

KRIDOTSAVA 2023 : CELEBRATING JAYANTIAN SPORTSMANSHIP AND VICTORY



Photo credit - Joann

Prabhash Kumar Mandal, II MA JMC

The vibrant and energetic atmosphere of Kristu Jayanti College's new airport road Bagalur campus came alive as they hosted the much-anticipated annual sports day, KRIDOTSAVA 2023-24, for their undergraduate students on November 4, 2023. The event was inaugurated by chief guest Major General Ravi Murugan AVSM, General Officer Commanding Karnataka and Kerala Sub Area, who took the stage with a powerful message on the importance of sports and fitness. In the inaugural address, Major General Ravi Murugan AVSM, General Officer Commanding Karnataka and Kerala Sub Area, emphasized on the vital role that fitness plays in the military and how it intertwines with the world of sports. He shared a thought-provoking observation made by a British commentator during the World Athlete Championship. The commentator had said "India, like a giant, has awakened in the field of athletics," highlighting the nation's emerging prowess in the world of sports. Major General Ravi Murugan AVSM emphasized on character development through sports and said, "American economist James Heckman, who dedicated 40 years of his life to research said that 80% of our success is determined by the life

skills we possess. This underlines the significance of sports in shaping not only athletes but well-rounded individuals." On the occasion, Rev. Fr. Dr Augustine George, Principal, Kristu Jayanti College Autonomous, announced the winners of the march past and the banner competition. The winners of march past were first place- Jayantian Spartans, second place- Jayantian Blasters and third place -Jayantian Rangers. The overall winners of the annual sports day – Kridostava 2023- 24 in the Games Category were Jayantian Spartans and runners up were Jayantian Blasters. The overall winners in the Athletics Category were Jayantian Blasters and runners up was Jayantian Titans. The star sportsperson of Kridostava 2023-24 in men's category was shared by Sagar S Gowda from Jayantian Rangers and Magnus Andrew from Jayantian Gladiators house and in women's category was Irene Rose Bijoy from Jayantian Jaguars. The houses of KJC are Jayantian Strikers, Jayantian Superkings, Jayantian Jaguars, Jayantian Blasters, Jayantian Spartans, Jayantian Titans, Jayantian Gladiators and Jayantian Rangers.

“

All success, whether in life or sports, is not determined by the outcome of a single event. It is the value that lies in the journey, experiences, and lessons you learn. Participation is the victory, and winning is the icing on it

”

- Major General Ravi Murugan AVSM

DELPHIA 2023: A LITERARY EXTRAVANGANZA

Leeya Joseph Nellary, VI BA JOEN

On October 5, 2023, Kristu Jayanti College's Department of English brought literary enthusiasm to life with the grand return of the annual intra-collegiate fest "Delphia". This time, the aim was to not only celebrate the love for literature but also the Silver Jubilee of the college. The fest was inaugurated by Fr Dr Augustine George with the lighting of the lamp.

This year, the theme was "Zeitgeist—Spirit of the Times" to commemorate the Silver Jubilee of the college. Under the diligent guidance of student and faculty coordinators, "Delphia" offered an excellent platform for students to display their creative and literary talents. The fest consisted of a total of 12 events, including debate, quiz, and creative writing.



While every event was executed successfully, the live exhibition was the highlight of the fest. This 20-minute skit was the most anticipated event among all the students. "I had a fantastic experience at the live exhibition. The entire production, from the storyline to the management of light and sound, was near-perfect. Kudos to the team for pulling this off within a short amount of time," said Anand Krishna, a third-year student who looks forward to witnessing the exhibition every year.

Delphia 2023 was not just a literary extravaganza but a celebration of literature and creativity. This fest was a testament to the enduring spirit of learning, artistic expression, and community that thrives within the institution.



