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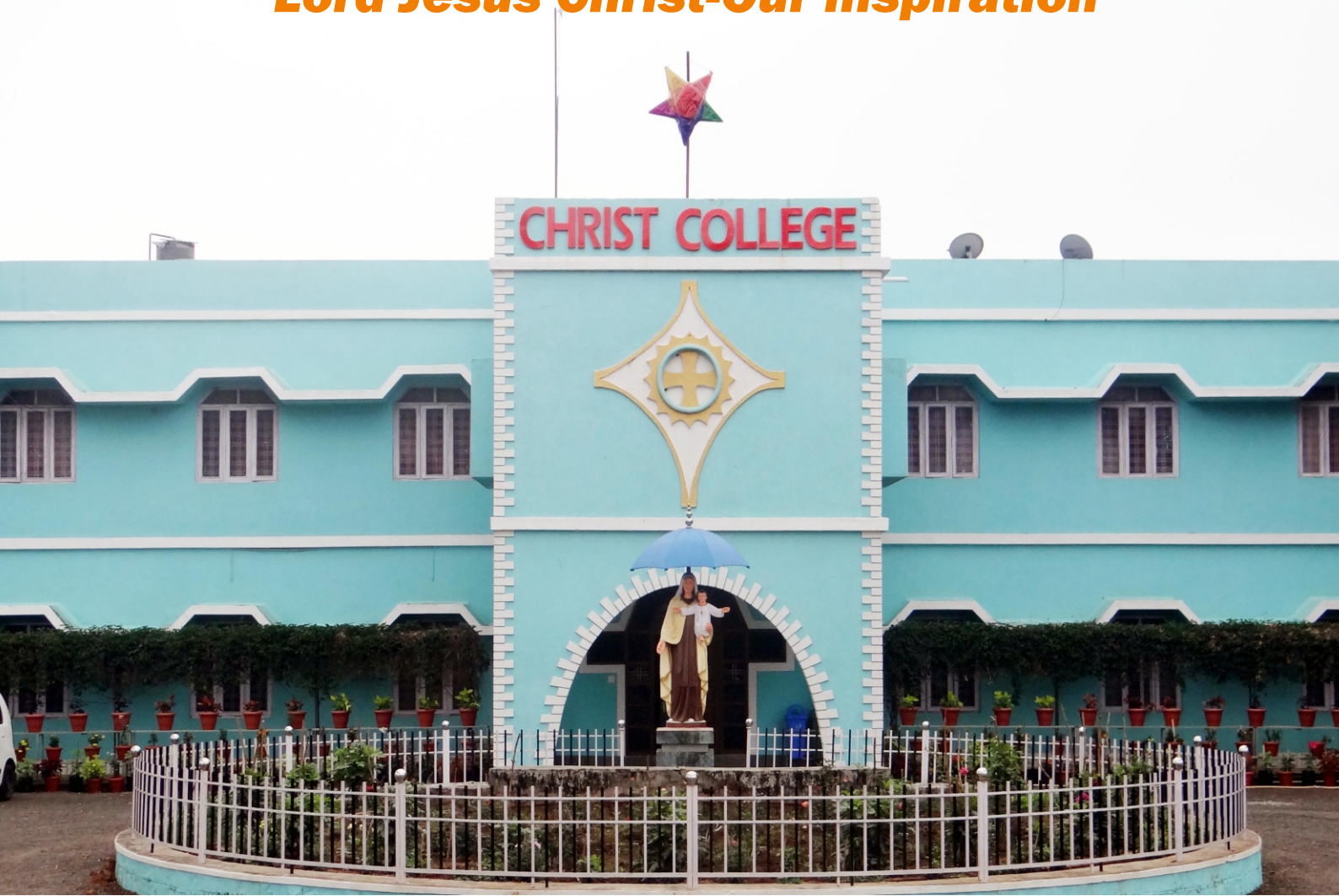


CHRIST COLLEGE
NEWSLETTER

NEWSLETTER



Lord Jesus Christ-Our Inspiration





Principal's Message

God said, “now we will make human being; they will like us and resemble us...” So, God created human beings, making them to be like himself. He created them male and female, blessed them...” (Bible: Gen: 1: 26-28).

