



# ST. JOSEPH'S EVENING COLLEGE

(Autonomous & Re-Accredited by NAAC)

Humanities  
Newsletter

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**2019**

The **Humanities** Department

## The Humanities Department

**The Department of Humanities** at St. Joseph's Evening College is one of the biggest departments in the college. The Department encompasses a host of individual departments such as History, Economics, Political Science, Sociology, Journalism, Psychology and English.

As the name implies, the Department of Humanities deals with academic disciplines related to human society in some form or the other.

### New Academic year kicks-off at SJEC

By Ignatius Arun



St. Joseph's Evening College (SJEC) reopened its gate for the year 2019-20 by welcoming the students for the next academic year. The students gathered at St. Joseph's Boys High School to attend inaugural and orientation program for the year on June 3. The programme commenced by watering a sapling, and a prayerful song sung by the college choir.

Rev. Fr. Brian Pereira, Director of SJEC; Dr. Albert Smith, Principal of SJEC; Dr. Priya, Vice-principal of SJEC inaugurated the programme. Fr. Brian appreciated the students for their tremendous perseverance and striving nature, and not to give up on education during tough times. "As a Josephite you're here to fulfill the objectives of our institution that is academic excellence, social concern and character formation. These are the key principles one needs to follow to absorb yourself into our society," said Fr. Brian.

Dr. Albert Smith, the Principal also welcomed the students by thanking the Almighty and encouraged the students to perform well this academic year. He also thanked the faculty members, administrative staff for helping him to successfully run the institution till date.

### SJEC gets new director

By GR Rajesh Kumar



Rev. Fr. Brian Pereira, the Rector of St. Joseph's Institutions and Vice-President of Bangalore Jesuit Educational Society (BJES), took over the additional responsibility as the Director of SJEC in late May. Fr. Pereira succeeds Rev. Fr. Arun Prashanth D'Souza, Secretary and Treasurer of BJES.

### Observing Environmental Day

By Anju David

On the occasion of World Environmental Day 2019, the AICUF association celebrated the auspicious day by creating awareness about the environment. A video on environment was screened in SJEC quadrangle. The video detailed the ways to protect and save environment. AICUF encouraged the students to adapt a sustainable living environment for a better future.



## SJEC welcomes fresh batch of students

By Ignatius Arun

The College marked a fresh opening for the first batch of UG students, as an orientation programme was conducted for the students and parents at St. Joseph's Boys High School Auditorium on June 6. It couldn't have been a better time as it coincided with the World Environment Day.

Underlining the concern and responsibility to protect the environment, the management, staff, and students along with parents inaugurated the programme by planting a sapling.

Fr. Brian Pereira, Director of SJEC welcomed and thanked the students for choosing SJEC to pursue their dreams. Enlightening the students through his speech he said, "Today we are entering into a covenant and not a contract. Your relationship with this institution is a sacred one, where you will remain as a Josephite forever through this covenant." He promised the students to witness a larger exposure through the institution's Ignatian pedagogical paradigm, which will provide larger exposure.

Touching upon these lines, he also requested the students to put in 100 percent effort to earn the degree, and become a better person among the peers in the society.



## Opinion Piece: Life in fast-paced cities

By Navneet Malik

I have been residing in Bengaluru for the past two years. In this short span of time, I have come to know some people, but not in real sense. I live in a tall storey building, and I share my floor with someone as it is her roof, but I don't even know her name, and I am sure she doesn't know my name either.

I have even tried to say 'hello', but she ignores me as if I were invisible. In this fast-paced city, my bank balance is increasing day-by-day, and so is my loneliness. And it shocks me that in this city of 1.23 Crore population, I feel all alone.

I come from a small town, and in my town I know almost every person; some of them by name or some of them by face. When I got transferred here, I didn't want to come here, but my company wooed me with a huge promotion. When I was planning to come to Bengaluru, I searched the population and 'Google Baba' informed me that it was 1.23 Crore.

I was wondering as to how I can get to know every person, because I was comparing this city with my town. Back then I was excited about the prospects of coming to this city. I joined my job, and tried to mingle with my co-employees. The first thing I got to know is that in my company nobody wants to even see each other. It seems as if they are involved in a cold war; everyone seems to be involved in a race of getting high salary and promotion. I was in for a rude shock because in my town if anybody does not

like anyone due to any reason, they do not even acknowledge each other, and working together would seem impossible. But here situation is totally opposite as every day every one wishes each other without feelings, and also work together.