MANODARSHAN 2023: OUR MINDS, OUR RIGHTS

Akshara Vivek Nambiar,
IV BA PYJO

Celebrating and showcasing the journey of curious minds, the Department of Psychology organised Manodarshan, an intra-collegiate psychology exhibition, on October 4, 2023. This year's theme was "Our Minds, Our Rights". Rev Fr Dr Augustine George, Principal of Kristu Jayanti College Autonomous, inaugurated the exhibition. He highlighted the Psychology Department's initiative to showcase impressive ideas and promote knowledge. The exhibition featured 10 working and 14 still models created by students based on psychology-related topics. Some models that stood out were a talking structure for a child on the autism spectrum, a step-by-step model for a child's prenatal development, and a carousel-like structure for the effects of peer pressure on depression. Manodarshan was open to the students of Kristu Jayanti College as well as students from other schools and colleges. The interactive features of the exhibition included

photo booths, motivational quote banners, and a board for guests to leave feedback. The judges of the exhibition were Ms Christy Thomas and Ms Lizabeth, alumni of Kristu Jayanti College Autonomous.

“

This was a great opportunity that helped us students come together to not only learn but also spread knowledge

”

- Nivedita Jamaur, Runner Up for the Working model at Manodarshan 2023

MBA SIP: EMPOWERING MINDS, INSPIRING FUTURES

Maria Babu Thomas, VI BA JOEC

The Kristu Jayanti School of Management hosted the Student Induction Programme (SIP) for first-year batches of MBA from August 21, 2023 to September 30, 2023. The 45-day programme was designed to train students by encouraging them to think creatively and critically, improve life skills, grow as leaders, learn to negotiate, and overcome obstacles. The courses offered by the SIP ranged from general workshops to Value Added Courses (VAC), Life Skills, Leadership Development Programme (LDP), Academia Industry Innovative Series (AIIS), Bridge Courses, Business Plan Presentations,

Case Study Presentations, Article Review Presentations, E-Library Resources Workshop, Leadership Outbound Training Programme, Minor Project Presentations, and Book Review Presentations. Dr Aloysius Edward, Dean, Faculty of Commerce and Management, said, "We believe MBA is not just a 2-year course; it's a 2-year training programme. Before any training programme, a person has to undergo an induction; this is what the Student Induction Programme is about. Since, students come from multidisciplinary backgrounds to pursue an MBA, we have to make sure that they learn the basic concepts."

FOLK MUSIC: THE BRIDGE BETWEEN COUNTRY AND CITY

Akshara Kappagantu, VI BA PYJO

The afternoon of November 6, 2023, witnessed the magic of Kannada folk music during 'Rhythm of Janapada' - Voice of a Folk Artist, the event organised by the Department of Media Studies. The event was led by Prof Chandrashekhar, Assistant Professor, Department of Kannada. Mr Anthony Augustin G, the student coordinator of the event, welcomed the gathering. The three songs performed were 'Kumbhara,' the pot maker song, followed by 'Bhagyada Balegara,' the bangle maker song, and 'Rela Re,' a song celebrating nature. The event concluded with a vote of thanks delivered by Mr Sachin Pokhrel.

Honouring Karnataka's Heritage and Shaping Its Future

Sarah Ann Sebastian, II BA PYJO

Annually, on November 1, the vibrant state of Karnataka comes alive with a wide array of festivities and patriotic fervour, all in honour of Karnataka Rajyotsava, more commonly recognised as Karnataka Formation Day. It serves as a jubilant commemoration of Karnataka's rich history and its diverse cultural heritage. Karnataka, indeed, is a state endowed with an abundance of historical treasures, breathtaking landscapes, and a rich tapestry of traditions. The state proudly boasts a legacy steeped in literature, art, music, dance, and more. On Karnataka Rajyotsava, the streets come to life with the vibrant yellow and red hues of the Karnataka flag. Traditional folk performances, melodious music concerts, lively processions, and exhibitions showcasing Karnataka's intricate art and craftsmanship constitute the very essence of these celebrations. On this special day, Karnataka stands as a testament to the harmonious coexistence



of progress and tradition. The state's rich history, culture, and heritage continue to inspire its people to pursue a future that seamlessly merges progress with a deep-rooted connection to its traditions. Karnataka Rajyotsava transcends being a mere observance; it serves as a poignant reminder of the state's illustrious past and an earnest call to action for its promising future.