International Women's Day is a global day celebrated annually on 8 March, to highlight the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. In such a society, the human rights of men and women are equal. Gender equality is not as sexual equality or equality of the sexes. Very often women empowerment is misinterpreted as to become like man. It is not to stand in someone else's shoes but to give a girl the right shoes.

A "gender-equal society" is a "society in which both men and woman, as equal members, have the opportunity to participate in all kinds of social activities at will, equally enjoy political, economic and cultural benefits, and share responsibilities.

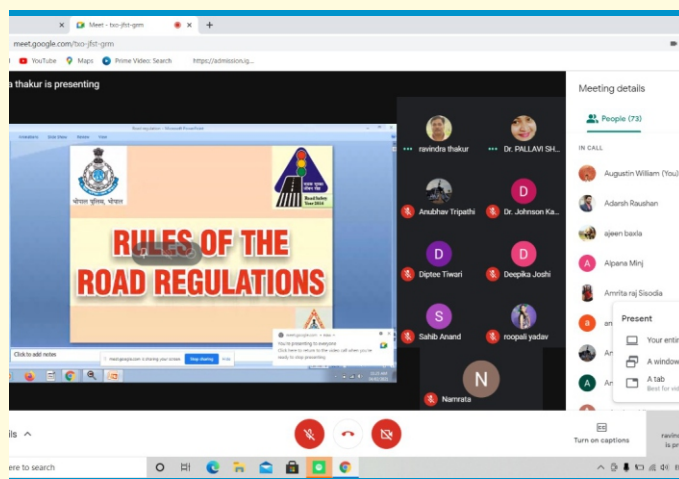
Women's empowerment is the process of empowering as well as asserting the right of women. In Indian tradition women is personified as power 'SHAKTI'. The woman is celebrated as the most powerful and the empowering force in some Hindu Upanishads, Sastras and Puranas, particularly the Devi Upanishad, Devi Mahatmya and Dev-Bhagavata Purana. The Devi Sukta hymn of Rigveda, declares the feminine energy as the essence of the universe, the one who creates all matter and consciousness, the eternal and infinite, the metaphysical and empirical reality (Brahman), and the soul, supreme self of everything.

She is caring, loving and would always be there for you whenever you need her because she is your best friend. So, on this Women's Day make your friend feel a bit more special by sending her a lovely message. Every woman is an example to show something positive to the society. Be proud to be a woman. Happy Women's Day.

Prof. Fr. Johnson CMI
Principal

Awareness Program on Traffic Security

Christ College organized an awareness program on traffic security on 4 February 2021. It was organized in association with MP Traffic Police. The resource person of the day was Mr. Vijay Dubey, SHO Traffic, Bhopal District. 70 students from B.A., B.Com., B.Ed. and M.Ed. participated in the program. Mr. Dubey highlighted the importance of traffic security, discussed the traffic rules and also warned the audience against the repercussions of poor driving. Queries of the students were also answered. Principal Rev. Fr. Johnson expressed his concern regarding the increasing accidents and the safety of the students. He also advised everyone present to strictly abide by the traffic rules. The Coordinator of the program was Dr. Pallavi Shrivastava.



Teachers' Day Out



In the lap of the nature



The staff of Christ College were taken on a surprise visit to Ramgarh on 4 February 2021. The staff members were thrilled to visit and witness the scenic beauty of the place. The place was very refreshing after a hard day's work. Everyone enjoyed the day and asked for more such visits. The caves and temple in the hillock, the reservoir and dam, the greenery of the forest etc, were enchanting. Everyone discovered selfie spots and clicked photos to one's heart's contentment.

