



EDITORIAL MESSAGE

On the eve of August 15, 1947, India was pronounced a free nation, a title it had fought tooth and nail to acquire for over a century.

The writers of Spring have attempted putting together experiences of students from the Department of Social Sciences in the year long celebration of the 75th year of Independence - *Azadi ka Amrit Mahotsav*. This year, the Department of Social Sciences launched their first edition of Junior Social Scientist themed, *Resurgent India* to honour this milestone. This event was themed Resurgent India that celebrated ideas on an academic platform through research paper presentations by young minds. Cosmos version 8.0 with its theme: "Rhythm of Change" was also centered around our country's journey to freedom. Students through their brilliance of creativity and exploration showcased their vision of our country via still and working models. Students encountered untold stories, unsung heroes and bittersweet moments that led to India's triumph. Whether inside the classroom, or on the stage, whether in arts and music, debate and academia, every student was given a chance to shine under the spotlight through the competitions conducted by Spectrum. We also witnessed the most iconic three day event CJC Model United Nations where students engaged in deliberation and debate about global issues. With the end of the year approaching, most people take it upon themselves to reflect upon the past few months.

This edition of the newsletter will allow you to look back on the months of hard work, varied events of all kinds, vibrant performances and displays of solidarity in just a few pages.

-Spring Editorial Team, 2022.

FORTIS QUIZ

There are not many psychology events and competitions we are exposed to. Naturally, we were surprised when we were selected to participate in the Fortis Psych-ed quiz. There were 3 teams selected from CJC, composed of first and second PUC students together. Our team was one of 12 teams who progressed to the Zonal finals, where we won 1st prize and went on to the National finals in Delhi.

The questions asked in the quiz were vastly outside the syllabus from what was covered in our PUC textbooks. It was thus necessary to prepare a lot from out-of-syllabus textbooks and reference books. This was an illuminating experience as it showed us the vast extent of psychology outside our textbooks.

In the national finals seven teams competed. The quiz consisted of six rounds: Rapid Fire, Crossword, Guess Who, MCQs, What's That Word and Buzzer round. The CJC team held and extended a lead throughout the first four rounds, receiving a perfect score in the Rapid Fire and MCQ rounds. However, we fell behind during the game of What's That Word- a game of Taboo related to psychology, where the team from Navy School Mumbai gained the lead.

The entire experience from being selected to participate, to winning 2nd place in the national finals, has been a very exciting and educational journey. We owe a lot of gratitude to our teachers, Mrs Ashika Alex and Ms. Srishti Haldipur, for guiding and supporting us from the start to finish. We are also thankful to CJC and Fortis Mental Health for providing us with this opportunity to learn and to test ourselves.

Atharv Haritas Murali

2 PPES O

Shreya Prasanna

2 PPES O

Siddharth Mundhada

1 HEPP N



JUNIOR SOCIAL SCIENTIST

To acquire knowledge, one must study; but to acquire wisdom, one must observe.

-Marilyn vos Savant

Junior Social Scientist was conducted by Christ Junior College on 26th August 2022. The main theme was Resurgent India- Azadi ka Amrit Mahotsav: celebrating 75 years of Independence. It was an inter collegiate competition in which 14 different institutions participated. It was organised by the Department of Social Sciences to provide a platform for the students of classes 11 and 12 to help develop their research and presentation skills. The research papers were based on a wide range of topics. The participants used an interdisciplinary approach on various topics from subjects like Psychology, Economics, Sociology, Sciences etc. Prior to the event, the participants were given an orientation on how to write a research paper and present it in a simple and effective manner. As rightly said by one of the judges, Mr. Joshy K, the process of writing a research paper starts from the curiosity of the participants.

The idea of this event was conceptualised by Mr. Xavier Louis Dsouza, the Head of Department of Social Sciences. The event was conducted under the supervision of the teacher coordinator, Mr. Arulappa John and the co-coordinator, Ms. Srishti Haldipur. The student coordinator and the Assistant Student Coordinator for the event were Loraine Lukose and Riddhi Deshpande respectively. The organising committee along with the teachers in-charge ensured that the programme went on as envisioned.

