



His Grace, Most Rev. Dr. Bernard Moras, President of the MDES and Apostolic Administrator of the Diocese of Mysore.



On 16th January, 2025, our college had the privilege of hosting His Grace, Most Rev. Dr. Bernard Moras, and President of the MDES and Apostolic Administrator of the Diocese of Mysore.

The visit was marked by enriching interactions and insightful guidance offered by His Grace to the college's management and staff. He engaged in fruitful discussions with the management and staff, focusing on enhancing the institution's educational standards and practices.

His Grace provided valuable recommendations on integrating holistic educational approaches, emphasizing the importance of nurturing both intellectual and moral development, thereby fostering a well-rounded educational experience.

Republic Day Celebration -2025



The 76th Republic Day was celebrated on Sunday, January 26, 2025, with great enthusiasm and national pride. The event began at 8:15 a.m. with the flag-hoisting ceremony, symbolizing the spirit of unity and democracy.

Prof. Jacob Chandy, retired professor and former Head of the Economics

Department, was the Chief Guest for the occasion. In his address, he highlighted the journey of India from independence in 1947 to becoming a republic in 1950. Drawing inspiration from leaders like Mahatma Gandhi, Lal Bahadur Shastri, and Dr. A.P.J. Abdul Kalam, he urged everyone to embrace values of hard work, harmony, and nation-building. The celebration inspired everyone, making them feel proud and more responsible. It reminded us of the importance of unity and our duty to help the nation grow.



In a remarkable initiative to promote environmental conservation, the 1 Karnataka Artillery Battery NCC, Mysuru, organized a tree plantation drive at St. Philomena's College (Autonomous), Mysore, on the occasion of Republic Day. The event, themed "EK PED MAA KE NAAM," aimed to highlight the importance of trees in creating a sustainable and greener future. The drive witnessed enthusiastic participation from NCC cadets, faculty members,

Tree Plantation Drive Organized on Republic Day

and students, all coming together to contribute to a cleaner and greener campus. The event underscored the critical role of trees in combating climate change and fostering a healthier environment for future generations.

The plantation drive was graced by the presence of Col. Vivek Savangouder, Officer Commanding, 1 KAR ARTY BTY NCC, Mysuru; Sub. Maj. K. Chinna Rao; Rev. Dr. Lourdu Prasad Joseph, Rector, Dr. Ravi J. D. Saldanha, Principal, PI staff; B. Francis Devasahayam, Caretaking Officer; and cadets of the 1 KAR ARTY BTY NCC, Mysore.

A total of 30 saplings, including fruit-bearing, medicinal, and native species, were planted across the college

campus. The cadets pledged to nurture the saplings, ensuring their growth and survival. Participants expressed their gratitude for being part of an event that contributes to environmental conservation and sustainability.

The event concluded with reciting the national anthem, symbolizing unity and shared commitment to building a greener and healthier India.



Six-Day FDP- Faculty Development Programme

January 6th, 2025 – The college successfully hosted a six-day Faculty Development Programme (FDP) titled "Empowering Educators: Advanced Research Methodologies and Strategies for High-Impact Publications".

Organized by the Internal Quality Assurance Cell (IQAC), the event aimed to equip faculty members with cutting-edge research skills and strategies for academic excellence.

The event was inaugurated with the ceremonial watering of saplings, symbolizing the nurturing of growth among educators. The gesture was led by the Guest of Honor and keynote speaker, Prof. Krishnaveni, Professor, Department of Studies in Physics, University of Mysore, along with Rev. Dr. Lourdu Prasad Joseph, Rector, Rev. Fr. Jnana Pragasa, Campus Administrator, Rev. Fr. David Sagayaraj S, Assistant to Rector, Dr. Ravi J. D. Saldanha, Principal, Mr. M. Nagaraj Urs, Vice Principal (Administration), Mr. Ronald Prakash Cutinha, Vice Principal



(Administration) and Mr. A. Thomas Gunaseelan, the IQAC Coordinator.

In his welcome speech, Mr. A. Thomas Gunaseelan set the tone for the programme by emphasizing the significance of research and innovation in higher education. Following this, Rev. Dr. Lourdu Prasad Joseph delivered the inaugural address, where he urged faculty members to embrace advanced methodologies to foster academic growth. He also commended the IQAC team for their meticulous planning and dedication to faculty development. Prof. Krishnaveni inaugurated the academic sessions with an insightful lecture on "Research Foundations and Literature Review," which provided participants with foundational knowledge on conducting impactful research.