VIDHYARTHI BHAVAN: 75 YEARS OF DOSAS COFFEE AND CULINARY LEGACY

Bibha Kumari Pandey, VI BA JOEN

Vidyarthi Bhavan, a renowned restaurant specialising in dosas and coffee, has been a culinary institution since 1943. With a rich history spanning over 75 years, the eatery was established by Venkataramana Ural, hailing from Udupi. Inspired to create a modest eatery with a specific focus on serving hungry students from the National High School and Acharya Patshala, its inception was marked by a commitment to affordability without compromising on quality. Soon, word spread beyond the student community, attracting diverse adult customers. At the heart of the bustling Gandhi Bazaar, Vidyarthi Bhavan is surrounded by lively market stalls. Chutney became an essential accompaniment to Khara Bhath, a variant of Rava Upma boasting a velvety texture that delicately dissolves on the palate. The Kesari Bhath, a vivid blob of neon yellow, is generously fried in ghee, promising a delightful experience as spoons are meticulously licked clean. Among their offerings, the Masala Dosa stands out, arriving impeccably stacked on the waiter's arm. As it graces the table, a golden stream of melted

ghee cascades from the dark-brown dosa. This culinary marvel achieves a perfect balance, with a crisp exterior and a miraculously fluffy interior, setting it apart as a true masterpiece. Before bidding farewell, customers enjoy frothy coffee served in traditional tumblers. Vidyarthi Bhavan welcomes guests from 6:30 a.m. to 8:00 p.m., offering its delectable fare throughout the day. For more than seventy years, Vidyarthi Bhavan has been an essential pillar of Bangalore's cultural and culinary landscape. This esteemed establishment has consistently drawn locals and tourists, epitomising the essence of the city's gastronomic legacy. Originating as a sanctuary for hungry students, it has evolved into an adored institution that spans across generations. Nestled in the lively core of Gandhi Bazaar, known for its signature dosas and fragrant coffee, and welcoming atmosphere, it has become an inseparable part of Bangalore's bustling market ambiance.

MOVIE REVIEW

A tale of Friendship, fallout and the pain in between



Adharsh S, IV MA JMC

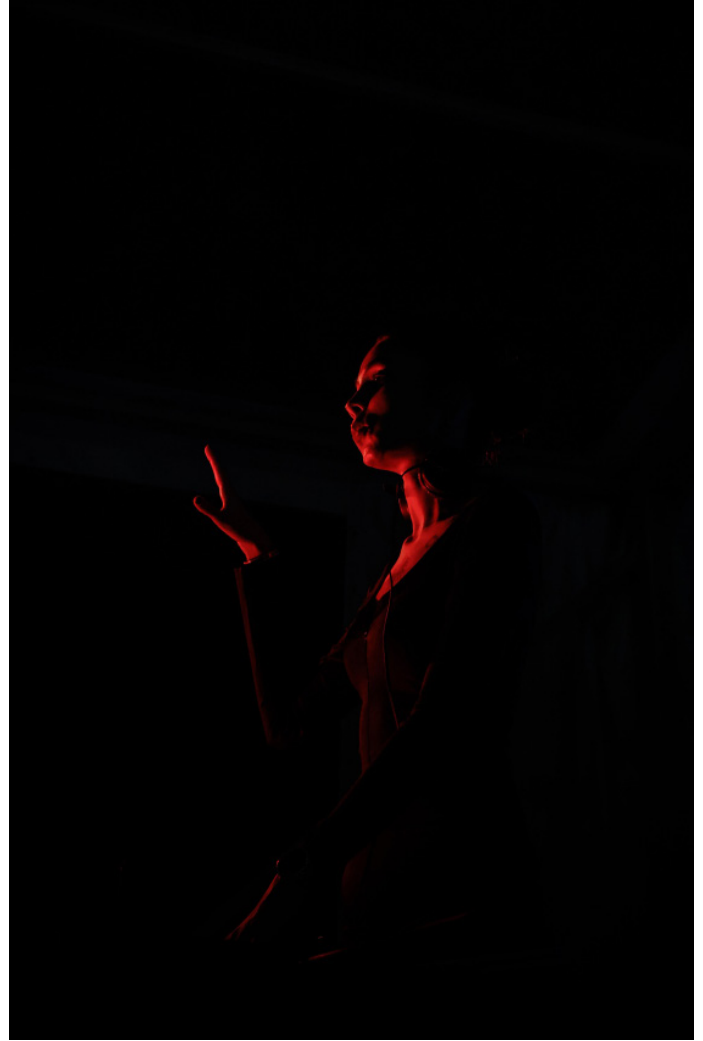
What if one day your closest ally becomes indifferent to you and stops talking? Initially, you're confused, hoping it's just a passing phase, but gradually, you realise it's a permanent change. It's heart-wrenching, much like the film "The Banshees of Inisherin". Set in the 1920s on a fictional Irish island, Colm and Padraic were best pals in a close-knit community where everyone knew each other. Padraic becomes the talk of the town when Colm publicly declares their friendship over.