The day started with the inauguration ceremony which included the lighting of the lamp in the presence of the Principal, Rev. Dr. Father Sebastian Mathai. Mr. Xavier Louis D'Souza, The Head of Department, presented his views on the competition. Following this, the participants presented their research papers for 8+2 minutes. The judges asked questions and provided feedback. Healthy discussions based on the research took place among the participants. Six of the best teams were selected from which the top three were awarded. The event concluded with the valedictory ceremony along with the distribution of prizes. Overall, the first edition of this event was a grand success as the aim of providing a platform to the passionate researchers was accomplished!

Riddhi Deshpande
HEPPN



CJC MUN '22

“With guns you can kill terrorists, with education you can kill terrorism.” - Malala Yousafzai

Christ Junior College held its 15th edition of the annual Model United Nations conference on the 3rd, 4th and 5th of November 2022. CJC MUN aimed at sensitising future leaders and policymakers to global problems. A culmination of consistent and untiring effort of students, and faculty alike, the three day conference proved successful in continuing a legacy of excellence in the educational simulation of the United Nations hosted by the Department of Social Sciences. With participation of over 350 students, 20 delegations and 50 schools, from all over the country, CJC MUN 2022 was a grand success.

The inauguration was held in the main auditorium of Christ University where the Chief Guest, Mr. S Selva Kumar IAS, introduced us to the importance of diplomacy. This was followed by the Secretary General, Calvert Nazareth, declaring the conference open.

The participants had an opportunity to choose from six different committees. The Historic Security Council was a committee where delegates discussed the happenings of the Bosnian War of 1991. The Disarmament and International Security Committee (DISEC) held discourse on the role of Private Military Companies (PMCs) in the midst of armed conflict. The United Nations Human Rights Council (UNHRC) focused its attention on the rising numbers of extrajudicial killings with special emphasis on those that occur due to ethnic conflicts, the act of which often constitutes an act of ethnic cleansing. The United Nations Commission on the Status of Women (UNCSW) deliberated on improving the ideals proposed by the Beijing Declaration in empowering women, especially in regions suffering from post-conflict distress. The Continuous Crisis Committee discussed the active tension between nations in the South China Sea with a meeting of the leaders of the nations involved. Lastly, owing to the theme of Azadi Ka Amrit Mahotsav, celebrating the beauty of 75 years of independence, CJC MUN 2022 offered a simulation of the Constituent Assembly as it operated in 1946, for delegates to participate in a debate regarding the essence of our existence as a nation. Operating as a semi-crisis committee, it witnessed various happenings of Indian history commence within a time frame of only 3 days.

The three-day conference was filled with excellent debate and brilliant resolutions, all committees successfully provided their participants as well as their executive board members with an enriching experience and abundance of knowledge.

The valedictory ceremony was conducted in the presence of Mr. Xavier Louis D'Souza, the HOD for Social Sciences and Teacher Coordinators, Ms. Dolly Martin and Ms. Shilpa Joseph. The conference saw winners from various schools and colleges. The conference concluded with Delhi Public School North bagging the prestigious Best Delegation and Greenwood High Sarjapur taking home the Outstanding Delegation.

NEURO LINGUISTIC PROGRAMMING

Knowledge is a weapon whose edge needs to be kept sharp—and that's precisely what purpose the Neurolinguistic Programming workshop served when it was held on August 22, 2022. The aim of this seminar was to build an understanding in the some 100 students of psychology who were eager to learn about the latest in the vastly growing field of neuropsychology and cognitive experimentation. The seminar began with a brief welcome address and the introduction of the resource person Ms. Kshama Mehta, an alumnus of CJC, who is currently pursuing her post graduation in New Zealand.. She explained to us that NLP was a psychological approach that involved analysing strategies used by successful individuals and applying them to reach a personal goal. NLP attempted to relate thoughts, language and patterns of behaviour learned through experience to specific outcomes. It is an experimental field whose research has helped millions of people in the process of unlocking their potential.

