

DESALITE

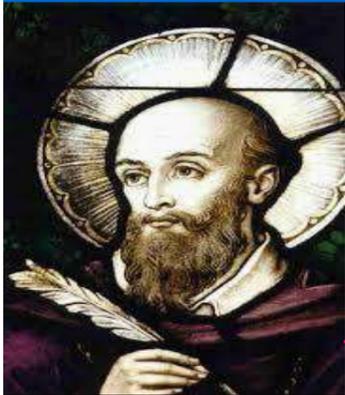
e-NEWSLETTER

JANUARY 2018

GURU: A VOYAGE TO WISDOM

E-Newsletter by the PG Centre

SFS/PG02/JAN18



Our Patron

"We must fear God out of love, not love him out of fear"

Principal's Message



Dear DeSalites,

The new year has already gone past a month. The Post Graduation centre has passed by a couple of months of varied programmes and celebrations that kept them busy. The exams have already started as well.

The New Year is a time to remind us of the importance of "holding the Divine" close to our hearts. The materialistic world, with cell phones, net connections, FBs, and thousands of Apps, makes the young forget God, and be lost in their own fantasy. DeSalites should stand as an example of the presence of Divine. The internet connectivity keeps them so busy and glued to the attractive elements around them that no one even thinks of the Divine within.

Search and you will find Him.

Hail DeSalites!

Fr. Dr. Herold Christopher MSFS
Principal

English Classrooms and Shifting Perspectives

- A National Seminar

The students and faculty of the PG Department of English attended a Two Day National Seminar on "Macaulay to Globalisation: Shifting Perspectives of English Classrooms in Indian Higher Education in the 21st Century". This seminar was organised by the Dept. Of English,

Christ University, Bangalore in collaboration with Regional Institute of English, South India, Bangalore, on 10th and 11th November, 2017. Panel discussions, paper presentations and a workshop which were integral to this seminar offered various insights into the shifting perspectives of teaching English literature and language.



Accounting Practices - A National Level Workshop

The PG commerce students attended a national level workshop on "Decoding IND AS Reporting and Business Impact" organised by The Oxford College of Business Management, Bangalore, on 13th November, 2017.

The workshop comprised two technical sessions where the experts,



Mr.Nithin Mahadevappa and Ms. M. Asha, focussed on the major differences between the IND AS, IFRS and US GAAP.

The experts shared their real time challenges while implementing IFRS in accounting practices as well. They also dealt with many crucial issues like demonetization, GST,

the concepts and conventions of accounting and the like. The PG commerce students found the workshop very informative and educative.

From the Editors' Desk

This edition of the PG Newsletter will provide a glimpse of a plethora of academic and non-academic activities organised by the college for the benefit of the SFS PG student community. During the last few months, the students were extremely busy attending seminars, workshops and guest lectures. At the same time, they had immense fun in the campus when the Freshers' Party for the PG students was held. The fun quotient hit the peak when they attended the birthday celebrations of the Principal on 29th November. Besides a mental health programme, the Fountain Pen and the Pencil campaign were spearheaded by the Principal to motivate the students towards creating a plastic free campus zone.

Vihaan 2017



The PG Freshers' Party, Vihaan 2017, commenced with an invocation to God. Fr. Dr. Herold Christopher, the Principal, presided over the function. The Chief Guest, Rev. Fr. Johnson MSFS, the Principal of St. Francis De Sales Public School, Bangalore, inaugurated the party. Following his motivating speech, he released the PG E-newsletter. Then, starting the Fountain Pen Campaign, Fr. Dr. Herold Christopher educated the PG students on creating an eco-friendly campus. He hailed this simple, yet, a crucial initiative as an act of conserving our environment. Earlier, many competitions like Essay Writing, JAM,

Corporate Financial Reporting- A Guest Lecture

The PG Department of Commerce organised a guest lecture on 28th November, 2017. Mr. M. Pramod, Team Manager, Thomson Reuters, an expert in business communication, operation management and financial domain process, dealt with Corporate Financial Reporting focussing on the organisation and application of all corporate financial reporting in the real world scenario. The PG commerce students found the lecture very useful.

