

JUNE 2022

# | ramanujan refreshers



*Ramanujan refresher brings to you all the latest developments, and updates about faculty, students, research studies, projects and the upcoming events, including cultural activities*

# REFLECTIONS

A note from the editor:

## A Mental Health Conversation Series began at Ramanujan



In this month of my retirement after 40 years of teaching career, I have initiated a new activity called 'Mental health Conversation Series'. So far, five conversations have taken place in the college and been uploaded on YouTube. The **1<sup>st</sup> conversation** of the series was on '**ABC of happiness and Well-being**'. A stood for '**Augmenting** physical, sensuous, soul, creativity and emotional power'. B stood for '**Balancing** of mind, body and soul'. It talked about ways of procuring food for mind, body and soul. How to create work-life, personal-social and material-spiritual life balance? The principles were: Eat right, move more, sleep better. Letter C stood for '**Character building**'. Human character like empathy, ethics, values, loves etc. can be developed through **M**editation; **I**ntegration; **N**avigation; **D**evotion. The message was: We must begin the day with meditation and not notification; some act of benevolence each day, we should pray for others welfare; and we need to behave like a king of our inner world.

'**Role of values in happiness**' was the topic of conversation **Series-2**. We talked on higher and lower values. How value system is the cause and ethics is the effect? 4-**L**s were emphasized. We need to Listen to the wisdom of our own body; Look within to know our true nature; Like nature, self and inner world; Love Thyself. Conversation **Series-3** was devoted to the topic '**Self Audit**'. We need to be aware whether we are moving towards 'self-enhancing' or 'self-transcending' values? Whether we are in goodness, passion or ignorance mode and what is their relationship with happiness? We need to do time audit, companion audit, spending audit and know their relationship with happiness. Likewise, need to do values audit, conscience audit and media audit and their relationship with happiness.



# REFLECTIONS

Conversation **Series-4** was especially dedicated to '**Social Media Audit for oneself**'. How to judiciously and fruitfully use social media and create the missed out 'Me time' for oneself? It was suggested that a common platform with common issues be created for students and teachers. Together they should find fruitful engagements and use social media in a proper way. As media is being controlled by the market, we need to use it cautiously. We should not allow it to change our behavior or thinking pattern.

'**Mind Your Nature Gap**' was the topic of Mental Health Conversation: **Series -5**. How to develop 'Naturalistic Intelligence', as we are losing the ability to listen, read, write, concentrate, appreciate and be happy or positive in life. We are missing out the joys of togetherness, festivals, cultural events and family celebrations. We need to discuss the problems and solutions pertaining to this alarming phenomenon. The impacts of separating us from nature are very powerful. Nature lessens anxiety and slows cognitive decline. We need to find solution by organizing conversation with some of the experts having hobbies like **Music; Gardening; Dance; Spirituality; Social service; Painting; Cooking; etc.**

Panelist of the conversation series were from various disciplines of our college. Some of them were: **Jagannath Chaudhary** (Political Science); **Nidhi Mathur** (Administration); **Shreya Sinha** (B. Voc); **Archana Jamatia** (Philosophy); **B.S. Gautam** (Political Science); **Madhu Batta** (English); **Ishwanik Kaur** (Commerce); **Alok Pandey** (Hindi); **Lun Neihzial** (Commerce).

After discussing Self audit/Life audit and Media audit, we will be having **Gut Audit and Grit Audit** in our 6<sup>th</sup> and 7<sup>th</sup> conversations. Keepers of conscience ensure healthy gut feeling through ethical dominance in every walk of life. Relying on their conscience for decision-making and smart choices they are '**inevitably**' happy. There are worst crimes than telling lies. Killing own conscience is one of them. Even though human gut is complex, we are definitely on lookout for its growth opportunities. It has a huge impact on whole-body health. **We need to launch gut and grit reset programs that promises to reverse bad health gut and grit.** A healthy gut and grit contributes to a strong immune system, emotional health, brain health, improved mood, healthy sleep, and effective digestion, and it may help prevent some cancers and autoimmune diseases.

We tend to organize 10 such conversations. Those interested to take part in the conversation can kindly call 9599658101 or contact Nidhi Mathur in the office.

