

(VOLUME 2, ISSUE 7)

## DEPARTMENT OF HUMANITIES

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# CAMPUS BUZZ

MONTHLY  
E-NEWSLETTER

September 2023

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# Psychology Projects: Decoding Dynamic Dimensions

## Exploring Psychology

We recently witnessed a series of psychology projects conducted by the first-year pre-university students. Each group focused on a distinct psychological topic. This event took place from the 25th of August to the 30th of August, each team took one day to complete the project.

### The Significance of Sleep:

One group chose to investigate the importance of sleep and its correlation with academic performance. They presented their findings through a skit, emphasising the necessity of adequate sleep for students. The presentation included insights on improving sleep quality and identifying detrimental sleep patterns.

### Dream Interpretation:

Another group explored dream interpretation. They engaged the audience by discussing and analysing dreams volunteered by participants. Additionally, they conducted a week-long experiment, recording and interpreting the dreams of a single subject. This experiment shed light on the intricacies of dream analysis.

### Language Development in Children:

The third group delved into language development in children, utilising Jean Piaget's cognitive development theory. They dissected the stages of cognitive development and their connection to language acquisition. The group supported their findings with a video showcasing interactions with children of various age groups, providing practical insights into



language development.

### Teen Drug Usage and Psychological Impact:

The final group addressed the pressing issue of drug usage among teenagers and its psychological consequences. They presented information on commonly abused drugs and their associated side effects. Additionally, they highlighted available support resources and presented a short film illustrating the adverse psychological and social effects of drug abuse.

In summary, the learners displayed a commendable dedication to exploring various aspects of psychology. Their projects covered topics ranging from the significance of sleep and dream interpretation to language development in children and the psychological effects of teen drug usage. These endeavours exemplify their enthusiasm for psychological research and its practical implications.





## Psychology Panel Discussion: Deepdive Into the Psyche

On the 18th, 19th, and 20th of August, a captivating panel discussion unfolded within our educational enclave. The discussion was centred around the intricate classification of mental disorders. Our students were artfully divided into groups, each entrusted with a discipline plucked from our comprehensive curriculum. The paramount objective: is to scrutinise the taxonomy of mental disorders from multifaceted angles.

Throughout this engaging discourse, our students adeptly traversed the realms of history, politics, psychology, and literature, unfurling insightful perspectives that breathed life into this intricate subject. Their discerning musings were eagerly embraced by the erudite educators, who meticulously reviewed every nuance of their deliberations.

Central inquiries emerged, reverberating through the hallowed halls of academia: When did the classification of mental disorders first surface? How has it evolved over time? And what is its contemporary stature? These questions wove a tapestry of knowledge that enriched both participants and spectators alike. In sum, this discussion proved not only profoundly enlightening but also undeniably beautiful in its intellectual exploration.

# Advaya- An Intra-collegiate Fest: Kaleidoscope of Potential

'Advaya,' an intra-college fest was conducted on the 31st of August 2023 by the Humanities Department. This fest was as awaited as the main event 'Kalakriti'. The highlights of this fest were the unveiling of our logo, the flash mob performed by the students of Humanities and the different competitions that were held.

'Advaya' was the journey that brought all the students of the department closer and formed an even deeper bond with each other. From the process of finalising the fest to D-day, this was a grand success. Everyone was included in the making of this fest and every student played their role well. The preparation for the fest was in full swing while everyone balanced both their academics and the event preparations. This was the first fest of the year by the department. There were three different competitions held- "Neta of the Year", "Green Act" and "Philosophers Dilemma". These competitions challenged the participants to bring out their creative side as all of the competitions were based on out-of-the-box and practical thinking.

Finally, the D-day arrived and there was a rush of excitement and pride in the Humanities corridor. Both the teachers and students were eager to showcase their creative and colourful side. The fest was inaugurated by a flash mob that was performed by both the 1st and 2nd PU students. This was then followed by the unveiling of the Department of Humanities logo along with which the banner for Advaya was rolled down. After the wonderful performances, participants of different events made their way to the allotted classes as the events commenced.



Philosopher's Dilemma was a competition that challenged an individual's intellectual side and tested their convincing skills. It also challenged the individual on how to react to the critical conditions that life throws at us.

Neta of the Year challenged the political side of an individual and how well he/she was at persuading through the power of words. This brought out their inner 'Neta' and also challenged them on how to think critically, analytically and diplomatically.

