

# The élan

Updating Young Minds



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## 10 G'S TO 'EMPHASIS ON LIFE'

Garden City University introduced the 10 G's which a Gardenian has. The first “G” speaks about “Giving”. A Gardenian is very well versed in giving his knowledge and acquisition to the society for helping in the betterment of their fellow people. The next “G” stands for “Genius”. As a person, a genius is one that stands out from a crowd and tackles the most difficult of problems in the simplest of ways. The term genius is often associated with names such as Albert Einstein, Leonardo Da Vinci, JS Bach, William Blake, and Socrates. These are just a few of history's greatest thinkers who helped shape society with their innovative ideas. And there is no doubt that a Gardenian will be a very successful person in shaping our society.

The third “G” stands for “Gentle” which means consistent, reliable and steady. Gentleness is all about being humble and having a meek attitude of wanting to help other people instead of wanting to dominate them. Gentleness is more of having the inner peace and resisting cruelty, insult, or not showing

aggressiveness. And a Gardenian is gentle because here, in Garden City University all are treated equally and there is no domination.

The fourth “G” stands for “Gallant” which means attentive, kind, and polite. A true Gardenian always assiduously attends to the comfort or wishes of others, being kind to them. Garden City University also teaches the students to pay attention and how important it is as a part of life. It also helps students by teaching on how to behave with others and mannerism especially being kind.

The fifth “G” stands for “Genuine” which means actual, real, sincere, and honest. Genuine people are filled with self-confidence and self-awareness. They are usually authentic in nature. The next “G” refers to “Grateful” which implies thankfulness or an appreciation of benefits conferred together with a desire, when practicable, to return those benefits. Gratitude expresses itself in looks, words and deeds.

The students of Garden City University always show their gratefulness in their own way.

The seventh “G” refers to “Generous” which in turn means being good. Whatever the circumstances be, a generous individual will never show disrespect and anger even to individuals who deserve such treatment. Instead of finding fault in others, generous individuals find fault in their own selves as a result of which they mould and adapt themselves to such situations.

The next “G” stands for “Graceful” which is the physical characteristic of displaying “pretty agility”, in the form of elegant movement, poise, or balance. In our University, no one ever fails to be Generous and Graceful. The next “G” stands for “Grounded” which refers to a person who is sensible and reasonable and he understands the importance of things in life.

The last “G” refers to “Good-humoured”. A good-humoured person is always pleasant and cheerful. All Gardenians will definitely have all these ten “G's” which help them to gain knowledge and serve the society by emphasizing on life.

Apart from this, our university also follows “Good Samaritan Law” which refers to someone who renders aid in an emergency to an injured person on a voluntary basis. Karnataka was the first state in India to come out with a legislation providing protection to those who rush to rescue road accident victims. The state was of the view that a large percentage

of road accident victims can be saved with immediate medical care. Our university helps the victims by organizing blood camps every year to store blood for the victims during emergency. Every Gardenian contributes his part either by donating blood or by volunteering for the camps.

Prathyusha Raju



# International United Nations Day



As November approaches and the month of October is rapidly moving towards its end, the world looks forward to celebrate the International United Nations Day on 24th of October before it finally bids adieu.

The United Nations is an organization formed by the collaboration of different countries, aiming to promote international co-operation and to create and

maintain international order. At its founding, the UN had 51 member states; there are now 193 member states including India. Its objectives include maintaining international peace and security, promoting human rights, fostering social and economic development, protecting the environment, and providing humanitarian aid in cases of famine, natural disaster, and armed conflict.

The International United Nations Day has been celebrated on 24th October, ever since it was declared as the anniversary of the Charter of the United Nations by the United Nations General Assembly on 1948. United Nations Day is part of United Nations Week, which runs from the 20th to the 26th of October and aims to be devoted to making known to the people of the world the aims and achievements

of the United Nations and to gaining their support for its work. U.N. Day has traditionally been marked throughout the world with meetings, discussions and exhibits about the achievements and goals of the organization. In 1971, the General Assembly recommended that member states observe it as a public holiday. Several international schools and colleges throughout the world also celebrate the diversity of their student body on United Nations Day. Celebrations

often include a show of cultural performances in the evening and a food fair, where food is available from different cultures and cuisines all over the world.

Thankfully, due to the sturdy uphold of the United Nations and the strong will-power of the member countries, we are able to live our lives in a peaceful world in cooperation and harmony.