Prof. T.K. Mishra  
Vice-Principal

Youtube Links:

<https://youtu.be/rSQn4VZgdqU>

<https://youtu.be/j24nvd-pZ-s>

<https://youtu.be/o0dc0-soEsM>

<https://youtu.be/0NIfTGQaOaY>

<https://youtu.be/VGCPFNIqq4c>

# REFLECTIONS

Dr. Kushagra Mishra sends from Christ University, Bangalore the gist of what he learnt from a professor of IIM Bangalore speaking on 'Role of a Leader/Teacher'.

- **What is Stress?** "External pressure on a limited area"
- **Difference Between Stress and Mental Pressure.** Stress cannot be converted into mental pressure without your own approval.
- **Area of Control and Area of Concern** -Focus should be on Area of Control (Inner-self) to expand impact on our circumstances. Focussing too much on Area of concern reduces our ability to focus on Area of Control (Book- Seven Habits of Highly successful people)
- **Two aspects of Teaching**- Dissemination of Knowledge and Creation of Knowledge
- **Dissemination of Knowledge**- Finding your motivation and becoming students' motivation, believe in your class/work/profession. Unite the class with a sole purpose. Example- Shah Rukh Khan in CHAK De India did not approve of the players boosting their States name, rather he knew only one name i.e. Indian National Hockey Team, which eventually united the team/class at an event of external threat. Similar to how the idea of one India becomes in case of external threats such as China/Pakistan.
- **Role of teacher** is like Jambavat who is the divine-king of bears, created by the god Brahma to assist Rama in his struggle against the Lanka king Ravana. Jambavan reminded Hanuman of his powers/ability to cross the ocean. Krishna motivated Arjun (who lost the purpose of war before it even started).
- **Creation of Knowledge** -Dissemination of external knowledge is important for a teacher but creating knowledge is "Dharma" of teacher not connected with external influences/motivation/pressure. Passion with purpose/love 'sustains' the internal motivation. Example- Dasrath Manjhi and Jadav Payeng 'The Forest Man'.
- It is **duty of the teacher** to research i.e. to ask/create valid questions and search for a logical answer to it. In the process, create knowledge. Because if not academicians, then who?
- Research and Publication are two different things!! Not every research needed to be published.
- Excessive reliance on western literature limits our teaching/research options. Explore beyond!
- Never underestimate the **power of love**, you need to choose in between Rangabhumi (Rama) or Ranbhumi (Raavan).

# IN BEATS

## MR. MAHAVIR



मैं हृदय से आभारी हूँ उन तमाम साथियों का जो हमारे हर कार्यक्रम में बढ़-चढ़कर सहयोग करते हैं। हमारे सारे कार्यक्रमों के सफलता के पीछे उनका आर्शिवाद और कॉलेज की प्रेरणा दायक वातावरण है। हमारे प्रधानाचार्य की भूमिका भी सराहनीय है।

महावीर  
अध्यक्ष महाविद्यालय  
कर्मचारी संघ



# IN BEATS

**MR. MANOJ**



सेवा में

मैं मनोज कुमार रामानुजन कालेज में सिक्यूरिटी के तौर पर कार्यरत हूँ 2014 से मैं कालेज में हूँ कालेज में हमें बहुत ही अच्छा लगा। कभी कबार लड़ाइयाँ भी हुई लेकिन कालेज प्रसाशन ने हमारा पूरा साथ दिया इसी लिए हमने खुल कर अपने जैसा कार्य किया कभी कभार परेशानियों होती है लेकिन कभी कोई दिक्कत नहीं हुई।

# IN BEATS

## Books featuring mostly the success story of 'Ramanujan College' to be released in June authored by T.K. Mishra



# SPOTLIGHT

A special lecture organised by  
Department of Commerce



**DEPARTMENT OF COMMERCE  
RAMANUJAN COLLEGE**  
(University of Delhi)  
Accredited 'A++' by NAAC  
Kalkaji, New Delhi- 110019



**Organises A Special Lecture On**

## **ROLE OF GOVERNANCE ETHICS IN THE SUCCESS OF BUSINESS**



**Date : 27<sup>th</sup> May 2022**  
**Time : 12 noon onwards**  
**followed by**  
**Q&A session**  
**Venue : Ghalib Auditorium**

*by*

**Prof. T.K.Mishra**

Vice Principal, Ramanujan College  
University of Delhi

Convener- Ms. Suchi Patti

Organising Members - Mrs. Priyanka Jingar, Dr. Devdutta Bharti, Mr. Shivam Jindal



