#### **NOVEMBER 2021**

# 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

## A note from the editor: The difficulty of finding real happiness

We all want happiness; but finding real happiness seems so difficult. We are absolutely clueless about how and where we can find it, and how we can keep it safe in our possession. Is happiness in the mind, the jobs or the cars we drive, the size of our homes or money in the bank? Is it in stuff, relationship or stardom? Is it in good health, a good heart, good food, a loving family, and the promise of a long life, maybe? Many evolved beings would suggest adherence to values for real happiness – like honesty, compassion, gratitude, forgiving and loving. We know all of that, yet happiness eludes us. Because neither we strongly believe in what we know as values, nor do we ever practice them. Only fortunate ones believe as well as practice them to experience happiness.

With us chasing happiness in seemingly brighter spots outside of us, happiness has become very complicated and experiencing it, more difficult. The world is changing faster than we are looking for answers. Aristotle concluded "The Ethics" by talking of the highest form of happiness, a life of intellectual contemplation. Since it is the reason that separates humans from animals, its exercise leads man to this highest virtue. Happiness is our essential nature. It is not created but experienced. It is the natural state of everyone; it only needs efforts to experience this nature. To experience it, we need a pure and guilt-free mind, a hearty body, and most importantly, a value system of decision making.

Bankruptcy of values, causing irreparable ruptures within, got exposed during the current pandemic. The trauma of lives lost, scarcity and helplessness, and social distancing that hit most of us reflect on the need for a "values vaccine" as much as for the virus. First time we looked within to see how ruthlessly we behaved when countless fled the city in a barbaric way. We saw how medical ethics and human values were shelved by the hospitals, crematoriums, drugs and oxygen suppliers. The death toll was more in hospitals than at homes due to negligence of doctors. Black marketing was rampant for medicines, injections, critical services, oxygen cylinders, ambulances and transporters. People had to wait for hours together even for cremation. While a large number died waiting for admission, many began to refuse to go to hospital. The pandemic shook the complacency of individuals towards values.

Today, students are happy with the online mode, as it comes with an 'open-book exam'. Corporates are happy with 'work at home', as it suits their pocket. Government is happy with colleges closed, as they are 'revenue-free' and make for a demobilized youth. Police are happy with the covid protocol, as it earns money for them. Bereft of values, all are thriving shortly. But heading towards a disaster, severe than covid. So, as covid vaccine is important, an institutionalized system to ensure "values vaccine" as a public good is important for real happiness.

> Prof. T.K. Mishra Vice-Principal

# **Picnic in the college**













Organized by teachers and staff of IGNOU centre in the college. Initiative taken by Mr. Jagannath Chaudhary, In-charge of the centre

#### **College NSS unit on the march**

Plog Run & Cleanliness drive



NSS FAREWELL 2020-21



#### **College NSS unit on the march**

Webinar: Substance Abuse and Management in Collaboration with Girl Up Ramanujan





### Cleanliness Drive under clean India campaign & Project "पर्यावरण"



# **SPOTLIGHT**

#### Swami Ramdev, as our Chief Guest

Teaching Learning Centre and Department of Physical Education And Sports Sciences, Ramanujan College, University of Delhi organized an Online Two-Week Refresher Course/Workshop (Bilingual) on "Revitalizing Lifestyle through Yoga Practice" from 04 - 18 October 2021 with the objective of helping individuals and the community in their endeavor of self-realization. The Program gave an opportunity to diminish the stress and anxiety levels, focus upon improving immunity and expanding the sentiments of happiness and peace.

A large number of teachers and research scholars from different colleges of the country participated in this program which witnessed over 60+ videos and live lectures on Yoga in both English and Hindi languages. Swami Ramdev Ji, Founder, Patanjali Ayurved was the Chief Guest of the valedictory function. Dr. Jaideep Arya, Chairman, Haryana Yoga Commission also joined the program as a Special guest. 500+ participants from different colleges/universities across India joined in and the same was broadcasted LIVE



# **SPOTLIGHT**



"I am deeply indebted to my college for giving me the opportunity to flourish and contribute to the health and well-being of my students and colleagues, including non-teaching staff. The atmosphere of the college is very positive, working here gives me satisfaction. I am very happy that all my college members participated in a 2 week online workshop/ Refresher course."

