Investiture Ceremony** took place on **18 July 2024** at **LF Rasquinha Hall, LCRI Block**, with **Prof. Dr. P.L. Dharma**, Vice Chancellor of Mangalore University, as the chief guest. The event featured the oath-taking ceremony for the President and newly elected office bearers. Dr. Dharma applauded the council's meaningful initiatives such as the **Wall of Compassion**, the **One Rupee Revolution**, and the **Integrity Shop**, recognizing them as powerful symbols of student-led social responsibility.

One of the most significant campaigns was the **One Rupee Revolution**, held from **22 July to 11 September 2024**, which raised **₹62,855** through minimal student contributions. The campaign's reach extended beyond campus, generating over **₹3.6 lakhs** through special collections for medical emergencies and disaster relief efforts. The **Wall of Compassion** continued as a signature initiative, providing a space where students and staff could leave donations such as clothes, books, and stationery for the underprivileged. Complementing this, the **Integrity Shop** was set up as a unique honesty-based system where students could collect items and pay later, fostering a culture of trust and values.

The Student Council also led and collaborated on major campus-wide events. On **2 October 2024**, **Gandhi Jayanthi** was celebrated at the **Administrative Block** in collaboration with **AICUF**, featuring speeches, patriotic songs, and a campus cleaning drive that embodied Gandhian values of service and simplicity. Earlier, **Independence Day celebrations** on **15 August 2024** at the **Main Campus** featured a ceremonial flag hoisting by **Lt. Col. V.D. Chacko**, followed by a student parade and cultural performances organized in coordination with **NCC** and the Student Council.

In October, the council organized "**Step into the Spotlight**", a multi-round talent competition for first-year students, offering a platform for self-expression through speech, performance, and creative showcases. This event aimed to boost confidence and uncover hidden talents among new students.

Beyond the campus, the Student Council facilitated student representation in external cultural events across **Karnataka, Kerala, and Goa**. On **7 October 2024**, **dance workshops** were held where **80 students auditioned**, and **30 were selected** to

represent the university at intercollegiate mega shows, building pride and visibility for the institution.

As part of their **extension activities**, the Student Council partnered with the **'We Care' volunteers** for the **"Candles for a Cause"** campaign on **16 December 2024**. Candles made by HIV+ children from Snehasadan were sold across campus, raising awareness and generating support for this special community.

In conclusion, the Student Council of 2024–25 has exemplified youth-led leadership, service, and creativity. Through a balance of structured induction, cultural outreach, social responsibility campaigns, and collaboration with external stakeholders, the council has created a lasting impact on campus life and set a benchmark for future student leadership at St Aloysius (Deemed to be University).

Promoting Psychological and Emotional Well Being

St Aloysius (Deemed to be University) has a dedicated department- the Department of Counselling established for promoting psychological and emotional well-being of students. It provides counselling and comprehensive support services, offering confidential guidance and resources to promote mental well-being, academic and personal growth. The Department, staffed with seven dedicated counsellors, attends to the psychological and emotional needs of students across the various blocks of the college.

St Aloysius (Deemed to be University) has initiated activities and programs for inducing behavioural change, inculcating values, and nurturing human strengths among the student community. It engages in proper and regular monitoring of students' behaviour and adopt necessary preventive measures to control deviant tendencies among the students.

Anti-Ragging and Drug Abuse Awareness Week

The Anti-Ragging and Drug Prevention Cell and the Human Wellness Forum (MSW), St Aloysius (Deemed to be University) organised a week-long awareness programme from August 12- 17, 2024, in collaboration with the Department of Counselling.

The program familiarised the students with the impact and implications of ragging and drug abuse. The students also filled the Anti-Ragging and Drug Abuse affidavit, pledging not to indulge in any form of ragging and pledging to abstain from drug abuse.

Talk on Stress Management

School of Arts and Humanities, and Department of Counselling, in collaboration with Indian Medical Association (R), Mangalore Branch, organised a session for the students on Stress Management in students by Dr Aruna Yediyal, Professor, Department of Psychiatry, Father Muller Medical College, Mangalore on 3rd September, 2024. The talk helped students identify signs of stress and suggested techniques to manage stress.

Workshop on Exam Anxiety for undergraduate students

The Exam Anxiety Workshop was held on 25th September 2024 organised by the Department of Counselling. Registrar, Dr. Alwyn D'Sa and the COE, Dr. Aarti Shanbhag addressed the gathering, emphasizing a positive outlook and self-competitive attitude during exams. The resource person, Ms. Benzita Roshal Ferrao discussed exam anxiety, its triggers, and practical solutions. The session concluded leaving the students equipped with valuable strategies to handle exam anxiety.

Briefing on the importance of counselling and available counselling services for students

On September 26, 2024, School of Vocational studies hosted a parent-teacher meeting to foster communication and collaboration between parents, teachers, and the administration. Mr. Shimil, the Head of Counselling Services, shed light on the counselling services available to students, emphasizing their importance in addressing academic and personal challenges. The meeting concluded with a valuable one-on-one interaction between parents and class guides, providing a platform for personalized discussions and addressing specific concerns.

Assessing students' anxiety levels and workshop on Exam Anxiety for postgraduate students

An Exam Anxiety Reduction Workshop was conducted by the Counselling Department in collaboration with the Controller of Examinations Office on 1st October, 2024 for PG students. The event featured interactive sessions where Ms. Ferrao utilised test scales to assess students' anxiety levels and discussed techniques for managing anxiety and identifying limiting beliefs. The workshop concluded with a Q&A session.

Compulsory papers on value education and gender equity in the curriculum

Undergraduate students, in the course of the first two years of UG, have Value Education and Gender Equity as compulsory papers in their curriculum. Incorporating such subjects has fostered a well-rounded, socially conscious education. They gain a deeper understanding of fundamental dignity and worth, promoting empathy, an inclusive, equitable mindset and respect for diversity. It also empowers students to be responsible global citizens.

Mental Health & MoU with Institutions:

St Aloysius (Deemed to be University), Mangaluru, has actively engaged in collaborations with healthcare institutions to enhance medical services and community outreach. Notably, the university partnered with Father Muller Medical College Hospital to organize a medical camp for inmates of the district prison in Mangaluru on April 7, 2024. This initiative provided screenings in dermatology, blood sugar levels, cardiac assessments (ECG), and general medicine, reflecting a commitment to social responsibility and community health.

Additionally, St Aloysius (Deemed to be University) has a Memorandum of Understanding (MoU) with the Department of Psychiatry at Yenepoya University, which has a dedicated team of psychiatrists, psychologists, and social workers committed to comprehensively address the psychological, and social dimensions of mental health care.

This agreement facilitates immediate medical attention when required, underscoring the institution's dedication to the well-being of its community. These collaborations

exemplify St Aloysius University's proactive approach to integrating healthcare support within its educational environment, fostering a holistic atmosphere for learning and personal development.

Mental health professionals

The following special courses have been organised to educate and train mental health professionals who work in close quarters with students:

Certificate Course in Psychosocial Wellbeing

The Department of Counselling successfully conducted a six-month Diploma Course in Psychological Well-being through online mode from March 5 to August 28, 2024. It aimed to provide foundational knowledge in psychology and counselling.

