



SUBODH NEWSLETTER

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"Seva Parmodharma" : Donation of One Crore Rupees



Subodh Shiksha Samiti led by a group of philanthropists has always extended its helping hands towards social causes along with imparting quality education. The Samiti showed its sincere concern towards the society and nation by donating Rs. 1 crore in the COVID-19 relief fund. Following the initiation of college Principal, the staff of the college also donated their two day salary in the relief fund.

From the Principal's Desk



These are unprecedented times. We are dealing with a new virus, and the concerns are real and urgent. But, what's not new is the strong resolve and determination of the human race to overcome these.

Though the circumstances were neither foreseen nor ideal, they have taught us all some valuable lessons and given an opportunity to introspect and rethink our approach to life. The casual attitude towards the freedom accorded to live as we like has undergone change. This global crisis has also been a great reminder that the world is changing fast and is leading towards a more virtual learning, research and working space, and if we

are not able to adapt, we will be left behind.

Here at the college campus, it is unsettlingly quiet. The corridors and classrooms, which are usually bustling at this time of the session, are empty. It is a strange feeling, and I must admit that I do miss the previous times! The unexpected and inevitable shut down of the college due to the virus scare had resulted in the disruption of scheduled activities in pipeline.

Presently, the results of senior secondary are out, the admission process is in full swing and we are all highly motivated and well prepared for the session ahead. I sincerely hope that life and vigour at our campus gets restored soon and again we have a lot to do. While we prepare for the long-haul and continue to do our very best, it is also vital to take care of our physical and mental well-being. Colleagues, standing together in solidarity with the government and the country, I firmly believe that we as a family shall soon overcome the adversities as new beginnings are often disguised as painful endings!

Stay safe, stay healthy.

Ongoing Event

Admissions open in Under Graduate and Post-graduate Courses

- B. Sc. (Maths/Bio)
- B. Sc. (Hons) - Phy/Chem/Maths
- B. Com.
- B.Com. (Hons)-EAFM/ABST/BADM
- B.A.
- B.A. (Geog. Hons)
- B.Voc.
- B.B.A.
- B.C.A.
- M.Sc. (Physics)
- M.Sc. (Chemistry)
- M.Sc. (Mathematics)
- M.Sc. (Zoology)
- M. Sc. (Botany)
- M.Sc. (Env. Sc.)
- M.Sc. (I. T.)
- M.C.A.
- M.Com. (ABST)
- M.Com. (EAFM)
- M.Com. (BADM)
- MAJMC
- M. A. (English)
- M.A./M.Sc. Geography
- M.A. History
- M.A. Pol. Sc.
- M.A. Pub. Admn.
- M. S.W.
- Ph.D. - Comp. Sc.
- Ph.D. -Physics
- Ph.D. -Maths
- Ph.D. -EAFM

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In case of any queries/ suggestions/ contributions (self penned) mail to editors.subodh@gmail.com

Achiever's Bay

Research Supervisors

- ◆ Dr. Ripu Ranjan Sinha, Dr. Vikram Jain and Dr. Vipin Kumar Jain have been recognized as Research Supervisors by the RTU, Kota

Refresher Course

- ◆ Online Refresher Course in Higher Education organised by Sri Guru Tegh Bahadur Khalsa College, University of Delhi in association with UGC-MHRD on SWAYAM platform, was attended by following faculty of Chemistry Department :

Dr. Rashmy Nair

Dr. Neeru Gakkhar

Dr. Shobhana Sharma

Dr. Chandni Jain

Online Refresher Course organised by National Resource Centre, Shri Ram College of Commerce, University of Delhi in association with UGC-MHRD on SWAYAM platform was attended by following faculty of Commerce :

Dr. Richa Singhal

Dr. Shailesh Mathur

Dr. Davendra Sharma

Dr. Gauri Dhingra

Short Term Course

- ◆ Prof. R.R Sinha, Dr. Vikram Jain (Deptt. of Computer Science); Prof. S.P Pareek (Deptt. of Physics); Dr. Tapasya Julka (Deptt. of BAdm); Dr. Shailesh Mathur (Deptt. of ABST); Dr. Sandeep Gupta (Deptt. of Mathematics); Dr. Sarita Singhal (Deptt. of Chemistry); Dr. Gauri Dhingra (Deptt. of BBA) completed a short term course on Research Methods & Design from January 20-24, 2020 organised by Deptt. of Chemical Engineering and Deptt. of Humanities & Social Sciences (MNIT-Jaipur).

