

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai - 629153, Kanyakumari District, Tamilnadu.

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ORIENTATION PROGRAMME
2022 - 2023



PROGRAMME SCHEDULE

&

Principal
PRINCIPAL

Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153.



NACCAS ORIENTATION PROGRAMME 2022

ORIENTATION PROGRAMME 2022-2023

Venue: Seminar Hall

DAY:1- KNOW YOUR COLLEGE (01.08-2022 - Monday)

1. Inaugural Session (8 to 9. 30 am)

Prayer song - College Choir

Lighting the Lamp

Welcome Address - Dr. K. Lucas, Asst. Prof. Dept. of Commerce

Inaugural Address - Rev. Fr.Dr.M.Eckermens Michael, Secretary, NACCAS

Presidential Address -Very Rev.Fr.P.Augustin, Financial Administrator,
Diocese of Kulithurai

Felicitation - Rev. Fr.Dr.S.K. Jose Robinson

Address by the Principal - Dr. A. Meenakshi Sundararajan

Interval (9.30 to 9.45)

2. Introducing the Departments (9.45 to 11.00- All HODs)

3. Introducing the Supporting Services (11.15- 12.15)- NSS, YRC, IGNOU, Shift-II

Lunch Break

4. College/Campus Rules and Regulations (12. 45 – 1.15 pm)- Mr.K C Abilash Sam Paulstin.
Head of the Dept. Computer Science

5. Good Manners and Behaviours (1.15 – 1.30 pm)- Rev.Sr.J. Sharmila

6. Quiz (1.30 - 2.00 pm)

DAY: II-KNOW YOUR PERSON (02.08-2022 - Tuesday)

1. Personality Development – Rev. Fr. Eckermens Michael (9.15 – 10.30 am)

2. Employment Enhancing Soft Skills– Dr. S.Jain (10.30 – 11.30)

4. Healthy Food Habits – Dr. Stanly Thomas (11.30– 12.15)

Lunch Break

5. Leadership and Time Management – Rev. Fr. Robinson (12.45 - 1.30 pm)

6. Quiz (1.30 - 2.00 pm)

DAY:III- KNOW YOUR CAREER (03-08-2022- Wednesday)

1. Career Orientation and Goal Setting – Rev. Fr.Dr.S.K. Jose Robinson (9.15 – 10.00)

2. What Next? – Mrs. Dhivya Christy (10 – 12 .15)

Lunch Break

3. Employment Opportunities for Arts and Science Students - Dr. A. Meenakshi Sundararajan,
Principal NACCAS (12.45-1.30)

6. Quiz (1.30 - 2.00 pm)

DAY :IV- KNOW YOUR ENVIRONMENT (04-08-2022 - Thursday)

1. Ecology - Ecosystems - Biodiversity and Conservation – Dr. Edwin Gladson (09.15 – 10.45)
3. Eco Friendly Living – Dr. Rajakumar (Former Dpy Director of Horticulture) (10.45 - 12.15)

Lunch Break

4. Renewable Energy - Dr.L.Femila, Assistant Professor,
Department of ECE, Bethlahem Institute of Engineering (12.45 – 1.45)
5. Quiz (1.45 - 2.00 pm)

DAY:V- KNOW YOUR SOCIETY (05-08-2022 - Friday)

1. Awareness on Drug Abuse – Rev. Fr. Maria Martin (09.15– 10.45)
3. Safety Awareness - Mr.K.Chandran (10.45- 11.30)
Station Officer, Dept. Of Fire & Rescue,
Kuzhithurai Station
2. Anti-Eve Teasing - Mrs. Geetha (11.30- 12.15)
Sub Inspector of Police, All Women Police Station,
Marthandam

Lunch Break

4. Legal Awareness - Adv. T. Sergia Bindu (12.45-1.30)
Legal Advisor to Superintendent of Police
Kanyakumari District.
5. Quiz (1.30 - 2.00 pm)

DAY:VI- KNOW YOUR CONSTITUTIONAL RIGHTS (06-08-2022 - Friday)

