

Campus Chronicles



THE OFFICIAL NEWSLETTER OF
DEENS PU COLLEGE

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Message from the Principal

We must realise the importance of sports in our life that not only is responsible for maintaining a healthy body but also helps in shaping our mind and character. Sports help us to learn and build some good qualities like discipline, hard work, patience, respect, team-work, etc.

Message from the Editorial Desk

To write means more than putting pretty words on a page. The act of writing is to share a part of your soul with the world. Expressing yourself and exploring the world can be best done when you write and read. Here we bring to you the 2nd edition of the newsletter 'The Campus Chronicles' with utmost enthusiasm. It's a perfect blend of everything you are looking for! Just take a break, a magical world is awaiting you below !!

INTRODUCING DEENS PU COLLEGE

Deens Educational Institutions' vision is to empower each child to achieve academic, physiological, and artistic excellence through a creative outlook and a balanced point of view, in an environment that is stimulating, challenging, and grounded in values. Every child passing out of its portals is a complete individual, ready to meet the challenges of an ever-changing global environment.



*The influence of
teachers extends
beyond the
classroom, well
into the future.*

- F. Sionil Jose

Teachers day

Priti Singh, PU2 (Science)

Teacher's Day, celebrated on 5th September, is a day we show teachers how they have a major role in our lives to shape and mould us into better human beings.

This year, teacher's day was celebrated on 3rd September, Friday in the Deens Pre- University College. It was celebrated online, thanks to the infamous Coronavirus. It started off with a musical intro during which pictures of all our superheroes were displayed. Each teacher was enacted by a student, using their famous dialogues and their mannerisms. This idea was appreciated for its uniqueness and special efforts. We included a game where they were given a twisted phrase or sentence about their colleagues, and they had to guess which one it was. There was laughter and blame; we could clearly tell that they enjoyed themselves. They were asked to sing but the joke was on us. They used our tricks and came up with a variety of camera, network and microphone issues on us and we got to know how teachers feel when we do that. A game called 'Nonstop nonsense' was played as well.

As the event came to an end, we presented awards; The Early Bird Award for the first one to arrive, The Champagne award for the most charming personality, etc. Each teacher received one for what they embody. They were awarded with E- certificates.

This Teacher's Day will remain a memorable one for each one of us. I, on behalf of all students, would like to thank each teacher for everything again, because it never seems enough.



75th Independence Day

D.N. Vishrutha, PU2 (Commerce)

Each year, on the 15th of August, when the Tiranga flies in every street of India, we celebrate our great nation's triumph against oppression. Due to the pandemic, the virus had rendered us unable to hoist our flag in a school ground. But that didn't deter Deens PU college from celebrating our 75th independence day with great gusto and pride. Through a series of virtual events, we sang our love for India and our heritage. Thanking the struggles of our forefathers and foremothers, Jai Hind.

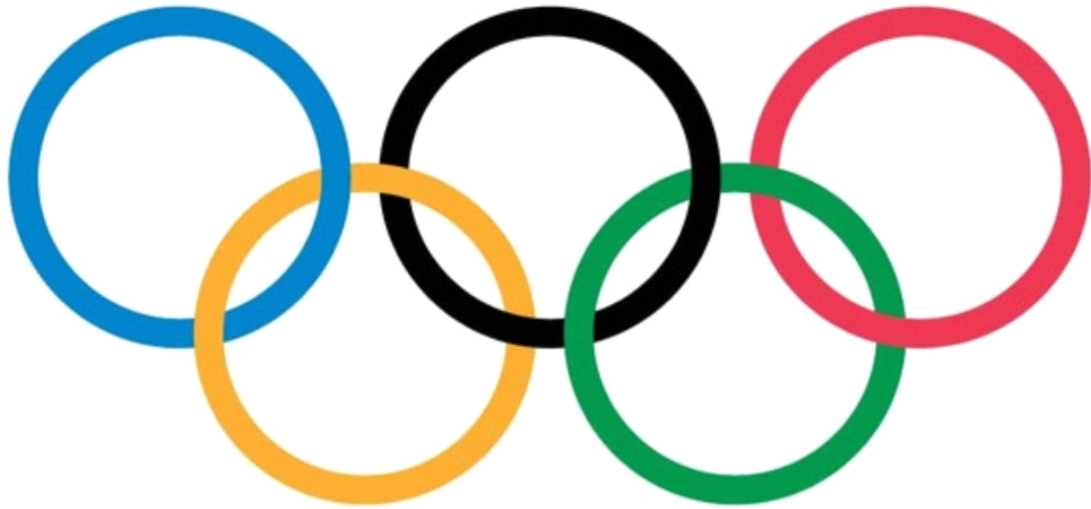
Hindi Diwas Celebrations

Anisha Biswas, PU2 (Humanities)