# SPOTLIGHT

## SOME OF THE FACULTY MEMBERS OF SCHOOL OF HAPPINESS



# SPOTLIGHT

A short film made by Ramanujan students at  
"School of Happiness" Premier on 24th June 2022  
at Ghalib Auditorium. at 3:00 PM





## RECENT EVENTS

Two-week Interdisciplinary Refresher Course on "Advanced Research Methodology & Multivariate Data Analysis": 30 April - 12 May 2022



## Online Two-Week Refresher Course In "Physics": 10-24 April 2022





# RECENT EVENTS

Online Two-Week Refresher Course In “Computer Science”: 20 April- 4 May 2022

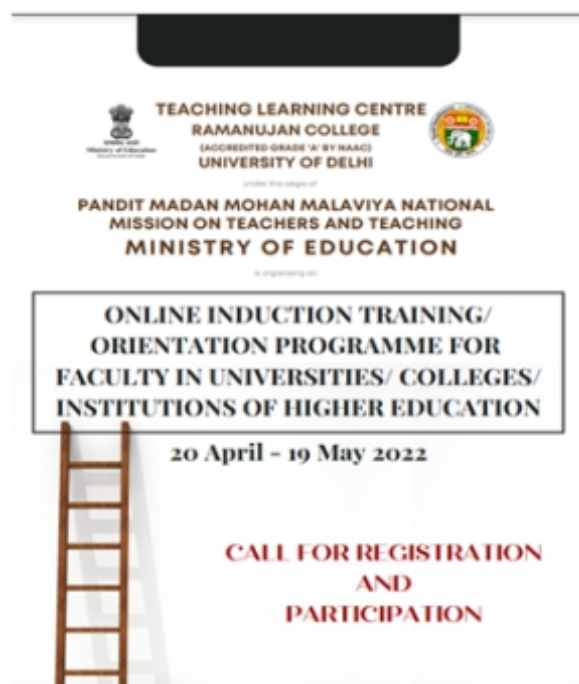


Online Two-Week Interdisciplinary Refresher Course in “Managing Online Classes And Co-Creating Moocs”: 6-20 April 2022

