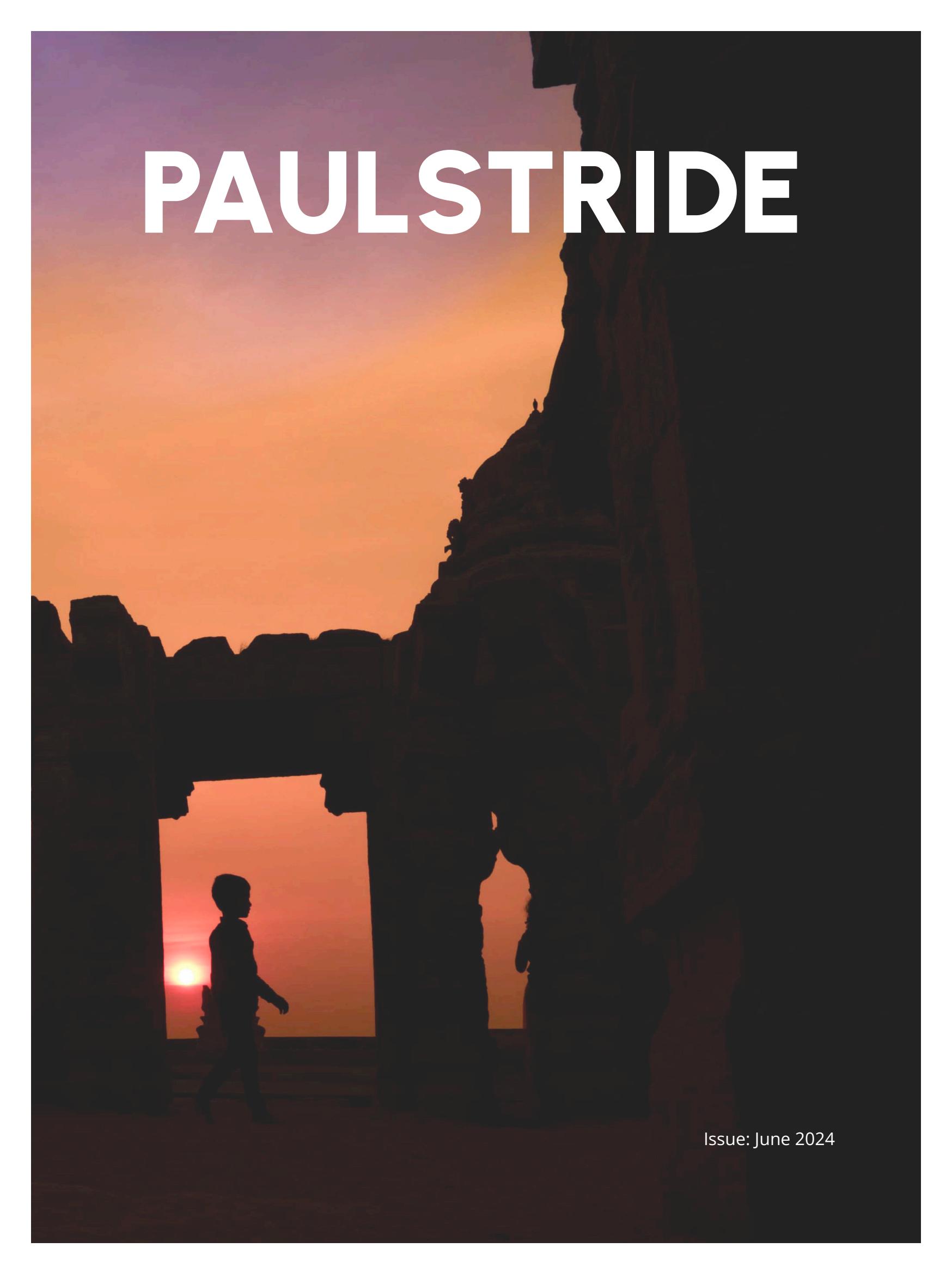


# PAULSTRIDE

A silhouette photograph of a person standing on a rocky cliff edge at sunset, with a child walking through a doorway in the foreground.

Issue: June 2024

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### **Editorial Team**

**Fr. Dr. Thomas MJ**  
*Editor-in-chief*

**Ms. Saranya Francis**  
*Editor*

*Editorial Team  
Members*  
**Elizabath Jancy**



# Embracing Change: Our Path to Progress

**Saranya Francis**

*Coordinator, Paulstride*

As we reflect on the past year at ST PAULS COLLEGE one word stands out prominently: change. This year has been transformative for our institution, bringing both challenges and triumphs that have shaped our collective journey. The cornerstone of our achievements this year was undoubtedly our B++ accreditation from the National Assessment and Accreditation Council (NAAC). This recognition is not just a feather in our cap; it's a testament to the hard work, dedication, and resilience of our entire college community. Coupled with an impressive 86% score from the local inspection committee, these accomplishments have propelled us into a new era of academic excellence. We saw in ourselves the potential for excellence, we strived hard and we achieved great things that are only a distant dream for an institution as young as us. Change, however, is rarely easy. It often comes with uncertainty and the need to adapt quickly. As we embarked on our quality

journey, we faced numerous challenges that tested our resolve. From updating curricula to enhancing infrastructure, from refining teaching methodologies to improving student support services – every aspect of our college life underwent scrutiny and transformation. We also faced tragic losses and several heartbreaks, and at times felt we had reached a dead end, but it is in facing these challenges that we truly grew. We learned valuable lessons about flexibility, teamwork, community support and perseverance. Our students demonstrated remarkable adaptability, embracing new learning techniques and contributing fresh ideas. Our faculty and staff showed unwavering commitment, going above and beyond to ensure that our college not only met but exceeded the standards set before us. This year taught us that change, while sometimes daunting, is a powerful catalyst for growth. It pushed us out of our comfort zones, encouraging innovation and creativity. We discovered strengths we didn't know we possessed and overcame

obstacles we once thought insurmountable. As we move forward, let us carry these lessons with us. Let us remember that change is not something to fear, but an opportunity to evolve and improve. Our B++ accreditation and high inspection score are not endpoints, but milestones on our continuing journey of excellence. To the ST PAULS COLLEGE community – students, faculty, staff, and supporters – thank you for your resilience, your adaptability, and your unwavering spirit. It is your collective effort that has brought us this far, and it is your continued dedication that will propel us to even greater heights. I am so happy that this issue of Paulstride chronicles these memories and also paves the way for greater moments to journal in the coming years.

As we release another issue of Paulstride and look to the future, let us embrace change with open arms and minds. For it is through change that we grow, learn, and ultimately, succeed.

# Message from *Superior General*



Metamorphosis is a keyword in these changing times. It indicates a generic change" an a fundamental qualitative transformation. We can take the experience of St. Paul. His encounter with Christ transformed him not only because he did new things, but primarily because his relationship with Christ was so profound that he could say, It is no longer I who live but Christ who lives in me. Today, society is changing dramatically, facilitated also by digital languages, AI, and modern communication, which is the existential context within which we all live. AI uses a vast amount of data that allows for improved technological performance, so it "learns" "creates" and "generates." It will be able to predict people actions and will continue to change the world of work, communication and everyday life in general. Think of ChatGPT, its development in our lives, and what it will enable us to know and experience. However, future communication must not forget that technological progress is always at the service of the individual and the community. Each of us is not a "customer" a "consumer" of products, but a person who carries in their heart the desire to experience that all forms of communication tend toward communion: this is what St. Paul experienced with Christ.

**Fr. Dominic Soliman SSP**  
*Superior General*



## Message from *Provincial Superior*

I am proud of your innovative ability and courage to choose Metamorphosis as the theme for the upcoming issue of PAULSTRIDE. As a fast growing higher education institution in Bengaluru city, ST PAULS College has always stood a class apart, in pioneering deep-down transformation in all areas of its efforts, be it in the quality of academic excellence, performance in extra and co-curricular activities or even in the publication of college magazine. Kudos to 'team ST PAULS'. The very concept of 'Education' is going through a profound transformation. The speed of this transformation is so quick that regular and consistent updating is the only means for survival and staying relevant. Good education is no more considered to be merely a 'preparation for life', rather it is seen as an essential dimension of human existence. As such educators have to become truly innovators and catalysts for promoting the now popular concept, 'present-future'. They have to facilitate an environment where the future is actually lived in the present. Here lies the challenge of mustering courage to change, think different and even reimagine the future of our personal life journey as educators. True metamorphosis is deeply personal, a painful movement towards a new style of living and thinking. The future we are hoping to create for others has to be already lived in our personal life. Only then it will become relatable, engaging and interesting to others. As you journey forward, may I wish that you embark on a journey of transformation from within, not for the sake of it, but to live the future even before it becomes the present! Invoking God's abundant blessings in all your endeavours,

**Fr Joby Mathew, SSP**  
*Provincial Superior*

## Message from *Chairman*



Dear Paulites,

Your college days are a privileged period of growth and development. And growing up always demands change. Profound personal, academic, and social transformations are inevitable. In fact, you are involved in a sort of metamorphosis which embraces all the areas of your life: intellectual, social and moral. On a personal level you will go through changes in beliefs, attitudes, and behaviours. Growth is a lifelong journey marked by learning, self-discovery, and improvement that will take you through emotional maturity, self-awareness, and character development. Enhancement of skills, advancement in career and acquisition of knowledge are among the outcomes that will follow. Building and maintaining meaningful relationships too are part of growing up. So, prepare yourselves for growth and change. And, as the first step, you need to develop a growth mind-set, that is, the conviction that you can develop your abilities and intelligence through dedication and hard work. Equally important is to have an open mind, which means being receptive to new ideas, experiences and perspectives which in turn will foster flexibility and resilience. In keeping with its vision and mission, your college spares no effort in accompanying you in this lifelong process of growth and transformation. Let me convey my very best wishes to all of you, dear Paulites, who are embarked on this exciting adventure of growth and change!

