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Christ College, Bhopal

(A CMI Institution)

ख़रीश्ट लिंक

NEWSLETTER



Rashtriya Ekta Diwas

Celebrating the birthday of
Sardar Vallabhbhai Patel

NATIONAL
UNITY
DAY 31st OCTOBER

"Togetherness leads to harmony.
Harmony leads to Peace"

Vallabhbhai Jhaverbhai Patel
(31 October 1875 – 15 December 1950)

'Rashtriya Ekta Diwas'

PRINCIPAL'S MESSAGE



In India, 'National Unity Day' / *RASHTRIYA EKTA DIWAS* is celebrated on 31st October to mark the birth anniversary of Sardar Vallabhbhai Patel who had a crucial role in the political integration of India. On National Unity Day, people acknowledge Sardar Vallabhbhai Patel's legacy and honour his achievements. The first National Unity Day was celebrated on October 31, 2014.

Sardar Vallabhbhai, the 'Iron Man of India' was the first Home Minister of our country who played a vital role in forming states by bringing the princely states together under the Union of India.

Unity is strength is a widely used proverb. The proverb was originally used by the Dutch Republic as "*eendracht maakt macht*". It was derived originally from a Greek phrase (ισχύς εν τη ενώσει literally meaning power lies in unity which is attributed to Homer, dating roughly to 850 BC, that later appears similarly in the Latin phrase *concordia res parvae crescunt* ("small things flourish by concord").

A number of related proverbs such as 'Union is Strength', 'United We Stand; Divided We Fall' and 'Strength is in Unity' have been coined in the past. When we are united then we can surmount any challenge and attain any goal. The development of our society and country depends on this spirit. We should think beyond petty interests and work united for much broader goals of bringing prosperity and progress in our society and country. No one can grow alone. Unity is the ability to stay together and work with others to accomplish a common goal. When people work together, they can divide the work and share the burden, making it easier for everyone involved

'Bhasha Anek, Bhav Ek. Rajya Anek, Rashtra Ek. Panth Anek, Lakshya Ek. Boli Anek, Svar Ek. Rang Anek, Tiranga Ek. Samaj Anek, Bharat Ek. Rivaj Anek, Sanskar Ek. Karya Anek, Sankalp Ek. Rah Anek, Manzil Ek. Chehre Anek, Muskaan Ek. - Unity in Diversity is our Identity'.

When we work as a team and help each other out, we are able to work better on a project. On the contrary, if we have conflicts within the team then we are likely to fall short of the steam. Let us come together to shine the light of unity for a brighter and more prosperous future for India.

Happy National Unity Day!

Prof. Fr. Johnson
Principal

Mehendi Competition

Christ College organized a vibrant and creative Mehendi competition on 28 August 2023 for all the students of the B.Ed. and M.Ed. programs. This event aimed to celebrate the rich cultural heritage of Mehendi artistry while providing a platform for students to showcase their artistic talents and creativity. The competition witnessed enthusiastic participation from both B.Ed. and M.Ed. students, creating a sense of unity community. Participants displayed their Some chose traditional Indian designs, while even thematic designs, making the event judges, including experienced Mehendi artists participants' work based on criteria such as and overall presentation. In the competition Second position went to Suruchi Verma and Third prize was bagged by Antima. The winners received certificates of appreciation and exciting prizes, which added to the competitive spirit and excitement of the event. Additionally, all participants were acknowledged for their active participation.



