

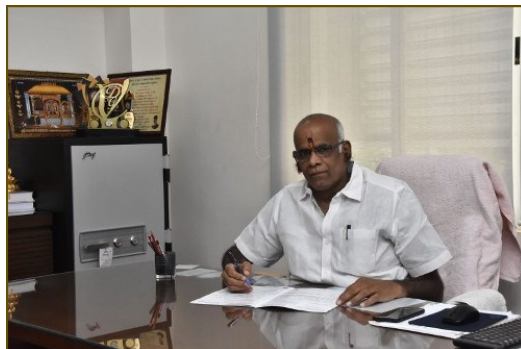
DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE (AUTONOMOUS)

Re-accredited with "A++" Grade by NAAC (3rd Cycle)

DEPARTMENT OF ENGLISH (SHIFT II)

SKYLARK**MESSAGE FROM THE SECRETARY****Inside this issue:**

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"Take up one idea, make that one idea your life. Think of it, dream of it, live on that idea, let the brain, muscles, nerves, every part of your body be full of that idea and just leave every other idea alone. This is the way to success."

- Swami Vivekananda

Dreams perhaps appear to be far-removed from reality. Ever so often, they may seem unfeasible and implausible. Everyone should comprehend the fact that all of us possess the strength, patience and the passion to attain our dreams. The establishment of Dwaraka Doss Goverdhan Doss Vaishnav College was the upshot of the vision and dreams of benevo-

lent philanthropists and educationists who perceived the indispensability of education. At present, it serves to be one of the most sought after colleges in Chennai. It is our own obligation and responsibility to propel this dream along with resolute faith and will power to promote the standard of excellence, strengthen the spirit of solidarity and extol the power of knowledge to rebuild the society.

I congratulate the Department of English (Shift II) for bringing out the third volume of Skylark, the department newsletter. It serves as an arena for the students to highlight their creativity and knowledge pertaining to the theme of the newsletter. The current theme, 'Stress management' is pervasive due to its relevance to the existing lifestyle. I congratulate the editorial board for their commendable efforts in making this newsletter. I assure that the management will always be a source of constant encouragement and support in all your future ventures to strive for academic excellence.

Best wishes,
Dr. Ashok Kumar Mundhra,
Secretary.

MESSAGE FROM THE PRINCIPAL'S DESK

"Optimism is the faith that leads to achievement."

- Helen Keller

It is a matter of profound pride and gratification for Dwaraka Doss Goverdhan Doss Vaishnav College to bring forth the third volume of **SKYLARK**, the Newsletter of the Department of English (Shift II) which aims at spotlighting the talent and skill set of the students. The necessity and the prominence of the English language in the multilingual corporate world is an indisputable fact. Comprehending the vitality of the English language in the world arena, the department has always strived to enhance the proficiency of the students by kindling their creativity and honing their language skills.

Our college is blessed with highly dedicated and well informed faculty whose prime motive is to help students to attain holistic knowledge in order to emerge victorious in the competitive world.

The present fast-moving, high-tech world requires people to live, learn, work and experience things at a swift



pace. As a consequence, the word 'Stress' has been normalised. Hardly, people learn how to cope up with stress and the effects of the same are adverse which make individuals unproductive. Therefore, it is pivotal to manage the stress for a well-balanced and effective living.

I congratulate the Department of English (Shift II) for its successful completion and publication of the third volume of **SKYLARK**, another admirable volume of Newsletter.

"Stress acts as an accelerator: it will push you either forward or backward, but you choose which direction."

Undoubtedly, these words of Chelsea Eriou, the Australian sociologist, make you realize the importance of being optimistic and choosing the right direction by efficiently converting stress into a motivation to push oneself forward to attain a successful life.

Warmest Regards!
Dr. S. Santhosh Baboo,
Principal.

MESSAGE FROM THE EDITORIAL BOARD

Greetings!

The Department of English, Shift II is immensely privileged in presenting you the third volume of our department's newsletter "Skylark". After the successful second volume themed 'Calamity Survivors - Enduring Adversity: A Key to Success', we are elated to bring out the next issue of the Newsletter themed 'Stress management'. The theme highlights the significance of positive attitude and healthy lifestyle to combat stress and lead a successful life in a modern society.

When life offers us a number of strenuous challenges to handle, stress management provides us numerous ways to manage anxiety and increase our resilience. When short-term stress can help learners to raise their grades, long-term stress can have detrimental side effects in their career. Therefore, it is significant to adopt stress management techniques and improve their quality of life.

The Newsletter, with the goal of fostering creativity and inculcating critical thinking in the minds of the students, provides opportunities to showcase their creativity through the compendium of poetry, articles, artworks and other compositions. The various columns employed in the newsletter reflecting the theme 'Stress management' stand testimony to

their earnest exploration of different genres. The Department of English, Shift II provides a wonderful platform to unite students from various programmes to utilise English language, for expounding their ideas through this impressive newsletter. We extend our sincere gratitude to our benevolent Secretary, Dr. Ashok Kumar Mundhra and the Management for their constant support showered on us. We thank our ever-encouraging Principal, Dr. Santhosh Baboo for guiding us in all our endeavours. We thank our beloved Head of the Department, Dr. K.K. Lakshmi for her perpetual motivation, novel ideas and insights, in bringing out this issue of the Newsletter successfully. We are delighted to thank our beloved students for their active participation. We also thank our crew for their sincere efforts and steadfast dedication, working around the clock beyond their work schedule in reviewing and organizing the columns and also for their enormous hard work and contribution.

We, the department of English (Shift II) are proud to unfold yet another edition of the Newsletter that hones our students' intellectual skills, creativity and horizons of knowledge. It is now your turn to enjoy this amazing experience.

Happy Reading!

STUDENTS' PROFICIENCY DETAILS (2021 - 2022)

S. NO.	SEM	SUBJECT	DEPARTMENT	ROLL NO.	REGISTER NO.	NAME OF THE STUDENT	MARKS SECURED
1	I	Foundation English I	BCA 'B'	22E2606	2213101033243	Naseeha Shabnam N B	81%
2	I	Foundation English I	B.A. Criminology & Police Administration 'B'	22E0446	2213101016249	Dhansri K	80%
3	III	Foundation English III	B.Sc. Visual Communication 'A'	21E3137	2113101090124	Rahul Krishna S	79%
4	III	Foundation English III	B.Sc. Psychology	21E3525	2113101086121	Jenifer Ashiba A	78%

EMINENT ERUDITES

RICHARD POWERS



At 60, with numerous accolades including a National book award, Richard Powers has long earned the right to tackle any subject he pleases. Over a 30-year career, his invigorating intellect has scoured

artificial intelligence and virtual reality, music, and genetics. Heralded as one of America's greatest literary voices, his use of personal occupation as a form of characterisation is one of the aspects of his writing found in his novels, short fiction, and essays.

As of 2021, Powers has published thirteen novels and has taught at the University of Illinois and Stanford University. He won the 2019 Pulitzer Prize for the Fiction for *The Overstory*. With scientific precision, Powers' novel *The Overstory* portrays the interconnected lives trees lead. Their behaviour, the ways they help and provide for each other, and other living things too numerous to count is a direct rebuke to the way we live today. At the University of Illinois, Powers studied physics, rhetoric, and literature as an undergraduate, and earned a master's degree in English in 1979. Having consumed the great modernists—Joyce, Mann, Kafka, and Musil—he decided, in his spare time, to teach himself computer programming.

