

DESALITE

NEWSLETTER



SAMVADA

September 2019

Newsletter by the Department of Humanities

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Message from the Principal



Dear DeSalites, I'm delighted to share my thoughts with SAMVADA, the newsletter of the department of Humanities. You have chosen the theme "Substance abuse and Youth" for this issue of the newsletter.

According to WHO "Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome - a cluster of behavioural, cognitive, and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state". Like a biblical plague, the substance abuse has struck high and low, rich and poor, young and

old, yet it is the youth who are most at risk. It has posed a great social threat, the final outcome of which is degeneration, disease and death. It has been observed that almost seventy percent of the addicts were initiated on this road by their friends or company. It has also been seen that such a phenomenon occurs at school, college, university or at a restaurant, or a trip or excursion or at some social gatherings. Now the occurrence of substance abuse among youth is alarming. We must know that this problem not only harms individuals but also affects negatively families and society.

The fight against substance abuse of the youth cannot be effectively operative without the involvement of a range of community stakeholders and the proper distribution of required resources.

I wish all the very best to all the students and faculty members of the department of Humanities for a productive academic year ahead, God bless!

Fr. Dr. Roy P K
Principal.

TEAMWORK

Quote

"Coming Together is the Beginning, Staying Together is Progress,

And Working Together is SUCCESS !!!"

Henry Ford.

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Social Outreach - Flood Relief Material Collection

Desalite contribute to the flood affected victims of Karnataka and Kerala, Organized by the Department of Humanities (ASWAD-SOCIOLOGY).- August 17-2019.

Desalites extended their generous hands in reaching out to the victims of the flood affected areas of Karnataka and Kerala by contributing money and various items of daily use. This noble venture was organized by Aswad - The Association of Sociology of the Department of Humanities on Aug 16-17,2019 under the leadership of Prof. Elizabeth Abraham, the coordinator and Prof. Kusuma ,the HOD.

The proceeds of the collection were handed over to Fr. Lalu Jose, Parish Priest, Our Lady of Sorrows Church, Hebbagodi. These flood relief collections will be sent to the districts of Kodagu in Karnataka and Wayanad, Malappuaram, Kannur in Kerala.



INFINITY - THE GUEST LECTURE WEEK



The Department of Humanities organises a guest lecture week “ INFINITY” from August 5th to 10th. Psychology guest lecture was held on 5th of August and the session on the topic “Are criminals born or made?” was handled by Ms. Janavi Prakash Nair, a Forensic psychologist and the Co- founder of ForePsyght. Currently she is working with the DGP of Karnataka, the Commissioner and Asst. of Police, Bengaluru and Commissioner of Chennai for introducing and implementing forensic practice in the service. She discussed the incidence of genetic inheritance, influence of Social and environmental factors in criminality by exemplifying some notorious criminal cases. She also illustrated the Social and Genetic approaches of deviant behaviors. Psychology students of all the three years along with their faculty members took part in the session. It was very informative and the new insights of Forensic Psychology would be really helpful to those who aspires to become future Psychologists.



The department of humanities organised a guest lecture week “INFINITY” from August 5 to 10. A Journalism guest lecture was held on 8-8-19 and the session was handled by Dr. Jenin Raj on the topic “Journalism and its slant towards Politics”. Dr. Jenin Raj, Head, Department of Humanities, St. Pauls College, Spoke about the mal-practices in the field of Journalism, and how politics influences media and thereby manipulates the real stories. He also discussed how Political parties gives financial back up to the media organisations in order to cover up political criminalisation. The resource person could build a good rapport with the students by discussing several controversial topic like Pulwama attack, Article 370, Princess Diana’s death through which the world witnessed media manipulation. The session undoubtedly threw light on the various realms of journalism and its slant towards politics. Journalism and Political Science students of all the three years benefitted from the session.

A guest lecture on “An Approach to English Literature” was organized by the department of English on 7-Aug-19 from 12:30 PM to 2:00 PM in the seminar hall, SFS Degree College, Bengaluru. Dr. P. Sartaj Khan, associate professor in English at Al Ameen Arts, Science and Commerce College, Bengaluru was the resource person of the day.

He brought the different genres of English Literature into limelight by adding real time examples. He elaborated genre of literature and its vital role in digital era. Literature is inseparable from human life and society were highlighted. The philosophy of life and the way it is interlinked with literature was depicted in the discourse. Students were insisted to admire and preserve nature through literature. Difference between the Readers and authors’ perspective in literature were showcased through demo.