At the end of the day, everyone was satisfied and also proud of the achievements that they had accomplished. Though tired, there were smiles on everyone's face. The first-ever fest was a grand success and everyone's hard work paid off well.

On an endnote, Advaya was just a glimpse of all the great events that the Humanities





## Kalakriti: A Mosaic of Intellect, Art and Culture

The most anticipated event of the academic year 2023-24, organised by the Department of Humanities, JAIN College, VV Puram, powered by Knowledgeum – KALAKRITI 2023 was a grand success. This idea was carefully nurtured since the beginning of the academic year, the Student Council and the faculty members of the department worked tirelessly to bring this fest to life.

As the name Kalakriti suggests, with 'Kala' meaning art and 'Kriti' meaning creation, Kalakriti was not just a fest; it was an expression of wisdom, freedom, and art. It served as a forum that blended intellectual thoughts with artistic performances.

Kalakriti 2023 took centre stage on the 8th of September at JAIN College, VV Puram. The fest was a platform for eight events: Adalat, Emoji Alaap, Bijutsu Sekai, Parivarthan Pitch, Neta of the Year, REELative, Dancemataz, and Mr./Ms. Kalakriti. 200+ Participants from prestigious Pre University Colleges of Bengaluru registered for both individual and group events. Participants eagerly gathered in the quadrangle on the big day, excited about the day's planned events and their hopes of winning the Best Institution Award.

The fest commenced with a musical performance by Pranavi and Surabhi, followed by the lighting of the lamp by esteemed dignitaries and a dance performance by our talented dance team. Subsequently, Mr. Jagdish Chandra, Head of the Department of Humanities, extended a warm welcome to our distinguished guests and all the enthusiastic participants of Kalakriti. The Student Council of Humanities also addressed the gathering, unveiling a teaser of Kalakriti 2023 and showcasing the grand trophy that would be awarded to the best institution, instilling a spirit of healthy competition among the participants.

The planned activities for the day, including the scheduling of time slots and room allocations for each session, were thoroughly explained to the attendees. Each event was judged by professionals of the respective fields.





- 'Adalat' challenged young lawyers to engage in deep thoughts and provided insights into planning and articulating arguments in real courtrooms.
- 'Emoji Alaap' offered a platform for participants to showcase their vocal talents, aligning their performances with emojis assigned to them.
- 'Bijutsu Sekai,' meaning the art world, encouraged participants to express their artistic skills on the faces of their partners, with the theme being anime.
- 'Parivarthan Pitch' allowed participants to pitch their own ideas/products to potential investors, aiming to make lives easier.
- 'Neta of the Year' catered to the future politicians among us. Participants assumed the role of a politician, came up with a unique party, designed a symbol for their party, and outlined the policies they would follow.

- Participants in 'REELative' were tasked with producing a 60-second engaging reel with a strong environmental or social message.
- 'Dancemataz' showcased a dance face-off between the best dance teams from various colleges.
- 'Mr./Ms. Kalakriti' presented a multi-layered competition, testing participants on their intellectual, artistic, and humorous dimensions.

Ultimately, Christ Junior College achieved remarkable success, winning the majority of positions and earning the prestigious title of Overall Champions of Kalakriti 2023. The skills, creativity, and teamwork of Christ Junior College students not only secured them the grand trophy but also a cash prize of INR 10,000.

As Kalakriti 2023 came to an end, we can proudly say that it successfully united students from diverse backgrounds in celebration of wisdom, freedom, and art. We also look forward to raising the bar high in the years to come and preserving the enduring spirit of Kalakriti.





## Sports Activity: A Fitting Encounter

"Do you know what my favourite part of the game is? The opportunity to play." - Mike Singletary  
For most youngsters, sports and fitness have taken a backseat as they grow up. They become so busy with assignments and homework that they do not focus on physical fitness, and most importantly, they forget to have fun!

The Humanities department has prioritised overall development. From physical fitness to intellectual growth, they have spared no effort.

On the 31st of August, the first-year Pre-University students were introduced to Mr. Basavaraj. He organised a variety of activities for the students, including both team and individual activities. These activities were not only fun but also got their adrenaline pumping. Through the group activities, they got to know their teammates better, learned cooperation and coordination, and discovered how to function as a team.