Powers moved to Boston to work as a programmer, but soon quit to write his first novel. A venturesome reflection on photography, memory, and war, *Three Farmers on Their*

Way to a Dance was published in 1985 and nominated for a National Book Critics Circle Award. With a garland of glowing reviews for his debut, Powers returned to Urbana, where he began his second novel, *Prisoner's Dilemma* (1988). The book alternates between a bittersweet depiction of a Midwestern family coming apart at the seams and a funny, poignant portrayal of America during World War II, including a fantasy sequence of Walt Disney making a propaganda movie in a Japanese-American internment camp.

Inspired by Edgar Allen Poe's short story, *The Gold Bug*, and Bach's *Goldberg Variations*, Power's novel *The Gold Bug Variations* braids the lives of a research librarian, a wayward painter, and a maverick geneticist into a six-hundred-and-forty-page meditation on the infinite mutation of genes, music, and love. It was a finalist for a National Book Critics Circle Award. In 1995, Powers experienced nearly unanimous critical acclaim with *Galatea 2.2*, another National Book Critics Circle nominee.

One of contemporary American fiction's most lauded and prolific novelists, Richard Powers is known for his deftness at tracing out the subtle interrelationships between science, art, and politics with a lyrical virtuosity and breadth of intelligence that have elicited comparisons to writers from Melville to Whitman to David Foster Wallace. His novels and characters navigate everything from AI to the American Dream, trees to astrobiology, virtual reality to the human genetic code, delving into the interconnectedness of individual human lives and forces much larger.

ARUNDHATI ROY

Having written two riveting novels and numerous lacerating political texts alongside spearheading several social movements, Arundhati Roy's grit and creativity are unmatched in literary circles. Time and again, the fiery author has intrepidly stirred up a hornet's nest with her unflinching political opinions and her predisposition for breaking convention with her craft. While her widely acclaimed debut novel, *The God of Small Things* (1998), established her as one of the most revered writers of the Indian literary canon, her short stint in the film industry also bagged her a national award.

Among her publications were *Power Politics* (2001), *The Algebra of Infinite Justice* (2002), *War Talk* (2003), *Public Power in the Age of Empire* (2004), and *Field Notes on Democracy: Listening to Grasshoppers* (2009). She has also published several books of nonfiction including *The End of Imagination*, *Capitalism: A Ghost Story* and *The Doctor and the Saint*.

Roy's long-awaited second novel, *The Ministry of Utmost Happiness*, once again made it to the Booker Prize 2017's longlist, reaffirming the faith of bibliophiles in her



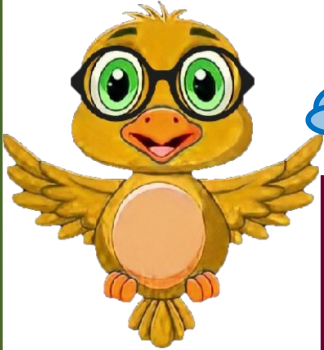
consummate skill. The novel was also a finalist for the National Book Critics Circle Award for 2017. The documentary DAM/AGE delineated her uninhibited involvement in the movement against the Narmada Dam Project, which would unfairly displace millions of inhabitants.

Even in liberal societies and democratic institutions, asking seditious questions requires massive courage and resilience of will. Roy, who has been extremely vocal and at the forefront of various movements for justice, won the Sydney Peace Prize in 2004 for her 'commitment to the global cause of peace with justice'. In recognition of her outspoken advocacy of human rights, Roy was also awarded the Lannan Cultural Freedom Award in 2002, Woman of Peace at the Global Human Rights Awards in San Francisco in 2003 and the Sahitya Akademi Award from the Indian Academy of Letters in 2006. In November 2011, she was awarded the Norman Mailer Prize for her distinguished writing.

Image courtesy: The Guardian

KNOW YOUR LANGUAGE

What are we searching for in our life? Yeah! I hear it. It's none other than happiness. If so, who is responsible for ensuring happiness? It's ourselves. Our life is full of a whole range of emotions. We have to experience all emotions, though it's exhilarating sometimes. Do you want to go on a journey to experience all emotions? Are you a logophile? (lover of words). Then flaunt your vocabulary with these words that make you feel so.



- ◆ **Liberosis** - The desire to care less about things.
My mother experiences liberosis at hard times.
- ◆ **Rubatosis** - The irregular palpitations of heart beat.
Akshay felt a rubatosis of excitement when he waited for the judgement.
- ◆ **Kenopsia** - The emptiness of a place that is usually bustling with people but is now abandoned and quiet.
The grandfather sensed kenopsia after 32 years of his visit to his native place.
- ◆ **Anecdoche** - A conversation in which everyone is talking, but nobody is listening.
I was in a state of anecdote, when he talked about politics.
- ◆ **Vellichor** - The feeling evoked by the scent of old, used books and papers.
Visiting the old bookshop gives me a sense of vellichor.

One-word Substitution

- **Chionophile** - a person who loves the snow or the cold weather
- **Javaphile** - a person who loves to drink coffee.
- **Orophile** - a person who loves mountains.
- **Phytophile** - a person who loves plants.
- **Melophile** - a person who loves music.
- **Autophile** - a person who loves being alone.
- **Bibliophile** - a person who loves books.
- **Limnophile** - a person who loves lakes.
- **Nyctophile** - a person who loves darkness and night.
- **Anthophile** - a person who loves flowers.

Have you ever heard about these one- word substitutes? Let us try to use these words to speak less but mean more and exact.



CHISEL YOUR LANGUAGE

Language, the armoury of the human mind, can be chiseled to have a good command over phrasal pictures and picturesque phrases. It is time to hammer out the sentences on the anvil of idioms. Do you know what an idiom is? An idiom is a group of words with a figurative, non-literal meaning which cannot be understood by looking at its individual words. Let us grab some colour idioms!

- ◆ Show the **white** feather - cowardice
A true soldier never shows the white feather in the battlefield.
- ◆ In **black and white** - in writing
The peace treaty between the two countries was signed in black and white.
- ◆ A bolt from the **blue** - sudden
The attack of the protestors is a bolt from the blue for the army.
- ◆ Take the **red** eye - a late night flight that arrives early in the morning
My brother took the red eye from Delhi to Trivandrum and attended the interview.
- ◆ Tickled **pink** - to be extremely pleased
The parent was tickled pink after her child's speedy recovery.
- ◆ Get the **green** light - to be given permission
The industrialists have to get the green light from the government to build their factory.
- ◆ **Browned** off - to be bored with someone or something
Ram is always browned off to cook for his family.
- ◆ A **golden** handshake - a large sum of money paid to a retiring person
The company offered a golden handshake to the retiring manager.



Etymology

Are you in love with words? Ever wondered where the words come from? If yes, I am here to teach you the surprising origin of some English words. This powerful language has the flexibility and adaptability to embrace words from every culture it contacts with. Hence, it becomes the linking language, the library language, and the language of the internet. The current English lexicon can be traced back to its origin.

