

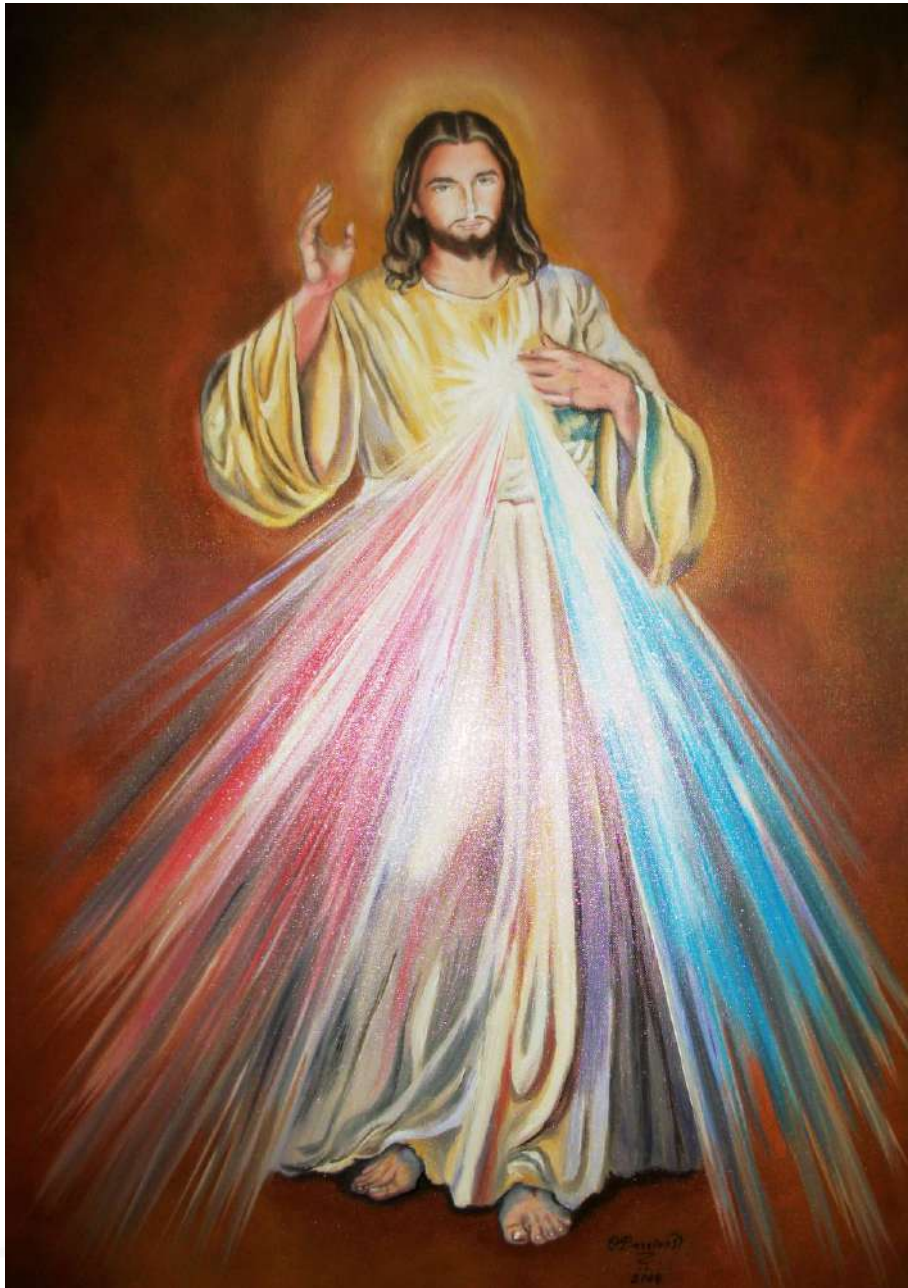


# ST FRANCIS DE SALES COLLEGE

AFFILIATED TO BANGALORE UNIVERSITY  
ACCREDITED WITH 'A' GRADE BY NAAC



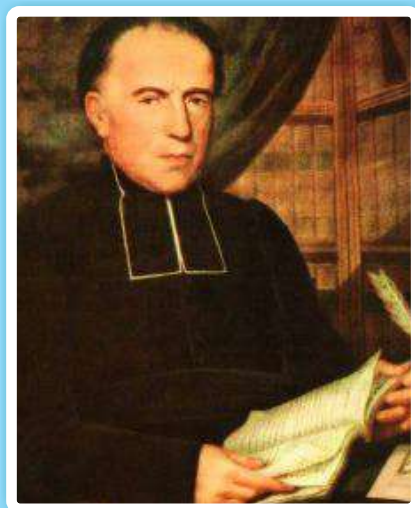
# THE DIVINE MERCY







**St. Francis de Sales**  
OUR PATRON



**Fr. Peter Mary Mermier**  
OUR FOUNDER

## Our Vision

To provide a center of excellence for a holistic formation of the young who are capable of both transforming themselves and of acting as catalysts of transformation in the society so as to become the epitomes of efficiency, in mastering their life - situations and building a progressive and secular nation.

## Our Mission

- ❖ To impart quality higher education and to offer professional skills.
- ❖ To inculcate cultural and moral values.
- ❖ To foster faith in God, to motivate service orientation, and to strengthen humanism.

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# Editorial Board



Fr. Dr. Herald Christopher | Rev. Fr. Timson

Dr. Prakasha | Prof. Francis Lopez | Prof. Laishram Praveena  
Prof. R. Gayathri | Prof. Mariya Priya | Prof. K. Kavitha |  
Prof. Daisy Charly | Prof. Elza Mary Mathew





## Editor's Voice



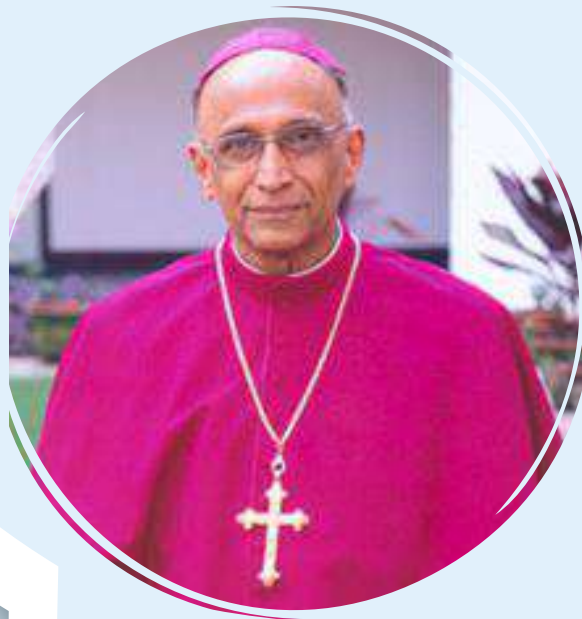
The VISTA, College Magazine, ever excels in bringing out the panoramic view of the hidden literary skills of the Desalites. The magazine VISTA stands far above its true sense and outside world witness the caliber of Desalites. As Voltaire says, ' Writing is the painting of voice', VISTA provides a platform to sharpen the wit and strengthen the academic activities of the college.

It is believed that the purpose of human beings is to share the gifts of God. Knowledge, one of the valuable gifts, which is shared forever, as it is incessant.

The world is beautiful outside where there is stability inside. It is the stability of the minds' willingness to share knowledge, concerns, and special insights have made VISTA 15-16 possible.

**Mrs. R. Gayathri, M.A., M.Phil., B.Ed.,  
Head of the Department - English**





## Archbishop of Bangalore

### **Greetings from Archbishop Bernard Moras.**

I am happy to learn that SFS College will be publishing the annual magazine titled "Vista- 2015-16. Please accept my good wishes on this good occasion. Magazine is a means to communicate and interact with students, parents and general public. It helps to present the activities to all of them. SFS College is doing well in its curricular and co-curricular activities. I congratulate the college.

We are in the Jubilee Year of Mercy. We are called upon to be merciful like our Heavenly Father. This mercy has to be

experienced in all our dealings with the students with the parents, staff and the general public. Love and Mercy are the two sides of the same coin. Where there is mercy there is forgiveness and where there is forgiveness there is love. I pray the Lord to bless the college abundantly.

With Kind Regards,

Yours in Christ,  
†Archbishop Bernard Moras  
Archbishop of Bengaluru



## Superior General

I am glad to know that St. Francis de Sales College, Electronic City, Bangalore is releasing its annual college magazine “VISTA 2015 – 16. I congratulate Fr. Christopher Crasta, the Principal, the Staff, Parents, and Students for their unwavering commitment toward higher education of the youth in the suburbs of Bangalore city.

It is noted that Indian higher education is currently the third largest in the world, close to U.S.A. and China. By 2030, India is said to be one among the youngest nations in the world with 140 million people in the college - going age group. One in every four graduates will be a product of the Indian education system. The need of the hour is to move away from 'generic model' of education to a 'learner-centered model' of education. The students should be mentored to utilize their potential in their area of strength and gifts.

I am glad to know that SFS College offers 'education of the heart' with a learner- centered model. Education is our mission and not our job. SFS College is already graded 'A' by the NAAC team for its academic quality and for its infra-structural facility. The initiatives taken toward permanent recognition with various innovative and competitive academic and non-academic programs in progress will uphold the goal of catholic education viz. to uphold human dignity and to form integrated persons in the society.

May Light of Christ shine on SFS College!

**Fr. Abraham Vettuvilil, MSFS**  
Superior General, Rome





## Assistant Superior General

As you are at the release of your annual magazine yet another year, I greet you with sincere congratulations and fraternal sentiments of appreciation and encouragement. God bless you in your generous and joyful efforts which are always geared to greater strides in keeping aloft the Image of your hallowed Institution! I know that you are constantly aware of your great and noble task as Collaborators in this sacred Journey of Education. There is a deep-felt lament and anguish that the quality of education is declining, and we cannot just ignore it as an exaggerated pessimism and negative mind set.

his decline happens when education is reduced more to the level –

- ♦ of another business-field, for profit-seeking investors,
- ♦ of another profession-domain, for those teachers and staff who look at their work merely as a job and profession,

- ♦ of another pastime-period, for those students who are more interested in fun and pass-time,
- ♦ of another factory of manufacturing future money-machines, for those parents who are excessively bothered about mark, grade and job - prospects.

Certainly certain academic, material and career concern is quite reasonable and is a must. But true education 'Goes Beyond'. It is aimed at a 'Holistic Formation' which inculcates and cultivates human qualities and virtues, and builds up authentic human persons and relationships. Every educational institution is a sacred and noble domain! I wish and pray that we all become fellow-seekers and active partakers in such a pursuit of life-promoting education.

**Devotedly yours**

**Fr Thumma Mariadas Reddy, MSFS**



## General Secretary for Education

Dear Rev. Dr. Christopher,

I am happy to know that St. Francis de Sales College, Electronics City, Bangalore, is bringing out the college magazine and I am happy to send my good wishes, prayers and greetings on this occasion to the stake holders of this prestigious college.

SFS college, although young, has grown as a leading college in the city of Bangalore with its innovations in teaching - learning programs, in infrastructure, in sports and games facilities, curricular, extracurricular and co-curricular activities. The fact that the college has many foreign students for its various academic programs of study shows that this institute is a destination for the foreign students. The college has recently

introduced various new programs and innovations in its courses. The college provides right ambience for a quality education of higher learning.

On behalf of the general administrations of the congregation in the apostolate of education, my sincere congratulations to management and dynamic Principal, Rev. Dr. Christopher Crasta for his innovations with visions for the college. I wish the stake holders all the best and God's blessings.

Rev. Dr. George P. Mathew, MSFS  
General Secretary for Education.

## Provincial

My Dear Fr Christopher,

I am very happy to learn that you are bringing out a college magazine during this academic year to elucidate the wonderful achievements, marvelous commitment of the staff and students and the disciplined commitment to education by SFS College. It is indeed very striking to see the tremendous growth of SFS College in every sphere of its engagement.

Undoubtedly the college has endeared itself to thousands of students through excellent academic performances, well-qualified staff and through various enchanting extracurricular activities. I do congratulate you and your team of Staff and Management for this magnificent holistic growth.

The Fransalian Education Policy aims at not only the academic excellence of our students. Instead, it aims at the "Education of the Heart" as its prime thrust. It means that in addition to the

academic excellence every student of our educational institutions should be trained to be balanced in mental, physical, emotional, spiritual and psychological spheres of their life. Our final aim is to qualify our students as effective citizens of our country, reliable members of their families and as spiritually balanced persons who would realize that they need God in the inadvertent situations of their life.

I wish SFS College a great future through its holistic orientation to form the students of our college as mature and reliable citizens of our country.

**Fraternally**  
**Fr Benny Koottanal, MSFS**  
**Provincial**  
**South West India Province**







## Councillor in Charge of Education

**Dear Fr. Principal,**

Desalite Vista 2016 sums up the literary aspirations as well as the elusive inspirations of your students befitting their status as Desalites in the metropolis. Like the proverbial leaven that ferments the entire dough, this magazine, I am sure, will go a long way in providing proper motivation to today's youth, be they students or professionals working in the city. The writers are obviously trying to reinvent themselves as the magazine opens a window of opportunity for literary expression.

What is particularly endearing about this magazine is the way it captures the zeitgeist of our time and the direction it offers on the crossroads of life. The articles are not so much the outcome of imagination as a conscientious effort to give expression to the ideas and ideals that impel the writers

to see life as a wholesome experience. It comprises all the elements that constitute the conundrum of life.

The illustrations that accompany the articles are apt and highlight their contents. The effort that has gone into the making of Desalite Vista 2016 is, undoubtedly, gigantic and deserves fulsome praise. Hearty congratulations to the writers and authors, the editorial team, and the management for producing a classic magazine of this genre! It portends a new era in magazine production.

**Fr Roy Plathottathil**  
Councillor in Charge of Education  
South West India Province



## Principal

Dear Desalites,

All that is written is a drop of wisdom that falls from every personality. St Francis de Sales College engages Desalites to grow wiser and smarter wherein their energy is drained on constructive undertakings, useful oratory and provide practical down to earth solutions to the problems of their being.

The annual magazine enables the editorial team to gather together all that we can place before the world, a contribution that sustains and an attempt that attains clarity of thought. This exercise enhances the academic abilities of students which creates focused atmosphere for right use of knowledge.

May this college enlighten many more to be at the service of humanity. “Be what you are and be at its best” said St Francis de Sales. And I wish the same to all the readers and contributors of this magazine.

Hail Desalite.

**Fr Dr Herold Christopher, MSFS**  
**Principal**  
**St Francis de Sales College**



Education is an endless quest for fresh knowledge and enlightenment; it is a process of learning for greater growth and empowerment. Graduation is the celebration of achievements and marks the start of an amazing life journey.

The 10th graduation day took place at SFS College along with the annual day celebrations

on 16th April 2016. Chief Guest of the day Air Commodore C Rajeev, Director General, NCC Directorate – KAR and GOA. Rev FR. Leslie Moras, President of the ceremony, Rector and Manager, St Philomena College, Autonomous, Mysore: and Principal Rev. Dr. Christopher Crasta addressed the 450 graduating students. It was a proud moment for both the students and their parents. The convocation ceremony commenced with a prayer song and lighting of the lamp. The Principal, Rev. Dr. Christopher Crasta presented the annual report for the academic year 2015 – 16. He was pleased to announce the various achievements made by the Desalites especially in academics, sports, NCC and NSS. He congratulated Lt. Sampath Kumar, Associate NCC officer, for getting DG Commendation and Excellence Award from the Chief of Army.

## College Day & 10th Graduation Day 2015





He exhorted the graduating students to experience their life ahead and practice both the values and the motto of the Desalite family.

Air Commodore C Rajeev, Chief Guest, motivated and inspired the students through his thought provoking talk. He inspired the students to take up the challenges in life and never to quit. Rev FR. Leslie Morais, the President of the Ceremony exhorted the students to focus on their overall personality development and career programme. He also encouraged the graduates to be responsible in making right decision in their life and to be a change factor in the world.

The graduates were awarded with course completion certificates as also for their achievements in various streams with certificates and prizes. A thematic dance and a mime performance added colour to the occasion. Desalite Vista – 15. The college Annual magazine and Alumni Directory were released. MrsMamatha. K, faculty, Department of Commerce recorded her Expressions to the Graduates. She also shared her impression

and deep connection with the Desalites and how each of them would be remembered for their various skills that they displayed in their three – year course.

To mark the significance of this momentous occasion, Mr. KabidimPamei Chairman of student Council, expressed his deep – felt gratitude to both the management and the faculty for their love and support, and for having made their dreams and desires become a reality.

He also thanked each and every member of this institution who lent a helping hand to smooth everyone's



# ANNUAL REPORT

First and foremost I would like to pay my respects to two of our Desalites whom we lost this academic year 2015-'16. Master Yeshwanth and Ms. Meghana who were faithful, vibrant and true Desalites. May they Rest in Peace.

The academic year 2015-16 began with a big bang when the College received its 'A' grade from the NAAC accreditation team besides Mr. Arokia Kulandai, our Desalite bagged first rank in Bangalore University exams in Bachelor of Arts. In the 2015 exams Desalite Emmanuel Sathish bagged gold for highest marks in Tamil from the Bangalore University. With an inflow of fresh Desalites for enrolment a panel was set up to interview and know the aptitude of students to guide them to choose the right course for their bright future. On June 13th our college was blessed for the year by Fr Sebastian Conrad, the Parish Priest along with Fr. Timson. Orientation programme was conducted for the freshers on 15 June 2015. A day was set apart to bid farewell to the previous principal Rev. Fr. Benny Marangolil MSFS, followed by Prayan, the inauguration of Associations, Investiture ceremony as well as Prathibha-'15, the cultural events. We have several associations that are active and vibrant. This year our college was identified as one of the Kannada Kalika Kendra, under Government of Karnataka to encourage Kannada learning centres for Non - Kannada residents.

The college provided opportunities to Desalites to engage in various co-curricular activities and Desalites have made right use of the same to shine while they participated in various inter-collegiate fairs, competitions and bagged several prices at the University level as well as State and National levels. The active participation of every Desalite in the College activities such as seminars, fairs and sports only reveals their wholesome formation and dedication to the formation of the heart and not only of the mind.

To track the students' class attendance, marks, percentage of various activities OPTRA system was introduced which helped the management, staff and parents to have complete knowledge about the students and their activities. This system has brought revolution in the attendance of the Desalites. Timely guidance from the college counsellor has facilitated many Desalites to focus back on life and achievements. Various seminars, special lectures, competitions conducted by varied associations kept the academic year equally eventful and enticing. With the ever active IQAC – Internal Quality Assessment Cell, the first National seminar sponsored by the UGC was organised with the theme 'Service Learning: Emerging Trends in Curriculum design in Higher Education' on March 12, 2016, a shining feather in the hat of SFS College. International conference with its theme "Creativity and innovation as a strategy for Global Business Excellence" on March 14, 2016 was organised by the Department of Commerce and Business Administration which was another pioneering step for the college to move towards international conferences.