#### Dr. Shikha Sharma

Director of Physical Education and Sports Sciences Ramanujan College

# ONGOING EVENTS

#### ONLINE ORIENTATION / INDUCTION PROGRAMME

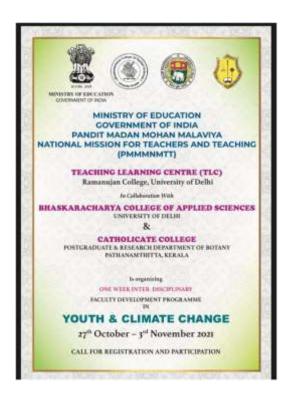


TWO WEEK INTER DISCIPLINARY AND MULTILINGUAL REFRESHER COURSE/FDP ON RESEARCH METHODOLOGY

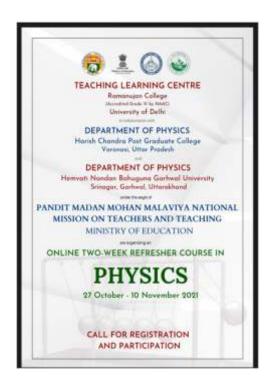


# **ONGOING EVENTS**

#### ONE WEEK INTERDISCIPLINARY FDP ON "YOUTH AND CLIMATE CHANGE"

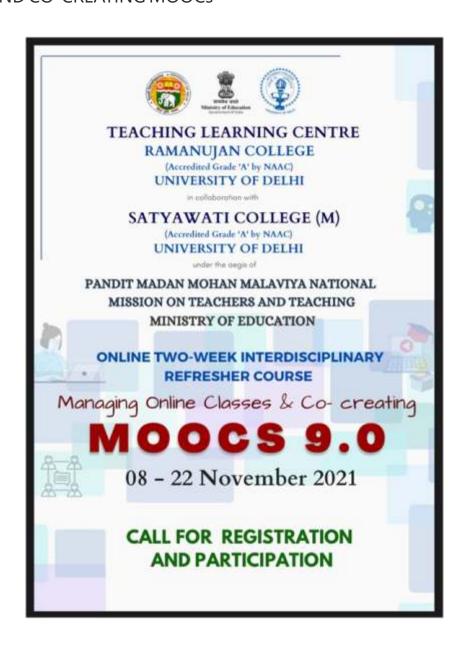


#### TWO WEEK REFRESHER COURSE / FDP IN PHYSICS



# ONGOING EVENTS

TWO WEEK INTERDISCIPLINARY REFRESHER COURSE ON "MANAGING ONLINE CLASSES AND CO-CREATING MOOCs"

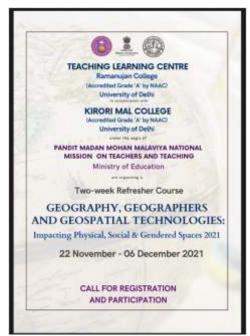


# **UPCOMING EVENTS**

#### ORIENTATION/ INDUCTION PROGRAMME



TWO WEEK REFRESHER COURSE ON "GEOGRAPHY, GEOGRAPHERS AND GEOSPATIAL TECHNOLOGIES: IMPACTING PHYSICAL, SOCIAL AND GENDERED SPACES".



# **UPCOMING EVENTS**

INTERNATIONAL CONFERENCE ON "RETHINKING NEW WORLD ORDER: A POLICY CHANGE INITIATIVE"



Online Induction Training/Orientation Programme for Faculty in Universities/Colleges/Institutions of Higher Education



Online One-Week FDP on Teaching Learning Methods: From Micro-Teaching to

Peer Learning



Online One-Week FDP on Digital Security and Safety for Academicians



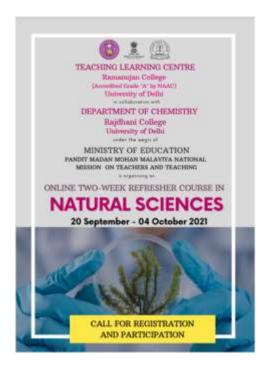
Online Two-Week Interdisciplinary Refresher Course on Advanced Concepts in **Developing MOOCs** 

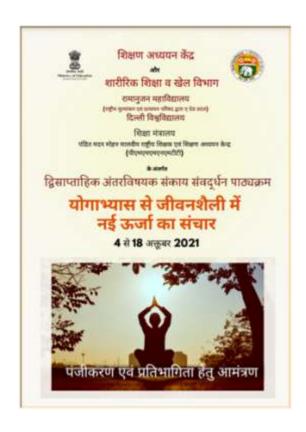


Two-Week Interdisciplinary Refresher Course on Technology and Innovation in Today's Education: A Multi-Dimensional Approach