Awareness on Depression- A Mental Health Programme

The college organised an "Awareness on Depression" programme on 25th October, 2017, to help students understand the mental condition of depression better.

Dr. Ishani Hanspal, St. John's Hospital, Bangalore, educated the PG students on identifying the depressed state of mind. They spoke about the different kinds of symptoms of depression like low mood, guilt, negative automatic thoughts, trouble in concentration, sleep problems, suicidal ideations and gastric problems. Suggesting certain measures to deal with depression, they advised that we should seek professional help if required and reiterated that we should not have inhibitions in seeking help.



Statistics in Psychology Research - A Guest Lecture

The PG Department of Psychology organised a guest lecture for the students on 4th December, 2017. Dr. Justine K. James, Associate Professor, Department of Psychology, Christ University, Bangalore, introduced the students to the different aspects of using descriptive and inferential statistics in the psychology research. The lecture detailed on the various approaches, the corresponding statistical tools and the application of the same in research. Students were encouraged to propose some research topics and were asked to reason out the statistical tools that they would use in those situations. The session enabled the students to understand the technical details related to statistical procedures.



Painting and AD MAD were held for the First Year PG students. . The winners of these competitions were awarded certificates and prizes on the Fresher's Party. Following these formal events, Fr. Jijo Manjackal, the Vice Principal, instilled the spirit of fun among the students by conducting various games. All the PG students and professors participated in all these games with great enthusiasm.

Heads at the Helm of Affairs - Birthday Celebrations



A celebration of our esteemed Principal, Rev. Fr. Dr. Herold Christopher's birthday was held in the campus on 29th November, 2017. Our Vice Principal, Rev. Fr. Jijo Manjackal, took up the initiative and organised the celebrations in a grand manner. Memories were shared by way of displaying photographs of the Principal taken on several occasions, and the atmosphere became vibrant as he sang melodious songs in his soothing voice. In a celebratory mood, the Principal started off the "Pencil Campaign". He gifted all the faculty with a paper pencil and urged them to be eco-friendly. At the end, the Principal cut the cake and many birthday wishes poured in from the staff. Earlier, on 28th November, 2017, Fr. Jijo Manjackal, the Vice-Principal's birthday was celebrated with great enthusiasm. Their consecutive birthdays, we are certain, did really appear to be a rarity in the whole scheme of things and would not go unrecorded in the history of SFS congregation.

An Hour with the Principal



Rev. Fr. Dr. Herold Christopher MSFS, Principal of SFS College, addressed all the post graduate students for an hour educating them on the significance of higher education. The Principal spoke about the difference between regular mode of education and distance courses offered by universities and he highlighted on the importance of referring adequate books at Post graduation level. The Principal also invited students to make use of the college library which is open to the students from 8 a.m. to 8 p.m. and he encouraged students to purchase a few books related to their subjects so that they can refer for themselves at home. The Principal shared his own experiences as a student so as to motivate the PG students and he insisted on the aspects of self study, positive behaviour, good dressing, respecting time, etc. In the end, the Principal encouraged the students to attend and present papers in seminars and conferences. He also asked the students to write and publish articles in newspapers and research journals so as to develop their research skills.

Sapna App: A Helping Hand

The arrival of mobile phones and their applications in people's life has revolutionised the life. Presently, there are millions of mobile applications offered across different platforms and they are used by many people for numerous purposes. Sapna Mobile application is one application designed and launched exclusively for the benefit of students pursuing the discipline of Journalism. Most of the study materials related to the Bangalore University syllabi can be retrieved by using this app.

Ms. Radhika, an Assistant Professor in association with a few BCA students has developed this mobile app. The basic purpose of developing this mobile app is to enable the students to gain insights into the rapidly changing media industry.

This app is documenting information on various areas related to journalism such as accurate world news, the adoption of new technology in media and the ongoing media industry issues. It also offers the study materials pertaining to the prescribed university syllabus, previous years question papers and Kannada journalism.

The information is intermittently revised and updated. The required information is given in various formats such as articles, documents and video profiles. Even the students pursuing journalism in other countries such as Sri Lanka and America find it useful.