# ANNUAL REPORT

Under the active KCD (Karnataka Civil Defence) our Desalites have bagged prices for best students at National level 58th Unexploded Bombs & Explosive Safety Training Course held at National Civil Defence College, Nagpur, Maharashtra as well as “Disaster and Crisis Management”. Our Desalites have taken active participation in various state level competitions and events such as Chief Minister Medal Parade, Republic Day Parade. Under NCC most of our Desalites have bagged prestigious awards. NSS involved the Desalites into Social Service and gave them an opportunity to help the villages in the remote part of Karnataka with regard to hygiene and education. NSDC gave opportunities for skill development of the Desalites.

A great leap was the changing of college timings from 9.30 a.m. brought down to 8.00 a.m. which not only helped the Desalites in the increase of their concentration but also enabled many to go for part time job where-in several companies became curriculum partners of SFS College.

Events such as Prathibha: an intra-collegiate cultural fest, Ethnic day celebrations, Sammilana where parents meet the staff, Amizade – the Desalite Alumni meet, Athenia: an intra-collegiate sports fest, Razzmatazz: all India Inter-collegiate cultural fest, Teacher's Day celebrations, Igneous: the national level inter-collegiate and corporate sports fest added colours to the College. Yoga and Personality development workshop organized by NCC & Civil Defence helped the

closer to Indian way of life. Africa Day “UNITY AND DIVERSITY” conducted for the first time wherein African students studying across Bangalore were invited and gathered at SFS College and more than 12 events of competitions were organised for them. “Hanumanthappa Kapad Memorial Cup” an Inter Collegiate Kabaddi and Cricket Tournament was conducted by final year BA and BBA Students. “Kick for Unity Cup” a National level football tournament conducted by North East Desalite Association (NEDA) students to unite the North East students across Bangalore.

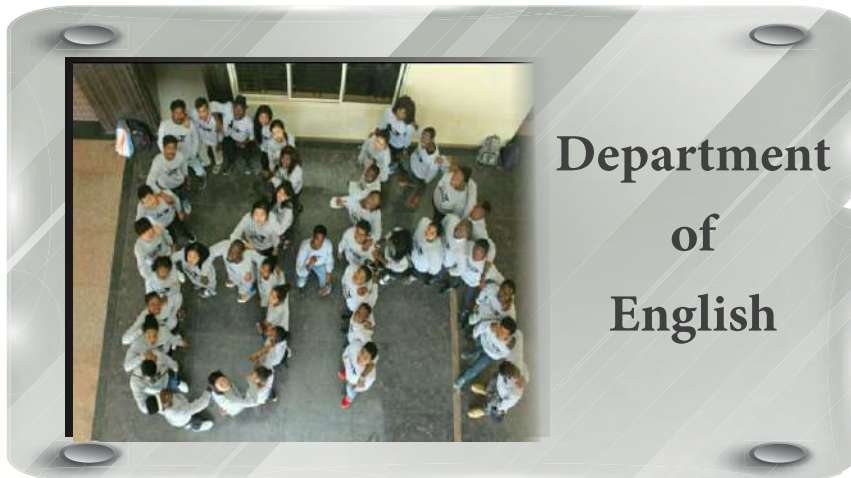
As of now we have an ever green Desalite music Band, sport-filled men's Basket ball team, Kabbadi team, men and women football team, men and women soft ball team, table tennis team and so on. The presence of De-Sales Music academy enables Desalites to spend their noons in learning performing arts and Music.

The active Career Guidance and Placement Cell enabled Desalites to get campus placements at various prestigious companies such as Myntra, Tata consultancy Service, Infosys, XIME, Narayana Health Care, Biocon India Limited etc.

The year looked green and prosperous yet we have more pastures to create and more green to attract students across the globe. I would like to place on record the hard work put-in by the staff both teaching and non-teaching in making this institute a premier one.

**Thank You Everyone**





## Department of English

### Chaucer's Academy 2015-16

SFS College started with a small number of students in the place where the grove of coconut trees, were present with a minimum students. And presently it has been growing as a big institution with more number of students globally. The Chaucer's Academy, Association of the Dept. of English is named after Geoffrey Chaucer 'The Father of English Literature' is as well the father of English Poetry, the first of the great moderns. This literary club sets forth a platform where students could learn and enhance their knowledge, skills and abilities in various genres. The Academy for the academic year was inaugurated in the month of July 2016 with Ms. Krupa (III B.A) as the President.

Vocabulary is much more than grammar. It's the key to understand what one hears and reads; helps us to communicate successfully with people. For this reason a competition on vocabulary was conducted in the month of August in which students of B.A participated and bagged the prizes.

To hone the skills of students, Chaucer's Academy organized a competition 'Soliloquy' in the month of February 2016. Students from Dept., of B.A participated in the competition enthusiastically. Rev. Fr. Michael, the Chief Guest addressed the Desalites and the event started up in a full swing. Each participant performed their best and was able to impress the judges and entertain the audience. The event was really inspiring for the new generation.





# PHONE✓✓✓



The Dept of English organized a seminar on 'Phonetics'. The session was inaugurated in the valuable presence of Rev. Fr. Herold Christopher Crasta. The session, presided over by the Guest of the day Mr. Suresh . S, a Certified Trainer & Speaker, enlightened the gathering by his exuberant speech.

The session introduced the world of phonetics to everyone. Phonetics is a systematic study of speech and the sounds of English language.

Traditionally, phonetics rely on careful listening and observation in order to describe speech sounds. In doing this a phonetician refers to classificatory framework for speech sounds which is based on how they are made and on aspects of the auditory impressions they make. In simple words, phonetics focuses on the pronunciation of sounds which are accepted universally. It is the phonetics in language which keeps us connected with people around the world and helps in better communication. Our voices and our speech behavior are cues for the listeners about the speakers' identity and make it possible for the listeners to recognize voices even without seeing the speaker. The session engaged the Desalites with fun-filled activities.



The Department of English, St Francis de College is known for its enthusiasm in instilling good communication skills and enhancing the fluency of the English language of Desalites, especially, the students of literature. To this effect, they have participated in an inter-collegiate competition at state level tagged "Text, Co-text and Pretext", which was hosted by St Claret College Bangalore, to further expose the students to the bright side of English literature. The outcome of the competition was an unforgettable one as the college, under the guidance of Prof. R. Gayathri, Head, Department of English, grabbed second place with a cash prize of 1000/-. The students who presented papers from the department of were Charles Raj. T III BA, John Femi II BA,, Nasa Esther II BA, Njoku Jane I BA and Anisiebo Anthony I BA.. Amongst them, Anisiebo Anthony came second for his presentation on the topic "The Writer, The Text and The Critic". Other participants were also congratulated and appreciated with certificates. Also, as a team, St Francis de Sales college representatives, together with the Head of the Department of English, Prof. Gayathri, were congratulated by other dignitaries for the team spirit.



# TRENDS AND CHALLENGES IN ENGLISH LANGUAGE EDUCATION



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## Language Through Literature

Man speaks: we speak when we are awake and we speak in our dreams.  
-Wilhelm Von Humboldt

Language, the closest neighborhood of man, is bestowed only on man. Language takes us everywhere. To have a reflection on Language means to search the speaking of language in such a way that this speaking takes place which grants an abode for the being of mortals. In the words of Martin Heidegger, Language is a tool of expression. Speech is regarded as an activity of man. Hence, language is as essential as breathe.

English Language has acclaimed a worldwide recognition. Than learning the national language, every nation gives priority to have access to universalized language - 'English'. To acquire the knowledge in English in contemporary scenario, 'Telematics' plays a prominent role. IT facilitates to enhance one's potentialities, especially of students'.

### Press Few Buttons Get all the Information

To acquire knowledge in all branches, a common language that can be understood is English. Thus, "Amalgamation of Language & Technology" is witnessed. The arrival of the Personal computer in education did not appear

to be greatly significant at first; now it serves as the best tool in the field of education. Classical educational setting is replaced by use of media literacy. Students are made to use Telematics to increase the knowledge and feel the responsibility for their own educational development as "Younger generation is geared towards immediacy".

Youngsters are already finding ways to create and collaborate within the networked media beyond the classroom. Their 'finding ways' result in 'CONSTRUCTIVISM'. Constructivism fosters critical thinking and creates active and motivated learners. The learners are autonomous, inquisitive thinkers who question, investigate and reason. Hence the role of educators is so challenging.

### A good teacher is a master of simplification and an enemy of simplism

The present generation students are stuffed with knowledge and sent to this world. An educator, to face the present generation has to be updated with his knowledge especially with the use of "TELEMATICS". Students, now a days, never

wish to memorize what the educator says, instead he wishes to learn by himself. It becomes the duty or responsibility of the educator to make him teach himself. The identity of the best educator is

**One who suggests rather than dogmatizes  
and inspires his listeners with the  
wish to teach himself**

Media Literacy becomes the effective tool for teaching and to be the best educator. It enhances one's knowledge with full of creative and innovative ideas.

**Teaching should be full of ideas instead,  
stuffed with facts.**

Educators need to think about how Pedagogy can push the Technology than the Technology pushing Pedagogy. Though the use of 'TELEMATICS' consumes lot of time, it is 'user friendly'. It helps the educators to enrich and widen their knowledge. The out put of the learning is witnessed in their teaching.

Having presented an overall view of Language, Technology and Role of Educators, the proposed study attempts to use 'Literature' as a tool to 'Language'.

Literature is an invaluable resource of language motivation. It encourages language acquisition, expands language awareness, interpretation skills etc. BBC says that the use of literature is enjoying a revival for a number of reasons. Having formed a part of Traditional Language Teaching Approaches, Literature became less popular when language teaching and learning started to focus on the functional use of language.

Literature provides opportunities for multi-sensorial classroom experiences. It can appeal to learners with different learning styles. The texts are supplemented by the use of CDs, film clips, audio & videos, theatrical effects, etc., to enhance the richness of sensory input of the students.

In the contemporary scenario, literature is being revived by the use of telematics. Literature can be accessed widely by the use of various blogs, websites, e-books, e-libraries, e-journals. Telematics highly motivates the learners to undertake research and publish papers, journals, articles. Even children are motivated to cherish literature.

All the genres of literature, like poetry, drama, novel, short stories, biographies, autobiographies, essays help one to enhance one's language skills. In the proposed study, the most cherished and ever enjoyed genre of literature, poetry, is analyzed for enhancing language through literature.

Poetry augments new ways of listening and thinking about language. Learners can be motivated to acquire knowledge in language by the way of writing poetry. In this regard 'ACROSTIC POEMS' would be a great help to develop language skills.

Using the letters in a topic word, composing poem beginning with each letter.

**S - Shiny Galaxy**

**T - Tiny that Twinkles**

**A- Along with the**

**R- Racy sky**

Poetry is the spontaneous overflow of powerful feelings and emotions recollected in tranquility

William Wordsworth

To quote with Wordsworth's words, poetry comes as naturally as leaves to a tree. Hence, learners can use poetry to express their thoughts as expressions are expressed through language.

William Blake's 'A Poison Tree' is considered to exemplify the inner mind of the protagonist

## A Poison Tree

I was angry with my friend;  
I told my wrath, my wrath did end.  
I was angry with my foe:  
I told it not, my wrath did grow.

And I watered it in fears,  
Night & morning with my tears:  
And I sunned it with smiles,  
And with soft deceitful wiles.

And it grew both day and night.  
Till it bore an apple bright.  
And my foe beheld it shine,  
And he knew that it was mine.

And into my garden stole,  
When the night had veild the pole;  
In the morning glad I see;  
My foe outstretched beneath the tree.



'A Poison Tree' explores man's inward regions and exposes his feelings and impulses. It is a tale of 'anger' expressed and suppressed. Blake believed that it was wrong to suppress one's natural impulse, be it love or hatred. The poem examines the man who is in rage towards his friend as well as enemy. His pretended friendship with his enemy is well caricatured in the following lines:

And I watered it in fears,  
Night & morning with my tears:  
And I sunned it with smiles,  
And with soft deceitful wiles.

Towards the end of the poem the enemy falls in the trap of the speaker and meets a disastrous end. The happiness of the speaker is interpreted in the poetic lines-

In the morning glad I see  
My foe outstretched beneath the tree -

The poetic lines convey the innermost sadistic impulses that lurk beneath every mind. The speaker in this poem is not self-critical in the sense that he deplores his deliberate hypocrisy. But he is explicit enough to give a complete description of the poisoning, not only of his enemy but also of his own life.

'A Poison Tree' is a symbolic poem. The tree represents wrath, water represents fear, and apple symbolizes the fruit of deceit which results from repression. This deceit gives rise to the speaker's action in laying a death trap for his enemy. The deeper meaning of the poem is that aggressive feelings, if suppressed, almost certainly destroy personal relationships. However, the poem is a simple, ordinary story.

'A Poison Tree' has much psychological value in its exposure of the seamy side of human nature. Its relevance in the modern context is obvious because it explores human relationships.



The theme is a universal one. The poet has been able to register simultaneously the different reactions of an individual towards his friend and foe. The poem does give honour neither to the speaker nor to his victim. Both are malicious and vindictive and damn themselves.

To conclude, 'Learners' are 'Builders' and 'Creators' of meaning and knowledge. To such thirsty learners, Literature serves the best tool to hone one's language skills. Thereon, Language and Literature are inseparable. John Keats says,

Beauty is Truth, Truth Beauty.  
The maxim the study proposes is  
Literature is Language, Language Literature.



## THE WRITER, THE TEXT & THE CRITIC

### A WRITER

A writer is the one who writes or creates with words vast worlds either through facts or pure imagination, committed to his/her work, and writes with the heart in order to bring what is truly their spirit to life. Thomas Mann says that "A Writer is someone for whom writing is more difficult than it is for the others". Writing goes beyond making notes. It is a written expression of an inner feeling. Quentin Tarantino believes that "A writer should have this little voice inside of him saying, 'Tell the truth'. Reveal a few secrets here". Another major role of a writer is to instruct the readership using carefully

selected words to make desired effects.

## THE TEXT

A text is a book or other written or printed work, regarded in terms of its content rather than its physical form. It is usually regarded as conveying the authentic or primary form of a particular work. It is also the main body of a book or other piece of writing, as distinct from other material such as notes, appendices and illustrations. The text is the tool which a writer adopts to effectively carry out his/her function. It is the content of the written idea. outlined by the writer for the readership.

## THE CRITIC

A critic is a person who expresses an opinion on something. He/she is the one who judges the merits of literary or artistic works, especially one who does so professionally. He/she forms and expresses judgements of merits, faults, value, or truth of a matter. Edgar Allan Poe says that "In criticism, I will be bold, and as sternly, absolutely just with friend and foe. From this purpose nothing shall turn me". Benjamin Franklin also says that "Critics are our friends. They show us our faults".

## CONCLUSION

The importance of a writer, his/her text and the critic cannot be overemphasized. As the writer tends to affect the minds and ideologies of the readership through his text, the critic on the other hand tries to carefully examine the text as provided by the writer to ensure that it meets its purpose. Ashwin Sanghi says that "The relationship between critic and writer is similar to the one between the pigeon and the statue". Nelson Algren says, To literary critics, a book is assumed guilty, until it proves itself innocent.

**ANISIEBO ANTHONY CHIGOSIM**  
**I BA (JPE)**



## ORIGIN OF SONNETS

The sonnet has its origin in Italy. The term sonnet is derived from the Italian word 'Sonnetto' which means sound. The sonnet was first created by Giacomo da Lentini. The sonnets are written in 14 lines primarily. Those who compose sonnets are Sonneteers.

### **Categorization of Sonnets**

- ♦ Italian Sonnet.
- ♦ Shakespearean Sonnet.
- ♦ Spenserian Sonnet.
- ♦ Miltonic Sonnet.
- ♦ Terza Rima Sonnet.
- ♦ Curtal Sonnet.



## **Italian (petrarchan) Sonnet (1235 - 1294)**

Italian or Petrarchan poet is named after Francesco Petrarca. The structure of the Italian sonnet is divided as octave and sestet. The octave forms the proposition, which describes problems or question while sestet proposes a resolution. The ninth line initiates what is called the turn or volta which changes the tone, mood, or stance of the poem. The rhyming style of the Italian sonnet is 'abbaabba' and with the two different possibilities 'cdcdcd' and 'cdccdc' in the sestet. The rhyme schemes have also been rendered in musical structure in late 20th century composition *Survivo in Vento*, inspired by Petrarchan sonnet 212.

## **SHAKESPEAREAN SONNET**

**( ELIZABETHAN SONNET ) 1564 1616.**

The Shakespearean sonnet is named after William Shakespeare, also called Elizabethan Sonnet or the English Sonnet. English or Shakespearian sonnet, consists of three Quatrains with the four lines each and a concluding couplet with the two lines. The rhyme scheme is abba cdcd efef gg. It is structured to explore the multiple facets of a theme in a short piece. The Shakespearean sonnets are in iambic Pentameters. The influential form of the sonnet is just a spring board to discover its true and enduring beauty.

## SPENSERIAN SONNET (1552 - 1599)

Edmund Spenser, a contemporary of Shakespeare, innovated the form even further and resulting poetry, has been called the Spenserian sonnet. The rhyme scheme is 'ababbcbccdcdee'. Sonnets are written during the year 1594. Spenser immortalizes his love for Elizabeth Boyle in his sonnets.

Spenser, who perhaps the most religious of the poets Christianises Neo Platonism. Sonnets reflect his faith and beliefs. Unlike Spenser, Shakespeare takes this Neo Platonism in a complete diverse level picturing and describing a man instead of a woman. While Spenser, known for his Fair Queene, in which, he is more concerned with the display of purity of knights and women.

## MILTONIC SONNET

Milonic sonnet is a Petrarchan sonnet without a Volta. He was the first to write the sonnet without volta. So Milonic sonnet follows the rhyme scheme that of Petrarchan but with breaks in the stanza. Milton is a 16th century thinker. Some of his works are 'On His Being Arrived to the Age of Twenty Three', 'On His Blindness', 'On the Massacre in Piedmont', 'On His Deceased Wife' etc., .Unlike Italian, Shakespearean and Spenserian sonnets, sonnets of Milton are political , occasional , elegiac and of personal meditation like 'On His Blindness'. Terza Rima is first used by the Italian Poet Dante Alighieri in his work 'Divina Commedia'. The literal translation of Terza Rima from Italia is 'Third Rhyme'. So the sonnet has a three line stanza (Tercet) with the rhyme scheme of aba bcbcdcded with the possible endings for the example above are dede e or dedee. It was said that the three line pattern may have been intended to suggest the Holy Trinity.

The first poet to use this sonnet is Geoffrey Chaucer in 'Complaint to His Lady'. The influence of Shakespearean sonnet was predominant and so Terza Rima did not have a role. Later, this rhyme scheme is introduced in England by Sir Thomas Wyatt in the 16th century. PB Shelley has used this scheme in his 'Ode to the West Wind'. And other poets like Byron, Elizabeth and Robert Browning and Longfellow also have experienced the scheme later.