I feel that only one man is wishing me in office from his heart, and that is the security guard because I'm not his competitor. Every day is a routine; I finish my work and go home. Another thing I have realized is nothing comes for free in this metro city, and this is followed even in making friends. If suppose I try talking to men they wonder as to why I am showing interest. Is it because I seek help, or anything to do with future; or will I get free food and alcohol. The response is dependent on these assumptions. Even when I try talking to the opposite sex, I get judged. They assume that I have some ulterior motives.

Every evening I end up feeling lonelier than ever. No one is interested to share feelings, care or emotions. I may get rich one day but not rich in terms of good friends.



## Awareness on Population

By Sadia Waheed



On the occasion of World Population Day, the Department of Sociology created awareness on population issues by conducting three events on July 6, 2019 at campus.

The events included drawing competition on the theme, 'Diseases free India'; collage making competition on the theme, 'Happy Mother and Happy Child'; and essay writing competition on the theme, 'Family Planning in 21st Century.' Nearly 10 students participated in the events.

The awareness events were organised by Mr. Dav Fod, HOD of Sociology Department.

## COLUMN: A Slice of Heaven

### Do you fancy a cup of Chamomile tea?

By Indu S

For long I have been a tea aficionado, but my relationship with tea is complicated to say the least. Some people may find it strange when I say I don't drink tea past 4 in the evening because I can't fall asleep in the night. But it is how it is.



I was sharing this small predicament with a friend of mine when she suggested chamomile tea in the evening for good sleep. But it took me some months, and a lot of research before I could try the famous chamomile tea which is said to be loaded with health benefits such as improved sleep, digestive health, good skin, protection against cancer, immune health, relief from anxiety and depression, among others.

It was my disturbed sleep at night that drove me to place an order online for chamomile tea. Chamomile tea is conveniently available in the form of tea bags. All you have to do is heat some water in a kettle and pour it over a bag of chamomile tea in a cup, and let it steep for a few minutes.

The tea was a clear yellow liquid, and the first sip seemed queer as chamomile tea is made from chamomile flower. The taste was mostly bland with a subtle hint of chamomile flower; not at all overpowering. After a few cups, I was well acquainted with the taste.

What surprised me was that the tea did wonders to my sleep. I slept throughout the night without any disturbance, and there was an added advantage of a sense of calmness that prevailed. Now chamomile tea has become a daily routine of my life. Dinner without chamomile tea is incomplete. And on holidays, I find myself indulging in afternoon naps after a cup of this elixir.

## Workshop on handwriting skills

By Pavan Nadig

On July 8, the Department of English of St Joseph's Evening College (SJEC) organised a oneday Workshop on hand writing skills for the undergraduate students. The workshop was conducted by handwriting expert and analyst, R . Bhaskar.



"Handwriting plays a major role in every individual's life. An individual's handwriting resembles his or her personality," said Mr. Bhaskar. The workshop was organised by Mr. Diwakar

## Hopkins lecture series commences

By Sanghavi P.S

On August 2, 2019, Hopkins Lecture Series for the academic year kick-started with a lecture on Politics and Fiction by Prof. Rajendra Chenni from Kuvempu University.



The lecture which was organised by the Department of English (Post-graduation) saw the participation of post-graduate English literature students in the A.V Room.

Prof. Chenni spoke about the influence of fiction on politics.

## COLUMN: Want to be extra-productive? Delete your social media account

By GR Rajesh Kumar

If you are someone who waits until the very last minute to find inspiration to complete the task, then you are not alone. Be kind to yourself and find ways to handle your procrastination. We tend to feel discomfort in doing hard tasks, but instead get easily distracted to focus on things that give us immediate pleasure such as checking friends' updates on Facebook or scrolling through Instagram photos. It is important to identify the source of such discomfort and try to face it head-on.

Several research indicates that social media is one of the top procrastination tool for the younger generation. A five-minute surfing on Facebook can quickly extend to several hours. It is so addictive that it occupies all our active, productive time and fills with empty thoughts

I remember how I was easily distracted using Facebook during the exams. When I make a post, there is a constant urge to keep checking the number of likes, comments, and shares. There is an immediate adrenaline rush to feel accepted, and approved by the unknown, whose opinion may not hold any tangible benefit to our existence.

