



IN BRIEF

BCA checkmates BA



Arjun, BCA playing chess @sreenand
Diya Annie Jose

BCA won with 8 points in the inter-departmental Chess Championship which was held at DBASC, Angadikadavu. The game was conducted from July 19 to July 22 at college Campus, to select the participants for the university sports championship.

Lit. Students on Shivasankarian track

Adrija C

The Department of English organised a Workshop on Theory for the students of BA and MA programmes on 20th July 2022 in association with IQAC. The session was handled by Mr. Shivshankar Rajmohan A K, Research Scholar, Dr. Janaki Ammal Campus, Kannur University.

MSc Psycho students trained in CBT



Soney Thomas interacting with students

Juwal Raj T

CBT(Cognitive Behavioral Therapy) program was conducted for MSc psychology students of Don Bosco Arts and science college, led by well known CBT practitioner and trainer, Mr. Soney Thomas. The programme was held on 25th and 26th of July 2022. The real life events were chosen for the activities.

PROFILE

Bhavya C K

A person who proved that age is not a hurdle in achieving success. Someone who has showed that it is possible to excel in any field that you are interested in if we put in effort and determination. Yes! That's Fr. Nithin. He became the pride of the college by winning the badminton championship.

At a young age, he moved to the seminary where he managed to unlock his potential.

Training

He trained himself for the past 15 years by watching matches and tutorials on YouTube; trying them out and improving himself. The odds of life helped him immensely in his journey. It is evident to anyone who watched Fr. Nithin in the court of his relentless perseverance he

PG bags badminton championship

Fr. Nithin, Br. Isaiah & Br. Reuben are the champions in the tournament
BA English wins badminton championship under women category

Nandhana R Nambiar

The PG Masters won the title in the interdepartmental badminton tournament held at DBASC(Don Bosco Arts & Science College), Angadikadavu.

Fr. Nithin and Br. Isaiah played for PG Masters and grabbed the gold. PG Masters triumphed over B.Com. Finance. B.Com Finance was represented by Parthiv and Ebin Thomas.

"It was very good, very memorable experience in my life when we get such opportunity..." said Fr. Nithin on the victory. "It was fantastic," remarked Br. Isaiah, badminton champion.

Women section had their finals. BA English kept the victory by their side by showing a dominant character all throughout the tournament. BA English was represented by Aishwarya Somson and Sanmaya.



Fr. Sojan, honouring Br. Reuben, Fr. Nithin & Br. Isaiah @abelbabu

"The matches were very exciting. All the competitors were very enthusiastic and fought against each other as if in a combat," said Mr. Nitin Kuttan, the Physical Trainer of the college.

Inter-departmental badminton tournament commenced on

18th July, 2022 and ended on 21st July, 2022. Various departments had participated in the tournament. The tournaments were conducted in the evening after 3:30 pm everyday.

The tournament was held with decorum and behavioural etiquette.

Rainwalk enthral nature lovers

Albin C Dominic

NSS unit and Nature Club of DBASC, Agadikadavu conducted rainwalk to Chettayipara, a nature spot. Rainwalk was held on Saturday, 23rd July, 2022. The event was held for the students to make a bond with nature and they could feel the gentle touch of the rain through the walk.

Around 60 students from both NSS and Nature Club joined the rainwalk. It started around 9 in the morning, lasted for 5 hours and around 2 km were covered by the students. The rainwalk was headed by the NSS programme officer Mr. Nithin and Nirmal K K, the coordinator of the walk, along with other faculties from the college.

The rainwalk was adventurous



NSS Volunteers @nitinkuttan

and it made students more interesting. Johnson, who participated in the rainwalk last year accompanied as a guide. The programme gave an opportunity for the students to feel the rain and the beauty of nature. Its a variety programme that was initiated by DBASC, Angadikadavu.

A grade stars honoured

Shivapriya P

Shining stars of 3rd semester UG examinations, who secured A+ and A grade were acknowledged for their results with a festal lunch served by the college management, at DBASC.

The sole purpose of this step taken by the mangement was to encourage and motivate the enthusiastic and knowledge thirsty dynamic youngsters. Students were very much excited about the festal lunch served.

STARS of the day were Ashna Sunil (BSc Psychology), Thanseeha Beegum (BSW), Sona Anil (BSW), Angel Mary V S(BSW) Shazia(Bcom Finance), Aleesha Manoj(Bcom Finance), Albin Deva-

sia(Bcom Co-operation), Aiswarya Vinoy(Bcom Co-operation), Neena Wilson (Bcom Finance), Anannya Babu P P(Bcom Compter), Neeraja Siby Kumar(Bcom Finance), Vaishna R(BA English)

"It was one of the best experience I had come across. I was very happy and encouraged," said Angel Mary V, BSW, one of the A grade holders. "These sort of encouragements by the management boosts up the effort process of a student. I am very much happy and satisfied by the act shown by the college," said Vaishna R, BA English.

The principal and teachers were very happy for the stupendous success of the students.