The Curtal sonnet is a form invented by G.M. Hopkins. The sonnet consists of precisely  $\frac{3}{4}$  the of the structure of a Petrarchan sonnet. The octave of a sonnet becomes a sestet and the sestet a quatrain. The first eight lines of the Petrarchan sonnet is rephrased into six lines in Curtal sonnet, and the last six lines into the last four and half lines of the Curtal sonnet. Hopkins further explains this division with the mathematical explanation  $2/2 + 9/2 = 21/2 = 10 \frac{1}{2}$ . Elisabeth Schneider argues that the Curtal sonnet reveals Hopkins intense interest in the mathematical proportions of all sonnets. But critics are generally in agreement that the Curtal sonnet does not much constitute a new form as an interpretation of sonnet form as Hopkins believed it to be.



**T. CHARLES RAJ.**  
**III B.A (JPE)**



# ENGLISH

That's why all say-  
School life is the most wonderful life...



**Desalite**   
BRILLIANCE INSPIRED



## CONTROLLING YOUR EMOTION AS A YOUTH

The term 'Emotion' according to psychologist is referred to as 'reactions consisting of subjective cognitive state physiological reactions and expressive behavior'. Looking at this definition, one would see that it is emotion that drives a youth taking wrong steps in either committing suicide or developing mental illness.

Emotions are the most present, pressing and sometimes painful face in our lives. We are driven day by day by our emotions, towards the ones we love dearly, which at a point makes us to take stupid and unreasonable steps that keep us to regret in the long run. At first we take chances because we've excited for new prospects. But later we cry because we've been hurt and we make sacrifices because we love, and at certain points invested time in it.

Without doubt, our emotions dictate our thoughts; intention and actions with superior authority to our rational minds. But when we act on our emotions too quickly, or we act on the wrong kinds of emotions, we often make decision that we later lament, just as someone does by eliminating their life for someone that does not really worth the love. Our feelings can alter between dangerous extremes. 'Veer too far to the left and you're bordering on rage. Steer too much to the right and you're in a state of Euphoria'. As with money other aspects of life, emotions are the best when met with a sense of moderation and logical perspective. This is not to say that we should stop ourselves from falling in love or jumping for joy after great news. These truly are the finer things in life. It is negative emotions that must be handled with extreme and the greatest care.

Negative emotions, like rage, envy, pain after little quarrel in a relationship or bitterness tend to spiral out of control especially immediately after they've been triggered. In time, these sorts

of emotions can grow like weeds, slowly conditioning the mind to function on detrimental feeling and dominating daily life. Have you ever met a person who consistently gets angry or hostile? They weren't born that way, but they allowed certain emotions to stir within them for so long that they became inbred feelings arising all too frequently. Strategies overcome negative emotions, and master our emotions in harsh and tough circumstances

**DON'T REACT RIGHT AWAY:** Reacting immediately to emotional triggers can be an immense mistake. It is guaranteed that you'll say or do something you'll later regret. Before refuting the trigger with your emotional argument, take a deep breath and stabilize the overwhelming impulse. Continue to breathe deeply for five minutes, feeling as your muscles get relaxed and your heart rate returns to normal. As you become calmer, affirm to yourself that this is only temporary.

**ASK FOR DIVINE GUIDANCE:** Faith is our saving grace in our darkest moments. Irrespective of your creed, developing a healthy relationship with the divine world will help you surmount your obstacles more easily. This is because when you believe in a higher force, you also believe in the



power of divine intervention to show you what you must do, teach you. why something is happening or even save you from a certain unwanted situation. When burdened with emotion, close your eyes, envision a positive solution to your problem, and ask the universe to illuminate the best path forward.

**FIND A HEALTHY OUTLET:** Now that you've managed your emotion, you'll need to release it in a healthy way. Emotions should never be bottled up. Call or go see someone you trust and recount to them what happened. Hearing an opinion other than your own broadens your awareness. Keep a journal and transfer your emotions from your inner self onto the paper. Many people find it helpful to engage in aggressive exercises, such as kickboxing or martial arts, to discharge their feelings. Others meditate and chant to return to a tranquil state of being. Perform whatever activity is best suited to you in order to liberate your being from pent-up sentiments.

**SEE THE BIGGER PICTURE:** Every happening of our lives, either good or bad, serves a higher purpose. Wisdom means being able to see past the moment and discern the greater meaning of any given situation. You may not understand it in the beginning, but as time goes by, you'll begin to see the bigger picture falling into perfect order. Even in the midst of an emotionally upsetting moment, trust that there exists an ultimate purpose which you will come to comprehend soon. Mind you, you're an asset to your generation, your generation needs you, your family needs you and your creators need you to fulfill your purpose on planet , earth. Don't allow Emotion to drive you out of God's plan for your life.



*Control your emotions  
or your emotions will  
control you.*

**JOHN EZEKIEL OLUWAFEMI  
II BA (JPE)**



## HALCYON ACADEMY

There are potential perspectives that inculcate in human behavior and its mental process. With regard to this, Halcyon Academy has been of great influence and support to the students of Department of Psychology.

Just like the Halcyon bird, which is a mythical bird that has the power of calming the winds and waves same way Psychology has the power to tranquilize human mental process. Philosophy of Psychology monitors the contemporary works conducted in Cognitive neuroscience, Evolutionary Psychology and Artificial Intelligence by questioning if Psychological phenomena can be explained using the methods of Neuroscience, Evolutionary Theory and Computational Modeling.

Psychology has been a major contribution to the study of the mind and systematic approach of understanding and curing mental conditions. The Academy is named after a mythical Greek bird known as Kingfisher which symbolizes Peace and Tranquility.

The Department of Psychology elected its official bearers on 22nd July 2015 and the elected students are: Emmanuel S. John (President) and Jane Njoku, (Secretary) under the supervision of Ms. Laishram Praveena Devi,



Head of the Department, Psychology and Mrs. Liminy Matthew, Coordinator, Department of BA.

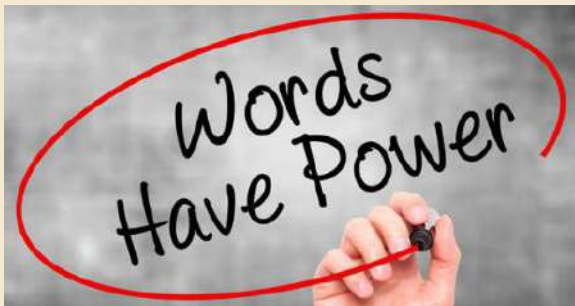
The activities for the year comprised of: Debate which was held on 3rd September 2015, Quiz which was held on 25th and 27th January 2016 which was only open to the students of Psychology. Department of Psychology also came up with a self-knowledgeable program title 'Know Yourself' which was held on 9th & 10th March 2016. The program was inaugurated by Rev. Dr. Herold Christopher Crasta, the Principal. Know Yourself was open to the general student of SFS college and also to the teachers, and it consisted of 3 different tests such as: Personality Style - helps in knowing the personality style of the enrolled participant. Learning Inventory depicts the prefer learning style that is suitable for the enrolled participant in order to help improve their educational performance. Intelligence (Raven's Progressive Matrices) aims at assessing the intelligence of the enrolled participant in order to boost their self-esteem and self-evaluation. The department also came up with other activities such as field visit, seminars and guest lectures. The Academic year 2015 2016 has been a busy and successful year for the Department of Psychology. One of the greatest achievements of Halcyon Academy is the creation of its logo and publishing of the Academic Magazine. All the achievements were successful with the help of Rev. Dr. Herold Christopher Crasta, the Principal who is always ready to render his support to the Academy, inspiring the Professors of Psychology and also with the help of the learners in psychology.



## CHANGING YOUR WORDS CAN CHANGE YOUR LIFE

Words and magic were in the beginning one and the same thing, and even today, words retain much of their magical power. By words one of us can give another the greatest happiness or bring about utter despair; by words the teacher imparts his knowledge to his student; by words the orator sweeps his audience with him and determines its judgments and decisions. Words call forth emotions and are universally the means by which we influence our fellow creature. Therefore let us not despise the use of words in psychotherapy.

**-Sigmund Freud**



We all know words provide us a vehicle for expressing and sharing our experience with others. But do you realize that the words you habitually choose also affects how you communicate with yourself and therefore what you experience?

Most people don't appreciate just how much of a spell, words do cast over our brains. Our minds don't just remember words as pure information, they exist on and because of words, using them to dynamically construct and shape our perceptions and moods for the better and worse. If we buy into their spell too much we can be stuck for life!

The human brain has evolved over six millions years. The most primitive parts of our brain operate at a deeply unconscious level, and

influence a great deal more of our conscious behaviour than most of us realize. As we added more complex structures to support critical thought, reasoning, language, and social behaviour, our frontal lobe grew larger to accommodate a great workload. However, this part of the brain continues to be cross-wired with the more primitive structures that support survival. This is a simplified explanation of why a dispute at work can generate a 'fight or flight' response when our physical survival is not even remotely threatened.

While the precise language timeline is hard for science to pin down, our capacity for language developed only recently. And yet, language doesn't operate simply at the newer, conscious level of the brain. We respond to words at a visceral, autonomic level as well. Understanding the impact of words on the brain can help us to become better partners, parents, negotiators almost any other role in which we as human beings may find ourselves.

According to Andrew Newberg, M.D. and Mark Robert Waldman, words can literally change your brain. In their book, 'Words Can Change Your Brain' they write: a single word has the power to power to influence the expression of genes that regulate physical and emotional stress. Positive words, such as peace and love can alter the expression of genes, strengthening areas in our frontal lobes and promoting the brain's cognitive functioning. They propel the motivational centres of the brain into action, according to the authors, and build resiliency.

Conversely, hostile language can disrupt specific genes that play a key part in the production of neuro chemicals that protect us from stress. Humans are hardwired to worry part of our primal brains protecting us from threats to our survival; so our thoughts naturally go here first.



# STRESS

A poll conducted by the Associated Press and MTVu in 2008 and 2009 describes how multiple stressors work together to impact college students' lives. The economy appears to be an influential stressor; students polled were twice as likely to drop out of college if one of their parents lost a job. The poll goes on to report that 57% of students fear they won't find a job after graduating. When it comes to overall stress levels, 85% describe daily stress in college in 2009, a 5 percent uptick from the 80% reported in 2008.

It seems today's college students experience far more stress than students in previous decades, and the numbers keep getting higher. Surveys conducted by Kansas State University reveal a 58% increase in stress-related mental health issues reported to campus counselors between 1988 and 2001. These increased stress loads come with some dire consequences. Suicide rates amongst college-aged students are three times higher than they were in 1950, as described by American College Health Association statistics published in *Psychology Today*.

Occasional stress is a part of everyday academic life. It can even have a positive effect, challenging you to meet new goals. However, high levels of stress over a prolonged period of time are linked to increased rates of depression, anxiety, cardiovascular disease, and other potentially life-threatening issues. The following guide will acquaint you with potential stress risks, management techniques, and student resources.

## WHAT IS STRESS?

You're rushing from one end of campus to the other, trying to make your next class on time.

Since your classes are scheduled back-to-back, you haven't had time to eat. It's three o'clock and you're extremely hungry. This week, you've got three midterms to study for, a work-study job to hold down and a backlog of 300 pages to read. You're meeting with a chemistry group tonight to finish work on a rushed research presentation. Too bad you've also got three other assignments due tomorrow, so it looks like you won't be getting much sleep tonight. You'll need to grab some energy drinks on the way home.

Did you tense up just reading that? Chances are, you've had similar hectic experiences as a student. You might feel lost, overwhelmed, frozen, or unable to cope when confronted with so many tasks. Busy schedules crammed with work, study, and extracurricular activities can take a toll on your physical and mental health, especially if you're not eating or sleeping properly. If untreated, these stressors can compound over time, leading to even greater levels of stress.

## THE CLINICAL DEFINITION OF STRESS

Stress is an elusive term that encompasses many different symptoms and contributes to a wide range of health disorders. The American Institute of Stress explains that stress is not a useful term for scientists because it is a highly subjective phenomenon that defies definition. It's true; people respond in a variety of ways to stress. However, the National Institutes of Health strives to define the umbrella term of stress as a feeling of emotion or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.





## EVOLUTION OF STRESS

Some researchers believe humans evolved to have a stress response during fight-or-flight scenarios. The physical and cognitive changes we go through once we perceive a threat could potentially aid us in survival. Research published by Harvard Medical School describes how the near-instantaneous sequence of hormonal changes and physiological responses help someone to fight the threat off or flee to safety. Unfortunately, the body can also overreact to stressors that are not life-threatening. Harvard researchers trace the beginning of the stress response to the amygdala part of the brain. It alerts the hypothalamus, which triggers a rush of hormones.

## HORMONES RELEASED IN YOUR BODY DURING STRESS

**Epinephrine:** Most people recognize this hormone as Adrenaline. Epinephrine triggers increased lung and heart activity. The increased blood flow to your brain can make you feel more awake and aware.

**Cortisol:** This hormone changes the way you metabolize glucose and regulate blood pressure. During stressful situations, Cortisol gives your body the burst of energy characteristic in a fight or flight response.

It seems plausible that the increased heart rate, tunnel vision, and jitteriness that come with stress could have helped our ancestors when wild animals confronted them. However, students also feel the burden of stress when they encounter routine stressors, such as intimidating workloads, tests, and financial burdens. Constant exposure to these stressors can cause chronic stress. Mayo Clinic warns that prolonged exposure to stress hormones can take a significant toll on your mental and physical health; we'll explore the symptoms and extent of that toll in greater detail below.

## CAUSES OF STRESS IN COLLEGE

Students respond to stressors differently. Some students confronted by certain obstacles might be motivated to excel, while others might freeze up and panic. However, we all have certain combinations of stressors that have the potential to affect us negatively. Here are some common stressors students are exposed to in college:

- ◆ New levels of independence
- ◆ Extended commute times
- ◆ Living among strangers
- ◆ Roommate negotiations and mediation
- ◆ Unfamiliar environments and climates
- ◆ Heavy course loads Exams
- ◆ Financial commitments such as tuition, rent, books, and fees
- ◆ Grade performance
- ◆ Family turmoil or loss back home
- ◆ Work schedules
- ◆ Social obligations
- ◆ Romantic relationships

## The Effects of Stress

When a person is exposed to stressors, or stimuli that provoke stress, we experience an array of physical, emotional, behavioral, and cognitive reactions. Two people might experience stress in very different ways. Here are just some of the symptoms that can occur when you experience stress.

## PHYSICAL

**Sweating:** It might sound strange, but some researchers believe evolved to release sweat with odors that communicate fear and danger. Studies described by the Wall Street Journal reveals that subjects exposed to other peoples' stress sweat increases alertness.

**Increased heart rate:** When your brain releases epinephrine, your heart rate increases to get your body ready to fight or flee.

**Increased blood pressure:** Stress hormones also cause your blood vessels to constrict.

**Muscle tension:** Your muscles activate when stress hormones trigger your sympathetic nervous system. This can cause you to tense up in a seated position during class or repeatedly flex certain muscles until they begin to ache.

**Headaches:** Stress headaches can be triggered by tightened shoulders and neck muscles.

**Stomach aches:** The muscle tension, dietary changes, and hormonal shifts that occur during stress can lead to abdominal pain.

**Fatigue:** The fight-or-flight response floods you with hormones that make you feel temporarily alert. However, this effect eventually fades, causing your body to crash after prolonged periods of stress.

## EMOTIONAL

**Hostility:** Once a stressor triggers your fight-or-flight instincts, you might begin to perceive other stimuli as potential stressors. People sometimes lash out with frustration or irritability in order to defend themselves.

**Helplessness:** Students exposed to a constant deluge of stressful events, environments, and obligations might feel they can't do anything to remedy the situation. In fact, a significant amount of research has been conducted on the risks of learned helplessness in animals and humans who become conditioned to take no action even when given the chance to escape from stressful stimuli.

**Unhappiness:** When students continuously meet stressors, It can be easy to slip into a negative outlook.

**Loneliness:** Isolation and stress can become a vicious cycle, with one feeding the other. Research published in the British Medical Journal describes how stress and social isolation are tied to increased mortality rates.

## BEHAVIORAL

**Binge or reduced eating:** Stress hormones can temporarily halt your appetite. However, long term exposure to cortisol can lead to cravings, according to the Harvard Medical School. This is why so many students celebrate with chips, pizza, and ice cream after finals week.

**Drug or alcohol abuse:** Students might turn to alcohol or drugs to escape from the effects of chronic stress.

**Decreased sex drive:** During the fight-or-flight response, your brain and body get prepared to respond to emergency situations, which can cause your libido to decrease.

**Erratic sleep habits:** Students suffering from stress might swing between exhaustion and fatigue from hormonal overloads. Or you might experience sleep disruption, which can lead to a cycle of increased stress and insomnia.

## COGNITIVE

**Memory loss:** While short bursts of stress can help you remember events and details with clarity, chronic stress can actually impair your ability to retain information, according to researchers working with the Memory Disorders Project at Rutgers University. This is bad news for students who might fruitlessly struggle to remember information during high stress cram sessions, only to find they've retained very little.

**Loss of Concentration:** It can be difficult to focus on your studies if your brain is buzzing with anxiety about the many tasks you have to complete.

**Negative Outlook:** Stress can feed a negative outlook, which can in turn feed the cycle of stress. Mayo Clinic suggests breaking this cognitive feedback loop by practicing positive self-talk to pull you through stressful challenges.

## STRESS DISORDERS

**Depression:** Clinical depression is marked by chemical imbalances that can be triggered by stressful life events. It's possible that floods of stress hormones can make people more susceptible to become depressed. In Medlineplus magazine, Dr. Esther Sternberg encourages people to seek professional help if they are unable to control stress levels, they might have clinical depression.

**General anxiety disorder:** This is just one of many anxiety disorders one can develop due to chronic stress, according to the American Psychological Association (APA). This ailment is characterized by visible physical symptoms, such as muscle tension and shaking.

**Sleep disorders:** Sleep problems and anxiety issues seem to be intertwined. The Anxiety and Depression Association of America explains that sleep disorders can cause anxiety disorders and vice versa. Patients often seek cognitive-behavior therapy to break these feedback loops.

**Substance abuse:** Some students might attempt to take the edge off their hectic lives by turning to alcohol or illicit drugs. Unfortunately, these dangerous coping attempts can lead to even larger problems of substance addiction and abuse. A study by Columbia University revealed that 22% of college students compulsively use drugs or alcohol, markedly higher than the 8% of non-student populations exhibiting dependence.

**Chronic muscle pain:** Students might discover that their chronic neck aches, backaches, stomach aches, or headaches aren't the result of pulled muscles or physical injuries they could actually be symptoms of stress. The National Institutes of Health recommends yoga and meditation to relax your body and release muscular tension.

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## MANAGING YOUR STRESS

### SCHOOL STRESS

**Tardiness:** You might find it difficult to get to classes on time, especially if you're not a morning person. Tardiness can affect your overall grades and result in incredibly tense commutes. Alleviate this stress by regulating your sleep schedule, getting up with ample time to prepare for class, and leaving your place by a set time. If you're having trouble getting to sleep before class, try relaxing activities such as

meditation or gradual muscle relaxation before sleeping.