S.NO.	WORD	ORIGIN	MEANING
1.	verbatim	Latin	Word for word.
2.	connoisseur	French	An expert in judging something including food, art or drink.
3.	leitmotif	German	A dominant recurring theme.
4.	saffron	Arabic	The deep orange aromatic pungent dried stigmas of a purple-flowered crocus used to colour and flavour foods.
5.	haiku	Japanese	An unrhymed Japanese verse having three lines containing usually five, seven, and five syllables respectively.
6.	jungle	Sanskrit	An impenetrable thicket or tangled mass of tropical vegetation.
7.	azure	Persian	The blue colour of the clear sky.
8.	capisce	Italian	To understand or comprehend.

STUDENTS' TALK

Q1. Express your thoughts and views on the previous volume of the newsletter, Skylark.

The previous edition of the newsletter was very interesting as it was aptly expounding its theme "Calamity Survivors - Enduring Adversity: A Key to Success". The indebtedness of helping hands was appreciative in the newsletter. It also gave us the platform to become aware of the nuances of the English Language, through the "Chisel your Language" column. The students' corner was the spotlight in the newsletter which served a diverse form of art through paintings and writings. I enjoyed each and every section in the newsletter and I'm super excited to relish the next edition of Skylark.

---- Sarath P, I M.Sc. Biotechnology.

The previous edition of the newsletter was incredibly insightful, as it highlighted various events on the campus. Every column in the newsletter was fascinating. The students' corner served as a wonderful platform for young minds to showcase their talents in various forms of art. The newsletter also kept me up to date on numerous online courses that would benefit my academics. I thoroughly enjoyed reading the newsletter, and I eagerly await the next issue of Skylark.

---- Vineet Shrial, II B. Com. Hons.

It's quite intriguing and thought-provoking, as it's made in a way to be both informative and entertaining to read.

---- Harish.S, II B.Sc. Comp.Sci.

Q2. How relatable was the previous newsletter's theme, 'Calamity Survivors - Enduring Adversity: A Key to Success'?

It is no wonder that every human being has gone through at least some sort of hurdle or obstacle in their lives, as it's of course a universal occurrence. The newsletter focussed on the hardships faced by the students and had snippets of hurdles faced by the overall population as well. Learning about this helps and inspires us to handle our problems and learn from the mistakes we've made, and also highlights the ways to overcome them.

---- Ramya G.K., I M.Sc. Biotechnology.

The theme 'Calamity Survivors -Enduring Adversity: A key to Success' was highly relatable because we have been through natural calamities quite a lot of times and this helps us realise and reminisce of what it was then at the time of the floods or other calamities. It gives us measures to follow the next time we undergo this type of situation.

---- Athulya Gopikrishnan, I BBA.

Calamities are unpredictable and inevitable natural disasters which we can't avoid, but we can prepare ourselves to minimize the effect of the disaster on our livelihood.

---- Harish S, II B.Sc. Comp. Sci.

Q3. Which column/columns did you like the most, and why?

The two columns I liked were: Students' corner and the Edutainer. Students' corner was interesting and informative. The Edutainer was a food for thought and relaxed the mind during a study break.

---- S. Sowmya Radha, I M.Sc. Biotechnology.

I liked the column related to common errors in English, because there are many common mistakes made by the students nowadays during their placement times.

---- Preethi S, II B.Com. Hons.

Students' corner - it was such a great idea to involve students featuring memes, about the content made by the students.

---- S.Kumaresa Pandian, I BCA.

Q4. Suggest a column/an activity/any other content that you would want to be featured in the next volume.

Suggestion column - where a student or the faculty members suggest a book to read or a movie to watch, and a short review about it.

---- S.Kumaresa Pandian, I BCA.

Q5. Comment on the role played by the newsletter in your college campus.

The Newsletter plays a significant role by providing information regarding the online courses available, in order to enhance the knowledge of the students and the events that take place inside the campus.

---- R. Kirubavathy, I M.Sc. Biochemistry.

This newsletter is very useful to circulate information and creative intents among students which triggers us to make improvisations.

---- D.S. Habinash, I B.Sc. Statistics.

"Suffering is the essence of success". After reading the newsletter, it made us come out of our comfort zone and explore the tough things and thrive on the problems on our own.

---- Abinaya S.S., I B. Sc. Biochemistry.

It's continued in the next page. Don't miss it.



Q6. State your opinion on this statement, "Stress is caused by your thoughts, not the situation".

Every time we blame the situation for being stressful, but the way we handle it matters. I sometimes feel stressed to complete some college activity and would tremble. But my friend would have handled the same situation in a cool manner and got it done without stress. So, our thoughts and approach matters.

---- Varalakshmi.J., I M.Sc. Biochemistry.

Stress is our body's reaction to a challenge or demand. So, exactly, that's why they constantly tell us to think positively. When we realize something which is not going according to our plan, then that is where we get tensed up.

---- Shruthi, I B.Com.(CA)

It is the thoughts that actually make us stressed. The truth is that stress cannot come from our people or traffic jams, but from our thoughts about our circumstances.

---- Poorviga P., I B.A. Sociology.

Q7. Recommend a theme for the upcoming volume of the Newsletter.

Adverse effects of technology addiction.

---- Rushika S., I M.Sc. Biotechnology.

Ego and Importance of understanding others' perspectives.

---- Samyukta. S. Warriar, II B.Sc. Statistics.

Learning in the physical presence of others - Why offline schooling is important?

---- Vyas Pravendhar K. S., I B.A. Sociology.

UPCOMING EVENTS

Events (On Campus):

- Seminar on 'Achieving Success through Presentation Skills'.
- Workshop on Soft Skills.
- Innowiz.
- Enhancing the Visual Arts Skills through Theatre.
- Seminar on 'Workplace Communication'.

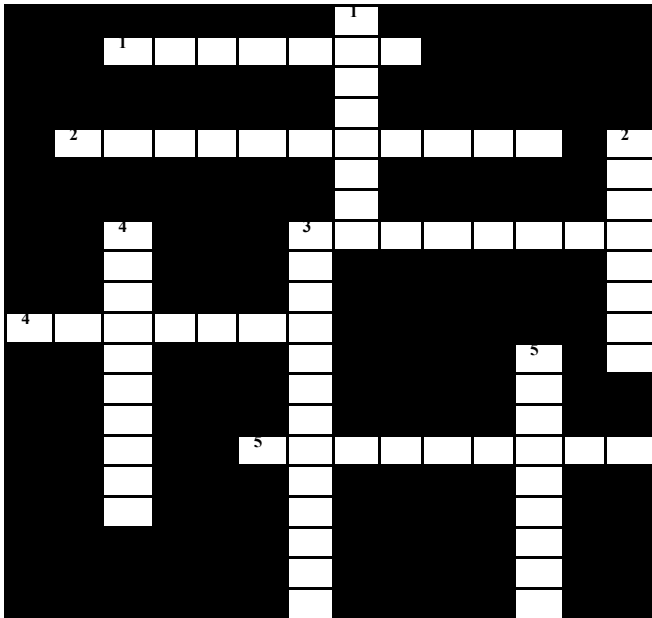
Online Courses (Off Campus):