**Fr (Dr) Joseph Thenasseril**  
*Chairman, ST PAULS COLLEGE Bengaluru*



## Message from *Principal*

Esteemed Readers,

Imagine a world where transformation is not just possible, but inevitable. This year, as we explore our theme of "Metamorphosis" I invite you to embrace the extraordinary journey of change that defines our lives and our institution.

In nature, a caterpillar's transformation into a butterfly mirrors our own educational journey at ST PAULS COLLEGE—a journey of immense change, adaptation, and emergence into a new form. From your first day here, you embark on a metamorphosis that shapes your intellect, character, and aspirations.

Growth-related changes are an inherent part of our lives. They challenge us to adapt, to let go of old patterns, and to embrace new ways of thinking and being. At ST PAULS, we believe in nurturing an environment that fosters constant growth. Our mission is to equip the students with the knowledge, skills, and resilience needed to navigate and thrive in an ever-changing world.

As we look towards the future, we are poised to make even greater strides. The challenges we face today whether they are technological advancements, environmental concerns, or global interconnectedness require us to think differently, innovate, and lead with purpose.

Our future success hinges on our ability to embrace change, to transform, and to create a positive impact in our society.

I encourage you all to embrace the spirit of metamorphosis. Let us continue to grow, to adapt, and to strive for excellence in all that we do. Together, we can shape a future that is not only different from the past but one that is filled with promise, innovation, and success.

I extend my heartfelt gratitude to the dedicated Editorial team of Paulstride and all our talented contributors for their exceptional work in bringing our college magazine to life. Your creativity, diligence, and commitment have not only showcased the vibrant spirit of our college community but have also created a lasting record of our collective journey through this transformative year.

With warm regards,

**Fr Dr Thomas M J**

*Principal, ST PAULS COLLEGE Bengaluru*

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The Story Of  
**JOYFULLNESS**

Happiness Ahead →



# **COMPREHENSIVE REPORT ON THE**

## **NAAC PEER TEAM EVALUATION OF ST PAULS COLLEGE, BENGALURU**

Society of St Pauls Campus Bengaluru  
September 18-19, 2023

### **Preface**

The National Assessment and Accreditation Council (NAAC), an autonomous body established by the University Grants Commission (UGC) of India, conducts assessments to ensure quality standards in higher education institutions. NAAC accreditation is a hallmark of educational excellence, evaluating institutions on seven key criteria encompassing all aspects of academic and administrative functioning.

### **Executive Summary**

ST PAULS COLLEGE, Bengaluru, a burgeoning institution in its sixth year of operation, underwent its inaugural NAAC accreditation cycle on September 18-19, 2023. The rigorous evaluation culminated in the college being awarded a prestigious B++ grade, an exceptional achievement for a nascent institution facing its first assessment.

### **Preparatory Phase and Preliminaries**

The accreditation process commenced with an

exhaustive document review, wherein the institution's credentials were meticulously scrutinized and authenticated. This preparatory phase laid the groundwork for the subsequent on-site evaluation. On the eve of the visit, the NAAC Peer Team convened for a strategic planning session at their designated accommodation, aligning their methodologies and objectives for the impending assessment.

## Day 1:

### Comprehensive Evaluation Protocol

The formal proceedings inaugurated with an articulate presentation by the Principal, Fr. Dr. Thomas M. J., from 0900 to 0945 hours. His discourse eloquently encapsulated the institution's ethos, mission, and accomplishments, with particular emphasis on the curriculum's integration of cross-cutting issues and innovative pedagogical approaches. Subsequently, from 0945 to 1030 hours, the Peer Team engaged in a substantive dialogue with the Heads of Departments, including Dr. Trapy Sharma (Languages), Dr. Shailaja (Humanities), Mr. Jenin (Postgraduate Department of Journalism and Mass Communication), and Ms. Dalvy (Commerce and Management). This interaction primarily addressed Criterion II: Teaching-Learning and Evaluation, scrutinizing curriculum delivery mechanisms, student-centric methodologies, and the robustness of evaluation systems.

The period from 1030 to 1215 hours was dedicated to on-site inspections of select departments, assessing the learning environments, innovative teaching methodologies,

and adherence to academic schedules. The focus then transitioned to Criterion III: Research, Innovations, and Extension, with comprehensive tours of laboratories, computer centers, and media facilities to evaluate the infrastructure supporting research and innovation initiatives.

A working luncheon from 1300 to 1400 hours facilitated a meeting with the Governing Body, Management, State Government representatives, and University delegates. This session primarily addressed Criterion IV: Infrastructure and Learning Resources, followed by inspections of the library, sports amenities, and other physical infrastructure. The afternoon session, spanning from 1400 to 1645 hours, encompassed interactions with various student support cells and administrative bodies. Visits to the Placement Cell, Career Counseling Centre, and Anti-Ragging Cell highlighted the college's endeavors in student support and progression, aligning with Criterion V. A pivotal meeting with the Internal Quality Assurance Cell (IQAC) Coordinator, Dr. Babu V., and its members from 1645 to 1715 hours addressed Criterion VI: Governance, Leadership, and Management. Discussions

encompassed strategic planning, performance appraisal systems, and resource mobilization strategies.

The day culminated in a cultural extravaganza from 1715 to 1800 hours, featuring performances by the college's ensembles—Band Benaam, Akriti, and CrewX. These performances, showcasing India's rich cultural tapestry, garnered high acclaim and underscored the institution's commitment to preserving and promoting diverse art forms.

## Day 2:

### Final Assessments and Report Compilation

The second day commenced with a focus on Criterion VII: Institutional Values and Best Practices. From 0900 to 0945 hours, the Peer Team conducted a thorough review of facilities pertaining to safety, security, counseling, and alternative energy initiatives. Meetings with various committee heads facilitated discussions on the institution's best practices and distinctive features. The critical phase of report compilation and documentary evidence verification ensued from 0945 to 1215 hours,

during which the Peer Team meticulously drafted their findings. A subsequent consultation with the Principal and IQAC Coordinator addressed any pending queries or clarifications. The final phase, spanning from 1400 to 1600 hours, was dedicated to report finalization. The Peer Team shared their comprehensive findings with the Head of the Institution, ensuring all aspects were thoroughly documented and formally endorsed.

### **Conclusion and Accreditation Outcome**

The visit culminated in an Exit Meeting from 1600 to 1700 hours, where the Peer Team presented their final observations and recommendations. The conferment of a B++ grade was a monumental achievement for St. Paul's College, particularly noteworthy for an institution in its formative years undergoing its inaugural accreditation cycle.

### **Acknowledgments**

The success of the NAAC evaluation was the result of concerted efforts, with significant contributions from the Principal, Fr. Dr. Thomas M. J., Vice Principal, Fr. Dr. Shaiju

Joseph, Administrator, Fr. Arockiaswamy, and IQAC Coordinator, Dr. Babu V, Ms Saranya Francis, Secretary of IQAC. The dedication of the Heads of Departments was instrumental in this achievement.

ST. PAULS COLLEGE's NAAC accreditation journey exemplifies its unwavering commitment to educational excellence and its vision for holistic development. The B++ grade not only validates the college's current standards but also establishes a robust foundation for its future aspirations in the realm of higher education.

### **Events and Milestones 2023-24**

This year has been particularly momentous as we commenced with two significant achievements that set the tone for our continued excellence. The Local Inspection Committee awarded our college a remarkable score of 86%, a distinction that is exceedingly rare. Additionally, we proudly underwent our first cycle of NAAC Accreditation and were accredited with a commendable B++ grade, an exceptional feat for a young institution of just six years. These

milestones reflect our unwavering commitment to quality education and institutional growth.

## Academic Excellence

ST PAULS COLLEGE continues to excel in academics, with our students achieving outstanding results. We have maintained our reputation for high academic standards, and our students have consistently performed well in university examinations.

Ms. Sivakami of III BA won the Gold Medal for Psychology in the final semester exam of 2023.

# And the story Begins Here.....

# The Great Humble Beginning

# PAULARAMBA

# 2023

A moment of immense pride and excitement unfolded at ST PAULS College as they inaugurated their Undergraduate (UG) Programmes on the 24th of July 2023. Titled "PAULARAMBA – 2023," Presiding over the momentous occasion was the revered Chairman, Rev Fr Dr. Joseph T C. The Principal, Rev Fr Dr. Thomas M J, and the Vice Principal, Rev Fr Dr. Shaiju Joseph, along with the Heads of different departments, including Dr. Shailaja, Mr. Jenin Raj, Dr. Babu V, Dr. Trapthi Sharma, and Mr. Melwyn Amritharaj, all of whom play crucial roles in shaping the academic excellence of the college.

The college welcomed a distinguished Chief Guest, Dr. Chetna Lakhota, a renowned psychologist and academician to the event.



# World Mental Health Day

On the occasion of World Mental Health Day, the Department of Psychology at SPC organized a series of engaging and educational activities aimed at promoting mental health awareness and well-being on 10 October. The event saw enthusiastic participation from faculty, staff members, and students from diverse academic streams. Open House of Cognitive Games and Assessments, Poem Writing and Recitation, Poster Making Competition.