**Pressing Deadlines:** Procrastination can lead to intense periods of stress as you struggle to keep up with due dates. If your schedule permits, complete your assignments early so you can stay ahead of due dates and get some time to wind down.

**Packed Schedule:** Students often feel overwhelmed with the sheer number of commitments they've made. Don't be afraid to say no to some unnecessary commitments to clear your schedule and relax. Make sure to give yourself buffers between tasks to eat, unwind, and take care of your health.

### FAMILY STRESS

**Parent or guardian expectations:** If you're living with family, you might find that their concerns feel a bit overbearing. If they're hanging over your shoulder, sit down and have a respectful conversation about your new responsibilities as a college student. If your family can't manage to give you space, consider moving to a less stressful environment, such as a dorm or off-campus apartment.

**Loss of loved ones:** NPR reveals that the death of a loved one is the second highest cause of stress amongst U.S. adults after illness concerns. A death in the family is often an extremely traumatic life event for students. Speak to a college advisor to get time off from classes to attend a funeral and spend time with your family. Explore bereavement counseling or support groups in your area for additional support.

### RELATIONSHIP STRESS

**Scheduling issues:** Students with packed schedules often have to tell their friends and loved ones, Sorry, I can't make it out tonight. This can strain relationships. Be honest about your commitments, but also make an effort to meet

with friends and loved ones. Socializing can reduce stress and help you cope better with responsibilities.

**Conflict:** Stress can cause people to lash out aggressively. Students who are continually in conflict with roommates or significant others should pursue conflict mediation with campus counselors. **Loneliness:** Students new to campus often feel isolated, especially if their dorms, city, or state are wholly unfamiliar. Make an effort to connect with your community by participating in residence hall programs and joining extracurricular.

## WORK STRESS

**Earnings:** Students often work while attending college in order to keep up with high tuition and housing costs. However, many student jobs come with entry-level wages. If you're struggling economically, speak to your financial aid office to see if you qualify for grants, loans, or federal

**Work Hours:** A survey conducted by Citibank and seventeen magazines reveals that 4 out of 5 students work while attending college; time spent at work averages out to 19 hours a week.

Avoid overloading your work schedule, because it can take a toll on your academic performance and well being. Make sure your employer can completely accommodate your course schedule. If not, consider finding a new job, as class attendance takes precedence.

## GETTING HELP FOR STRESS

Stress can compound to dangerous levels, threatening your physical, emotional, and mental wellbeing. When it does, feelings of isolation and helplessness can be amplified to heights you may have never experienced before. In such a scenario, outreach, whatever form it takes, has to be your anchor. Here are some emergency symptoms to watch out for, all of which might

suggest an intense level of stress that requires an intervention of some kind. From there, we explore the organizations and people you can turn to in order to receive support and treatment when you need it.

## EMERGENCY SYMPTOMS

- ◆ Suicidal ideations
- ◆ Compulsive drug or alcohol abuse
- ◆ Social withdrawal and isolation
- ◆ Physically violent outbursts
- ◆ Uncontrollable crying or emotional outbursts
- ◆ Panic attacks
- ◆ Chest pain



## WHO TO CONTACT

There are a number of resources for students struggling with stress and stress-related disorders. If it seems too scary to contact an organization, start by asking a trusted friend, advisor, instructor, or family member for help. Here are some stress management options to explore:

- ◆ Campus counseling services
- ◆ College clinic
- ◆ Substance abuse prevention hotlines
- ◆ Academic advisors
- ◆ Residence hall staff
- ◆ Suicide prevention hotline
- ◆ Your physician

For students, stress can be a double-edged sword. Some types of short-term stress can give you the energy and focus to help you pass finals, adjust to unexpected assignments, and tackle new challenges. However, long-term stress can be detrimental to your health, even deadly. Be proactive about reducing stress in your life by carefully managing your school and

work schedules. Allow time for socializing, meditation, extracurricular, exercise, and sleep. If you feel you aren't able to manage stress alone, seek help through a variety of local and campus-based resources. There are many trained professionals committed to student succeeding and, in turn, helping you overcome stress.

**ESTHER NASA UGWUANEKE**  
**II BA (JPE)**

## GENDER STUDIES



Gender is generally conceived as a set of characteristics or traits that are associated with a certain biological sex (male or female). In non-western countries, gender is not always conceived as binary, or strictly linked to biological sex. As a result, in some cultures there are third, fourth, fifth or "some" genders. The characteristics that generally define gender are referred to as masculine or feminine.

The formation of gender is controversial in many scientific fields, including psychology. Specifically, researchers and theorists take different perspectives on how much of gender is due to biological, neurochemical, and evolutionary factors (nature), or is the result of culture and socialization (nurture). This is known as the nature versus nurture debate. The sub fields of psychology note specific differences in the traits of each gender, based on their perspective of the issue on the nature versus nurture debate.

Gender studies is a field for interdisciplinary study devoted to gender identity and gendered representation as central categories of analysis. This field includes women's studies (concerning women, feminism, gender, and politics), men's studies and LGBT studies. Sometimes, gender studies is offered together with study of sexuality.

Gender can be broken into three categories, gender identity, gender expression, and biological sex, as Sam Killermann explains in his Ted X Talk at the University of Chicago. These three categories are another way of breaking down gender into the different social, biological, and cultural constructions. These constructions focus on how femininity and masculinity are fluid entities and how their meaning is able to fluctuate depending on the various constraints surrounding them.

### **The influence of gender studies and its psychoanalytic theories**

A number of theorists have influenced the field of gender studies significantly, specifically in terms of psychoanalytic theory. Among these are Sigmund Freud, Jacques Lacan, Julia Kristeva, Bracha Ettinger, and Mark Blechner.

Gender studied under the lens of each of these theorists looks somewhat different. In a Freudian system, women are "mutilated and must learn to accept their lack of a penis" (in Freud's terms a "deformity"). Lacan, however, organizes femininity and masculinity according to different unconscious structures. Both male and female subjects participate in the "phallic" organization, and the feminine side sexuation is "supplementary" and not opposite or complementary. The concept of sexuation (sexual situation), which posits the development of gender-roles and role-play in childhood, is useful in countering the idea that gender



identity is innate or biologically determined. In other words, the sexuation of an individual has as much, if not more, to do with their development of a gender identity as being genetically sexed male or female. Gender studied under the lens of each of these theorists looks somewhat different. In a Freudian system, women are "mutilated and must learn to accept their lack of a penis" (in Freud's terms a "deformity"). Lacan, however, organizes femininity and masculinity according to different unconscious structures. Both male and female subjects participate in the "phallic" organization, and the feminine side sexuation is "supplementary" and not opposite or complementary. The concept of sexuation (sexual situation), which posits the development of gender-roles and role-play in childhood, is useful in countering the idea that gender identity is innate or biologically determined. In other words, the sexuation of an individual has as much, if not more, to do with their development of a gender identity as being genetically sexed male or female.

Julia Kristeva has significantly developed the field of semiotics. She contends that patriarchal cultures, like individuals, have to exclude the maternal and the feminine so that they can come into being. Mark Blechner expanded psychoanalytic views of sex and gender. He has argued that there is a "gender fetish" in western society, in which the gender of sexual partners is given enormously disproportionate attention over other factors involved in sexual attraction, such as age and social class.

Bracha Ettinger transformed subjectivity in contemporary psychoanalysis since the early 1990s with the Matrixial feminine-maternal and prematernal Eros of borderlinking (bordureliance), borderspacing (bordurespacement) and co-emergence. The matrixial feminine difference defines a particular gaze and it is a source for trans-subjectivity and transjectivity in both males and females. Ettinger rethinks the human subject as informed by the archaic connectivity to the

maternal and proposes the idea of a Demeter-Persephone Complexity. Cultures can have very different norms of maleness and masculinity. Blechner identifies the terror, in Western males, of penetration. Yet in many societies, being gay is defined only by being a male who lets himself be penetrated. Males who penetrate other males are considered masculine and not gay and are not the targets of prejudice. In other cultures, however, receptive fellatio is the norm for early adolescence and seen as a requirement for developing normal manliness.

### Feminist psychoanalytic theory

Feminist theorists such as Juliet Mitchell, Nancy Chodorow, Jessica Benjamin, Jane Gallop, and more others have developed a Feminist psychoanalysis and argued that psychoanalytic theory is vital to the feminist project and must, like other theoretical traditions, be criticized by women as well as transformed to free it from vestiges of sexism (i.e. being censored). Shulamith Firestone, in "The Dialectic of Sex" calls Freudianism the misguided feminism and discusses how Freudianism is almost completely accurate, with the exception of one crucial detail: everywhere that Freud writes "penis", the word should be replaced with "power".

Critics such as Elizabeth Grosz accuse Jacques Lacan of maintaining a sexist tradition in psychoanalysis. Others, such as Judith Butler, Bracha Ettinger and Jane Gallop have used Lacanian work, though in a critical way, to develop gender theory. According to J. B. Marchand, "The gender studies and queer theory are rather reluctant, hostile to see the psychoanalytic approach."

For Jean-Claude Guillebaud, gender studies (and activists of sexual minorities) "besieged" and consider psychoanalysis and psychoanalysts as "the new priests, the last defenders of the genital normality, morality, moralism or even obscurantism." Judith Butler's worries about the outlook psychoanalytic under which sexual difference is "undeniable" and pathologizing any

effort to suggest that it is not so paramount and unambiguous ...". According to Daniel Beaune and Caterina Rea, the gender-studies "often criticized psychoanalysis to perpetuate a family and social model of patriarchal, based on a rigid and timeless version of the parental order".

### Gender studies theories

1. Schemas theory
2. Feminist theory
3. Object relations theory



### 1. Gender schema theory

Gender schema theory was formally introduced by Sandra Bem in 1981 as a cognitive theory to explain how individuals become gendered in society, and how sex-linked characteristics are maintained and transmitted to other members of a culture. Gender-associated information is predominantly transmuted through society by way of schemata, or networks of information that allow for some information to be more easily assimilated than others. Bem argues that there are individual differences in the degree to which people hold these gender schemata. These differences are manifested via the degree to which individuals are sex-typed.

#### ➤ Sex-typing

Core gender identity is tied up in the sex typing that an individual undergoes. This typing can be heavily influenced by child rearing, media, school, and other forms of cultural transmission. Bem refers to four categories in which an

individual may fall: sex-typed, cross-sex-typed, androgynous, and undifferentiated. Sex-typed individuals process and integrate information that is in line with their gender. Cross-sex-typed individuals process and integrate information that is in line with the opposite gender. Androgynous individuals process and integrate traits and information from both genders. Finally, undifferentiated individuals do not show efficient processing of sex-typed information.

### 2. Feminist theory

Feminist theory is the extension of feminism into theoretical or philosophical discourse. It aims to understand the nature of gender inequality. It examines women's social roles, anthropology and sociology, psychoanalysis.

Four main sub topics under feminists theory, which are namely.

#### A. The Standard and Contemporary Sex and Gender System

The standard sex and gender model consists of ideologies based on the sex and gender of every individual and serve as "norms" for societal life. The model claims that the sex of a person is the physical body that the individual is born with, strictly existing within a male/female dichotomy giving importance to the genitals and the chromosomes which make the organism male or female. The standard model defines gender as a social understanding/ideology that defines what behaviors, actions, and appearances are proper for males and females living in society.

The contemporary sex and gender model corrects and broadens the horizons of the sex and gender ideologies. It revises the ideology of sex in that an individual's sex is actually a social construct which is not limited to either male or female. This can be seen by the Intersex Society of North America which explains that, nature doesn't decide where the category of 'male' ends and the category of 'intersex' begins, or where the

category of 'intersex' ends and the category of 'female' begins. Humans decide. Humans (today, typically doctors) decide how small a penis has to be, or how unusual a combination of parts has to be, before it counts as interse. Therefore, sex is not a biological/natural construct but a social one instead since, society and doctors decide on what it means to be male, female, or intersex in terms of sex chromosomes and genitals, in addition to their personal judgment on who or how one passes as a specific sex.

## **B. Psychoanalysis**

Psychoanalytic Feminism and Feminist Psychoanalysis are based on Freud and his psychoanalytic theories, but they also supply an important critique of it. It maintains that gender is not biological but is based on the psycho-sexual development of the individual, but also that sexual difference and gender are different notions. Psychoanalytical feminists believe that gender inequality comes from early childhood experiences, which lead men to believe themselves to be masculine, and women to believe themselves feminine. It is further maintained that gender leads to a social system that is dominated by males, which in turn influences the individual psycho-sexual development. As a solution it was suggested by some to avoid the gender-specific structuring of the society co education.

## **C. Sexology**

Feminist sexology is an offshoot of traditional studies of sexology that focuses on the intersectionality of sex and gender in relation to the sexual lives of women. Feminist sexology shares many principles with the wider field of sexology; in particular, it does not try to prescribe a certain path or normality for women's sexuality, but only observe and note the different and varied ways in which women express their sexuality. Looking at sexuality from a feminist point of view creates

connections between the different aspects of a person's sexual life.

From feminists' perspectives, sexology, which is the study of human sexuality and sexual relationship, relates to the intersectionality of gender, race and sexuality. Men have dominant power and control over women in the relationship, and women are expected to hide their true feeling about sexual behaviors. Women of color face even more sexual violence in the society. Some countries in Africa and Asia even practice female genital cutting, controlling women's sexual desire and limiting their sexual behavior. Moreover, Bunch, the women's and human rights activist, states that the society used to see lesbianism as a threat to male supremacy and to the political relationships between men and women. Therefore, in the past, people viewed being lesbian as a sin and made it death penalty. Even today, many people still discriminate homosexuals. Many lesbians hide their sexuality and face even more sexual oppression.

## **D. Monosexual paradigm**

Monosexual Paradigm is a term coined by Blasingame, a self-identified African American, bisexual female. Blasingame used this term to address the lesbian and gay communities who turned a blind eye to the dichotomy that oppressed bisexuals from both heterosexual and homosexual communities. This oppression negatively affects the gay and lesbian communities more so than the heterosexual community due to its contradictory exclusiveness of bisexuals. Blasingame argued that in reality dichotomies are inaccurate to the representation of individuals because nothing is truly black or white, straight or gay. Her main argument is that biphobia is the central message of two roots; internalized heterosexism and racism. Internalized heterosexism is described in the monosexual paradigm in which the binary states that you are either straight or gay and nothing in between. Gays and lesbians accept this internalized heterosexism by morphing into the monosexual paradigm and favoring single



attraction and opposing attraction for both sexes. Blasingame described this favoritism as an act of horizontal hostility, where oppressed groups fight amongst themselves. Racism is described in the monosexual paradigm as a dichotomy where individuals are either black or white, again nothing in between. The issue of racism comes into fruition in regards to the bisexuals coming out process, where risks of coming out vary on a basis of anticipated community reaction and also in regards to the norms among bisexual leadership, where class status and race factor predominately over sexual orientation.

### **3. Object relations theory:**

Object relations theory in psychoanalytic psychology is the process of developing a psyche in relation to others in the environment during childhood. Based on psychodynamic theory, the object relations theory suggests that the way people relate to others and situations in their adult lives is shaped by family experiences during infancy. For example, an adult who experienced neglect or abuse in infancy would expect similar behavior from others who remind them of the neglectful or abusive person from their past. These images of people and events turn into objects in the unconscious that the person carries into adulthood, and they are used by the unconscious to predict people's behavior in their social relationships and interactions. Internal objects are formed by the patterns emerging in one's repeated subjective experience of the caretaking environment, which may or may not be accurate representations of the actual, external others. In the theory, objects are usually internalized images of one's mother, father, or primary caregiver, although they could also consist of parts of a person such as an infant relating to the breast or things in one's inner world (one's internalized image of others).

## **Kleinian object relations theory**

### **a. Unconscious phantasy:**

Klein termed the psychological aspect of instinct unconscious phantasy (deliberately spelled with 'ph' to distinguish it from the word 'fantasy'). Phantasy is a given of psychic life which moves outward towards the world. These image-potentials are given a priority with the drives and eventually allow the development of more complex states of mental life. Unconscious phantasy in the infant's emerging mental life is modified by the environment as the infant has contact with reality.

### **b. Projective identification:**

As a specific term, projective identification is introduced by Klein in Notes on some schizoid mechanisms.

### **c. The paranoid-schizoid and depressive position:**

The positions of Kleinian theory, underlain by unconscious phantasy, are stages in the normal development of ego and object relationships, each with its own characteristic defenses and organizational structure. The paranoid-schizoid and depressive positions occur in the preoedipal, oral phase of development. In contrast to Fairbairn and later Guntrip, Klein believed that both good and bad objects are introjected by the infant, the internalization of good object being essential to the development of healthy ego function. Klein conceptualized the depressive position as the most mature form of psychological organization, which continues to develop throughout the life span. The depressive position occurs during the second quarter of the first year. Prior to that the infant is in the paranoid-schizoid position, which is characterized by persecutory anxieties and the mechanisms of splitting, projection, introjection, and omnipotential which include idealizing and denial to defend against these anxieties.

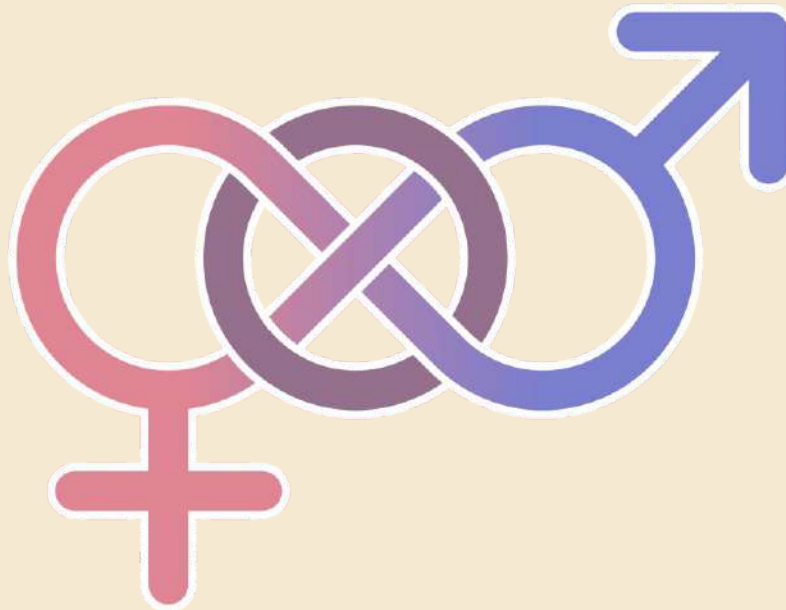
Depressive and paranoid-schizoid modes of experience continue to intermingle throughout the first few years of childhood.