Of course, if your profession or business is tied to the work related to social media. Then it would add value. But otherwise, as a user, social media is a devil that needs to be handled with extreme care and caution.

One possible solution to mitigate this problem is as a starter, sign up for the 'Facebook Deactivation 90 Days' challenge. It might be a real challenge that tests your commitment. But you will realise soon enough how many pending tasks are getting ticked. You will soon find loads of free time to do many interesting things in life.

To be extra productive, start with a to-do list. If you find yourself so unbearable to miss checking or posting on Facebook or Instagram, you could allow yourself to have a short social media time, such as 20 minutes a day and see how it helps. It is important to be firm with your resolution. Even if you get back on Facebook or Instagram, avoid every interaction whether posting or liking. Try to be a passive user for a while to gain full control.

Remember, you are in full control to make the right choice for a better productive life. Don't give in too easily to the world of social media distraction. We have existed long before social media, and we will live even after the end of social media. What truly matters is to actually live this one beautiful life, instead of pretending to live.

## Remembering Girish Karnad

By Ignatius Arun

The Department of English (postgraduate) in association with Department of Kannada organised a special lecture session to remember famous writer and actor Girish Karnad on August 3, 2019.



## Guest lecture on current legal issues

By Vinod Jayaram

The Department of Sociology in association with The Legal Literacy Cell conducted a guest lecture on current legal issues in the Loyola Hall on August 27, 2019. The resource person was Rev. Fr. Praveen Hrudayaraj SJ (LLM), the vice principal of St. Joseph's College of Law.



## Remembering Nelson Mandela

By Immanuel Rakesh

On the occasion of Nelson Mandela International Day, the Department of History (Lastoria) in association with the Department of Humanities, SJEC, conducted a special talk on "Remembering Nelson



Mandela - Relevance of his ideals in the present world' on July 16.

The resource person for the programme was Dr K Paul Newman, Associate Professor, Department of History. The programme started at 7:45 with a mime and was followed by the talk. BA students of different combinations took part in the session. "I think it's very relevant to study Nelson Mandela and his contributions in the present scenario where the world is facing several problems such as violence against Dalits, women, and incident of mob lynching of minorities have increased," said Mr. Mahesh D.K., Assistant Professor of the Department of History and the faculty co-ordinator of the programme.

## Talk on career in Radio and TV

By Sanghavi P.S



On September 19, 2019, the Department of Journalism and Mass Communication organised a guest lecture on radio and television for BA Journalism students and

MA JMC students. The resource person was Mr. Sachin Tantri. The event started at 7:00 p.m. in A.V. Room.

The purpose of the lecture was to introduce the students of media to the world of radio and television. The guest lecture covered some major points regarding career opportunities available in radio and television. Some fun activities were conducted for the students as students tried out auditioning as RJ. The session ended with an interaction with the audience.



## Eulogy for Mai

By Delena Rodrigues

Good evening everyone. I'm standing here with a shattered heart and a strong mind representing the children, grand children, family and friends of Milliana Rodrigues; our beloved Mai.

She bravely fought her battle of life until yesterday morning 6.15 am. And summoned herself to God.

She was born on 28th Jan 1928; to late Lawrence and Angelina D'souza. She grew up with 8 siblings she being the second eldest. She got married to late Mr. Peter Rodrigues who loved her immensely and became a proud mother of 8 children. She was one of a kind and believed that the Holy Rosary to be her only weapon. Thus she made sure her disciplined life, strong faith and love was passed on to all her children, relatives and friends. She knew how to love without words and made sure all the animals she met or kept remained happy and healthy. She was a Brilliant cook and always made sure anybody who came home never left empty stomach. She was never biased and kept everyone united with open arms. The goal in the end was to keep all her loved ones close to her.

My memories with her are cherished always and I believe I won't find a strong lady like her who's sense of humour cracked up any tensed situation. She loved her children and thus she enjoyed her life with 2 son-in-laws and 6 daughter-in-laws, 19 grand children and 10 great grand children; all blessed by her love and care.

I believe she loved her life to the fullest and she is at a much safer place now. Thus leaving behind sorrowing family and friends. Our Mai was most lovingly called as Minna by her husband and everyone till date calls her Minna Mai! Who by all means has found her eternal resting place.

