

DESALETTE NEWSLETTER



Samvada

March 2019

Newsletter by the Department of BA

SFS / BA 01 / Mar 2019

FACTS

'A la recherche du temps perdu' by Marcel Proust is the longest book in the world at 9,609,000 characters. Translated into *Re-members of Things Past*, the book tells the story of the narrator's experiences growing up.

Roald Dahl served in the Royal Air Force during World War II and also tested chocolates for Cadbury's while he was at school. (I guess we know where his inspiration for Charlie and the Chocolate Factory came from!)

Inside this issue:

HOD'S MESSAGE 1

EDITORIAL 1

STUDENTS ARTICLE 2
MOTIVATION

SET YOURSELF 2
FREE

INDIAN SYSTEM OF 2
MARRIAGE

HIKE OF HAPPINESS 3

STREAMS IN THE 3
DESERT

WHY AM I AN ATHE- 3
IST ?

DEPARTMENT AC- 4
TIVITIES

HOD'S MESSAGE

EVERYONE HAS A RIGHT TO CLEAN AIR: STAY SMOKE FREE

It's my story; I am called as CIGARETTE favorite of young generation. I love them they love me too. But all say I am BAD. Why????? I am small tiny paper roll how can I harm you? Ohh I forgot to tell you that, I am not just a roll; it's filled with a powder called as Tobacco J it contains Nicotine difficult to break if you get addicted to me. Nicotine is highly addictive and makes human brain and body to get used to me. I am cause of dangerous disease like cancer, chronic obstructive pulmonary disease, heart disease, and other health problems.

Dear students, I would like to bring to your notice, On February 4th every year we are celebrating world cancer awareness day. Human beings basic requirements to survive are good food, healthy air and clean water, they never demand for cigarette to survive. Research statistics show that about 9 out of 10 tobacco us-

er's start before they're 18 years old, for variety of reasons like peer group pressure, influence of movies, to be stylish etc. increase in selling of E- Cigarettes and concepts like hookah Bars encouraging young people to get addicted even though post health warnings are given to know their health risks. Nicotine and cyanide, are actually poisons contain in cigarettes that can kill anyone without mercy.

The best gift that you can give to your health is by quitting smoking. You will be getting the return gift for sure in the form of lowering your risk of diseases, setting good example for your friends and family, getting rid of bad breath, stronger lungs. Let us celebrate the success of quitting smoking called as "the day without cigarette".

Take an oath of smoke free life and let us celebrate the right of free AIR

KUSUMA RAMACHANDRA
DEPARTMENT OF HUMANITIES
HOD'S MESSAGE

EDITORIAL

Dear readers,

You have in your hands the Department of Humanities of St. Francis de Sales College's official newsletter. It captures the moments of a student's imaginations, thinking and literary aptitude. It is a compilation of the efforts put forward by each of the contributor and is also a specimen of their individual creativity. It tries to bind together every aspect of the college that makes it a unique family, not just on paper but in the most real sense. The past and present semester has been a culmination of all

our combined efforts in doing good, trying to be the best we could and this covers the journey of it all. Although, lessons learnt during the course has gone onto, and I hope has bettered us, shown us the boxes which need to be ticked in the days to come.

As, in the case of any family and particularly this family of ours, the newsletter is the result of the collective efforts put in by the team. We hope you will cherish our efforts.

Godspeed
The editor

The truly well-educated person is one who has gained not only the practical skills necessary for succeeding in a career but also has expanded the mind and heart through the study of thought, culture, and artistic expression.

STUDENTS ARTICLE

MOTIVATION: THE SCIENTIFIC GUIDE ON HOW TO GET AND STAY MOTIVATED

Motivation is a powerful, yet tricky beast. Sometimes it is really easy to get motivated, and you find yourself wrapped up in a whirlwind of excitement. Other times, it is nearly impossible to figure out how to motivate yourself and you're trapped in a death spiral procrastination. In other words, at some point. It is easier to change than

to stay the same. It is easier to take action and feel insecure at the gym than to sit still and experience self-loathing on the couch. It is easier to feel disappointed about your dwindling bank account. This, I think, is the essence of motivation. Every choice has a price, but when we are motivated, it is easier to bear the inconvenience of action than the pain of remaining the same. Motivation is often the result of action, not the cause of it.

VAISHNAVI BA 1ST YEAR (JPE)

SET YOURSELF FREE

Set your standard high,
You deserve the best,
Try for want you want,
And never settle for less.

Believe in yourself,
No matter what you choose,
Keeping a winning attitude,
And you can never lose.