Special Session for Dissertation Writing

Department of Education organized a Special Session for Dissertation writing on Sunday 7 February 2021 from 11:00 AM. for M.Ed. I and III Semester at Christ College campus. In the Session students of M.Ed. identified their area of research, and learnt the methodology of research. They also interacted with their allotted guides and solved all their queries. The orientation of the students was done by Rev. Prof. Johnson, Dr. Diwakar Singh, Associate Professor and Dr. Pallavi Shrivastava, Assistant Professor.



Mid Term Exam

Mid term exam for the B.A. and B.Com. started on 8 February 2021. The students were given one and a half hours for completing the exam. This gave the students good practice of writing the exam which they had lost due to COVID 19 lockdown. The exams lasted till 13 February 2021. The results are awaited.



***YOUR STRONGEST MUSCLE AND WORST ENEMY IS YOUR MIND.
TRAIN IT WELL***

Basant Panchami Celebrated

The festival of Basant Panchami was celebrated on 16 February 2021 with traditional flare and fervour by the staff and students. Fr. Principal in his message highlighted the religious and cultural meaning and relevance of the festival. Students performed a cultural show depicting the need to pursue true knowledge all life. The program began with Saraswati Vandana a dance performance by Ms. Nandita Prajapati. A street play on the True meaning of Education was performed by the students of B.A. and B.Com. Special Basant Panchami delicacies were cooked and served to all.



Pot Decoration Competition

Department of Education organized a 'Pot' (Matka) decoration competition on 16 February 2021, to mark the occasion of Basant Panchami. Relevant themes were painted on pots and all the entries were exhibited in the hall for the judges to evaluate the artistic work of the students. Attractive prizes were given to the students who won the first, second and the third places.



*Making
Life
Colourful*

Inter College Self Composed Poetry Competition

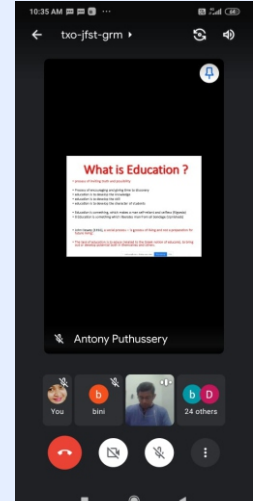
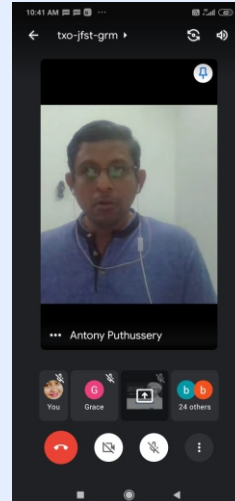
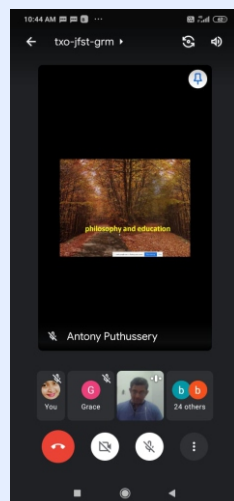
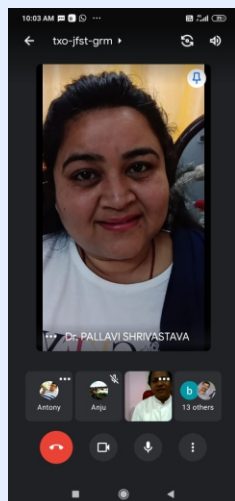
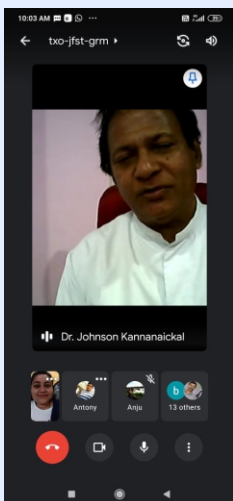
A poetry competition was organized on the 26th birth anniversary of Shri Vichitra Kumar Sinha by Shri Vichitra Kumar Sinha Samiti on 14 February 2021. Five students of Christ College contributed their self-composed poems to the competition.

