“नैक (NAAC) द्वारा महाविद्यालय को ‘बी’ रेड”

महाविद्यालय ने नया दस्तावेज को दीनता के अनुसार महाविद्यालय उत्तरदायियों को हस्ताक्षर किया है, जहां ‘महाविद्यालय’ नामक रूप से नई उत्तरदायियों ने नैक (NAAC) को दीनता के अनुसार महाविद्यालय को हस्ताक्षर किया है। नैक के संगठन ने महाविद्यालय के अन्य अन्य दर्शकों ने भी महाविद्यालय को हस्ताक्षर किया है।

नैक के संगठन ने महाविद्यालय की सभी संगठन-क्रम स्वीकार किए और महाविद्यालय के संगठन-क्रम की प्रगति की प्रशंसा की है।

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Freshers Day - 1st August 2015

दिनांक 1 अगस्त 2015 को हमारे महाविद्यालय के छात्रों ने अपने कलेज की तरह घर पेरे का दूजा दिन B.A. I, B.Sc. इंग्लिश, भारतीय रूप से समाप्त किया। दो एड. बी. एड. के छात्रों ने समाप्त की अन्तिम भारतीय रूप से समाप्त की। यह कार्य का रोल मॉडल बनाने के लिए विभिन्न विषयों में अपने दूसरे कक्षा का प्रदर्शन किया।

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“वॉर्ड” नैक (NAAC) द्वारा महाविद्यालय को ‘बी’ रेड
A BRIEF SKETCH ON STRESS MANAGEMENT

Dated: 9th July, 2015

An orientation programme was held in our college, headed by an interesting issue i.e. Stress Management. Fr. Pauly was the chief person of the discussion. He first of all, started the debate with a pleasing Audio/Visual prayer, which depicted the peacefulness, a person feels when completely unaware of the surroundings.

But as soon as one indulges himself into this real world, he faces a lot of challenges to conquer upon.

With the birth, till death the in between life is full of activities, which one has to perform & face with full confidence and sacrifice. Many time, we come across certain situations in which our whole mind & body fall in unconditional situations to which we name it as 'Stress'.

Fr. Pauly made us aware with a number of situations in which we may fall in stress or uneasiness and also the remedies to sort out. He had formulated the ABC...concept of dealing with stress, which was really an easy concept a man can rely upon.

As students we generally and most commonly face many problems which are similar in our age group. Among them the most seriously we come across are:

(i) Social Stress
(ii) Physical Stress
(iii) School Stress
(iv) Performance Stress
(v) Family Stress and many more

Fr. Pauly framed out the remedies through which one can overcome stress which is scientifically called as "Stress Management".

To some extent stress may show its impact lightly, but many times, it leaves an adverse influence on our mind and body. This is imbalance of emotions in our life. These may effect our whole bodily system with problems like:

1. **Head & Mind**: Issues with mood, anger, depression, irritability sadness lack of energy, headaches, sleeping issues concentration issues.
2. **Skin**: Skin problems like acne.
3. **Joints and Muscles**: Aches and Pains tension, lower bone density etc.
4. **Heart**: Increased blood pressure increased heart beat, higher cholesterol.
5. **Stomach**: Stomach cramps reflux and nausea and weight fluctuations.
6. **Pancreas**: Diabetes.
7. **Intestine**: Digestive issues, like irritable blood syndrome, diarrhea and constipation.

To over come the above mentioned circumstances, stress management plays an important role as it refers to the whole spectrum of techniques and Physiotherapies aimed at controlling a person's level of stress, especially chronic stress usually for the purpose of improving everyday functioning.

Thus with this I may personally conclude with a remarkable hint or clue that, If "Stress" is a problem then Stress Management is a solution for it.

Mamta Pandey
B.Ed.

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**Sant Jot Singh Mahila Mahavidyalaya**

In 'Ekko Kesari' TVA, a short documentary by Sant Jot Singh Mahila Mahavidyalaya, Dr. S. K. Tandon, a professor at the University of Delhi, speaks about the importance of managing stress in our lives.

Dr. Tandon explains that stress management is crucial for maintaining good health and well-being. He discusses various techniques and methods that can help individuals handle stress effectively.

Dr. Tandon emphasizes the need for a balanced lifestyle, including regular exercise, proper nutrition, and adequate sleep. He also highlights the importance of relaxation techniques, such as meditation and deep breathing exercises.

The documentary also highlights the role of support systems in managing stress. Dr. Tandon encourages individuals to seek support from family members, friends, and professional counselors when facing stressful situations.

The message conveyed in 'Ekko Kesari' is that stress management is not just a luxury but an essential part of living a healthy and fulfilling life. The documentary aims to raise awareness about the significance of stress management and inspire individuals to adopt effective strategies to handle stress in their daily lives.
**Oriental Program**

**06.07.2015 to 08.07.2015**

**“Teacher, Teaching and Education”**

On 6th of July, the very first day of our B.Ed class of the year 2015-2017, Rev Fr. Benny gave an Orientation Program on the topic Teacher, Teaching and Education. He started his class with a small prayer saying on the smart board. He told us about God, his glory and his presence among each of us. He said that God is present everywhere but we don’t have that eyes to see him. All of the good deeds which we do (our help, our sacrifices, our doings which brings smile on every face, etc.) makes God happy and this is only the best way to worship God.