The next session with Mr. Basavaraj was on the 14th of September. Their stamina and hand-eye coordination were put to the test with the thrilling game of basketball. It began with the basics since the students were not well-versed in the game. They made mistakes and fumbled, but Mr. Basavaraj constantly encouraged them. After they learned how to dribble and a few basic passes, they started playing the game. They were divided into teams, and that is when the real fun began. Whether they win or lose, they all are winners for having the opportunity to take care of physical health because, after all, the body is a temple.

When the session concluded, they were not only energised but also beaming with smiles, eagerly anticipating the upcoming sessions.





## Political Science Project: Discovering Polity

In the contemporary world, political science as part of our curriculum helps us understand worldly concepts. The subject throws light on why countries fight wars, why people have divided themselves into various groups, why some countries are rich and others are poor, what it means to act ethically in politics, and many more unexplored questions.

As the Basic Political Concepts were part of our learning, we were given an opportunity by Mr. Sudhanshu, our Political Science lecturer to relate our learnings with concepts like Rights, Liberty, Equality, Sovereignty and Law. We researched the issues related to the concepts in India and around the globe.

On the day of the presentations, the first group presented the topic “Rights”. They discussed the extended scope of rights concepts and issues like Human Rights, Women's Rights, LGBTQ Rights and Civil Rights. They also had a quick quiz session after their presentation which made it very interesting.

The next group presented on the topic “Law”. They dissected the topic to us in an understandable way. The topic was well researched which kept us engaged until the end. The following group chose “Liberty” as their topic. Their effort in coming up with a detailed presentation helped us understand the topic with ease.

The last group presented “Sovereignty”. The topic was introduced to us well which helped us to hook to it till the end.

This activity helped us form an idea of how the political world works, involving newspaper articles to describe the current issues as an add-on. The new topics we were introduced to, with real-life examples made it easier for us to understand and ponder these concepts to be well aware of the world we live in.





## Teachers' Day Celebrations: Celebrating the Enablers of Learning

Celebrating our educators goes beyond a single day on the calendar. They wear many hats - teachers, mentors, and guides, steering us along life's winding path. One day of celebration cannot fully capture the depth of our gratitude for their constant presence in our lives, however, we came together on the 15th of September to organise a heartfelt celebration, paying tribute to them.

Such celebrations hold great significance as they remind us to appreciate and express gratitude for the often-overlooked aspects of life. Furthermore, such observances foster unity, bringing teachers and students together beyond the usual dynamics of the classroom relationship. These celebrations also contribute to nurturing a strong collective spirit, an integral part of a successful education programme.

The event started with the Student Council taking the lead in planning and executing the activities. Initially, teachers were tasked with bursting balloons filled with notes of gratitude from us. Followed by an engaging 'Who am I?' game that challenged teachers to guess the names of students. This activity lasted for nearly an hour. During the activity, we eagerly awaited whether the teachers would correctly guess the names, resulting in the seminar hall resounding with excited cheers. Finally, we all danced together to some fun music.

As the celebration drew to a close, laughter echoed through the halls, and an atmosphere of gratitude filled the air. All our hearts were content, not just because of the celebration but also because of the genuine gleam in our teachers' eyes. Their smiles mirrored the profound impact they have had on our lives, reminding us of the crucial role they play in our journey. It was a heartwarming reminder that honouring our teachers is an ongoing journey, one that we will continue with deep appreciation and admiration.





## Rang Sammelan: An Ode to Love

The much-awaited stage show, "Rang Sammelan," organised by Rang Milana around the theme of "Love," unfolded with a mesmerising performance by the club members. Rang Milana serves as a platform to nurture and showcase creativity, communication skills, and collaboration. The aim was to portray the theme of "Love" in imaginative ways. The club members chose three art forms to convey the Story of Love: Music, Theatre, and Dance.

The first musical performance was an A-cappella version of "Bohemian Rhapsody," symbolising self-discovery and self-love. The audience thoroughly enjoyed this performance.

The second performance was a theatrical storytelling inspired by the famous song "Chali Kahani" from the movie "Tamasha." This song explores the idea that all stories, whether old or new, native or foreign, share the same essence. Times and characters may change, but the story remains constant.

The third performance was a dance set to the song "Mor Bani Thanghat Kare," highlighting the romanticism of rain.

"Rang Sammelan," the spectrum of colours, was truly a display of creativity and talent. Through music, theatre, and dance, the students beautifully conveyed the theme of "Love," making it an evening filled with artistic expression and heartfelt performances.