- British Council: Course on 'English for Work' three months, INR 8,968. Timing options are available.
Visit: <https://www.britishcouncil.in/english/online/classes/myenglish-workplace>
- British Council: 'Introduction to Creative Writing for Adults' 36 hours, nine weeks, INR 10,000.
Visit: <https://www.britishcouncil.in/library/introduction-to-creative-writing>
- World English Institute: Free self - paced course on 'English Lessons to Improve your English - Reading, Writing, Listening, Speaking'.
Visit: <https://www.worldenglishinstitute.org/>
- Coursera: Free self - paced course on 'English for Career Development', 40 hours.
Visit: <https://www.coursera.org/learn/careerdevelopment>

- Coursera: Free self - paced course on 'Creative Thinking: Techniques and Tools for Success', 20 hours.
Visit: <https://www.coursera.org/learn/creative-thinking-techniques-and-tools-for-success>
- Coursera: Free self - paced course on 'Successful Career Development', 20 hours.
Visit: <https://www.coursera.org/learn/career-advancement>
- Coursera: Free self - paced course on 'Effective Communication: Writing, Designing and Presentation Specialization (5 months, 4 hours per week).
Visit: <https://www.coursera.org/specializations/effective-business-communication?#howItWorks>
- edX: along with The University of Queensland offers a Free instructor - paced course on 'English Grammar and Style'(8 weeks, 3 - 4 hours per week).
Visit: <https://www.edx.org/course/english-grammar-and-style>
- SWAYAM: Free Course on English Grammar for Employability By Dr. Vipin Kumar Tyagi. Visit: https://onlinecourses.swayam2.ac.in/aic21_ge24/preview

EDUTAINER

CROSSWORD PUZZLE:



ACROSS:

1. A feeling of worry or nervousness about something with an uncertain outcome.
2. State of being worried or frightened about something that is happening or might happen.
3. Excessive demand on an individual.
4. Persisting for a long time or constantly recurring.
5. All conscious and unconscious processes by which knowledge is accumulated./Mental process involved in knowing, learning and understanding things.

DOWN:

1. A source of stress.
2. A group of conditions characterized by the impairment of atleast two brain functions.
3. Physical illness caused or aggravated by the mental factors like stress.
4. Unjust or cruel exercise of authority.
5. The ability to bounce back from adversity.



Month, orange, silver, and purple do not rhyme with any other word in English.

It's time to have fun with words.



SPOT THE DIFFERENCES:



Tarun S B
22E2533
I BCA 'A'

ANSWERS ARE IN THE NEXT PAGE

CONNECTIONS:

1. Find the idiom represented in the picture.



2. A famous novel written by the author Daniel Defoe about a castaway in an island.



3. It is the name of an animated feature film which won the Oscar award in 2022.



4. The oldest continuously inhabited city in the world .



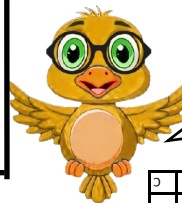
5. Identify the proverb represented in the picture.



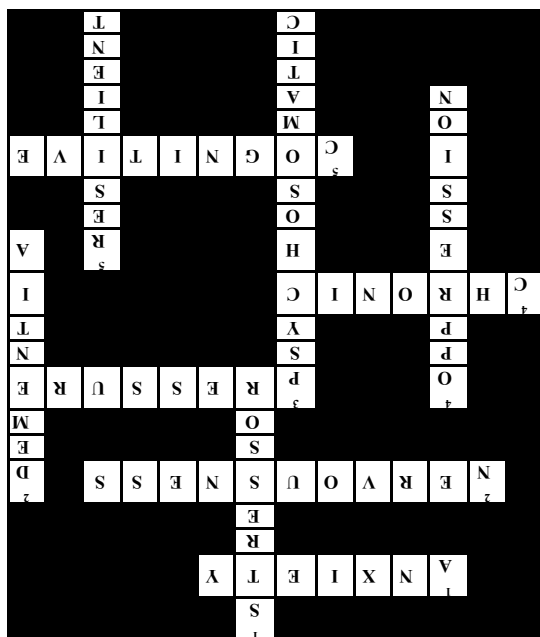
WORD SEARCH:

The first few words that you are going to find will tell you your personality. Let's hunt words!

W	N	N	A	Y	O	U	N	G	F	T	B	O	A	H	M
R	S	E	N	I	R	O	U	N	I	Q	U	E	N	O	K
T	Y	N	A	I	V	E	H	C	N	C	G	A	E	S	I
T	U	I	H	M	L	I	G	X	A	Q	D	S	Q	T	P
F	J	A	P	E	A	C	E	S	R	A	X	Y	I	I	O
C	K	W	X	T	V	J	F	A	N	W	C	B	P	L	V
D	E	B	G	Z	U	K	D	E	T	G	B	K	R	E	C
Z	S	O	C	I	A	L	C	W	R	U	S	T	I	C	S
A	P	S	A	N	R	M	B	A	A	V	S	A	C	O	X
M	Q	R	L	S	Q	L	L	G	G	Y	A	S	X	D	E
I	O	T	M	O	P	U	A	F	E	T	G	O	O	D	U
A	M	K	U	V	P	X	Y	J	M	R	N	R	Z	B	R
B	N	L	S	O	F	T	Z	K	L	P	O	U	Y	M	T
L	I	J	P	R	E	T	T	Y	N	O	S	P	C	I	Z
E	D	E	A	Y	V	W	S	R	P	K	T	G	R	P	O
F	G	B	C	Z	X	U	T	Q	O	J	I	J	E	N	M
H	D	I	L	I	G	E	N	T	L	E	C	O	M	I	C

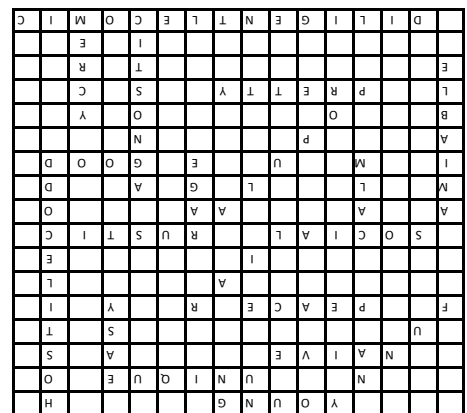


The word 'Goodbye' originally comes from an Old English phrase meaning 'God be with you'.



Answer: Crossword

- Answer: Picture Differences
- Cat
 - Mountain
 - Music notes
 - Calm (cloud)
 - Hear (cloud)
 - Pocket
 - Bottle
 - Time (clock)
 - Book
 - Flag



- Answer: Connection
- To catch a tiger by its tail
 - Robinson Crusoe
 - Encanto
 - Damascus
 - Don't count your chickens before they hatch.

ACADEMIC ACTIVITIES OF THE DEPARTMENT (2021-2022)

The academic year 2021-22 has been a profound learning experience for the students, with the department conducting varied programmes covering a wide spectrum of significant topics in this post-pandemic era. The following events were conducted to enrich the language skills and nurture their confidence in communication.