Campus Buzz



National Conference on "Novel Advancement in Applied Chemical Science"

A two days National Conference on "Novel Advancement in Applied Chemical Science" was organized by the Department of Chemistry on January 27 - 28, 2020. The inaugural function was graced by the presence of several learned academicians and research scholars from the field of Chemistry. The Chief guest of the function was Mrs. Mughda Sinha, Secretary DST, Govt. of Rajasthan, the keynote speaker was Prof. C. P. Bhasin from Hemchandra North Gujarat University and Dr. Asha Jain, Head, Department of Chemistry, University of Rajasthan was the special guest. With more than 400 delegates from various states of India, the conference witnessed meaningful presentations and deliberations by paper presenters and panelists. The four technical sessions were followed by the valedictory function which was graced by the presence of Prof. Ashu Rani, Professor, University of Kota and Prof. P.S. Verma, Former Chairman, RPSC and Former Dean Faculty of Science, University of Rajasthan.



National Conference on "Rethinking Poverty and the Ways to End it"

A two days National Conference on "Rethinking Poverty and the Ways to End it" was organized by the Department of Economics in association with Rajasthan Economic Association and Ranka Public Charitable Trust on January 24-25, 2020. The inaugural session was enriched by the respectful presence of the following dignitaries-Chief Guest Sh. Arvind Mayaram, Economic Advisor to Chief Minister, Government of Rajasthan; Presiding Guest Prof. V.V. Singh, Dean Social Science, University of Rajasthan, Jaipur; Key note speaker Prof. Chandrasekhar, Indira Gandhi Institute of Development Research, Mumbai; Prof. N. D. Mathur, President, Rajasthan Economic Association; and Ms. Urmila N. Ranka, Chairperson, Ranka Public Charitable Trust. The two days of the conference had four technical sessions in which research scholars and academicians from various parts of the country presented papers on varied topics like Globalization and its effects on poverty, financial status of countries and its effects on poverty, Curbing poverty in India and Poverty & health etc. The conference was a huge success, with more than 350 delegates from all over the nation.

Research Publications

- ◆ Dr. Davendra Kumar Sharma, Department of ABST; Title of Paper: "Analysis of Profitability through Common Size Profit and Loss Statement" published in Int'l Journal of Engineering and Advanced Technology (IJEAT).
- ◆ Dr. Shobhana Sharma, Department of Chemistry; Title: "New Insights into the Predicament of DFT Assisted Optimized Energy, Stability and Distortions of Optimized Topologies of Some Novel Complexes of Zirconium (IV) and Enhancement of Antimicrobial Potential" in the Journal of Applied Organometallic Chemistry.
- ◆ Dr. Sudhanshu Diwedi, Department of Physics; Title of paper: "Solid Oxide Fuel Cell: Materials for Anode, Cathode and Electrolyte" in International Journal of Hydrogen Energy.
- ◆ Dr. Pramod Kumar, Deptt. of Physics; Title of Paper: "A Comparative Study of Non-Thermal Parameters of the X-class Solar Flare Plasma Obtained from Cold and Warm Thick- Target Models; Error Estimation by Monte Carlo Simulation Method" in the Journal of Astrophysics and Space Science.

Book Publications

- ◆ Dr. Manita Bhagtani, Department of Mathematics got three text books published: Complex Analysis, Integral Calculus and Discrete Mathematics.

Awards and Honours



Dr. Balram Tripathi receiving award

- ◆ Dr. Balram Tripathi, Department of Physics was felicitated with the Best Scientist Award by Institute of Technical and Scientific Research, Jaipur on February 23, 2020.