I would not want to take more time here; but not enough words can describe her. I have a small poem for her which I thought would suit her best.

In my Rose Garden of memories, I see you standing there, an Angel in disguise, who taught me how to care, I long to hear your voice for real not in my dreams, I am missing you so much, how empty my world seems, people say time heals all wounds but Mai I can tell you they have lied. But I know though you're gone from this mortal world in my heart you'll always be.

God saw you getting tired and a cure was not to be, so he put his arms around you and whispered "come to me". With tearful eyes we watched you and saw you pass away and although we love you dearly we could not make you stay. A golden heart stopped beating; hard working hands at rest, God broke our hearts to prove to us He only takes the best.

I on behalf of my family want to thank you all who is here today to pay their respect to my Mai.

Goodbye Mai until we meet again; we love you.

## Poem

By Delena Rodrigues

Here I am trying to pen down some sense!  
Glued to you I am, because torn we were when we found us!  
Each birthday we celebrate together shows that we are growing  
old, strong and wise together.

I can't thank God enough for making US ONE!  
Because together we are fun.

The older you grow, more handsome you get.  
Girls turn to you, well proudly you turn to me.

Each time you hold the door for me,  
Each time you ride the bike for me,  
Now is the best time for me to say thank you.

I turn to my side you hold me,  
You turn to your side I hold you!  
Well that is how cute we are together.

When your in my arms I wish there is a night that starts but  
forgets to end.  
Our love for each other is what holds us together forever.  
I'm so lucky that your eyes caught mine, make me feel heavens  
mine.  
Mortals are proud to have earned diamonds,  
I am proud to have earned your soul!

When God created you I was the background on His mind.  
My heart skips a beat when your fingers touch mine.  
How beautiful is this love a feeling that is eternal.  
Nature is given us the pleasure of love, which each time we  
commit we passionately love.

For the women in me is to which the man in you bows to,  
For if you look down on me is when I can look up for you.  
This is the time where young minds find love to be lust,  
Lucky as we are here to find love to be trust.

Beautiful is the world with lovers blind, blessed are we to find  
love and sight.  
Cupid struck us right, when the Angel spoke your night.  
Your lips touching mine, while your hands creasing me fine.  
Dinner I make, smiles you fake, just to comfort the heart that  
made.

Your naughtiness to me is like my cuteness to you.  
Fat is how I look, sexy is what you see, fair is what I am and  
brighter you are next to me.  
Here I am madly in love with you. For I know truly your in love  
with me



## Economics Guest Lecture



The department of Economics of St. Joseph's Evening College (Autonomous) organized a guest lecture on 27th July, 2019 for the all 1st year B.A and 1st year PG students. The topic for the guest lecture was, "Starting Strong in the Corporate World". The objective of the guest lecture was to motivate students to acquire the skills and abilities required to build their career in the different Multi-National Companies.

Ms. Pavithra Andrews, an Alumna of our College from 2008 batch with 11 years of corporate experience and currently working as a manager at Hudson's Bay, a MNC was invited as the Guest Lecturer.

Ms. Pavithra, with her vast experience, gave an insight into the corporate culture and the challenges of working in MNCs. She motivated our students and gave them direction on preparing themselves for working in the corporate world.

## Ways to manage exam stress

By Abraham A

On September 18, 2019, the department of Psychology organised a guest lecture on 'how to manage exam stress' for all the BA students. The



event was conducted in AV room. The resource person was a former Josephite, Mr. Ninoy Rodriguez, a counsellor and mental health professor.

Mr. Rodriguez shared details regarding the status of mental health in India. The event was interactive with lot of activities which saw active participation of students.

## OPINION: Revocation of Article 370: A Betrayal of Promise

By GR Rajesh Kumar

It comes as no surprise that the rightwing government is determined to tear down every beautiful structure to its ruins; revocation of Article 370 is seen as a direct attack on the people of Kashmir and their rights. In a sense, it is India's betrayal of the promises made to Kashmir and its people. The sentiments of the people are crushed by the totalitarian regime at the centre.



To understand this gross violation of rights of people and death of democracy, it is imperative to understand the preceding events that led to the revocation of the article. The BJP government in the centre, with an eye on the upcoming elections, created a fake hysteric atmosphere in the guise of terrorism threat to Amarnath Yatra victims and soon deployed lakhs of military personnel to take control of Jammu & Kashmir. Police and military personnel occupied at every street corner controlling the flow of the people movement. Internet and telephone lines were disabled cutting off the people of Kashmir from the rest of the world.