Faculty Development Program

Slogan writing competition

A spirited and engaging Slogan Writing Competition, centered around the theme of "Literacy," was organized on 8 September 2023. This event aimed to raise awareness about the importance of literacy, promote the value of education, and encourage creative expression among the participants. The competition drew participation from diverse age groups and backgrounds, including students, educators, and community members, all united by their passion for literacy. The theme of "Literacy" served as the focal point for all slogans. Participants were challenged to condense their thoughts and ideas into short, impactful statements that would convey the significance of literacy effectively. A panel of judges, consisting of educators and experts in the field of literacy, evaluated the slogans based on criteria such as relevance to the theme, creativity, clarity, and overall impact. The competition witnessed a wide range of slogans that explored different facets of literacy, including its role in empowerment, social change, and personal growth. Some slogans were thought-provoking, while others were motivational and inspiring. The competition featured several categories to ensure a fair evaluation process. Here are the results: First prize went to Ms. Sabna Lawrance, second position went to Ms. Renu Dubey and third prize was bagged by Ms. Suruchi Verma. Winners in each category were awarded certificates of excellence and exciting prizes. All participants received certificates of participation as a token of appreciation for their contributions.

Library Advisory Committee,
Christ College, Bhopal

is organizing
SLOGAN WRITING COMPETITION

Students of B.Ed. & M.Ed. & Teachers can Participate.

Theme: World Literacy Day

Rules-

- Your Slogan should be original and relevant to the theme
- One entry per participant is allowed
- Last date of submission is 8th September

Note-

- No registration fees
- Exciting prizes for the first three positions
- E - Certificate for all the participants

For further details, contact
Mr. Augustin William
Librarian, Christ College, Bhopal
8770110274

Registration Link
<https://forms.gle/QshgHH2YK5sH8E6t7>

Teachers' day Felicitation

On the occasion of the Teachers' Day, a special felicitation ceremony was organized to honor the exemplary contributions of Dr. Pallavi Shrivastava Sinha to the field of education. The event took place on 5 September 2023 and was graced by the presence of Mr. Arif Masood, a distinguished member of the Madhya Pradesh Legislative Assembly representing the 153 Bhopal Madhya Assembly constituency. Christ College congratulates her and wishes her all the Best for all her future endeavors.



Exam Results Declared

Barkatullah University declared the result of M.Ed. Second Semester on 13 September 2023, in which the first position was bagged by Sr. Jancy PP, second position went to Ms. Preeti Bala and third position was shared by Ms Amrita Raj Sisidiya and Ms. Anjali Namdeo. Christ College Congratulates all the students and wishes them All the best for future.

Green City Career Guidance

Green City School takes pride in providing holistic education and ensuring the bright future of its students. In line with our commitment to preparing students for successful careers, we organized a special career guidance lecture on September 15, 2023, inviting the renowned career counselor, Dr. Pallavi Shrivastava Sinha, to address our students. Dr. Pallavi informative lecture on career students. Dr. Sinha encouraged options beyond traditional choices. awareness and understanding one's need for continuous skill market. She discussed various skills, after by employers. Dr. Sinha plan, setting realistic goals, and the significance of goal setting and engaging Q&A session where students had the opportunity to ask questions and seek personalized advice from Dr. Sinha. The lecture received overwhelmingly positive feedback from both students and faculty. Many students expressed their newfound clarity regarding their career paths, and the lecture inspired them to think more strategically about their futures.



counselor, Dr. Pallavi Shrivastava Sinha, to Shrivastava Sinha delivered an inspiring and guidance that left a lasting impact on our students to explore a wide range of career She emphasized the importance of self-interests and strengths. The speaker stressed the development in today's rapidly changing job both soft and technical, that are highly sought provided valuable insights into creating a career taking steps to achieve them. She emphasized long-term vision. The lecture concluded with an opportunity to ask questions and seek personalized advice from Dr. Sinha.

Skill of Classroom Presentation



Christ College is committed to fostering a dynamic and inclusive learning environment for both students and staff. As part of our ongoing efforts to promote awareness and knowledge on various important themes, a series of classroom presentations began on September 12, 2023. These presentations aim to engage students, teachers, and parents in discussions on key topics such as stress management, corporal punishment, inclusive practices, conflict management, Right to Education (RTE), and the National Education Policy (NEP) 2020. These have been successful in developing skill of presentation, fostering awareness, developing communication skills and promoting discussions on these crucial themes. All the students have been participating with enthusiasm to learn more and improve their skill of presentation. The Coordinator of classroom presentation is Ms. Jaya Saini, Assistant Professor, Christ College.