Dr. Sartaj made the seminar very interactive by involving the students in answering the questions and encouraged the students to raise questions in the particular context.

The session was attended by B.A 1st, 3rd and 5th semester students.

DEPARTMENTAL ACTIVITIES

Bridge Course

The bridge course of the Department of Humanities for the academic year 2019-20 was held from 4-7-19 to 6-7-19. The students were imparted with the Basic knowledge of all the subjects. The concerned faculty members explained the contents of the respective subjects as per Bangalore University Syllabus. It was very helpful for the students who are not having an understanding of certain subjects in their previous studies especially those from different streams of subjects. The students could get an overview of the scope and relevance of each subjects and its origin and development. They were also explained the future prospects of the subjects as they learn it as one of the core subject in the next three years. The faculty gave them an idea about their assignments, Seminar and the activities they have to do in this semester. In short, Bridge course was a good preparation for the students

to refresh their knowledge and make them confident for their new academic year.

Association Election – Dept. of Sociology

The department of Sociology conducted election for its association ‘ASWAD’ on 23-7-19 for its new representatives. The Sociology students of all the three years gathered together and took part in it. The following are the winners for the posts of President, Vice President and Secretary.

1. President - Yapri Jamatia (III year)
2. Vice President – Mahesh (II year)
3. Secretary – Tharun (I year)

The faculty in charge of “Aswad”, Mrs. Elizabeth Abraham took initiative for the election. She gave a brief description of the association activities and made the new office bearers aware of their roles and responsibilities and the need of voluntary service which is beneficial for the society.

FACULTY ACHIEVEMENTS



Prof. Augustin Joseph M, conducted a LSDP (Life Skill Development Programme) training for the first semester students of St.

Claret College, Bengaluru. The topic was, "Addiction and how to stay away from them." This was as a part of alumni training the current students of the institution. The training focused on addiction, types of addiction, why this topic is important in adolescence, and the strategies and methods to staying away from addiction.

Lt. Sampath Kumar attended the Swachhata Activities selection committee for the year 2019-20 held at Deputy Commis-

sioner's office, Bangalore Urban district.



Lt. Sampath Kumar conducted a Student's Enhancement Program on Self-Discipline and Motivation in SFS Evening College.

Prof .Elizabeth Abraham presented

a paper titled "Role of NGOs in Protecting Consumer Rights" in the two days seminar held at Periyar University.

Prof Kusuma .R and Lt. Sampath Kumar were also appointed as evaluators by Bangalore University, Board of Examinations for the year 2019-20. On 8th August 2019, they also attended the orientation program on digital evaluation organised by Bangalore University. The session was helpful for the faculties in order to guide the students in a better way.

Article - Why do severely alcoholic individuals totally neglect their personal appearance to the point of being harmful to themselves?

For most of the adults, or even youngsters, moderate alcohol use is probably not harmful. A study states that, about 18 million adult Americans have an alcohol use disorder. And global study has found out that alcohol consumption in India has risen by 55% over a period of 20 years (TOI). This means that their drinking causes distress and harm. It includes alcoholism and alcohol abuse.

Why do they don't bother?

We might have also wonder, that why do they don't take care of themselves. Experts say that, when people start to use alcohol, gradually their priorities changes, their life style changes.

They have different priorities for time, hygiene, social networking, etc. The ultimate priority is drinking. Drinking not only becomes their first choice, rather it becomes their only choice. As there is craving for alcohol they just want more and more. On one hand, they do not think of their children, family, friends, relationships or even profession. On the other hand, they do not think of grooming themselves, a lot of them don't feel the need to bathe as much, shave, or do their laundry.

What is Alcoholism?

Alcoholism, or alcohol dependence, is a disease that causes

Craving - a strong need to drink

Loss of self-control – They might feel that, they are not able to stop drinking once you have started

Physical dependence - withdrawal symptoms

Tolerance – They are in desperate need to consume more alcohol to feel the same effect.

Poor balance and clumsiness, Delayed reflexes, Stomach pains, vomiting or nausea, Loss of consciousness or blacking-out

Reduced attention to personal and professional responsibilities.

What are the ill effects of Alcoholism?

Individuals who use alcohol for longer periods show great dangers to an alcoholic's physical, mental, emotional, social and spiritual health. This behaviour also affects the user's career, family and friends. Alcoholism also causes un-repairable damage to organs and body systems: Liver, Nervous system, Heart, Stomach (intestines),

Brain, High blood pressure, Sexual problems, Cancer, Stomach problems, Osteoporosis, especially in women

What is the Treatment for Alcoholism?