Think about your destination,
But don't worry if you fail,
Because the most important thing,
Is what you have learned along the way?

Take all that you have become,
To be all that you can be,
Soar above that cloud,
And let your dreams set you free.



SR. NEPUNI AGNES BA 1ST YEAR (HEP)

INDIAN SYSTEM OF MARRIAGE

Arranged marriages were normal in Indian society from the historical Vedic era and it is still viewed in maximum Indian families. Parents take an important role for their marriage ready for son or daughter. They choose prospective bride or groom for their son or daughter to marry.

Some people are against of this marriage system. According to them marriage is a system of completions of a girls and boys mind feeling to each other.

Arranged marriage

The tradition of arranged marriage is still continuing in India but some changes are noticed in the process today. Parents are anxious about the life of their child and take the consent of their kid, before deciding the marriage, over the time, people have understood that marriages can only be successful when parents or family do not force their children to marry someone he or she doesn't want to marry. And it also important to have parents support.

ANUSHA M
BA 1ST YEAR SEP

THINK !!

- Only I can change my life. No one can do it for me. *Carol Burnett*
- There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits.” —*Michael Phelps*
- “*People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.*” —*Dalai Lama*
- “*The mystery of human existence lies not in just staying alive, but in finding something to live for.*” —*Fyodor Dostoyevsky*
- “*The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.*” —*Ralph Waldo Emerson*

HIKE OF HAPPINESS

When you realize that life is short
Where there lies an obscurity
Get out of that four cornered room
Manifest yourself in the world of brightness
Perceive that taking new way,
Is the only step to sprout.

You will feel decision's baffling;
To go to the left where nothing's right
Or the right where nothing's left.
Believe it doesn't matter where it takes you
Or which mountain you want to climb
Whether you fail or succeed,
It's the journey that matters in the end.



SARATH JOBY
BA 2ND YEAR JPE

STREAMS IN THE DESERT

In the land of an interminable desert, where there is no life to be found. A place where winds blew like a breath of the hell. In that lonely void of vast stretched land an old man wandered around to break the monotony and to find a relief for his thirst. In the midst of the wilderness gold and silver counts nothing to a man who long for a peace on his restless journey. In that position finding a streams would gave him an amusement and a tranquillity for his soul, giving him a strength and hope to move onto high journey.

In like manner our world gave us a happiness like a vapour that appears for a little time and then vanishes away. We can become the streams in the desert to those who are craving for it and show them path to the living water to cease their thirst. My dear friend gold has its value only because it is rarely found. You are more precious than a gold, to unroll the streams in this world and patch it up to a better place where men will live with hope.

LALREMARUATA BA 1ST YEAR (SEP)

WHY AM I AN ATHEIST ?

I am a physicalist, this means that I believe that all that exists in the universe is matter and energy, no spirits, no karma, no fates and no Gods, nothing that is not testable by some physical means. I believe this for the scientific reasons and not the theological ones. I pretty much have no interests in eliminating one's religion since your personal beliefs are your own business and they don't concern me but when you tend to attack by belief or attempt to retard scientific progress, I will respond in kind. Like everybody I was born into a religion but since we were not practicing and my access to technology when I was young, I watched a lot of scientific documentaries, which influenced me a lot. I started questioning the religion and whether it was worth it. Because scientific explanations seemed to fit better to me about the creation of life and universe as a whole, I started adopting more scientific beliefs, in short I accepted all the scientific explanation over religion. I realized that it was not God who planted all the trees but it was all evolution, it was basically not placed over there by the omnipresent by had grown from a seed which fell from another tree. I realized that science has been making progress and will continue to do so, hence God didn't hold down the planets in their orbits, Science is just a description for me on how the universe works, and God stepped back when science started moving forward, I believe that with sufficient time science will find an adequate explanation for everything in the universe without having to invoke the omnipresent. For me, the universe works without God's constant intervention and if God affected anything material, we would have detected something behaving abnormally,

The planets would stop in reverse directions, the noble gases would bond with other elements, if God affected anything in our universe, we would have detected it. Furthermore if God answered our prayers, we would have had better results, the world would have been much happier. Assuming that God created the universe is just insertion of him in gaps of argument to we have no answers right now due to scientific limitations, just because we have no explanations to the creation of the universe due to limitations doesn't mean we won't in the future, even if there is something outside the universe that science is yet to explain, we have no reason to assume that it resembles our conception of God. For me, religion was just a tool created by our forefathers to control the behaviour of people in the society, it was a tool created to dictate life on strict rules, religion was created on the idea of uniting the people back then but today it has done nothing but divided people and caused destruction, religion is associated to everything bad happening around us is the cause of human segregation that has forced us to create countries. For me, there is nothing called as fate or destiny, everything depends on our present actions which will influence our future, I find that hard work is above everything and fate is just an excuse for the loser. Atheism maybe seen as a taboo but it is also one of the few tools today that can unite the people and cause an end to the misery religion has put the race in the 21st century.