1. Constitutional Rights Awareness – Mr.K. R.Krishna Prasad (9.15-10.15)
2. Health Awareness - Rev.Sr.J. Sharmila (10.15-11.30)\
Valedictory (11.30-12.00)
3. Valedictory Address - Dr. A. Meenakshi Sundararajan, Principal, NACCAS
4. Prize Distribution - Rev. Fr.Dr.M.Eckermens Michael, Secretary, NACCAS
5. Vote of Thanks - Dr. R.Rooban Raja Sekar, Head, Dept. of English



A. Meenakshi Sundararajan
Principal
Nanji Catholic College of Arts & Science
Kaliyakkavilai - 629 153.

A REPORT

ON

ORIENTATION PROGRAMME 2022 - 2023

An orientation programme for the freshers 2022 -2023 was organized on 01-08-2022 to 06-08-2022. On all six days, the students were give different topics with entertainment and information using video aid and ppt. Here is the list of topics from day one to five

Day 1 KNOW YOUR COLLEGE

Day 2 KNOW YOUR PERSON

Day 3 KNOW YOUR CAREER

Day 4 KNOW YOUR ENVIRONMENT

Day 5 ENRICH YOUR SOCIETY

Day 6 KNOW YOUR CONSTITUTIONAL RIGHTS

Day 1 KNOW YOUR COLLEGE

The day was initiated with a prayer song and lighting the lamp as a symbol of knowledge and to remove darkness. Then, Dr. K Lucas, Assistant Professor, Department of Commerce, welcomed the gathering with her cheerful voice. Rev. Fr. Eckermens Michael, Secretary, NACCAS gave the inaugural address and instructed the students to follow their passion and the importance of education. Then came the principal of NACCAS, Dr. Meenackchi Sundararajan, to give his special address. He boosted the confidence of the students by giving several examples from his own personal live and other. He further stated the essence of knowledge, live and education.

Then came the department heads of each department, to educate the students about the department, the facilities available for them to use, the library, the play ground, the teaching staff, the gym, the internet facility available in the campus etc. Students observed them with ease and eagerness. A half an hour lunch break was given to them and was instructed to return back on time. After their lunch break they were instructed about the College/Campus Rules and

Regulations, good manners and behaviors. Then came Dr. K Lucas with ten questions from each session that they had observed. The winner of each question was awarded with a surprising gift. The programme came to an end, at 01:45 PM.



Day 2 KNOW YOUR PERSON

The day was initiated by Rev. Fr. Eckermens Michael, the secretary of the college for a presentation on Personality Development. He started the workshop with a very creative introductory session, where students had to introduce themselves in a novel way. They had to either mention an adjective or a quote or song which best describes them. They could also explain the meaning of their names (without revealing the names) thereby giving an opportunity to the others to guess the names! It was an enjoyable ice-breaking exercise and it was observed that students were quite engrossed in the exercise.

The second session was given to Dr. S.Jain for the title Employment Enhancing Soft Skills. His session was unique and informative. He spoke about the importance of communicate skills and the ways to improve in it. He kept on stating that the job opportunities in and around the country is plenty but there are not enough qualified people around.

After the second session, Dr. S.Jain spoke about the importance of staying healthy, using healthy food habits. He insisted the importance of vitamins and minerals for a healthy body.

Then Came Rev. Fr. Robinson, after lunch, with the title Career Orientation and Goal Setting. Thought the session he took over the dais and inspired all the young minds with a detailed discussion on the ample of opportunities and career options they can choose from Science, Commerce and Arts. He also emphasised that career decision is one of the most significant decisions in one's life and therefore, it must not be taken under parents' compulsion or peer pressure. He also motivated the students to never go out of following their passion.

Day 3 KNOW YOUR CAREER

The day was initiated by Rev. Fr.Dr.S.K. Jose Robinson with the title Career Orientation and Goal Setting. He mentioned a number of companies that have slots spaced out for apprenticeship in Goa and types of apprenticeship posts available. He mentioned of a website 'mhrdnats.gov.in' which helps make the process of applying for apprenticeship easier as most of the steps are to be done online and being a national portal, there are many companies tied along with it. He then spoke about their motto 'Creating Job Creators' and enlightened us on a path besides jobs. In doing so, he introduced us to the path of entrepreneurship and spoke about qualities of an entrepreneur, how they cannot be learnt but cultivated over time. He invited interested students for a 5 day program called 'change-the-mindset' which is an aspiring entrepreneur workshop. He also spoke about 'Magic funds' a scheme that helps fund entrepreneurs with a good idea to move forward in their endeavors.