The competition had 45 participants and out of which the poems of top 20 participants got published in a book titled, 'Uddiyamaan Kavya Suman'. Four students of Christ College who secured a position in top 20 that is, Ms. Roopali Yadav, Ms. Pooja Jain, Ms. Rupali Saha and Mr. Sahib Singh got their poems published in the same book.



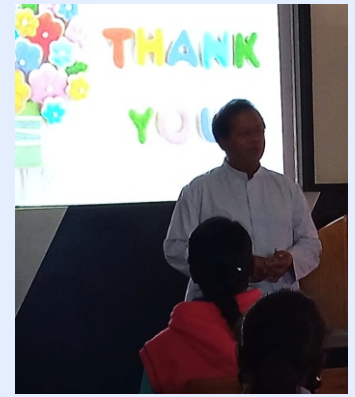
Virtual Lecture Series on Philosophical Perspective of Education

A special virtual lecture series commenced on Philosophical Perspective of Education from 28 February 2021. The lectures are delivered by Rev. Dr. Antony Puthusery, Dean, Vidyabhawan College of Philosophy, Bhopal and Rev. Dr. Suresh Dean, KPRP college of Philosophy Bhopal. The lecture series has been exclusively organized for the students of M.Ed. of Christ College. The series would last till 28 March 2021. The Coordinator of the series is Dr Pallavi Shrivastava.



Special session on Basic Interview Skills

The Department of Education of Christ College organized a special session on Basic Interview Skills for the students of B.A, B.Com. and B.Ed. on 25 February 2021. The purpose of the session was to go beyond curriculum and teach students the art of facing the interview. This would prepare them for the job market. The Resource Person and the Coordinator of the program was Dr Pallavi Shrivastava, Assistant Professor. Rev. Prof. Johnson, the Principal of the college asked the students to gain knowledge, develop skills and be market ready for a good career ahead. He also shared his experiences and gave some important tips for facing the interviews. The 2-hour session was attended by 50 students of the college. At the end the students also shared their views and cleared their doubts and queries.



In the New Normal

It was a pleasant scene seeing the students playing volleyball, fighting, laughing, shouting and running around the campus after a year of deep silence and lockdown. It felt as if the campus woke up from the slumber as the voices echoed. 'Yes, we are alive, we are fighting and we will conquer. We shall not be defeated and we shall surely overcome'. This spirit was evident in the eyes of these students who are back with their smile and enthusiasm. Teachers too were seen armed with their weapons of knowledge. Nature also seems to be in a happy state as flowers bloom all around the campus.



Happy Birthday

The Birthday of Mr. Adarsh Roushan, Assistant Professor, Department of Computer Science, was celebrated on 23 February 2021. The Principal on behalf of the entire Christ family wished him a happy and a long life ahead. Cake was then cut and shared by all, Mr. Adarsh Roushan expressed gratitude for all the blessings and wishes.

EDUCATIONAL TOUR TO BHOJPUR AND BHIMBETKA

The Department of History of Christ College organized a one-day educational tour to Bhojpur and Bhimbetka on 27 February 2021. The students from all the courses were taken for the tour. The first destination of the trip was Bhojpur. Bhojpur is situated on the Betwa River, 28 km from Bhopal, the state capital of Madhya Pradesh. The site is located on sandstone ridges typical of central India, next to a deep gorge through which the Betwa River flows. We then moved to Bhimbetka in the afternoon. The weather was pleasant. A huge crowd was there including foreigners. Adorned with pre historic caves, paintings and geometric designs, over 500 rock shelters out of the total of 750 are precious connections to our past. Due to their historical importance, the Bhimbetka rock shelters and caves were declared a World Heritage Site in the year 2003. From the ruins, it appeared the Bhimbetka caves were well planned. There are around 750 total caves in the region which comprises mainly of Teak wood & Sal trees. These rock shelters have a large number of paintings. The colours used are vegetable colours which have endured the impact of time as these paintings are generally made inside the nooks & niches of rocks. In most paintings red & white pigments are used. These paintings mainly comprise of figures of animals like antelopes, elephants, buffaloes, lizards etc. Other paintings showed various community activities like dance, religious ceremonies & hunting scenes including animal fight scenes. Apart from the paintings there are various rocks in the region which are in shape of various animals like turtle, lion, bird etc. Students saw the various types of rock formations, structures and karst topography.