Hindi Diwas was celebrated on 10th July, 2021. The students took part with great enthusiasm. The occasion started with the school prayer and the pledge. A wonderful speech was given by Anisha Biswas about the importance of the Hindi Language and its relevance in the modern world. This was followed by a debate by the students on PU1 and PU2. The judges gave the students warm words of encouragement for similar future instances.

*Freedom in the mind
Faith in the words
Pride in our souls
Happy Independence
Day!*

हम सब का अभिमान हैं
हिंदी, भारत की शान हैं
हिंदी।



Picture Credits: en.wikipedia.org

*Winning doesn't
always mean being
first. Winning
means you're doing
better than you've
ever done before."*

*- Bonnie Blair
(American speed
skater and five-
time gold
medalist)*

Olympics

Dhanushree H M, PU1 (Science)

Full of blood, passion and extraordinary feats of athletic endeavour, the Olympic Games were the sporting, social and cultural highlight of the Ancient Greek calendar for almost 12 centuries.

At their heart, the Games were a religious festival and a good excuse for Greeks from all over the Mediterranean basin to gather for a riotous barbeque. On the middle day of the festival, a vast number of cows were slaughtered in honor of Zeus, King of the Greek Gods – once he had been given a small taste, the rest was for the people.

The Olympic Games, which originated in ancient Greece as many as 3,000 years ago, were revived in the late 19th century and have become the world's preeminent sporting competition. From the 8th century B.C. to the 4th century A.D., the Games were held every four years in Olympia, located in the western Peloponnese peninsula, in honor of the god Zeus.

Thirteen countries competed at the Athens Games in 1896. Nine sports were on the agenda: cycling, fencing, gymnastics, lawn tennis, shooting, swimming, track and field, weight lifting, and wrestling. The 14-man U.S. team dominated the track and field events, taking first place in 9 of the 12 events. The Games were a success, and a second Olympiad, to be held in France, was scheduled. Olympic Games were held in 1900 and 1904, and by 1908 the number of competitors more than quadrupled the number at Athens — from 311 to 2,082.



Picture Credits: bbc.com

Paralympics

Dhanushree HM, PU1 (Science)

This year India won a total of 19 medals in the Paralympic event making it the best tally ever. What's more incredible is that, when you sum up the medals won in the past years its nowhere near to the total we won this year, its far less than it! Avani Lekhara who won 2 medals, gold and a bronze in the shooting event had met with an accident at the tender age of just 11 and was permanently rendered immobile. After this tragic event, her father encouraged her to take up shooting as a professional sport. She was immensely inspired by the gold medalist, Abhinav Bindra. She realized her purpose of life! From then there was no lookback for her. At her age most people dream of running but she dreamt of flying and that's the difference between an ordinary and an extraordinary person!

Don't judge a disability by its visibility because you never know what they are capable of! Pramod Bhagat who won gold in the badminton event was just 5 when he was attacked with polio. It paralyzed his legs but he had a dream, dream of winning the gold for India in badminton. He had no coach at the beginning, like Ekalavya he became his own guru and continuously fanned the sparks of opportunities into flames of achievement! His journey from polio to podium has inspired and motivated millions today!

These are just 2 anecdotes of athletes from many, but all the stories of the athletes have one thing in common, they had the power to see the same thing with different perspective! The only difference between an ordinary and an extra-ordinary person is that little extra- extra effort, extra determination and extra dedication towards your goal!

"Paralympics is all about the 2nd chance you get in life. It's a reminder that it's not over until it's over!"

"Today there is no greater disability in society, than the inability to see a person as more"

- Robert M. Hensel



Picture Credits: [youtube.com](https://www.youtube.com)

This is an original recipe, which is guaranteed to blow your minds.

