

# christ link

CHRIST COLLEGE  
NEWSLETTER



NEWSLETTER



## PRINCIPAL'S MESSAGE



The major premise of Aristotle's syllogism is 'All men are mortal'. The basic nature of 'matter' is divisibility. Every being which is composed of the matter will disintegrate. So every living creature which has mortal body, will die or disintegrate. It is a natural law. But "the exception that proves the rule" ("exceptio probat regulam, "). Dying is human and Rising is divine. Christian belief that God raised Jesus on the third day after his crucifixion. It was a historical event.

Transcend or go beyond from limitations is a heroic act. Limitations are the pitfalls of the self which stop our self to go ahead in the life. No one is free from limitations, be it physically or mentally!. We have to build self confidence. Arunima Sinha is an Indian mountain climber and sportswoman. She was pushed from a running train by robbers in 2011 while she was resisting them. She was bedridden for long time due to multiple fractures of the spinal cord. But she conquered Mount Everest. In 2015, the Government of India honoured her with the Padma Shri Award, the fourth highest civilian award of India.

"A coward dies a thousand times before his death, but the valiant taste of death but once. It seems to me the most strange that men should fear, seeing that death, a necessary end, will come when it will come."-William Shakespeare, (Julius Caesar). In this quotation, Shakespeare is drawing a comparison between someone who is a coward or afraid to face the challenges of life and someone who is valiant or brave in facing the challenges of life. He reminds the public that we should never be afraid to face difficult or risky situations and will always fight for what he or she believes in.

Life is full of challenges. Some people seem to meet every challenge with confidence, while others struggle to overcome them. We are called to face the challenges. Wish you all the success in your life.

Prof. Fr. Johnson  
Principal

## Final Examination Commence

Barkatullah University conducted the final exams for B.A. and B.Com. second year and final year students from the 1 April 2022. The students were allotted different exam centers by the University. In order to help and guide the students Dr. Diwakar Singh, Mr. Adarsh Raushan, Mrs. Pushpa Prakash had gone to the exam centers in, Bhopal. Students were all seen enthusiastic and were well prepared to take the exams. Christ College wishes each one of them all the best !

## Birthday Celebrations

Birthday of Mr. Dadhin was celebrated on 3 April 2022. Rev. Prof. Johnson on the occasion appreciated his services to the institute and prayed for his long and healthy life. Mr. Dadhin has served the organization as a supporting staff for the past 10 years. Cake was then cut and was distributed among all present. Everyone wished him Happy Birthday and prayed for his wellbeing.

Birthday of our dear Munni didi, a supporting staff of the college was celebrated on 18 April 2022. Though her birthday falls on 15 April, but because of holidays we postponed the celebration to 18 April 2022. Rev. Fr. Johnson appreciated her service and commitment to the institution. Mrs. Munni also expressed gratitude for the wishes she received on her birthday.



## A dash of Peppermint added to the herbal garden of Christ

Peppermint is used to add flavor or fragrance to foods, cosmetics, soaps, toothpaste, medicines mouthwashes, and other products. Peppermint is originally from Europe, but now people cultivate it all over the world. This month Christ college also planted the rare peppermint sapling. The plantation was done by Rev. Fr. Dominic, the Director of the college on the 19 April 2022. The plant was a gift from Mr. Ritu Kant Sinha, one of the resource persons of Christ College, on the occasion of his birthday.



## National Seminar on NEP 2020

Teaching Staff & Students of Christ College attended the Seminar on NEP 2020 at Bhopal School of Social Sciences on 23 April 2022. The resource person was Prof. C.B. Sharma (Former Chairman, NIOS & Professor of School of Education, IGNOU). The main objective of this seminar was to create awareness about NEP 2020 and familiarize them with the skills to help them understand the curriculum changes, shifts in the pedagogical skills and its implementation for the 360 degree holistic development of its stakeholders, its students.





## Drama and Art in Education

A special workshop on Drama and Art in Education was held on the 9 of April 2022. The resource person of the workshop was Mrs. Rony Joy Varghese. The workshop was conducted for the pupil teachers of B.Ed., as it is part of their curriculum. The workshop will be conducted on Mondays, Tuesdays and Wednesdays only, for more than a month. The Co ordinator of the B.Ed. program as well as the workshop was Mrs. Jaya Saini.