Ms. Kshama Mehta enthusiastically went on to talk about related streams of study in timeline therapy and hypnosis as a gateway into past life regression. Timeline therapy is a compelling argument towards the more standardised behavioural and Freudian approaches, aiming to subtly and unconsciously influence the client's behavioural patterns.

The discourse was both informative and interactive, ending with a Q&A session about what it means to be a psychologist, experiences abroad and other queries by the students. The session ended with a vote of thanks, following which the facilitator stayed back for an informal chat with the students.

Ananya Raghu
2 HEPP N

Neysa Mary
2 PPES O



SPECTRUM

CLUE QUIZ

Clue Quiz, was conducted under the banner of Spectrum, the Social Science Association on 13th December, 2022. Clue Quiz was exclusively conducted only for social science student. Clue Quiz was aimed at developing critical thinking skills among the students which is the need of the hour. The quiz was conducted in 2 rounds. The first round was a pen and paper round where participants had to answer 15 questions. The second round was a visual round where students would be given 4 clues pointing towards one absolute answer. Around 35 students actively took part in this event. The event took place under the guidance of Mr. Deena Dayalan, the teacher coordinator of Spectrum.

The events heads, Sanjana N (2 HESP M) and Nidhi Gautam (2 HESP M) contributed immensely towards making this event a success. The volunteers for this event were Mokshaa Harish Raju (2 HEPP N), Sai Riteish Guduru (2 HESP M), and Parinika S (2 HESP M)

The winners of this event are as follows:

1st place: Shrikar B N (1 PPES O)

2nd place: Luth Sanal A (1 HESP M)

3rd place: Mithun C (1 HEPP N)

Sunil Kumar Joshi (1 HEPP N)



EQUINOX

Equinox, an inter-collegiate fest organized by St. Joseph's Pre-University College on 11th and 12th November, 2022 where students from Christ Junior College actively participated in a spectrum of events ranging from science events to commerce event, from humanities to stage events students.

Spectrum, under the guidance of Mr. Deena Dayalan sent a delegation to participate in the humanities event in Equinox. The humanities events were Parliamentary Debate, The Incredible Race (history event), Sine Dubio (sociology event), Synergy, MIME, Rewind (role play).

The participants put all their sweat and effort into the competitions they participated in.

- Sanjana N and Anusha M (2 HESP M) won 2nd place in The Incredible Race.
- H M Greeshma (2 HESP M), Sneha M (2 HEPP N) Ruthvik P (1 HEPP N) won 1st place and Mithuin C (1HEPP N), Riddhi Deshpande (1 HEPPN), Jinal Solanki (2 HEPP N) won 2nd place in Synergy.
- The team from 1 PPES O who took part in Rewind won 1st place.
- The MIME team won 3rd place.

In totality, our students have displayed an ocean of talents and are undoubtedly the best and unbeatable.



HYPERION

Hyperion, an inter-collegiate humanities fest organized by Bishop Cotton Boys' High School on 1st and 2nd September, 2022 was an event to test the participants on their knowledge on current affairs in various fields.

Christ Junior College sent a delegate under the banner of Spectrum with 39 participants with 2 in each team and 2 teams. Mr. Deena Dayalan and Ms. Ashika stood as backbones to all the participants. Parinika S (2 HESP M) and Jyothika H (2 HEPP N) were the students coordinators for this event. There were 10 events and Christites as usual kept up their spirit. The events were Lingo (english event), Finesse (art event), Historia (history event), Praetor (political science event), Crossroads (sociology event), TIFF (debate), Psychon (psychology event), Servitium Populi (law event), Sleuth (journalism event) and Bermuda (crisis management).

The participants displayed their talents and bagged a few awards.

Sanjana N and Nidhi Gautam (2 HESP M) won 1st place in Lingo.