The film delves into Padraic's struggle to come to terms with this abrupt change, painting a profoundly painful and nuanced story of how people can transform. The exceptional performances of Colin Farrell and Brendan Gleeson as Colm and Padraic, along with Barry Keoghan as Dominic Kearney and Jenny, the miniature donkey, add depth to the narrative.

The film's visuals create a perfect canvas for the island's tragic essence. Carter Burwell's music and moments of silence effectively convey Padraic's agony, making it a captivating exploration of complex emotions and evolving relationships in a small Irish island setting.



“A Tiny explorer in the sea of grains”
Picture by: Catherine JP, VI BA PYJO



“A Ray to Zenith”
Picture by: Sujith Billava, VI BA VISCOM



“Let your soul and spirit fly”
Picture by: Advaith Kizhuppilly Pushpakaran,
II BA VISCOM



“The one who enjoys his own world
without limits”
Picture by: Muhammad Shahas P, VI BA VISCOM



“Experience the mystical allure of Theyyam, where art and spirituality intertwine”

Picture by: Shivanandana K Nair, IV BA VISCOM



“Amidst the crowd’s laughter, a chilling smile emerged”

Picture by: Jason Mathew George, VI BA VISCOM



“Sacred flames ablaze, illuminating our devotion during the puja ceremony”

Picture by: Gregory Joshwa Binu, II MA JMC



“Crafting culture, preserving heritage, one handmade masterpiece at a time”

Picture by: Jason Mathew George, VI BA VISCOM

KARNATAKA RAJYOTSAVA: CELEBRATING CULTURE, LANGUAGE, AND IDENTITY

Parnava Ghosal, VI BA JOEC

Karnataka Rajyotsava is annually celebrated on November 1. It holds a unique place in the hearts of Karnataka residents. This day marks the official formation of the state, and while it is widely celebrated, opinions about Karnataka Rajyotsava can vary widely among its residents. For many, Karnataka Rajyotsava is a day of immense pride and cultural celebration. It's an occasion to honour and showcase the diverse and vibrant culture of Karnataka. The grand parades, traditional attire, folk dances, music performances, and cultural events that take place across the state showcase Karnataka's rich heritage. Residents take immense pride in wearing traditional attire, and there is a sense of unity and belonging as people come together to celebrate their shared heritage.

VIDHANA SOUDHA: KARNATAKA'S DEMOCRATIC JEWEL UNDER THE NOVEMBER SUN

Sreya Ann Mathew, IV MA JMC

In the heart of Bangalore, under the benevolent November sun, the Vidhana Soudha, a majestic symbol of Karnataka's legacy, awakens on Karnataka Rajyotsava. As Karnataka's democratic citadel, it opens its doors to all, housing the Legislative Assembly and Council. It becomes a luminous storyteller of Karnataka's rich heritage and the embodiment of the people's democratic pride, inviting all to witness the democratic process, where history, culture, and governance converge in harmonious grandeur.



EMBRACING KARNATAKA RAJYOTSAVA: CELEBRATION OF UNITY AND BELONGINGNESS, AN OUTSIDER'S PERSPECTIVE

Abdul Samad, VI BA PYJO

In the capital city of Karnataka, amidst the spirited celebrations of Karnataka Rajyotsava, I, a curious soul from Kerala, found myself standing in awe of the vibrant spectacle before me. Karnataka Rajyotsava, the celebration of the state's foundation day, became my window into the soul of this remarkable land. My journey to Karnataka for education has been an experience that has opened my eyes to the rich tapestry of culture, heritage, and language that defines this magnificent state. Amidst the bustling classrooms and serene campuses, I found a second home, a land that welcomed me with open arms, and people whose warmth has made me feel truly embraced. At first, as an outsider, I observed the festivities with a mix of curiosity and respect. The sea of red and yellow, the colours that represent Kannada culture, engulfed the streets.