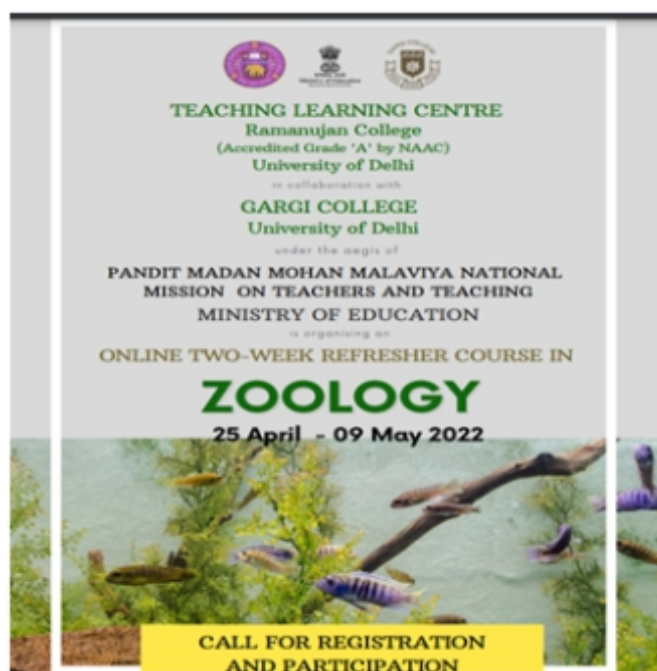


# RECENT EVENTS

Online One Month Faculty Induction Program: 20 April-19 May 2022

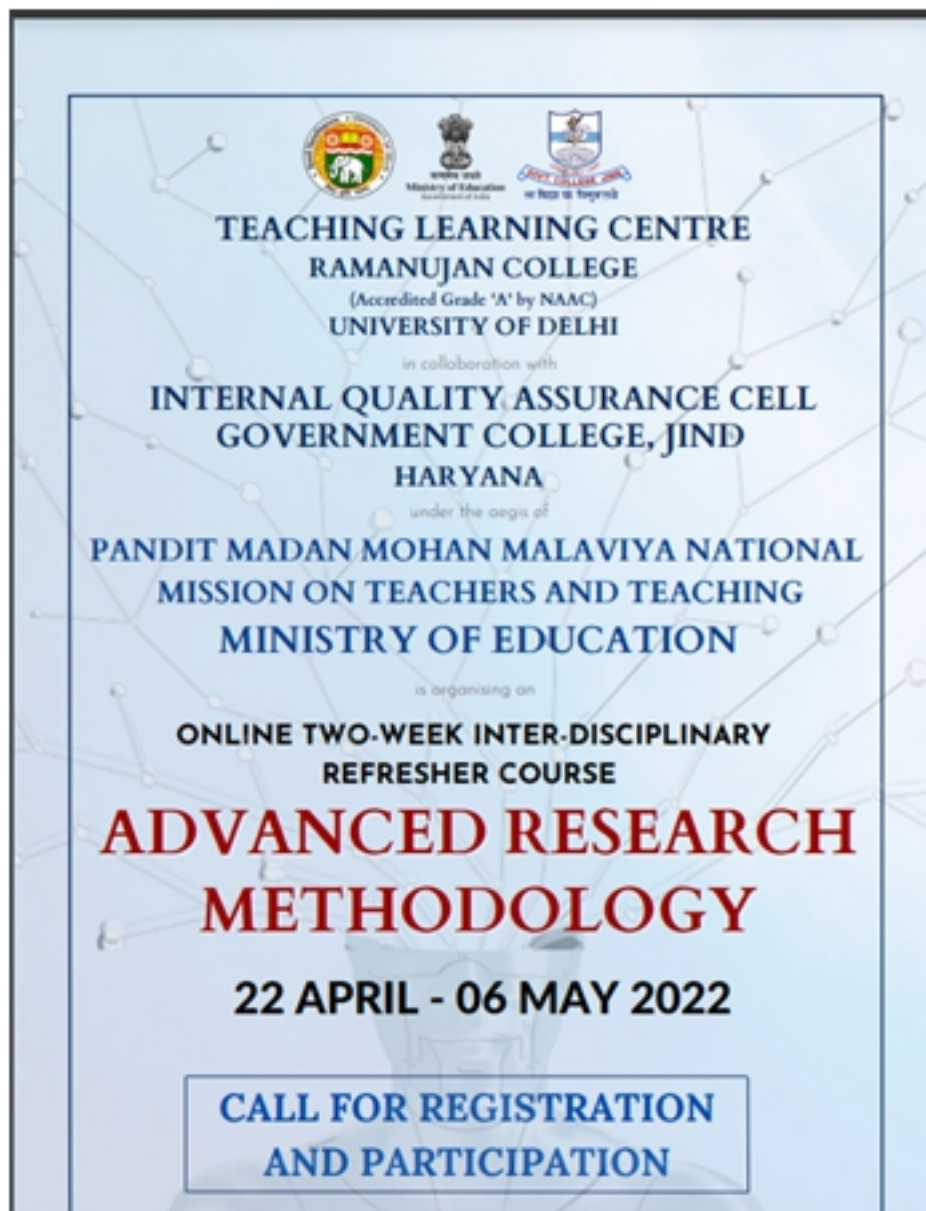


Online Two-Week Refresher Course In "Zoology": 25 April-9 May 2022



# RECENT EVENTS

Online Two-Week Refresher Course on “Research Methodology”: 22 April- 6 May 2022



The poster features a light blue background with a network of white dots and lines. At the top, there are three logos: the University of Delhi, the Ministry of Education, and the Government College, Jind. Below the logos, the text reads: "TEACHING LEARNING CENTRE RAMANUJAN COLLEGE (Accredited Grade 'A' by NAAC) UNIVERSITY OF DELHI in collaboration with INTERNAL QUALITY ASSURANCE CELL GOVERNMENT COLLEGE, JIND HARYANA under the aegis of PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING MINISTRY OF EDUCATION is organising an ONLINE TWO-WEEK INTER-DISCIPLINARY REFRESHER COURSE ADVANCED RESEARCH METHODOLOGY 22 APRIL - 06 MAY 2022 CALL FOR REGISTRATION AND PARTICIPATION".