H M Greeshma (2 HESP M) and Ruthvik P (1 HEPP N) won 1st place in Praetor.

Gauri Sharma and Atharv Murali (2 PPES O) won 1st place, Manyaa Mukund and Snigdhaa Stanley won runners up for Psychon.

Apeksha G S (1 HEPP N) and Luth Sanal A (1 HESP M) won 1st place in TIFF.

Harshith Raghavendra and Sanya Fathima (2 PPES O) won runners up for Crossroads.

Vaishnavi Chandrasekhar (2 HESP M) and Rhea Alice Benoy (2 PPES O) won runners up for Servitium Populi.

With the combined effort of all the participants, Christ Junior College won the best delegation award. The competition was a tough one nevertheless, Christites have upheld their motto, Excellence and Service.



INSPIRE

Inspire, a Speech competition was conducted under the banner of Spectrum, the Social Science Association on 12th December, 2022. Inspire was exclusively conducted only for social science students. Inspire was aimed at developing oracy skills among the students and develop confidence in them. The participants were instructed to make speeches already made by the renowned leaders from around the world. Around 25 students actively took part in this event displaying their talents. The event took place under the guidance of Mr. Deena Dayalan, the teacher coordinator of Spectrum.

The judge for the event was Ms. Samreen from the Department of Economics, Christ University. Parinika S, the student coordinator of Spectrum, along with the event heads Mokshaa Harish Raju (2 HEPP N) and Pranjal N Bharath (2 PPES O) worked towards making this event a success.

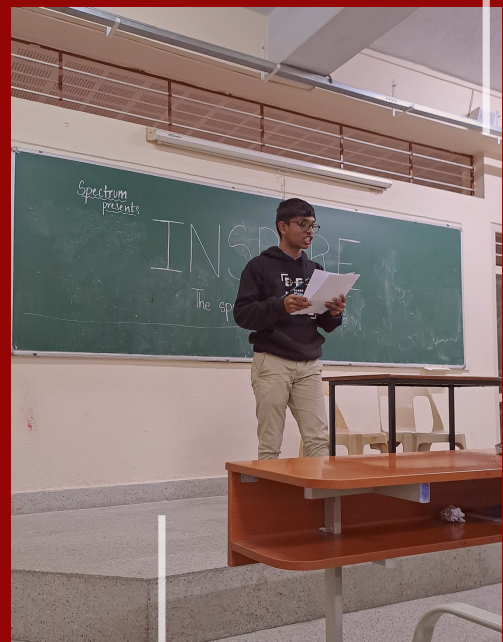
The winners are as follows:

1st place: Luth Sanal A (1 HESP M)

2nd place: Siri Dandur Chandrashekar (1 PPES O)

Aviv Sandeep (2 PPES O)

3rd place: Shrikar B N (1 PPES O)



PARLIAMENTARY DEBATE

The most awaited event of Spectrum was undoubtedly, the second edition of Parliamentary Debate. This event was conducted in five days from 14th July to 18th July 2022. "Don't raise your voice, raise your argument", the tagline of this event was rightly put forward by all the participants of the event.

The event was conducted in various rounds, namely, preliminary round, octa finals, quarter finals, semifinals, and finals. There were 50 teams with 3 participants in each. The adjudicators for this event were Ashlesha, Anirudh, Hrishikesh, Subiksha and Sunidhi who were also alumni of Christ Junior College who passed out in 2021. This event was conducted under the supervision of Mr. Deena Dayalan, the teacher coordinator of Spectrum, Jyothika H, event head and Parinika S, the student coordinator of Spectrum. The winners of this event were "Team Force" consisting of Thoshitha N Chowdary (2 CAMS J), Zuha Sultana (2 CAMS J) and Aishwarya (2 PPES O).

The event was a tremendous success. The success of this event goes to all the volunteers, moderators, adjudicators, the teacher coordinator and last but not the least, the participants. With this we end the 2nd edition of Parliamentary Debate 2022.