## i. Paranoid-schizoid position:

The paranoid-schizoid position is characterized by part object relationships. Part objects are a function of splitting, which takes place in phantasy. At this developmental stage, experience can only be perceived as all good or all bad. As part objects, it is the function that is identified by the experiencing self, rather than whole and autonomous others. The hungry infant desires the good breast who feeds it. Should that breast appear, it is the good breast. If the breast does not appear, the hungry and now frustrated infant in its distress, has destructive phantasies dominated by oral aggression towards the bad, hallucinated breast.

## ii. Depressive position:

Klein saw the depressive position as an important developmental milestone that continues to mature throughout the life span. The splitting and part object relations that characterize the earlier phase are succeeded by the capacity to perceive that the other who frustrates is also the one who gratifies. Schizoid defenses are still in evidence, but feelings of guilt, grief, and the desire for reparation gain dominance in the developing mind. The manic defenses are the same defenses evidenced in the paranoid-schizoid position, but now mobilized to protect the mind from depressive anxiety. As the depressive position brings about an increasing integration in the ego, earlier defenses change in character, becoming less intense and allow increasing awareness of psychic reality.



**JOHN EZEKIEL O**  
**II BA (JPE)**

# FLAIR PRESS

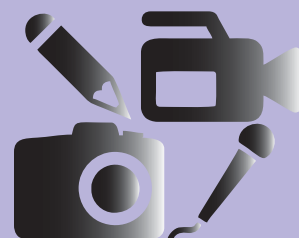


Flair Press is the association of Department of Journalism of SFS College was inaugurated on 9th July 2015 to start sparkling activities in common infuriation of departments of Prayan.

On 25th 2015 July Offices Bearers were elected to co ordinate the activities of the Flair Press and Mr. Charls Raj of final year was elected as President and Mr. Blesswin as Secretary.

The Flair Press conducted many programs for the academic development of the students. Students volunteered and actively participated in different programmes. The camera workshop was conducted at college under the Flair Press, where the students were gathered and instructed about the camera. The students learnt about the technical aspects of camera and they also tried to implement it practically and learned few things about it. Flair Press organized a documentary show on Daughter of India on the Delhi Rape Case. The sensitive issue of rape was discussed.

Mr. Somashekhar, a Radio Sound Engineer, had delivered a guest lecture on Radio sound engineering. He has worked for many radio stations in and around Bangalore. His inputs were precious for students' academics as well as for their future. Students actively participated in Suchitra Film Society International Short Films Contest and watched more than 30 movies from 28th to 30th August 2015.





ACME, the Association for Commerce and Managerial Excellence is an association and an experience which emphasizes on the need for honing leadership competencies. The association is keen on facilitating growth and development giving due importance for character formation and inculcating discipline. By this we mean to mould students into wholesome personalities ready for the task of nation building.

### **Elected office bearers**

In order to facilitate the smooth functioning of the association and to build up support and collaboration among students, the department elected few students to ACME office under various designations on 6th July 2015. The following were the office bearers for the academic year 2015 -16.

President - Karthik R. Vice President - Pavithra K., Secretary - Aishwarya, Joint Secretary - Jahnavi V., Treasurer Afreen Banu A., General Organisers - Rajan, Jency Ruman, Mohammad - Amrutha P.C., Monisha, Megha Sen, Tour organizer - Shubhankar Mondal, Decoration in charges - Sr.Rency, Sr.Janavi and Antony Mary.



### **ACME Inauguration and Freshers' Party**

ACME for the academic year 2015 -16 was inaugurated on 9th July 2015. The seniors welcomed the new comers warmly and they were introduced to the department and the Commerce Association.

### **Intra Departmental Competitions**

In order to bring out the abilities and talents of students, the department organized various competitions for the Com desalites throughout the year. Events like PPT, Debate, Solo singing, Commerce Quiz, Dumshartz, BestOut of Waste, Solo Dance, Marketing, Pick and Speak, Drawing and Collage. Few sports competitions like Caroms, Chess and Badminton were also conducted. Students from the department took active part in the intra collegiate cultural and sports competitions and bagged many prizes.

Some of them took part in the inter collegiate competitions organized by various colleges. On February 20, 2016, the Department of Commerce organized 'Comvision', the intercollegiate Commerce competition. Students from other colleges and from different departments of the college participated in events like Comquiz, Essay competition, PPT and Product Launch. Out of all the participants, SFS College bagged the overall trophy.

### **Seminars and workshops**

The faculty members from the department participated in the workshops organized by the university for both the semesters.

The National Conference organized by IQAC on the topic 'Service Learning - Emerging Trends in Curriculum Design in Higher Education' was attended by all the faculty members of the department.

The International Seminar organized by the department of Business Administration on Creativity and Innovation as a Strategy for Global Business Excellence was attended by all the faculty members from the department. Mrs. Jeseentha Mathew presented a paper on 'Make in India - A Critical Perspective'.

Many of the final year and second year students also participated in both the seminars. During the odd semester of 2015-16, the department of Commerce conducted various programmes for the betterment of both the staff and students. Three extension lectures were organized. Dr.P. Kamatchi gave two afternoon sessions on 'Business Ethics'. Prof K.M. Indira gave one day Seminar on Indian Constitution. Prof. Prakash Navilur conducted a seminar on Public Relations and Corporate Communication. The students were highly appreciative of the seminars. The dept. organized a departmental seminar on the topic, The evolving role of HR managers in the changing business Scenario on 6th August 2015. Faculty members presented their papers.



Seminars, workshops attended and papers submitted/presented by the faculty

Name of the Prof.	Date	Topic	Forum	Presented/Submitted /Participated
Geeta Menon	13/06/15	Transfer Pricing	Institute of Company Secretaries of India, West of Chord Road, Bangalore	Participation
	18/06/15	CBCS	Jnana Jyothi Auditorium, Central College	Participation
		Corporate Social Responsibility	ICSI Hyderabad	Couriered the paper
	14/7/15	Orientation workshop on revised syllabus of B.Com, BBA	Sri Sai College, Rajaji Nagar	Participation
	10/9/15 & 11/9/15	Ethics in Human Resource Management	Maharani Lakshmi Ammani College for women, Malleswaram	Participation and presentation of paper
	23/9/15	Emerging trends in HR	SSMRV College, Jayanagar	Participation
N.K. Chitra	31/8/15 & 1/9/15	Corporate Social Responsibility and Value Creation	International Seminar St. Joseph's College of Commerce	Participation and presentation
Mamatha K.	28/9/15	Innovative Higher Education Pedagogies Enhancing Learning and Employability	Sindhi College, Hebbal	Participation
Jeseentha Mathew	28/9/15	Innovative Higher Education Pedagogies Enhancing Learning and Employability	Sindhi College, Hebbal	Participation
	28/10/2015 & 29/10/2015	Workshop on IFRS	Central College, Bangalore University	Participation
Druva Kumar	6/10/15	Workshop on the 'Impact of Goods and Service Tax on Economic Development'	Federation of Chamber of Commerce and Industry at Sindhi College	Participation
Padmini Navilur	7/8/15	'Emerging trends in Company Law'	Shehsadripuram Institute of Commerce and Management	Participation
T. Antony	20/1/2016	Orientation for IV Semester B.Com	MLA College for Women	Participation
	25/11/2015 & 26/11/2015	International Seminar on Global Convergence of Management Education and practices	Bangalore University	Participation
	10/2/2016	Negotiation and Beyond	XIME Campus, Bangalore	Participation

## Social and Extra Curricular Activities

The programmes of NSS had many good volunteers from the department. Few of them also took active part in Civil Defence and NCC programme throughout the year.

## Placements

The college arranged campus interviews by different companies. The students got selected for TCS- BPS are Megha Sen, Amrutha P.C., Maheshwar Shukla, Rahul Mishra, Kabidim, Akhil and Joel. Monisha, Afreen Banu, Soujanya, Prabhu, Vishnu, Naveen and Kabidim are selected for Infosys BPS.

ACME wishes to carry out its activities in the forthcoming academic year and reach the highest peak of perfection.



we teach our younger generations to be ethical in their personal and professional lives. One step in this direction is by introducing ethics as a subject in the curriculum of undergraduate studies.

The best source of learning ethics is from parents and teachers. One exemplary leader who personified ethics is Dr. A P J Abdul Kalam. His teaching includes 'Work with Integrity; Succeed with Integrity' His principles on retaining integrity, through righteousness are:

“Where there is righteousness in the heart,  
there is beauty in character

Where there is beauty in character, there is  
harmony at home

Where there is harmony at home, there is order  
in the nation

Where there is order in the nation, there is  
peace in the world”

One main reason why people are unethical is 'economic'- scarcity of resources. Other reasons are greediness, impatience, jealousy, instant gratification and so on. Being ambitious or making profit should not be mistaken as being unethical. It is the manner in which we pursue our goals which determines whether we are ethical or not. Ethics need not be restricted only to finances. It also applies to how we treat people. Example: Whether we bring disrepute to others, whether we exploit our position of power? When we attempt to remain ethical we may be subjected to trying circumstances such as delay in implementing projects, costlier projects, standing alone for our convictions and so on.

Ethics in our personal life makes us a person of a predictable behaviour. Our near and dear ones can trust us implicitly and we become dependable for them in all circumstances. Professional ethics refers to ethical practices in



## BEING ETHICAL !

The term 'ethics' is derived from the Greek word 'ethikos'/'ethos', which means habit or custom. Our moral values and our capabilities of judging between right and wrong have a bearing on ethics. However, ethics goes much beyond moral values. Laws have been enacted to act as a deterrent for violations. But these are not enough to encompass all aspects of human conduct. Ethics is also beyond compliances of law. Therefore, it has become imperative that



our profession. Example: Lawyers should not exploit the ignorance of their clients; doctors are expected to be transparent and sensitive about their patient's condition. Therefore, it is rightly said that if a doctor is unethical, one goes down (buried) by 8 feet, if a lawyer is unethical, one goes up (hanged) by 6 feet, and if a teacher is unethical, an entire generation gets wiped out.

Today, we come across many scams, frauds, and scandals in organisations (Satyam, Telgi, 2G, Coalgate, Mining scandals of Reddy Brothers)

### NOTHING IS IMPOSSIBLE

A man who does not really want to do a thing can have any number of excuses, but if determined, he can face any hardship with invariable power and can overcome the most formidable obstacles.

Enrich yourself with a positive courage, firm faith, vibrating enthusiasm, bold action and above.

all strong belief and hope that you will win. Take up the risks and challenges, face them, decide your destiny and fashion your future with your own sincere effort and confirmed determination.

After all, great achievements began with very small ideas. Never accept defeat as final and buckle under it. Nothing is impossible!

### CURVE YOUR LIPS POSITIVELY

A smile costs nothing, but it creates much.

It enriches those who receive it,  
without improvising those who give it.

It happens in a flash,  
and the memory of it may last forever.

as well as in the personal lives of individuals (Aarushi murder, Indrani-Sheena Bora case, Gokul Macheri-Saju Jose case). However, the consoling aspect is that we still have some organisations (Tata Steel, Tata Power, Wipro, Axis Bank, Cholamandalam Services) and people (Mr.Narayana Murthy) which are rated ethical by national and international agencies. To sum it up, You can become a great person even if you have failed in Trigonometry, but you cannot become a great person if you have failed in Honest.

**PROF. GEETA MENON**

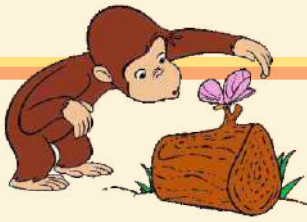
None are so rich that they can get along  
without it,  
and none so poor that  
they cannot be richer for its benefits.  
It creates happiness in the home,  
fosters goodwill in a business,  
and is the countersign of friends.  
It is the rest to the weary,  
daylight to the discouraged,  
sunshine to the sad,  
and nature's best antidote for trouble.  
yet it cannot be begged,  
bought, borrowed or stolen,  
for it is something  
that is worth nothing to anyone  
until it is given away.

### THE MAGIC OF WALKING

Walking is an exercise that needs no  
gymnasium.

It is a prescription without medicine,  
Controls you weight without diet,  
A cosmetic found with no pharmacist,  
A therapy that requires no psychoanalyst,  
The foundation of youth that is no legend  
A walk is vacation that costs nothing.

**AVANIJA.R**  
**II B.Com**



## CURIOSITY

I have a dream  
To go around the world  
To know people, to make friends.

I have a dream  
To be known as a wanderlust  
'cause not all who wander are lost.

I have a dream  
To wake up in a strange place,  
seeing the sun lighting up the world

I have a dream  
To take all the risks of adventures  
'cause life is nothing but a daring  
adventure

I have a dream  
To fall asleep gazing at the stars  
with peace in my mind and comfort in  
my soul

I have a dream  
To leave footprints and take memories  
'cause not all treasure is silver and  
gold

I have a dream  
That someday my dream will come true

For One word love, curiosity!

**SREEJAYAN II B.Com**

## EARTH

Earth a planet so different  
Full of life and vibrant  
Plan of God so brilliant  
But why are we so indifferent

The grasslands stretch as far as  
the eye can see  
As flat as anything can be  
Unending fields of corn and  
wheat,  
Yielding huge harvest that none  
can beat

Lives are crying because it's not  
clean  
Earth is crying because it's not  
green  
Earth is our dear mother don't  
pollute it  
She gives us food and shelter, just  
salute it

With global warming, it's danger,  
Let's save it by becoming a strong  
ranger  
Dying trees and animals, it's in  
sorrow  
Make green today and green  
tomorrow

With melting snow, one day it will  
sink  
How can we save it just think!  
Trees are precious, preserve them  
Water is a treasure reserve them

Grow more trees, make Mother  
Earth green,  
Reduce pollution and make her  
Queen

**SR. RENCY SUJATHA D'SILVA**  
**II B.Com**

# DESMA

**"Leadership is the capacity to translate vision into reality."  
-Warren Bennis**

Leadership is the art or process of influencing people to perform assigned tasks willingly, efficiently and effectively. Becoming an effective leader is not a one - time thing. It takes time to learn and practice leadership skills until they become a part of you. People trust you when your attitudes, words, and motives align with what you actually choose to do. This includes being honest about mistakes, refusing to gossip and shift blame, and doing things the ethical way. When you're willing to share credit with others, and you're willing to admit that you're not perfect, others see that and appreciate it. As an institute of higher education we have the responsibility to nurture and instill the true spirit of leadership in an ethical way.

With such initiative of building future leaders was the formation of DESMA. It is a forum for all teachers and students to showcase their talents opinions on various business management issues and bring out hidden talents.

## **Inauguration of the Association**

DESMA (Desalite Management Association) actively working since 2007 has played a vital role in promoting the management students to excel in both academic and real life challenges. To inculcate these talents, DESMA is organizing seminars, workshops, cultural and sports activities.

The association activity for the year 2015-16 was inaugurated on 9th July 2015. The chief guest, Rev. Fr. Herold Christopher Crasta, Principal, St.Francis de sales college, spoke about the importance of character formation and discipline, to shape the future leaders. He also emphasized the importance of time management and motivated them to take up new challenges in life to create milestones.



## **Activities organized during the year**

1. DESMA organized Fresher's day, the first event of the year on 4th July 2015. Mr.S.Chandrasekhar Rao, presided the function as Chief Guest. Various cultural programmes were conducted by students as an act of welcoming the juniors.
2. A seminar was conducted by Mr. Dominic A. P (CEO) @ 9 consulting firm on Converting Ideas into Revenue Stream on 23rd July 2015. The seminar mainly focused on how to succeed in life and how to face and overcome the hurdles in HR practices.
3. A guest lecture was conducted by Mr.V. Nagarajan on 10 Mantras for success on 19th September 2015. The lecture focused on ideas that a manager should have and ways to build them. He also emphasized on the spirit of motivation, concentration, commitment and proactiveness for the young minds.
4. An Industrial visit was organized on 25th July 2015 to Karnataka Milk Federation (Nandini). They experienced the process of Pasteurization of milk for direct consumer consumption .
5. An Intra-Departmental Collage competition was conducted by DESMA on 16th July 2015 for all the BBA students. Students of all the years actively participated in the event and the 1st place was bagged by Cyril and group from 1st BBA.



6. Another Industrial visit was organized by Mr. Kumaraswamy and Mrs. Devi Chandrika on 10th February 2016 to Monash Moulding Solutions located in the KSSIDC industrial estate in Bommasandra.

7. A Business Quiz Competition was conducted by Mr. Johnson and Mrs. Mangayarkarasi for 6th semester BBA students (Finance Specialization) on 6th February 2016 and the 1st Place was bagged by Nagashree Varsha.

8. Product launch organized by Mrs. Devi Chandrika and Mrs. Maria Priya was held on 4th March 2016 in which 7 groups from various semesters actively participated and the 1st place was bagged by George Joselin and group.

### **International Conference**

SFS College conducted its first ever International conference on 'Creativity and Innovation as a Strategy for Global Business Excellence' on 14th March 2016. Dr.Gurubasavaraj being the convener of the conference. The conference experienced a forum of knowledgeable and eminent professionals from all over the world. The conference embraced the most recent topic of the day including an overwhelming participation of research scholars and professors presenting their views on the topic.

### **Student Achievements**

Jishnu. G. Nair of (3rd BBA) bagged 1st place in 'Sargam' a state level inter-collegiate cultural fest at New Horizon College of Engineering, Bangalore. He also bagged 3rd place in Solo Dance conducted by St. Anne's first grade college for women. Ramdev. R. Nayanar of (2nd BBA) released his first short film 'God is crazy' on YouTube, which proved to be a great hit. Manju James (1st BBA), Ruchira Jana(2nd BBA), and Devdath Jose (2nd BBA) also participated in various inter-collegiate competitions.

Sharath Kumar. D (2nd BBA) got selected for the national foot ball team. Imran Husain Khan (2nd BBA) got selected for State level Tennis Ball Cricket team. He also participated in various inter-collegiate cricket tournaments. He was also a part of the college soft ball team who bagged 2nd place in inter-collegiate soft ball tournament. Chaithra .B (1st BBA) was selected in university softball team and participated in different tournaments. Saravana Kumar .G (2nd BBA) participated in Special National Integration Camp held at NCCGP HQ Delhi. He also attended the PM rally held at Delhi.

### **Faculty Achievements**

Mrs. Devi Chandrika published papers in GRD International conference on Role of information Technology in E-Commerce. Mrs. Maria Priya presented a paper on Work place skill in IQAC seminar conducted in SFS College and for which she bagged the 1st place. Mrs.Mangayarkarasi N and Mrs. P. S. Geetha participated in a one day seminar on Emerging trends in Company Law on 7th August 2015. Mrs. P. S. Geetha and Mrs.Mangayarkarasi N jointly authored 5 in 1 Question bank for BCOM II semester (CBCS Subash Publications). Mr.Kumaraswamy presented a paper on 'Theory and Practices in Curriculum Design' at IQAC National Seminar conducted at SFS college. Mr.Johnson Pereira attended a workshop on Reorientation of BBA syllabu . Dr.Gurubasavaraj, Convener, International conference Creativity and Innovation as a Strategy for Global Business Excellence on 14th March 2016. Mr.Vinay Kumar, Convener of UGC sponsored National Seminar on Service Learning: Emerging Trends critical thinking, problem solving, communication and collaboration.