Classic Tea Cake

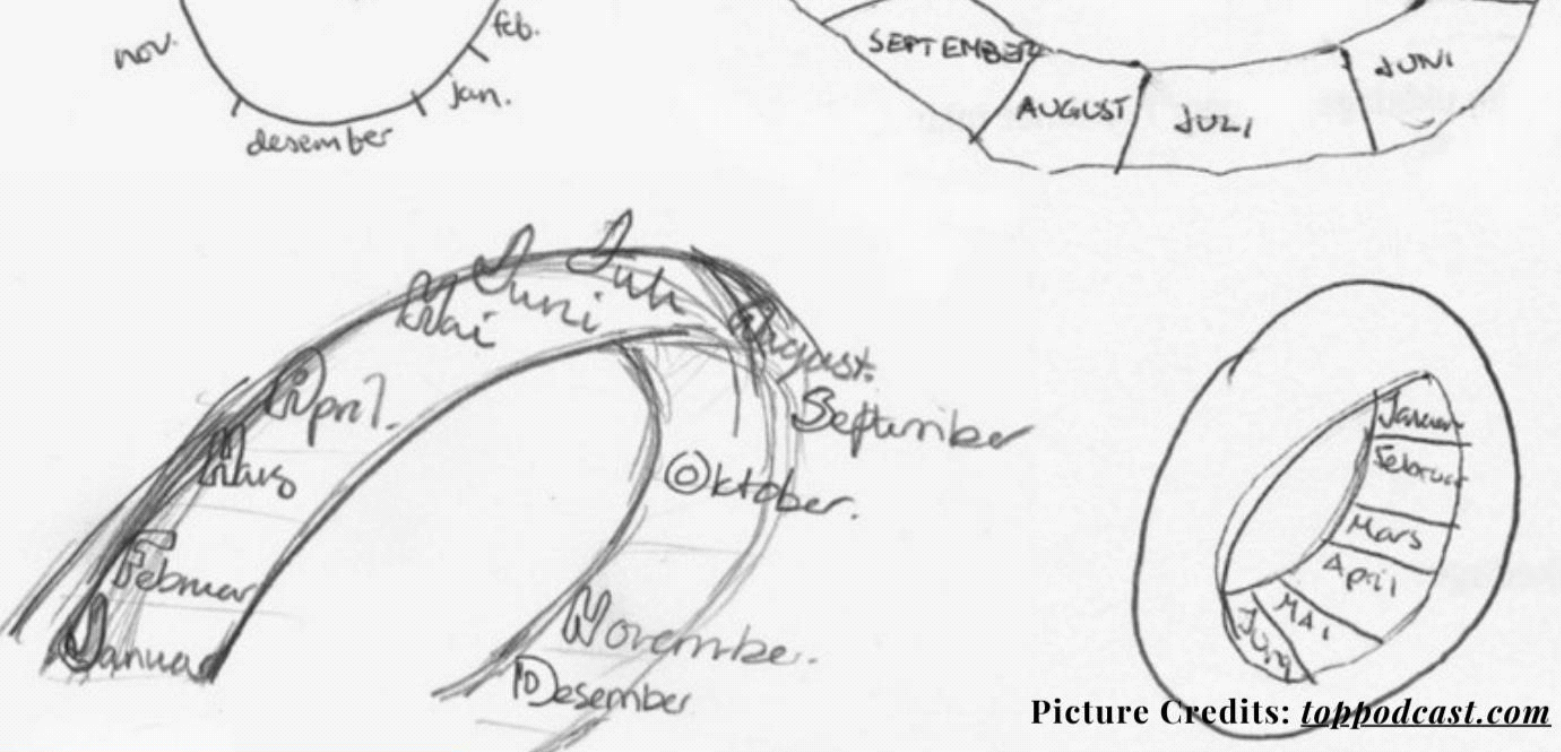
Manann Kaushal, PU1 (Commerce)

Ingredients:

