

# देरीइ लिंक

CHRIST COLLEGE  
NEWSLETTER



## NEWSLETTER



# Happiness is a Choice



### **Principal's Message**

There is no greater feeling in the world than being happy. Believe it or not, happiness is a choice that comes from within. There is no general definition of happiness. Happiness varies from person to person. John Staurt Mill says, "The happiness of the individual is paramount." We usually use the term happiness for positive emotions like joy, gratitude, contentment and love. "If you want to be happy, be"- goes a famous proverb. Happiness is the by-product of a healthy attitude and viewpoint. Happiness is a choice.

Happiness does not just happen as an accident. That is a right choice. There are some people who seem to think that happiness is the result of all the right wheels turning at just the right time. But it just depends on the person to decide if he wants it or not. We have to understand that every cloud has a silver lining; light after the dark. There is always some goodness in every situation and in every person.

When grief strikes we stay upset, and so perpetuate sadness. It is a natural response. Search for benefit in your pain. Nobody escapes without pain. But Happiness completely depends on one's own attitude. Choosing to be happy will make you a better, stronger, wiser and happier in a unique manner and degree.

To be happy, choose to focus on the positive aspects of life; experience happiness by choosing to smile; speak daily in affirmation to your life; to others; establish an empowering, meaningful, morning routine: practice one act of self-discipline each day; use your strengths, natural talents, and abilities to find joy and happiness. And you will find you have surplus happiness even to share with others.

The Golden Rule is to treat others as you would want to be treated by others. It will ultimately lead to your own happiness. Happiness is an inner state of well-being and fulfilment, and therefore it has to come from within. You have the ability to create real and lasting happiness for yourself. Some of our choices are good and others not, but they are all based on our deep and impelling desire to be happy.

Life is short. Be happy. Forget about the dead past; do not wait for an unpredictable future. But LIVE IN THE PRESENT with happiness.

Prof. Fr. Johnson  
Principal



## Obituary

Christ College deeply grieves the sudden demise of Dr. Virendra Pratap Singh, father of Dr. Diwakar Singh, Associate Professor, Christ College on 8 May 2021. Dr. V.P. Singh was an exemplary personality, a great educationist and an inspiring human being. Christ College will profoundly remember him for his contributions to education and society. The college community expresses deep grief and condolences to Dr. Diwakar Singh and all the family members. We extend our prayers to the departed soul.

RIP



## Obituary

Two of the former students of Christ College, Sr. Maria CMC and Mrs. Premlata Minj lost their lives to COVID on 29 April and 10 April 2021 respectively. Sr. Maria was a student of M.Ed. 2016 -17 batch and Mrs. Premlata was a student of B.Ed. 2012 - 2013 batch. Christ College community deeply grieves the untimely death of these promising former students and prays that the departed souls find eternal solace in the bosom of God.

RIP



## Commencement of the Classes

The new academic session began for B.Ed. and M.Ed. students on 10<sup>th</sup> May 2021 and with it commenced the virtual classes from 15 May 2021 for B.Ed. II and IV semester along with M.Ed. II and IV semesters. Amidst the challenges of the pandemic, all students participated enthusiastically and were eager to join the sessions to learn. The classes are scheduled for two hours daily for each stream. These virtual classes boost hope for a brighter tomorrow.



## Happiness My Choice, My Way

Happiness is not just a pleasurable feeling that a person gets from a desired outcome but also an optimal state of being. It is very easy to choose happiness at times when everything goes according to one's wish, but it is hard to keep the same spirit when the circumstances are adverse. We are aware of the fact that life is the mixture of all kinds of experiences. Every single day is an erratic challenge and a rare opportunity. That's the reason why any prevailing situation always affects our emotional state of mind. Encountering adversity will generate the feeling of sadness in us, which is a natural reflection. But remember, whatever condition we are in, one must not underestimate the positive voice of the inner soul, directing us to see the bright side of it, which will ultimately lead to happiness. It proves that we cannot acquire happiness from the outer world, we are the source of it.

Present pandemic has already made us disheartened and left unclear doubts in every mind about the future. But our hope and efforts always keep pushing towards a new day where everyone has a peaceful life. Every heart wishes to see those blissful days in which everything will be perfect in our eyes, but it's hard to understand the loving providence and plan of God with our limited power of understanding. All we can do is to keep trust in him in all challenging conditions, because he said, "Fear not, I will be there with you till the end of the world."