Self Defence Training Programme for the girls

Seven days Self Defence Training for the girl students was organized from February 10-16, 2020 in which around 630 girls participated with full enthusiasm. The valedictory ceremony held on February 17, 2020 was graced by the presence of dignitaries like Shri Bhupendra Singh Yadav, DGP Rajasthan; Shri Ajay Singh Lamba, ACP, Jaipur; Ms. Preeti Jain, SP, Jaipur; Ms. Monika Sen, DCP, Jaipur; Ms Sunita Meena, ADCP, Jaipur and Ms. Mamta Shardul, Inspector, Jaipur. The chief guest Shri Bhupendra Singh Yadav, DGP Rajasthan stated that the aim behind such initiatives is to equip the females for self defence and to develop Jaipur into a safe city to dwell in.



National Science Day

Activities on the day included display of working models, non-working models, debate competition, quiz competition, extempore, treasure hunt etc. 400 students from different colleges participated in these events. Prof. Amla Batra, Former Principal, University Maharani's College, Jaipur and Prof. Amita Gill, Former Director, DST were the judges in different events.

National Science Day was celebrated on February 28, 2020 on the theme assigned by DST- "Women in Science" under DBT star scheme. Dr. Archana Sharma, Media Chairperson Rajasthan Congress Committee was the Chief Guest; Dr. Preeti Jain, S.P. Policing Community, Police Head Quarter, Jaipur was the Presiding Guest and Prof. Kanan Bala Sharma, Former Principal, University Maharani's College, Jaipur was the keynote speaker.



Plantation Programme

Department of Computer Science organised a plantation programme on January 18, 2020, in which more than 100 plants were planted in the campus. Principal, Prof. K. B. Sharma advised the students to become responsible citizens and motivated them to think differently for the Society thus making positive changes and improvement in it. This activity was conducted to promote awareness about the go green concept.

◆ Dr. Richa Sharma, Department of Chemistry; Dr. Richa Singhal, Department of EAFM and Dr. Pawan Sharma, Department of Public Administration were awarded with Certificate of Appreciation for their commendable contribution in blood donation camp during Golden Jubilee Ceremony of Rajasthan Housing Board by Housing Commissioner, Sh. Pawan Arora and Chief Engineer, Sh. K. C. Meena on February 22, 2020.



Dr. Chitra Rathore receiving award

◆ Dr. Chitra Rathore, Department of EAFM received "Lady Legend 2020" award for her outstanding contribution in the betterment of the nation by Poddar Group of Institutions on February 22, 2020.

◆ Dr. Nandini Sharma, Department of Business Administration was felicitated by Bijyani Girls College on the occasion of International Women's Day on March 7, 2020.



Dr. Gauri Dhingra receiving award

◆ Dr. Gauri Dhingra, Department of Business Administration received the best teacher award from Institute of Technical and Scientific Research, Jaipur on February 23, 2020

◆ Vandana Kalra, Department of Physics was awarded the doctoral degree on January 19, 2020 on the topic "Studies of Thermal and Mechanical Properties of Nano-titanium dioxide doped PVA Nanocomposites" from MNIT, Jaipur



International Women's Day

On the occasion of International Women's Day, a Women Conclave was organized on March 8, 2020, with the theme of "I am Generation Equality: Realizing Women's Right". The program was graced by the presence of Chief Guest Dr. Jyoti Kiran Shukla, Former Chairperson, Finance Commission Rajasthan; Presiding Guest, Ms. Jyoti Khandelwal, Former Mayor, Jaipur Municipal Corporation, Jaipur and Guest of honour, Ms. Anju Singh, President, Laghu Udyog Bharti (Women Wing), Jaipur. Dr. Jyoti Kiran Shukla addressed the girl students and stated that women can be empowered without being aggressive. The session turned out to be highly interactive.

Inter College Competition "B.C.A, CHAMP" was organized by the Deptt. of Computer Science under DBT-Star scheme, on February 7, 2020. More than 200 students from twenty-two colleges participated in this event. An exam was conducted to test the participants' technical, logical and general awareness skills. Sh. Rajendra Ji Raja, Convener, MCA Institute and Prof K. B. Sharma, Principal gave away the cash prizes to the winners.



BCA Champ Inter College Competition

Undergraduate and Post graduate students of Science stream visited the Department of Atomic Energy (DAE), Mineral Division, Jaipur on February 28, 2020. They had an interactive session with the scientists and also participated in the quiz competition. The visit was a part of the DBT star scheme educational trips.