TOURIST DESTINATIONS

Tourist Destinations, was conducted under the banner of Spectrum, the Social Science Association on 14th December, 2022. Tourist Destinations was exclusively conducted only for social science students. Tourist Destinations was a presentation event where students had to present on any of the tourist destination highly esteemed by the individual. Students presented on various destinations such as the Paris, Brihadeshwara Temple, Dwaraka, etc. Around 15 students actively took part in this event highlighting their creativity. The event took place under the guidance of Mr. Deena Dayalan, the teacher coordinator of Spectrum.

The judge for the event was Ms. Samreen from the Department of Economics, Christ University and Ms. Rekha, from Christ University. Parinika S, the student coordinator of Spectrum, along with the event head Sai Riteish Guduru (2 HESP M) worked towards making this event a success.

The winners are as follows:

1st place: Shrishti Rajesh Adhyam (1 PPES O)

2nd place: Bhavana R N (2 HESP M)

3rd place: Shrikar B N (1 PPES O)



COSMOS

2O and 2N Cosmos version 8.0 was a thrilling experience that focused on new ideas while also recognising and admiring the progress from the past. Our theme was "Rhythm of Change" and while we focused on a comparative analysis, our goal was to show the progress that time can make. We hoped to provide a better understanding on how different aspects have grown in the past with their impacts on today.

Our topic, Inframatrix, a comparative analysis of the Grand Trunk Road and the Golden Quadrilateral, was a project where technology met Economics. With immense research under the guidance of our mentor and teacher Mr. Xavier Louis D'Souza and weeks of preparation, we were able to execute a wonderful project that showcased the importance of networks that are created by the existence of roads, both in the present and the past. With overcoming last minute challenges, learning to work as a team and of course making memories along the way, this event was truly one for the books. The seemingly effortless flow of the competition was testimony in itself for just how much planning and preparation had gone into the event. We still remember that feeling of holding each other's hands in anticipation of the results and the shouts of joy, when we realized we had bagged the silver.

All in all, this Cosmos was one that was charged with competitive spirits and innovative minds alongside the sense of bonding with a team. Truly, this competition was one that cements itself in our memories, the one that stands out amidst others.

Team Inframatrix,

Sarayu Vaishnavi Prabhu

Pashmi Jadhav

Shree Aishwarya Laxmi Mendegar

Devika Haneesh

Eshaa Setty

Derron Jaziel D'souza

Khushi Pudukalkatti

CSA VISIT

The Centre for Social Action association gives the classes of CJC an opportunity to donate money every year to schools in a village adopted by it. The money collected would be donated for the welfare of the students of those schools. This donation included class donations and individual sponsorships. The class that donated the highest amount of money would be given the privilege to visit the village and the schools. This year's highest money donors were 1 PPES O and 1 CAMS K.

Our class, 1PPES- O, was thrilled to visit these schools and witness the school life of those students. The visit was on the 6th of Dec, and we travelled in two buses, one with Dolly ma'am, our class teacher, and another one with Preethi ma'am. Each bus visited a different school and interacted with the members of the Self Help Groups there, with a village visit, where we went to different households.

The buses left CJC at around 7:30, and throughout the journey, we were on the edge of our seats, intrigued to see the village. We reached the village, in Yelachenahalli, and both buses stopped before a small building where we had a nourishing breakfast, that is; millet *upma* along with *pudina chutney*, pickle, and tea.

