

OCTOBER 2024 | ISSUE 13



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE · INDIA

MONTHLY

NEWSLETTER

BANGALORE BANNERGHATTA ROAD CAMPUS



WELCOMES



Dr. (Fr.) Jossy P George

DIRECTOR

Bangalore Bannerghatta Road Campus

A photograph showing four individuals seated at a long table covered with a brown cloth. From left to right: a woman in a maroon top, a man in a black vest over a white shirt, a woman in a yellow top, and a man in a black shirt. They are all looking towards the right. Nameplates and glasses of water are on the table. The background features blue curtains.

TELESTO 24

Telesto is an annual International-level business fest hosted by Christ University's School of Business and Management, Bannerghatta Road Campus, designed for management students to tackle real-world corporate challenges. Held from October 7th to 9th, 2024 Telesto features events like Case Study, Multi-Tasking, and Business Quiz. The theme, "The Asimov Equation: Mankind's Last Stand," draws inspiration from Isaac Asimov's Foundation series, where humanity faces collapse. Participants, acting as humanity's last hope, must solve a hidden equation and make critical decisions to save civilization, guided by a mysterious Taskmaster inspired by Asimov's Second Foundation. Around 300 students participated from Different International and National Colleges.

TELESTO 24





The Department of Psychology's event began with the screening of 'The Intern' at 9:30 AM, focusing on the journey of 70-year-old Ben Whittaker, who, after finding retirement unfulfilling, decides to take up an internship at an online fashion store. Despite his boss's initial skepticism, Ben's calming presence and extensive life experience help transform the workplace into a less stressful environment.

His influence not only helps the CEO relax and feel more supported but also fosters a positive, collaborative work culture in the office. Following the screening, a panel discussion was moderated by Dr. Rijita Mukharjee. The panelists, Rathish Rana R, Pradyumn Sreenath Iyer, Dhriti Kirpalani (Third-year students), and Hari Krishna S (Second-year student), delved into key themes related to the intergenerational gap in the workplace. They highlighted the importance of mentorship in mental well-being, noting how older employees bring valuable experience that can guide the younger generation, while younger employees help older workers adapt to new technology.

The discussion also touched on the evolving mindset around mental health in the workplace, emphasizing the need for openness and support. Additionally, the panelists discussed work culture and the significance of work-life balance, stressing the value of creating an environment where hierarchy is balanced by humanity, openness, and opportunities for social learning. Intergenerational collaboration emerged as a vital point, with the panelists advocating for mutual respect and learning between generations to foster an inclusive and productive workplace. The event provided deep insights into navigating generational differences and building a more connected, mentally healthy workplace.



CAMPUS NEWS

YOUR WEEKLY NEWSLETTER
ABOUT OUR CAMPUS!

OCTOBER
EDITION

GYNECOLOGY CONSULTATION CAMP

16 October 2024

CCHS organized a free gynecology health camp for faculty, students, and staff at the Bannerghatta Road Campus. Dr. Nita, a gynecologist from Apollo Hospital, arrived at 2:30 PM. The camp was conducted as a walk-in OPD, and a total of 10 individuals availed free consultations with Dr. Nita and received their prescriptions.

MOVIE SCREENING

23rd October 2024

The screening of Inside Out 2 gave students valuable insights into the emotional challenges of adolescence, introducing new emotions like Anxiety. The film highlighted that no emotion is inherently bad, emphasizing the importance of expressing all feelings for mental health. The discussion focused on how experiences shape emotions and memory, allowing students to connect the film's themes to their own lives. Overall, the session deepened students'

PEER EDUCATION

16th October 2024

The guest lecture on addiction offered valuable insights into its causes, effects, and underlying psychological and physiological mechanisms. The speaker stressed early intervention, prevention strategies, and a multidisciplinary treatment approach involving therapy, medication, support groups, and lifestyle changes. Techniques to prevent relapse were also discussed, promoting proactive strategies for long-term recovery.

TRAVEL PHOTOGRAPHY COMPETITION AND EXHIBITION 2024

27/09/2024 – 05/10/2024

On September 27, 2024, to celebrate World Tourism Day, the Library Bibliotheca Committee organized a Travel Photography Competition and Exhibition at the BGR Library. Photos and narratives were collected via Google Forms, emails, and posters, with 36 hard copies displayed in the library.

Winners of the Travel Photography Competition 2024:

- Professional Camera Category: Vivek Joben (2233424)
- Phone Camera Category: George Mechery
- Faculty Category: Stella Mano Veigas



Dune 2 Screening

9th October 2024

The class of 3 MAECS of the Department of English and Cultural Studies, as part of their course on Science Fiction and Fantasy and in association with the SDG Cell and 24FPS (the film club of the Ellipsis, the association of the English and Cultural Studies Department), organised a film screening of *Dune* (Part two) (2024) in the Multipurpose Hall (507) on 9th October 2024 from 10 am. The film merges fantasy and science fiction while also bringing ruminations of ecology and transhumanism.



GUEST TALK- THE BOOK THAT I AM: WRITING A LITERARY MEMOIR AND ITS AFTERMATH



The Department of English and Cultural Studies of CHRIST (Deemed to be University), Bannerghatta Road Campus, had the opportunity of hosting a talk with **Prof. Dr. Gayathri Prabhu**, who is an academician and author of books that transcend different genres. The tone for the session was set by Aditi Padhi's (student, 3MAECS) introduction of Dr. Prabhu and the Master's paper titled "Writing Lives: Genres of Self Narratives." Dr. Prabhu familiarised the students with memoirs as a genre of hypervisibility, a literary form comprising the idea of multiple selves, as well as one that renders porous the divide between fiction and non-fiction.