Educational Visit to Department of Atomic Energy (DAE), Jaipur

The Department of Chemistry organized CONTECH-19 under the aegis of Homi Bhabha Centre for Science Education (TIFR) on November 16, 2019. This exam is an objective type exam conducted annually by Association of Chemistry Teachers, in which 250 students were registered. The college was praised for giving maximum participation in the test in the central zone and the whole country.

National Graduate Physics Examination 2020 was organised on January 19, 2020. The test organised by the Indian Association of Physics Teachers to promote the concepts of Physics among the under graduate students saw a large number of student participation in the test. Fourteen students who qualified in this exam shall receive benefits while seeking admissions to premier institutions for Higher education.

Students Gallery of Fame

- ◆ In the event 'Rang Tarang- Inter College Youth Fest' organised by Stani Memorial P.G. College in October 2019 the following students won prizes in different events :
 - Prashant Mishra, B. A. Sem VI won first prize in Business Plan.
 - Harsimran Singh, BBA Sem VI won third prize in Chess Competition.
 - Arundhati Sharma, M.A. Pol. Sc. Sem IV won first prize in Hindi Debate competition.
 - Dilip Kumawat, B. Com. Sem IV won first prize in the Slow cycling event.
 - Dilip Kumawat, Devesh Jain, Brahma Dev Sharma, Diwakar Jain B. Com. Sem IV, Kartik Satija, B.Sc. Chem Hons Sem VI, Prateek Soni, won first prize in the event Rupal Jhapatta.
- ◆ Ishika Jangid and Harsimran Singh, BBA Sem VI, Ashish Sharma, M.A. JMC Sem IV, Manisha Kumari, MA-JMC Sem II won second position in Ad Mad at IILM College on November 23, 2019.
- ◆ Jhanvi Khoji, M.Com. (EAFM) Sem II, Harsimran Singh, Anush Gupta and Ishika Jangid, BBA Sem VI won first position on Ad Mad in MYF-2019 at Mahaveer College of Commerce on December 21, 2019.
- ◆ Ruchit Gupta, Harsimran Singh, Anush Gupta and Shivam Sharma BBA Sem VI won second position in Quiz in Combatt-2019 at S. S. Jain Subodh Girls College, Sanganer on December 14, 2019.
- ◆ Devesh Jain, Dilip Kumawat, Ishan Parashar and Shubh Mathur, B. Com. Sem IV won first prize in Treasure Hunt in the event BIOCHROME organised by Dr. B. Lal Clinical Lab and Pharmacy on January 21-22, 2020.
- ◆ In the event "Techno Aagaz- A National Level Inter College Annual Fest" organised by Apex University,



Blood Donation Camp

Gautam represented the state in the National Integration Camp organized in Bangalore from February 24 - March 1, 2020.

FACULTY DEVELOPMENT PROGRAMME/VISITS

- Five days Faculty Development Program in collaboration with NITTTR, Chandigarh was successfully completed by Department of Computer Science. In this session open source tools for Machine Learning, A.I., Deep Learning, Teaching and Research, Scientific and Technical Writing and Block Chain Technology were discussed by various experts.
- One-week Faculty Development Program in collaboration with Computer Society of India (CSI), Jaipur Chapter was organized successfully by Department of Computer Science. It included theoretical as well as practical aspects of Machine Learning using Python on Anaconda, Spyder and Pycharm tools. Mr. Abhishek Jain from Road Ahead Technologies Pvt. Limited was the resource person.
- Students of Department of Journalism and Mass Communication visited Dainik Bhaskar Printing Press at Shivdaspura and 94.3 MY FM Jaipur.
- The Department of BBA organized an Industrial Visit to Kagzi Handmade Paper Industry. The aim of this visit was to blend practical exposure with the theoretical business aspects taught in the classrooms and to generate consciousness about environmental sustainability.

