

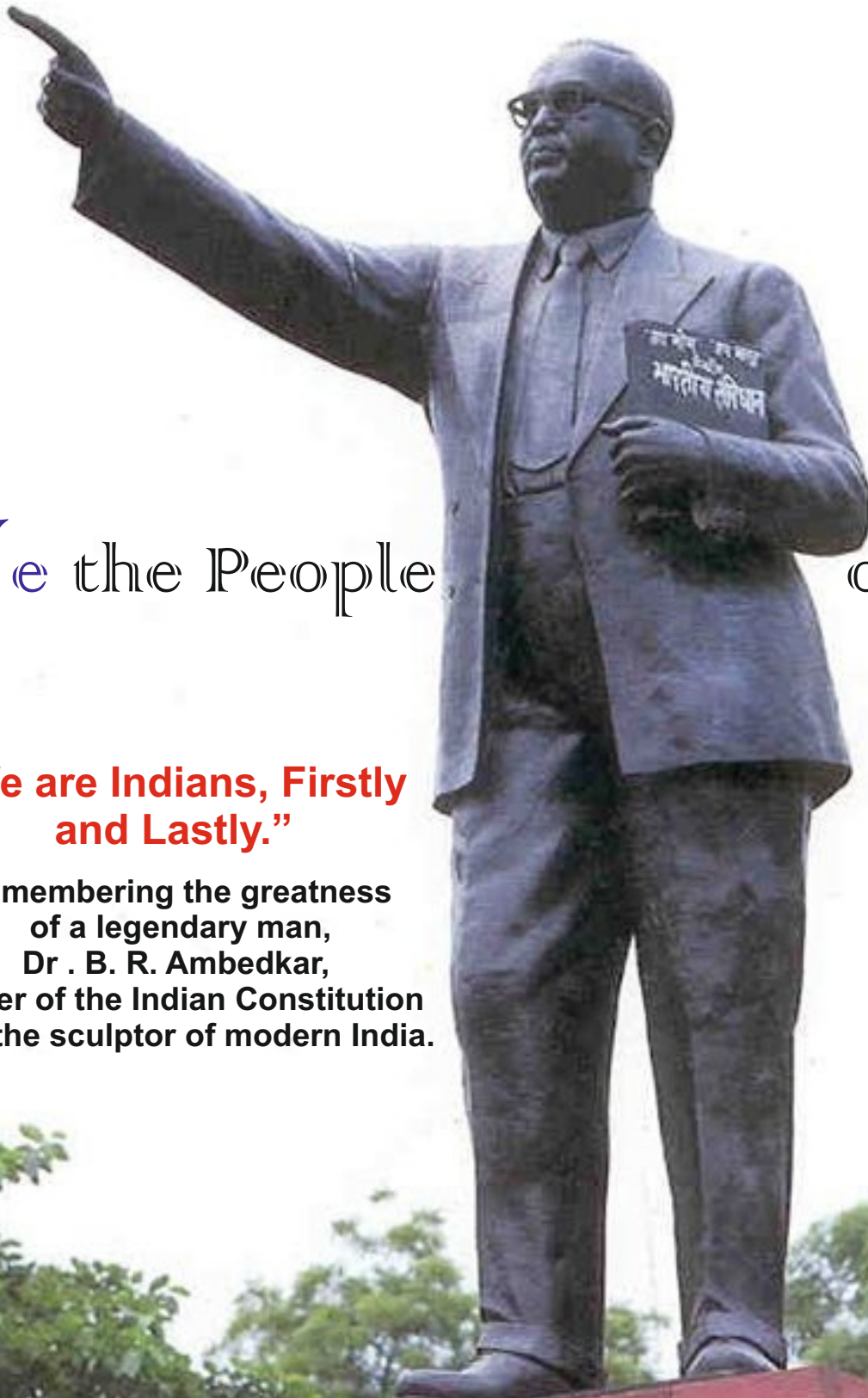
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# Christ College, Bhopal

(A CMI Institution)

# वेरीट लिंक

NEWSLETTER



We the People of India . . .

**“We are Indians, Firstly  
and Lastly.”**

Remembering the greatness  
of a legendary man,  
Dr . B. R. Ambedkar,  
Father of the Indian Constitution  
and the sculptor of modern India.

## PRINCIPAL'S MESSAGE



The Constitution of India is the supreme law of India. The document lays down the framework that demarcates fundamental political code, structure, procedures, powers, and duties of government institutions and sets out fundamental rights, directive principles, and the duties of citizens.