Major Manoj Varghese delivered the importance of Talent Management strategies for employee retention/engagement. The approach towards the employee engagement is more important than the customer and also the other aspects in the organization. Mr. Praveen Kumar, Regional Manager, CWC, the guest presiding the valediction, wound up the conference with a message that Life isn't about finding oneself but creating oneself.









## **Importance and approach of qualification of the cloud environments and validating apps over it for Life Sciences Industry**

### **Abstract**

This paper illustrates the importance of validating the cloud environments for Life Sciences Industry. Though the cloud provides various services like software, platform and infrastructure, this paper concentrates on validating the infrastructure as a service with respect to US Food and Drug Administration (USFDA) 21 CFR Part 11 compliance of private cloud.

### **Introduction**

After reading the abstract, the immediate question may arise why this paper does not concentrate the public cloud as well. Here comes the answer. Any software engineering graduates can provide the typical example of public cloud like Google +, Facebook, You tube and so on. Do Google validate their public cloud? May be, to an extent. But, Google has no reason to maintain the documented evidence to prove that they validated their cloud. But, pharma industry is highly regulatory-driven. At some point in time, they have to submit the documented evidences to the regulatory body.

Why pharma companies are hesitant to maintain the data in public cloud? Any pharma company nowadays require to spend more than a billion US dollars to successfully discover the drug and sell in the market. So, they would like to keep only administrative information on the public cloud which is very security threat-prone. If a particular drug's nomenclature, chemical combination are fetched outside the organization, then they may not only lose the market but also the credibility of people. This is the crucial reason, pharma companies do maintain their data related information on the private cloud alone.

## **Importance of Validation**

No other industry is this much stringent towards the following up the regulatory guidelines. In my experience, I was speaking to my client and he mentioned that he was not able to wear a wrist watch measuring her pulse rate as the device requires to be FDA approved. And so the mobile phone or cloud apps. Across the globe, Food & Drug Association (FDA) in USA has come out with a stringent list of regulations governing usage of drugs, medical devices and IT applications. Manufacturers of these must meet all the classification, tracking, management, and registration guidelines they bring to market.

### **Cloud Vendors in the Market**

In the market, there are so many vendors (For e.g., Oracle, Amazon Web Services and so on) to provide the cloud infrastructure build and support. Will they provide the validated cloud? I would answer NO. In my experience, I have heard from one of the prominent cloud support providing companies that this is how we build the cloud and deploy to other clients and this is how we deliver you as well. The documentation I had received was not in auditable format. But, in the life sciences industry, it is different altogether. The other clients may not be Life Sciences companies. So, the responsibility of qualification of the cloud falls under the service providing vendors. Hence, we have to be cautious when we receive the cloud environment, ask below questions:

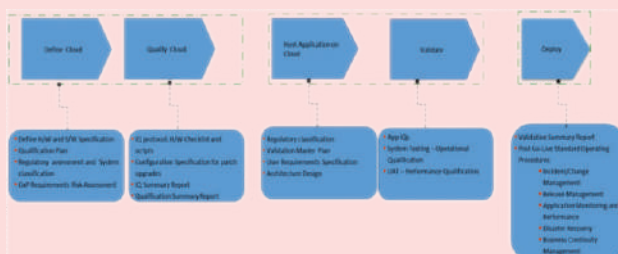
- Have you qualified this environment?
- If yes, where is the complete validation package (validation deliverables)?
- If the cloud provider was not able to provide the entire validation package, then obviously, the qualification of the environment falls under our responsibility.

## How to approach of validating the cloud infrastructure

Classification of the system based on GxP systems falls as a first step in the validation. The GxP requirements are to be updated by the customer based on the requirement. Authoring the Hardware and Software specification is a combined responsibility since it requires multiple discussions with various stakeholders. However, providing the Hardware and Software must be the responsibility of the cloud vendor. The cloud qualification of the data center and hardware are to meet the hardware and software specification. The configuration management of the software applications will be managed as a shared responsibility since the license cost is involved. The decision must be taken who can fund for the license for the upgrade the patches and security installations.

The qualification plan which strategizes and controls the qualification of infrastructure provided by cloud vendor, will list the entire set of infrastructure related deliverables with RACI matrix which shows the responsibility of each stakeholder towards the infrastructure qualification. On the other hand, separate Validation Master Plan will be created to control the validation of the application installation on the cloud. The installation of the applications (e.g., Spotfire, Oracle Access Manager/ identity manager) are required to be created multiple installation qualification scripts which will be planned and strategized by Installation Qualification Protocol

**Validation approach flow diagram is as follows:**



## What requires to document to validate the cloud?

This section lists the entire validation package to say that a vendor has qualified the cloud infrastructure environment and the application hosted over the cloud. Deliverables list for infrastructure qualification:

- Qualification Plan
- Hardware and Software Specification
- IQ protocol, IQ Hardware checklist and IQ scripts, IQ Summary report
- Configuration Management for patch upgrade installation
- Qualification Summary Report

Deliverables list for application hosted on Cloud for customer requirement:

- Regulatory classification of system
- System Testing - Operational Qualification
- User Requirements Specification
- Functional Risk Assessment
- Validation Master Plan
- Architecture and Design
- UAT Performance Qualification
- Validation Summary Report
- Post-go-live Standard Operating Procedures on
  - Incident/Change Management
  - Release Management
  - Application Monitoring and Performance
  - Disaster Recovery
  - Business Continuity Management

## Approach towards the qualification of virtual infrastructure

Always, a high buzz happens when a virtual infrastructure is involved. Imagine a situation, the datacenter is located somewhere in North America and it requires to be qualified from APAC or Middle East. That's the reason, the pre-defined a list of hardware (Hard disk drive capacity, RAM capacity, Private IP address, Operating System (Windows or Linux)) and the software list are to be documented in the hardware and software specification.

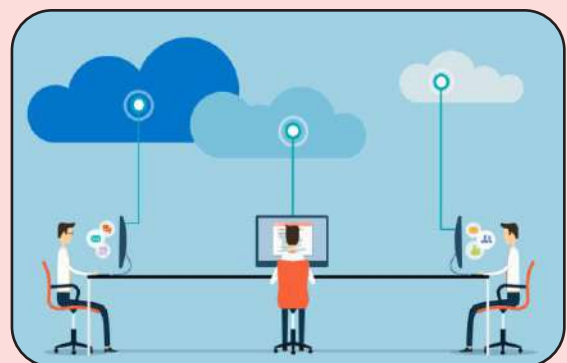
Based on this specification, the Installation Qualification (IQ) hardware checklist is to be documented. Why do I call checklist instead of script?. Script is a sequence of test steps (each step has its expected result on its side which must be executed in chronological order). But, the checklist is only meant for the hardware of virtual infrastructure where a lab attendant must walk inside the lab where the actual datacenter is present. Lab attendant will place the entries of the checklist which should match the specification which was approved by the stakeholders. And, the lab attendant must place his/her own signature along with the date and time to comply with 21 CFR part 11. Based on the organization's capacity, we can either go for paper-based or system-based execution on test management system.

## Conclusion

Secured private cloud can keep the clinical or scientific data information to speed up the drug discovery life cycle. In nutshell, the qualification of infrastructure is a must to maintain the data over the cloud environments for Life Sciences industry. This paper is helpful in a structured way to qualify the infrastructure cloud and documentation required over the process of qualifying it end to end. By providing all-in-one and transparent integration with database, middleware, web frameworks, and security and

virtualization services. Dynamically scale up or scale down computing resources with changing demand levels. This ability to rapidly configure and scale computing, storage and other infrastructure resources on-demand, as opposed buying more infrastructure capacity than needed upfront in anticipation of future growth, is what makes this delivery model so compelling in nature. This is the key benefit of cloud qualification. As with most all regulated computing applications, i.e., 21 CFR Part 11, electronic records and signatures are to be as trustworthy, reliable and generally equivalent to paper records for Infrastructure-as-a- Service (IaaS) will benefit the Life Sciences industry at large.

**PROF. MARIA PRIYA P**





# IMPACT OF STRESS ON OUR EFFICIENCY



## Meaning of stress

Feeling stressed is normal - we need this response in order for the body to react appropriately when threatened or when our everyday balance is disrupted. Stress helps motivate us and even helps protect us. However, feeling too much stress is not healthy. If you start feeling stressed out on a regular basis, may lead to greater health problems, and could negatively interfere with your relationships and everyday life. More than half of Georgetown undergraduates reported (National College Health Assessment 2012) feeling higher than average levels of stress.

## Work Place Stress

Workplace stress derives from many sources. It can be a demanding boss, annoying co-workers, rebellious students, angry customers, hazardous conditions, long commutes and a never-ending workload. Your work performance is also affected by stressors such as family relationships, finances and a lack of sleep stemming from fears and anxieties about the future. How you handle the effects of stress depends on whether it is easier to change the situation or change your attitude towards it.

## Common causes of stress:

Common external causes of stress include: major life changes, work, relationship difficulties, financial problems, being too busy, and family

Common internal causes of stress include: inability to accept uncertainty, pessimism, negative self-talk, unrealistic expectations, perfectionism, and lack of assertiveness

Here are some possible signs that indicate your stress may be a problem:

**Cognitive symptoms include:** memory problems, inability to concentrate, poor judgment, seeing only the negative, anxious or racing thoughts, and constant worrying

**Emotional symptoms include:** moodiness, irritability or short temper, agitation, inability to relax, feeling overwhelmed, sense of loneliness and isolation, and depression or general unhappiness.

**Physical symptoms include:** aches and pains, diarrhea or constipation, nausea, dizziness, chest pain, rapid heartbeat, loss of sex drive, and frequent colds

Behavioral symptoms include: eating more or less, sleeping too much or too little, isolating yourself from others, procrastinating or neglecting responsibilities, using alcohol/cigarettes/drugs to relax, and nervous habits (e.g. nail biting, pacing)

**Five reasons your stressed-out teams are slowing down the company's growth.**

1. Increased absenteeism. Nearly 15 percent of respondents - 14.9 percent, to be exact - said that stress causes them to miss days from work. You may think they just have a bad immune system, but the truth is that at least some of the time, they're playing hooky out of necessity.

2. Missed deadlines and mistakes. Over 20 percent of the surveyed employees directly attributed stress to missed deadlines and mistakes in their work. Not only is work taking longer to get done on the first pass, but mistakes are causing additional slowdowns.

3. Lack of focus. It's hard enough for some workers to focus in an office environment; add in extreme levels of stress, and you have a perfect recipe for distraction. Over 56 percent of respondents reported that they had trouble focusing due to stress. When this manifests in your office, employees may look like they're working, but it'll take longer for them to complete tasks than usual.

4. Tardiness. That once-bright employee who is suddenly 15 to 45 minutes late several times a week? Chalk it up to burnout - over 14 percent of employees said that job-related stress increased their lateness.

5. Intrapersonal difficulties. Over 15 percent of ComPsych Corporation's survey participants said that stress on the job made it difficult for them to connect or get along with superiors and coworkers.

6. Relationships. Stress is a major contributor to job burn-out and strained interactions with peers and supervisors, says Bob Losvyk, author of "Get a Grip!: Overcoming Stress and Thriving in the Workplace." The combined feelings of helplessness and hopelessness generate heightened sensitivities to any and all forms of criticism, defensiveness, depression, paranoia about job security, jealousy and resentment toward co-workers who seem to have everything under control, short-fuse tempers, diminished self-esteem and withdrawal.

## Some ways to avoid stress are:

Take good care of yourself--try to balance your diet and start a regular exercise routine

Get plenty of rest - aim for 8 hours of sleep each night, maintain a regular sleep schedule, and avoid too much caffeine

\* Avoid or quit smoking

\* Limit the amount of alcohol you drink

\* Explore new ways of thinking or doing things, e.g. Is what you are stressed about within your control? What are some concrete ways that you can break up the tasks or problems in front of you so they are more manageable? Take time to prioritize your goals and focus on achieving the most important ones

\* Talk to friends or someone you trust

\* Ask for help to schedule an appointment to talk with a professional.

## Treatment

\* During times of stress, the most important thing to do is to take care of yourself.

\* Make sure you eat well, avoid harmful substances, limit caffeine and sugar

\* Intake, exercise, plan personal time for yourself every day.

Other suggestions include:

- ♦ Find out what is causing stress in your life (see list above for common stressors) and try coming up with ways to avoid this stressor
- ♦ Regular exercise
- ♦ Write in a journal
- ♦ Let your feelings out by talking, laughing, or crying
- ♦ Do something you enjoy
- ♦ Learn ways to relax
- ♦ Focus on the present
- ♦ Take advantage of Georgetown's many on-campus resources, listed below

## Focus

Stress affects your ability to remember things you already know, to process new information you are learning and to apply both to analytical situations and physical tasks that require concentration. When you are mentally exhausted from all of the worries, anxieties and tension brought on by a stressful environment or lifestyle, you are more easily distracted and prone to make costly, harmful or even fatal mistakes on the job.

## MATHEMATICS IN BUSINESS

### A BRIEF OVERLOOK OF DIFFERENT GLOBAL RESEARCHES CONDUCTED

**Oxford defines Mathematics as:** The abstract science of number, quantity, and space, either as abstract concepts (pure mathematics), or as applied to other disciplines such as physics and engineering (applied mathematics) Business Mathematics in management includes elementary arithmetic, elementary algebra, statistics and probability. More advanced mathematics such as calculus, matrix algebra and linear programming are also used in Business Management. Business organizations use mathematics in accounting, inventory management, marketing, sales forecasting, financial analysis etc.

### Mathematical Model A Brief Explanation

A mathematical model is a description of a system using mathematical concepts and language. One of the most important containing derivative mathematical models is The Black Scholes Model. The Black Scholes or Black Scholes Merton model is a mathematical model of a financial market investment instruments. Economists Fischer Black and Myron Scholes invented The Black Scholes equation; I

concentration. When you are mentally exhausted from all of the worries, anxieties and tension brought on by a stressful environment or lifestyle, you are more easily distracted and prone to make costly, harmful or even fatal mistakes on the job.

### TRY TO OVERCOME STRESS BY YOURSELF TO LEAD A HAPPY LIFE

**PROFDEVI CHANDRIKA**

It provided a rational way to price a financial contract when it still had time to run. Black and Scholes invented their equation in 1973. There are two main options. One option (A put Option) gives its buyer the right to sell a commodity at a specified time for an agreed price. A call option is similar to this, but it communicates the right to buy instead of selling. The equation provides a systematic way to calculate the value of an option before it matures. Then the option can be sold at any time. The equation was so effective that it won Merton and Scholes, the 1997 Nobel Prize in Economics,

Mathematics has proved to be most effective in forecasting various economic and business situations. Statistical data is used for various business activities. Mathematics is an inevitable part of business and global economy. Mathematics and economics are interrelated in business. It is of utmost necessity for students as well as researchers to improve their mathematical knowledge for improved efficiency in the upcoming competitive business in the future. Mathematical decisions are always proved successful as much as experience and exposure to different business situations does. Thus as students of management, commerce, science, arts let's heighten our knowledge in mathematics.

**GEORGE JOSELIN**

**II BBA**



# ANDROID vs iOS



Android founded by Google, Ruling the Smartphone industry has an Equal competition from Apple founded by Steve Jobs. Apple has been competing with android since its existence, with iPhones and iPods running iOS which is far more secured OS (operating system) ever built. Apple products being more costly, they survive in the market. When the iPhone 6 and iPhone 6 Plus were announced, many Android fans laughed at 1G of RAM of Apple's Smartphone, when Android devices were of 2G and sometimes more. But specs don't always or even most of the time, tell the whole story. As it turns out, an iPhone 6 with 1GB of RAM runs much faster than a Android Smartphone with 2GB of RAM. And difference is 'the way IOS and Android handle apps.' Android device having 2GB of RAM (Random Access Memory) or more uses some of its memory to run background applications and system services continuously when used. If an Android device is being used by someone, if he opens an App, only some processes are freed up, saying someone has opened an app, while others are in work. In an iOS device, if someone is using iPhones/iPads, then the processes are fully freed up, saying hey..!! Someone has touched us, they all come up running to perform the operation, which is why iOS performs Smoother & Faster compared to Android. It's obvious that I am an Android loyalist. Android has always been my favorite OS. With that being said, I'm going into this with a completely open mind to be as fair and honest as I possibly can.

iOS still completely smokes Google and Android out of the water. That is their ecosystem as a whole. From apps, iTunes, accessories, device syncing and even overall build quality. Android devices, however, are on their heels. The device syncing that Apple does from device to device is absolutely second to none. I recently bought an iPhone 4s and had it synced and setup exactly the way of my friend's iPhone 5s, within minutes. Google and Android really need to get that little feature added to our Android devices, especially for a person like myself that change devices very often. These are just a few examples in my opinion that iOS is still a step or two ahead of Android. Although Google is getting their game lately with their very own ecosystem. Google Play Apps, Music, Movies, Chrome and many more features are catching up. I'm going to bring this article to an end by saying; it's all about preference now. iOS being faster or better. If you like a simple interface where everything works, accessories (due to iOS devices hardly changing shape or size over the years), and you're not really interested in cutting edge technology brought to your devices by different OEMs (updates-Over the air Updates), then the iPhone and iPad is without a doubt the path you should take. If you're looking for an OS that's constantly changing, different sizes, different UI's, blazing speed, and you like change more than once every other year, then Android is the path you should travel. I do recommend picking one and sticking with it as it can get expensive buying apps, music, movies, and other features from both.

**PRABHUSWAMY .Y**  
**III BBA**



# CYBER SPIRIT

There is a remarkable image etched in the mind and psyche of our generation, with reference to this, Cyber Spirit has been a strong backbone to the education of the students dept. of computer science.

## STUDENT'S ACHIEVEMENT

In a manner conforming Winston Churchill, Success is not final, failure is not fatal; it is the courage to continue that counts. The students have engaged in varieties of events that has resulted in a massive growth observed in different accomplishment. Five students of BCA and B.Sc. got employment at Wipro. The Students of Cyber Spirits participated in various inter- college IT fests organized by various colleges across the city.

The most perfidious way of harming a cause consists of defending it deliberately with faulty arguments by Friedrich. Cyber Spirit has involved it's student in different activities during the session. A workshop on 'Networking Essentials' was organized to let the student know the promotional impact of system networking and it's virtual architectural layering. A Guest Lecture on Big Data was held by a Guest Speaker, Dr. Arti Arya, PES University, where she simplified all the major concepts integrated in Data analysis to the students. An Aptitude test was also conducted by NIIT on the campus for 2nd and 3rd year students as a criteria to avail a scholarship in the institute. MIMAMSA-15, an inter-college seminar on Social Networking: Risks and Challenges was organised on 21st of September, 2015, and it was a great success.

Furthermore, a visit to KGTTI was organized by the department for students to experience the available technological site of the institute and make use of the resources there. A guest lecture in Maths, a dimensional workshop on Printed Circuit Board (PCB) was held for the students in a more elaborate scene. A trip to Wonderla, accompanied by some staff of the department, was organised.