True happiness can be found by critically comprehending the scriptures. We find the Lord's advice to choose to be happy and joyful, as mentioned in the book of Proverbs, "And so, my children, listen to me, for those who follow my ways are joyful, listen to my instructions and be wise. Don't ignore it. Joyful are those who listen to me, watching for me daily at my gates, waiting for me outside my home. For whoever finds me, finds life and receives favour from the Lord." Thus, we must not lose hope, and always understand that happiness is one's own option, it's an order, a grace from the Lord. It is not something that we find outside; it resides in us and is our choice.

Anisha Tigga  
M.Ed. 2<sup>nd</sup> Semester

## Happiness Is Not By Chance, But By Choice

"Happiness is not by chance, but by choice", Jim Rohn. Happiness is not a sudden consequence; it's something that we can develop over time, with our thoughts, actions and experiences. Try to find out happiness every day, every moment; don't wait for the future to hope for and find happiness because our future is unpredictable. It's not an easy choice all the time but its result will make us a better, stronger, wiser and more confident person. If we choose to be happy, we can accept all situations as they are and can solve all the problems that we face in our life. Happiness in life depends on each person. If you are unhappy you are grossly responsible for it. Anxiety, depression, etc are common dilemmas that our new generation is facing nowadays. A person may be led to depression if he or she cannot overcome their pestering issues. There are many problems related to studies, work and family relationships.

We always have the choice to be happy. Learning to change our attitude is frustrating, but worth it in the end. When we choose to be happy, things tend to work in our favor, and luck seems to be on our side; and even if things don't happen the way you want them to, if you choose to be happy, you can accept situations as they are and make the most of life.

There are people who have suffered a lot but still are happy with their lives. If one has a positive outlook towards life and is determined to stay happy, then certainly he will be happy throughout. If you've ever experienced any of these things or a heart-breaking, painful, or sad situation, you know this is the truth. No matter how earnestly you want to be happy, sometimes you just cannot be. This is normal and to be expected because happiness is a way of feeling, not a way of thinking.

A lot of people struggle because of the notion that you can somehow become happier overall by doing something external (getting a better job, falling in love, buying the newest gadget) but those kinds of things only provide a momentary burst of happiness that will eventually fade when we find that there is a still better source of happiness. Happiness can be gained from external things, but it won't last because it's merely an emotion. Instead of focusing on experiences, it's much more useful to spend time and energy learning how to find the good in any situation.

So happiness is a choice that everyone can make. Choose to be happy and you will always find something to be happy about.

Ms. Bini James

## " Happiness Is A Choice"

There are some people who seem to think that happiness is the state of mind one reaches at when he possesses all wealth and satisfies all desires. If so, happiness may be a mirage that allures us all life. But happiness is real. The ultimate purpose of all creation is happiness though religions and cultures have named it differently. It is easy to be happy when everything seem, to be going our way; but I think that defining happiness that way reduces it, to a by-product of luck, or an accident, which it is not.

In fact, I might even, argue that luck is a byproduct of happiness if I was in a particularly fiesta mood. There is no general definition of happiness.

Happiness varies from person to person because everyone has a different perception of what happiness is.

Some get happiness from success; some from wealth; some from social status while some others from love. Happiness indeed is a choice. For me, happiness is family and friends.

All the happy moments I ever had in my life were spent with them. My parents and my siblings play a major role in my happiness and satisfaction. Happiness completely depends on one's attitude. It's inevitable that human nature will see the negative energy but preferring the brighter side of the picture will make him positive and happy. After all, it's the attitude and outlook towards life that matter because we have almost everything in our lives, and yet are unhappy. On the other hand, there are people who suffer a lot but still are happy with their lives. My belief is, if one has a positive outlook towards life and is determined to see the positive then certainly he will stay happy throughout. I would like to sum up with this quote:

" Happiness is not something ready made; it comes from your own actions ".