**TEACHING LEARNING CENTRE  
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REFRESHER COURSE**

**ADVANCED RESEARCH  
METHODOLOGY**

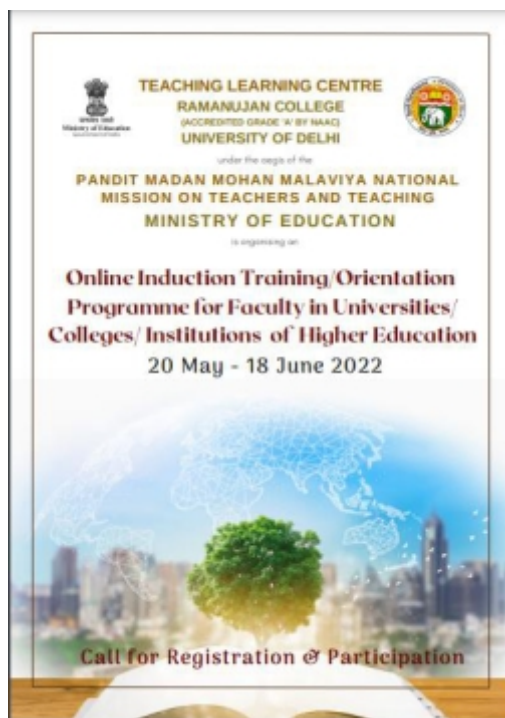
**22 APRIL - 06 MAY 2022**

**CALL FOR REGISTRATION  
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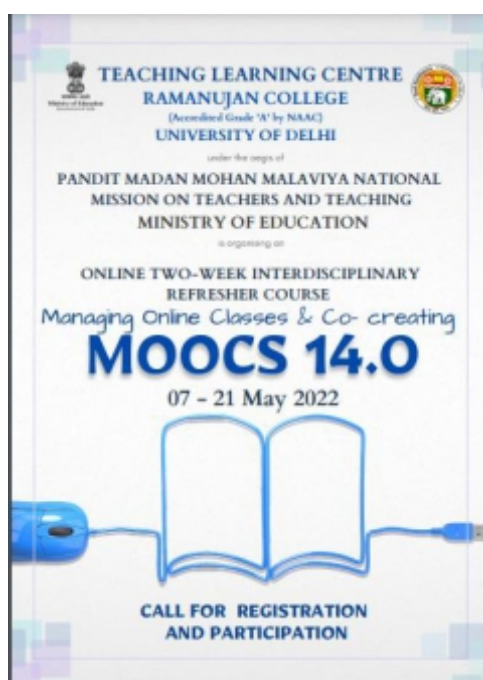


# UPCOMING EVENTS

Online one-month Faculty Induction Programme: 20 May -18 June 2022



Online two-week Interdisciplinary Refresher Course: "MOOCS 14.0": 7-21 May 2022



# UPCOMING EVENTS

Online two-week Interdisciplinary Refresher Course in "Advanced Research Methodology": 22 May-5 Jun 2022



Online one-week FDP on "Blended Learning: Concepts and tools": 21-27 May 2022



# UPCOMING EVENTS

Online one-week FDP on “Academic Administration”: 7-13 May 2022



Online one-week FDP on “Teaching Learning Methods”: 30 Apr - 6 May 2022





# UPCOMING EVENTS

Online two-week Disciplinary Refresher Course in "Commerce and Management": 27 May - 9 Jun 2022



Online two-week Interdisciplinary Refresher Course in "Managing Online Classes and Co-Creating MOOCs 15.0": 6-20 Jun 2022