The syllabus covered essential topics such as theories of personality, counselling stages, psychological first aid, relaxation techniques, and case discussions. Sessions were facilitated by a team of internal faculty members and external experts, ensuring high-quality learning. Participants were assessed through assignments and tests evaluating both theoretical and practical understanding. The interactive sessions and the diverse participant demographic contributed to a rich and engaging learning experience.

This initiative successfully equipped participants with essential counselling skills and psychological insights, reflecting the department's commitment to promoting mental health awareness and education.

Workshop on Acceptance & Commitment Therapy (ACT)

On June 22, 2024, the Department of Counselling at St. Aloysius (Deemed to be University) conducted a workshop on Acceptance and Commitment Therapy (ACT) to foster professional development among the University's counsellors. The resource person was Dr. Gitanjali Natarajan, Professor and Head of the Department of Clinical Psychology at Amrita Institute of Medical Sciences, Kochi. Acceptance and commitment therapy (ACT) helps individuals accept their thoughts and feelings while committing to living according to values.

Workshop on fostering empathy and emotional regulation in classroom and orientation on class guide-counsellor collaboration for class guides

The Department of Counselling and Health Sciences, St Aloysius (Deemed to be University) organized a full day workshop for the class guides of UG on 26 June, 2024.

A session on 'Fostering Empathy in Classroom' was conducted by Dr Malini N Hebbar and 'Emotional Regulation' by Dr Priyesh C. Vice Chancellor, Rev Dr Praveen Martis SJ conducted a session to orient the class guides about 'Class Guide-Counsellor Collaboration'.

Introduction of 'Student Welfare Officer - Counsellor System' for Post Graduation Faculty Members

On the 25th of July 2024, the Student Welfare Officers-Counsellor system was introduced in the PG block during a meeting at Sanidhya Hall, presided over by Vice Chancellor Rev. Dr. Praveen Martis SJ. He highlighted the importance of Emotional Intelligence (EQ) and the need to identify and support vulnerable students. Mr. Shimil, Chair of Counselling, and Ms. Charleen Rebimbus, PG Counsellor, discussed the significance of the new system and sought suggestions.

Counsellors Evaluation Meet

On November 12, 2024, the Department of Counselling organized an experienced-new counsellor mentorship pairing, where case discussions focused on challenges faced by new counsellors. The case discussions were documented for future reference. Following these discussions, a common meeting was conducted to brainstorm creative solutions and management strategies for handling complex cases.

Psychometric testing

Psychometric testing was organized for the first-year UG & PG students in the month of March, aimed at assessing the personality and interest profiles of students from all the schools. Students participated in this assessment, demonstrating significant interest and cooperation throughout the sessions. A total of 1934 students from 1st year UG and PG have taken this test, prepared by Mumbai-Online Psychometric Centre. The purpose of the testing was to better understand the personality and interest patterns of the students, which would aid in providing personalised academic support going forward.

Gratitude Circle session

In the first week of February, the Department of Counselling organised a Gratitude Circle session for the final-year UG & PG students. This initiative was part of the university's ongoing efforts to support students' emotional well-being and personal growth as they near the end of their undergraduate/postgraduate journey. It provided a reflective space for students to pause and look back on their three-year academic journey for UG and two year academic journey for PG students, celebrating both their achievements and the lessons learned along the way. The core activities during the session included guided reflections on gratitude, exercises to release negative emotions and a powerful activity where students wrote heartfelt letters to their future selves. These practices were designed to foster emotional awareness, promote inner peace and encourage a forward-looking mindset as students prepare to transition into the next phase of their lives. The facilitators led the sessions with warmth and sensitivity, creating a safe and inclusive atmosphere where students could engage openly.

Physical Fitness Focus: Emphasis on physical activities for overall wellness

St Aloysius (Deemed to be University), Mangaluru, places a strong emphasis on the holistic well-being of its students by integrating regular fitness and wellness programs into campus life. The Department of Physical Education offers a diverse range of activities, including yoga sessions, Zumba classes, and various sports, to promote physical health and mental well-being.

Yoga is a significant component of the university's wellness initiatives. The institution celebrates International Yoga Day annually and has established a Yoga Club to encourage daily practice among students. Workshops and sessions are conducted to help students manage academic stress and enhance their overall health.

The university boasts state-of-the-art facilities to support these activities, including indoor amenities like a gymnasium, yoga hall, and courts for badminton and table tennis, as well as outdoor facilities such as a 300-meter athletic track, basketball and volleyball courts, and a swimming pool.

While specific policies regarding mandatory participation for hostel students are not detailed in the available information, the university's comprehensive approach to fitness and wellness underscores its commitment to fostering a healthy and active student community.

St Aloysius (Deemed to be University), Mangaluru, offers a comprehensive array of sports and recreational facilities to promote physical well-being and holistic development among its students.

Skill Enhancement Program in Yoga, Health & Wellness

The **Department of Physical Education** at **St. Aloysius University** has been actively conducting a **Skill Enhancement Program in Yoga, Health, and Wellness**, aimed at fostering holistic development among first-year students. This program is an integral part of the university's efforts to promote physical, mental, and emotional well-being through structured and engaging activities.

The program is conducted for **four hours a week** and is **mandatory for all first-year students**, ensuring wide participation. In the academic year, **over 2,500 students** benefited from this initiative, making it one of the largest and most impactful wellness programs at the university.

A significant highlight of the program is the Yoga training sessions, which are led by the renowned Yoga Guru, Yogaratna Gopal Krishna Delampady, along with the support of university yoga students. These sessions focus on a variety of traditional yogic practices, including asanas (postures), pranayama (breathing techniques), and meditation, which help students improve their flexibility, posture, concentration, and inner calm. The presence of an experienced yoga guru has greatly enhanced the quality and authenticity of the training provided.

Complementing the yoga component is the Health and Wellness program, conducted by students of the Dance Association under the guidance of the Physical Education Department. This segment runs for **two hours a week** and includes dynamic activities like aerobic dance workouts, rhythm-based fitness sessions, and health awareness

programs, aimed at building stamina, coordination, and general fitness in an enjoyable and inclusive atmosphere.

To ensure the effectiveness of the program, an **assessment is conducted at the end of the semester**, which includes both **theory and practical examinations**. These evaluations help measure the students' understanding of the concepts of yoga, health, and wellness, as well as their practical abilities and consistency in participation.

In conclusion, the Skill Enhancement Program in Yoga, Health & Wellness at St. Aloysius University has been a resounding success. By integrating professional expertise, student involvement, and structured assessments, the program has significantly contributed to the physical and mental well-being of the students. It continues to stand as a model for student-centred wellness initiatives in higher education institutions.

Hostel Life in St Aloysius (Deemed to be University), Mangaluru

The hostels at St Aloysius (Deemed to be University) offer more than just accommodation; they provide a nurturing and vibrant environment that contributes significantly to the holistic development of students. The academic year 2024–25 was marked by various engaging programs, infrastructure enhancements, and student-led initiatives across all hostel campuses, fostering community living and personal growth.