We then met the secretary of the women's cooperative, Smt. Shakunthala, who addressed us about five major areas – Children's Nutrition programs, Children's Education programs, Health and hygiene, Self Help Groups, and Income generation programs. Having only read about SHGs and welfare programs in our textbooks, we, as students of social science, were truly fascinated to witness the text-to-reality transformation and understand their practicality. Getting to hear from members of such SHGs, about how, as women, they've grown to become independent, self-reliant, and progressive, was certainly a blessing. Thereafter, we dispersed into two different schools, where we had the time of our lives with the children. The children ranging from grades 1-5 were so pure and wholesome that it warmed our hearts. We had prepared a series of games to play with them along with dance and singing performances. In return, the children also showcased their talents, and we were taken aback by their boundless talent and potential. It made us realise how these kids, with the most limited resources, enjoy the fullest of life and reminded us of the importance of gratitude. Unfortunately, we had to leave and before going we distributed a small gift-basic stationeries to them. Our hearts swelled with joy and we were sure that the time spent with them was irreplaceable. Next, we spoke to different members of the Self Help Group and listened to them talk about their experiences and the working of the group. This also included the initial problems they faced in establishing this, the procedure, the resources required, the benefit and other social factors such as establishing respect, authority, and voice of women in everything that happens in the village. They shared with us stories of how these cooperatives and SHGs have helped them in their lives. After spending valuable time with them we realized how fortunate we are and how important service is as, only because of these people is our life filled with comfort.

We had a sumptuous lunch of *ragi mudde* and *sambar*, along with rice and buttermilk, which ended with a heavenly *payasam*. We also bought clothes from the shop that was run by these women and visited a lake that tranquilized the busy day.

It was finally time to leave this beautiful village and its beautiful people. We conveyed our heartfelt gratitude to all who made this visit such a memorable one from Smt Shakunthala to the akka who cooked food to our teachers. With heavy hearts we bade them goodbye and were headstrong about donating even more next year not only to help those kids but also to get the chance to simply visit this magical place again. We were sure that even if we physically traveled back, our hearts and souls would forever be in Yelachenahalli.



Siri DC

PPES O

SKILL DEVELOPMENT REPORT

A student's life is filled with opportunities that thrive to bring out the best in them. Christ Junior College conducts several workshops, and programs to equip the students with valuable skills for life. One among the many programs that were being conducted, was the Skill Development classes, held by the Department of Social Sciences, Christ University. The Teacher Coordinators of this program were Head of Department, Mr Xavier Louis D'Souza, and Ms. Silpa Joseph.

These classes took place once a week, mostly on Thursdays. The program took place from August 4th, 2022 till November 24th, 2022. The Skill Development classes were being taken for the first PUC students of Social Sciences. There were fourteen resource persons from Christ University, who taught the students. These classes were being taken in the first and second PUC arts classrooms.

There were a total of twelve sessions that took place, which covered certain essential topics, which were Writing, Reading, Presentation, Research, Critical Thinking, Problem Solving and Listening. The students were taught through various methods such as games, on-the-spot tasks, and PPTs, about how to perform certain tasks more efficiently, for a better outcome. They were also taught about how to think differently, when a problem arises, and how to avoid certain errors, in a manner that does not lead to raised eyebrows.

This program also opened a door of opportunities, where the students were given a chance to present, to voice out their opinions, and also suggest what can be improved, on their part, for a better outcome next time. Overall, this program was a successful one, filled with fun, valuable lessons, as well as enhanced skill sets.

Aadya Pai.

I PPES O.



COSMOS V8.0 WINNERS

SOCIAL SCIENCES

1st PLACE

ECONOMICS

Walk to Watts

Teacher In charge: Ms. Silpa
Joseph



2nd PLACE

ECONOMICS

Inframatrix: From the Grand Trunk road to
the Golden Quadrilateral

Teacher In charge: Mr. Xavier Louis D'Souza



3rd PLACE

HISTORY

Heritage Sites: A Perpetual Source
of Sustainability

Teacher In charge: Ms. Kavitha K.





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WE WOULD LIKE TO EXTEND OUR SINCERE GRATITUDE TOWARDS THE DEPARTMENT OF ENGLISH AND MR. JOY VADAKKAN (IN-HOUSE DESIGNER, PHOTOGRAPHER AND EVENT MANAGER), CHRIST JUNIOR COLLEGE FOR THEIR SUPPORT AND TECHNICAL EXPERTISE.