GUEST LECTURES

A series of guest lectures were organised by various departments to enhance the teaching learning skills:

- Lecture on "Importance of 'Vasant' in human life" was organised by the Department of Sanskrit on January 29, 2020. Prof. Beena Agarwal, Department of Sanskrit, University of Rajasthan was the resource person.
- A series of two guest lectures on Geeta was organized by the Department of Sanskrit on February 13, 2020. The resource persons were Prof. Dayanand Bhargava, J.G.R.R Sanskrit University who spoke on "Geeta- Sugeeta Kartavya" and Dr. Subodh Agarwal, ACS Industry, Rajasthan Government who spoke on "Geetamai Jeevan Prabandhan ke Sutra".
- Lecture on "Computational Science and its Application" was organised by the Department of Chemistry on February 14, 2020. The resource person was Dr. K. R. S Chandra Kumar, Scientist F (INSA Member), Theoretical Chemistry Section, Bhabha Atomic Research Centre, Mumbai.
- Lecture on "Synergic Advantage from Blending Make in India and Assemble in India" was organised by the Department of Business Administration on February 15, 2020. The speaker was Dr. Kapil Dev Sharma, Principal, Lord Buddha College of Technology and Sciences and Former Principal, Government Commerce College, Kota.
- Lecture entitled "Important Trade Routes of Rajasthan History" was organized by Department of History on February 18, 2020. Prof. G.S.L. Devra, Former Vice Chancellor, Vardhman Mahaveer Open University, Kota was the resource person.
- Lecture entitled "Ayushman Bharat and Career Opportunities in Healthcare, Pharmaceutical & Development Sector" was organised by the Department of BBA on March 03, 2020. Dr. Rajiv Ranjan, IIHMR University was the resource person.

Success Story of Dr. Manu Sikarwar

Jaipur held on February 16-22, 2020, following students won prizes in different events.

- Devesh Jain, Dilip Kumawat, Ishan Parashar and Shubh Mathur, B. Com. Sem IV won first prize in Treasure Hunt.
- Dilip Kumawat and Devesh Jain, B. Com. Sem IV won second prize in Recycle
- Jayant, BBA Sem VI won first Prize in Movie making, Collage making by Photoshop and second prize in Photography
- Ruchit Gupta and Shivam Sharma, BBA Sem VI won first position in Quiz competition
- ◆ In the event "Zephyr- Inter College Management Fest" organised by IPS Business School, Jaipur held on February 14, 2020, following students won prizes in different events.
 - Devesh Jain, Dilip Kumawat, Ishan Parashar and Shubh Mathur, B. Com. Sem IV won first prize in Treasure Hunt
 - Devesh Jain and Dilip Kumawat, B. Com. Sem IV were runners-up in the Mind Freak Event and Best Out of Waste Event
- ◆ In the event "Altius 2019- National Level Inter Collegiate Management Fest" organised by Literary and Management Club, Poddar Management and Technical Campus, Jaipur, following students won prizes in different events.
 - Devesh Jain, Dilip Kumawat, B. Com. Sem IV, Harsimran Singh, Anush Gupta, B.B.A. Sem VI Abhishek Sharma B.B.A. Sem VI secured third position in the event Ad-Mania
 - Dilip Kumawat and Devesh Jain, B. Com. Sem IV were runners-up in the Best Out of Waste Event
- ◆ Rajat Chouhan, B.A. Sem IV, Arjun Awardee and International Archery Champion, participated in Vegas



*Dr. Manu Sikarwar
Project Director,
Department of Science and
Technology, Govt. of Raj.*

1) How would you like to introduce yourself and your achievements?

Ans: I would like to introduce myself as a student of this prestigious institution who has gained something only after being carved into what I am today and that too with the slogan of the institution "Excellence is not a skill but an attitude." I did my graduation from the college in the year 1996 and after a long way, got the opportunity to serve the society as Project Director, Department of Science and Technology, Government of Rajasthan

2) When did you decide to pursue your career in Education and Scientific Research?

Ans: The college had a splendid teaching and learning environment and the teachers always had a new concept to give. Everyday learnings in the classes always encouraged me to shape my career

in S&T, Higher Education. This led me to pursue a career in teaching. I did my post graduation from University of Rajasthan and cleared NET. I succeeded to gain a post as Lecturer in Government College through RPSC selection. Later I pursued my doctoral research to carve a niche in the field of research.

3) Do you have any other dream or goal in life?

Ans: Learning's in life should never end. It always provokes you to explore new possibilities and opportunities. To give back to your society and share your expertise, experience for the needy ones is the core idea that I always kept in mind while working on different projects. I would like to share a phrase by Malcolm Bane "If you wait until you can do everything for everybody instead of something for somebody, you'll end up not doing anything for anybody".