At the **AIMIT campus**, the Loyola Gents Hostel and the Mother Teresa & Gonzaga Ladies Hostels accommodated 296 students (144 male and 152 female) from postgraduate courses such as MBA, MCA, MSc Data Science, and MSc Bioinformatics. Students hailed from diverse ethnic and cultural backgrounds, enriching the hostel experience with shared traditions. Activities included a comprehensive **Orientation Program in June 2024**, weekly chapel services including Rosary, Adoration, and Eucharistic celebrations, and cultural festivities such as **Christmas, Deepavali, Monthi Fest**, and **Patrons' Feast** celebrated throughout the year. A **Hostel Sports Day** was held on **1 December 2024**, followed by an **Outreach Program in January 2025**, and the annual **Hostel Day & Farewell in February 2025**. A digital hostel management system was also introduced for better monitoring and communication.

The **St Aloysius Gents Hostel**, housing 530 students, hosted a range of events and upgrades. The year began with an **Orientation and Investiture Ceremony** in **July 2024**, graced by **ACP Geetha Kulkarni**, and a lively **Freshers' Day** in the same month. Sports and recreational facilities included games such as table tennis, cricket, hockey, and badminton. Cultural celebrations featured **Onam and Christmas**, with a special Christmas event in December 2024 led by **Dr. Shakila Hegde**. A unique initiative was the **Kitchen Staff Outing** to Shobhavana, Moodbidri, and Kerala as a gesture of gratitude. Infrastructure improvements included the tiling of corridors, expansion of rooms, implementation of rainwater harvesting, new furniture installations, and repainting of blocks. Plans for expanding the **Loyola Building** are also underway.

The **St Aloysius PG Ladies Hostel**, home to 113 postgraduate students, conducted several impactful programs. These included **Fresher's Day on 25 July 2024**, and an **Orientation Session** in August themed "Grooming Young Women," led by **Dr. Mona Mendonca**. A cultural event, **Aarpo (Nativity and Onam)**, was celebrated on **11 September**, followed by a **Substance Abuse Awareness Talk** in September by **Dr. Rohan Monis**. **Prayer services** by Jesus Youth were held on **23 October**, and a **Mental Health Awareness Talk** was delivered on **30 January 2025** by **Dr. Caroline D'Souza**.

The **UG Ladies Hostel**, with 176 residents, held its **Orientation Program in the first week of June 2024** under the theme "Transition & Transformation," featuring speakers **Dr. Gladwin Fernandes** and **Mr. Manoj Louis**. The **Welcome Ceremony for First-Year Students** was conducted on **12 July**, while **festivals like Nativity, Onam, and Janmashtami** were celebrated on **11 September**, followed by **Christmas** celebrations on **18 December** and **Carol Singing** on **21 December 2024**. The **Farewell for PUC students** was organized on **23 January 2025**, along with workshops on **Time Management (24 Jan)**, **Self-discovery (29 Jan)**, and **Creativity & Innovation (9 Feb)**. The **Hostel Picnic** took place on **2 February**, and a grand **Cultural Program & Prize Distribution** was held on **31 January 2025**. The hostel also held **monthly birthday celebrations and movie nights**, fostering a warm and family-like atmosphere. A student leadership council was formed with **Ancita** as President, **Ashwathy** as Assistant Leader, and **Princia D'Souza** as Joint Secretary.

In conclusion, the hostel life at St Aloysius (Deemed to be University) is a vibrant blend of academic discipline, cultural diversity, and holistic development. With structured programs ranging from spiritual enrichment and value-based sessions to skill-building workshops, recreational activities, and festival celebrations, the boys' and girls' hostels provide a nurturing environment that promotes personal growth, community living, and emotional well-being. The dedicated efforts of wardens, student councils, and support staff ensure a safe, inclusive, and engaging residential experience that complements the university's mission of forming men and women for and with others.

Sports Activities conducted by the Department of Physical Education

1. Introduction

The Department of Physical Education at St Aloysius (Deemed to be University) has successfully organised a dynamic calendar of sports activities during the academic year 2024–25. These events were designed to foster physical fitness, team spirit, and leadership among students. Alongside internal competitions, the department actively collaborated with external organisations to provide students with opportunities to participate in district, state, and national-level tournaments, strengthening both the university's sports culture and student exposure.

2. Internal Leagues and Campus Competitions

The campus witnessed vibrant participation in several internal leagues across multiple sports disciplines. The Aloysian Swimming Premier League (Season 2) held on 28 August 2024 at the college pool crowned Aloysian Oaks as champions in the women's category and Aloysian Rowans as runners-up. The Aloysian Table Tennis League (Season 3) and Aloysian Chess League (Season 3), both conducted on 21 August 2024, saw the Junipers and Magnolias winning their respective events. On 11–12 September 2024, the Aloysian Badminton Premier League (Season 5) showcased intense matches, with Junipers emerging as winners. The Throwball League (Season 5) followed on 25 September 2024, with Teakwoods and Pines winning in the men's and women's categories respectively.

The grand Annual Athletic Meet, held on 19 December 2024, featured athletic performances across categories, with 1st BVoc emerging as the overall champions. The Aloysian Premier League (Season 7) cricket tournament was held on 16–17 January 2025, where Olives clinched the title. The Tug of War League, Basketball League, and Volleyball League, held in February 2025, were successfully organized and drew wide participation. A notable highlight was the Hockey League (Season 1) and the Softball League (Season 2) on 21 and 22 February respectively, which were conducted with great enthusiasm and participation.

3. Inter-Collegiate Events Hosted

St Aloysius University played host to the ALOYSIAD 2024 Inter-Collegiate Fest on 8 October 2024, featuring Volleyball (Men) and Throwball (Women). The winners in the degree category were NMAM Institute of Technology for Volleyball and St. Aloysius University for Throwball. In the PUC category, Sharada Ganapathi PU College emerged victorious in Volleyball.

On the same day, the university hosted the Mangalore University Inter-Collegiate Basketball Tournament, where St. Aloysius College secured the winner's trophy, with SDM College, Ujire as the runner-up.

4. External Achievements by Students

The university's student-athletes made significant strides beyond the campus. At the International Karate Championship held in Kulshekar, Mangaluru from 6–8 September 2024, students such as Bhuvi G.S. and Shrike R. Salian secured multiple medals in Kumite and Kata categories. The men's team triumphed in the Young India Yuva Badminton Tournament on 17 November 2024. The university cricket team clinched the title in the Tulunad Trophy held at Urwa Grounds on 28–29 October 2024. Further, in the Dasara Tournaments, the men's teams won in Football at Nehru Maidan (23 September) and Hockey (26 September). Students also proudly represented the university in the All-India Inter-University Games, competing in Basketball, Chess, Badminton, and Wrestling.