Special session on Interview skill

Christ College organized a special session on Interview skills for the students of B.Ed. and M.Ed. on 21 September 2023. The purpose was to prepare students to face interviews in future, aware them about latest trends in interview pattern and to teach them the do's and don'ts of Interview. The session was taken up by Dr. Pallavi Shrivastava Sinha, Associate Professor, Christ College.



Mental Health Matters

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.

Why is mental health important?

Mental health is important because it can help you to:

- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

Some ways to improve Mental Health

- Practice mindfulness and
- Make social connection — especially face-to-face — a priority
- Stay actively and productively engaged with friends
- Talk to a friendly face. If you have concerns, stresses or worries, sharing these with someone who cares is one of the most effective ways to calm your nervous system and relieve stress.
- Take up a relaxation practice Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress.
- Make leisure and contemplation a priority
- Eat a brain-healthy diet to support strong mental health
- Foods that may support your mood include beans, legumes (e.g., lentils), fatty fish rich in omega-3s, nuts (e.g., walnuts, almonds, cashews and peanuts), avocados, dark leafy greens (e.g., spinach, kale and Brussels sprouts), and fruit (e.g., blueberries). Dark chocolate has also been found to be potentially beneficial for mental health. For the best dietary and nutritional advice, talk to a registered dietician.
- Don't skimp on sleep. It matters more than many people think. Sleep is our body and mind's best way to recharge and rejuvenate.
- Find purpose and meaning. This is different for everyone, but finding purpose in your day is a big factor to good mental health. You might try one of the following:
- Engage in work and play that makes you feel useful
- Invest in relationships and spend quality time with people who matter to you
- Volunteer, which can help enrich your life and make you happier
- Find ways to care for others, which can be as rewarding and meaningful as it is challenging
- Think of one good deed or gesture to do each day

Source: <http://www.bcmhsus.ca/about/news-stories/stories/10-tips-to-boost-your-mental-health>

Important Days in October 2023.

October 1: International Day of the Older Person

A day to raise awareness of the issues and challenges faced by older persons.

October 2: Gandhi Jayanti

It is celebrated to commemorate the birth of Mahatma Gandhi); International Day of Non-Violence

October 3: World Nature Day

A day to celebrate the diversity of life on Earth and to raise awareness of the need to protect nature.

October 4: World Habitat Day; World Animal Welfare Day

A day to raise awareness of the need for adequate housing for all people and to promote animal welfare.

October 5: World Teacher's Day

A day to celebrate the work of teachers and to highlight the importance of education.

October 8: Indian Air Force Day

A day to celebrate the Indian Air Force and its achievements.

October 9: World Postal Day

A day to celebrate the importance of postal services and to promote the exchange of ideas and information.

October 10: World Mental Health Day

A day to raise awareness of mental health issues and to promote mental well-being.

October 11: International Day of the Girl Child

A day to raise awareness of the challenges faced by girls around the world and to promote their rights.

October 12: World Arthritis Day

A day to raise awareness of arthritis and to promote its prevention and treatment.

October 13: UN International Day for Natural Disaster Reduction

A day to raise awareness of the risks of natural disasters and to promote disaster risk reduction.

October 14: World Egg Day

A day to celebrate the egg and to promote its consumption.

October 16: World Food Day

A day to raise awareness of the problem of hunger and to promote food security.

October 20: World Statistics Day

A day to celebrate the importance of statistics and to promote their use in decision-making.

October 24: United Nations Day; World Polio Day

A day to celebrate the United Nations and its achievements; a day to raise awareness of polio and to promote its eradication.

October 27: World Day for Audiovisual Heritage

A day to raise awareness of the importance of audiovisual heritage and to promote its preservation.

October 31: Rashtriya Ekta Diwas (National Unity Day in India)

A day to celebrate the unity and integrity of India.