## Art@Christ



## Multiple Celebration

### a) Palm Sunday

The historic entry of Jesus Christ, riding on a donkey into the Jerusalem city amidst shouts of joy and hymns praising God, was fervently remembered and celebrated by Christians the world over on Palm Sunday. Prayers were held for world peace in the context of the Russia-Ukraine war and unrest in many countries.

### b) Good Friday

The supreme sacrifice of Jesus Christ, the messiah, was commemorated on Good Friday with piety and penance. Jesus' death on the cross was the sacrifice that brought salvation to the world. Sin is a reality and repentance alone can bring salvation to mankind. Cross is the symbol of all human predicaments and suffering. A Christ's death on the cross was the ultimate suffering for the salvation of all.

### c) Easter Sunday

Easter is traditionally celebrated on the third day of Jesus Christ's death and burial. Death on the cross was not the end of Jesus' mission on earth. As he was the Son of God, he rose again after His death. The resurrection event is celebrated on Easter with great joy and hope.

## Special Guest at IGNOU 35<sup>th</sup> Convocation

35<sup>th</sup> Convocation of Indira Gandhi National Open University was held at IGNOU Regional Centre, Bhopal on Tuesday, 26 April 2022 and Rev. Prof. Johnson, the Principal, Christ College was the Special Guest of the day. In his message he highlighted that education has three dimensions – Learning, Re-learning and Unlearning and IGNOU provides all objective of the three learnings.



## Book Published by Dr. Diwakar Singh and Adarsh Roshan

As an expression of academic calibre, Dr. Diwakar Singh and Mr. Adarsh Roshan, with other academicians published a book the 'Innovative Research and Education' in which Dr. Diwakar Singh has written on the 'Influence of Some Demographic Variables on Advocacy for Social Issues' and Mr. Adarsh Roshan has written on 'Integration of Artificial Intelligence In Education' . The principal and colleagues extended warm congratulations to both of them.



## Joy of Sharing!

Continuing with the series of sharing joy, the Principal, Rev Fr. Johnson, organized yet another visit to a nearby village on 3 April 2022. This time raw food items consisting of flour, rice, pulses, salt, oil and turmeric along with some fruits were distributed to the needy. The residents of Shanti Nagar expressed gratitude for sharing the much needed food with them. The Coordinator of the program was Dr. Pallavi Shrivastava Sinha, Associate Professor. Students and teachers participated voluntarily. The coordinator thanked everyone for the goodwill gesture.



## Literary Saga

Notable hindi daily Danik Divya Ghosh has started a dedicated weekly column named 'Divya Virasat' with Mr. Shivaji Rai where he has been writing articles on history, art, culture, heritage and other various subjects. Mr. Shivaji Rai has been writing for many tabloids, magazines, web portals etc. and he is serving as Assistant Professor in the department of History at Christ College, Bhopal since the year 2020.





## Peppermint - A Cool Boon

Peppermint (*Mentha × piperita*, also known as *Mentha balsamea* Wild) is a hybrid mint, a cross between watermint and spearmint. Indigenous to Europe and the Middle East, the plant is now widely spread and cultivated in many regions of the world. It is occasionally found in the wild with its parent species.

- Peppermint is an aromatic plant, created from the blending of water mint and spearmint.
- Peppermint is used to add flavor or fragrance to foods, cosmetics, soaps, toothpaste, mouthwashes, and other products, and it may have some medicinal uses.
- A person can also use dried or fresh peppermint (*Mentha piperita*) leaves to brew tea.
- Peppermint is originally from Europe, but now people cultivate it all over the world.

### Research

- shows it may be effective in alleviating:

### Flatulence

- Gas
- Menstrual pain
- Diarrhea
- Nausea
  
- Depression-related anxiety
- Muscle and nerve pain
- Symptoms of the common cold
  
- Indigestion

The different forms of peppermint may be good for helping different ailments. These forms and the conditions they may help include:

### Peppermint oil

#### Indigestion

Peppermint oil can help the stomach muscles and improve the flow of bile. This makes it suitable for people who have indigestion.

#### Irritable bowel syndrome

A peppermint, in various forms, can help treat the symptoms of irritable bowel syndrome (IBS).

These symptoms include::

- pain
- bloating
- diarrhea
- gas
- Skin conditions

Peppermint oil is widely used for calming skin irritation and itchiness, as well as reducing redness.

- Headaches and migraine

It has been found that applying diluted peppermint oil onto the forehead can be an effective remedy for a tension headache.

- Nausea and vomiting during pregnancy

Many people who experience nausea during pregnancy say they notice benefits from using peppermint in its various forms, including oil.