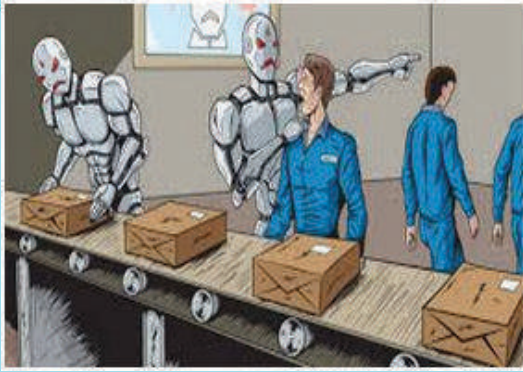
## FACULTY ACCOLADE

According to Napoleon Hill, Great achievement is usually born of great sacrifice, and is never the result of selfishness. The members of the departmental staff have awesomely made a splendid achievements. Mrs. Roshini attended workshops on Scilab and Maxima using FOSS tools. Mrs. Maya and Mrs. Jithy attended workshop on Research Trends in Image processing. Mrs. Maya and Mrs. Smrutee attended two days workshop on PCB Designing Using Software. Mrs. Annie presented a paper on 'Improve Network performance for TCP applications on Virtualized Network Environment' in Jain College, Chennai. Mrs. Sailaja had a FDP on Digital Marketing and she published a paper on Big data components and processing. Mrs. Jithy Lijo enrolled for PhD and Mrs. Smrity got her PhD and also presented a paper titled 'Impulse Noise Removal in Microscopic images' in Techorate - 2015.

## FINALLY.....

From Vince Lombardi, Perfection is not attainable, but if we chase perfection we can catch excellence. If opportunity does not knock, build a door (Milton B), Cyber Spirit has seen an unprecedented improvement in all sphere and has stood to concur that life is not a problem to be solved, but a reality to be experienced. All thanks to God.

# COMPUTER AND HUMAN LIFE....



Charles Babbage, the genius mind, mathematician and mechanical engineer who is considered as the father of computer, who built the foremost predecessor of our present computer in the early 1820's would never have fathomed the astounding effect his creation will induce in Human Life nearly making it indispensable in our daily lives.

## **To begin with, what is a Computer?**

"By theory, it is an electronic device which is capable of receiving information (data) in a particular form and of performing a sequence of operations in accordance with a predetermined but variable set of procedural instructions (program) to produce a result in the form of information or signals."

Computer was not a onetime creating with all its finesse at the first step, but is a great machine which has been evolving with the help of ace minds for over two centuries now, evolving and adapting itself everyday leading human life far ahead in lightning speed.

Before analyzing how a computer influences Human Life, let's go back to the days before human beings learned to rule the world with a few finger clicks....

We have learned in history, how our world was first explored and conquered from the legendary Viking Warriors to the great naval empires like the French, British, Portuguese who used to set out on their sail boats with adventurous minds and brave men with their sole belief of winds and sky and astronomy. Those were the primitive times in history when people thought our earth was flat and if go deep into the ocean we will fall down...

Communication, the most effective means of communication in the early period was postal services, which took days and even months to reach depending on to the distance of places to which the services were rendered. Then came the period of telephones, which brought out a revolution in itself. Now even our grandmothers use mobile phones. But with computer and the invention of World Wide Web (www), our whole universe has become such a small place, where we can see and speak to anyone, even seven seas apart in actual time.

Science and Technology, Research, Education, Medicine and Health Service, Genetic Studies, Politics and Administration, Armed and Police Forces, Industries, Agriculture, Media, Arts, Astronomy, Movies, Business, there is no arena in Human Life not touched by the magic hands of computer and its godly use of internet which helps us to search, learn, study, entertain, store and retrieve, consolidate, organize and analyze data.





Now we hear about robots or artificial intelligence being developed and employed in many sectors which can effectively replace human labor and produce much more results.

Even developing countries have achieved a great deal in its efforts to modernize and computerize their countries to keep up with the developed nations.

Almost every home has more than one computer or laptops used daily for office works, school or college education purposes and for entertainment in the form of games, songs movies etc.

But as the cliché goes, every coin has two sides. While we all can agree, that our world will never exist without computers or laptops or tablets or whatever version we use in our daily lives, please don't forget the capacity of the greatest computer ever created in this whole universe is Human Brain".

It's the thought and ideas of great souls and minds which shaped this universe as we see it, from the Stone Age to the present day. We have read and learned about great civilizations before us who had great knowledge in Mathematics, Arts, Warfare, Astronomy and Astrology, Medicines, Geometry, Architecture, Agriculture etc. They were known for their intelligent minds and ability to predict future. Many studies show that without computer or internet or mobile phones, there had been existed many races that had much advanced knowledge in almost everything compared to what we now achieve and maintain with all these gadgets.

Point being, we are lucky to be provided with all the amenities science has developed, that as time goes by, we forget the skills and potentials in ourselves and our brain. Now it's very difficult for us to do simple calculations without a calculator, because we have forgotten the skill of calculating manually.

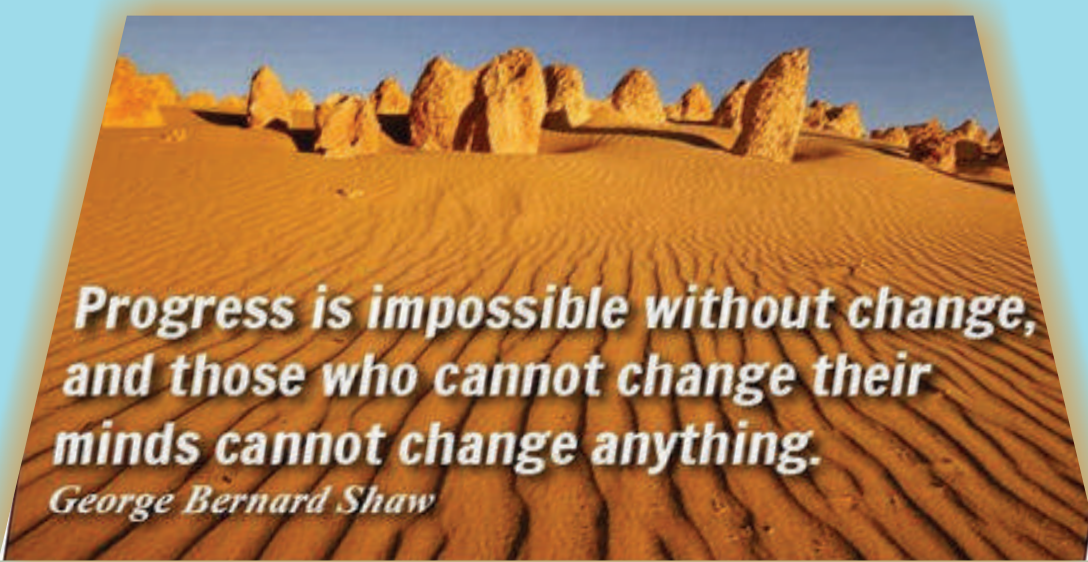


We can now see and talk with anyone on phone, or Skype or what not? But now a day we see that compassion and human values are lost from relationships.

We cannot blame for our mistakes on computer, but just remind ourselves that, we the human race have been gifted with great potentials, a large part of which is still untapped. Invent, discover adapt and modernize ourselves to the new age, but let us not drop behind any qualities which we may never be able to pick up later.

**PROF. DAISY K CHARLY**

# CHANGE



***Progress is impossible without change,  
and those who cannot change their  
minds cannot change anything.***

*George Bernard Shaw*

Know the rules, and then break some. The late astronaut James Irwin said, You might think going to the moon was the most scientific project ever but they literally threw us in the direction of the moon. We had to adjust our course and minutes ten every landed only inside fifty feet of the 500 mile radius of our target. On that mission, every change no matter how small was essential to success. When you can't change the direction of the wind, adjust your sails?. People hate change, yet it is the only thing that brings growth. There is nothing as permanent as change.

Everyone wants to change the world, but no one thinks of changing himself. Wise people sometimes change their minds, fools never do. Be open to changes in your plans. It is a sign of strength to make changes when necessary. The longer a person is in error, the surer they think they are right and the less open they are to change. Defending your faults and errors only proves that you have no intention of quitting them. An obstinate man does not hold opinions, opinions hold him.

Everybody is in favour of progress; it's the change they don't like. Face it, constant change is here to stay. Most people are willing to change, not because they see the light but because they feel the heat.

Great ideas still need change, adaptation and modification in order to prosper and succeed. John Mason said; ?I try to learn from everyone. From one I may learn what not to do, while from another, I learn what to do?. Learn from the mistakes of others too. You can never live long enough to make all the mistakes yourself. You can learn more from a wise man when he is wrong than a fool who is right.

**DICKSON P. IBORO**  
**I BCA**

# ARE YOU READY ?

Dear Past,  
Thanks for all the lessons.  
Dear Future,  
I'm ready...

A man with one watch knows what time it is; a man with two is never quite sure.

To one person the world is desolate, dull and empty; to another the same world looks rich, interesting and full of meaning. Eyes that look are common, eyes that see are rare. How we position ourselves to see makes all the difference. You can never see the sunrise by looking to the west. The choice is up to you.

If you look at life the wrong way there is always cause for alarm. It's the same way a thousand naira can look so big when it goes to church and so small when it goes for groceries. What you see depends mainly on what you look for. Some people complain because roses have thorns, instead be thankful that thorns have roses.

Position yourself to receive, not resist. How you see things on the outside depends on how things are on the inside of you. Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. Don't pray for rain if you're going to complain about the mud.

We do not see things as they are; we see things as we are (Herb Cohen). Develop the hunter's approach; the outlook that wherever you go here are ideas waiting to be discovered. When you are positioned right, opportunity presents itself. Opportunities can drop on your lap if you have your lap where opportunities drop.

Opportunities can be missed if you are broadcasting when you should be tuning in. When opportunity knocks, some people object to the interruption. One of the greatest and most comforting truths is that when one door closes, another opens, but often we look so long and regretfully upon the closed door that we do not see the one that is open for us?. See success where others see only failure. Expect something good to happen. That expectation will energize your dreams and give them momentum.

You'll gain the advantage by doing things before they need to be done-positioning yourself ahead of time (Planning). A good plan today is better than a perfect plan tomorrow. You'll enjoy ongoing success when you travel a little bit in advance of the crowd.

I believe one of the major benefits of reading great books is that they can teach us how to respond in advance too many of life's challenges and opportunities. Great information can lead you to "dig a well before you are thirsty and plant a seed before you are hungry".

The trouble with the future for most people is that it arrives before they are ready for it. Positioning yourself to receive causes you to be ready. Consider this important question: Are you ready?

**DICKSON P. IBORO**  
I BCA



# IOT2

The Internet of Things: A Seamless Network of Everyday Objects Gone are the days of computers, smart phones and tablets being the only objects able to connect to the Internet. Today, nearly everything around us from coffee pots and household lights to vending machines and cars has the ability to be brought online to interact with other machines. This idea of physical objects communicating and interacting with each other online is referred to as the Internet of Things. Smart devices connected on a social network for machines will help homes save energy. In a 2009 SAP Researcher Stephan Haller defined the Internet of Things as "A world where physical objects are seamlessly integrated into the information network, and where the physical objects can become active participants in business processes." This online network of physical objects is accomplished through the use of RFID tags and other types of sensors. Implanting these tags inside a physical object gives it the power to be monitored and controlled remotely through the Internet. This eliminates the need for humans to constantly enter and monitor data. Instead, objects can work directly with each other, without the need for a person to link them together. While this technology is currently seen by most consumers through home-based smart products like thermostats, lights and security systems, in the future businesses are expected to fully integrate it into their operations in order to become more efficient. History of the Internet of Things Kevin Ashton, co-founder and executive director of the Auto-ID Centre, is credited with coining the term the Internet of Things. Ashton wrote in a 2009 RFID Journal article on what he originally meant by the Internet of Things We need to empower computers with their own means of gathering information, so they can see, hear and smell the world for themselves, in all its random

glory." Since then, technology companies around the world have been feverishly trying to develop new ways to link the Internet with physical objects. Currently, there are more than 12 billion devices that can connect to the Internet. However, by 2015, IT giant Cisco projects there will be 25 billion, with that number jumping to 50 billion by 2020, nearly seven times the number of people on the planet. Applications and examples of the Internet of Things The Internet of Things is currently being applied in a wide variety of uses throughout the home, businesses, hospitals, cars and entire cities. The most common places everyday consumers see Internet-connected devices are in the home. Internet connected objects from thermostats and lights to smart outlets and key tracking devices are used in the home to help owners save time and money. Being able to remotely monitor and control which devices are on and off at any certain time helps homeowners reduce monthly electric, gas and water bills. The Internet of Things is seen similarly in businesses. Companies in every industry are incorporating Internet-connected devices into their operations as a way to save money. While the majority are using things temperature and lightning controls some are figuring out more advanced ways to use the devices. Examples include vending machines that send signals to a business' computers when they're running low, or manufacturing equipment that can send warnings when it is malfunctioning. But that's only one layer of what the Internet of Things is capable of. Its full potential can be seen when multiple devices are interacting and communicating with each other all at one time. For example, Cisco paints a picture of a sleeping employee who receives an email overnight letting them know their first appointment of the day is being pushed back 45 minutes. That email will

**DICKSON P. IBORO**

## IOT2

then notify the employee's alarm clock, which will then re-adjust when it is set to go off. When the alarm does go off, the clock can then communicate with the coffee pot to start brewing a cup and let their car know they need to start defrosting those ice-covered windows.

### Challenges of IoT

Experts agree that as it becomes easier and easier to bring physical objects online, the opportunities presented by the Internet of Things are endless. It's not hard to see how and why the IoT is such a hot topic today, it certainly opens the door to a lot of opportunities but also to many challenges. Security is a major concern in the area of IoT. With billions of devices being connect together what can people to do make sure that their information stays secure Will someone be able to hack into your toaster and thereby get access to your entire network The IoT also opens up companies all over the world to more security threats. Then we have the issue of privacy and data sharing. This is a hot topic even today so one can only imagine how the conversation and concerns will escalate when we are talking about many billions of devices being connected. Another issue that many companies specifically are going to be faced with is around the massive amounts data that all of these devices are going to produce. Companies need to figure out a way to store, track, analyze, and make sense of the vast amounts of data that will be generated. Conversation about IoT IS taking place all over the world. For now the best thing that we can do is educate ourselves about what IoT is and the potential impacts that can be seen in the future due to IoT.



## A MOTHER'S LOVE



THERE is no love so lasting, so strong, so disinterested, so unselfish, so devoted as that first and purest of all loves. t begins with your birth, and ends with her death. It will follow you through childhood, youth, and manhood, from the cradle to the grave if not in reality, in memory it will stimulate you to every noble and heroic action you may contemplate or do, and deter you from many an evil one.

The memory of it alone will sweeten many a cup of sorrow in after years, lighten many an hour of darkness, and the soft music of her voice in gentle accents you will often hear years after she, perhaps, is no more.

You may lose everything in this world, and a mother's love will alone stick by you; you may go down, down to the lowest depths of degradation, be steeped in crime and sin, an outcast from your fellow beings, When at the eleventh hour, the memory of your mother and her undying love may come like a golden cloud, and with all its early strength and warmth, may be the means of wresting you from the very jaws of hell.

The blessing of having a good and a kind mother is one blessing equalled, I may say by any other on the earth, and your heart will often turn with the tenderest love to the years, when you knew the scenes where you felt it, long after her sweet and gentle voice is hushed in the cold grave. Boys and girls, youths and maidens, when about to sin, remember your mother, and break not her fond heart.

**RAGHU R**  
**I BCA**

Free Basics is a Facebook app that gives users selective access to services like Facebook, communication, healthcare, education, job listings and farming information -- all without data charges. Free Basics by Facebook provides people with access to useful services on their mobile phones in markets where internet access may be less affordable. The Founder of Free Basics is Mark Zuckerberg. Ever since Facebook went ahead with its Free Basics promotions in India; it has been facing a whole lot of criticism. The social media giant had launched its internet.org program in 2014 to improve Internet services in a number of developing nations. In 2015, the internet.org app was renamed 'Free Basics' with which Facebook intends to sponsor Internet in developing countries like India. It's a big part of the company's plan to bring the next billion people online and to turn them all into Facebook users.



Facebook launched the initiative in India by partnering with Reliance Communications. RCom offers the Free Basics service under a 'Free net' button on mobile phones. It started with free access to select 33 websites across Gujarat, Maharashtra, Andhra Pradesh, Telangana, Tamil Nadu, Kerala and Goa. This was subsequently increased to 80 websites. Free Basics has been temporarily banned in India while the Telecom Regulatory Authority of India (TRAI) sifts through public comments and explores whether the program violates the principles of net neutrality.



Network neutrality is the principle that all Internet traffic should be treated equally. According to Columbia Law School professor Tim Wu, the best way to explain network neutrality is that a public information network will end up being most useful if all content, sites, and platforms are treated equally. A more detailed proposed definition of technical and service network neutrality suggests that service network neutrality is the adherence to the paradigm that operation of a service at a certain layer is not influenced by any data other than the data interpreted at that layer, and in accordance with the protocol specification for that layer.

As of 2015, India had no laws governing net neutrality and there have been violations of net neutrality principles by some service providers. On 8th Feb 2016, Telecom Regulatory Authority of India (TRAI) banned differential pricing of data services. As per TRAI's press release, the regulator had multiple responses soliciting different opinions with respect to its consultation paper. Considering all the responses, the regulator decided to have an ante regulation instead of a case by case tariff investigation regime. According to the TRAI this decision was reached in order to give the industry participants the much needed certainty and in view of the high costs of regulation in terms of time and resources that will be required for investigating each case of tariff discrimination. Ruling prohibits any service provider from offering or charging discriminatory tariffs for data services on the basis of content and also prohibits any agreement or contract which might have effect of discriminatory tariffs for data services or may assist the service provider in any manner to evade the regulation. It also specifies financial disincentives for contravention of regulation.



While it cannot be said whether Facebook's motive is to control the Internet or not, the immense scope for growth in India is no secret. This emerging country with a population of over 1.2 billion has only about 354 million Internet users (as per Sep 2015 data). Even with low Internet penetration, India is already the second largest market for Facebook just after the U.S. The most fundamental knock against Free Basics is that by providing access to some services and not others, it violates the principle of net neutrality. Furthermore, the rapid growth of Smartphone adoption in India will undoubtedly lead to further growth. With developed nations already reaching a saturation point, Facebook is broadening its presence rapidly to boost its user growth.



As per February 11 2016, Facebook has decided to shut down its controversial 'Free Basics' programme in India, following telecom regulator TRAI's move to bar operators from charging different rates for Internet access based on content. Facebook had met with severe criticism for its programme, which aimed at providing basic Internet access to people in partnership with telecom operators. Critics saw this as violation of the principle of net neutrality that states that entire Internet should be available to everyone on equal terms as Free Basics allowed access to selected websites.