Each day featured interactive sessions led by esteemed speakers:

Day 2 January 7th : "Harnessing AI for Advancing Research Practices", conducted by Dr. Mohammed Minhaj, Dean - Academics, SDMIMD, Mysore.

Day 3 January 8th : "Future Research Directions and Collaboration", presented by Dr. T. S. Harsha, Chairman of the Department of Environmental Science and Director (R&D) & Special Officer - Ph.D. Cell, KSOU, Mysore.

Day 4 January 9th : "Research Methodology and Design", facilitated by Prof. Dr. G. S. Premakumara, Department of Studies in Economics, Sir MV PG Centre, UOM, Tubinakere, Mandya.

Day 5 January 10th : "Publication Ethics and New Scholarly Publishing Models", by Dr. Vasantha Raju N., Principal (In-charge) & Librarian, GFGC, Talakadu, Mysore.

Day 6 January 11th : "Data Collection and Analysis", led by Prof. Dr. Lancy D' Souza, Professor & Head, Department of Psychology, Maharaja's College,



Dr. Melkote will be affiliated with the college until the end of March 2025, collaborating with the Postgraduate Department of Studies and Research in Journalism and Mass Communication. His association aims to enhance the academic standards of the department, providing valuable insights and expertise to both students and faculty.

The department organizing a Six-Day National Level Faculty Development Programme (FDP) on "Social Science Research Methods: Exploring Theories, Practices, and Applications in Contemporary Studies" from February 13th to 19th, 2025. The sessions will be led by Prof. Srinivas Melkote, a globally renowned scholar and Professor Emeritus at Bowling Green State University, USA. This FDP is open to faculty members, research scholars, and industry professionals and will be conducted in hybrid mode, offering the flexibility to attend online or in person. For details, email pgjournalism@stphilos.ac.in or contact FDP Coordinator: 9164130378.

Annual Athletic Meet



The Philo's Annual Athletic Meet, was held on January 24, 2025, at the college's football grounds, filled with excitement and enthusiasm. The event witnessed the participation of students, faculty, and dignitaries, all gathered to celebrate the spirit of sportsmanship. Mr. Anthony Moses, an international athlete and Ekalavya Awardee (1999), who is also the Physical Education Director at Teresian College, Mysore, graced the occasion as the chief guest.

The day began with a grand procession, led by NCC Cadets and accompanied by the melodious tunes of the St. Joseph School Band. Mr. Akash Wary and his team set a serene ambiance by invoking blessings with a soulful hymn. Rev. Dr. Lourdu Prasad Joseph, Rector of St. Philomena's Institutions, administered the oath, emphasizing the values of sportsmanship and fair play, which was warmly received by the students.

The event was inaugurated with the hoisting of the college flag, symbolizing unity and competition, followed by the March-past, featuring 15 teams of undergraduate students from various streams, demonstrating discipline and camaraderie.

In his address, the chief guest began by quoting a Kannada proverb, "Yelle mare kaiyi," highlighting the importance of giving one's best effort regardless of the outcome. He emphasized that sports is not just about winning or losing, but about discipline, teamwork, focus, confidence, and character-building. He shared the inspiring story of Michael Phelps, a legendary swimmer who, despite facing a severe shoulder injury, went on to win eight gold medals at the 2008 Beijing Olympics through perseverance and dedication. The story underscored the importance of resilience in overcoming challenges.

The chief guest celebrated the spirit of participation and stressed the importance of consistent effort, vision, and transforming hobbies into strengths.

He expressed his heartfelt gratitude to St. Philomena's Institution for its support and guidance and acknowledged the role of the faculty and management in shaping students' futures. In his closing remarks, he urged the students to rise above challenges, focus on hard work, and achieve success with determination and communication. He inspired everyone to embrace the journey of sportsmanship with enthusiasm and strive for excellence in every aspect of life.