Webinar on ‘Significance of Congruent Communication’

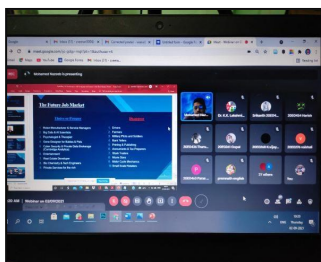


A Webinar on the ‘Significance of Congruent Communication,’ was conducted on 19.8.2021.

Dr. Srividhya, Assistant Professor, Anna Adarsh College for Women was the Resource person. With the purpose of enlightening the students on effective communication

skills and its importance, Dr. Srividhya briefed the gathering on various types of communication and its importance in the professional world.

Webinar on ‘Upskilling the Screenagers with Language Proficiency in the ‘New Normal World’

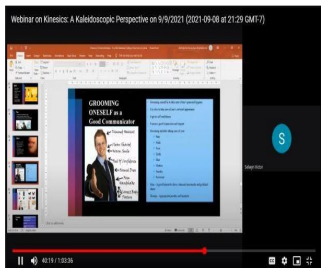


The Webinar titled ‘Upskilling the Screenagers with Language proficiency in the ‘New Normal World’ was conducted on 2.9.21.

Mr. K. Mohamed Nazeeb, Assistant Professor, The New College, Chennai, was the Resource person. He addressed the gathering concerning the

various types of skills needed to enhance language proficiency. The session paved the way for students to evaluate a suitable career for themselves in the digital world.

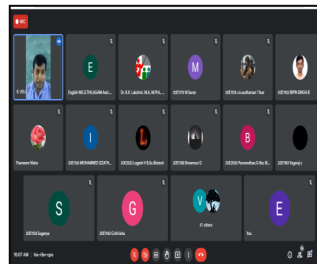
Webinar titled ‘Kinesics: A Kaleidoscopic Perspective’



An exclusive webinar titled ‘Kinesics: A Kaleidoscopic Perspective’ was conducted on 9.9.21. The resource person was Dr. Jessica Selwyn, Head, Department of English (SF), St. John’s College, Palayamkottai. She elaborated on Kinesics - the way the body communicates without words, and related communication

with that of the kaleidoscopic vision. Finally, she gave grooming tips, to not only be a good communicator but also to groom one’s thoughts.

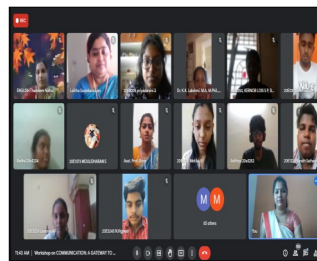
Webinar on the topic ‘Common Errors in English: Encumbrance to Success’



‘Common Errors in English: Encumbrance to Success’ was the webinar conducted on 23.9.21 to make students aware of the language they speak. The resource person was Mr. Velu, Assistant Professor, DRBCCC Hindu College, Pattabiram. He highlighted a few incorrect usages of English

words which are most often used out of ignorance, and explained how to replace them with proper terms. The participants were then made to understand the need to rectify these common errors in order to enhance their language skills.

Workshop on the topic ‘Communication: A Gateway to Employability’



A Workshop on the topic ‘Communication: A Gateway to Employability’ was held on 30.9.21. The resource person was Mrs. Lalitha S., Assistant professor, Government Polytechnic College, Daman. She pointed out the significance of improving LSRW skills in enhancing one’s communication.

She also illustrated the persuasive power of good communication, citing examples from both mythology as well as her own vast and varied experience in teaching.

Seminar on the topic ‘Communication for the Digital Age’



An enlightening Seminar on the topic ‘Communication for the Digital Age’ was organised on 28.12.21. Dr. V. Saravanan, Founder & Coordinator (WELLTA) and Assistant professor (Senior), VIT was the resource person.

Dr. V. Saravanan began the session by interacting with the students. He asserted the fact that many people have made successful careers out of their communication skills in this digital age through various social media outlets and thus emphasised the necessity to improve one’s communication skills, especially in this pandemic era.

Guest Lecture on ‘English for Competitive Exams’



A Guest Lecture on ‘English for Competitive Exams’ was the first event of the year 2022. Mr. S. Hari Bala Siranjeevi, Dean, Buddha IAS Academy was the resource person for this event held on 16.03.2022. He gave the

students many important tips on how to crack competitive exams and inspired them to prepare well and succeed in various competitive exams.

Orientation Programme on ‘Exploring the American Resource Centre’



Ms. Usha Alagappan, American Centre Staff, US Consulate General was the resource person for the Orientation programme, ‘Exploring the American Resource Centre’ held on 24.03.22. The session

furnished many inputs on accessing the vast information available in the American Centre Library. This event empowered students to gain immense practical knowledge as prospective researchers.

Inter-Departmental Programme ‘Innowiz-22’



The Literary and Debating Society of the Department of English, Shift II, organised the Inter-Departmental programme aptly titled ‘Innowiz - 22.’ It was a great platform for the students to showcase as well as enhance their creativity and English

language skills. They participated with great zeal and energy in all the events and made it a grand success. The best performers from each event were selected by the judges.

Seminar on ‘Leadership and Management Skills’



The interactive seminar on ‘Leadership and Management Skills’ was conducted on 31.3.22. The resource person was Mr. Vimal Thiyagarajan, Founder and Managing Director, Be Positive Training Academy. The session largely benefited the students and provided

them many insights on sharpening leadership and management skills in order to be productive and to realise their complete potential. The students came up with creative solutions to the open-ended questions deliberated during the session and mastered the nuances of self-improvement to excel in their careers.

Theatre Workshop ‘Life Skills through Theatre’



The academic year ended on a high note with the Theatre Workshop titled ‘Life Skills through Theatre’ on 27.4.22. Dr. David Wesley, Assistant Professor, Department of English, Madras Christian College, was the resource person. The workshop

empowered the students to develop their confidence to speak clearly and thoughtfully. Students gained immense practical information on communication skills, personality development, self-confidence, and creative problem-solving, as it prepared them to be successful in their careers.



PANGRAM is a sentence that contain every letter in the alphabet. A popular example of Pangram which is often used to teach typing is “A quick brown fox jumps over the lazy dog”.

STUDENTS' CORNER - CREATIVE WRITING

Strength kills Stress

When the glass of innocence shatter with the end of being toddler,
Life now seems tougher than ever.
People cherished; eventually left.
Wish we weren't so naive,
tangled from stress of anxiety and depression,
suicide is not even an option.
It's okay to take a break!
It's not too late to correct a mistake.
Carry on with a little hope and anticipation.
Life can slowly become better.

Rogith R
21E2521
II BCA.

Resistance to Life

Jealously,
they put in our milk pot the lemon,
We made the Rasgullas.
By trickery,
they poured in our golden vessel the poison,
We made the medicine.
Angrily,
they hurled thorns at us, we put up the fence of the park.
Annoyingly,
they gave curses,
but we didn't take it.
Now they rub their hands, and sit with a heavy heart.

Pranat Dhing
21E2365
II BBA.

Stress: The constant companion

Working from nine to five
Sometimes overtiming your rights,
You're obsessed with a bug
Installed to kill your comfort.