4) What role did Subodh College play in your life?

Ans: Actually I would like to say that today whatever I am, it's all due to the strong rooting and refinement at Subodh College. During my graduation days itself I had decided my goal of life. I was intensely influenced by the dedication and versatility of my lecturers and hence teaching became my passion. I also decided to dedicate my life in brightening up the future of the young generation, especially students in higher education institutions.

5) What success mantra you would like to share with the students of your alma mater?

Ans: I feel that hard work, focused approach and positivity in your life definitely leads you towards your goals. Just following the quote of Albert Einstein "I have no special talent. I am only passionately curious" paves the way towards your dreams.

Shoot 2020 at Las Vegas USA, Feb, 7-9, 2020.

- ◆ Mukul Sharma, B.A. Sem II, Won individual Gold Medal in Archery in Khelo India University Games 2020 held at Bhubaneswar from Feb 22 to March 2, 2020.
- ◆ Rajesh Saini, B.A. Sem VI; Ankit Sain, M.A. Sem II; Shrishti Kanwar, B.A. Sem VI; Won Team Silver Medal in Archery in Khelo India University Games 2020 held at Bhubaneswar.
- ◆ Jyoti Rawat, B.A. Sem II won Gold Medal (68 kg category) in 39th State Wrestling Championship 2020 held at Rajsamand.
- ◆ Sonam Rathore, B. Com. Sem VI is pursuing modeling as a hobby as well as profession. She has acted in various music albums opposite famous singers like Nhonu Sikanda. In addition she has been selected as a junior artist in the South film industry.



Poonam Sharma on Cover Page of Skinderella

- ◆ Poonam Sharma, M.A. JMC Sem II has been selected as the coverpage face of the Fashion Magazine "Skinderella" and received the "Girl of the Moment" title amongst the thirty thousand participants from all over the country.
- ◆ Manpreet Yadav, M.A. JMC Sem IV played a character role in daily soap TV serial "Raja Beta" in Zee TV.

"You said you loved me but the fact is that you loved the nation more"

Ms. Anu Malhotra
Department of Chemistry

It takes a lot of courage to stand in the line of fire every single day not knowing which day is going to be your last. But what is even harder is to see a loved one do that and not flinch even if your worst fears come true. Army wives face this fear daily and truly have nerves of steel. Military relationship is not only about commitment and promise but also about duty and nation. It is not only one person serving the motherland but military couples serve the country together in their own way. Neeta Deswal, whose husband Maj Amit Deswal was martyred in counter-insurgency operation in Manipur in 2016, could have comfortably joined a government job in Haryana which the State Govt. was offering her but she preferred to join the Army for the gratitude and care shown to her and her five year old son after her husband's death. Squadron Leader Samir Abrol lost his life in Mirage 2000 Aircraft crash. His wife Garima wrote a heart-rending poem in his memory and said. "My husband was a proud Indian and I loved sending him off to serve the nation with a morning cup of tea and head held high". She is all set to serve the IAF after clearing SSB.

There are umpteen examples of bravery and fortitude of Army wives. Maj Kumud Dogra attended her husband Wing Commander Dushyant Vats funeral with her five day old daughter in her arms. He died when his microlight aircraft crashed soon after takeoff from the Jorhat airbase on a routine sortie. The little infant did not even get a chance to see her father. Not many can forget the words uttered by Nikita Kaul Dhoundhiyal, wife of Maj. Vibhuti Dhoundhiyal- "You said to me you loved me but you loved the nation more"- She bid a tearful yet loving adieu to her husband when he laid down his life fighting terrorists in Pulwama, Jammu & Kashmir. She cleared her exams and joined the army. She also donated 1000 PPE kits to Haryana Police during the ongoing Covid crisis. Salma Ghori lost her husband Maj. Shafecq Ghori in a heroic gun battle with militants during Operation Rakshak in 2001 in Srinagar. She has devoted her life to the welfare of the families of army martyrs. She refused to succumb to grief and channelized her suffering to become the strength to her kids, manage finances and keep her husband's legacy alive through her indomitable spirit.

The army wives have learned to live in any kind of situation and for them home is where the army sends them. And behind every strong soldier there is an even stronger braveheart-the army wife.