5. Awards & Recognition

In recognition of outstanding performance, K.S. Shubhapraba was awarded Best Athlete – Female for achievements in Chess, while Mounish H. Shetty received the Best Athlete – Male award for excellence in Athletics and Softball. Prestigious sports scholarships were conferred upon deserving students: the Benjamin Dsouza Memorial Award was awarded to Joel Julian Lobo (Football) and Vindya G. Bhandary (Swimming); the Steve Lloyd Tauro Award went to Sanjay Benjamin D’Cruz (Cricket); and the C.K. Padmanabhan Award was presented to C.R. Rakshith, P.M. Divin, and Subramani (Hockey).

6. Workshops, Talks, and Capacity Building

As part of student development, the department conducted Skill Print Workshops under the B.Voc Sports Management program. These sessions emphasized League Management and career development in the sports sector. In addition, an insightful Alumni Talk was delivered by Rashmi Mayola Peres, currently with the SDA Court of the Principal District Judge in Karnataka, offering guidance and inspiration to students.

7. Best Practices and Infrastructure Development

The department maintained a strong focus on continuous improvement and sports integrity. Routine inspection of sports surfaces and equipment was conducted to ensure safety and quality. Core values such as leadership, goal-setting, and fair play were actively encouraged among participants. Looking forward, ambitious plans include the development of a 300-meter synthetic track, an indoor weightlifting room, and a multi-purpose stadium, further enhancing the sporting infrastructure on campus.

Annual Sports Events Report 2024-25 Department of Physical Education

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1. Inauguration of Sports Leagues 2024-25

The Inauguration of the Sports Leagues for the academic year 2024-25 was held on 17th August 2024 at L.F. Rasquinha Hall, LCRI. Ms. Rashmi Mayola Peres graced the occasion as the Chief Guest. The event witnessed the launch of the first sports newsletter "Kreeda" and an inspiring Alumni Talk titled "If You Change Your Mind, You Can Change Your Life."

2. Mangalore University Inter-Collegiate Basketball Tournament 2024-25

St. Aloysius College hosted the Mangalore University Inter-Collegiate Basketball Tournament for Men on 8th October 2024. A total of 14 colleges participated. St. Aloysius College emerged as the champions, with SDM College, Ujire as the runners-up, followed by MGM College, Udupi, and Alva's College, Moodabidri.

3. Aloysian Sports Leagues 2024-25

The Aloysian Sports Leagues for 2024-25 featured various exciting tournaments:

3.1. Aloysian Badminton Premier League (Season 5)

The Aloysian Junipers claimed the title, and Mr. Mohith D'Silva was recognized as the Best Player.

3.2. Aloysian Chess League (Season 3)

Aloysian Magnolias emerged victorious, showcasing intellectual prowess.

3.3. Aloysian Swimming Premier League (Season 2)

Aloysian Oaks secured the championship in an exciting series of swimming competitions.

3.4. Aloysian Table Tennis League (Season 3)

Aloysian Junipers once again triumphed in the Table Tennis League.

3.5. Aloysian Throwball League (Season 5)

The men's title went to Aloysian Teakwoods, while Aloysian Pines won in the women's division.

3.6. Aloysian Premier League (Cricket) - Season 7

Aloysian Oaks clinched the cricket title in a fiercely contested tournament.

3.7. Aloysian Basketball League (Season 5)

The Aloysian Olives stood tall as the champions of the Basketball League.

3.8. Aloysian Tug of War League (Season 3)

The Aloysian Olives won in the men's division and Aloysian Ferns in the women's division.

3.9. Aloysian Volleyball League (Season 5)

The Aloysian Hazels won the men's volleyball championship while Aloysian Rowans topped the women's division.

4. Aloysiad Inter-Collegiate Sports Fest 2024

Held on 8th October 2024, the Aloysiad Sports Fest was organised for Pre-university students and undergraduate students from different colleges at the National level, which witnessed vibrant participation. NMAM Institute of Technology won the men's volleyball event, while St. Aloysius University triumphed in the women's throwball event.

5. Skill Sprint Workshops

Skill Sprint Workshops were organized on 11th and 28th September 2024, focusing on Chess, Table Tennis, Swimming, Badminton, and Throwball. Guest speakers included Mr. Irwin Glen Soans and Ms. Mabel Victoria Menezes who shared valuable insights.

6. Alumni Talk: Heroism in Sports

An Alumni Talk on "Heroism in Sports: Myths and Realities" was conducted on 24th February 2025. Rev. Dr. Robin Xavier VC delivered an inspiring session, breaking common myths about sports heroism and emphasizing resilience and smart decision-making.

7. 145th Annual Athletic Meet 2024-25

The 145th Annual Athletic Meet was held at Mangala Stadium on 19th December 2024. The event was inaugurated by national athlete Mr. Sonith Mendon. Students and staff participated enthusiastically in a variety of track and field events. Mr. Mounish H. Shetty (III B.Sc) and Ms. Preethisha Shetty (I BVoc) were declared Individual Champions, and I BVoc bagged the Overall Championship in both men's and women's categories.

Report on National Sports Day Celebration

The Department of Physical Education, St. Aloysius (Deemed to be University), Mangaluru, celebrated **National Sports Day** on **August 28, 2024**, by organizing the **Aloysian Swimming Premier League (ASPL) Season 2** at the college swimming pool.

Marking the occasion dedicated to the legendary Major Dhyan Chand, the event highlighted the importance of fitness, teamwork, and sportsmanship. A total of **36 swimmers** across four teams – **Aloysian Oaks, Rowans, Alders, and Sycamores** – competed in **28 swimming events**, along with engaging activities like water polo, skins, and fins.

Aloysian Oaks emerged champions with **65 points**, closely followed by **Aloysian Rowans** with **63 points**. Medals and certificates were awarded to outstanding performers.

The valedictory ceremony was graced by **Mr. Roshni Bobby** (Business Head, Textile Centre) as Chief Guest and **Dr. Sudesh Sashtry** (International Master Swimmer) as Guest of Honour, alongside Physical Education Directors and Coordinators.

Through ASPL Season 2, the University proudly upheld the spirit of National Sports Day, promoting excellence and holistic development among students.

Extra-Curricular and Co-curricular Activities

St Aloysius (Deemed to be University), Mangaluru, fosters a dynamic and inclusive learning environment that goes beyond academic excellence. One of the key contributors to this vibrant campus culture is the wide range of student associations that operate across disciplines and interests. The association ecosystem at St Aloysius (Deemed to be University) plays a crucial role in enriching student life beyond the classroom. With a strong emphasis on holistic education, the university encourages active participation in a variety of student-led associations that are broadly classified into **Co-Curricular, Extra-Curricular, Statutory, and Postgraduate (PG) Associations**. These associations offer platforms for academic enrichment, cultural engagement, community service, leadership development, and skill-building throughout the academic year.