It is the longest written national constitution in the world. Parliament cannot override the constitution. It is the basic principles and laws of a nation, state, or social group that determine the powers and duties of the government and guarantee certain rights to the people in it.

The term constitution comes through French from the Latin word 'constitution', used for regulations and orders, such as the imperial enactments. The Constitution of India begins with a Preamble. The Preamble contains the ideals, objectives and basic principles of the Constitution. The salient features of the Constitution have evolved directly and indirectly from these objectives which flow from the Preamble.

Our Constitution has adopted the best features of most of the major constitutions of the world as per the needs of the country. India has one of the oldest legal systems in the world. Its law and jurisprudence stretch back into the centuries, forming a living tradition which has grown and evolved with the lives of its diverse people. India's commitment to law is created in the Constitution which constituted India into a Sovereign Democratic Republic, containing a federal system with a Parliamentary form of Government in the Union and the States, an independent judiciary, guaranteed Fundamental Rights and Directive Principles of State Policy containing objectives which though not enforceable in law are fundamental to the governance of the nation.

It was adopted by the Constituent Assembly of India on 26 November 1949 and became effective on 26 January 1950. The constitution replaced the Government of India Act 1935 as the country's fundamental governing document, and the Dominion of India became the Republic of India.

We are really grateful to  
Dr Ambedkar and team for the grate contribution.

Prof. Fr. Johnson  
Principal

With Best Wishes

## Staff Outreach Program

Christ College Management organized a Staff outreach Program for the members of the teaching and non teaching staff from 28 February to 5 March 2023. The staff members were taken to three major institutes of Punjab with educational importance which includes Khalsa College, Amritsar, Panjab University, Chandigarh and Trinity College, Jalandhar. During their stay at Amritsar they visited the Golden Temple, Jaliawala Bagh and the Partition Museum. While their stay in Chandigarh they visited Panjab University, Rock Garden and Rose Garden. Finally at Jalandhar they visited Trinity College and had a fun filled evening at Haveli Cultural hub. The Program was attended by Rev. Fr. Dominic, Director, Rev. Prof. Johnson, Principal, Dr. Diwakar Singh, Associate Professor, Dr. Pallavi Shrivastava Sinha, Associate Professor, Ms. Jaya Saini, Assistant Professor and Mr Augustin William, Assistant Librarian.



## Special Extension Lecture at Khalsa College, Amritsar

The Teachers of Christ College were invited to lecture at Khalsa College of Education, Amritsar on 2 March 2023. The title of the Extension lecture series was, 'Professional Ethics of Teachers as per NEP 2020'. Dr Diwakar Singh Took a session on Research Proposal, Dr Pallavi Shrivastava took a session on Professional Ethics among teachers and Ms. Jaya Saini took a session on Constructivist approach in NEP 2020. The session was attended by the students of B.Ed. and M.Ed. along with the Principal and the teachers of the college. There were around 100 participants. The session was very useful for the budding teachers and was successfully carried out and was widely appreciated.



## Library Visit at A.C. Joshi Library, Chandigarh

The Management, teaching and the non teaching staff of the Christ College got an opportunity to visit the library of three most prestigious colleges of Punjab. On 1 March 2023 they visited Library of one of the oldest colleges of India, Khalsa College in Amritsar. Then on 3 March 2023 a visit was made to the Hi Tech library of the grand Panjab University, Chandigarh. Finally they got an opportunity to visit the Library of Trinity College, Jalandhar. The experience of the visit will help Christ College to improve the quality and functioning of the library.



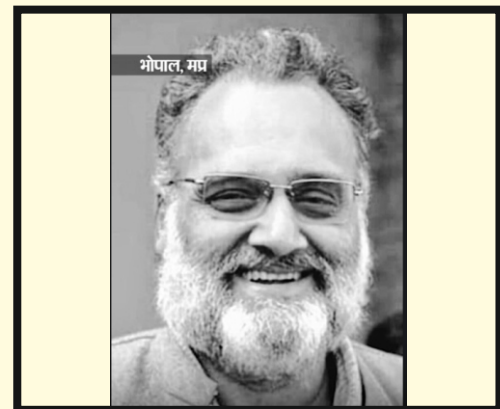
## Extension Lecture on SPSS at Trinity College, Jalandhar

An extension lecture on SPSS was delivered at Trinity College Jalandhar on 4 March 2023. The Lecture was taken by Dr. Diwakar Singh, Associate Professor, Christ College, Bhopal. The session was attended by the teachers from various departments of the Trinity College along with the teachers of the Christ College. There were 90 participants altogether.