Mr. Shivaji Rai, Assistant Professor, Department of History introduced the historical and archaeological perspectives of these place. His guidance added a great deal to the students' knowledge of historical background and acquainted them better with the rich heritage of Central India. 37 students along with the staff members and members of the administration went for the tour. This visit was very informative and interactive. We spent the whole day looking at the wonders of this historical place. Indeed, it was a memorable visit which we enjoyed thoroughly. It will linger on in our memory for a long time.



*Learning
beyond
Classrooms
and
books*





The New Normal.

What is 'New Normal?' A new normal is a state to which an economy, society, etc. settles following a crisis, when this differs from the situation that prevailed prior to the start of the crises.

What can be the best example of it other than 'COVID - 19'? The COVID - 19 pandemic has had massive implications for the nature of work and the role technology plays in the workplace. Work, home and social life have all been altered and it's something a lot of people are adapting to and accepting in their lives and not only this they are tweeting about this, sharing in different media, social platforms etc. Sometimes the transition can feel smooth and other times that journey to the new normal is not smooth.

The effect of the COVID - 19 panic has caused massive changes in our daily lives, changes that have happened rapidly and abruptly. Life's adjustments often come with a wide range of experience and emotions. Some people may find themselves in survival mode, others may be attempting to settle into their new routines, and for some, this means trying to combat social isolation.

As many countries are easing their economic and social restrictions due to the COVID - 19 pandemic, including India, there's a lot of talk about 'The New Normal'.

We have looked at how people are adapting to isolation and lockdown, and the physical and mental needs that are arising as a result. We are all finding new ways of meeting and fulfilling our needs.

HOW TO ADJUST WITH THE NEW NORMAL?

Adjustment is a process that looks differently for most people.

1. This situation is both uncertain and temporary. It is okay not to feel okay. It's also okay to seek help and support.
2. We should focus on what is within our control.

As long as the world has not found a cure or a vaccine for COVID - 19, we may have to adjust to a 'New Normal', meaning a new way of living and going about our lives, work and interaction with other people. Please bear in mind that we may have to live in the 'new normal' for a very long time. Patience and flexibility can really play a vital role in this and this is in our hands whether to make this change smooth or choppy. 'THE NEW NORMAL' is here to stay with us. And the old adage holds good, 'adapt or perish'.

Rupali Saha
B. Ed. 2nd year.

Tips to Boost Your Learning Ability

- Prepare Your Own Study Notes
- Make a Study Plan and Stay Organized
- Collaborate with Study Partners.
- Practice, Practice and Practice
- Take Regular Study Breaks.
- Recall Your Learning . Revision is important
- Give a try to New Technologies. Use technology to watch videos related to topic you need to study.
- Underline the Key Points
- Increase your reading. Study the same topic from all the resources available.

Emotional Intelligence

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

Emotional Intelligence Affects

- Utilize an assertive style of communicating.
- Respond instead of reacting to conflict.
- Utilize active listening skills.
- Be motivated.
- Practice ways to maintain a positive attitude.
- Practice self-awareness.
- Take critique well.
- Empathize with others.
- Utilize leadership skills.
- Be approachable and sociable.

Montage of Memories



Events in March

March 3, World Wildlife day
March 8, Maharishi Dayanand Saraswati Jayanti
March 8, International Women's Day
March 11, Mahashivratri
March 22, World water Day
March 23, Shaheed Diwas
March 29, Holi

Nature in Full Bloom at Christ College