Shrishti Lata Minj

## Happiness – A Choice

Happiness is the joy which remains forever; it helps people to relax and to smile in any circumstance. When we feel satisfied about something, it is our Happiness. Each year, the U.N. Sustainable Development Solutions Network releases the World Happiness Report. This measures the overall happiness of the people of different countries. The 2018 report finds that residents in Finland rank first, while the residents in the United States are all the way behind at 18th place. Despite the fact that Americans' incomes have doubled since 1972, they are not even in the top 10 of happiest countries. Do you know how to define happiness? Do you think happiness means the same thing to you and to others?

### ONE STEP TOWARDS REAL HAPPINESS

“Happiness can be found even in the darkest of times; if only one remembers to turn on the light.” – J.K Rowling. People want to be happy according to their own parameters but they should be pragmatic, dealing things sensibly and realistically. Happiness is not in luxurious things but can be found in living a simple life .Yes; in reality, 'Happiness is a choice'; one should choose satisfaction ,not pleasure; as pleasure is for a limited time. We should be thankful to the Almighty that we are alive especially in this present pandemic. If we lose something in our life we should try to be optimistic and if we are sad, it is due to our ignorance and lack of understanding. This may be an interim pleasure to use internet for some time, especially in this pandemic but if we spend our precious time with family, parents, grandparents and elders and of course with our friends, that is where real happiness lies.

Our real happiness is not in materialistic things but it lies in an association with our family and friends .We should extend our gratitude to the Almighty for this invaluable life. Perpetual satisfaction is actual HAPPINESS.

Nazma Qureshi





## HAPPINESS A CHOICE

**“Happiness is a choice, not a result.  
Nothing will make you happy until you choose to be happy”  
Ralph Marston**

Who decides whether you shall be happy or unhappy? The answer—you do. That's right, it is your choice; not an accident; not a charitable gift from the universe. Of course, it's nice to receive those gifts, and easy to be happy when you do, but happiness is about choosing to see the adventure in every moment, choosing to understand that there will always be a light after the dark, that there is always good in every situation and every person, no matter how grim things may seem. That's the key to happiness: choosing it. It's not an easy choice all the time, and it very well may be the last thing you want to do sometimes. When grief strikes, or when you just can't seem to catch a break, sometimes you just want to sulk and stay upset and perpetuate the sadness. It's a natural response, but it isn't a required behavior; it's a choice. And choosing to be happy will make you a better, stronger, wiser and more enduring person.

**“Being Happy is better than Being King” -African Proverb**

We always have the choice to be happy. Learning to change our attitude is frustrating, but worth it in the end. When we choose to be happy, things tend to work in our favor, and luck seems to be on our side: and even if things don't happen the way we want them to, if we choose to be happy, we can accept situations as they are and make the most out of life, no matter how hard it deals with you.

I recall what Abraham Lincoln once said, that people are just about as happy as they make up their minds to be. You can be happy if you want to be. It is the easiest thing in the world to accomplish. Or else just choose unhappiness. Go around telling yourself and others that things aren't going well, that nothing is satisfactory, and you can be quite sure of being unhappy. But try telling yourself, “Things are going nicely. Life is good. I choose happiness”. And you can be quite certain of having your choice.

Children are better experts in happiness than adults. They generate happiness innately and can radiate it to others unconditionally. And the subtlety of Jesus Christ is remarkable, for He tells us that the way to live in this world is to have the childlike heart and mind. So don't become super sophisticated. This life can be difficult. Nobody escapes without pain. At some point-in some way- we all encounter it. When you do, remind yourself again that the trials may be difficult, but they will pass. And search deep to find meaning in the pain. Choose to look for the benefits that can be found in your trial. At the end possess and realize that a great perseverance is being built. And most likely, an ability to comfort others in their pain will also be developed in all of us.

### Conclusion

Abraham Lincoln is often quoted as saying, “Most people are about as happy as they make up their minds to be “. And he is right. Happiness is a choice but also a daily practice that requires time, effort and dedication. By working out the above, you should hopefully start to see some benefits. But, if you still fail to feel happy, take time to think through your actions. Are you doing the things you need to choose happiness or are you letting your emotions take control?