Special recognition was given to outstanding athletes. Mr. Yaseer Shariff (SB240304) won a gold medal in the 16th Karnataka State Children, Cadet, Junior, Senior, and Master Kickboxing Championship-2024, held at Yuvaraja College Indoor Stadium, Mysore, in the 74 kg category. In the Mysore City Inter-Collegiate Tournaments, Rehan Sheriff (SN240500) secured 3rd place in the 86 kg freestyle wrestling category, while Yaseer Shariff (SB240304) won 2nd place in the 74 kg freestyle wrestling category. Mishba Asif (SB230290) clinched 1st place in the women's U-87 kg weightlifting event during the Mysore University Inter-Collegiate Competitions held from October 28-30, 2024. In the Mysore City Inter-Collegiate Athletic Meet on October 25, 2024, Arun Ekka (SL230698) secured 2nd place in the 5000-meter race, while the 4x400-meter relay team, consisting of Joseph Topno (SL220799), Emilius Baxla (SL220781), Bimal Baa (SL230701), and Johnson Galbawo (SL240676), achieved 3rd place. The college congratulated all the participants for their exceptional achievements and well-deserved recognition.

Rev. Dr. Lourdu Prasad Joseph, Rector; Rev. Fr. Jnana Pragasam, Campus Administrator; Rev. Fr. David Sagayaraj S, Assistant to Rector; Dr. Ravi J. D. Saldanha, Principal; Mr. Ronald Prakash Cutinha, Vice Principal (Administration); Prof. Nagaraj Urs, Vice Principal (Academic); Mr. Thomas A. Gunaseelan, IQAC Coordinator; Dr. Reena Francis, Controller of Examination, Dr. Alphonso D Souza, UUCMS Coordinator, Ms. Peria Nayagammal S, Physical Education Director, Mr. William Joseph J, Sports Secretary and Mr. Muralidhara K A, Physical Director, St.Philomena's PU College were present along with other teaching and non-teaching faculty were present at the event.



Christmas Celebrations with Unity and Joy



The celebration also featured Christmas carols in both Kannada and English, spreading cheer among attendees. A special highlight was the felicitation of retiring staff members, honoring their years of dedicated service. The release of the latest edition of the Philos Bulletin added an intellectual dimension to the celebration.

The Christmas celebrations at the Philomena's institution brought together management, faculty, staff, and students for an evening of joy and togetherness. The event, held at the indoor stadium, was centred around the theme "Fraternal Gathering," embodying the spirit of unity and celebration.

The program began with a warm welcome for the guests and the blessing of the crib, followed by the installation of the Infant Jesus statue. Traditional activities, such as the cake-slicing ceremony and the much-anticipated arrival of Santa Claus, added to the festive atmosphere.



The evening wrapped up with a vote of thanks, cake distribution, and a fraternal dinner, reinforcing the values of unity and togetherness. The event was a resounding success, leaving everyone with a renewed sense of Christmas spirit and cherished memories.

Farewell to Retirees



Mr. Shivannaiah N

The management of St. Philomena's College extended heartfelt gratitude to Mr. Shivannaiah N, the Accountant, for his exceptional service since 2017. Known for his expertise in financial management and meticulous record-keeping, he leaves a lasting legacy at the institution.

Mr. Gilbert Barnis

The College honored Mr. Gilbert Barnis for 34 years of dedicated service since 1990. Beginning his career with dedication and progressing to a member of Non-Teaching staff, he has been a pillar of support to the Departments of Chemistry and Botany. At the farewell event, faculty, management, and students gathered to honour their contributions to education. As they begin their retirement, the entire community wishes them a happy and fulfilling future. Their dedication will always be remembered.

Philo Hindi Club - PURASKAR-2025, to Celebrate Academic Excellence

The Philo Hindi Club of College organized **PURASKAR-2025**, aimed at recognizing and celebrating the academic achievements, distribution of medals and certificates to the meritorious students in Hindi. The program, titled "Success Speaks", was held on January 29, 2025, at 10:00 AM in the college auditorium. Students who scored more than 90% in Hindi were felicitated along with their proud parents in a heart-warming ceremony.

The event was graced by Chief Guest **Rev. Fr. Jose Kollemkunnel**, Vice Rector of the Society of the Divine Word (SVD), Mysore, who commended the students for their

dedication and excellence in academics. He emphasized the importance of nurturing linguistic and cultural heritage and encouraged students to continue striving for excellence.