JACK & MASTER OF BADMINTON



Fr. Nithin @nithin

paid off. Now also he practices everyday after the class. He was able to play without mistakes because of this precise practice.

Biggest Challenge

The biggest physical challenge father faced was to maintain a good fitness level. "When we are young, we have lots of energy and are fit.

It's very easy to recover if we are injured. But as we get older, our fitness level decreases and it takes time to heal an injury. Maintaining good level of fitness with age has become a difficult task," says Fr. Nithin.

He also revealed that it is important to maintain a good emotional balance. In any game, if we are mentally exhausted, we will lose the game. As a person who often felt alone when he lacked support, he now tries to stay grounded and advices everyone to not feel bad or get too excited during the game. His take on success and failure is really interesting. He believes that they are only momentary and that we shouldn't be too invested in them. He also encourages other players so that they build their self confidence while playing.

“Fr. Nithin is someone who does anything quickly and thoroughly with perfection. He is always there to support and help those who are with him.”

About the game

Nehad was Father's opponent in the game. They had a difference of 7 points. "I was behind him in terms of score. He is a strong player. Playing with him was tough to me. But I won because I was determined to win". Father opens his mind.

Why Badminton?

He used to play other games too. But the reason he preferred badminton because this game requires only 2 players. More than that, This game is a good exercise for our body.

Role model in Badminton

"My role model in badminton is Lin Dan, a Chinese Badminton player. His game strategies are really astonishing. That's why I like Lin Dan". Father said.

The Adherent

"Father Nithin is someone who does anything quickly and thoroughly with perfection. He always there to support and help those who are with him. As a teacher, I'm very proud of Fr. Nithin's achievement," says Mr. Anil, Asst. Professor of MCJ department.

ON YOUR MARK, GET SET, GO!

Don Bosco Arts and Science College, Angadikadavu soars higher with another daring journey in the field of journalism. The news desk under the auspices of the Department of English is set to issue its first edition of the college news. The literary impetus is resulted in the form of a Newspaper titled, 'The Monday Mirror'. Kudos to the accurate reporters, meticulous editors, adaptable photographers and creative designers, and may this venture take you to the realm of precision and perfection.

Creating momentum in one's life demands the path of acceptance and renunciation. Doing a little more of the things that move us forward and a little less of the things that hold us back entail the factors of fortitude and wisdom. One of the sprinters who grabbed the limelight in the World Athletic Championship, 2022 at Hayward Field, USA, was Jamaica's Shelley-Ann Fraser-Pryce. She made history as she bagged a fifth World 100m title. Fraser Pryce, a 35-year-old mother, had an electric start from gun to tape winning in a championship record of 10.67seconds. Jamaica had an unprecedented cleansweep, winning gold, silver and bronze in the event. It is the first time a nation had swept the medals in the women's 100m at the worlds.

Fraser-Pryce is also the first athlete to ever win five gold medals in a track event at the World Championships in the same discipline, with this win following 100m gold in 2009, 2013, 2015 and 2019. "It was definitely something in the cards. It's special. It's my fifth world title in the 100m, and doing it at 35, yes I said 35!" said the gold winner. Bagging a gold medal at 35 in the world championship is a herculean task. One has to surmount all the ordeals and display prowess and valour to realise the goal.

Getting into the right track and setting goals require passion and valour. We all have times in our lives when we feel stuck or just tired of the tedious activities. We feel like we are not making the progress we hoped for and sometimes we feel like relinquishing it altogether. But it's not okay to give up. The most important thing is to recognise that one might need a rest or a reset. Successful people always look for new tactics to move closer to their goals and build on their accomplishments. The key to their success is momentum. We need to be reminded of ourselves of Newton's First Law of Motion. "Every object in a state of uniform motion tends to remain in that state of motion unless an external force is applied to it."

In short, there is a natural tendency for a moving object to keep moving, unless an external force interferes with it. Application of required strategies will bring about the desired changes and success. Let 'on your mark, get set, go' be the command for the future endeavours and undertakings.

Fr. Jaison Anthikkat
Vice-Principal, DBASC
HoD, Department of English

INTERVIEW

Anamika Suresh

The inter-departmental badminton and chess tournaments have awakened the enthusiasm and competitive spirit of the campus. Mr. Nithin Kuttan, Head of Physical Education, has recorded his immense happiness regarding the commencement of the inter-departmental competitions in an interview given to The Monday Mirror.

In the light of the successful completion of inter-department Chess and Badminton tournaments, can you please share your thoughts on the up coming tournaments?

It was truly challenging to organise the inter-departmental competitions amidst the back-to-back exams in the semester system. But we were able to plan the matches without creating any hindrance to the daily routine of the college. We couldn't involve the first year students in the competitions as the admission process is still in stand by at the University. But in the coming days, more such tournaments will be conducted after the arrival of the first year batches.

Can these competitions be perceived as ground work for the forthcoming inter colligate championships?