The app developer is planning to get connected with various editors of both national and regional newspapers through discussions on various issues and those videos will be uploaded soon. She has named the app as Sapna honouring her mentor, a professor working in the University of Mysore. "This app is my token of gratitude to my mentor," says Ms. Radhika. This app can be downloaded from Google Playstore by using smart phone or android phones at free of cost. Ever since the app was launched, more than 400 students have downloaded and have found it very useful.

Prof. Divya Kumari K.P.

Being Human - Understanding human mazes

Most of us are familiar with this phrase, 'Being Human'. But, how many of us are really human? If we try to find out the answer, we will be filled with remorse as 'being human' has become an outdated idea. But, there are still a few countries who



practice the culture of 'being human'. A short stay in Europe had been a very enriching experience to me. What captivated me in Germany is the way the Germans demonstrated respect for their fellow beings and this culture of being human made them stand tall in my view. Don't be surprised if you are greeted by almost everyone when you are walking on the roads in Germany.

Visiting the Holocaust Memorial in Berlin educated me on how the most powerful being on earth became a foe of his own people by being inhuman. Most of us are aware that Hitler was largely responsible for the extermination of the Jewish people and hence, was considered a demon. Hitler pronounced "New Germany" a thousand times

and yes, he created it. He created a new Germany which did not control the world, but contrary to his beliefs, a country which chose to be human, after the death of Hitler.

The German constitution upholds the view - "Human dignity is inviolable". This powerful nation is applauded for being human in all possible ways. The reason, Hitler. But, one cannot pronounce the name of Hitler in Germany. Googling his name might land you in jail. There is no memorial or even a graveyard for Hitler. The place where he died is covered with huge apartments and there is not even a mark on the place where he died.

The Holocaust Memorial is full of concrete slabs representing graveyards of different sizes and heights. The wave structure makes your mind swirl and swoop. There is neither a central point nor a beginning nor an end. It is an open memorial where you feel you are among the graveyards of the millions of Jews who were killed in a short span of time.

There is neither any identity nor any kind of representations for the graveyards. Being there, it appears as if you are one among the dead. The serenity of the place reminds one of how the world begs for peace and harmony. Those slabs create a maze where one goes in search of oneself among the dead. It teaches us death awaits all of us and also

reminds us of how horrible death can be. So much blood has been shed and so many lives have been taken. What Hitler caused was a historical catastrophe, but as said, after the storm comes the calm, the country renewed itself completely like the mythical phoenix bird. None of the ideologies of Hitler survive now.



The death of millions of people has taught not only the Germans the value of human life, but also to everyone. Loving your neighbours is one thing, but respecting your fellow human beings is the need of the time. Visiting the Holocaust memorial made me humble and the Germans have edified me to respect my fellow humans. Maybe the world needed a savage like Hitler to show its people what "being human" is.

Dr. Tharini .P

Life's Amazing Secrets

The most selfish 1 letter word - I (value it)
 The most satisfying 2 letter word - We (cherish it)
 The most poisonous 3 letter word - Ego (leave it)
 The most used 4 letter word - Love (love it)
 The most pleasing 5 letter word - Smile (use it)
 The most dangerous 6 letter word - Gossip (ignore it)
 The most difficult 7 letter word - Success (celebrate it)
 The most harmful 8 letter word - Jealousy (distance it)
 The most powerful 9 letter word - Knowledge (acquire it)
 The most divine 10 letter word - Connection (connect it)

Pavithra .K I M.Com

Teacher

Teacher, She is my best preacher.
 Who educated me to be neat,
 And not to cheat.
 She is next to my mother
 who taught me not to fear.
 She improved me with tunishing
 From the beginning.
 She scolds us daily,
 Yet, loves us dearly.
 We always love our Teacher,
Naveen Kumar. N (I M.Com)

Watch a Movie @ SFS

A Beautiful Mind is an award winning movie directed by Ron Howard, which portrays the life of a great mathematician and economist, John Forbes Nash - a Nobel Laureate - popular for his theories on governing dynamics.