- 1) Butter: 80 gms
- 2) Castor sugar: 115 gms
- 3) Maida/Wheat flour : 115gms
- 4) Baking powder: 1 tsp
- 5) Baking soda: 1 pinch
- 6) Eggs: 3 Nos.
- 7) Mixed fruits: Cashew – ½ tbsp ; Raisins- ½ tbsp
- 8) Vanilla Essence

Method:

- 1) Preheat oven at 180 degrees
- 2) Sieve Maida, baking powder and baking soda and keep aside
- 3) Beat the eggs separately until double in volume (use an electric hand mixer)
- 4) Beat the butter and sugar till creamy, light and fluffy. Add the sugar in the butter in small portions.
- 5) Add half portion of the beaten eggs to butter and sugar mixture and FOLD so as to not deflate the eggs (do not overmix batter will curdle).
- 6) Add Maida mixture in small portions at a time and mix with spatula.
- 7) Add remaining eggs and mix
- 8) Put in the dry fruits and mix once or twice
- 9) Pour the above batter in a 6-inch tin. Bake the cake for 36 mins at 180 degrees.



Picture Credits: toppodcast.com

Synesthesia

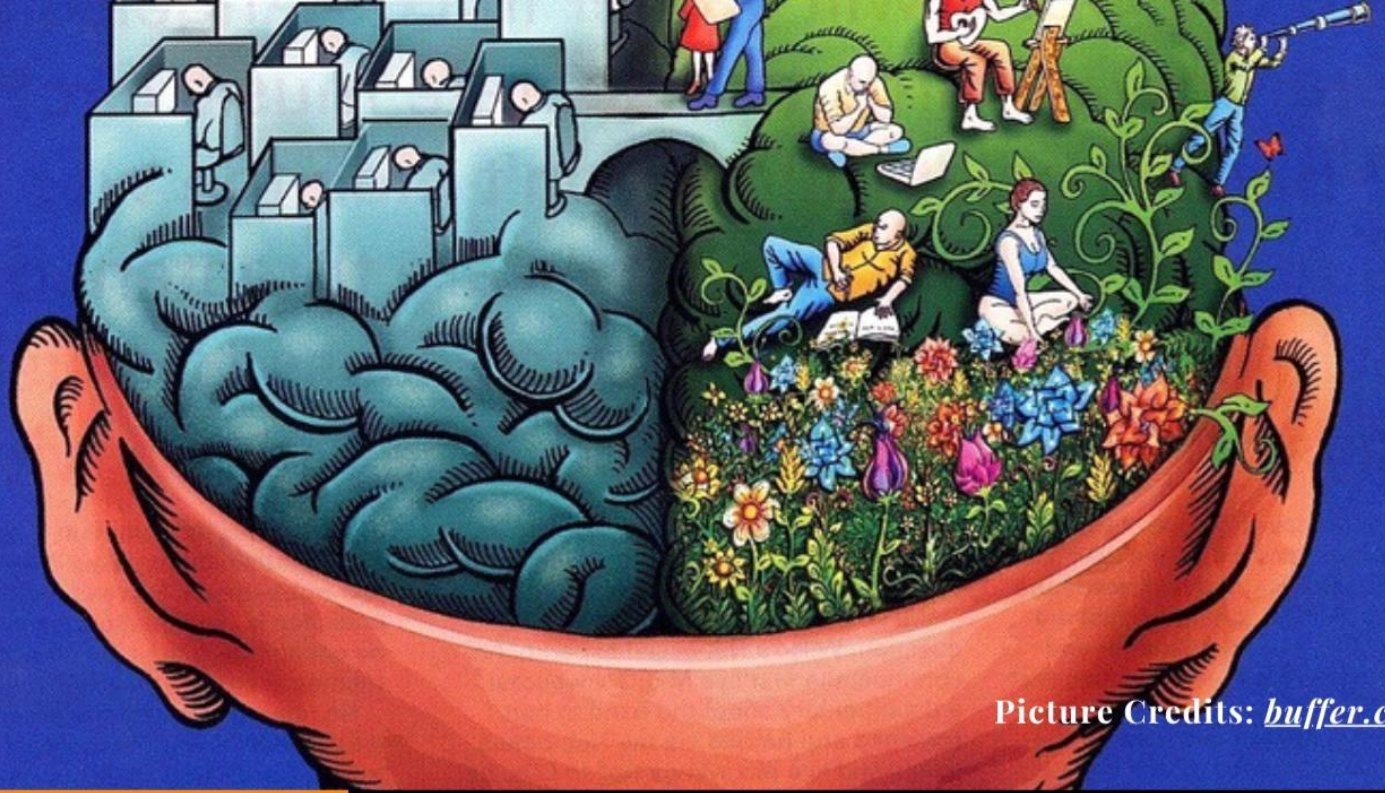
Hinduja K V, PU1 (Science)

A synesthete might not only hear our voice but also feel it, taste it, see it as colors or smell it. It is a feature, not a bug.