## Obituary

Former professor of Makhn Lal Chaturvedi National Journalism University (Bhopal) Shri. Pushpendra Pal Singh passed away on Tuesday, 7 March 2023 after suffering a heart attack. Prof. Pushpendra Pal Singh was also the editor of the 'Rozgar Aur Nirman' newspaper. He was also the President of the Public Relations Society of India (PRSI) and was popularly known as 'PP Sir' among his students. Pushpendra Sir recently was an expert at one of the technical sessions at the National Seminar on NEP 2020 organized by Christ College on 21 and 22 January 2023. We were fortunate enough to get guidance from him on how to implement NEP 2020 at grass root level. Christ College deeply mourns his untimely demise. Sir, you shall always be in our prayers and memories.

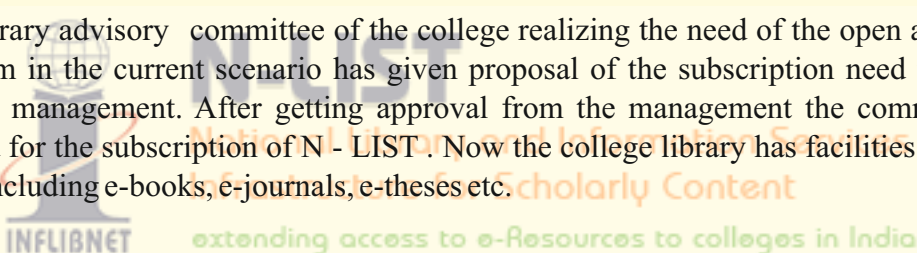


## DELNET Certification

Christ College received Certificate of Appreciation of DELNET- Best Practices – Data Sharing and Accessibility 2022-23 (1<sup>st</sup> Update) on 6 March 2023. It was presented to the college for being an active data contributor by sharing their library records for helping the students, faculty members, researchers and scholarly community of their own college and also DELNET members- Institutions. We appreciate and congratulate Mr. Augustin William for his efforts and this unique achievement.

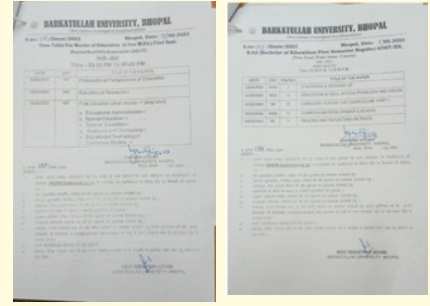
### Congratulations Team Christ!

The library advisory committee of the college realizing the need of the open access platform in the current scenario has given proposal of the subscription need to the college management. After getting approval from the management the committee applied for the subscription of N - LIST. Now the college library has facilities of N-LIST including e-books, e-journals, e-theses etc.



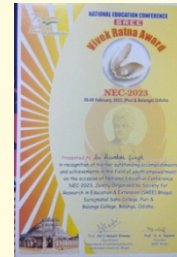
## Final Exam B.Ed. and M.Ed.

Barkatullah University declared the time table of the first semester B.Ed. and M.Ed. final exams on 17 February 2023. B.Ed. first semester Exams commence from 13 March and will last till 24 March 2023. Whereas the final exams of M.Ed. First semester begin on 14 March 2023 and will finish by 18 March 2023. Christ College wishes all the students best of luck. May God bless you all. Bring laurels to your college. We count on you, dear Students.



## Congratulations! Dr. Diwakar Singh

Dr. Diwakar Singh, Associate Professor, Christ College, received the Vivek Ratna Award, on 19 March 2023. He received this award in recognition of his outstanding accomplishments and achievements in the field of youth empowerment, on the occasion of National Education Conference NEC 2023, jointly organized by Society for Research in Education and Extension (SREE) Bhopal, Surajmahal Saha College, Puri and Balanga College, Balanga, Odisha.



## Birthday Celebration

Christ College celebrated the birthday of Mr. Augustin William on 20 March 2023. On the occasion Rev. Fr. Johnson S V, the Principal prayed for his healthy, happy and long life and wished him success in life. Cake was cut and distributed among all present. Mr. Augustin expressed gratitude to all.