Then came Mrs. Dhivya Christy, with the title What Next? She stated various Employment Opportunities that are available for the students, both in public and private sectors.

Then came the principal of the college Dr. Meenashi Sundararajan and spoke aboth Academic Opportunities for Arts and Science Students. During his presentation, gave an overview of the career-oriented undergraduate courses in general science, arts, accounts and

management and explained the relative job prospects and benefits of most of the courses. He said that there had been a shift from unemployment to unemployability in the recent years and it was very important for students to choose careers that would make them employable. One's goals, interests, personality, interest attitudes etc. should be some of the parameters in choosing one's career.



Dr. K Lucas, came for the last session with a surprise quiz. The winner of each question was awarded with a surprising gift. The programme came to an end, at 01:45 PM.

Day 4 KNOW YOUR ENVIRONMENT

Dr. Gladson gave a presentation on Environmental Issues Today. He focussed on Natural Resources. Increased Mining, Energy, Deforestation, Land Slides and Fires

Then came Dr. Raj Kumar for his presentation on Go Green. His focus was on organic gardening, fertilizer, tools and soil. He then explained different types of vegetables, plants that can be consumed and how to lead a healthy life with the food that we eat. On the whole the session was informative for the students and the professors.



After the lunch break Dr.L.Femila, Assistant Professor, Department of ECE, Bethlahem Institute of Engineering spoke about Renewable Energy . Students were familiarised with the theme of Renewable Energy , which is 'Ecosystem restoration - Restore, Recreate and Reimaging Environment'. The ideas and ways of saving environment were shared by the students with their respective class teachers. Some are recycling old things and saving the resources for the future generations, planting more trees, saying no to plastics etc. As expected, Dr. K Lucas, came for the last session with a surprise quiz. The winner of each question was awarded with a surprising gift. The programme came to an end, at 01:45 PM.

Day 5 ENRICH YOUR SOCIETY

The day was initiated by Rev.Fr. Maria Martin for his presentation on Free from Addiction. He spoke about different types of addiction among the students. However his main focus was on drug addiction. He stated about the negative face of drug addiction with a lively example. He brought a former drug addict along with him, to share his life misery and success. His life experiences gave the students, a clarity, to gain a successful future, free from drug addiction.

The second session was given by Mr.K.Chandran and his assistant Station Officer, Dept. Of Fire & Rescue, Kuzhithurai Station. Mr.K.Chandran spoke about different types of fire and the measures to stop it. He also stated about rescue operation too.



Then Came Mrs. Geetha Sub Inspector of Police, All Women Police Station, Marthandam for explaining about Anti-Eve Teasing. Her presentation was casual and informative. She gave real life experience and advised the students to abide the rules and regulations.



After lunch break Adv. T. Sergia Bindu Legal Advisor to Superintendent of Police Kanyakumari District, spoke about Legal Awareness. Her key focus was on Poverty and homelessness, changing climate, population, Civil Rights and Racial Discrimination and Gender Inequality. His presentation gave the students to think about the growth of the nation depends upon how they tackle the society in a harmless way

Dr. K Lucas concluded the session with the vote of thanks by stating the names of the special invitee, from day 1 to 5 and their presentation topics. He then went on asking questions to the students, to share his valuable gifts. The orientation programme came to an end with the national anthem.

Day 6 KNOW YOUR CONSTITUTIONAL RIGHTS

The first session was handled by Mr.K. R.Krishna Prasad. He gave a talk on Constitutional Rights Awareness . He stressed on the importance of being aware of the Constitutional Rights. His entire session was exciting. Students were given enough information from real life experience.



Then came Rev.Sr.J. Sharmila, to discuss about Health Awareness. Rev.Sr.J. Sharmila focused on food habits and mobile usage. She gave tips to regain self-confidence using good health. She also stated the importance of doing regular exercise time to time.



The session was the handled by Dr. A. Meenakshi Sundararajan, Principal, NACCAS for a Valedictory Address and Prize Distribution. Students those who said the correct answers for the sessions, were appreciated and awarded by the principal and the IQAC Co-coordinator Dr. M. Amalanathan. The programme came to an end with a vote of thanks by Dr. R.Rooban Raja Sekar, Head, Dept. of English



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