Co-Curricular Associations aim to promote academic excellence and practical, skill-based learning among students. The **Management Association** organised a 'Be an Entrepreneur Challenge' on **2 August 2024** at the **Arrupe Block**, encouraging innovation and business thinking. The **Potentia – Commerce Association** conducted a 'Corporate Interview Simulation' on **18 July 2024** in the **Commerce Department**, preparing students for professional interviews. The **AI Empower HR Forum** hosted a talk on 'HR Careers' on **30 July 2024** at the **Commerce Block**. The **Synergia – Food Science Association** marked **World Food Day** with a radio talk aired via **Sarang FM** on **16 October 2024**. The **NutriFood Association** conducted a 'Cooking Without Fire' competition in **August 2024** at the **Nutrition Lab**. The **Astro Club** held an **Astronomy Quiz** on **12 July 2024** in the **Physics Department**, while **Bionex – Biochemistry Association** engaged students through a **Science Quiz** on **27 July 2024**. Language and culture-focused groups such as the **Konkani Association** celebrated **Konkani Manyata Diwas** on **20 August 2024** in the **Auditorium**, and the **Kannada Sangha** organised a visit to **Gutthu Mane** on **2 October 2024** in Mangaluru. The **Lit-O-Sphere** association hosted a **Debate Competition** in **September 2024** within the **English Department**.

Extra-Curricular Associations provide space for creativity, cultural expression, and environmental responsibility. The **Dance & Music Club** conducted a **Dance Workshop** focusing on Kathak and Contemporary styles on **6–7 October 2024** in the **Auditorium**.

The **Dramatics Club** ran a **Street Play Series** from **August to November 2024** across various **campus grounds**, showcasing social messages through theatre. The **Eco Warriors (ECCC)** led a **Nature Walk – Snap & Stroll** event on **4 September 2024**, as well as a **Plantation Drive** on **14 July 2024** at **Surathkal**, advocating for environmental sustainability. The **Student Council** energized first-year students through its talent event, **Step into the Spotlight**, held in **October 2024** in the **Auditorium**.

Statutory Associations support the university's governance and promote inclusion, equity, and student welfare. The **Student Council** hosted the **Investiture Ceremony** on **18 July 2024** in the **LF Rasquinha Hall**, and organized the **Gandhi Jayanthi Celebration** on **2 October 2024** at the **Administrative Block**. The **Equal Opportunity Cell** arranged a **Disability Awareness Program** in **September 2024** at the **Seminar Hall**. The **Women's Forum** conducted a **Self-Defense Workshop** in **August 2024** in the **Gymnasium**, and the **Anti-Ragging Cell** held an **Awareness Campaign** on **16 August 2024** across the **college campus**, reinforcing student safety and campus harmony.

The **Postgraduate (PG) Associations** focused on discipline-specific academic enrichment and professional orientation. The **SACMAC – M.Com Association** organized an **Industrial Visit** on **30 August 2024** to companies in **Mangaluru**, giving students real-world insights into commerce. The **Phoenix – Physics PG Association** conducted a **Talk on Nuclear Physics** on **14 August 2024** in the **Seminar Hall**. The **Amartha – Economics Association** hosted a **Budget Preparation Workshop** in **August 2024** at the **Economics Seminar Hall**, and the **PG English Department** conducted a **Guest Lecture on Postcolonial Literature** in **September 2024** in the **AV Room**, helping students engage with critical thought and emerging literature.

In conclusion, the association activities at St Aloysius (Deemed to be University) for the academic year 2024–25 reflect a vibrant and inclusive student community. These associations not only provide platforms for creativity, academic inquiry, and leadership but also foster collaboration, diversity, and social responsibility. Together, they contribute significantly to the holistic development of students, aligning with the

university's mission of forming individuals who are intellectually competent, morally upright, and socially committed.

Outdoor and indoor sports facilities and infrastructure are on the campus:

- **Outdoor Facilities:** The university campus includes well-maintained grounds for football, cricket, basketball, volleyball, and tennis. These facilities provide students with ample opportunities to engage in various outdoor sports and activities.
- **Indoor Facilities:** For indoor sports enthusiasts, the campus offers courts for badminton and table tennis, as well as a fully equipped gymnasium. These facilities are designed to cater to a wide range of interests and promote regular physical activity among students.
- **Swimming Pool:** The university boasts an Olympic-standard swimming pool, which is the first of its kind in the region. This facility not only serves the student community but is also capable of hosting major events that require national or international level amenities.

Additional Campus Facilities:

Beyond sports, St Aloysius (Deemed to be University) provides a range of facilities to support the overall development of its students. The campus houses a traditional library filled with books, journals, and magazines, as well as a digital library with access to digital publications and e-books. Students are also provided with accommodation in the college hostel. To ensure the well-being of students, medical facilities are available on campus. Additionally, the university features a Wi-Fi-enabled campus, spacious classrooms, a cafeteria offering healthy food options, a shuttle service, an auditorium, seminar halls, and more.

These facilities collectively contribute to a vibrant campus life, encouraging students to pursue excellence in both academic and extracurricular endeavours.

Comprehensive Activity St Aloysius (Deemed to be University), Mangaluru

During the academic year 2024–25, St Aloysius (Deemed to be University) undertook a wide array of developmental activities that supported not only the academic journey of students but also their personal, professional, and cultural growth. These initiatives reflect the university's commitment to providing a holistic educational experience aligned with the UGC's emphasis on student wellness and inclusive campus engagement.

Value Education was deeply embedded across departments through theme-based sessions, reflection activities, and ethical discussions aimed at fostering integrity, empathy, and social consciousness. Initiatives like the **Sahaaya mentoring program** and the **Buddy System** were integrated into value education modules, allowing students to reflect on their responsibilities to themselves and the community.

In the area of **Soft Skills Development**, the university hosted a **Communication Skills Workshop** on 8 October 2024 at the School of Vocational Studies, led by Mr. Shrinivasan Nandagopal, and attended by over 110 students. Additionally, **Job Preparation and Employability Skills Sessions** were held on 15 April, 18 April, and in October 2024, organized by the Placement Cell and Career Guidance Cell at Joseph Willy Hall and other department venues. These sessions equipped more than 360 final-year UG and PG students with the tools necessary to face interviews and secure employment.

Orientation Programs for faculty and newly inducted staff took place during June and July 2024, while new students were given a structured orientation that introduced them to the academic system, student clubs, mentoring programs, and social service opportunities such as NSS and NCC.

Spiritual and personal growth was encouraged through **Retreats and Reflection Days** conducted by the Campus Ministry. Special retreats for hostel students featured a **seminar on self-discovery and networking (29 January 2025)**, a **hostel cultural program (31 January 2025)**, a **picnic (2 February 2025)**, and a **creativity workshop (9 February 2025)**. These experiences helped students strengthen their emotional and interpersonal awareness.

In terms of experiential learning, the university organised multiple **Educational Tours and Industrial Visits**. A major visit to **Bisleri and Kalbhavi Cashew Factory** on 25 September 2024 offered retail and logistics exposure to 60 students. Meanwhile, the Department of History organised a **heritage tour on 26 September 2024** under the theme “Exploring the Coastal Past,” which included a visit to the SP Bungalow in Mangaluru, a site of colonial architectural interest.

The **Job Placement Cell** was particularly active, facilitating **150+ campus recruitment drives** between May 2024 and March 2025, with major companies such as Infosys, Internshala, Monster, Springboard, and iSkewLearning participating. Students benefited from **pre-placement training programs** held between August and October, including interview prep and resume writing workshops. An **in-house training series with WizdomEd** in September 2024 and additional one-day programs during October–November enhanced employability skills for hundreds of students.