The red and yellow flag of Karnataka dances in the wind, a metaphor that paints the sky with the dreams and aspirations of a vibrant populace. The air resonated with the beats of traditional music, and the aroma of delectable local cuisine filled every corner. It was a spectacle that left me in wonder, but more importantly, it kindled a deep sense of admiration and appreciation within me. The inclusivity with which I have been welcomed to this state, despite being an outsider, speaks volumes about the openness and acceptance that Karnataka embodies. In embracing Karnataka Rajyotsava, I find myself not just as an observer but as an active participant in the celebration of the state's unity, pride, and progress. As I join my fellow Kannadigas in commemorating this auspicious day, I do so with a heart brimming with gratitude, understanding that I am not just a guest here. I realised that in the city of Bengaluru, I had discovered not just a land of education but a sanctuary of culture, a sanctuary I was privileged to call my own.

STIMULI '23: A PLATFORM FOR MENTAL HEALTH ADVOCACY AND CREATIVE EXPRESSION

Arya K Suresh, VI BA PYJO

The Department of Psychology of Kristu Jayanti College organised “Stimuli 2023,” a national level inter-collegiate psychology fest, on October 20, 2023. Embracing the theme “Mental Health is a Universal Human Right,” the fest underscored the fundamental right to mental well-being. This event was organised by the postgraduate students of the Department of Psychology. Every year, Stimuli brings together students pursuing psychology in colleges across the nation to engage in exhilarating competitions. The event commenced with a promotional performance in the quadrangle, followed by the Principal, Fr Dr Augustine George, declaring the fest open in the presence of the chief guest, Padma Bhooshan Dr Shayama Chona, Founder President of Tamana, New Delhi. “Stimuli provides a platform for students to showcase their skills, other than academics. It is an opportunity for them to explore themselves,” said Dr. Deepthi Vijayan, the faculty coordinator of Stimuli



2023. With 148 registrations from 12 colleges, this year’s edition saw high participation. There were eight captivating events: Brainstorm (Quiz), Silver Screen Psycho-Mime (Mime), Bill Board (Poster Making), Impromptu (Extempore), and Snapshot (Photography). Offering both online and offline participation modes, the fest extended its reach to students beyond geographical boundaries. More than a competition, Stimuli’23 was a testament to the department’s commitment to hon-

our and advocate for the mental health of all regardless of gender, caste, economic, and social status.

The overall winner of “Stimuli ‘23” was Jain University School of Allied Healthcare and Sciences, Bengaluru. Stimuli, led by the faculty coordinators, Dr Deepthi Vijayan and Ms Sharmili Chatterjee, and the student coordinator, Mr Rejo Reji, along with the postgraduate students of psychology, was a resounding success.

Humantra' 23: Celebrating Diversity and Knowledge



Mahi Sharma, VI BA JOEC

On October 27, 2023, the Department of Social Sciences and Languages at Kristu Jayanti College hosted the intra-collegiate fest, “Humantra’ 23”, themed “Sanskriti Sangam: Exploring Diversity’. The fest spanned throughout the day and featured nine simultaneous competitions held at various venues. The inauguration ceremony was graced by the presence of Dr Hamsini Nagendra, a Professor from the Department of Performing Arts at Bangalore University. Prof Kaveri Swami, the Coordinator of the Department of Social Sciences and Languages, welcomed the gathering.

Fr Joshy Mathew, Head, Department of English, delivered the presidential address. The Chief Guest, in her inaugural address, emphasised the crucial role of performing arts and activities in education. She also unveiled the official poster for Humantra’23.