The plot begins with Nash's graduate school days at Princeton University, where he begins to experience some of his psychotic symptoms. The movie is directed in such a way that we cannot distinguish between the real scenes and the hallucinations until half way through. Like Nash, we also believe that he had a roommate, Charles Herman, and that he worked for the Pentagon in decoding Russian conspiracies. He believes to have an implant on his wrist that helps him track the conspiracy houses. He continues to study at Princeton, graduates and becomes a professor. He later marries one of his students, Alicia. However, his paranormal perceptual feelings continue, particularly, paranoia. Further, his suspicion on people following him leads to a mental breakdown during one of his lectures. Following his breakdown, the psychiatrist explains about his symptoms to Alicia as well as to the audience. His wife and colleagues, then, find his halls packed with the classified documents, and the letters containing conspiracy details are found unopened from isolated areas. Later, Nash undergoes treatment, - anti-psychotic medication and insulin shock therapies - but soon after he returns home, he discontinues his medications leading to the worsening of symptoms and the reappearance of the three hallucinatory figures, Charles,

he refuses to get admitted in a psychiatric hospital. He soon gathers an insight that these three people are not real from the fact that Marcie does not grow up. He and Alicia then try by themselves to ignore them whenever they appear. Nash then goes to Princeton and gets permission to walk around the university due to his friend's recommendation. Although he finds it difficult to ignore the perceptual disturbances, he learns to do so. Nash, subsequently, starts to teach at Princeton and pursues his research. Meanwhile, he gets nominated for the Nobel Prize in Economics for the contributions he made in his early twenties before the onset of his symptoms.

The movie attempts to portray the plight of a person with schizophrenia in its all chaos. However, there have been criticisms regarding the same: it shows that Nash had visual hallucinations which are quite rare in real psychotic conditions; it also demonstrates that schizophrenia is a disorder that may be cured with minimal medical assistance; there are no references to contemporary treatment approaches to schizophrenia such as individual psychotherapy, cognitive behavioral therapy for adapting and reformulating thinking processes and effective psychosocial rehabilitation. It presents the need for family education - the psychiatrist explains the condition of Nash to Alicia - and that is applaudable. For its experimentation, it commands appreciation.

Prof. Grace Maria Jochan

Friendship

Man is a social being. He depends on others for some purpose or the other. A life of loneliness is impossible for man. That is why friendship has become a social need. The bond of friendship enables the two to share their thoughts and feelings, joys and sorrows, successes and failures. Friendship is a joyful experience shared by two individuals who care for and share everything with each other.

A true friend is the one who understands the other's problems and tries to solve it unasked. That is why it is said, "A friend in need is a friend indeed". One should be very careful in choosing a friend. One's future depends on one's friendship. The wise saying, "Tell me your company and I shall tell you who you are", drives home the importance of choosing a friend. In the Hindu mythology, Karna became an unpopular character because he supported the Gaurava clan. But, the Pandavas earned the admiration of people by choosing the company of Shri Krishna. It is better to be without friends than to have a bad friend. Therefore, one should always choose the friends who will help one grow and should not choose the company that makes him ignoble.

Chaithra Mary. J (I M. Com)

My Mother

When God created my mother,
It's certain that He knew
I need the loving and thoughtful things
That only my mother can do.
She helps me reach my goals
That I dream of.
God knew all the thoughtful things,
That only my mother can do.
She means a lot to me
In every walk of life.
When being so warm and caring,
When I needed her special touch,
She's always been there to comfort
While in sorrow in my life. I owe
A lot to God for giving me a mother so
nice.
I love you ma.

Bharath G S (I M. Com.)

National Cadet Corps - An Approach to Construct a Secure Nation

National Cadet Corps carrying the motto of unity and discipline was established in 1948. The most important aspect of the NCC unit is that there is no gender discrimination. When other students find the NCC commands weird, the cadets understand them to be the rituals disciplining them so that they could get ready to fight for the nation's security. The NCC cadets can join the Indian army bypassing many rigorous procedures. When they are selected to serve the army after rigorous training sessions, their joy knows no bounds. Usually, the NCC contingent marches in all Republic Day parades in Rajpath and these are the moments when every cadet wears his pride on his shoulders.