The university also maintained its vibrant cultural calendar through diverse **Cultural Activities**. The **Aloysian Art League – Season IV**, held on 10 September 2024, featured inter-class artistic competitions and drama. On **World Food Day (16 October 2024)**, the Department of PG & R in Food Science hosted a cultural forum that included art displays, food stalls, and a radio talk on Sarang FM. Furthermore, students performed **street plays and mime acts** on 13 August 2024 under the theme “Be a Buddy, Not a Bully,” raising awareness on peer support and bullying.

In summary, the institution conducted integrated sessions in **Value Education**, more than five major **Soft Skills** workshops, two major **Orientation** programs, four **Retreats**, multiple **Industrial Visits**, and over 150 **Placement Drives**, placing more than 300 students. More than ten **Cultural Events** brought life to the campus through music, drama, and fine arts.

In conclusion, St Aloysius (Deemed to be University) continues to uphold its commitment to holistic education through a balanced blend of academic enrichment, professional training, cultural expression, and personal development. These initiatives echo the spirit of UGC’s guidelines and affirm the university’s role as a nurturing and inclusive space for student success.

Memorandum of Understanding (MOUs) and partnerships established by St. Aloysius (Deemed to be University), Mangaluru, highlighting their scope, objectives, and key collaborators:

International Collaborations

1. Global Academic Partnerships

St. Aloysius University has formalised over 14 MOUs with esteemed international universities across countries such as the United States, Germany, Japan, Spain, and the United Kingdom. These collaborations aim to foster academic exchange, joint research initiatives, and cultural understanding. Notably, the university has engaged in active collaborations even beyond these formal agreements, emphasising its commitment to global academic integration.

2. U.S. University Delegation Visit

On February 14, 2024, a delegation comprising 40 representatives from 17 U.S. universities visited St. Aloysius University. This trade mission facilitated bilateral interactions, paving the way for potential collaborative ventures and academic exchanges. The universities represented included the University of Texas at San Antonio, St. Mary's University of San Antonio, Texas, Clarkson University, Park University, Bryant University, University of Wisconsin-Stout, Pennsylvania College of Technology, University of Arkansas, The Catholic University of America, Kennesaw State University, George Washington University, Marymount University, University of San Diego, St. Louis University, University of Utah-David Eccles School of Business, City University of Seattle, and State University of New York, Buffalo (SUNY Buffalo).

3. Partnership with Olivet University, USA

The university has established a strategic partnership with Olivet University, USA, for the MBA 500 program. This collaboration involves specialized training for faculty members and students, aiming to enhance their skills and competencies, thereby enriching the academic landscape of St. Aloysius University.

4. Collaboration with the University of Malaysia Sabah

St. Aloysius University signed an MoU with the University of Malaysia Sabah to collaborate actively in fields such as Chemistry, Food Sciences, Biotechnology, Bioinformatics, and Biology. The partnership includes organizing joint conferences, online lectures, and conducting joint research, particularly focusing on obesity-related studies in the ethnic population of Malaysia. Additionally, both institutions have proposed co-authoring scientific books and journals, and sharing research resources developed due to their unique geographical positions.

Domestic Collaborations

1. Tata Consultancy Services (TCS)

St. Aloysius University has a longstanding partnership with Tata Consultancy Services (TCS). An MoU was initially signed to collaborate on the M.Sc. Big Data Analytics and B.Com. programs, focusing on curriculum design, video conferencing, internships, and student placement opportunities. This partnership was renewed on August 17, 2022, extending the collaboration for another three years. As per the renewed agreement, TCS continues to recruit students for internships and job placements annually and has a representative in the Board of Studies of the Big Data Analytics department.

2. Indian Catholic Youth Movement (ICYM) Mangalore Diocese

On October 9, 2024, the Red Drop unit of the Indian Catholic Youth Movement (ICYM) of the Diocese of Mangalore signed an MoU with St. Aloysius University. This collaboration aims to foster community engagement and social responsibility among students, emphasizing the importance of collective efforts in creating a positive societal impact.

Key Outcomes and Initiatives

- **Student and Faculty Exchange Programs:** The university has facilitated student and faculty mobility through its international collaborations, providing opportunities for academic exchange and global exposure.

- **Joint Research Projects:** Collaborations have led to joint research initiatives, particularly in areas like health sciences and environmental studies, leveraging the unique geographical and cultural contexts of partner institutions.
- **Curriculum Development:** Industry partnerships, notably with TCS, have contributed to curriculum design and enhancement, ensuring that academic programs align with current industry standards and requirements.
- **Community Engagement:** Domestic collaborations have emphasized community service and social outreach, integrating these values into the university's educational framework.

St. Aloysius (Deemed to be University) continues to expand its network of collaborations, both internationally and domestically, to enrich its academic offerings, foster research, and promote community engagement.

Radio Sarang 107.8 FM - Community Radio of St Aloysius (Deemed to be University)

Introduction

Radio Sarang 107.8 FM, established in September 2009, is the pioneering community radio station of Dakshina Kannada. Operated by St Aloysius (Deemed to be University), Mangaluru, and managed by the Mangalore Jesuit Educational Society (MJES), it serves as a vital platform for community engagement and empowerment. The station was inaugurated on September 23, 2009, by the then Governor of Karnataka, Mr. Hansraj Bhardwaj, in the presence of dignitaries including Bishop Aloysius P. D'Souza and Rector Fr. Joseph Rodrigues SJ.

Mission and Vision

Radio Sarang aims to amplify the voices of marginalized communities, fostering social inclusion and cultural diversity. The name 'Sarang', meaning 'harmony of colours',

reflects its commitment to representing the multifaceted social, religious, and linguistic tapestry of coastal Karnataka.

Broadcasting and Language Diversity

Broadcasting 16 hours daily from 6 a.m. to 10 p.m., Radio Sarang offers programming in four local languages: Kannada, Tulu, Konkani, and Beary [cite]turn0search1[. Its digital presence extends its reach globally, providing 24-hour access through its online platform and mobile applications

Community-Centric Programming

Approximately 95% of Radio Sarang's content is produced by or with the local community, including farmers, fisherfolk, vendors, students, and individuals with disabilities [cite]turn0search2[. Signature programs include:

- **'Antarabelaku'**: A program highlighting the lives of visually impaired individuals, which won the National Award for Most Creative/Innovative Program in 2019.
- **'Hello Wenlock'**: A live health program featuring doctors from Wenlock District Hospital.
- **'Makkaledege Sarang'**: Children's programming aimed at education and engagement.
- **'Sarang Sangama'**: Interactive sessions with listener feedback.
- **'Talo Umalo'**: A Konkani program focusing on cultural contributors.
- **'Maikaltho Palka'**: A Beary language program.
- **'Janadani'**: Live discussions on current issues.
- **'Genada Nade'**: A live program with writer Dr. Ganesh Amin Sankamar.
- **'Tulu Chavadi'**: A live Tulu language program.

These programs address a range of topics, including health, education, legal awareness, environmental issues, and cultural preservation.