Induction Programme for MBA & MCA



The Induction Programme for the MBA and MCA (2024-26 Batch) was held on January 8th, 2025, at 10:30 AM in the MBA & MCA Conference Hall, on the second floor of the PG Block at College. The programme began with a warm welcome address by Dr. Issac George, HoD of MBA. Dr. Ravi J. D. Saldanha, the Principal, addressed the gathering, emphasizing the importance of academic excellence and professional growth. Rev. Dr. Lourdu Prasad Joseph, the Rector, inspired the students with his motivational address. Mrs. Reena Mol, HoD of MCA, delivered

the vote of thanks, expressing gratitude to all the dignitaries and participants. The event witnessed the gracious presence of Rev. Fr. Jnana Pragasam, Campus Administrator; Rev. Fr. David Sagayaraj, Assistant to Rector, Mr. Nagaraj Urs, Vice Principal (Academics), and Mr. Ronald Prakash Cutinha, Vice Principal (Administration). The induction programme served as an excellent platform for the new batch to familiarize themselves with the academic environment and the values of St. Philomena's College.

National Seminar on Elderly Care and Social Security-MSW



Anthony, at HR students.

The PG Research Department of Social Work at St. Philomena's College (Autonomous), Mysore, in collaboration with the Indian Council of Social Science Research, Southern Regional Centre, Hyderabad, organized a two-day National Seminar on January 22nd and 23rd, 2025 - "Healthcare and Social Security: Addressing the Needs of the Elderly."

The seminar began with an invocation prayer song by MSW students, followed by a welcome address delivered by Dr. Noor Mubasheer C.A., PG Coordinator and Head of the Department of Social Work. The ceremonial lamp lighting was made more inclusive with readings from three holy books, symbolizing harmony and unity.

Two significant books were unveiled during the event: the conference proceedings and a book titled "Business Ethics & Corporate Social Responsibility", authored by Dr. Noor Mubasheer C.A. and Ms. Shirley C.

The keynote address was delivered by Prof. Parushurama K.G., Chairman of DOS in Social Work, University of Tumkuru. He highlighted the rapid increase in the elderly population worldwide, now at 1.6 billion, with 80% living in developing nations.

Emphasizing challenges such as inadequate healthcare, malnutrition, and elder abuse, he also drew attention to the feminization and ruralization of ageing, noting that 70% of senior citizens reside in rural areas. Prof. Parushurama called for strategic interventions like elder-friendly urban designs, better social security policies, and healthcare reforms, using London's low-step buses as an example of inclusive infrastructure.

Dr. Anjali Arun addressed the audience in Session 1 with a talk on "Comprehensive Healthcare for the Elderly: Ensuring Wellness and Dignity in Aging". Her presentation emphasized the importance of holistic health systems

that cater to the physical, emotional, and social needs of senior citizens. Day 2 began with Session 2, where Prof. Suresh K. S. spoke on "Advancing Elderly Advocacy through Law and Social Security Policies". He delved into the legal frameworks and policy measures essential for protecting the rights of the elderly and ensuring their well-being through robust social security systems.

Session 3 featured Prof. G. Venkatesh Kumar, who explored "Understanding the Psychological Needs of the Elderly: Pathways to Mental Wellness". His session highlighted the psychological challenges faced by senior citizens and proposed strategies for fostering mental health and resilience. The conference, designed as a platform for collaboration and innovation, aims to inspire actionable outcomes for the welfare of the elderly. The discussions set the tone for addressing critical issues faced by the senior population, aiming to build a society that ensures their well-being, dignity, and independence.

Other notable dignitaries present included, Rev. Dr. Lourdu Prasad, Rector, St. Philomena's College, Dr. Ravi J.D. Saldanha, Principal, Rev. Fr. Jnana Pragasam, Campus Administrator, and Rev. Fr. David Sagayaraj, Assistant to the Rector, faculties and Research Scholars. students from various colleges participated in the seminar.

OBITUARY

Prof. M.V. John

(1929 -2024), a retired Professor and former Head of the Department of Sociology, passed away on Dec- 30th, 2024, he dedicated his life to the academic field, leaving a lasting impact on the student's and his colleagues.



Mr. A. Chinnappa,

a retired Office Superintendent, who served in the institution with dedication for over three decades. He joined in the year 1971 and retired in June 2006. Mr. A. Chinnappa passed away on November 16th, 2024, at his residence after a prolonged illness.



Dr. S. Jeyaseelan

(1965-2025), a retired Associate Professor in Physics, passed away, leaving behind a legacy of dedication, compassion, and mentorship spanning nearly about three and a half decades. His passion for teaching and expertise in Physics earned immense respect from students and colleagues.