“Free Basics is no longer available to people in India,” a Facebook spokesperson said in an emailed response. The service was available in India with Reliance Communications. In December, RCom put the service on hold following a Telecom Regulator Authority of India's directive to that effect.

## PRACTICALLY PERFECT

PRACTICE MAKES MAN PERFECT  
 NOBODY IS PERFECT THEN WHY PRACTICE???  
 HARDWORK NEVER KILLED ANYBODY  
 BUT WHY TAKE RISK!!!  
 LIGHT TRAVELS FASTER THAN SOUND  
 THEREFORE PEOPLE APPEAR TO BE BRIGHT UNTILL  
 YOU HEAR THEN SPEAK.  
 IF IT'S TRUE THAT WE ARE HERE TO HELP OTHER,  
 THEN WHAT EXACTLY ARE OTHERS HERE FOR???  
 A BUS STATION IS WHERE THE BUS STOPS.  
 A TRAIN STATION IS WHERE THE TRAIN STOPS.  
 ON MY DESK, I HAVE A WORK STATION  
 WHAT MORE CAN I SAY???  
 THE MORE YOU LEARN, THE MORE YOU KNOW,  
 THE MORE YOU KNOW, THE MORE YOU'LL FORGET,  
 THE MORE FORGET, THE LESS YOU LEARN,  
 SO WHY TO SLEEP???!!!



MANJU.S  
 II BSC

## A LIQUID METAL CIRCUIT that can stretch 4X its original size

As the wearable technology getting advanced, it seems to be getting much ahead than just watches, in-ear sleep headphones, fitness techs and so on. Now it's not just limited to devices which can be worn but also the textiles which one can wear just like in Hollywood Sci-fi movies.

Yes, this now is made possible by the researchers at the École Polytechnique Fédérale de Lausanne (EPFL). They have developed a fully flexible polymer that's packed with liquid metal - a groundbreaking new material that can be used to create stretchable electronic circuits.



The liquid metal material is a working prototype, but it is still in a very early research stage and only a proof of concept at this point. This isn't the first time that scientists have tried to manipulate liquid metal in this way, creating sensor-studded textiles has proven extremely difficult, since hardwired circuitry doesn't allow for a whole lot of flexibility.

This EPFL material consists of a stretchy polymer film serves as the base for an ultrathin layer of liquid metal alloy. Since the polymer itself is stretchy and flexible, only a liquid metal could facilitate conductivity without keeping the material rigid. The alloy is made up of gold and gallium, which remains liquid at room temperature so it can still conduct the current in a circuit while the polymer is manipulated or stretched. It can be stretched to four times its length a million times, without damage to the integrity of the material and its embedded circuitry.

Further in the future, flexible circuit-laden polymers like these could be used in more technological settings, like medical applications in temporary skin sensors, as artificial skin to cover the frames of the robotics industry and rising fashion-technology trend.

**APEKSHA RAI**  
III BSC

## EASY VS DIFFICULT

Easy Is To Get A Place In  
Someone's Address Book  
Difficult Is To Get A Place In  
Someone's Heart  
Easy Is To Judge The Mistake  
Of Others  
Difficult Is To Recognize Our  
Own Mistake  
Easy Is To Hurt Someone Who  
Loves Us  
Difficult Is To Heal The  
Wound  
Easy Is To Forgive Others  
Difficult Is To Ask For  
Forgiveness  
Easy Is To Set Rules  
Difficult Is To Follow Them  
Easy Is To Dream Every Night  
Difficult Is To Fight For A  
Dream  
Easy Is To Promise Something  
To Someone  
Difficult Is To Fullfill That  
Promise  
Easy Is To Say We Love  
Difficult Is To Show It Everyday  
Easy Is To Criticize Others  
Difficult Is To Improve Oneself

**SWETHA.R**  
II BSC

# DO SHADOWS HAVE MASS ?

We know that mass is a large body of matter with no definite shape and anything we see has mass which has been scientifically proven.

I know it sounds like a foolish question but I have reason for asking. Because it is science you must question everything it needs proof, seeing believes. Here is why I pose the question. it's seems to me that all this discussion of photons , and other sub-atomic particle possessing mass or negative mass it really a discussion about the mass of shadows .Although we can't really weigh shadow we can see it .We can measure its area and observe its outline. Another interesting thing is a photon, which is mass-less which may seem to be heavier than shadow.

It really is thinking order question

Now what is a shadow?

A shadow of a body is the region where the lights of the source do not assign so since there isn't any photon (assuming that the body is 100% opaque) in the shadow. We shouldn't be able to see it .The only reason we see this is by the contrast effect with the surrounding which reflects or scatters light. This is analogous to the way we see black holes astrophotography.

Another problem is what do you exactly mean by shadows The definition given above is mathematical and we can't talk about it until you define SHADOW ?physically.

## PROOF BY CONTRADICTION.

Take a light source, ball and paper in empty space this system as whole is cloud and hence its total mass is constants. The ball makes a circular shadow on paper make the shadow bigger. Now the shadow has higher area it has higher mass. Total mass of the system should get higher now, so shadow of zero should zero mass right But shadow's mass cannot depend on its area (as proved above).Therefore shadow of any area should have zero mass.

Now another proof which is simple and a bit more logical. How could except a shadow to be formed on the wall when the gravity force acts on it? It must come down so there you go shadow has no mass???!!!!!!!!!!!!!!

**S.MANJU**  
**II BSC**





# DREAMING THE IMPOSSIBLE

Many college students these days under achieve because they stop believing in themselves from the very first time they fail. I have come to learn that life is not a bed of roses and to come out on top you must be ready to take bruises.

I believe in a simple rule, which is; Stay focus, work hard, persevere, stay patient and you will achieve greatness.

For student who wants to become great in college, do this three things...

1. Do some personal research on every topic thought in class instead of spending your time on the latest Game of Thrones episode, you could be doing a research on a particular topic that was introduced earlier in the class. By learning further you expand your brain even more.



2. Be different Do not do what you do because others are doing it, always strive to stand out, initially people will disagree with you for being different but in long run they will beg to identify with you.

3. Watch less movies after school hours The amount of time invested in watching movies can be channelled into learning something new. Some people might see you as a social suicer because you refused to live your life as they expect.

"Formal education will make you a living. Self education will make you fortune"



**EBUKA AMAEFULA**  
**III BCA**

Prathibha 2015 was celebrated in a grand way by the students of St. Francis de Sales College on 10 and 11 July, 2015. This two day Cultural fest, consisted of various competitions and it witnessed the enthusiastic participation of the desalites.

Prathibha 2015 was inaugurated by Rev. Fr. Benny Jacob. Soon after it was inaugurated, various events such as Mime, Group Choreography, Fashion Show, Creative Dressing, Mehendi, Extempore and many others were held which attracted the crowd. The two days, saw exuberant students participating in the various competitions and students from all four groups, Astros, Marines, Terrestrains and Biogens exhibited their talents. Competition was stiff and judges had a difficult time choosing

winners. Group choreography and Fashion Show were the most popular and the most awaited events. The Auditorium was packed with audience even before the event began.

Prathibha 2015 surely had inspired the creativity and talents of the students. The cultural fest came to an end with the valedictory function and chief guest for the valedictory was Rev. Fr. Tony, the Finance Administrator. Biogens were on the lead by the end of all the competitions. During the valedictory the prizes and certificates were distributed to all the winners bringing Prathibha 2015 to an end.





Razzmatazz is a cultural fest that electrifies the Desalites and pulls in large number of students from all over city. The long-awaited day arrived on 25th February 2016. The chief guest Mr.Prabhir Bhattacharya famous satirist inaugurated the event accompanied by Mr.Priyabrata Goswami. The day indeed proved full of frenzy with Adapt

Tune (solo dance) and Frisk Factor (group dance) Style Check (fashion show) contestants here just stole the hearts of audience with their fashionable outfits and catwalk.







Athenia, our college annual sports meet was held on February 26th and 27th 2016. The four houses within the college {Astros, Biogens, Terrestrians and Marines} having colours as { Astros-orange, Biogens-Green, Terrestrians-Yellow and Mariens-Blue) The 2015-16 session began on the 26th of February 2016 with a declaration from Mrs. ChitraGangadharan, the first women in India to be a qualified as a football coach. She has N.I.S DIPLOMA in coaching Foot Ball 1980-81. A coaching license holder from Asian Foot Ball, confederation2008. Goal keeper level I coaching license from Asian Football confederation 2009. Football for women was and march past were introduced in Athenia 2016.

Athenia 2016 was a showcase of a collection of the best of performances by all the groups represented for (group ASI) TROS- Animators are Dr.Gurubasavaraj and Mrs. Annie Christilla and captains are Thennaarasu, Afreenbanu and Jishnu (Group II) BIOGENS-Animators are Mr. Antony and Mrs. Devichandrika and captains are Karthik, Sr. Rency and Pavithra. (Group III) Marines Animators are Ms. Jithylijo and Mr.K. Prakash and captains are Hemanthkumar, Arpitha and Alan George.(Group IV).Terrestrians Animators are Mr. Chandrashekhar and Mrs. Mamtha and captains are Riyazuddin, Pushpanjali and Celena Dolly. Athenia witnessed totally 24 events consisting of individual and group events likes indoor and outdoor games.

captains are Riyazuddin, Pushpanjali and Celena Dolly. Athenia witnessed totally 24 events consisting of individual and group events likes indoor and outdoor games.



#### Final Scores

Marines	I	- 325
Astros	II	- 310
Biogens	III	- 265
Terrestrians	IV	- 165

Athenia proved to be a true test of versatility among the competitors. Medals and certificates were distributed to all winners soon after the events get over.



"Where sport is a way of life ..." SFS College has the unique distinction of having conducted IGNEOUS 2016 on 14, 15, 16 of January, with the radiant sun spreading its resplendent wings. The Sports Feast was organized to celebrate physical prowess, agility, strength, accuracy & sportsmanship among the student community. Around 30 teams from various institutions & corporates all over India actively participated in different tournaments such as RIM-REAPERS, an intercollegiate and inter-corporate basketball tournament for men and women, PEGASUS, a football tournament and HOME RUN CHALLENGE, a softball tournament. The sports feast was auspiciously inaugurated by Mr. Praveen Keerthi Pais, the chief guest declared the Meet open. The venue filled with

students, felt invigorated & reveled in the conviviality of this gorgeous morn. On the field all the teams, led by their captains, proudly wearing their colorful garments, filled every heart with the tempo & team spirit, were introduced to their referee. Finally the much awaited events were held as cheers of encouragement & enthusiasm occupied the grounds. At all levels the zealous captains & keen participants could be seen leaving no stone turned to increase their team points. Records were made & broken amidst tears of joy & glory.





St Francis de Sales College, established with the vision to kindle the spirit of excellence, transformation, and efficiency, has become a centre of excellence in a short span of years, imparting quality education to all students who enter the portals of this great institution of learning. The College prepares its students to make lasting contributions to society by bringing about positive difference in their own lives as well as in the lives of others.

The curriculum and programs of the college are uniquely tailored to the needs and aspirations of industry to ensure that the students not just imbibe academic concepts but develop analytical and decision making skills to be leaders in ever changing world of today.

The Career Guidance and Placement Cell functioning in the College is entrusted with the responsibility for :

- ♦ Guiding students for placement in credible organizations.
- ♦ Conducting guest lectures, seminars, group discussions, and mock interviews, pre-placement training as part of career guidance and personality development.
- ♦ Guiding students for Internship and Field Training.
- ♦ Arranging Industrial Visits to various Organizations.
- ♦ Acting as an information centre for students in job opportunities and competitive examinations like CAT, MAT, GRE and the like.

**The Career Guidance and Placement Cell conducted the following activities during this year:**

1) The College organised a pool of campus interview in collaboration with Tata Consultancy Services BPS, Jan /Feb 2016 in which final year students participated, and 7 were selected and the Company issued on the spot offer letters at TCS ?Electronic City Campus Bengaluru.

**Final Selection List : TCS ? BPS**

Meghasen	Amrutha
Maheswar Sukla	Rahul Mishra
Akhil	Kabidm
Joyel	

- 2) Students were sent for various Campus Pool Drive Organized by different Colleges.  
3) Students selected for Infosys BPS Jan / Feb 2016

Monisha D  
Sowjanya  
Vishnu

AfreenBanu A  
Prabhu  
Naveen  
Kabidim.



4) Students selected for WIPRO 2016-Apeksha BCA, Monisha BCA, Roshan, Justin Bsc.

5) Students selected for Concentrix 2016 Kusuma S, Jayapasteena GF, MarySharmila A.

6) Placement Cell has a tie up with IPRIMED for exclusive BPS training for final year students.

7) Certificate Course in Communication Skills is introduced by the Cell to make final year students Industry Ready.

8) Industrial Visit was organised for final year students to KMF & Mansih Mouldings.

9) Placement Cell had organised 2 Speakers for the International Conference Dr Srivathasa & Major Bhargava

10) April 2016 Summer Campus Final Placements.



A human being is a complex person whose attitude and temperament are not constant, but they keep on changing and fluctuating due to various factors such as physiological and attitudinal changes, relationship factors, surroundings, ideologies, mindset, environment, beliefs and ideologies, peer pressure and media, just to name a few. The psychologists might come up with yet another set of reasons, which may either concur with the observations made above, or they may come up with a bunch of other reasons. Whatever be the reasons, a human person is indeed a mystery! My intention to write this article is not to analyze each case and give the solutions to them, but the main intention is how.

counselling helps a person facing a problem, and how a counsellor is a failure, if he/she just applies the notional knowledge to solve a problem. Together with intellectual acumen, a counsellor should have to incorporate his/her experiential knowledge, and only then can things work well for the clients. The Ten important points for a Good Counselor.

1. **Credibility:** Today, any profession calls for credibility. Let me explain this point with an example: If a teacher who always comes late to the class speaks about punctuality, will the students take her advice seriously? No way! Likewise, a man who drinks a lot, if he advises his son not to drink, will the son honour the advice of his dad seriously? Certainly he won't. What a counsellor advises the counselee to do, the counsellor should become the epitome of those virtues and qualities. A Counsellor should remember: Actions speak louder than words!

2. **Goodwill or Good Disposition:** More than any other qualities, the basic quality a counsellor should have is, the goodwill to help those who need guidance and assistance. With this primary attitude, a counsellor can easily win the confidence of the counselee. This good will comes from the loving and cheerful heart of the Counsellor. It is precisely for this reason that I have given the Title for this article: Counselling is not an ART, it is THE HEART!

3. **Availability:** Recently, I was reading a book related to Personal Management and in which I came across this sentence: When someone needs you and if you are not available, he/she doesn't need you. Yes, it is a hundred percent truthful statement. To give you an example, let's say that I need my driver at 7.30 a.m. to take me to the College, and he doesn't show up even after 8.00 a.m. Meanwhile, I took another mode of transportation and reached the college. At 8.30 a.m., the driver telephoned to me to find out whether he should come to fetch me to the College. You have guessed my answer correctly! My answer was a strong N , of course! Counsellors should be available for the clients, and must give their valuable and quality time to them.

4. **Listening Quality:** Another important quality a Counsellor has to possess is the art of listening. Believe me, speaking is easy to some extent, but listening is very difficult, for it demands patience, concentration, and capacity to comprehend what is said, what is not said and how it is said. The Counsellor listens very attentively to the Counselee's sharing. The more we listen to, the more we understand.

5. No interruption, only clarification: By my experience, I can tell you for a fact that most of us interrupt other's conversation before he/she could complete it; and also there is a tendency to give our reply without first allowing the person to complete what he/she wishes to say. It is also advisable to clarify our doubts before we could begin our talking.

6. Build Confidence: The Counsellor has to instill in the counselee confidence. If it is not done, he/she will never make any efforts to implement the action plan that was arrived at. Theodore Roosevelt said: Believe you can and you're halfway there. Motivating someone that he/she can do something great and marvelous deeds is indeed a praiseworthy effort. Once confidence is developed in the counselee, the solution to his/her problem is undoubtedly within his/her reach.

7. Evolve solution from the problem, and don't look for it outside: It is a proven fact that, for many problems that we face in our everyday life, the solution lies where the problem exists. Hence, the Counsellor has to be smart enough to evolve solution from the problem/issue posed by the Counselee. The real solution that we are seeking to our issues, no matter what they may be, already exists in our inner being. Many of us are looking outside ourselves for solutions. The real solution is to teach, guide, and direct us and others to find it 'within'.

8. Confidentiality: Clients go to Counsellors and open up their hearts, and pour out everything that worries them, hoping that whatever is shared is kept confidential. A counsellor must not belie this trust placed in him/her. If mutual trust is lost, it would certainly affect the relationship and further interaction. Normally, only confidential relationship attracts people to counselling. Counsellors should make efforts to protect and respect their client's privacy. This will include looking after personal details as well as records of counselling sessions. This rule has two exceptions, namely: Counsellors have

legal and ethical obligations which could cause a break in confidentiality. Legally, records can be subpoenaed if it is required by law. Also, there are some laws which demand reporting of child abuse or suspected child abuse. Secondly, there are other possible situations where a client's case may be discussed with others. If the clients are under 18, their cases will be discussed with their parents. In such cases, counsellor should have a clear guideline of how confidentiality will work and both parent and child should be aware of the situation.

9. Follow up Sessions: identifying the problem, understanding the problem and evolving solution/s to the issues are difficult. The final analysis is the result of the processes of all these. But, besides these factors, the follow ups also play an important role in Counselling. As mentioned in the beginning, each person is unique, and his/her behaviour constantly changes because of various factors such as, physiological, psychological, attitudinal and environmental changes. Consequently, the solutions implemented also affect the personal and inter-personal relationships. To avoid any such anomalies, regular follow up sessions need to be held.

10. Praying for the Clients: I am writing this not as a Christian Counsellor only, but as a person who firmly believes in the intervention of the Supernatural Being (God) in all our efforts. Even though, the counsellors are experts and have been in the field of counselling for a number of years and accumulated accolades, certificates and citations, their efforts should always be coupled with the divine blessing. Knowing this fully well, I make it a point to pray daily for all my clients. Believe me, many times, I get very practical and pragmatic solutions to the problems of the clients while I am at prayer. The success of my counselling is attributed to God's assistance and my personal involvement in the issues of my clients. Without Him, we can do nothing!

**Mrs. Premila Dorairaj**



# HEALTH CLUB

The Health Club of St Francis De Sales College provides basic health facilities for students as well as the staff. Doctors from various recognized hospitals visit the college twice in a month. Dr Avita, Dr Farah, Dr Archana from St John's Medical College Hospital conducted the seminar in the college during the academic year 2015-2016. Every student of the college is given the opportunity to consult the doctors free of charge. The doctors conduct seminars about various health related topics with primary focus

towards student health. The topics for seminars conducted include Sexual Reproduction and Cardio-Vascular Diseases.

The health club also conducts Counseling regarding health issues. Students are given the opportunity of having personal counseling sessions with the doctors. A room for sick is also provided by the club.