Innovative Initiatives

In a groundbreaking move, Radio Sarang became the first FM radio channel in coastal Karnataka to feature a transgender Radio Jockey. On November 21, 2017, RJ Kajal, a transgender individual from Maharashtra, began hosting 'Shubhamangala', a program airing every Tuesday from 5 p.m. to 6 p.m.

Awards and Recognition

Radio Sarang has received multiple national accolades for its innovative and community-focused programming. Notably, it won the Most Creative/Innovative Program award in 2019 for 'Antarabelaku'.

Community Engagement and Impact

The station actively engages with the community through field reporting, live interactions, and participatory content creation. It serves as a platform for various community members, including marginalized groups, to voice their concerns and share their stories.

Conclusion: Radio Sarang 107.8 FM stands as a beacon of community empowerment, cultural preservation, and social inclusion. Through its diverse programming and commitment to representing the voices of coastal Karnataka, it exemplifies the transformative power of community radio.

St. Aloysius (Deemed to be University) in Mangaluru, through its Alumni Association (SACAA), has actively engaged its alumni community in various initiatives aimed at student development, institutional growth, and societal contributions.

St. Aloysius University, Mangaluru, through its Alumni Association (SACAA), has consistently fostered meaningful engagement with its alumni community. One of the key initiatives is the "Alumni Interaction Series," designed to bridge the gap between current and former students who have excelled in various professional fields. These sessions serve as valuable platforms for career guidance, skill development, and exposure to real-world experiences. For instance, on August 8, 2023, Ms. Mereena Joseph, a Junior Data

Scientist at Ernst & Young, inaugurated the series by sharing her journey in the data science field and stressing the need for continuous learning. This was followed by Ms. Reshma Rosilin Joseph, a Data Analyst from Sydney, who, on October 6, 2023, discussed the evolving landscape of data analysis. On February 3, 2024, Mr. Shahinsha Thasveer from BYJU'S addressed students on careers in the education sector. Another engaging session on February 10, 2024, highlighted the diversity of career paths available to mathematics graduates. Most recently, on April 12, 2024, Ms. Wilma Laveena Dsouza, now an Assistant Professor at St. Joseph's University, Bangalore, emphasised the importance of adaptability in academia.

Further expanding the reach of alumni interactions, the Department of Business Administration hosted a unique session on photography and videography skills on March 28, 2024. The workshop featured alumni Mr. Joel Shaman, Brand Ambassador of Nikon India, and Mr. Samuel Corda, who provided practical training in visual storytelling. This reflects the university's commitment to holistic education and skill-based learning through alumni involvement.

SACAA also actively organises annual alumni meets, which serve as important occasions for networking and honouring alumni achievements. The 31st Annual General Body Meeting was held on October 22, 2021, in the college auditorium, bringing together university officials, SACAA office bearers, and numerous alumni. In another milestone event on January 12, 2022, the university conferred 'Eminent Aloysian Alumni Awards' to six distinguished alumni. The same event also celebrated the 90th birthday of Fr. Leo D'Souza SJ, recognising his contributions to science and the university. Continuing this tradition, on January 11, 2023, the 'Aloysian Youth ICON Award' was presented to five young alumni to acknowledge their exceptional achievements and inspire the current student body.

Beyond academic and professional interactions, SACAA also undertakes environmental and community-driven initiatives. One such notable project is the Miyawaki Urban Forest, initiated on July 24, 2021, to create a dense green space on campus using the Miyawaki method. This was complemented by the "Own a Tree Campaign" launched on October 2, 2021, encouraging alumni and others to sponsor fruit-bearing trees. Additionally, a Bird Feeder and Nest Making Competition was conducted to raise

awareness about wildlife conservation, culminating in an exhibition of student-created bird habitats.

These initiatives collectively reflect St. Aloysius (Deemed to be University)'s deep commitment to sustaining strong alumni relations. Through regular interaction sessions, recognition programs, and community projects, the university successfully integrates its alumni into the academic, developmental, and societal framework of the institution.

In conclusion, St Aloysius (Deemed to be University), Mangaluru, stands out as a holistic educational institution that not only prioritizes academic excellence but also places equal emphasis on the physical, emotional, and cultural development of its students. Through dynamic cultural events like Kalotsava, TEDxSAC, Utsav, and Cultural Leagues, students are encouraged to express creativity and individuality. The university's extensive sports infrastructure, wellness programs, and mandatory participation in physical activities for hostel students underscore its commitment to health and fitness. Collaborations with reputed hospitals, scholarships, and welfare schemes ensure students are well-supported in both health and finances. The Student Services Centre (SSC) and various welfare initiatives further enrich student life, making the university a nurturing and empowering space for young minds to grow into responsible, confident, and capable individuals.

Promoting Psychological and Emotional Well Being

St Aloysius (Deemed to be University) has a dedicated department- the Department of Counselling established for promoting psychological and emotional well being of students. It provides counselling and comprehensive support services, offering confidential guidance and resources to promote mental well being, academic and personal growth. The Department, staffed with seven dedicated counsellors, attends to

the psychological and emotional needs of students across the various blocks of the college.

St Aloysius (Deemed to be University) has initiated activities and programs for inducing behavioural change, inculcating values, and nurturing human strengths among the student community. It engages in proper and regular monitoring of students' behaviour and adopt necessary preventive measures to control deviant tendencies among the students.

Anti-Ragging and Drug Abuse Awareness Week

The Anti-Ragging and Drug Prevention Cell and the Human Wellness Forum (MSW), St Aloysius (Deemed to be University) organised a week-long awareness programme from Aug 12-17th, 2024 in collaboration with the Department of Counselling.

The program familiarised the students with impact and implications of ragging and drug abuse. The students also filled the Anti-Ragging and Drug Abuse affidavit, pledging not to indulge in any form on ragging and pledged abstaining from drug abuse.

Buddy Installation and Oath-Taking Ceremony

The Department of Counselling at St. Aloysius (Deemed to be University) held an Installation Ceremony for the new batch of Buddies on August 30, 2024. During the ceremony, the new Buddies took an oath pledging their commitment to supporting their fellow students. They were also presented with badges symbolizing their role as Buddies.

Talk on Stress Management

School of Arts and Humanities, and Department of Counselling, in collaboration with Indian Medical Association (R), Mangalore Branch organized a session for the students on Stress Management in students by Dr Aruna Yediyal, Professor, Department of Psychiatry, Father Muller Medical College, Mangalore on 3rd September, 2024. The talk helped students identify signs of stress and suggest techniques to manage stress.

Workshop on Exam Anxiety for undergraduate students

The Exam Anxiety Workshop was held on 25th September 2024 organized by the Department of Counseling. Registrar, Dr. Alwyn D'Sa and the CoE, Dr. Aarti Shanbhag addressed the gathering, emphasizing a positive outlook and self-competitive attitude during exams. The resource person, Ms. Benzita Roshal Ferrao discussed exam anxiety, its triggers, and practical solutions. The session concluded leaving the students equipped with valuable strategies to handle exam anxiety.