Stress, you make my day worse,
both at home and work.
You have become a disease as well
with nothing to cure with.

You are the reason for pain
in my family and my head.
You are daring enough to not leave my side,
as I live with my family tonight.

My only way to get rid of you
is to take a holiday from you.
But you still try to follow me
By calling me during a party.

Vineeth Sethiya
22E3127
I B. Sc. Vis.Com.

Stress Management

Are you stressed out?
Tired of relentless worries?
Relax the mind,
You will get refined.

Close your eyes,
to find calmness.
Don't ever panic,
just be wise.

You are strong,
love what you do.
Give another attempt,
enjoy each moment.

Worries and anxieties,
keep it behind.
Relish creative pursuits,
become happier and peaceful.

Jai Narayana M V
22E0644
I B.Com.



STUDENTS' CORNER - CREATIVE WRITING

Embrace Happiness

When stress weighs heavy on your mind,
And troubles seem to grow unkind,
It's time to take a step away,
and breathe, and clean your mind today.

Find a quiet place to be;
where thoughts and worries cease to be.
Listen to the birds and breeze,
feel the sun upon your knees.

Take a deep and calming breath,
let go out of stress, let go out of death,
imagine all your troubles have gone,
and feel peace in the dawn.
It's not always easy to let go,
to pacify the mind and block the flow of thoughts,
but with practice comes the skills,
to manage stress, take your fill.

So when the day becomes too much,
and if you need something to fetch,
remember to take that step away,
and breathe, and clear your mind today.

Siddharth Kumar

21E1963

II B. Com. Accounting and Finance.

Endurance

I let the pain build
from my sufferings,
from the words,
from my silence.
I watch it grow.

From a seed, to a plant,
to a tree. With its root
running deep and anchoring my heart.
I suffer in silence knowing my end is
oblivion and everything will
turn to dust one day.

Then I learn,
wounds need to heal.
That I can't keep suffering.
But healing doesn't happen over seconds or days.
Healing takes time.

A whole new process,
for an amateur, like me.
And I began to heal
The wounds I left neglected,
Now I take my time treating them,
with no certainty to hold on.

For now, I'm healing,
It isn't steady.
I will learn to love myself eventually;
Brace my scars, stretches and complexity.
I know there will be time,
where I might be conquered by fright,
struggling to keep up; I might break.

And there you will wait for me,
with open arms and an open heart.
I'll go through that,
Through the storms and bumps;
Till I reach the horizon.

Sailavanya M

22E3603

I B. Com. Finance and Taxation.

Dream to Heal

Shouting till my throat bleeds,
weeping till my tears run out,
fighting demons till I lose strength,
so will I be able to stop hurting myself,
before I
dream forever?

Anant Visvesh

22E3629

I B. Com. Finance and Taxation.



STUDENTS' CORNER - CREATIVE WRITING

Who Cares?

It was slow but steady,
like a creeper, it creeped in.
May be if it was cut down, then
it wouldn't have crumbled down like a tree
But who cares?
Who cares about the red strips in my arm?
As long as my skirt
is below my knee.
Everything is fine!

Who cares about my stress?
As long as their wallets are filled;
and stomach is stuffed
Everything is fine!

Who cares about depression?
I need to keep a good impression.
Everything is fine!

Who cares about my anorexia?
Who needs food, when I can have an hourglass
body.
Everything is fine!

Who cares about the happy little pills?
As long as I fit in,
Everything is fine!

Who cares what I lost.
Who cares about what keeps me sane.
I neither have power nor money.
To keep things at its place,

Why do I have to go through this pain?
A slice at the wrist,
forgotten and buried the next day.
I just want to end this pain.

At the end, even I didn't care
Everything is not fine!

Sailavanya M
22E3603
I B.Com. Finance and Taxation.

Pain to Numbness

The nights that I weep,
the emptiness that exists,
the demons that I fight
the heart that aches
yet why is numbness
the only thing I suffer
and not pain?

Anant Visvesh
22E3629
I B.Com. Finance and Taxation.

Blessed or Cursed?

The days that made me,
also broke me
the days that I got lost,
I also wandered
the days that I felt numb,
I also felt pain.
Days that felt like heaven
also felt like I was dead.
Yet I keep wondering
am I blessed or
cursed?

Anant Visvesh
22E3629
I B.Com. Finance and Taxation.

Peace in Chaos

The scars that were brutal,
the wounds that ached,
the merciless damage that maimed,
the trauma that tormented,
all the heartbreaks,
yet why does it feel
like there's
peace in chaos?

Anant Visvesh
22E3629
I B.Com. Finance and Taxation.

STUDENTS' CORNER - CREATIVE WRITING**Stress Management : An Inspiring Memoir - Diligence, an Essence to Manage Stress.**

My grandmother Mrs. Umrao Devi Dhing lived in a small village in Udaipur district of Rajasthan. Her life is a role model for women even today. She struggled a lot, but never gave up. It is really inspiring and exemplary to listen to her stories that she faced bravely and blissfully. When difficulties come, along with it come a lot of worries, anxieties and stress. Stress is not the solution to any problem; but itself is a problem. My grandmother looked at her challenges, understood and managed them. She never let her worries dominate her. Her main formula was – hard work, continuous hard work and hard work with dedication.

Once it so happened that my grandfather's business suffered losses. In such a crisis, my grandmother took the lead. At that time in the rural environment, she created two means, to strengthen the economic base of the family – cow and sewing machine. Cows provided the family with milk, curd, buttermilk and pure ghee. The money spent on milk and ghee became savings, and also the sale of milk earned them much profit. The excess buttermilk was distributed for free to the neighbourhood. This gave self-satisfaction and strengthened their social support.

Along with this, my grandmother also started sewing. She used to sew with the hand machine till late at night. When her hands got tired, my father, in his childhood, used to revolve the handle of the machine. Meanwhile, my grandfather bought garments from the nearby city. This was sold to the villagers for a reasonable price and thus her routine was completely busy. Grandma used to sleep late at night and wake up early in the morning. Every morning after her prayers, her day started with the tasks of churning buttermilk, grinding grains, milking cows and taking care of them, carrying water from well etc. Also, she took care of her five children, served her mother-in-law, attended the visitors and listened to the discourses of the saints.

How much time and labour my grandmother had to put in for all these works; it's really surprising to imagine for today's modern housewives. Worry, stress and tension also need time. A powerful way to relieve stress is hard work blended with diligence. When we are active, we are relieved from stress, and also earn respect, wellbeing, efficiency, prosperity etc. By managing stress and pressure, my grandmother earned money and also brought happiness to the family. She enjoyed what she did. She was instrumental to flourish a garden of happiness in our family, at that point of crisis. The fruits of hard work are always sweet. My grandmother maintained a work-life balance and focused on her achievements. That is why she got the prestigious title of Shravika-Ratna at National level. Even today her life is a source of inspiration for every one of us.

Pranat Dhing**21E2365****II BBA.**

Which five letter word becomes shorter
when you add two letters to it?
(If you find it hard check the next page.)

TIPS TO MANAGE STRESS

When was the last time you took a moment to address the stress you've been facing? Well, to some of us, stress is pretty much common, considering college life and its effects on students' routines. Many find a way to handle stress, while a few succumb to it. But the real question is the importance of dealing with stress, rather than ignoring it.