Further, in his three days of Orientation Program he told us about the Teacher, Teaching and the Education system from the starting till now (i.e. from the Vedic period). He told about the Vedic Period - The Guru. The Gurukul system, Guru-Shishya Parampara and all, and also the Teacher, Teaching and the Education System of the present. He said that there is a much difference between the Teacher, Teaching and the Education of that time than that of now. A true or a real “Teacher” is the light of the world / the salt of the earth and the term “Teaching” which we mostly understand and relate to the word ‘Profession’ is actually not that “Teaching”; actually means a vocation or a call and only some special people are gifted by this quality from God.

He further proceeded that if we observe deeply, we will find that the present education system have both its merits and demerits. ‘Education’ is such a holy word that it should not have its demerits. He says that in actual the Education is the training to think creatively, its the art of human making. Its the Unity of Diversity (the most important pillar of education in Indian Context). It develops a sense of value, for leading good citizenship, its the confluence of social feelings. On the whole what education actually mean is – ‘A complete development of a child in every positive way not in negative and in the destructive way. He quoted it with - “Heart of Education is the Education of the Heart.”

He also showed many of the examples related to this topic, such as the short stories, the thoughts, the sayings of the great personalities, etc. through the smart board which actually helped us a lot to understand and to feel the real Education.

We actually come to know about the very true meaning and the purpose of education in these three days.

**Astash Gaur**
B.Ed.

**“Towards Education in the 21st Century” Challenges and Strategies**

On 9.7.15 a very interesting and thought provoking **Orientation workshop** was organised in St. Joseph’s College for Women.

The focus of the workshop was on the challenges and Strategies for the Dream Vision for holistic Education by 2020 and making our Organisation as a Learning Organisation. This motivational programme was conducted by Rev Fr. Joe Arpinoor, sdb, from Don Bosco Animation & Research Kendra, New Delhi along with his team member Mr. Mukesh. Rev Dr. Joe has great experience in the field of Social work, Sociology and Policy Planning. He did his Post Doctoral from New York and also works as a corporate trainer.

Dr. Fr. Roger, the Principal In charge of the College and all the teachers of different faculties attended the Workshop. It started with the brilliant opening lines of Fr Joe that “Education is relationship...” He divided his workshop in two parts. First part dealt with Dream Vision 2020 and the second part focused on Making our College as a learning Organisation.

The workshop had various activities with active participation of teachers. It was emphasized that “Learned Teacher is the dangerous species in the field of Education” it gives rise to self complacency and saturation. Today knowledge
explosion and information revelation demand teachers to get into a mode of “Continuous learning.” Teachers and the College should have a Vision for future and adequate strategies to achieve it. We have to think beyond the traditional methods as we cannot rest on the laurels of the past rather we must reinvent Education. We have to then align our Vision with the vision of the College and together we can move forward towards the betterment of the students and society.

We have to develop the attitude of ‘Learning to Learn.’ Teachers must gather knowledge from all means- books, Seminars, webinar and through technology as Those who Read are the Ones who Lead.’ From Banking system of Education we have to move to ALC system i.e Analytical Critical and Integral way of Education, which promotes creativity, discovery and invention. Teachers have to hone their intellect for conscious learning which is crucial for the survival and development of our enterprise and civil society. As teachers we all pledged to facilitate our students to discover their talents and accompany them towards their self-actualization.

Concluding the programme Fr. Joe emphasized on DAAD i.e. Do an Act of Random Kindness a Day...

‘Power of Dream’
‘Feel the Flame forever Burn’
‘The courage to embrace our Fear’

Dr. TULIKA MISHRA
Asst. Professor Botany

‘Mens Sana in Corpore Sano’

A sound Mind resides in a sound Body
On 10th 8.15 the Women Empowerment Cell of St. Joseph’s College for Women organised a Health Seminar. A healthy body is an important part of mental and psychological well being. India is a country which has demografic dividend. Hence for shaping the future of our country, we need empowered and emancipated ladies, which is the vision of this college too. St. Joseph’s College expects every student to fight each and every situation of life with the backing of knowledge and Cognition. So proudly they say...

‘We Create, We Cure, We are Visionaries’

There were many health issues on which the young minds were ignorant and confused. It required qualified and sincere introspection in these area. For this Doctors of Fatima Hospital of Gonda visited our College, Rev Sr Asha, Rev Sr Vinaya and Dr Mrs Madhavi Shukla. They enlightened the students on various subjects as- Personal Hygiene, Menstrual Hygiene and various Myths of health and cleanliness. Dr Madhavi gave a specialised lecture on Anamoria, Ovulation in Menstrual Cycle and detail information on various ailments of young ladies in Candidiasis, Inconcho, UTI infection etc. The students had shed their inhibition and got answers to their various quereies. They were immensely benefitted by the Seminar.

‘Liberty is the breath of Life to Nations’ - G.B. Shaw