In the concluding portion of the session, Dr. Prabhu answered various questions posed by the students, leading to an interactive and insightful session.

CHRIST (Deemed to be University) SPORTS GALA 24

26th and 27th September 2024

Students from various BA programs gathered for a sports event that featured badminton, football, chess, carrom, foosball, and table tennis tournaments across two days. The event kicked off with speeches by Dr. Venkatanarayanan S. and Dr. John Paul, emphasizing sportsmanship and holistic development. Highlights included Yaseer F. and Ananya Rai winning the badminton tournament, 5EPH securing victory in football, and Dipra Vinitha triumphing in chess. With strong competition and teamwork, the event celebrated both athletic skill and camaraderie among participants.





The CAPS (Centre for Academic & Professional Support) of CHRIST (Deemed to be University) organised a Session on 'Stress Management' on October 24, 2024, in Classroom 408 from 11AM to 12PM for the students of 3BAM&J of the Media Studies Department of CHRIST (Deemed to be University), Bannerghatta Road Campus, Bangalore.

The session began with an elaboration on the concept of stress, defining it as the body's natural response to challenging situations. The speaker explained how stress, while a common part of life, can escalate into chronic stress if not managed, leading to physical and emotional health issues.

A key segment focused on the link between stress and panic attacks, explaining how prolonged stress can manifest in panic episodes, characterised by rapid heartbeat, dizziness, and shortness of breath. The importance of recognizing early symptoms was highlighted to prevent escalation. The session then introduced effective stress management strategies, emphasising time management, self-care, and healthy lifestyle habits. A demonstration of muscle relaxation techniques, such as progressive muscle relaxation, was conducted, showing participants how to release built-up tension in the body.

Finally, participants were encouraged to engage in regular physical exercise, meditation, and hobbies that bring joy as ways to release stress. Building strong social support networks was also stressed as an essential aspect of maintaining mental well-being. The session provided valuable insights and practical tools for managing stress effectively, contributing to participants' personal and professional well-being.

SONIC 2024

22 OCTOBER 2024



SONIC 2024, a vibrant musical event at CHRIST University, Bannerghatta Road Campus, showcased a variety of performances, from captivating vocals to dynamic dance routines. The event was honored by the presence of Dr. Fr. Jossy P George, Campus Director, and Dr. Fr. Varghese KJ, along with faculty, students, and the general public. Hosted virtually by emcee Samantha, the event featured memorable performances, including a heartwarming segment that reflected on the choir members' childhood memories. Organized by the BGR Choir, SONIC 2024 was a grand success, celebrating music, community, and meaningful connections.

Sonic 24



Industrial Visit to Britannia

5 October 2024

The visit to Britannia Industries Ltd. on October 5, 2024, offered the students with valuable insights into the company's operations within the FMCG sector. Highlights included its impressive production capacity of 240 tones per day across key product lines such as Good day and Bourbon. Students learned about the differences between batch and continuous production, with a focus on how continuous methods enhance efficiency and quality. The significance of factory layout and capacity management was also discussed. Additionally, the visit covered supply chain management, emphasizing raw materials and supplier grading, as well as waste management and recall planning through SAP. The experience concluded with insights into the high-volume, low margin business model typical of the FMCG industry, underscoring the importance of competitive pricing and operational efficiency. Overall, the visit reinforced essential concepts in operations management.

Hulimavu Lake Clean Up Drive

October 05, 2024



On October 5, 2024, the Department of Liberal Arts at Christ University, Bannerghatta Road Campus, collaborated with the Indian Ploggers Army for a cleanup drive at Hulimavu Lake, Bangalore. Over 60 student volunteers collected approximately 50 kgs of plastic waste, raising awareness about plastic pollution and sustainable living. The event featured a session on eco-friendly habits, including reducing single-use plastics and adopting sustainable menstruation practices. Local authorities praised the initiative, and students pledged to embrace greener lifestyles, making a lasting impact on both the environment and their personal habits.

The Vrittee'24 Valedictory Ceremony was a vibrant and memorable event, starting with a welcome from Vanditha Patwary and emceed by Tulika. The Guest of Honor, Sunil Suresh, captivated the audience with an inspiring speech and an exciting beatboxing performance. Winners of various events, including Solo Rewind, Art Attack, Delaricious Delights, and others, were felicitated by faculty members Dr. Roopa Patavardhan and Dr. Augustine Joseph. The overall winner was 5ECOH A, followed by 5ECOH B. The ceremony also featured the Vrittee'24 after-movie and a teaser for ESC'24, generating excitement for the upcoming event. It concluded with a Vote of Thanks and the college anthem.

English and Cultural Studies- SDG Events

October 2024

5BA English Honours and the SDG Cell, Department of English and Cultural Studies, BGR Campus organised a series of events as part of their CIA III.

1. Trash to Trinkets -- a curated collection of handmade, sustainable, and upcycled treasures that transform everyday discarded materials into unique, functional items

2. SDG Treasure Hunt--Treasured "Waste," where students raced against the clock to solve riddles, complete challenges, and uncover hidden clues, all while learning about sustainability and the environment.

3. Behind the Folds: An Immersive SDG Event--participants talked to strangers about any topic while they were blindfolded. Designed to foster empathy, mental well-being, and inclusive learning by temporarily removing sight, the event enabled participants to engage more deeply with their other senses, enhancing their ability to listen, connect, and understand others

4. Behind the Folds: An Immersive SDG Event --a visit to the Wildlife S.O.S. Bear Sanctuary



CHRIST (Deemed to be University)
Bangalore Bannerghatta Road Campus
Bannerghatta Main Road, Hulimavu, Bangalore, Karnataka 560076
☎080 4655 1333 📠080 4655 1400✉mail@christuniversity.in