Briefing on the importance of counselling and available counselling services for students

On September 26, 2024, School of Vocational studies hosted a parent-teacher meeting to foster communication and collaboration between parents, teachers, and the administration. Mr. Shimil, the Head of Counselling Services, shed light on the counselling services available to students, emphasizing their importance in addressing academic and personal challenges. The meeting concluded with a valuable one-on-one interaction between parents and class guides, providing a platform for personalized discussions and addressing specific concerns.

Assessing students' anxiety levels and workshop on Exam Anxiety for postgraduate students

An Exam Anxiety Reduction Workshop was conducted by the Counselling Department in collaboration with the Controller of Examinations Office on 1st October, 2024 for PG students. The event featured interactive sessions where Ms. Ferrao utilized test scales to assess students' anxiety levels and discussed techniques for managing anxiety and identifying limiting beliefs. The workshop concluded with a Q&A session.

Compulsory papers on value education and gender equity in the curriculum

Undergraduate students, in course of the first two years of UG, have Value Education and Gender Equity as compulsory papers in their curriculum. Incorporating such subjects has fostered a well rounded, socially conscious education. They gain a deeper understanding of fundamental dignity and worth, promoting empathy, inclusive,

equitable mindset and respect for diversity. It also empowers students to be responsible global citizens.

The Extension Services

The Extension Services at the University serve as a pivotal bridge connecting the academic realm with the broader community, addressing societal needs and fostering a spirit of civic engagement.

The students and staff extend a helping hand to those in need, creating a bridge between the campus and the broader community. Beyond the direct benefits conferred, participation in these services offers students the chance to cultivate qualities of social responsibility, ecological awareness, and emotional equilibrium.

The University boasts a comprehensive array of extension programs, including Sahaaya for undergraduate students, Rural Immersion for postgraduate students and Community Programmes in Adopted Villages under the UBA project, and Professional Listening (Counselling) services for students, staff, and parents.

Sahaaya, a flagship initiative, empowers students to actively contribute to social well-being and awareness of societal responsibilities. Its activities are divided into four service groups:

1. Centre for Social Concern (CSC)
2. Centre for Environmental Concern (CEC)
3. Centre for Cultural Concern (CCC - 1)
4. Centre for Civic Concern (CCC - 2).

Each of these centres oversees 10 to 15 associations, serving as conduits for the execution of Sahaaya Activities. Every student is expected to dedicate 40 hours to social service over two semesters, with 20 hours allocated to the second semester and 20 hours to the third. This breakdown includes one hour for orientation, 3 hours of Mentoring, 2 hours of reflection and fourteen hours of Sahaaya Exposure activities.

These exposure activities span a wide spectrum, encompassing organizing awareness programs in schools, colleges, and communities on educational, health, environmental and social issues. Students also engage with the residents of care and support centres,

addressing the needs of the underprivileged, elderly, orphanages, de-addiction, and rehabilitation centres. Furthermore, they actively participate in environmentally conscious activities and conduct right-based campaigns, walkathons, cyclo-walkathons, rallies, and more.

Psychometric testing

Psychometric testing was organized for the first-year UG & PG students in the month of March, aimed at assessing the personality and interest profiles of students from all the Schools. Students participated in this assessment, demonstrating significant interest and cooperation throughout the sessions. A total of 1934 students from 1st year UG and PG have taken this test, prepared by Mumbai-Online Psychometric Centre. The purpose of the testing was to better understand the personality and interest patterns of the students, which would aid in providing personalised academic support going forward.

Gratitude Circle session

In the first week of February, the Department of Counselling organised a Gratitude Circle session for the final-year UG & PG students. This initiative was part of the university's ongoing efforts to support students' emotional well-being and personal growth as they near the end of their undergraduate/postgraduate journey. It provided a reflective space for students to pause and look back on their three-year academic journey for UG and two year academic journey for PG students, celebrating both their achievements and the lessons learned along the way. The core activities during the session included guided reflections on gratitude, exercises to release negative emotions and a powerful activity where students wrote heartfelt letters to their future selves. These practices were designed to foster emotional awareness, promote inner peace and encourage a forward-looking mindset as students prepare to transition into the next phase of their lives. The facilitators led the sessions with warmth and sensitivity, creating a safe and inclusive atmosphere where students could engage openly.

Mental health professionals

Following special courses have been organised to educate and train mental health professionals who work in close quarters with students:

Certificate Course in Psychosocial Wellbeing

The Department of Counselling successfully conducted a six month Diploma Course in Psychological Well-being through online mode from March 5 to August 28, 2024. It aimed to provide foundational knowledge in psychology and counselling.

The syllabus covered essential topics such as theories of personality, counselling stages, psychological first aid, relaxation techniques, and case discussions. Sessions were facilitated by a team of internal faculty members and external experts, ensuring high-quality learning. Participants were assessed through assignments and tests evaluating both theoretical and practical understanding. The interactive sessions and the diverse participant demographic contributed to a rich and engaging learning experience.

This initiative successfully equipped participants with essential counselling skills and psychological insights, reflecting the department's commitment to promoting mental health awareness and education.

Workshop on Acceptance & Commitment Therapy (ACT)

On June 22, 2024, the Department of Counselling at St. Aloysius (Deemed to be University) conducted a workshop on Acceptance and Commitment Therapy (ACT) to foster professional development among the University's counsellors. The resource person was Dr. Gitanjali Natarajan, Professor and Head of the Department of Clinical Psychology at Amrita Institute of Medical Sciences, Kochi. Acceptance and commitment therapy (ACT) helps individuals accept their thoughts and feelings while committing to living according to values.

Workshop on fostering empathy and emotional regulation in classroom and orientation on class guide-counsellor collaboration for class guides

The Department of Counselling and Health Sciences, St Aloysius (Deemed to be University) organized a full day workshop for the class guides of UG on 26 June, 2024.

A session on 'Fostering Empathy in Classroom' was conducted by Dr Malini N Hebbar and 'Emotional Regulation' by Dr Priyesh C. Vice Chancellor, Rev Dr Praveen Martis SJ

conducted a session to orient the class guides about 'Class Guide-Counsellor Collaboration'.

Introduction of 'Student Welfare Officer - Counsellor System' for Post Graduation Faculty Members

On the 25th of July 2024, the Student Welfare Officers-Counsellor system was introduced in the PG block during a meeting at Sanidhya Hall, presided over by Vice Chancellor Rev. Dr. Praveen Martis SJ. He highlighted the importance of Emotional Intelligence (EQ) and the need to identify and support vulnerable students. Mr. Shimil, Chair of Counselling, and Ms. Charleen Rebimbus, PG Counsellor, discussed the significance of the new system and sought suggestions.

Counsellors Evaluation Meet

On November 12, 2024, the Department of Counselling organized an experienced-new counsellor mentorship pairing, where case discussions focused on challenges faced by new counsellors. The case discussions were documented for future reference. Following these discussions, a common meeting was conducted to brainstorm creative solutions and management strategies for handling complex cases.

MOUs

St Aloysius (Deemed to be University) has a Memorandum of Understanding (MoU) with the Department of Psychiatry at Yenepoya University, which has a dedicated team of psychiatrists, psychologists, and social workers committed to comprehensively address the psychological, and social dimensions of mental health care.