To lead a healthy and happy life, one must know to manage stress effectively. Typically, we face the riddles of life on a daily basis in the form of duties and pressures to act upon, but there is a way to handle all of it. Managing stress is not a common set of rules, but rather a personalized set of rules based on individual requirements, to put in action. Here are a few tips that can help you to do as follows :

TIP 1. Identifying the source

Usually, it's quite difficult to trace back the origin of stress in your everyday life. Be it your habits, attitude or response to a given situation. Introspection is a good way to look at your habits, behaviours and attitude. To accept responsibility for your stress levels is the first step to scaling it down.

TIP 2. Maintain a Journal

A journal can help you identify and record the sources of your stress and your responses to that particular situation. Every time you feel stressed, record the events and reactions that lead to stress. Also record your line of action to make you feel better.

TIP 3. Practice the 4A's of stress management

Avoid, Alter, Adapt and Accept are the four A's of stress management. To avoid unnecessary stress, learn to say 'no' for the things that you need to. If you can't avoid a stressful situation, then try to alter it. Altering your response to the situation might help. Adapting to the environment and

changing yourself to be better equipped is a way to go. Compromise is a way to get going and accepting the things you can't change is also a way to manage stress.

TIP 4. Try socializing rather than bottling up your feelings

When you are stuck with a particular situation and feel extremely stressful, physical activities are a huge aid to this. They help you to cope up with the situation. To just move, while being stressed might seem like a huge task, but going out and socializing with other people will make you feel heard and safe.

TIP 5. Managing your time better

About 80% of stress inducers are traced back to lack of time management. For example, follow your project deadlines rather than procrastinating them. To prioritize your needs and wants is a way to reduce stress in your life.

TIP 6. Maintain a balance in your life

Try to make time for fun and unfold yourself when not in stress. This is very therapeutic when it comes to managing stress. You would feel much better later. To relieve yourself from the stress is a way to manage the situation in a better way.

Finally, it is an easy task to maintain a balance in your life, if you follow the tips mentioned above. Remember, these tips are a few common ways to manage stress in an effective manner but try to experiment and discover methods which work the best for you.

Rhithik Roshan Marlecha R
21E4045
II B.Sc. Statistics.



(Answer for the previous puzzle is SHORT)

Where does Friday come before Thursday?
 (Turn to the next page, if you don't know the answer)

STAIRWAY TO STRESS

Though people might be differentiated by religion, gender, caste, creed, age and so on, there's one weird factor that unites us all: "Stress." Everyone undergoes stress at multiple points in their lives, as it is inevitable. In fact, you're probably stressed right now reading this article. Why? You might not know. That's how it works.

Think of avoiding stress as holding a torn umbrella during a walk in a thunderstorm. Evading it is futile. However, we can arm ourselves with a multitude of practices and mindsets that can help us manipulate stress to attain growth. For this, stress should be seen not as a hindrance, but as a powerful tool. When we navigate through stress by solving problems, we effectively become more capable as a person. Every time we accomplish our goals and keep inching forward regardless of anxiety and dull mental-states, we're paving our path towards a more robust mentality.

The best thing is, once you realize that stress can be manipulated as an asset rather than an obstacle, the circumstances that used to bother you now don't affect you as much. Isn't that great? You start to grind your way through

tough challenges, and become a powerhouse in problem-solving. You start to see positive changes in your personal-life and your career, solely because you learned to view things differently.

A few steps you can take to become more equipped to handle stress better are journaling, meditation, formulating productive daily-routines, healthy eating habits (Yes, it matters!), and organizing your tasks to stimulate greater efficiency. Remember, attributing negative emotions to the word 'stress' gives it more power. When we just change the manner in which we approach stressful circumstances, we start to view them in a better light. A light that illuminates not the problems, but the opportunities for success.

Rahul Krishna S

21E3137

II B.Sc. Visual Communication.



(Answer for the previous puzzle is
DICTIONARY)

TATTARRATTAT is the longest single-word Palindrome in English. It is an onomatopoeia created by author James Joyce that appeared in his novel Ulysses.

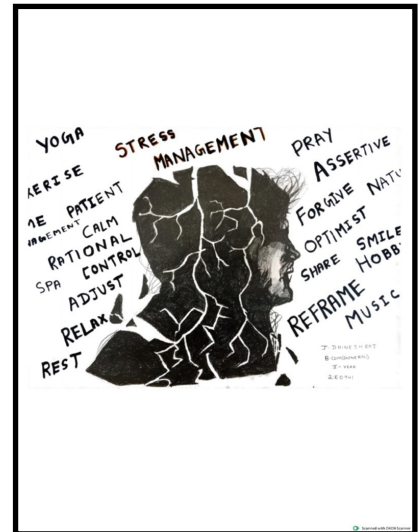
STUDENTS' CORNER - ARTWORK



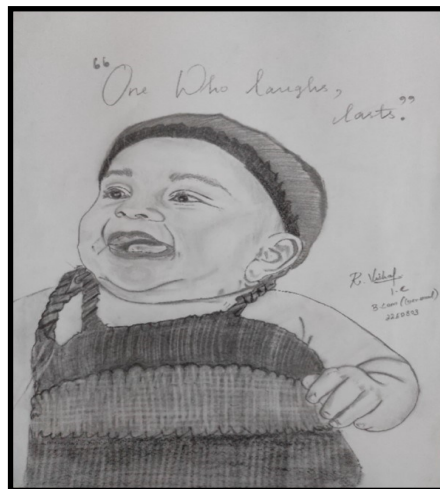
**B.Haripriya -22E0545 -
I B.A. Sociology**



B. Karan - 21E3647 - II B.Com. F&T



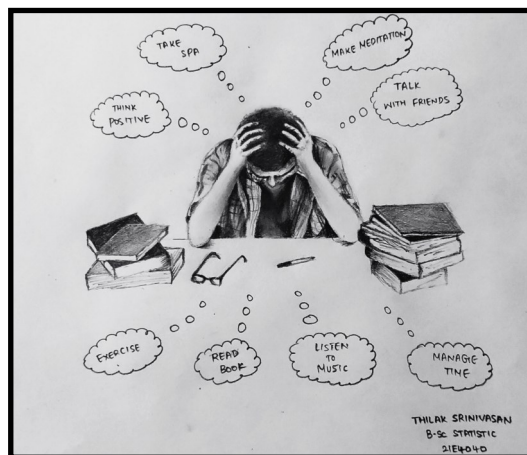
J. Dhinesh Raj - 21E0941 - II B.Com.



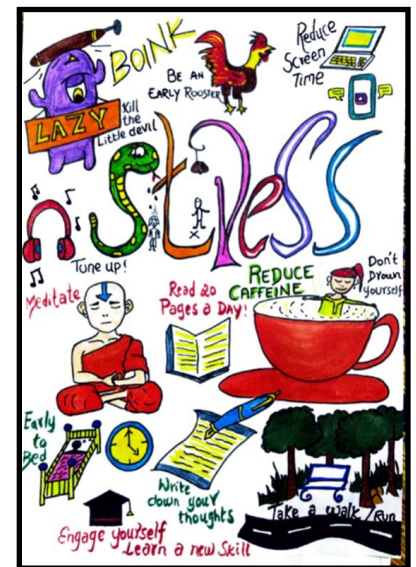
R. Vishal - 22E0803 - I B.Com.