The ultimate goal of treatment for alcoholism is quitting, though some people may be able to effectively cut down. Among alcoholics with otherwise good health, social support, and motivation, the likelihood of recovery is good and much better.

Just after the treatment procedures, around one-third of patients show no relapse or symptoms at 1 year. Many others report fewer alcohol-related health problems by cutting down alcohol intake.

Poor social support, lack of motivation, and psychiatric disorders are all risk factors for relapsing.

For patients who are at high-risk, the success is measured by longer periods of abstinence, reduced use of alcohol, better health, and improved social functioning.

Treatment has three stages:

Detoxification (detox): It is the removal of toxic substance from body. It is the abruptly deduction or discontinuation alcohol can lead to withdrawal symptoms, usually within 6-12 hours. Typical symptoms include tremors, agitation, and insomnia. Withdrawal from alcohol can be dangerous for some, so if symptoms are severe, you may need medical treatment.

Rehabilitation: This is a gradual process that involves counselling and medications to give the recovering alcoholic the skills needed for maintaining sobriety. This step in treatment can be done inpatient or outpatient. Depending on your support system and environment, both can be effective.

Maintenance of sobriety: For the success requires an alcoholic to be self-disciplined. The tool for the success of recovery from alcoholism is to support from family, friends and also from the society.

Too much alcohol is dangerous. Heavy drinking can increase the risk of decline in physical, mental and social health. If you want to stop drinking, there is help. Start by talking to your health care provider. Treatment may include medicines, counselling, and support groups.

By Prof. Lakshmi Balakrishnan

ARTICLE - DRUG ABUSE



Drug abuse otherwise known as substance abuse is the continued excessive and unregulated use of a drug or drugs

whereby the users take the drugs in amounts and methods that are harmful to themselves and others, drug abuse is common in the modern society, it has affected all regions, in both rural and urban areas, the rich and the poor, females and males. Drug abuse affects not only individuals who abuse them but also their families, friends, neighborhood and the community as a whole. Drug abuse has numerous negative consequences, especially to the addicts.

The effects of drug addiction are profoundly manifested in the addict's health and behavior. Drug abuse deteriorates the human health, individuals abusing drugs tend to lose their appetites and moods, they have impaired judgments, sleeping problems and they are confused and depressed. Lung, kidney and heart diseases are common among addicts who abuse drugs.

Mental disorders and cancers are also common, it also leads to death.

Economically, a lot of money and time is pumped into solving health and social effects related to drug abuse, such resources could be channeled into establishment of career opportunities and businesses that could absorb unemployed people hence solving the issue of unemployment. Drug abuse is also highly associated with criminal activities and violence that pose a significant security threat to the society, to start with drug abuse is a leading case for murders worldwide, drug abusers tend to steal cash and other valuables to get money for their needs, due to severe effect on their judgment, they tend to be impatient, arrogant and very violent, hence they fight for nothing and are big trouble makers in the society.

In conclusion, drug abuse is a significant health and social problem that should be looked into and resolved before it gets out of hands, it negatively affects individuals who abuse the drugs as well as the people around them and the entire society.

By Sohail Aarif
BA - 2nd Year



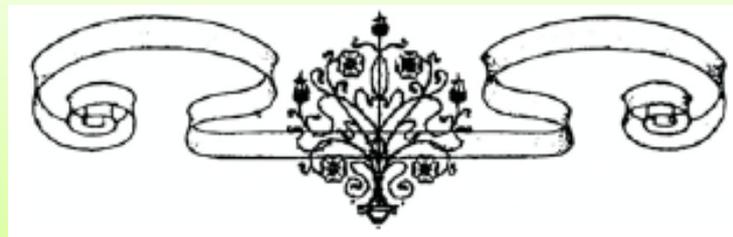
ACADEMIC ACHIEVERS

6th Semester B.A. Students (2018-19)

- Nitto Thomas - 100% in Psychology
- Pravalika - 100% in Psychology
- Teressa Sonia - 100% in Psychology

4th Semester B.A. Students (2018-19)

- Anusha. R - Outstanding Rank in University



NCC ACHIEVEMENTS



Jeevan Antony Raj. F of BA (SEP) Vth semester attended ALL INDIA THAL SAINIK CAMP held at DELHI, He was awarded on Independence Day for his best service in NCC.

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

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