



# KJC MIRROR

Volume 7 | Issue 8 | January 2024



KRISTU JAYANTI COLLEGE, AUTONOMOUS | DEPARTMENT OF MEDIA STUDIES | STUDENTS' PUBLICATION

## Dynamic Wins: Chavara Cup Showcases Sporting Prowess



Team Alpha Squad members with faulty members  
Bhavya Girish

The vibrant and energetic atmosphere of Kristu Jayanti College, Autonomous came alive as they hosted the much-awaited annual Sports Day event, "Chavara Cup" 2023–24, for their postgraduate students. This intra-collegiate fest went on for two days, i.e., January 16 and 17, 2024.

The event started off with the inauguration by Principal Rev.Fr.Dr. Augustine George On January 16, 2023, the fixtures were set for men's basketball, with four teams up against each other, and four teams for women's dodgeball.

After battling each other out on the court, the winners of men's basketball were none other than Team D-Fence with a score of 12–17 and Team Fusion Falcons as the runners-up. As for women's dodgeball, after all the sweat and energy put into their plays, Team Alpha Squad took the winning title with a score of 6–7, and Team D-Fence took the runner-up title.

The second and final day of the "Chavara Cup" was a crucial day for all the teams. The day had events like volleyball, football for men, and throwball for women lined up, with

four teams in each sport at the Airport Campus of Kristu Jayanti College. As the match progressed, tension escalated in every game, with each team exchanging goals and points in a relentless battle of dominance. The entire event took a turn in the final few minutes, and the winners were announced.

Team Alpha Squad took the title for men's volleyball, making Team Fusion Falcons the runner-up for the same. Team Fusion Falcons won the goal for men's football, and Alpha Squad took the title of runner-up. As for women's throwball, the Hurricanes smashed the runner-ups, the Fusion Falcons, taking home the winner's title. This two-day event was a great triumph, featuring lively competition and a strong sense of togetherness where the athletes demonstrated their skills, promoting teamwork and friendly rivalry and creating enduring memories for all the participants.

## Unveiling the Facts Behind New Year's Resolution

Jenifer Saloma Mathew

The allure of resolutions lies in the promise of a fresh start. New Year's resolution have become a cultural tradition, marking a time when individuals reflect on the past and envision for a better future. As the calendar flips its pages to a fresh start, the arrival of the new year becomes a universal moment of reflection, resolution and renewal. Behind the glittering celebrations and midnight cheers lies a complex tapestry of psychological factors that shape our perceptions and behaviours during this significant time. The start of a new year serves as a powerful temporal landmark, a psychological occurrence that prompts people to perceive this as a discrete



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separation from the past. Temporal milestones offer a mental blank canvas that enables people to let go of previous mistakes and seize the chance for a new beginning. The phrase "false hope syndrome," which was coined by psychologist Janet Polivy, refers to people's propensity to establish extremely lofty objectives without a practical strategy for achieving them. It is critical to recognize this psychological trap because it highlights how important it is to set realistic goals in order to keep motivation high

and discouragement at bay. Moreover, the psychology of renewal and self-improvement is woven into the fabric of the New Year's resolution tradition.

It symbolizes a collective desire for positive change and personal growth, reflecting the universal human pursuit of a better self. New Year's resolutions are not merely a tradition; they are a manifestation of profound psychological forces. It is a manifestation of the belief that, with each new year, we have the power to shape our destinies.

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Publication by students of MA JMC | Department of Media Studies | Kristu Jayanti College, Autonomous

## Exploring Insights from Tenzin



Tenzin Tsundue interacting with the students

Abhirami Nair

Department of English Kristu Jayanti College, Autonomous recently hosted a captivating edition of its "Conversation with an Author" program, spotlighting the esteemed Tibetan poet and writer, Tenzin Tsundue. The event served as a platform for the renowned author to share insights on the craft of writing and offer guidance to aspiring writers. Tenzin delved into his background, unraveling the origins of notable poems such as "The Tibetan in Mumbai," "When it Rains in Dharamshala", and "The Spacebar of Proposal."

Alongside his individual contributions, he explored his collaborative work in the book "Modern Tibet Easy," a collective effort with his fellow authors. Tenzin emphasized the importance of embodying authenticity as a writer and a poet. He focused on the symbiotic

personal growth and artistic expression, that it is crucial to deeply understand one's surroundings. Tenzin Tsundue's life journey, encapsulated in his book "Nowhere to Call Home" drew inspiration from his own experiences, ranging from college struggles to mastering English. He credited his language proficiency to engaging conversations with proficient friends and teachers.

The event concluded with an interactive autograph session, forging a tangible connection between Tenzin and the students. Beyond a literary exchange, the "Conversation with an Author" became a profound exploration of the life and thoughts of a poetic luminary, underscoring literature's transformative impact on self-discovery and worldly comprehension. Attendees departed with an indelible appreciation for storytelling and its profound reflection of human experiences.

### PICTURE OF THE WEEK



The warmth of a mother's embrace is where a puppy's adventure begins

Photo credit: Sradha H