Online two Week refresher Course in Natural Sciences

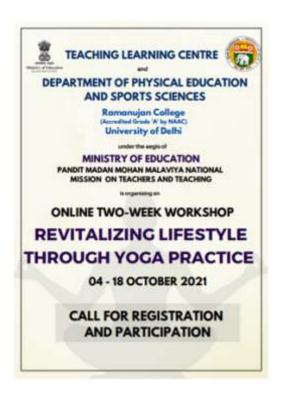




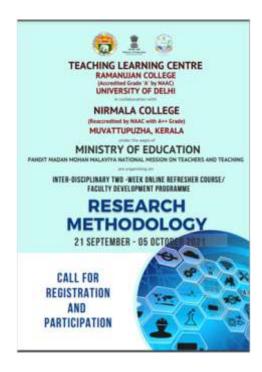
Online Two-Week Interdisciplinary refresher Course on Revitalizing Lifestyle Through Yoga Practice



Online Two-Week Workshop on revitalizing Lifestyle Through Yoga Practice



Inter-Disciplinary Two-Week Refresher Course/FDP on research Methodology



Online Induction Training/Orientation Programme for Faculty in Universities/Colleges/ Institutions of Higher Education



# Production: Sudha Printing Press, New Delhi 110020 | Tel.: 9910366809

# IN THE MEDIA

# योग से ही होगा राष्ट्र के चरित्र का निर्माण: बाबा रामदेव

रामानुजन कॉलेज में शिक्षकों को दिया योग का मूलमंत्र



नई दिल्ली। फोकस न्यूज। योग के अनुरूप है। शिक्षकों को संबोधित करते हुए कहा कि अगर जीवन को जीने से ही व्यक्तित्व) समाज और स्वस्थ राष्ट्र का निर्माण हो सकता है। आज योग को जानने और अम्यास करने से ज्यादा जरूरी है योग को जीना। उसमें जीवन का सात्विक तत्व समा हित है। इसमें जीवन के विकिय संदर्भ या रूप समाहित है। ये बातें सोमवार को योग गुरू बाबा रामदेव ने दिल्ली विश्वविद्यालय के रामानुजन कॉलेज में कही। संस्थान ने योग पर दो सप्ताह का संकाय संदर्धन कार्यक्रम आयोजित किया था जिसके समापन दिवस पर मुख्य अतिथि के रूप में स्वामी रामदेव ने अपना वक्तव्य दिया। टीचिंग लर्निंग सेंटर की ओर से आयोजित इस ऑनलाइन कार्यक्रम में देवभर के शिक्षकों ने भाग लिया।

बाबा रामदेव ने कहा कि योग आज सभी अनुशासनों की जरूरत है। इसी से नए युग का निर्माण हो सकता है। यह समाज में रचनात्मक मुमिका निमाने में विशेष मददगार है। उन्होंने शिक्षा के क्षेत्र में योग को बढ़ावा देने का आह्वान करते हुए कहा कि योगमय जीवन जीना ही जीवन का सबसे बड़ा लक्ष्य है। शिक्षा के क्षेत्र में इसके सभी घटकों को समाहित करके आगे बढ़ने की जरूरत

आपने योग को साथ लिया तो समझो जीवन में सबक्छ हासिल कर लिया। इसके अरिए स्वास्थ्य पूंजी और शांति जैसी कई चीजें एक साथ हासिल की जा सकती है। कार्यक्रम में विशिष्ट अतिथि के रूप में हरियाणा योग आयोग के आध्यक्ष डॉ जयदीय आर्या ने भाग लिया। कार्यक्रम में मुख्य अतिथि बाबा रामदेव का स्वागत प्राधार्य प्रो एस. पी. अग्रवाल ने किया। उन्होंने स्वामी जी से मविश्य में शिक्षा के क्षेत्र में मार्गदर्शन करने का आग्रह किया। प्रो अग्रवाल ने नविश्य में पातंजिल योगपीठ के साथ मिलकर छात्रों और शिक्षकों के लिए कार्य करने की बात भी कही। कार्यक्रम की संयोजिका डों शिखा शर्मा ने स्वागत माषण दिया और प्रो के लता ने कार्यक्रम की रूपरेखा के बारे में बताया। इस कार्यक्रम में देश के विभिन्न महाविद्यालयों से बड़ी संख्या में शिक्षकों और शोधार्थियों ने भाग लिया। योग पर 60 से अधिक वीडियो और लाइव लेक्बर प्रस्तुत किए गये। प्रतिभागियों को योग के विविध आयामां से परिधित कराया गया। प्रतिमारियों को पठन पाठन में इसकी भूमिका के बारे में भी बताया गया।

Editorial Assistance by: Dr. Anshika Agarwal