A synesthete might not only hear our voice but also feel it, taste it, see it as colors or smell it. There are numerous variations in the expression of synesthesia that can be split into two general categories, projective and associative. Projective is when the synesthete sees colors, forms, or shapes; a projecting synesthete may see colors or objects in space that the average human would not see. Associative synesthesia, on the other hand, is when a powerful association is felt between a stimulus and an independent trigger; associating synesthetes may be triggered by a stimulus such as a sound and feel very strongly that the stimulus has a color or personality.

Although synesthesia is a neurological condition it appears not to produce any debilitating mental effects. It's a unique trait, like possessing green eyes. Synesthesia provides a path to understanding non objective differences. In fact, Synesthesia is more common in artists who outshine at making metaphors, like novelist Vladimir Nabokov, painter David Hockney, composer Billy Joel, Lady Gaga and a list of other notable people like Billie Eilish, Kanye West, Beyonce, Lady Gaga and Pharell Williams, as well as artist Wassily Kandinsky and philosopher Ludwig Wittgenstein. But the big question is, why do the rest of us non-synesthetes understand metaphors like sharp cheese or sweet person? It so happens that sight sound and movement are already charted to one another so closely that even bad ventriloquists persuade us that the dummy puppet in his hand is talking.

It is a feature, not a bug.



Picture Credits: buffer.com

Our brain works in many weird ways and it's always beneficial to know about them and learn how to use them for our development. Let us go over 5 important effects that describe how our brain functions and how they can be utilized for our improvement.

Psychological Effects

Varshini M, Pu2 (Science)

1. **Crespi Effect**- Have you ever felt the need to work harder to attain a certain goal because the payback for achieving it was so significant? Well, that's because of the Crespi Effect. It states that the bigger the reward for completing a task is, the faster and better a person completes it.
2. **Digital Amnesia**- This one is probably the most common of all effects, especially in a generation almost completely dependent on the internet. We trust our digital devices to store or provide data for us and in turn, forget the data ourselves (most commonly phone numbers).
3. **Serial position effect**- It is found that we tend to remember the first and last events in a series of events best and the middle events worst. Both teachers and students can take advantage of this effect. Teachers can make sure their important lectures are scheduled either at the start or the end of the day; Students can study new topics in the night, right before they sleep and revise them the next morning to remember difficult concepts better.
4. **Hawthorne Effect**- If you find yourself more conscious of your work when someone is observing you, it's because of the Hawthorne effect. People tend to work more efficiently when they have the feeling of being observed.
5. **Pratfall Effect**- This one is more for all the perfectionists out there. This effect is most commonly observed among fans of celebrities who find their idols making slip ups endearing, because it makes them more relatable.



Picture Credits: jenelledge.mykajabi.com

*You have been
criticizing yourself
for years and it
hasn't worked. Try
approving of
yourself and see
what happens.
- Louise Hay*

Promoting Body Positivity

Kavya A & Preethika R, Pu2 (Humanities)

1. **Post positive affirmations on your mirror:** We should do this as we experience the most body hate in front of our mirrors.
2. **Get rid of your scale:** Weighing yourself can become an obsession and interfere with your happiness and self-care.
3. **If you wouldn't say it to your friends don't say it to yourself:** Treat your body like your best friend.
4. **Learn to accept a compliment:** by not being able to accept a compliment you are putting yourself down.
5. **Donate your clothing that doesn't fit instead of torturing yourself, and buy clothing you feel great in:** According to experts we spend 16 minutes of a day trying to pick out a dress. We shouldn't force ourselves to feel comfortable in dresses which don't fit us.
6. **Question whether body-hate is helping:** Stop body shaming yourselves, and accept yourself for who you are.
7. **Don't compare yourself to others, or your younger self:** Everyone changes, and our body grows and changes significantly over time.
8. **Don't tell that friend to un-tag you in that picture:** Learn to accept what you look like in every picture. They are all you.
9. **Challenge the idea that thin people are happier:** people can be happy or unhappy irrelevant of their size.
10. **Find a supportive squad to keep you positive:** Surround yourself with people who genuinely care about you.