**Gannamalai Palaniappan – 21E4003 -
II B.Sc. Statistics**

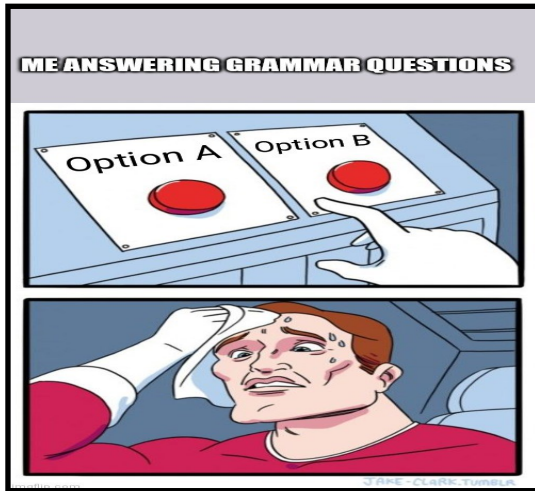


Thilak Srinivasan - 21E4040 - II B.Sc. Statistics



S. Shailaja - 21E4145 - II MBA

STUDENTS' CORNER - ARTWORK



Lakshmi Pratha S - 21E2622 - II BCA 'B'

When teacher randomly picks a person and question them

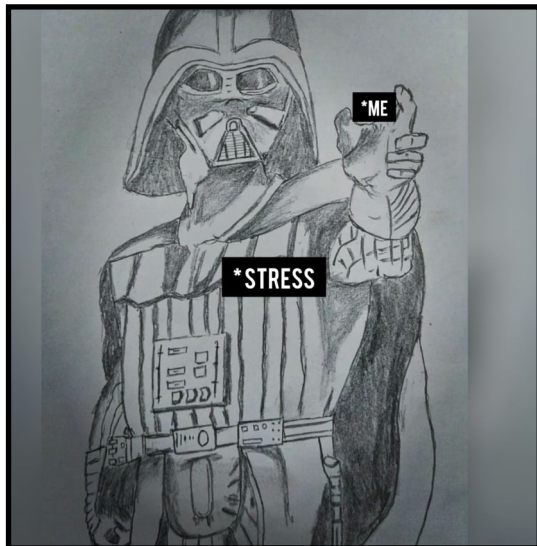
Me:



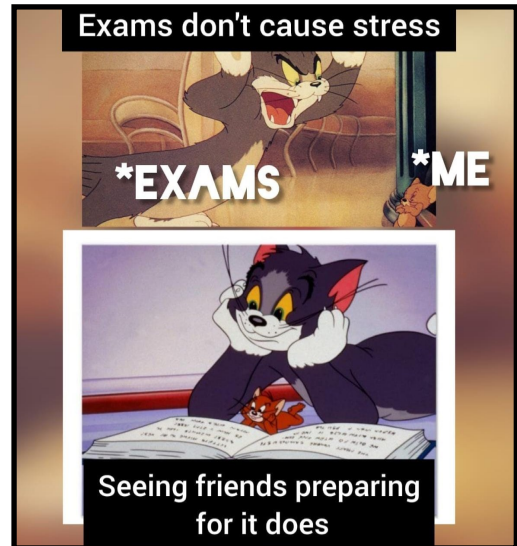
Lakshmi Pratha S - 21E2622 - II BCA 'B'



Lakshmi Pratha S - 21E2622 - II BCA 'B'



Nandha D - 22E2505 - I BCA 'A'



Tarun S B - 22E2533 - I BCA 'A'

BOOK SHELF

Why Zebras Don't Get Ulcers: An Acclaimed Guide to Stress, Stress Related Diseases, and Coping.

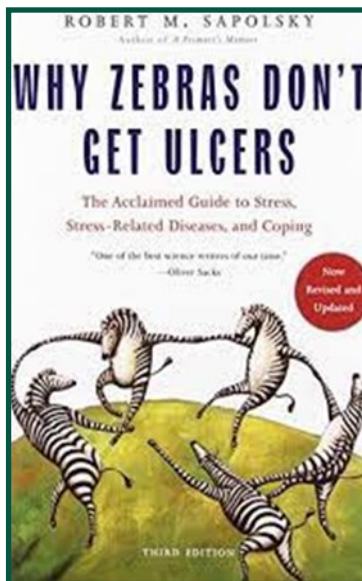
- Robert Sapolsky

'In our privileged lives, we are uniquely smart enough to have invented stressors and uniquely foolish enough to have let them, too often, dominate our lives. Surely, we have the potential to be uniquely wise enough to banish their stressful hold'.

- Robert Sapolsky

How often have we ever looked at a pet or an animal lazing in the sun, and envied them for leading a stress-free life? After a long day of working on pending assignments, meeting deadlines, people yelling at you for not meeting up with their expectations, has it ever occurred to us that animals do not have to go through any of this ritualistic craziness that drives us to the verge of stress and frustration? Robin Sapolsky, a Stanford University neurobiologist and author, taps into this question in his acclaimed book on stress 'Why Zebras Don't Get Ulcers', whilst delving into the physiological and psychological effects of stress.

The commendable aspect of the book is that Sapolsky does not try to undermine human emotions or responses. It is important for a person to acknowledge the fact that it is alright to feel stressed or burnt out and it is this factor that separates human beings from animals. The human brain is a complex yet remarkable organ. An animal perceives a crisis as a threat, and responds accordingly, whereas the human brain is capable of self-inducing threat. A very good example would be your immediate response to your HOD asking you to meet



them in the cabin. In a short span, your brain would create a number of ludicrous scenarios and its possible outcomes. Your palms begin to sweat, you get palpitations and all the silly and trivial mistakes of your life, flash right in front of you. A series of such events where our over thinking and self-induced threat gets the best of us, is what leads to chronic stress. Most people assume that stress can only lead to psychological effects, whereas Sapolsky dedicates a major chunk of the book to explain how it can take a toll on one's physical state of health as well. With the help of a very suitable metaphor of Zebras not having to endure ulcers, he opens a plethora of adverse effects that stress can cause on humans, ranging from hormonal balance to cardiovascular risks.

The book is a gem for not being a propaganda for toxic positivity. It is direct in its approach, as Sapolsky explains our body mechanisms, the brain's role in contributing to the physiological effects, and stress responses. Although one might come across medical terms and scientific approaches when flipping through the book, Sapolsky has made it a point to make the common man understand the intricacies of one's own body and mind, through simple analogies. The book conveys profound coping mechanisms and stress reduction outliers that help one have the cognitive flexibility to control stress. Reading the book will facilitate having a newer perspective to life with a lot of self-awareness. So, if you are someone who would honk at vehicles and hurl abuses when you are stuck in traffic, the book might help you to sit back, listen to your favorite playlist, observe, and empathize with the events unfolding around you, rather than stressing about an uncontrollable situation.



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