*Abhishek Shankar*



## GCU: Extending Support To Villages

Garden City University has undertaken a noble initiative to promote the development of the villages at rural areas in Karnataka state. GCU has adopted five villages adjoining Kolar dist and Bangalore Rural namely, Gerupura, Bhyreanahalli, Doddabannahalli, Vereanahalli and Thornahalli and also GCC adopted Battarahalli village near the campus.

GCU has successfully conducted health and medical awareness drive such as pulse polio, free eye check up in association with BBMP and other Govt. hospitals in these villages. GCU has roped in the Rotary club along with the NCC and NSS volunteers to contribute to the development of these small villages. GCU is one of the proud universities boasting of over 400 NSS members and approximately 200 NCC cadets in its campus. Incorporating the youth in rural development programmes has been an enriching experience for the students as they got an opportunity to get a first-hand experience of the situations being faced by the rural people. The students have staged street plays highlighting the social causes to



educate the villagers.

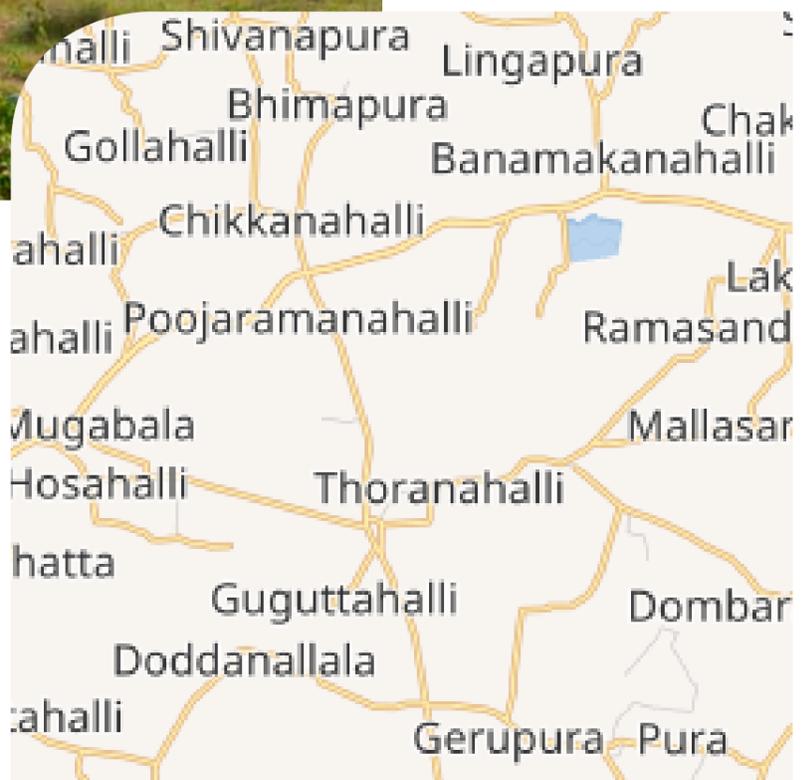
Towards development of the aanganwadis in these areas, GCU has donated books and stationary to the schools besides imparting basic computer training. A RO Plant has also been commissioned at Dodapannadahalli village with the assistance of university to provide clean drinking water to the villagers. The university has also conducted various craftsmen skill programmes to empower the youth and women in the villages. This will go a long way in enabling the villagers to be self independent

in undertaking small business ventures.

In its endeavour towards environmental protection, the university has undertaken tree plantation drive at these villages. Approx 500 samplings have been planted by the villagers, assisted by the students of the GCU, at Dodapannadahalli Lake for a greener environment. The university has conducted Swach Bharat Abhiyan campaigns at these villages to educate and impress upon the villagers on need for a clean and hygienic environment.

The future initiative is to convert these villages into smart villages for which the government orders are awaited. GCU students will continue to provide their support, guidance and assistance to the villages in their development and transforming them into model villages for others to emulate.

*Lt. Col K G Nathan*



# WOMEN ARE “COMING OUT”



Women have faced backlash from times immemorial. You can almost tag the experience as a trigger for an absolutely confined nature encapsulating their existence. The mental trauma that arises from the physical unfairness that women face in the society, a society that crowns the patriarchal existence, is the reason why a campaign such as

#MeToo was needed to be yielded into the context of social issues and justice for women, a long time ago.