SOHAIL AARIF BA 1ST YEAR HEP

DEPARTMENT ACTIVITIES

REPORT ON ONE DAY FIELD VISIT AND ORIENTATION PROGRAMME

On 29th December 2019, 19 students from 6th semester B.A of SFS college, with 2 lecturers went for a one-day field visit to CADABAMS REHABILITATION CENTRE with an aim to gain a first-hand practical experience of the rehabilitation and health care setting. The journey for learning new started at 8:30 am from SFS College and reached the destination 9:30 am. We planned to visit all the four major campuses of the rehab.

Trip objective

The main objectives of this visit are:

- The students get a first-hand experience of a psycho-social rehabilitation centre.
- Students will become aware of the functioning of rehabilitation centre.
- Students will gain knowledge on mental illness, special children, addiction issues, dual diagnosis.
- To gain knowledge on stigma and misconceptions about mental illnesses.
- Students can relate to mental illnesses that they have studied.

Field Observation

We were guided by two counsellors namely Mr. Bibin Thomas and Mr. Sibi Mathew who explained in detail about the whole process and the functioning of their institution, and the speciality of their institution. Morning tea was served for the students. They guided us throughout the whole day programme. We jotted down some notes and interviewed the host about how the institution, its specialities, infrastructure, admission process etc. CADABSMS is serving the society in the field of mental health care for the past 26 years, which was founded by Mr.Ramesh Cadabam in the remembrance of his sister Ms.Amitha who was mentally challenged. They have four major campus namely Amitha campus- the main campus with males and females with various mental illness are treated, Anunita campus is the deaddiction centre for males, Tristar

campus is a highly facilitated campus for the residents with mental illness and the Adrutha campus for mentally challenged and geriatric residents. The institute functions with a team of psychiatrists, Psychologist, counsellors, general physicians, and other helping staffs. Here patients are termed as residents or clients as it is psychosocial rehabilitation health care centre. The counsellors explained the daily schedule of the rehab, from the time the residents wake, their breakfast, lunch timing, their medicine provided time, their physical activities and the recreational activities.

We also had an individual interaction with a male and a female residents. They shared their experience of their mental health issues, how they are dealing with it. Then there was an interaction session with the Mr.Rajsekhar- director who explained the admission process in details. And a discussion with Ms.Dr.Anitha – a clinical psychologist , she explained the clinical aspect of mental health care, various mental disorders, rehabilitation process, the difference between a psychiatrist and psychologist. She also explained about case history taking, psychological therapies, and relapse maintenance. She also answered to the doubts and questions of the students. In the afternoon, lunch was served at 2:15 pm. We had a interaction session with a deaddiction counsellor Mr. Ronith Roy, who explained the process of addiction, types of addiction, treatments for addiction, relapse prevention programme and a had a overlook of the deaddiction centre. The counsellor also answered the questions asked by the students. The day was ended with an evening tea. Certification of appreciation was given to the students was given. We reached back to college around 6 pm.

It was indeed a really a fruitful day with lots of learning, gaining first-hand experience of the field of clinical psychology and psychosocial rehabilitation.

Conclusion

Our trip ended about 6:00 pm. It can be concluded that the trip was successful and we believed that our objective was achieved. We learned something new and beneficial for us. It was a well recommended trip especially for psychology students in order to gain knowledge in the field of psychology, psychosocial rehabilitation and health care settings.

It is a general belief among scientists that science deals with facts and the humanities deals with values.

But as Robert Young astutely notes: "Science, technology and medicine — far from being value-neutral — are the embodiment of values in theories, things and therapies, in facts and artifacts, in procedures and programs . . . I am suggesting that science is part of culture . . . [and] that research traditions cannot be reasonably claimed to be set above the prevailing world view of the epoch."

SAMVADA is a Newsletter published from the **Department of Humanities - St. Francis de Sales College, Electronic City, Bengaluru - 560100**. It highlights the activities of the department and serves as a link between the department as well as other colleges.

You are welcome to send your suggestions and feedback to sfsnewsletters@gmail.com

Editorial Board : Fr. Jijo Manjackal, Prof.Tison,

Design and Layout : Mr. Richie Raju.