“ A great man is different from an eminent one in that he is ready to be the servant of the society.”

— Dr. B.R. Ambedkar



## The Indian Constitution and Its Crucial Facts

- From Thought To Action

The first person to call for an Indian Constituent Assembly was M.N. Roy, an Indian Revolutionary and radical activist, in 1934. In a resolution that rejected a British proposal known as the “White Paper” on constitutional reforms for India a year later, the Indian National Congress made this an official demand. This resolution would later be enacted as the Government of India Act 1935.

- A Handwritten Constitution

The Indian Constitution is not written or printed. Both Hindi and English versions are calligraphed by hand by Prem Behari Narain Raizada in flowing italic style, who also published it himself in Dehradun.

- Illustration Of Constitution:

Every page of the handwritten Indian Constitution and the Preamble page have been embellished by Shantiniketan painters including Beohar Rammanohar Sinha and Nandalal Bose.

- The Time It Took In The Making

To be precise, it took 2 years, 11 months, and 18 days to complete the final draft of the Indian Constitution which came into force with a total expenditure of ₹6.4 million.

- Bag Of Borrowings

The Indian Constitution is frequently referred to as the “bag of borrowings” since several of its provisions draw their ideas or language from the constitutions of other nations. It was written with consideration for India's historical perspective, geographical variety, and cultural traits.

- For instance, the concept of legislative procedure, single citizenship, the cabinet system, and bicameralism were all borrowed from the British Constitution.
- The Preamble, Fundamental Rights, Impeachment of the President, Removal of Supreme & High Court Judges, Functions of President and Vice-President, etc. were derived from the Constitution of the United States of America.
- The concept of Ideals of Liberty, Equality, and Fraternity were drawn from the French Constitution's Preamble.
- The Longest Constitution In The World

India is renowned for having the longest Constitution in the world in addition to having the largest democracy in the world. It is the world's longest Constitution at 117,369 words.

- Preservation Of The Original Constitution

The Library of the Indian Parliament has unique helium-filled cases where the original copies of the Indian Constitution are kept safe to prevent oxidation of ink.

- From Dominion Of India To Republic of India

The Government of India Act was replaced by the Indian Constitution in 1935. The 1935 Government of India Act serves as the cornerstone for the Indian Constitution. The Dominion of India became the Republic of India when the Constitution took the place of the GOI Act as the primary law of the land.

- Introduction Of National Emblem

The Lion Capital Of Ashoka became the country's national emblem on January 26, 1950. The four Asiatic lions stand for strength, courage, pride, and confidence.

- Father Of The Indian Constitution

The chief architect of the Indian Constitution was Dr. Bhimrao Ramji Ambedkar, who is regarded as the father of the Indian Constitution. He is the one who drafted the Indian Constitution after researching the laws of around 60 other nations.

- Women's Right To Vote

Only until the Indian Constitution went into effect did Indian women acquire the complete right to vote. Full suffrage for women was introduced in India by the Constitution in 1949.

- The First & The Last Signatory

The Indian Constitution was initially signed by Dr. Rajendra Prasad, the country's first president. The final signatory was Feroze Gandhi, who was the President of the Constituent Assembly at the time.

- Heart & Soul Of Indian Constitution

Dr. B. R. Ambedkar referred to Article 32 of the Indian Constitution as the “heart and soul” of the document. It grants a citizen the right to file a complaint with the Supreme Court to have any fundamental rights upheld in the event that they are violated. The Right to Constitutional Remedies is another name for it.

- The Magna Carta Of Indian Constitution

The Indian Constitution's Part III is referred to as its Magna Carta. The Magna Carta is the Declaration of Rights that King John of England signed in 1215. It is the first piece of writing to discuss a very long and comprehensive list of 'justiciable' fundamental rights for citizens.

## International Day of Happiness

In July 2012, the United Nations General Assembly passed a resolution declaring March 20 as the International Day of Happiness. The resolution was initiated by Bhutan, a country which recognized the value of national happiness over national income since the early 1970s and famously adopted the goal of Gross National Happiness over Gross National Product.

The theme for the 2023 International Day of Happiness is "Be Mindful. Be Grateful. Be Kind."

### Some ways to be happy.....

#### Acknowledge the unhappy feelings

If you get some bad news, make a mistake, don't brush it under the carpet and pretend to be happy. Acknowledge the feeling of unhappiness, reflect on it and then shift your focus to what it might take to recover.