Prof. Nagabushana chari

(1935-2025), a retired Professor and former Head of the Department of Chemistry, passed away, leaving behind a legacy of dedication, compassion, and mentorship. His passion for teaching and expertise in earned immense respect from students and colleagues. He also worked as an NCC Officer for several years.



"Donate Blood, Save Lives: A Call to Action"



Jan 31st, 2025: A blood donation drive, titled "Donate Blood, Save Lives", was organized in collaboration with Lions Blood Centre Jeevadhara at the college auditorium. The event was patronized by Rev. Dr. Lourdu Prasad Joseph, Rector of St. Philomena's College, and featured Mr. Girish S. E., President of Lions Blood Centre Jeevadhara and Managing Director of Brindavan Centre, as the chief guest.

The program commenced with a prayer song by the NSS (Sisters) and a welcome address by Mr. Johnson Arulraj from

the Department of English. The introduction and welcome of the chief guest were delivered by Mr. Mathew C., NSS Coordinator. In his address, Mr. Girish highlighted the critical role of blood donation in saving lives and stressed the need for Mysuru to rise as a leading contributor to blood donations, akin to Indore. Rev. Dr. Lourdu Prasad Joseph, in his presidential address, also emphasized the importance of blood donation as an act of compassion and service.

The event concluded with a vote of thanks by Ms. Deepthi, NSS Coordinator. Donors were honored with certificates, fruits, and energy drinks as tokens of appreciation for their noble gesture.

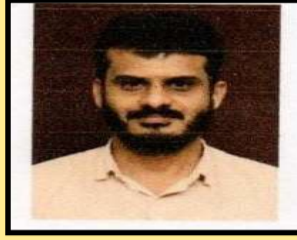


Heartfelt condolences to their families. May their soul rest in peace.

Trails of Triumph

Faculty and students from various disciplines showcased their talents and academic prowess in diverse competitions and conferences. From scientific symposiums to literary events, their achievements reflected dedication and excellence.

Dr. Sandesh D'Souza and Dr. Ginson George Awarded Ph.D



Dr. Sandesh D'Souza, Assistant Professor in the Undergraduate Department of Commerce at St. Philomena's College (Autonomous), has successfully earned a Doctor of Philosophy (Ph.D.) in **Commerce** from the **University of Mysore**. His doctoral thesis, titled "An Inquiry into Theory and Practices of Accounting for Goods and Services Tax in Karnataka," was conducted under the guidance of Dr. B. Mahadevappa, Research Guide from the Department of Commerce, Hemangothri, Hassan.

Dr. Ginson George, Assistant Professor in the Department of **Psychology** at St. Philomena's College (Autonomous), has successfully completed and submitted his doctoral thesis to the **University of Mysore**. His research, titled "Effectiveness of Mindfulness Training on Shyness and Psychological Wellbeing among Adolescents," was conducted under the guidance of Dr. Lancy D'Souza, Research Guide, Department of Psychology, Maharaja's College, University of Mysore.

The Rector, Principal, staff, and students of St. Philomena's College have extended their heartfelt congratulations to Dr. Sandesh D'Souza and Dr. Ginson George on their remarkable accomplishments. These achievements underscore their dedication to research and highlight the college's on-going commitment to academic excellence and meaningful contributions to society.

Academic Achievements of Faculty Members

Our dedicated faculty members reflect their unwavering commitment to academic excellence and professional growth. Their recent accomplishments not only highlight their expertise.

Rev. Fr. David Sagayaraj, Assistant to the Rector, has successfully qualified for the Karnataka State Eligibility Test (K-SET) for Assistant Professorship in Philosophy, held on November 24, 2024.

Ms. Kavitha R, Assistant Professor, Department of Commerce, has also cleared the K-SET for Assistant Professorship in Commerce,

Ms. V. Gouri Sulakshana, Assistant Professor, Department of Criminology and Forensic Science, has demonstrated her academic prowess by qualifying the K-SET for Assistant Professorship in Criminology.

Sr. Vimal Angeline, Assistant Professor in the UG Department of English, has been empanelled as an Academic Counselor for IGNOU (Indira Gandhi National Open University) at the Sera Jey Monastic Institute/ University Study Centre in Bylakuppe, Mysore.