To narrow down the specifics of the Me Too campaign - It is the light at the end of the tunnel that has finally shone to its brim to give a supporting voice to all those women who have been belaboured - be it in whichever form, verbal

abuse is as much a traumatizing affair to women as is sexual abuse. This campaign has now come out as a towering fortress for all those women to speak up - because times up! It is high time now or rather well beyond the time! It has been making a well noticeable presence in our lives that women finally shed their inner churning fears, the fear

of how the world is going to scan their existence and judge them with their questioning eyes, and let go!

Speak up and speak against all the unfair means by which men have tried to grab the tranquil pace of their lives and etch a memory that will only be seen as a faux pas in the minds of all those scores of women who were unfortunate enough to encounter such feral and degraded sexual perceptions of women.

Ever since the Me Too campaign has taken a concrete shape in the commercial circle, there has been a perpetual list of women who have raised their voices and shared their stories. The enormous crowd out there, especially the women, can only dread as to what the world has come to become where the respectable existence of a woman can no longer be honoured with a pure vision from the male percentage of the mass. All these women who decided to no longer

lurk in the shadows and shared their stories have had a solid hold over their guts and told the various extents of sexual abuse they have faced over the course of the years that have gone by and why it seemed irreversible to them now to be silenced anymore.

As far as my opinion matters in this, I strongly vouch that there's no assigned time slot to speak up about such experiences. It depends solely on the woman who has faced such sexual wrath in the hands of men and it depends on how pivotal it is to these women to share their stories, to let the world know. If a campaign such as Me Too has taken such an undeterred stance, then I extend my full support to all those who have been wronged, and have taken up this opportunity to share their stories and demand for their justice that had been long due.

*Tanisha Bhattacharya*

## Impact Of Fashion On Students

We deal with fashion in our life everyday. In general, fashion is a term for a popular style or practice, especially in clothing, footwear, accessories, makeup, body piercing, or furniture. Fashion has taken up the lives of a teenager so much so that most of them are more concerned about their style statement at an age where they should be more concerned about their studies. Teenagers of the present times have involved themselves so much with fashion that they don't get sufficient time for any other work. Time that they should be spending mostly on their studies is being wasted checking out new fashion styles and thronging markets and malls to find something like that. Instead of reading textbooks youngsters these days prefer to read fashion magazines and try hard to imitate the models or celebrities so as to resemble them. Though fashion at this age is quite an important part and they should be conscious of their looks, but not at the expense of other important activities like studying, sports and relaxing.

Fashion consciousness has changed the environment and there is a completely different scenario that has both advantages as well as disadvantages in the life of students.

### POSITIVE EFFECTS OF FASHION ON STUDENTS

Nowadays most students mainly follow fashion trends to get sense of identity and belongingness. The way you dress gives an insight into your personality. Dressing in a “hip-hop fashion” for instance conveys a certain type of personality that differs from other fashion trends, and categorizes you in a certain group of people. It is very obvious that a person who dresses this way draws an identity from it.

- Following your own fashion statement gives you a sense of free thinking and you tend to become more of an independent thinker.
- Whatever you wear, if you think that you are looking best, it gives you a great sense of confidence.
- Following their fashion at an early age tends to make them independent.
- Having a greater fashion sense can also land them into a job in the fashion industry.

### NEGATIVE IMPACT OF FASHION ON STUDENTS

- These days' students are becoming so obsessed with fashion that whole day they think only about fashion and waste most part of their time and money on fashion, useful



time which they should be spending on studies.

- In college most of the time students spend checking out each other's dresses and are not able to study well.
- In order to follow the style statement of their celebs, teenagers often pick up their smoking style also.
- To fit into skin-tight dresses, girls often start dieting which if alleviates can lead to anorexia or bulimia.

*Vinod Shankar*

## EPIPHANY GIVING

We all know that Garden City University helps students to become Dreamers, Achievers and Winners. We would have noticed the new flex hoarding opposite to the crystal block consisting of the 10 G's that a Gardenian should have. The 10 G's stand for 10 different words - “Giving”, “Genius”, “Gentle”, “Gallant”, “Genuine”, “Grateful”, “Generous”, “Graceful”, “Grounded”, “Good - Humoured”. The first “G” refers to Giving. Giving is a very important quality which a student should inculcate being a part in the society. There are many

reasons why giving is important. It is a way to show appreciation, to say thank you, or to show someone you care. While giving does not always have to be a gift, offering a kind word or a friendly smile goes a long way in saying thank you for all you do, and will encourage the chances of a friendly and successful relationship in the society. The students in the University always strive in giving. A Gardenian always strives in the giving their acquisition to the society for the betterment of the fellow people.

*Prathyusha Raju*

# UPCOMING EVENTS

## Keep Calm, It's Just An Exam

Exams are nightmares for most of the students. Even though they have studied and prepared well for the same, they will be curious and sometimes frightened on facing it. As fellow Gardenians are getting ready for this Academic Year's Exams, it's better to get to know about what exam stress is and how to tackle them.

Exam stress has an advantage such that, sometimes due to this pressure we stay focused on our goals without any deviation, which happens to most of us. Other times it can cause stress which may lead to anxiety and sleeplessness. If you can't figure out that you are undergoing exam stress, it will be helpful to make a note of these signs like feeling confused, losing touch with friends, feeling moody and low, lack of motivation to do anything, trouble sleeping or getting out of bed, tense muscles or headaches, having an upset stomach or feeling sick etc.

There are a lot of reasons for which people do experience exam stress. A good percentage is one such factor



due to which students worry about keeping up with the expectations of their parents. Some of the other reasons for experiencing exam stress are worrying that they might fail, want to do really well, doesn't feel prepared, doesn't have enough time to study, find it hard to understand what they are studying, feel they need to compete with others and also due to other things happening in their life which

keeps on distracting them from concentrating on studies. Here are some of the tips every student should make sure especially during exams which will help them to control exam stress. Time management is really important. Stick to a routine by eating and sleeping at around the same time each day. Make sure you eat a well-balanced diet - lots of fresh fruit, vegetables, cereals, grains,

nuts and protein are all good for the brain and energy levels. Avoid junk food - it will bring a sudden burst of energy and then fall away quickly leaving you feeling worn-out. Cut back on energy drinks they can increase nerves. Drink lots of water instead. Sleeping is one of the most essential parts which should not be compromised for any reason.

Late night studies are not healthy

and for some people whose active time is at night, they can compensate their sleep timings accordingly and try getting sleep during the evening. Get a good night's sleep. This gives your brain time to recharge and remember what you've learnt. Giving yourself mini rewards once you achieve your study goals will be a good to-do. This can be watching a movie, favourite T.V show or going out with friends etc. depending on your likes. Try nothing else to distract you while study time and be focused. If you spent quality time on studies and concentrate on whatever you learn, this will help you to memorize the key points. Allow yourself time to rest - try out some relaxation activities like deep breathing, meditation or listening to music. Remember passing an exam is only part of the story. There's always a second chance or another way to reach your goals.

Riya Philip

## International Internet Day

International Internet Day is celebrated worldwide, every year on 29th of October. Since the year 2005, the International Internet Day has been famously celebrated to commemorate a momentous day in the history of telecommunications and technology.

throughout their lifetime. People in the age group 18 to 35 are among the most frequent users of the Internet today and these people are mostly students from all over the world. They are using the Internet to learn new skills and even acquire degrees in professional online



gives us freedom of options to access the news and media. News is a choice for Internet news readers. People don't need to see default news or noisy political debates in which same people debate for different topics each day.

When we talk of the positive effects of the Internet on different aspects of society, the education, health, and finance sectors are the first few things that come to mind. It was the development of the Internet that made online education and distance learning possible. Computer-aided education made learning fun. It brought interactivity in teaching methods and also helped teachers provide better education to the students.

Today, the Internet is a part of every sphere of life. It does have disadvantages, but its positive effects on society outweigh the negative ones, if it is used wisely. If exposed to the World Wide Web at the right age, children can benefit from it in several ways. If you know what to use it for, Internet is a good thing.

Disha Nihalani



We start our day after notifications and emails. This means that as soon as we wake up we are flooded with information from different sources. Sometimes it is struggling to prioritize and decide which information is useful and which is not. Using the Internet positively means we can decide what is important for the day. Students have a free platform to learn

courses. It wasn't possible before the advent of the Internet to expand knowledge at this speed. That's why the Internet is playing a crucial role in our education.

Building relationships with clients and expanding business networking are in recent trends. Not only this, Internet

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