Even former chief ministers and politicians were kept under house arrest 24 hours prior to the tabling of the bill in the parliament. The communication lockdown triggered a widespread panic among the Kashmir people and also among those who value freedom and democracy. Doesn't this resemble the undemocratic practices practiced by totalitarian regimes across the world? Article 370 provides special status and rights to the Kashmir people as was promised by the Sardar Vallabhai Patel to the princely state ruler Raja Hari Singh. And Article 35(a) provides the power to J&K Legislature to define who is a permanent resident.

The heading "Temporary, Transitional and Special" provisions of Article 370 have been wrongly interpreted by many. It has been used to spread misinformation among the public to garner support for their cause. However, several Supreme Court judgments have clearly indicated that this provision is not temporary. The Supreme Court on April 2018 said that despite the headnote using the word "temporary", Article 370 is not temporary. In Sampat Prakash (1969) the SC refused to accept Article 370 as temporary.

The peddlers of lies, venom, and hatred have a field day disposing of lies and misinformation not only through the new media but the mainstream media as well. Islamophobia and the bigotry are the only reason that these right-wing anti-democratic forces are hell-bent in destroying the vibrant colours of India.

GR RAJESH KUMAR IS A HUMAN RIGHTS LAWYER AND ACTIVIST, CURRENTLY PURSUING II YEAR MA JOURNALISM & MASS COMMUNICATION AT ST. JOSEPH'S EVENING COLLEGE, BENGALURU.

## COLUMN: A Slice of Heaven Is it Bhel Puri, Pani Puri? No its All Mix!

By Rakesh Immanuel

Food is one of those few indulgences in life that can take you to places you can barely think of. I want to share one of the most delicious



chaat places in which I have eaten. The very thought of it makes my mouth water and if you are a food lover, then you must try this chaat house called “Shankar Bhel House”.

This place has always been a favourite of mine, and it dates back to more than three decades of serving one of best street chaat. I use to visit this place when I was a kid with my parents, and now with friends. If you’re looking for a quick snack that is easy on the pocket, this one is for you.

What’s so special about this place? Well, this place has stood the test of time. The management and staff are friendly. The service time is pretty decent and the ambience is maintained well. You stand by the wayside and eat up. The menu consists of some regular chaat items such as masala puri, panipuri, bhelpuri, samosa masala, cutlet masala, among others. And then there is the special items of all sorts of mixes – bombay mix, five mix and even an all mix. They also have a ragada papadi chaat. This place has nothing elaborate, they haven’t even revamped the place, but the food is nice. That’s all that matters.

This time, I had ordered all mix – a chaat combination of veg cutlet, sev puri, samosa, masala puri and dahi puri to top it off. This is one of my favourites as I can taste five different chaats in one serving while saving my appetite for other chaats. The next item on the menu was five mix chaat, a combination of five special and most asked chaat here which consists of paapdi chaat, sev puri, veg cutlet and dahi papdi making it filler. The last chaat item that I couldn’t resist was pani puri; the pani served is spicy and leaves you wanting more. Address: 131, Wheeler Road, Frazer Town, Bengaluru.

## Colosseum: Inter-Collegiate Literary Fiesta sees huge participation

By Pavan Nadig



The Department of English and the Literary and Debating Society, St. Joseph’s Evening College organized a state level inter-collegiate literary fiesta, ‘COLOSSEUM -2019’ themed, “Reminiscing the Classics” on August 17, 2019. About 16 colleges participated in this big event with 148 participants. Dr. Anupama Nair, Assistant Professor, Christ Deemed to be University and Prof. Gracelet Stanley, former principal of SJEC were the chief guests for the programme.

The sole purpose of this fest was to provide a platform for the students from various colleges in Karnataka to showcase their myriad literary talents. Colosseum comprised some of the creative events that included online essay competition, twist a tale, owl of Minerva, literary quiz, literary parade, music mojo (solo singing and group singing) and poster presentation.

St. Joseph’s College of Commerce won the overall championship with 85 points and St. Joseph’s College of Law were the runners up with 80 points. DD Chandana TV channel and Radio Active 90.4 covered the entire programme at SJEC campus. The event was organised by Mr. Jeffin Lijo, Assistant Professor.



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