Ms Priyadharsini Anand, the student coordinator of the fest, delivered the vote of thanks. During the valedictory ceremony, Dr. Gopakumar A V Dean, Faculty of Humanities, commended the department for its hard work and acknowledged the accomplishments of the events that were held. The fest featured a wide array of events,

including “Charades Through Time”, “Unke Andaz Mein”, “Economic Conclave”, “The Talking Heads: Debate”, “Innovate & Advocate”, “Pioneers of the Past”, “Happy Campus” ,and “Econ Summit”.

This momentous day of festivities showcased the diverse talents and depth of knowledge possessed by the students of Kristu Jayanti College, fostering an environment of creativity and learning while facilitating intellectual exchange.



49TH EDITION OF VICHARMANTHAN: AN INTERACTION WITH GLOBAL AND INDIAN VISIONARIES



Kezia Anna Sherry, VI BA PYJO

The Department of Psychology at Kristu Jayanti College, Autonomous, organised the forty-ninth edition of “Vicharmanthan: An Interaction with Global and Indian Visionaries” on October 20, 2023. This session was held in the SKE auditorium from 10:00 am to 11:30 am.

The distinguished resource person for this event was Padma Bhushan Dr Shayama Chona, the founder and President of Tamana, New Delhi. The central theme of this session revolved around “Means of an Inclusive Society.” Dr Gopakumar A V, Dean, Faculty of Humanities, welcomed the gathering. Rev Fr Deepu Joy, Director, Student Welfare Officer graced the occasion by draping a shawl on the esteemed chief guest, symbolising respect and honour.

A video presentation was then played, showcasing the remarkable initiatives and accomplishments of the Tamana NGO. Dr Shayama Chona, our esteemed chief guest, delivered an insightful and inspiring talk that primarily emphasised the importance of inclusivity for mentally challenged children. “It is the universal human right for all

of us to coexist in this world without creating differences”, she stated. She said, “Without creating you and me, we want to live in this world as us”. According to her, one must appreciate the differences and find what’s in common. She also mentioned the usage of the term “Divyang” which translates to “divine body,” and its significance in advocating for inclusivity. Dr Chona shared her own inspirational life story, elucidating the challenges she faced and the motivations that led her to establish Tamana, named after her daughter. Her dedication to supporting individuals with special needs, inspired by her daughter’s struggles, resonated deeply with the audience, evoking empathy and understanding. She stressed, “It’s always the purpose in life that’ll help you reach your goals,” and shed light on the challenges faced by mentally challenged individuals, extending compassion to individuals with varying abilities.

The event concluded with a vote of thanks from Ms L R Sinchana, the student coordinator, expressing gratitude to all participants. Dr Gopakumar presented the chief guest with a memento as a token of appreciation.

EDITORIAL

EXAM FEVER: A SILENT EPIDEMIC

In this fiercely competitive world, the pressure to excel at everything is ever-present. Its victims are often students, especially those in the high-pressure environment of higher education. As the academic year progresses, the spectre of exams looms large, creating a shadow of anxiety in the minds of students. The root of exam fever lies in the excessive emphasis placed on one’s academic achievement in our society. Exams are often perceived as the sole measure of a student’s worth, leading to immense pressure to perform well. This pressure, along with the fear of failure and disappointment, can trigger a vicious cycle of stress and anxiety. Exam fever manifests in a multitude of ways, often taking a toll on students’ mental and physical well-being. Sleep disturbances, physical discomfort, emotional distress, unhealthy eating habits, loss of appetite, panic attacks, and mental breakdowns become the norm, leading to a decline in academic performance and overall wellbeing. While it is a common experience, exam fever is not an inevitable part of student life. It is crucial to recognise the underlying causes. As a society, it is high time that we shift our focus from marks being the only determinant of success to recognising the multifaceted nature of intelligence. We must realise that creative thinking, critical thinking, and problem-solving abilities are to be emphasised and cultivated rather than rote memorization. Peers, parents, and teachers must help foster an environment where students feel cherished for their unique potential and individuality. It will alleviate the pressure and create a safe space for them to share their concerns. Adopting effective study methods, maintaining a healthy lifestyle, learning efficient time management, and avoiding last-minute cramming can significantly help combat exam fever. In addition, seeking guidance from teachers, peers, mental health professionals can provide invaluable support.

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