- Relieving chemotherapy-induced vomiting

Nausea and vomiting, or emesis, are common side effects experienced by cancer patients during chemotherapy.

- Peppermint steam

Colds and flu - Menthol, the main chemical component of peppermint, is an effective decongestant. Decongestants shrink the swollen membranes in the nose, making it easier to breathe.

- Peppermint is not recommended for people who:

- have a hiatus [hernia](#)
- gastroesophageal reflux disease (GERD)
- have an irregular heartbeat ([arrhythmia](#))

[have](#)

- hemolytic anemia

**1 May** International Labour Day is an annual event observed all over the world. It resulted from the labour union movement in the late 80's. **It is observed to celebrate the economic and social achievements of workers.**

**World Laughter Day** was established in 1998 and the first celebration was on 10 May 1998, in Mumbai, India. Mumbai, arranged by Dr. Madan Kataria, founder of the worldwide [Laughter Yoga](#) movement. [1] Positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way.

**2 / 3 May** Eid Ul Fitr is predominantly a Muslim Festival which is celebrated for 3 days. It is an occasion to get united with the supreme god 'Allah' and express gratitude towards god for looking after humans. It is also a 'Day of Forgiveness', 'Thanksgiving' and 'Day of peace' as on this day Muslims assemble in congregation to pray for forgiveness and thankfulness; praying itself establishes peace within the heart. It is celebrated after the long fasting month of Ramadan (the 9th month of the Islamic calendar), on the first day of the Shawwal month of the Hijri year (Islamic calendar). As per Islamic historical records - the Qur'an (holy book of muslims) was revealed to Prophet Mohammed in the last 10 days of Ramadan. **Eid is an Arabic word which means 'Festivity' and 'Fitr' means 'Conclusion of the Fast'**

**6 May Global Road safety Week** The 6<sup>th</sup> UN Global Road Safety Week, held 17-23 May 2021, highlights the benefits of low-speed urban streets as the heart of any community. The Week calls on policy-makers to act for low-speed streets in cities worldwide, limiting speeds to 30 km/h (20 mph) where people live, work and play. Low-speed streets make for cities that are not only safe, but also healthy, green and liveable. The objectives of the Week are to garner policy commitments at national and local levels to deliver 30 km/h speed limits and zones in urban areas; generate local support for such low-speed measures; and build momentum towards the launch of the Global Plan for the Decade of Action for Road Safety 2021-2030 in late 2021 and the High-Level Meeting of the UN General Assembly in 2022. Partners worldwide are invited to join the #Love30 campaign to build #StreetsforLife.

**7 May Guru Rabindra Nath Tagore Jayanti** - The Guru Rabindranath Jayanti public holiday celebrates the life, influence, and works of Rabinda Nath, the great Indian poet-philosopher, musician, and educator. The day of the festival is 25 Baisakh on the Bengali Calendar, which may fall on or near 7 May on the Gregorian Calendar, depending on the year.

Guru Rabindranath was born on 7 May in 1861 and died in the year 1941. In West Bengal and throughout India, Guru Rabindranath Jayanti is the occasion for cultural programs and all manner of educational or entertainment focused events that focus on Rabindra Nath's life and works.

**8 May Mother's Day** - **Mother's Day** is a celebration honoring the [mother](#) of the family or individual, as well as [motherhood](#), [maternal bonds](#), and the influence of mothers in society.

**15 May International Day of Families** - Founded by the United Nations (UN) in 1994, the International Day of Families is observed every May 15 to honor the importance of families. Families—both traditional and non-traditional—are the foundation of society.

**16 May Buddha Purnima** - Buddha Jayanti or Buddha Purnima is the celebration of the birth of Gautama Buddha, This day is commemorated by Buddhists and Hindus all over the world, and is a major festival in countries like India, Nepal, Bhutan, Burma, Thailand etc.

**18 May National Museum Day** - The objective of International Museum Day (IMD) is to raise awareness about the fact that, “Museums are an important means of cultural exchange, enrichment of cultures and development of mutual understanding, cooperation and peace among people.”

**21 May World day for Cultural Development** - The **World Day for Cultural Diversity for Dialogue and Development** is a United Nations—sanctioned international holiday for the promotion of diversity issues. It is currently celebrated on May 21. The United Nations General Assembly proclaimed this holiday due to UNESCO's Universal Declaration on Cultural Diversity in November 2001

**31 May Anti Tobacco Day**

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes.