

MAY 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

REFLECTIONS

A note from the editor: When happiness concerns you, it is your personal issue

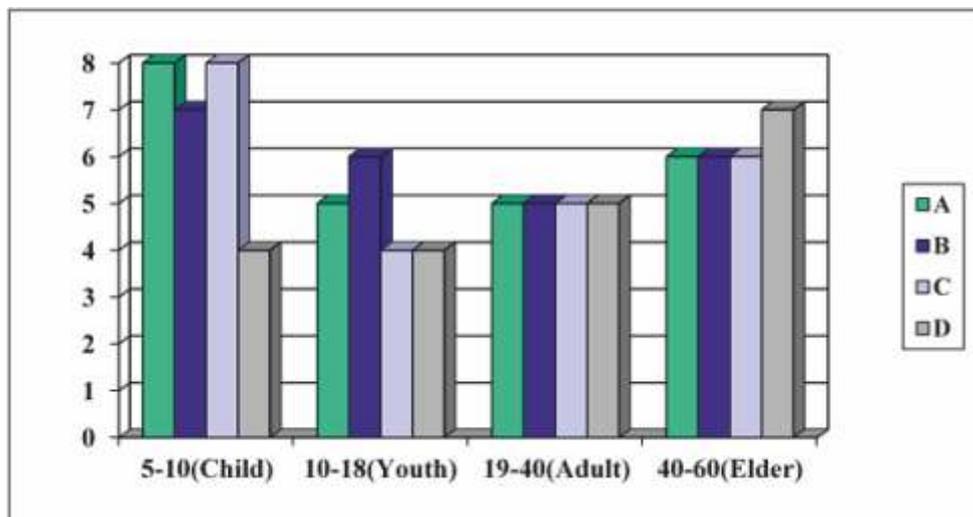
Happiness is an issue personal to you. It is personal to many others too. Be it loneliness, break-ups, fear psychosis, depression or stress. We must ask ourselves the tough question to get the right solution to this issue that affects most of us. "If everybody wants it, well, then it has value", said Mike Winkelmann. At individual level, happiness is an outcome of personal transformation. It is transformation by upholding values that are universal, secular and eternal. Values that hold true in all situation, age-group, health or economic condition. Happy people are those who have faith in such values. They are inherently good people, kind people, caring people, decent people, evolved people. Money brings happiness. But, Arthur Brooks of Harvard in his article '3-equations of happiness' has rightly indicated that not money but earned money gives you happiness. Money alone might give you pleasure or joy or instant gratification but not real happiness, which means you are satisfied by all the aspects of your life, including the world around you.

Measuring the level of Happiness: Behavioural Quality Life Index (BQLI)

Human Development Index or Physical Quality Life Index or World Happiness Index measures human welfare more suitably than the National Income or Per Capita Income. As a student of economics and happiness, I developed an index BQLI to measure behavioural quality of an individual leading to happiness. BQLI can help individuals see and monitor the development trend of their personality over the years. In BQLI 10-point scale, I have used those parameters which I applied in the measurement of my own growth of happiness since childhood:

	5-10 (Child)	11-18 (Youth)	19-40 (Adult)	40-60 (Elder)	60-onward (Senior)
Benign feelings	8	5	5	6	8
Quality relationships	7	6	5	6	7
Love with nature	8	4	5	6	8
Deep satisfaction	4	4	5	7	8

REFLECTIONS



A=Benign feelings, B=Quality relationships, C=Love with nature, D=Deep satisfaction.

1. Benign feelings (Sad bhava): Feelings devoid of cynicism, criticism, and conspiracy. How much sensitive one is to the pleasure and pains of others in society.
2. Quality relationships (Sad gun): Emotional relationships that one adds-on over the years. Whether or not number has increased, and whether or not the quality of relationships improved. Whether or not one is deriving happiness from relationships?
3. Love with nature (Sahaj yoga): Such pursuit of love with nature one can obtain in daily wakefulness through the regular practice of yoga, pranayama, meditation.
4. Deep satisfaction (Santosh): A feeling of affluence (*Trupti*) with whatever in hand. It refers to satisfaction or happiness from all walks of life, including the given world around.

Relationships is a matter of goodwill you earn in material world, and of devotion you cultivate in the spiritual world. People mistakenly consider blood relation as their real or own relationship. But relationship is always created by one's goodwill. We come across instances of killings taking place amidst blood relations, even the child killing parents and vice versa.

One needs to measure one's happiness, to know the trend of one's behaviour. One may also witness own withdrawal symptoms in relationship. If one does not check the withdrawal, one may initially cease to be in relationship with the near ones, but then develop hatred towards them; and finally, animosity with them. It does not stop there. When hatred grows unchecked; one develops aversion with one-by-one everyone, be its own parents, children, life partner and even the Supreme. Last but not the least; one develops disgust with humanity itself. Finally, with own self; resulting into the extreme step of committing suicide.

Dr. T. K. Mishra
Vice Principal

REFLECTIONS

“Massive Open Online Courses (MOOCs) have gained prominence in the last decade, and they have recently gained popularity with the “Digital Initiative” of the Government of India. The Faculty Development Program that was conducted by Teaching Learning Centre, Ramanujan College from 11th -26th March 2021 opened up a platform to discuss the intricacies of these courses. This was a one of its kind (MOOCS 4.0) which was offered in 10 different Indian languages, namely, English, Hindi, Tamil, Marathi, Bengali, Telugu, Kannada, Malayalam, Punjabi and Gujarati. MOOCs have transformed the spaces of teaching and learning. Teaching and Learning are in the blood of Indians since time immemorial. Nalanda and Takshashila were the Universities where people used to come from far away to seek knowledge. The admission process of Nalanda University used to take place with 4 main gates of the University - facing north, south, east and west directions. Each gate used to be manned by learned professors of those times, who used to interview the candidates. And after interviewing them thoroughly, they could give admission to candidates coming from all 4 directions of the world. And there were times when this interview process used to take 3-4 months and the candidates used to wait patiently for their turn to come.”



Picture: Professor Sanjay Kapoor, Ramanujan College Governing body Chairman. Excerpts of his address as the Chief Guest of the Valedictory session is given above.

Watch on <https://youtu.be/-acOnoyTYlw>

IN-BEATS

RAMANUJAN GOES OUT OF SYLLABUS MANAGING THE COVID TIME GRIEF, FEAR, ANGER

Ramanujan's 'School of Happiness' is educating life and paying vital attention to Covid's unprecedented toll on Mental Health & Well-Being



"I derive immense pleasure and deep satisfaction teaching '*Sahaj yoga* and Meditation' to my happiness class students every Tuesday. It is also a great source of learning for me when they ask me how to manage their anger, fear and anxiety in covid and lockdown times. Besides having a sense of contribution, I find the right purpose and a worthy meaning of life."

"*Sahaj yoga* has helped me create a balance in my life, including in my mental state of grief or fear or anger. It has helped me gain inner-strength and vitality by connecting with the divine thread within'.

Dr Madhu Batta
Senior Most Faculty,
Department of English

Ramanujan's TLC in Covid time is making a turnaround in the professional life of faculty members



“Completing a 2-week Refresher Course on Research Methodology and Data Analysis (Sharpening Skills through MS-Excel, SPSS, MATLAB and R) from 24th March - 7th April, 2021, organized by the TLC Ramanujan College on a virtual platform was a wonderful learning experience for me. I could explore different dimensions and paradigms of research. It helped me identify significant literature reviews, design questionnaires, collect and analyze data, and perform simulations. It also helped me in writing a research papers for a quality journal”.

Suchi Patti
Assistant Professor,
Department of Commerce

SPOT LIGHT

1. Two Week Online Workshop "From e-Learning to e-Training: A Comprehensive Guide for all your Administrative Work" from 25th May-5th June 2020; Number of Participants: 3470 from across the length and breadth of the country primarily from Maharashtra, Tamil Nadu, Karnataka, Andhra Pradesh, Gujarat and Delhi-NCR. This workshop aimed at imparting hands-on training on software tools like Advanced features of Word Processing and Spreadsheets, Google Forms, Google Sites, Digital Signatures, Mail Merge in Gmail, preparing minutes through audio tools, Task Management, Preparing documentation for NAAC. **Photograph:** Prof. Dinesh Singh, Former Vice Chancellor, University of Delhi and Chancellor, K.R. Mangalam University.



2. One Week Online Faculty Development Program on "ICT Enhanced Teaching Learning and Creating MOOCs" from 18th August-25th August 2020 in collaboration with Shivaji College, University of Delhi; Number of Participants: 400 from across the country primarily from, Tamil Nadu, Gujarat, Kerala and Delhi-NCR. Through this FDP, participants were able to explore the usage of online courses for learning, teaching and professional development and also building their capability to plan, design and implement online courses that are in tune with international standards.



3. One Week Online Faculty Development Program on "ICT Enabled Teaching Learning" from 7th September - 13th September 2020 in collaboration with Janki Devi Memorial College, University of Delhi; Number of Participants: 500 from across the length and breadth of the country primarily from, Maharashtra, West Bengal, Uttar Pradesh and Delhi-NCR. Through this FDP, participants were familiarized with various technological



ICT ENABLED TEACHING LEARNING
337 views - Downloaded from Sep 14, 2020

SPOT LIGHT

tools and platforms for efficient conduct of virtual learning, exploring the usage of online courses for learning, teaching and professional development and also building their capability to plan, design and implement online courses that are in tune with international standards.

4. One Week Online Workshop "Skill Enhancement and Capacity Building for Non-Teaching Staff (JR, AR, DR & Others) and Teaching Staff" from 22nd January-28th January 2021 in

collaboration with Kamala Nehru College, University of Delhi; Number of Participants: 435 from across the country primarily from, Madhya Pradesh, Punjab, Jammu and Kashmir and Maharashtra. Through this workshop, participants gained discursive knowledge as well as hands-on training on University Roster System.



5. Two Week Online Interdisciplinary Refresher Course on Blended Learning and Flipped Classroom from 8th March-22nd March 2021 in collaboration with GNIOT Institute of Management Studies (GIMS), Greater Noida, Uttar Pradesh; Number of Participants: 410 from across the length and breadth of the country primarily from Tamil Nadu, Karnataka, Delhi NCR, Assam and Madhya Pradesh. Through this Course, participants were able to explore the different models of blended learning and dive into key issues that impact students, teachers and institutions of Higher Education.



Interdisciplinary Refresher Course on Blended Learning and Flipped classroom

1,152 views · Streamed live on Mar 8, 2021

👍 58 🗣️ 0 ➔ SHARE 📌 SAVE ...

RECENT EVENTS

1) ONLINE TWO - WEEK WORKSHOP/ INTERDISCIPLINARY REFRESHER COURSE IN LIBRARY SCIENCES SKILL & EXPERTISE IN DIGITAL INFORMATION LANDSCAPE

10 - 25 APRIL, 2021



2) ONE WEEK FACULTY DEVELOPMENT PROGRAMME OPEN SOURCE TOOLS FOR RESEARCH

APRIL 03 - 09, 2021



RECENT EVENTS

3) Two Week Online Interdisciplinary Refresher Course (Bilingual) April 06-19, 2021 | Online CINEMA, SOCIETY & EDUCATION



4) A special Lecture on the Occasion of 130th Birthday on Dr. B.R Ambedkar

Date: April 08, 2021



RECENT EVENTS

7) AARAMBH 2.0 : The Job/ Internship Fair



8) Online Two-Week Interdisciplinary Refresher Course/ Faculty Development Programme on 'Advanced Research Methodology Tools and Techniques'

Dates: April 15-30, 2021



RECENT EVENTS

9) Online Refresher Course in Psychology

Dates: April 12-26, 2021

 दिल्ली विश्वविद्यालय
University of Delhi

 Ministry of Education
Government of India

MINISTRY OF EDUCATION
PANDIT MADAN MOHAN MALAVIYA
NATIONAL MISSION ON TEACHERS AND TEACHING

TEACHING LEARNING CENTRE
Ramanujan College

In Association with

CENTER FOR PSYCHO-SOCIAL RESOURCE
DEVELOPMENT AND TRAINING (CPRDT)
Ramanujan College
(Accredited Grade 'A' by NAAC)
(University of Delhi)

ORGANIZES

ONLINE REFRESHER COURSE
In
PSYCHOLOGY

12 April – 26 April 2021

CALL FOR REGISTRATION AND PARTICIPATION

Self Paced → No NOC Required → Beneficial for CAS

ONGOING EVENTS

1) Executive Development Programme on Business Analytics

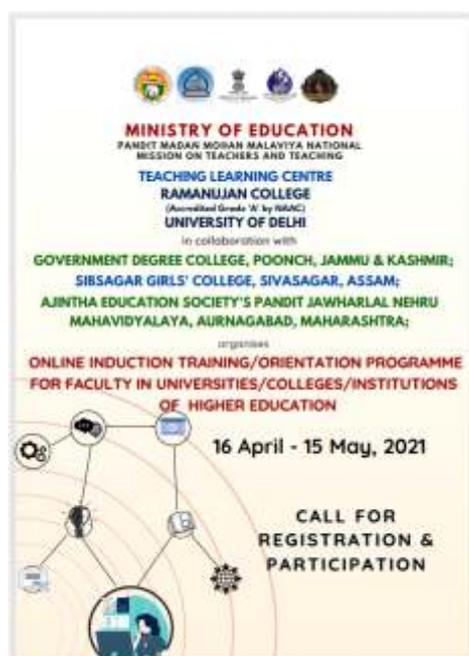
Date: April – June 2021

Reg link: <https://forms.gle/jnQxMnY6k2opZs9GA>



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

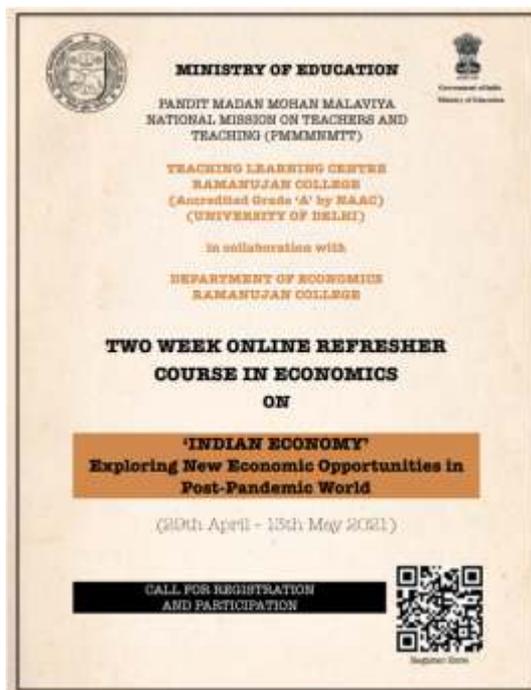
Dates: 16 April - 15 May, 2021



ONGOING EVENTS

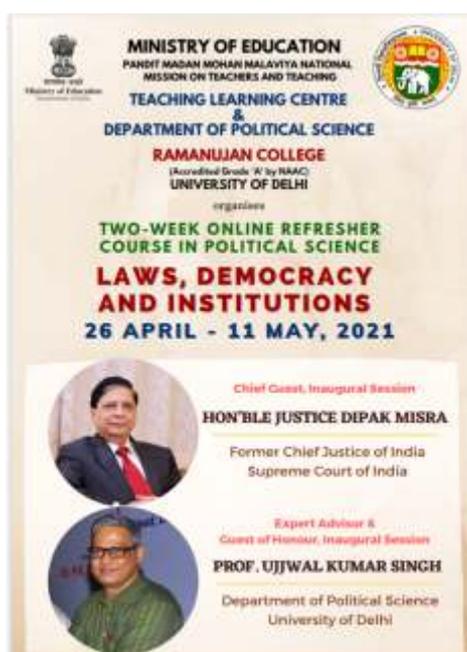
3) 2 Week Online Refresher Course in Economics on 'Indian Economy' Exploring New Economic Opportunities in Post-Pandemic World

Date: April 29- May 13, 2021



4) Two-Week Online Refresher Course in Political Science on 'Laws, Democracy and Institutions'

Dates: April 26 – May 11, 2021



ONGOING EVENTS

5) One Week Faculty Development Programme on 'Qualitative Data Analysis'

Dates: April 27 – May 03, 2021



UPCOMING EVENTS

1) Online Two-Week Refresher Course in Statistics on 'Application of Statistical Techniques in real World'

Dates: May 1-15, 2021



2) Online Induction Training/ Orientation Programme for Faculty in Universities/ College/ Institutions of Higher Education

Dates: May 18 – June 17, 2021



IN THE MEDIA

<https://lokbaat-web.blogspot.com/2021/04/valedictory-session-two-weeks-national.html>



<https://economictimes.indiatimes.com/blogs/the-speaking-tree/honesty-and-well-being/>

Honesty and Well-Being

March 31, 2021, 11:45 PM IST Economic Times in The Speaking Tree, Edit Page, India, Lifestyle, Spirituality, ET

-TK MISHRA

Honesty can enhance your happiness and well-being. This belief is well exemplified in a racing event of 2012. Kenyan runner Abel Mutai was only a few metres from the finish line, but got confused with the signs and stopped, thinking he had finished the race. A Spanish runner, Ivan Fernandez, was right behind him and, realising what was going on, started shouting to the Kenyan to keep running.

Mutai did not know Spanish and did not understand. Realising what was going on, Fernandez pushed Mutai to victory. When a reporter asked Fernandez why he did that, his reply was, 'My dream is that one day, we can have some sort of community life where we push ourselves and help each other win.' The reporter insisted, 'But why did you let the Kenyan win?'

Fernandez replied, 'I didn't let him win, he was going to win. The race was his.' The reporter insisted and asked again, 'But you could have won!' Fernandez said, 'But what would be the merit of my victory? What would be the honour of this medal? What would my mother think?' He taught us one of the biggest life lessons that no victory is more valuable than being honest. True strength lies in helping honestly.

'Goodness is about character — integrity, honesty, kindness, generosity, moral courage. More than anything else, it is about how we treat other people,' says American writer Dennis Prager. Most of us want to attain greater happiness but we don't believe in honesty. The more meaning and purpose we find in life, and the happier we feel, the more we feel encouraged to pursue even greater meaning and purpose.

IN THE MEDIA

<https://economictimes.indiatimes.com/blogs/the-speaking-tree/goodness-and-joyfulness/>

Goodness and Joyfulness

September 3, 2020, 11:52 PM IST Economic Times in The Speaking Tree, Lifestyle, ET

By TK MISHRA

A teacher who values every situation and people around him well is a joyous figure. When he walks into the classroom, he can sense all of the patterns playing out around him and all the interactions.

And he's good at sensing little things to make the situation better, like tone of voice, gesture or quoting from a poem. Students too feel joyful by being around him because he's so alive, attentive and respectful, and is valuing people.

Such a teacher is joyful because he is momentous, feels emotionally aligned with students, develops understanding with them, has a purpose, and a sense of achievement for mentoring his students effectively. When the teacher is joyful, students express their mistakes, weaknesses and failures freely. The best thing is: 'you' and 'us' come closer when the teacher brings values and understanding together.

The future path: the perception about teachers is that they are too preoccupied with cultivating professional excellence to bother about connectedness. The competency-based disciplines emphasise employable skills but sideline appropriate values. Goodness, joyfulness, ethics and values have been largely neglected matters. This has significantly contributed to the devaluation of teachers' status in society.

Widespread use of e-learning in Covid-19 times has shown that technology is a formidable competitor.

Given this, the only distinct advantage that teachers can reap over technology is application of values, which will need to be addressed from within.

The author is associate professor, Ramanujam College, Delhi University

IN THE MEDIA

ACTION IS MORE IMPORTANT THAN MERELY REMEMBERING AMBEDKAR



New Delhi, Focus News: This was emphasized in a special lecture organized by Karnachari Union of Ramanujan College, University of Delhi on Thursday, 08th April, 2021 on the occasion of the Birth Anniversary of Dr. B.R. Ambedkar. The theme of programme was "Social Responsibilities: A Lesson from Dr. B.R. Ambedkar." Dr. T.K. Mishra, Vice-Principal, Ramanujan College, University of Delhi, focused on the need of discussion of the four major goals of BR Ambedkar, such as Mahila Kalyan, Annihilation of Caste, Education, the quality of life. He suggested the pathways to achieve them, and asserted that the ethical lessons and teachings of BR Ambedkar are the moral toolbox of solving our major socio-economic problems.

Prof. S.P. Aggarwal, Principal Ramanujan College, focused on the solution, not on the problems. He has discussed that Ambedkar's Social Democracy and Philosophy could be attained by the individual's efforts only. It is high time to change the mindset of the individuals. He emphasized more on the attitudinal changes of the Individual to bridge the gap and difference in the social class. He said that Health and Education are the two essential factors of social change, and one should work on these two areas in the making of Inclusive India.

Prof. Vivek Kumar, Head, Sociology, JNU, New Delhi, stressed that we should not confine Ambedkar to the issues of caste and constitution. He was against the approach of reductionism in the understanding of Ambedkar's teaching. If we want to learn from Ambedkar, we must understand how he had grown as a student? How had he completed his education? He focused on the impor-

tance of epistemology in the production of knowledge. He suggested that knowledge should be referential. He said knowledge could be understood in four following perspectives, i.e., historical, evolutionary, comparative, and international development. Therefore universities should focus on the strategies, sources, and style of knowledge of Ambedkar.

Prof. Arvind Kumar, ABVSM&E, JNU, New Delhi, said that to attain the goals of Ambedkar, one should focus on the original writings of Ambedkar. He counted few milestones of Ambedkar, such as his contribution to the establishment of RBI. He said that atrocities have many forms. He talked about the non-conventional works of Ambedkar, such as employment of the youths, working hours, etc.

Dr. Z.A. Abbasi, Under Secretary, National Mission on Culture Mapping, Ministry of Culture, Govt. of India, defined social responsibility in the moral terms of the idea of inclusiveness.

Dr. Ajay Kumar, Assistant Professor, Department of Philosophy, Ramanujan College, asserted that social responsibility can be understood as the core thought of Ambedkar's Philosophy. He also asserted that each individual, in one or other manner, shows responsibility to one another. So, one should understand responsibility as one of the primary values of human consciousness. He said that Responsibility and Obligation are the two facets of one coin, and both should be taken as the two vehicles in the smooth functioning of human life.

Mr. Mahavir, President, Ramanujan College, Karnachari Union, appealed that we should remember the greatest thinkers of the decades and, BR Ambedkar is one among them.

FOCUS NEWS

AARAMBH 2.0



New Delhi, Focus News: The Placement and Career Development Cell of Ramanujan college organized its annual job/internship fair AARAMBH 2.0 on the 9th of April 2021. The job/internship fair took place both online as well as offline in the college premises for both participants and companies. A total of 2519 students shown interest in the job/internship fair AARAMBH 2.0. The job/internship fair saw a footfall of 572 students from different parts of the country including Delhi, Haryana, Uttar Pradesh, Rajasthan, Punjab, and many



more. A total of 1243 students participated online in the job/internship fair AARAMBH 2.0 participation. Everyone participated in the selection process of the company of their interest with great enthusiasm.

In total 35 companies participated in the fair, out of these 17 were offering jobs to graduates in the final year of graduation and 18 companies were offering internships. Top-notch companies like Prytm, Tech Mahindra, ICICI Prudential, Chola Mandilam, NIIT, NTT Data, Kavari Infotech, Skywalk, IGT Solutions, and others offered jobs while companies like CL Educate, Total solutions, Harren, Virenal Cyber Labs, and others offered internships in AARAMBH 2.0. These companies offered job profiles like financial analysts, research analysts, HR executives, sales managers, customer services, market research, and many more. In these times, when there is a lack of good jobs and internship opportunities for the youth, Aarambh 2.0 became the beam of



light in the darkness. Many students got shortlisted/selected for their dream companies. Undoubtedly the event was a huge success as 250+ students were shortlisted/selected in the job/internship fair with a maximum package of 5.6 lakhs. Aarambh 2.0 also took essential and extra precautions for COVID-19. Students were allowed to participate according to slots to avoid overcrowding. Management took strict precautions for Covid-19, volunteers were assigned for maintaining social distancing and with sanitizers, masks, gloves to sanitize the students who were attending the fair. AARAMBH 2.0 ended up with huge success and gave massive opportunities to students that they grabbed.