#### Breathe deeply

By simply breathing deeply, you can feel a little happier as research suggests that slow breathing and deep breathing exercises can effectively help reduce stress.

#### Friendship

Being around friends can have a huge impact on mood as the feeling included can be an important part of living a happier life.

#### Forgiveness

Anger for yourself, toward things that have happened in your life, or people can be a significant burden which can be easily let go of by simply being forgiving.

#### Celebrate the small wins

Part of learning how to be happy is to celebrate small wins.

#### Exercise

Exercise is both for the body and mind as it can help reduce stress, feelings of anxiety, and symptoms of depression while boosting self-esteem and happiness.

#### Get plenty of sleep

Most adults need at least seven hours of sleep, and proper rest can help avoid brain fog, feelings of depression, lethargy, and other unhappy feelings.

#### Eat mindfully

Food choices have an impact on your state of mind. So, you can choose the foods that make you happy but have them in moderation.

But most importantly please remember Happiness is a choice. So let's choose to be happy no matter what.

Source: CNBCTV18.Com, March 20, 2023.

## Important Days in April 2023

### **2 April- Palm Sunday**

The last week of Jesus' earthly ministry began on Palm Sunday. Palms are seen as symbols of peace and victory, and the fact that Jesus' arrival was marked by these plants points to the upcoming peace and victories that the people were expecting for.

### **4 April- Mahavir Jayanti**

This is the most auspicious day for Jains and is observed by the Jain community across the world in memory of the last spiritual teacher of Jainism (Mahavir). This year it is celebrated on April 4.

### **April 06- Hanuman Jayanti**

Hanuman Jayanti, a Hindu holiday, commemorates the birth of the Hindu deity and ardent Lord Rama devotee. The festival is celebrated on the full moon day of the Hindu month of Chaitra in the majority of Indian states.

### **7 April- World Health Day**

As we know that "Health is wealth".

Therefore, World Health Day is celebrated worldwide every year on the 7th of April. Various programs and arrangements are managed by the World Health Organisation. It was the first time celebrated in 1950.

### **April 07- Good Friday**

The world remembers Jesus Christ's crucifixion on the Friday before Easter, as Good Friday. This day is also referred to as Black Friday, Great Friday, Great and Holy Friday, and Holy Friday.

### **April 09- Easter Sunday**

Easter is a significant Christian holiday in which believers commemorate Jesus Christ's resurrection. According to the Bible, Christ died on the cross on a day known as Good Friday. The Bible claims that on Easter Sunday, Jesus was raised from the dead and brought back to life.

### **13 April - Jallianwala Bagh Massacre**

It took place on 13 April 1919 at Amritsar and is also known as the Amritsar massacre. On this day, British troops under the Command of Gen Dyer fired on a large crowd of unarmed Indians in Amritsar in Punjab of India. Several hundred people were killed and many hundreds were wounded.

### **14 April- B.R. Ambedkar Remembrance Day**

B.R. Ambedkar Remembrance Day is also known as Ambedkar Jayanti or Bhim Jayanti which is observed on 14 April to commemorate the memory of B.R. Ambedkar. This day celebrates the birthday of Baba Saheb Bhimrao Ambedkar, an Indian politician, and social rights activist.

### **22 or 23 April- Eid-UI-Fitr**

It is observed during the first three days of Shawwl, the tenth month of the Islamic calendar, and marks the conclusion of Ramadan, the Muslim holy month of fasting. It is customarily observed with a special meal, which for many Muslims is their first meal during the day in a month.

### **23 April - World Book and Copyright Day**

Every year on 23rd April this day is celebrated to promote the enjoyment of books and reading. It is necessary to recognize the magical powers of books because they generate a link between the past and the future, a bridge between generations and across cultures.

### **23 April - English Language Day**

English Language Day is celebrated on 23 April annually and is a United Nations (UN) observance day. The day coincides with both the birthday and death day of William Shakespeare and World Book Day

### **29 April - International Dance Day**

It is observed on April 29 annually and is also known as World Dance Day. It is a wake-up call for governments, politicians, and institutions that have not yet recognized the importance of dance.

### **April 30- Ayushman Bharat Diwas**

The purpose of Ayushmaan Bharat Diwas is to promote the goals of the Ayushman Bharat Yojana. This program demonstrates the accomplishment of Indian government goals that are in line with the UN's Sustainable Development Goals (SDGs).