Parents of an average child

Dr. Priti Gupta
Department of BBA

Yes, you read it right
We are the parents of an average child.
Our child is the average learner...
average scorer average sports person
What's special about him then?
NOTHING as per society and school norms.
But are we ashamed to say this?...No!
Do we lie that he is the best in something which he is not, in front of others?
Definitely No!
In fact we are proud of that average child
In whom the people fail to notice
The sweet smile, the funny talks, the tight hugs, the friendly personality, the kind behaviour,
All because he is JUST an average child!
That average child who is a spectator and cheers his friends with full heart.
Displays his love for sports, knowing well that he is not going to be selected for the team, and
Shows his love for music, knowing well that he is not going to be selected for the choir
Among children preparing for IIT, MBBS even at a tender age
This average child is talking about travelling the world, meeting new people and eating different cuisines.
This average child might or might not become a doctor, astronaut or scientist
But he is sure to grow up to be a good person,
who will spread cheer
Each child is different, so is he
UNIQUE.....
Notice the average child
Appreciate the collaboration and co-existence rather than competition....
Notice the average child!



COVID -19 and your Psychological Well Being

Dr. Suprithy Paliwal
Department of Psychology

When human beings are confronted with something that is unknown they usually feel fearful. They feel stressed and worried. Fear is a common response of people and they may be directly or indirectly affected. They may have the fear of : Falling ill and dying. Being socially excluded, feeling powerless to be able to take care of loved ones, feelings of helplessness The fear mechanism raises an alarm in the brain and it alerts us to safe guard ourselves. In some cases there could be an excessive vigilance or false alarm that can go on and the following thought patterns can be there: You think it will affect only you, You are convinced you will die and do not think that you can recover, Excessive Focus on viral videos, social media posts rather than WHO fact sheets

During this challenging time anxiety, depression and anger have been seen to be the key phenomena. You may feel anxious or worried about yourself or your family members contracting COVID-19 or spreading it to others. You may loose someone near to you, the situation may never improve and so on. You may be angry on all those people who are not abiding by the rules, angry on people who are coming from other countries or on some mismanagement that is being wrongly portrayed.

You might be feeling sad for all those who are suffering. You may be feeling hopeless or helpless because things are not under your control and there might be a sense of loss due to normal activities not being performed and a daily routine not being maintained.

This is a situation that is not usual, it is very unpredictable and the feelings and thoughts are negative. All of us have positive and negative emotions but in such a situation there are more of negative emotions. We can have healthy negative emotions and unhealthy negative emotions. When we have healthy negative emotions we may be fearful and at the same time we may feel that it is not only us who will get infected and if infected there is every possibility that we may get cured. It is the negative unhealthy emotion that can cause problems as we think of the worst possible situations, like getting infected means death. Our thoughts are futuristic thinking which are not based on factual evidences and they also underestimate our capacities to fight with the situation.

The unhealthy negative emotions may be stressful for people. Stress lowers immune system and the possibility of being infected. There is a need to reduce this stress to help us cope up with the situation. We can do this by reducing the unhealthy negative emotions-

Things you can do to support yourself: Start your day by doing a little bit of mindfulness practice in bed for a few minutes. To be mindful is to live in the moment and reawaken oneself to the present, rather than dwelling on the past or thinking about what would happen in the future. Mindfulness can also be a healthy way to identify and manage emotions that are causing different problems. But make sure that the first thing you're doing when you wake up is not grabbing your phone to check into the inputs in the social media.

Mindfulness has many positive benefits, like lowering the levels of stress, protecting against depression and anxiety. Research even suggests that mindfulness can help people cope with social isolation.

The Indian Association of Clinical Psychologists has given some warning signs that indicates that one needs immediate help of a mental health professional like feeling very low/ sad, severe anxiety / overwhelming fear, suicidal ideas or acts, feeling panicked when you hear talk of the virus, negative pervasive thoughts, loss of pleasure and interest, frequent crying, major sleep problems, significantly reduced appetite, low energy, difficulty in carrying out daily tasks

For many of us, the main challenge we face is not physical, but psychological, let us also help ourselves and others in fighting this psychological war and not worsen our physical or mental health conditions.