NOTE: - All faculty members and students are hereby informed that our college will be publishing the "PHILO'S BULLETIN" Interested individuals are encouraged to contribute by submitting articles, stories, poems, and creative artworks. Your support and encouragement are greatly valued. Email for Submissions: yamunabraj@stphilos.ac.in

Afnan Pasha, a first-year MA Journalism and Mass Communication student, secured first place in the English Debate Competition at the 38th AIU Inter-University South East Zone Youth Festival 2024. The event, held at Christ University, Bengaluru, from December 19th to 23rd, 2024. His victory has earned him the opportunity to represent Karnataka at the national-level competition, scheduled to be held in Noida, Uttar Pradesh.

Excels at District-Level SVEEP Competition

At the district-level SVEEP (Systematic Voter's Education and Electoral Participation) competition held on January 18, 2025, at Maharani's College, Mysuru, students from St. Philomena's College achieved remarkable success. Under the guidance of Dr. Shivraju, Assistant Professor in the Department of Kannada and SVEEP Coordinator, Mr.

Hemanth Gowda won first place, and Ms. Shweetha secured the third place in the Quiz competition, Ms. Harshitha R. earned the third place in the Poster Making competition. The students' achievements reflect their talent and the college's commitment to fostering democratic awareness and participation.

Expressing Our Gratitude to

Rev. Dr. Lourdu Prasad Joseph
Rector

(St.Philomena's Educational Institutions)

Rev. Fr. Jnana Pragasam

Campus Administrator

Rev. Fr David Sagayaraj S

Assistant to Rector

Chief Editor

Dr. Ravi JD Saldanha – Principal

Editors

Mr. N. Nagaraj Urs - Vice Principal
(Academics)

Mr. Ronald Prakash Cutinha
Vice Principal (Administration)

Sub - Editor & Page Designer

Dr. Yamuna B Raj

Asst Prof, Department of Journalism

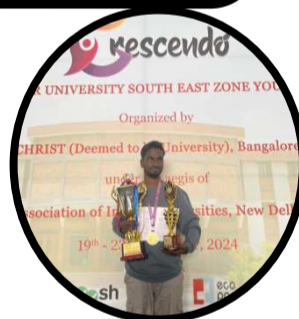
Proof Reader

Ms. Nidhi Gummadi

Asst Prof, Department of English

Photography

Mr. Swamynathan A, Office Department



The book "Hypertension: The Silent Killer" (ISBN: 978-93-6252-037-1), edited by **Mrs. Naziya Habeeb M**, Assistant Professor and Head of the Department of Biotechnology. Published by Selfy page Developers Pvt Ltd., Chikkamagaluru, Karnataka, the book explores the causes and management strategies for hypertension, a growing health concern.

Mrs. Harinakshi (Computer Science) contributed a chapter titled "Health Impacts of Occupational Hypertension," while **Mrs.Syeda Masarath** (Computer Science) wrote on "A Comprehensive Review on the Relationship between Hypertension and Stress." **Mrs. Neena P.K.** (Zoology) focused on "Influence of Hormones in the Development and Management of Hypertension," and **Dr. Florita Bernadette Alexander** (Commerce) discussed "Hypertension as a Risk Factor in Financial Planning for Employees in Mysore." **Ms. Sandra Agnes** (Computer Science) authored the chapter "Beyond the Numbers: The Real Story of Hypertension," and **Ms. Archana A.** (Computer Science) contributed "Impact of Social Media Exposure on Hypertension." Additionally, **Ms. Sherine Eleza Mathai**, a B.Sc. Biotechnology and Biochemistry student added a chapter on "Effect of Hypertension on Male and Female Reproductive Organs."

The contributors were praised for their dedication and research efforts, which reflect the institution's focus on academic excellence and addressing vital health issues. Their achievements serve as an inspiration to both staff and students.

SOCIOLOGICAL THINKERS - I



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ASSOCIATE PROFESSOR & HOD
PG STUDIES AND RESEARCH IN SOCIAL WORK,
ST. PHILOMENA'S COLLEGE (AUTONOMOUS),
BANNIMANTAP, MYSURU-570015

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Free Online Course on Sociological Thinkers

The Ministry of Education, in collaboration with the University of Mysore, invites learners to join the free online course "Sociological Thinkers - I" via the SWAYAM platform. The 15-week, 5-credit course, led by Dr. Noor Mubasheer C.A., Head of PG Studies in Social Work at St. Philomena's College, Mysuru, begins on 6th January 2025. An enrolment closes on 28th February 2025, with exams scheduled for 24th May 2025.

This course offers insights into key sociological theories and is open to all. Register via the QR code on the flyer or visit <https://swayam.gov.in/>.