We have regular presence in most of the University Sports competition and often host such events in our campus. One of the prime objective of conducting the inter-departmental tournaments is to identify worthy candidates to represent our College in the inter-colligate tournaments. Also, equal opportunities will be provided to other students including the first year batches who were not able to participate in these matches to prove their skills. The ultimate aim is to

Mastermind behind players



Mr. Nitinkuttan, PE, DBASC

build a strong and healthy team for the university level competitions.

As the head of the physical education department, how do you validate DBASC's performance in the University and national level competitions?

It is really tough for a self financing college to compete with Government and aided institutions in sports and arts because many students join these colleges through Sports/Arts Quota and are facilitated by the Sports Council and SAI. But even with the paucity of sports and arts quotas and other Govt facilities, Don Bosco has a history of securing 5th or 6th position in most of the inter colligate championships hitherto. Our students contributed 10 medals for the University in National level Tug of War championships. The best sports persons for the academic year 2021-22 were from our College. It is to be noted that most of these students don't have a sports background. But it is from the campus that they underwent training and mastered the game. These achievements helped DBASC to make our presence felt in the University.

Do you believe that the long break during the pandemic outbreak has withered the sportsman spirit of DBASC?

Covid had its effect on

all the activities of the University as well as the colleges, including sports. Most of the educational institutions struggled to organise competitions or to arrange training for the students. The bitter truth is that we couldn't conduct any major competitions during the pandemic situation. It had an unfavorable effect on the participation and the performance of the students in the University Sports competitions. But the University managed to conduct most of the event adeptly. We secured 5th position in the women's section and 6th in overall performance. Though it wasn't viable to conduct inter-departmental tournaments in the college, we were the runners up in both intercolligate Yoga and Tug of War championships. In spite of the outbreak of the virus, we ensured that the students didn't lose their opportunities to participate in university arts and sports competitions, though it was tough to provide them with efficient training facilities. But now, we have a fresh and early start and hopefully aiming for a worthwhile participation in the University as well as national level competitions.

You have been a faculty of DBASC since 2016; What do you feel about yourself as a contributor to the institution's persistence as the best self-financing college under Kannur University?

It's my sixth consecutive year in DBASC. I joined the institute on the very next day after my graduation. But the management, staffs and the students were immensely supportive. I feel very much at home in the campus. When looking back, I feel truly satisfied for being able to play my part in retaining the legacy of the college which is the best self-financing college under Kannur University.

Financial planning workshop empowers staff



Workshop for teachers

@jvelicks

Yesuraj A

On 22 July 2022, Don Bosco Arts and Science college Angadikadavu organized a workshop for the faculty on personal financial planning. The resource person was Akshay Agarwal, Managing Director, Acumen Capital Market India Ltd.

IQAC of the college organized the workshop in association with MCX (Multi Commodity Exchange of India) and Acumen Capital Market India Ltd. In the conference hall at 1.30 pm. Both teaching and non-teaching staff attended the seminar. The topics were of great interest. It directly dealt with the careful handling of money

for a better life and secure future. The staff were enlightened on how to invest money in different fields. Management of housing loan without incurring any other debt was also taught.

All the participants responded positively and were happy about the seminar. Many felt that it was very useful and provoked their thought to live a financially secure life even after retirement. Handling money and manging family require great skill. This seminar successfully covered the tricks and trade of financial issues. A special focus and input were given on Acumen capital market.

Rural camp thrills BSW students



Yesuraj A

Department of social work under the leadership of Fr. Sojan the HOD, organized one week of rural camp for the second year BSW students as part of their academic curriculum.

The camp was held at Cheriya Areekamala. It had its commencement on 24 July and ended on 31 July. The accommodation facilities were arranged in the parish hall of the locality. To actualise the bookish knowledge, the students were given the opportunity to interact with the people of the area. They were also given the tasks of cleaning the canal, the parish cemetery and also the premises of a nearby school.

There were sessions and talks delivered by few eminent resource persons to put them on track.

Cultural evening, street play and several other extra-curricular activities were held to keep them always engaged. The students themselves prepared meals in the backyard of the parish hall.

Ultimately the students, staff and also the people of the locality expressed that they were happy and contented about the rural camp.



Students of BSW cleaning the cemetery



Students of BSW cleaning churchyard

Exam Updates

Yesuraj A

PG II year students are to start their second semester exams from 23rd August, 2022. Followed by which UG II year students are to start their second semester exams from 29th August, 2022.

Kannur university is trying to run a marathon of exams. PG II years are done with their online registration of the semester exams, for UG II year students online registrations will start on 1st August, 2022. Registration will close on 4th August, 2022. A fine of Rs. 170 will have to be paid after the deadline.

UG second semester three-hour internal examinations to begin from 9 August.

SUDOKU

				9			
	9	5	4		7	2	6
		7	2			5	
	7			1	3		
2							4
			9	2			6
		8			2	9	
9	2	6		5	7	3	
			3				

10/08/2022, 11:00 AM