LEO
July 23 - August 22

 **Symbol**
The Lion

 **Ruling Planet**
The Sun

 **House Ruled**
Fifth

 **Element**
Fire

 **Mode**
Fixed

 **Keyword**
"Creating"

Leos are likely to express themselves in dramatic, creative and assertive ways. Leos have great energy, courage and honesty. They are likely to be self-confident and maybe even a bit self-indulgent as they expect to be the center of attention, and often are. They also possess integrity, determination, and are natural leaders.

ASTROGRAPH

VIRGO
August 23 - September 22

 **Symbol**
The Maiden

 **Ruling Planet**
Mercury

 **House Ruled**
Sixth

 **Element**
Earth


 **Mode**
Mutable


 **Keyword**
"Analyze"

Virgo people tend to be very conscious of details. They are drawn to being of service to others and are concerned with health and well-being. They are likely to be neat and orderly, at least in some area of their life, although they may exhibit the opposite tendency in cases where they have not yet found their guiding principle of organization.


ASTROGRAPH


LIBRA
September 23 - October 22


 **Symbol**
The Scales

 **Ruling Planet**
Venus

 **House Ruled**
Seventh

 **Element**
Air

 **Mode**
Cardinal

 **Keyword**
"Relating"

Libra is the sign of harmony and relationship and strives for balance between polarities. Librans are known for their good taste, elegance and charm. Their natural mode of living is in partnership with others. They are concerned with issues of social justice, and are natural diplomats. They may also struggle in making first decisions.

Picture Credits: astrolograph.com

ASTROGRAPH

*"Our age is merely
the number of
years the world has
been enjoying us!"*

Happy Birthday to all of you!!

Ayesha Sharfi - 2nd Aug

Pushkarni Vamsi Krishna - 9th Aug

Nidhi J Khatri - 23rd Aug

Meenakshi Pathiyil - 29th Aug

Meghana R - 3rd Sept

Veena S Khatri - 6th Sept

Aadhya Soni - 11th Sept

Aadhi Sivam - 19th Sept

Tarini Challa - 19th Sept

Rishika Ghai - 21st Sept

Gayatri Kayadanath - 22nd Sept





Picture Credits: [m.economictimes.com](https://www.economictimes.com)

*An investment in
education pays the
best interest.
- Benjamin
Franklin*

India's Educational Goal

Anisha Biswas, Pu2 (Humanities)

From IITs to IIMs to the University of Delhi (DU) - top Indian universities will soon have foreign campuses. This is part of Prime Minister Narendra Modi's government plan to internationalize Indian colleges.

Off-shore campuses will not just attract foreign students and build a brand for Indian institutes abroad. They will also expand exposure for Indian students with international courses and collaborations

Indian students will also have the option to pursue a part of their degree programs at these international locations. Twinning programs would be a precursor to the off-shore campus expansion.

The Ministry of Education said " This is part of the brand- building of Indian institutes. Presently, India is not top-of-mind for international candidates, mainly from the West and we want to change that"

This strategy includes introduction of credit recognition under the twinning arrangement and to offer courses linked with foreign institutes, outreach international diaspora and attract foreign students and build a good reputation.

Student Bulletin



Preethika Ravishankar
PU2 (Humanities)



Kavya Anand
PU2 (Humanities)

Selfish

Was I, to put myself first,
A selfish beast?
When not a hand tend my wounds,
Not an eye caught my tears,
Not a shoulder bore my head,
I resolved.
To quench in me,
This love, this care, I thirst for.
I held my hand,
And led me on.
To greater heights, and beyond.
If selfish was I, so be it.

D.N. Vishrutha
PU2 (Commerce)

- thank you -

**LOOK FORWARD TO OUR
NEXT ISSUE!**