Sr.Daisy S.S.  
M.Ed- 1<sup>st</sup> year

## List of Important Events in June 2021

1 June	<b>Global Parent's Day</b>
5 June	<b>World Environment Day</b>
9 June	<b>Fr. Principal's Birthday</b>
13 June	<b>Fr. Johnson's Feast Day</b>
20 June	<b>Father's Day</b>
21 June	<b>World Music Day</b>
21 June	<b>World Yoga Day</b>

# CHRIST COLLEGE, BHOPAL

## Congratulations

### M. Ed. 1<sup>st</sup> Semester 2021 Barkatullah University Result

#### 100% Distinction (Above 80%)

With profound gratitude to God I would like to inform you that M. Ed 1<sup>st</sup> Semester 2021 Result has been announced by the Barkatullah University and **all** our students obtained **Distinction** scoring **above 80%**.

#### FIRST RANK



**VARKEY K. O.**  
95.55% (430/450)

#### SECOND RANK



**JEYA ARASI S**  
94.88(427/450)

#### THIRD RANK



**DIMPLE SUNDER NAVANI**  
423/450 (94%)



**REETHA A. J.**  
423/450 (94%)



**ANJU ANJANA JOSAF**  
423/450 (94%)

#### FOURTH RANK



**NAZMA QURESHI**

93.77%(422/450)



**VARSHA KULSHRESHTHA**

93-77%(422/450)

**I Congratulate all the staff, students and parents.**

**Congratulations**

God Bless you

Principal

## **Congratulations**

### **M. Ed. 3<sup>rd</sup> Semester 2021 Barkatullah University Result**

#### **100% Distinction (Above 80%)**

With profound gratitude to God I would like to inform you that M. Ed 3<sup>rd</sup> Semester 2021 Result has been announced by the Barkatullah University and **all** our students scored **Distinction (Above 80%)**.

#### **FIRST RANK**



**REENA VARGHESE A**  
92.88% (418/450)

#### **SECOND RANK**



**SHINY THOMAS**  
92.22% (415/450)

#### **THIRD RANK**



**ARCHANA RAI**  
91.55% (412/450)

**I Congratulate all the staff, students and parents.**

God Bless You

Principal



## **Congratulations**

### **B. Ed. 3<sup>rd</sup> Semester 2021 Barkatullah University Result 100% First Division**

With immense pleasure I would like to inform you that B. Ed. 3<sup>rd</sup> Semester 2021 Result has been announced by the Barkatullah University and **all** our students scored **First Division**.

#### **FIRST RANK**



**POOJA JAIN**  
438/450 (97.33%)



**RONY S ALEX**  
438/450 (97.33%)



**SANJAY MISHRA**  
438/450 (97.33%)

#### **SECOND RANK**



**ANTONY FRANCIS**  
436/450 (96.88%)



**ROOPALI YADAV**  
436/450 (96.88%)

#### **THIRD RANK**



**JESNA ROBERT**  
435/450 (96.66%)



**JOSHMY PHILIP**  
435/450 (96.66%)



**PRERNA VYOWHARE**  
435/450 (96.66%)



**TINTU T. K.**  
435/450 (96.66%)

**I Congratulate all the staff, students and parents.**

**Congratulations**

**God Bless You**

Principal

## **Congratulations**

### **B. Ed. 1<sup>st</sup> Semester 2021 Barkatullah University Result is Out 100% First Division**

With immense pleasure I would like to inform you that B. Ed. 1<sup>st</sup> Semester 2021 Result has been announced by the Barkatullah University and **all** our students scored **First Division**.

#### **FIRST RANK**



**SUBIYA SAEED**  
383/400 (95.75%)

#### **SECOND RANK**



**AISWARYA S** **ARULMONICKA** **LILLY PRIYA** **ARJUN KAUSHIK** **ATHIRA T A** **BINI JAMES** **KAUSTUBH NIGAM**  
379/400(94.75%) 379/400(94.75%) 379/400 (94.75%) 379/400(94.75%) 379/400(94.75%) 379/400(94.75%) 379/400(94.75%)

#### **THIRD RANK**



**NISHA C. PAUL**  
375/400 (93.75%)



**RUCHITA JAGGI**  
375/400 (93.75%)



**RAJAT KUSHWAHA**  
375/400 (93.75%)

**I Congratulate all the staff, students and parents.**

**Congratulations**

**God Bless You**

Principal