Online two-week Refresher Course in "Geography": 26 Jun-10 Jul 2022

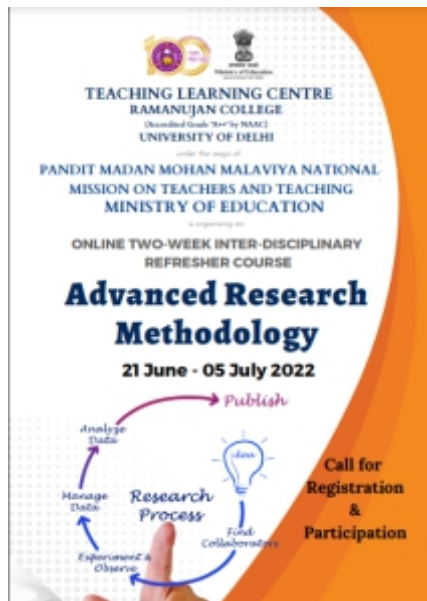


Online one-week FDP on "Academic Writing": 4-10 Jun 2022

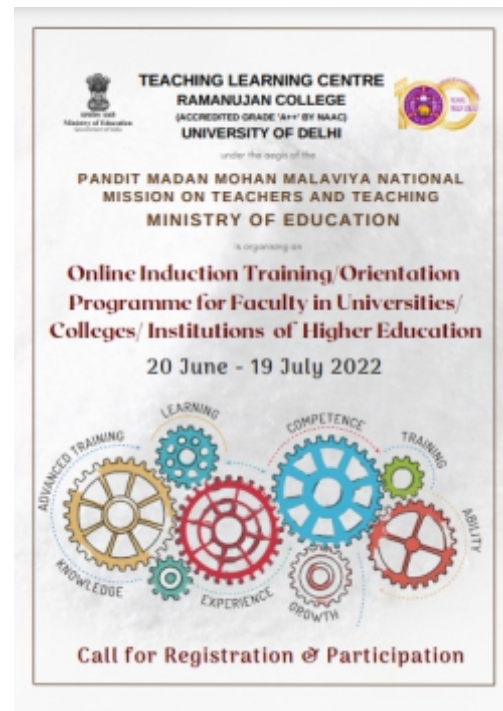


# UPCOMING EVENTS

Online two-week Interdisciplinary Refresher Course in "Advanced Research Methodology": 21 Jun-5 Jul 2022



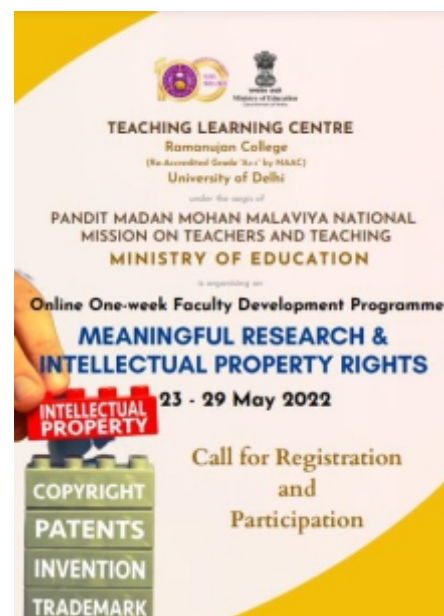
Online one-month "Faculty Induction Program": 20 Jun-19 Jul 2022



Online one-week FDP on "Creating your own MOOCs": 28 May-3 Jun 2022



Online one-week FDP on "IPR": 23-29 May 2022



# IN THE MEDIA

## Power of ethics

By TK Mishra, Last Updated: May 29, 2022, 11:13 PM IST

### Synopsis

The power of ethics will stay forever, but not money or status. Americans have on average gotten much richer over the past decades than they were in previous generations. The inconvenient truth, however, is that there has been no rise in the average level of happiness.



Eat, Pray, Live. Read spiritual articles and blogs related to spirituality, wellness and lifestyle

There are umpteen examples of people who despite attaining superb heights have made their lives miserable by compromising their moral character and seeing money as a source of security and power. Such people fail to understand that our only source of security is our ability to be ethical. Our relationships, attainments and life-satisfaction get enhanced and secured when we enjoy good health, good reputation and good character.

The power of ethics will stay forever, but not money or status. Americans have on average gotten much richer over the past decades than they were in previous generations. The inconvenient truth, however, is that there has been no rise in the average level of happiness. New research by one Harvard scholar implies that happiness can be found by spending money on others.

Your ethical character empowers you to behave as a king of your inner world and not be dependent on the external world for power or security or life-satisfaction. Developing a sense of impermanence, ethics makes you more humane, spiritual and courageous, and liberates you from worldly temptations. We instinctively know that it is good to be ethical, but by seeing money as a real source of security, we get motivated to gather money at the cost of ethics. Immanuel Kant, a scholar of ethics, suggests we should only act in ways that we would want everyone else in the same situation to act.

*Editorial Assistance : Nidhi Mathur and Shreya Sinha*

*Pictorial Assistance : Anil Kumar and Vinod kumar, Media Lab, Ramanujan College*