Lt. Sampath Kumar is the ANO (Associate NCC Officer) of the 1/1 Company, Army, 1 Karnataka battalion, Bangalore 'A' group. He is the appointed NCC officer for St Francis De Sales College, Electronic city. He is also a former

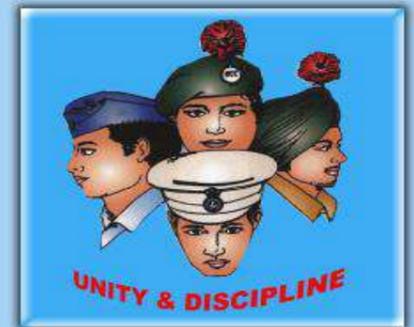


RDC (Republic Day Camp) cadet of 2003 NCC batch. Having completed the training as the batch topper in marching and platoon course, he received the DG (Director General) commendation in 2013, the DDG (Deputy Director General) commendation in 2015 and 2016, and the commendation from the Chief Minister of Karnataka in 2016. He was the trainer for both RDC 2015 and the state level RDC (National Service Scheme). Lt. Sampath Kumar's personal motto is "Leave the fear or leave the aim". Under his supervision, many cadets have come out as nation building heroes.

His successful students are the following: while Lt. Delorangam Hranbung serves the army as an officer in Andaman and Nicobar islands, Krishna Paul Singh Chahar serves as a soldier in the Indian army; while Pradeep.S is appointed as a Shift manager in GMR Rajiv Gandhi International Airport (RGIA), Safety and Excellence Department, Hyderabad, Praveen Kumar T., at present, is receiving training in the Infantry regiment.

The NCC organises many social awareness programmes and activities. Very recently, they adopted a village and worked towards its development. They received the appreciation for participating in Samartha Bharatha, a tree plantation programme. In total, 32 NCC activities have been conducted this year. They participated in National Level football and kho-kho games in 2014 and 2015. Company Senior Under Officer, Kavya Shree. R and Battalion Under Officer, Vimal Clinton, completed the RDC and attended Services Selection Board

Capsule training in Officer Training Academy, Gwalior and Kampotee. CSUO Kavya received the DDG commendation in 2015 and 2016, and her personal motto is "NCC taught me to be perfect in life". BUO Vimal received the appreciation award for conducting the Cashless India event from DG, NCC. He even received DDG



Commendation in 2017; he reinforced, "Whatever happens never give up". These two under officers would become the officers in the Indian Army very soon.

Serving the nation and ensuring its security are the moments of pride and honour that they revel in.

Nikhil. U

I Sem MA. J&MC

One Tune, a Thousand Memories

'Music is a piece of art that goes into the heart', 'When words fail, music speaks', 'Music helps me escape from the reality I live in' are some of the quotes that you will find on the "social walls" of people. Music has influenced the world in such a way that no one could have ever imagined.

We have an amazing brain with a great storage capacity, where whatever we do gets stored in our memory in different forms. It's the memory of the moment that gets colored by a particular music/song. And that is why people have certain 'favourite' songs.

Confused?? Let's make it simpler. For example, you go out with the person you like and while you are with that person, you happen to listen to a song which you haven't heard before and you actually begin to like it because you are really happy in that moment and you want to cherish it. So, that particular song becomes the link for that particular memory and hence, the next time when you listen to that song, all you remember are the memories attached to that person and you begin to relive that moment again. That's how it works. It need not be just the emotion of love, in fact, it can be any emotion experienced in your life because music is really influential. We, as social beings, always want someone to share our feelings with, but most of the time we don't find anyone with whom



to speak because we fear that we will be judged by them or that they may not understand us. And that's when we turn towards music because it brings you face to face with yourself, your desires, your fears, your weaknesses and your strengths. It is because music acts as the link to those memories and moments you once lived and cherished.

Music can influence your behaviour; it can uplift your mood or completely drop it; it can calm you down or make you anxious; it can take you to an alternative universe where you feel that you can escape the reality. It can put you in a romantic or an action mode, well, that's just what music is. So, wanna try something interesting? The next time you listen to any music or song, observe yourself, try looking through what that music does to your mind and body, and if your behaviour pattern changes, think, is it really just the song that gets you going? Or is there something else behind it?

Sarah Gabriel. I M.Sc Psychology

Photo and Art Gallery - Student's Corner



The sole fort of Goa
Nikhil.U



The discipline
Nikhil . U



Pencil art
Uma Muniyappa



Pencil art
Supriya



When we suddenly the open front camera
Nikhil . U

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