# INVESTITURE Ceremony 2023-24



*"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others."* – Douglas MacArthur

The Investiture Ceremony at ST PAULS COLLEGE, Bengaluru, organized by the Student Council Committee, took place on October 17, 2023. The program commenced at 1:00 PM and concluded after 45-minutes. Ms. Elizabeth Jansy, Assistant Professor in the Department of Humanities, delivered the welcoming address. Christin Emmanuel, a student from I BA, led a prayer with his soothing

rendition that captivated the audience. During the ceremony, Rev. Fr. Dr. Thomas M.J and Rev. Fr. Dr. Shaiju honored the student council members by presenting them with Sashes and Badges. The student council members gathered on stage to take their oath of responsibility. Principal Rev. Fr. Dr. Thomas M.J addressed the audience, expressing his joy for the successful election of the student council members and their victory. He also reflected on their responsibilities and extended his best wishes to them.



# STAFF TOUR

ST PAULS COLLEGE Staff Embarks on a Successful Two-Day Team Building Trip.

ST PAULS COLLEGE, Bengaluru known for its commitment to fostering unity and camaraderie among its faculty members, organized a two-day staff trip to Yercaud and Hogenakkal Falls on the 27th and 28th of October, 2023. The trip served as a significant opportunity for the faculty members to build stronger bonds and deepen their understanding of one another.



# ATHARVA KANNADA RAJYOTHSAVA



The Department of Languages, ST PAULS COLLEGE, Bengaluru, organized ATHARVA - KANNADA RAJYOTSAVA CELEBRATION on November 23, 2023, at the ST PAULS COLLEGE Campus. The Karnataka Flag was hoisted at ST PAULS COLLEGE in the presence of Rev. Fr. Thomas MJ, Principal, Rev. Fr. Shaiju

Joseph, Vice-principal, Ms. Trapti Sharma, Head of the Department of Languages, Ms. Savithri C, Assistant Professor Language Department, and Event faculty coordinator, and Student Council members.

# **ST PAULS COLLEGE Offers ACCA**

in Collaboration with

## **International Skill Development Corporation**

ST PAULS COLLEGE announces an extended partnership with the International Skill Development Corporation (ISDC) to offer ACCA qualification to undergraduate students in Commerce and Management.



**ST PAULS COLLEGE**  
and  
**ISDC**



# Workshop on UI & UX DESIGN

Organised by Department of Computer Sceience

Pegasus Association hosted Inspiring workshop on UI/UX Design The Department of Computer Science at ST PAULS COLLEGE had the distinct honour of hosting a captivating guest lecture on User Interface (UI) and User Experience (UX) Design.

The event, held on 07/11/2023, brought together students, faculty to gain insights from an industry expert. The speaker for the

afternoon was Arun G Kumar, a renowned UI/UX designer with a wealth of experience in the field. Arun G Kumar is widely recognized for their innovative work in designing, Data Science, Java Script and React. The workshop took place in ST PAULS College, and the audience was captivated by the engaging presentation. Arun G Kumar shared their deep knowledge and expertise in UI/UX



# Walk for Freedom

ST PAULS COLLEGE NSS and CSA Unit, in collaboration with Christ University, successfully orchestrated the "Walk for Freedom," a monumental global anti-slavery initiative that drew an awe-inspiring participation of over 257 million individuals from 500+ locations spanning 70 countries. With unwavering resolve, 110 students from ST PAULS COLLEGE joined hands with 30 students from Christ University to partake in two impactful events: the 'Walk for Freedom,' a symbolic act of solidarity against human trafficking, and 'Expression through Art,' a stirring painting competition aptly titled 'Trafficked.'





Electoral Literacy Club,  
ST PAULS COLLEGE,  
Bengaluru in association  
with Bruhat Bengaluru  
Mahanagara Palike organised  
a workshop and Electoral  
card registration drive on  
2nd December 2023. Bruhat  
Bengaluru Mahanagara  
Palike Dasarahalli Zone  
Deputy Commissioner and  
Revenue Officers were the  
resource persons of the  
programme.

# BOOK EXHIBITION

## 2023

The Department of Library and Information Centre in association with the Department of Languages at ST PAULS COLLEGE organized a book exhibition (Pustak Mela) on 07 December 2023 on the college campus. This event served as a vibrant platform for bibliophiles to explore various genres and authors. The department's

commitment to promoting reading and intellectual engagement was evident in the

**“Books are mirrors: you only see in them what you already have inside you.”**

carefully curated selection. The event not only celebrated the love for books but also fostered a sense of community among avid readers and enthusiasts. The exhibition was open from 10.00 am to 3.00 pm.





# Blood Donation Camp 2023

NSS Unit, Health Club & AWEKSHA in association with Blood Bank of Victoria Hospital organised Blood Donation Camp 2023 on 7 December 2023.

Dr. Akshatha, Victoria Hospital, Fr. Dr. Thomas M J, Principal, Mr. Gowtham R, NSS Programme Officer, and Ms. Savitri C, Health Club Coordinator shared the dais during the inaugural ceremony. The fraternity of Faculty and Students has donated blood to give the right meaning to the objective of the camp, in life- saving through the donation of blood. 57 Units of blood were donated to Blood Bank.





## Workshop on Human Rights

# EQUALITY FREEDOM & JUSTICE FOR ALL



Human Rights Protection Cell organized a one day workshop on 08th December 2023. Mr. Vasanth Adithya, Founder of Kreetam Law Associates, Market Analyst Research Management Consultant and Law teacher was the eminent resource person for the day. He is a multidisciplinary personality with experiences in varied fields like economist, Law teacher, Trainer, film maker, Author etc.

Resource person explained a comprehensive understanding of human rights, encompassing history and global relevance. Mr. Vasanth Adithya emphasized the essence of the 75th International Human Rights Day and underscored the importance of understanding and safeguarding these rights.



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The Christmas Celebration at ST PAULS COLLEGE BENGALURU, held on 22.12.23, was a vibrant and joyous event organized by the Literary and Cultural Association in collaboration with the Diversity Promotion Club, Sarvam. This festive gathering aimed to unite the diverse college community in the joyful spirit of Christmas. The event began with a solemn prayer led by Christin & Fr. Thomas, followed by the lighting of Advent Candles by Fr. Joseph TC, Fr. Thomas, Fr. Shaiju, and Ms. Saranya, symbolizing the anticipation of Christmas. Ms. Saranya delivered a warm welcome speech, setting the stage for the festivities, while Fr. Joseph T C shared a meaningful Christmas message.



# THE CHRISTMAS *Celebration* 2023



# Workshop on Whither **HUMAN RIGHTS**

The Human Rights Protection Cell organized a guest talk, in association with IIC.

Mr. B T Venkatesh, senior Advocate at the High Court of Karnataka and Founder of Reach Lawyer, served as the resource person. Mr. Venkatesh discussed his extensive work in human rights, particularly in the protection of workers, women, children, LGBTQ rights, and civil liberties.



# Papyrus

## 2023-24



The PG Department of Journalism and Mass Communication in association with Department of Humanities and Journalism Club are back with another edition of the Intra-departmental Journalism and Media Fest, Papyrus 2023-24. On 11-01-2024, the multifaceted festival that celebrates creativity, talent and innovative communication was organised.

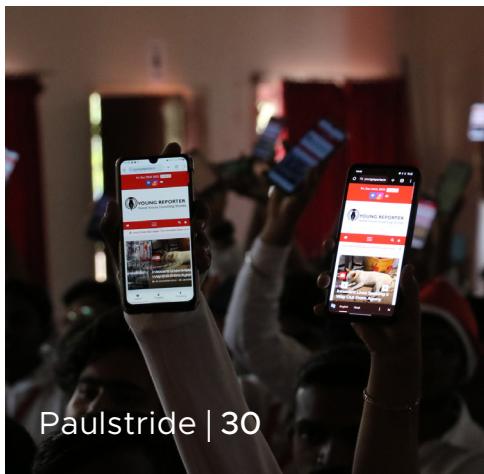
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*Journalism is printing what someone else does not want printed: everything else is public relations.* ”

-George Orwell

The Department of Journalism and Mass Communication at ST PAULS COLLEGE launches Young Reporter, <https://youngreporter.in>, an online news platform run entirely by students on 22 December. Young Reporter provides our Journalism and Mass Communication students with an immersive and hands-on journalism experience that mirrors the real world

Our students take charge of curating, producing, and disseminating news content on this platform, which encompasses every facet of the journalistic process` from thorough research and insightful interviews to rigorous fact-checking, precise editing, timely publishing, and widespread dissemination.



# Launch of YOUNG REPORTER

ART & CULTURE

SPOTLIGHT

LENS



...  
dies? ➡ Innocent Lives Seeking a Way Out From Agony ➡ Rethinking Bengaluru's Wast...

Latest

Popular

Trending



# National YOUTH DAY 2024

Swami Vivekananda, a revered spiritual leader and thinker, left a lasting impact on youth with his inspiring messages. He emphasized self-belief, urging young people to have confidence in their abilities and to pursue their dreams with determination. His famous words, "Arise, awake, and stop not till the goal is reached," encapsulate this call to action.



*“True life is found in **Strength**,  
while **Weakness** leads to failure.”*  
- Swami Vivekananda

Swami Vivekananda Study Centre and Institution's Innovation Council (IIC) celebrates "National Youth Day" in remembrance of Swami Vivekananda's 162 Birth Anniversary on 12 January 2024.

Essay Competition was organised for the students of ST PAULS COLLEGE on the topic "Relevance of Swami Vivekananda's Principles to the Youth of Today". Mr. Gowtham R, SVSC and III Convenor, Mr. Prakash P, IIC

Member and Ms. Aishwarya, Student Coordinator were present during the event.

# SANKRANTI FESTIVAL 2024

On January 16, 2024, ST PAULS COLLEGE BENGALURU celebrated the Sankranti festival with a spirited Sankranti Suggi event, a joint initiative by Sarvam (Diversity Promotion Club) and the Language Department. This festive occasion aimed to not only honor the harvest festival's cultural significance but also provide students with a platform to showcase their talents and foster cultural understanding. The college's lawns were transformed into a visually enchanting space adorned with traditional Sankranti decorations—sugarcanes, plantain leaves, kites, and flowers.



# The Disability Sensitization

## 2024



The Disability Sensitization event, hosted by EquiBeing Foundation, took place on January 24, 2024, with Dr. Ananthalakshmi, Founder of EquiBeing Foundation, and Muhammed Afsal M.H, Core Catalyst, at the helm. The event, organized by the PG Department of Psychology, aimed to foster a culture of understanding and inclusivity within our institution.



# Workshop on **Bangalore University NEP Examination**



A workshop about Bangalore University NEP examination was conducted by Prof. Jenin Raj. S, Controller of Examination on 24 January 2024. This was an initiative by the examination committee of ST PAULS COLLEGE.



# ST PAULS DAY

## CELEBRATIONS 24

The ST PAULS DAY celebration on January 25, 2024, unfolded as a tapestry of spiritual and cultural expressions, underscoring the college's commitment to academic excellence and values. The event commenced with a soul-stirring invocation

and prayer by the choir, setting a deeply spiritual tone for the celebration. A captivating prayer dance followed, seamlessly blending artistic expression with spiritual reverence. Ms. Saranya, the coordinator of LCA, then welcomed the audience, skillfully

providing context and setting the stage for the day's proceedings. The college principal delivered a message, sharing profound insights into the institution's journey and emphasizing its unwavering commitment to academic excellence and values.





# 75th REPUBLIC DAY

ST PAULS COLLEGE, Bangalore, celebrated the 75th Republic Day with much pomp and glory. The occasion was further embellished by the presence of the Chief Guest Rev. Fr. Dr. Shaiju Joseph, The Principal Rev. Fr. Dr. Thomas M J, The Administrator Fr. Arockia Swamy and our Faculty Coordinator Dr. Trapthy Sharma. The event started with the Chief Guest, Principal of the college, the administrator and Faculty Coordinator unfurling the national flag and hoisting it.





# Workshop on **BREAKING THE BARRIERS**

Gender equality cell coordinated a workshop on "Breaking the Barriers" Emerging Equality by Dr. Prasanth.V at lecture hall 112. Resource person was discussed about the meaning of gender equality and its effectiveness. Also, he was explaining Indian constitutions special articles for gender equality. The present situations of gender

equality and its impacts, last he was given the best example case studies of gender equality. The workshop Discussions was very effective, and students are actively participated and provided their valuable feedback. Welcome speech was given by Dr. A.N. Radhika and vote of thanks was given by Dr. Babu.V.



# Workshop on ANTI SEXUAL HARASSMENT REDRESSAL MECHANISM



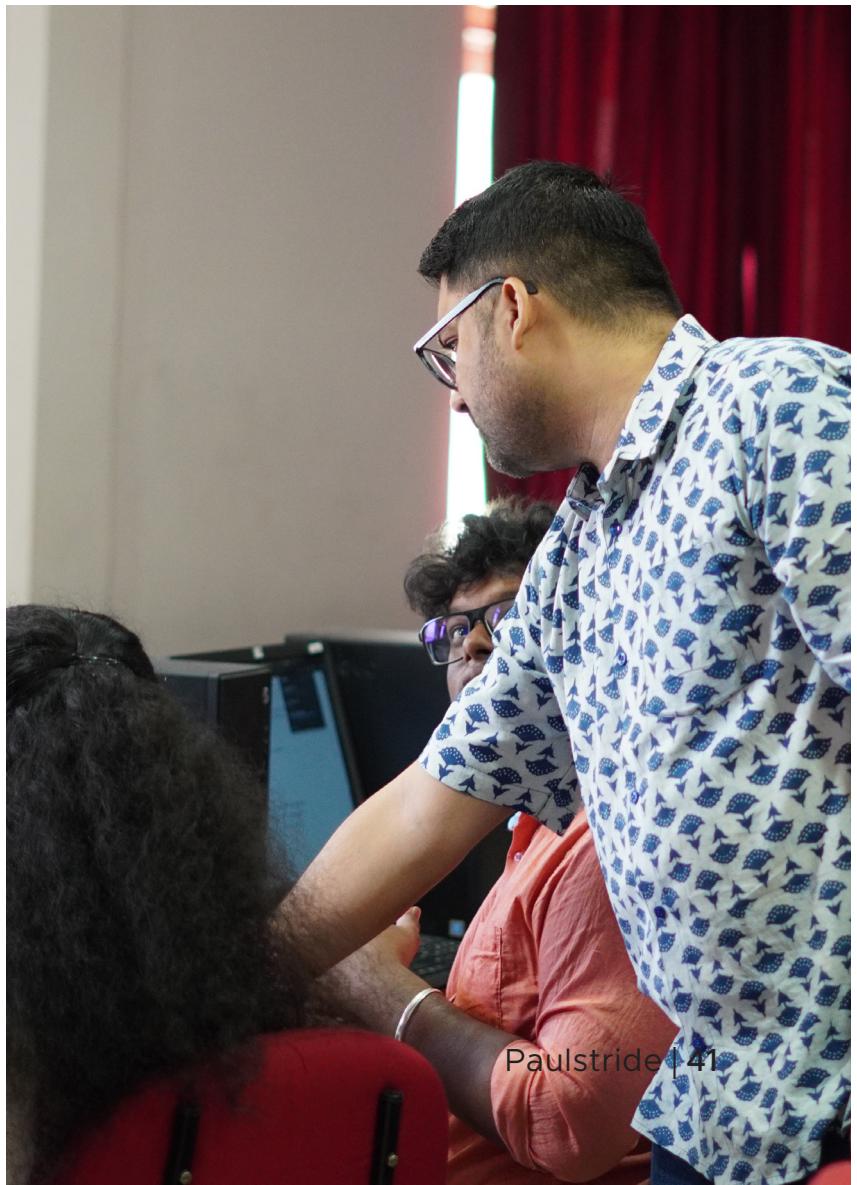
ST PAULS COLLEGE conducted a workshop on Anti-Sexual Harassment by esteemed speaker Prof. Nirmala R Harish from CMR University School of Legal Studies. The session was conducted on 23 rd January at 9.00 am in the Mini auditorium. The workshop aimed to enlighten students on crucial aspects of preventing and addressing sexual harassment in educational and work environments.





## Workshop on **RESEARCH IN PSYCHOLOGY**

ST PAULS COLLEGE PG  
Department of Psychology  
recently orchestrated a  
transformative two-day  
workshop, 'Research in  
Psychology: An Overview of  
Philosophy, Methodology, and  
Application,' with a specialized  
focus on Statistics and SPSS soft-  
ware. The distinguished Resource  
Person, Mr. Chetan SV, a Clinical  
Psychologist and Research  
Scholar at IIT Hyderabad, brought  
valuable insights to the sessions.  
The esteemed presence of Dr.  
Shailaja M, HOD of Humanities,  
and the event coordinator, Ms.  
Deeksha.



# SCIENCE EXHIBITION AT NIMHANS

A science exhibition was organized by the National Institute of Mental Health and Neuroscience (NIMHANS) Bengaluru on the occasion of National Science Day. It was held on 29th of February and 1st of March 2024. PG Psychology students of ST PAULS COLLEGE took part in the exhibition on 1st of March 2024. Various complex concepts regarding mental health were conveyed to the participants of the exhibition. The stalls equally advocated for mental health by administering a plethora of activities in accordance with the delivery of the psychological concepts, thus promoting psycho-education among the visitors.



# Field Trip to Bannerghatta National Park

*exploring the world of  
butterflies.*

The Department of Journalism and Mass Communication organized an exciting field trip to Bannerghatta National Park, immersing students in the enchanting world of butterflies. The trip, held on March 14, 2024, provided participants with a unique opportunity to learn about butterfly species, behaviour, and conservation efforts. The students of MA JMC were accompanied by Mr. Jenin S Raj, Assistant Professor from the department of Journalism and Mass Communication to this field trip.





# ST PAULS COLLEGE

*Partners with*

# BRIDGEWATER STATE UNIVERSITY

for International Academic Collaboration

20 February 2024

ST PAULS COLLEGE, Bengaluru, warmly welcomed distinguished representatives from Bridgewater State University, Massachusetts, United States, on February 20th, 2024, marking a significant milestone in the realm of international academic cooperation and

exchange. This visit stands as a testament to our commitment to fostering global partnerships and enriching the educational experience for students at ST PAULS COLLEGE. The presence of delegates from Bridgewater State University provided a fertile ground for constructive discussions and exploration of potential collaborative opportunities

in education and research. Engaging in fruitful dialogues with faculty members, administrators, and students, the esteemed representatives laid the foundation for future initiatives aimed at expanding horizons and promoting cross-cultural understanding.





# MULTIMEDIA

## Internship

The department of Journalism and Mass Communication organized the 15-days Multimedia Internship from the 20th of March 2024 to 3rd of April 2024. In this duration, the students of multiple colleges came together to learn and collaborate on various aspects of modern-day media production.





# ORACLE 2024

Intra Department  
Techno Cultural  
Gaming Fest

ORACLE-2024 an intra-department technocultural-gaming fest was conducted by the Pegasus-Computer Science Association of ST PAULS COLLEGE Bangalore, the main goal of the event is to promote the gaming, technical, and cultural skills of the students. The theme for the fest was WATCH DOGS. The inauguration ceremony was held on

2nd May 2024 at 12:40 pm in the Main Auditorium. Mr. Melwyn Amithraj, Assistant Professor, St. Joseph University, graced the occasion as the Chief Guest, adding prestige and inspiration to the event. The ceremony began with a welcoming by the student coordinator Ajin, followed by the lighting of the lamp. Rev. Dr. Fr. Shiju Joseph, Vice Principal of ST PAULS COLLEGE inaugurated the ORACLE fest, emphasizing the importance of such events in fostering innovation and creativity among students.

# ST PAULS COLLEGE Bengaluru

Enhances Offerings with

## CDA India & California University



In a bid to further elevate its academic offerings and provide students with globally recognized credentials, ST PAULS COLLEGE Bengaluru has extended its collaboration with CDA India (Career Development Association). The signing of a Memorandum of Understanding (MoU) between the two entities marks a significant milestone in the pursuit of delivering top-notch education and skill development opportunities.





# TASSEL MAKING

## Workshop

The Women Empowerment Cell of ST PAULS COLLEGE organized a workshop on Tassel Making on 15 April 2024. The workshop aimed to promote skill development and creative expression among the students while highlighting the significance of traditional crafts in empowering women. Ms Dalvy Jose, Assistant Professor from the Department of Commerce and Management was the resource person for the event.



# Annual Special Camp

## by NSS Unit of ST PAULS COLLEGE

NSS Unit of ST PAULS COLLEGE organized Annual Special Camp in NSS Bhavan, Bangalore University from 19 April to 25 April 2024 for the volunteers. Dr. H R Raveesha, NSS Programme Coordinator, Bangalore University was the Chief Guest, Fr. Thomas M J, Principal, ST PAULS College, Mr. Gowtham R, NSS Programme Officer, ST PAULS COLLEGE inaugurated the camp in the presence of the faculty members and volunteers.





# **BRIDAL MAKEUP & HAIRSTYLE Workshop**



The Women Empowerment Cell of ST PAULS COLLEGE organized a workshop on Bridal Makeup and Hairstyle on 16th April 2024. The workshop aimed to promote skill development and creative expression and help the students delve into the art of bridal beauty preparation. The workshop featured Ms. Komal Patel, an esteemed alumna of the college who graduated from the batch of 2020-2023. Ms. Patel, with her expertise in makeup and hairstyling, served as the resource person for the workshop.



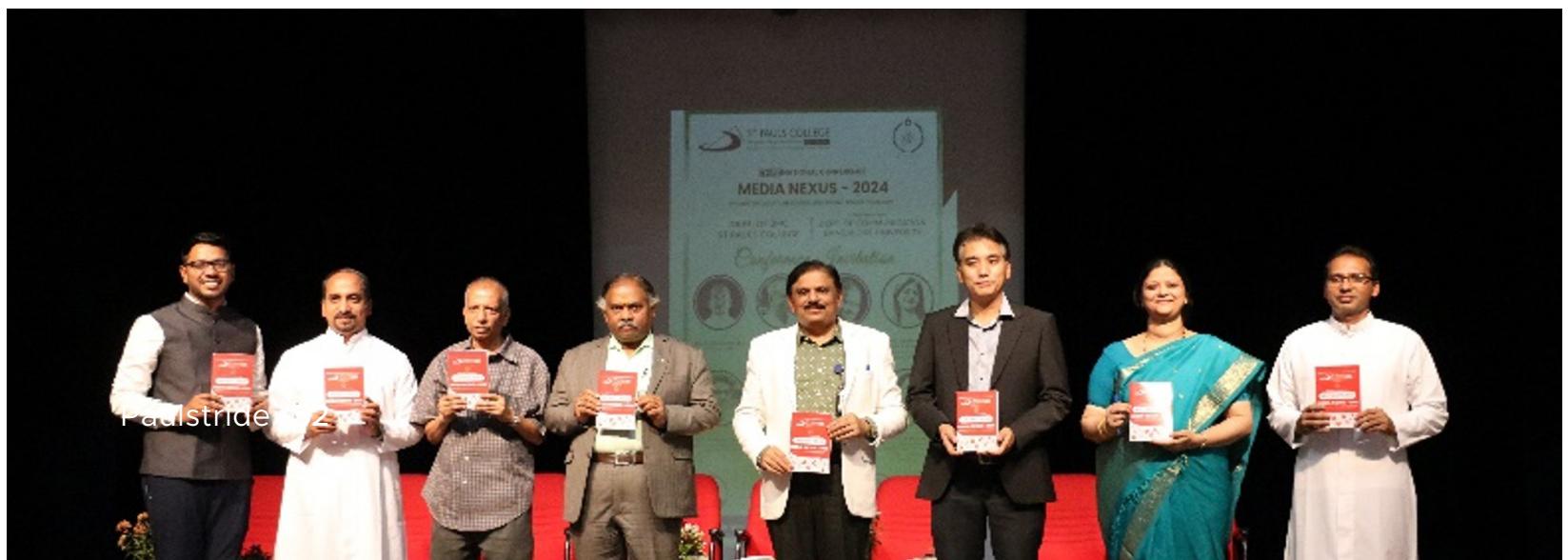


# THIRD NATIONAL CONFERENCE MEDIA NEXUS 2024

The Department of Journalism and Mass Communication, ST PAULS COLLEGE, Bengaluru, in association with the Department of Communication, Bangalore University, orchestrated the Third National Conference – Media Nexus 2024 on the 17th of April, 2024. This distinguished gathering welcomed scholars, students, and teaching faculty, converging upon this platform to delve into the multifaceted dimensions

of Media and its Nexus concerning Language and Communication, Digital Technology, Consumer Behaviour, Media Effects, Gaming and Pop Culture, and various other fields of Media Research. The enlightening inaugural session of Media Nexus 2024 witnessed the presence of esteemed speakers who left an indelible mark on the audience. The gathering was formally welcomed by Rev. Fr. Dr. Shaiju Joseph, Vice Principal

of ST PAULS COLLEGE, Bengaluru. Rev. Fr. Dr. Thomas M J, Principal of ST PAULS COLLEGE, Bengaluru, delivered a captivating Presidential Address, igniting insightful discussions. The conference commenced with the Inaugural Address by Prof K V Nagaraj, Former Pro Vice Chancellor of Mizoram University, followed by the Keynote Address delivered by Prof. B K Ravi, Vice Chancellor of Koppal University.



# Who Will Crack First, the Algorithm?

A new report by the OECD has claimed that jobs could be taken over by artificial intelligence. Highly skilled jobs will be replaced by AI.

Seminar on  
**Artificial Intelligence**  
in Banking Industry



The Department of Commerce and Management organized a seminar on AI in banking on 24th April, 2024, led by Mr. Santhosh J, emphasized AI's impact on customer experience, process optimization, and risk management. Real-world examples and discussions on data security and emerging trends were few of his insights. The interactive session engaged 205 students, fostering understanding of AI's potential in banking.



# Mega Free Health Camp 2024

Health club and NSS Unit of ST PAULS COLLEGE in association with Nirmala Health Centre and Prakriya Hospital organized MEGA FREE HEALTH CAMP 2024 on 12 May 2024 from 8.30 AM onwards.



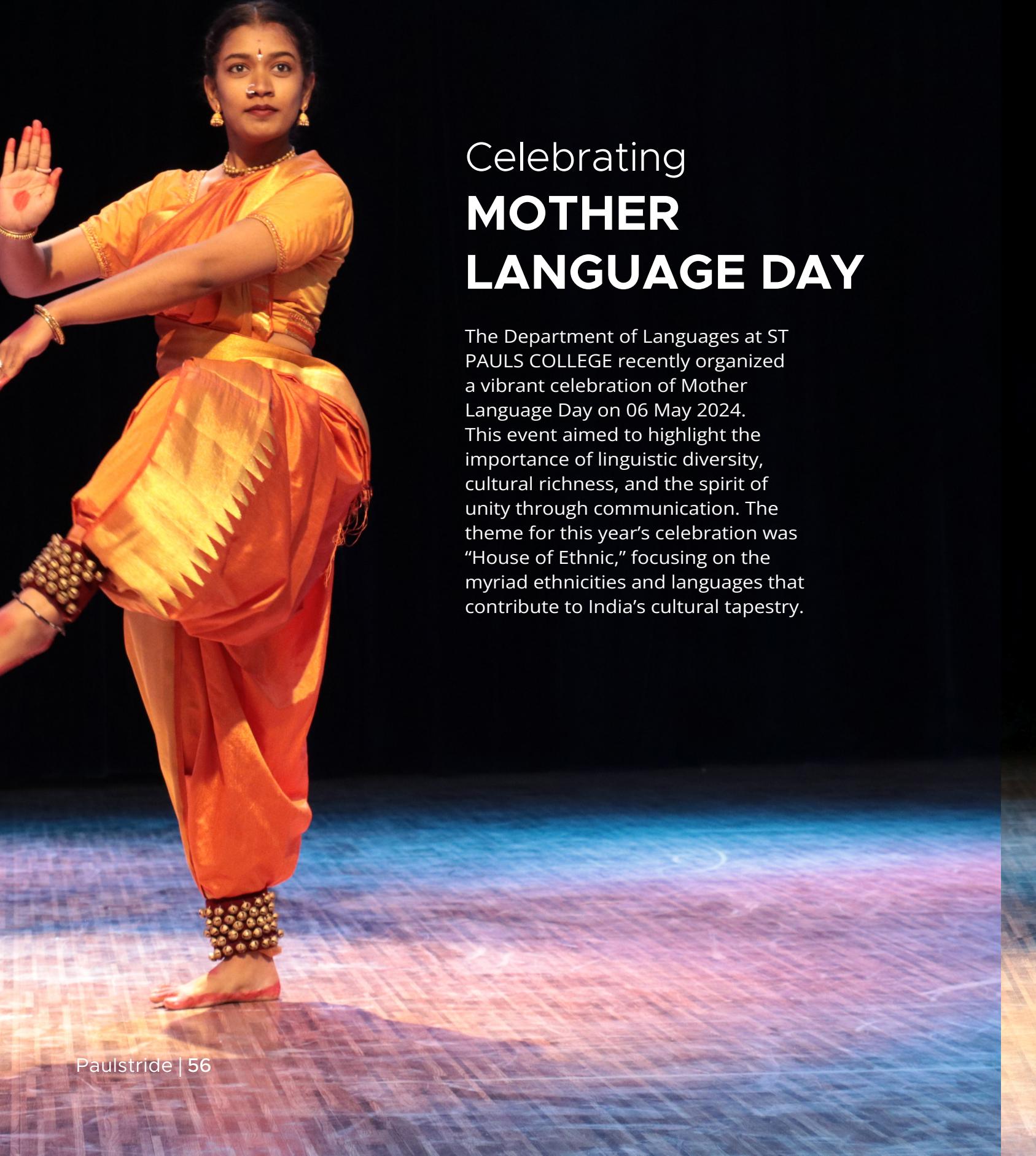
# Celebrating LANGUAGE WEEK



The Department of Languages at ST PAULS COLLEGE recently organized a vibrant celebration of Language Week from 29 April 2024 to 03 May 2024. This event aimed to highlight the importance of linguistic diversity, fostering cultural exchange and understanding among students.

It promotes multilingualism, enriches communication skills, and instills appreciation for different languages and cultures. Through various activities and events, Language Week cultivates a sense of unity, tolerance, and global citizenship among the college community.





# Celebrating **MOTHER LANGUAGE DAY**

The Department of Languages at ST PAULS COLLEGE recently organized a vibrant celebration of Mother Language Day on 06 May 2024. This event aimed to highlight the importance of linguistic diversity, cultural richness, and the spirit of unity through communication. The theme for this year's celebration was "House of Ethnic," focusing on the myriad ethnicities and languages that contribute to India's cultural tapestry.

# **INFOVISION & LEADVISION**

## Inter collegiate Competition

Department of Commerce and Management, ST PAULS COLLEGE organized Infovision and Leadvision, an intercollegiate competition on 7th May 2024. The main purpose of the event was to enhance the knowledge and competitive spirit among the students of various colleges in the field of commerce and Management. 115 students from 15 colleges had participated for the fest. The enthusiastic response of students made the event successful and path-breaking.



# HUMANZA 2024

## Intercollegiate Humanities Fest

HUMANZA 2024, an eagerly anticipated intercollegiate humanities fest, was successfully conducted on 28 May 2024. The event saw enthusiastic participation from various colleges, creating a vibrant and competitive atmosphere. The fest was inaugurated by Dr. Fr. Thomas, Principal, at 9:30 A.M., who inspired the participants with his insightful address.

The day was packed with around ten engaging events, including the electrifying Battle of Bands, a dazzling Fashion Show, the intense War of Words debate, JAM (Just A Minute) sessions, a challenging Quiz, English Roulette, and a captivating Photography competition. Each event showcased the immense talent and creativity of the students. The valedictory ceremony commenced at 4:30 P.M., where students

were awarded prizes and recognition for their exceptional performances throughout the day. It was a memorable occasion that celebrated the spirit of competition, creativity, and camaraderie. HUMANZA 2024 was a wonderful day that left a lasting impression on all participants and attendees.



# PAULAKALA 24

## Inter-Collegiate Cultural Fest



ST PAULS COLLEGE hosted PAULAKALA 24, an inter-collegiate cultural fest, on 17th May 2024. The event began with a grand inauguration and a presidential address by our principal, Rev. Fr. Dr. Thomas MJ. His inspiring words set the tone for a day filled with artistic expression and competitive spirit. The fest featured a variety of events, including Duet Dance, Reel Making, Dance Face Off, Solo Singing, Group Singing, Group Dance, and a Fashion Show. Each event was a showcase of talent, creativity, and hard work, with participants demonstrating remarkable skills. Over 23 colleges took part in the fest, bringing together a diverse group of students eager to compete and share their talents.



# BUDDHA PURNIMA

On the auspicious occasion of Buddha Poornima, the Buddha Study Centre at ST PAULS COLLEGE organized a workshop titled, "Embracing Peace in Turbulent Times", featuring the esteemed Buddhist monk Geshe Tenzin Celon. The event was graced by the presence of students, faculty, and guests, all eager to gain insights into cultivating inner peace amid life's challenges



# ABHINANDANAM



Graduation Ceremony



# Human ARCHITECTURE

Sometimes I wonder if I am somebody's forever  
home

Home, house, buildings, 1BHK, 2BHK, what not?  
You know my Headmistress once asked the entire  
class to recognize the difference  
between a house and a home

And I wondered,

They both sound very similar but deep down very  
different.

So, if I am someone's home, the question here is,  
what am I made of

I think and think of all the possibilities and recognize  
the source point of the running  
tornado inside my head

Oh! maybe it's the words that were thrown at me  
which really made me

The words of love built the pillars

The words of fear are in the basement

The words of freedom expanded the parking lot

The words of courage built the living room

The kitchen was built by the words of passion

The bedrooms were built by the words of solitude  
And sadness built the bathrooms.

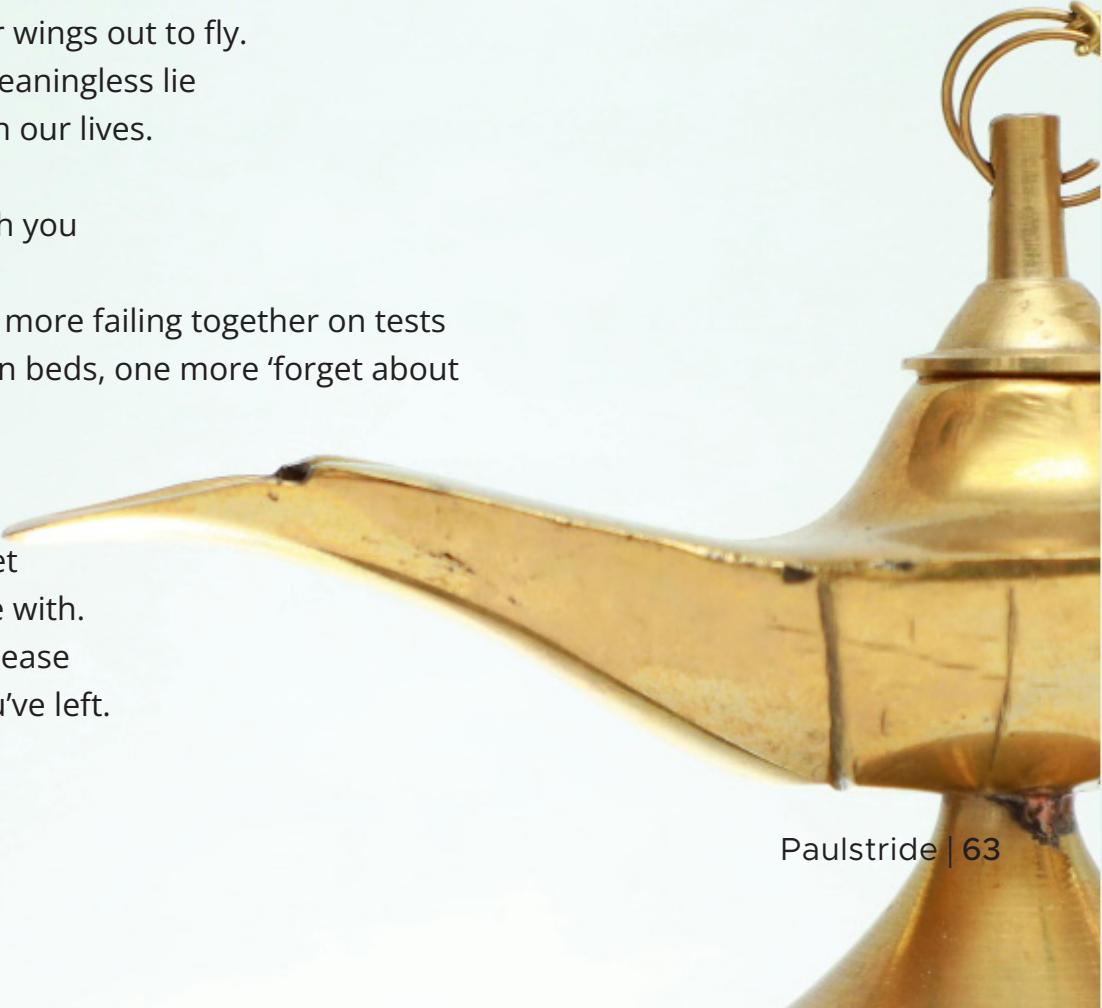
Some mean words cracked open the walls, the  
earthquakes made it horrible to survive.

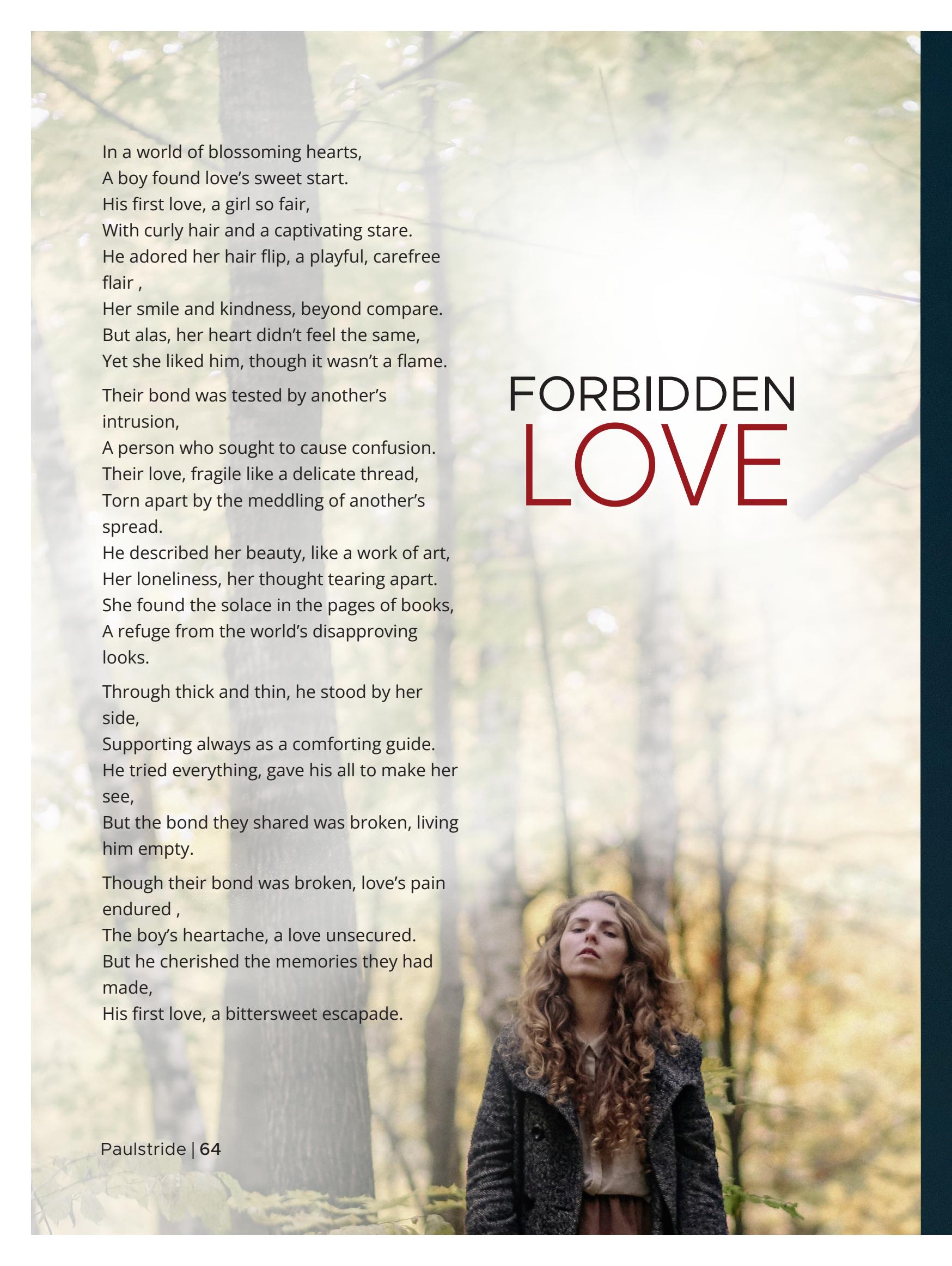
The hurt was real and the healing was tough  
But the cycle of hurt and healing filled the crack and  
grew the plant of warmth, comfort  
and self worth

There is a garden inside the home filled with flowers  
and fruits which attract both bees  
and butterflies  
Hence the boundaries built the doors.

# wiSH

I wish we could go back to the days when we were kids  
Ignorant spring days clouded by bliss  
When we played in the parks of contentment  
Long summer days when life didn't matter  
So why would death?  
Azure mornings when we'd freely breathe  
Unbeknownst the burden of your wreath.  
I wish we could go back to the days when we were kids  
The days when we'd rush out the gate  
Golden lives uncontaminated by fate  
I wish we could.  
I wish for a warning sign that our time was up  
Instead I wail tears of betrayal in our room.  
Sixteen is no time to die.  
We're only just testing our wings out to fly.  
But we bought into the meaningless lie  
That we had all the time in our lives.  
If I had one wish  
I'd wish for more time with you  
Dear Sister.  
One more argument, one more failing together on tests  
Just one more sharing twin beds, one more 'forget about it, no one cares'  
Just one more moment  
One moment is all I need  
To fill this lifetime of regret  
That you have blessed me with.  
One more moment won't ease  
The black hole of pain you've left.  
If I had a wish, Sherin,  
I wish.





In a world of blossoming hearts,  
A boy found love's sweet start.  
His first love, a girl so fair,  
With curly hair and a captivating stare.  
He adored her hair flip, a playful, carefree  
flair ,  
Her smile and kindness, beyond compare.  
But alas, her heart didn't feel the same,  
Yet she liked him, though it wasn't a flame.

Their bond was tested by another's  
intrusion,  
A person who sought to cause confusion.  
Their love, fragile like a delicate thread,  
Torn apart by the meddling of another's  
spread.  
He described her beauty, like a work of art,  
Her loneliness, her thought tearing apart.  
She found the solace in the pages of books,  
A refuge from the world's disapproving  
looks.

Through thick and thin, he stood by her  
side,  
Supporting always as a comforting guide.  
He tried everything, gave his all to make her  
see,  
But the bond they shared was broken, living  
him empty.

Though their bond was broken, love's pain  
endured ,  
The boy's heartache, a love unsecured.  
But he cherished the memories they had  
made,  
His first love, a bittersweet escapade.

# FORBIDDEN LOVE

# A FEELING

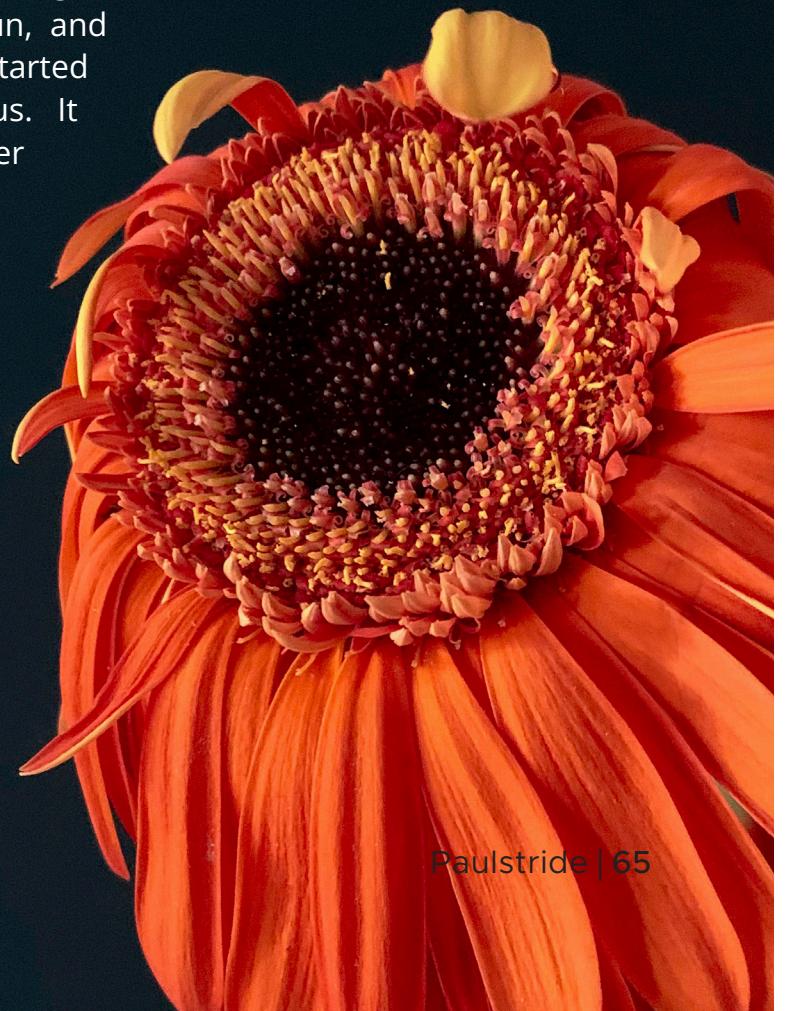
*I've never felt before*

*Manukeerthana R | I BBA*

An air of emptiness had occupied my soul. Life had started to rot inside me, determined to kill every last hope that remained. Had I not been a diamond in the rough, I would have given up. With little strength, I began walking forward. The sun showed no pity on my misery; it was scorching hot. Far away, my eyes found a tree. I immediately struggled toward its shade and sat under it. My body started to relax. That's when I heard the tragic melody that brought back memories. He had returned, playing the same notes he did years ago. The sound of his guitar echoed through time. We had gotten along so well back then. With his back resting against the tree,

he continuously played one of my favorite tunes. Our eyes met immediately, and he got up. Desperately, we searched each other's eyes, and finally, they met. There were no words exchanged, just an immediate burst of emotion we had held within. It was a silent meeting that revealed the love hidden in his eyes. The clouds began to cover the sun, and a cool breeze started to flow over us. It was as if Mother Nature was asking me to forgive and let go of the past. The breeze calmed me down as he pulled me into his arms. The pain dissolved

slowly. The doors of my heart, which had never opened up to receive love in this way, finally did. I decided to let go of the pain that had blossomed for so long and embrace the love I had felt before.



## संघर्ष

लहरों से डरकर नौका पार नहीं होती, कोशिश करनेवालों की हार नहीं होती। नहीं चींटी जब दाना लेकर चलती है, चढ़ती दीवारों पर सौ बार फिसलती है, मन का विश्वास रगों में साहसभरता है, चढ़कर गिरना, गिरकर चढ़नान अखरता है, आखिर उसकी मेहनत बेकार नहीं होती।

दुबकियाँ सिन्धु में गोताखोर लगाता है, जा जाकर खाली हाथ लौट आता है, मिलते न सहज ही मोती गहरे पानीमें, बढ़ता दुना उत्साह इसी हैरानी में, मुट्ठी उसकी खाली हर बार नहीं होती। असफलता एक चुनौती है उसे स्वीकार करो, क्या कमी रह गयी, देखो और सुधार करो जब तक न सफल हो, नींद चैन को त्याग करो संघर्ष का मैदान छोड़ मत भागो तुम कुछ किये बिना ही जयजयकार नहीं होती।

## समय

सोचने के लिए समय निकालो,  
वह एक ज्ञान का साधन है।  
खेलने के लिए समय निकालो,  
वह कसरत का साधन है।  
पढ़ने के लिए समय निकालो,  
वह एक सफलता का साधन है।  
हँसने के लिए समय निकालो वह जिंदगी जीने का साधन है।  
प्रार्थना के लिए समय निकालो,  
वह मन के सुकून का साधन है।

## ಹಸಿರು

ಮಾಲಿನಿ ಟಿ ಎಸ್ | Librarian

ಹಸಿರು ತುಂಬಿದ ಹೆಣ್ಣು ನಾಡು  
ಮೆಟ್ಟಿನ ಮೇಲ್ ಹರಡಿದ ಹಸಿರು ಹೊನಲು  
ಕವಿಯ ಹೃದಯದಲ್ಲಿ ತುಂಬಿದ ಸಿರಿ  
ನೋಡಲು ಬಂತು ನಿನ್ನ ಹಸಿರು ಕಣ್ಣು  
ಕಂಪೆಯಲಿ ನೆಲಸಿರುವ ಮರದ ನಗು  
ಮಾತುಗಳು ಹೊಯ್ದು ಮಲ್ಲಿಗೆಯ ಮುಗು  
ಹೊಂಗಸೆಯಲಿ ಬೆಳೆಗಿದ ಹಸಿರು ನಗು  
ನಮ್ಮ ಜೀವನದ ಚಿಕ್ಕ ಚಿಕ್ಕ ನುಲಿ  
ನಿನ್ನ ಅಂಚಲಲ್ಲಿ ಬೆಳೆದ ಮನಸಿನ ಬೀಗ  
ಹೊನ ಹವ್ಯಾಸಗಳಿಗೆ ಹಸಿರಿನ ಸ್ವರ್ಶ  
ಮಣ್ಣ ಆಜಾ ವಾಸನೆಯ ಗಂಧ  
ನಿನ್ನ ಪ್ರೀತಿಯ ಮೆಟ್ಟಿನ ಗುರುತ  
ಕಾಲ್ಪನಿಕ ನಂದನವನದ ಕನಸು  
ಹಸಿರು ಚಪ್ಪರದ ಹೆಚ್ಚಿಯ ಮುಳುಕು  
ನಿನ್ನ ಹರಿತಾದ ಹಸಿರು ಸೌಂದರ್ಯ  
ನಮ್ಮ ಹೃದಯದ ಹೃದಯರೀತಿ.

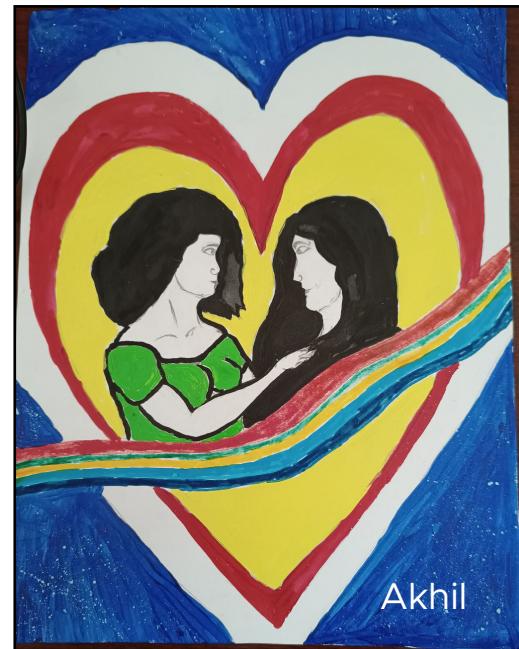
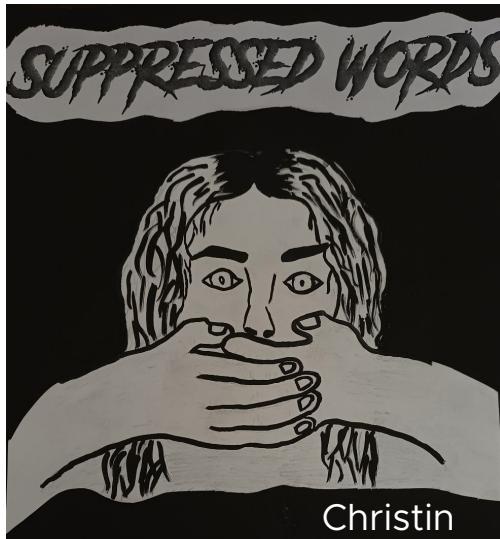
# கணினியும் நானும்

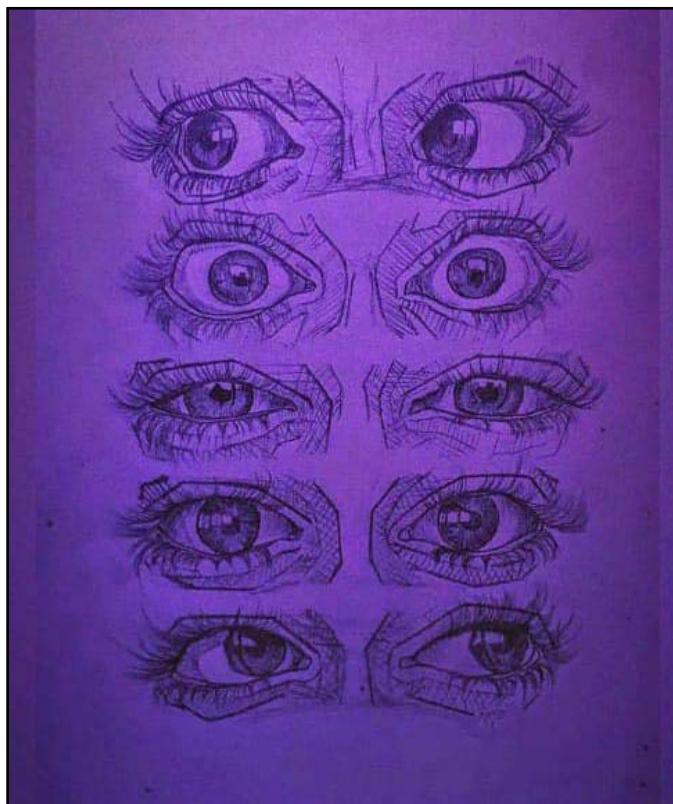
சுகன் எம் | II BA,

கணினியில் உலகம் என்னோடு வருகிறது  
மொழிகள், கலைகள், அறிவியல் இணைகின்றன  
விரல்களின் நடனத்தில் புது நிழல்கள்  
வாழ்க்கை கணினியின் ஓளியால் மலர்கிறது  
கணினியின் கணக்கில் காலம் மறைந்து  
உலகம் முழுமூலம் மின்னல் வேகத்தில்  
கற்பனைக்கு எல்லை இல்லை, தூண்டுதல் தரும்  
கணினியும் நானும் நிழல் ஓவியமாக

# PAULITE

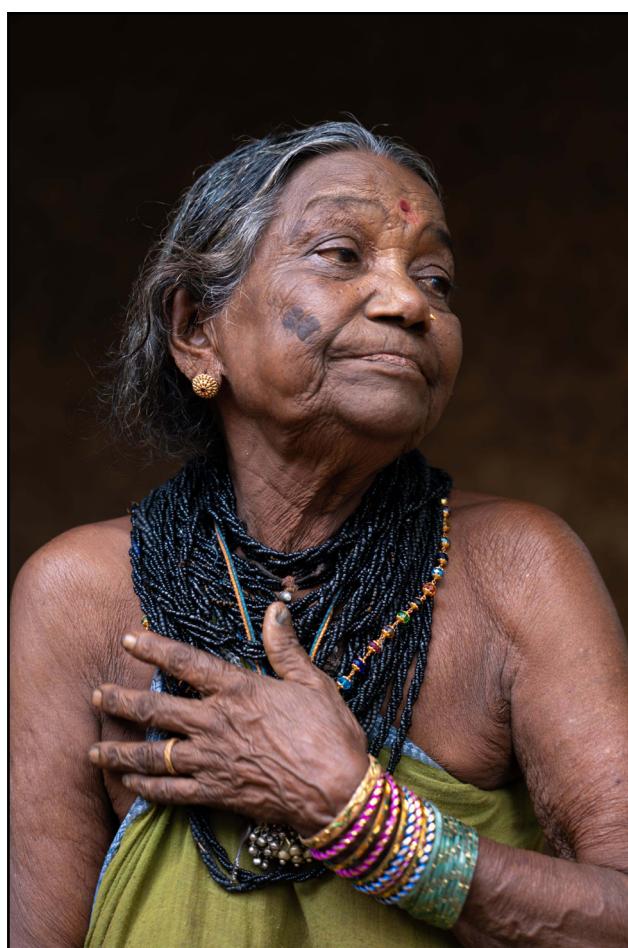
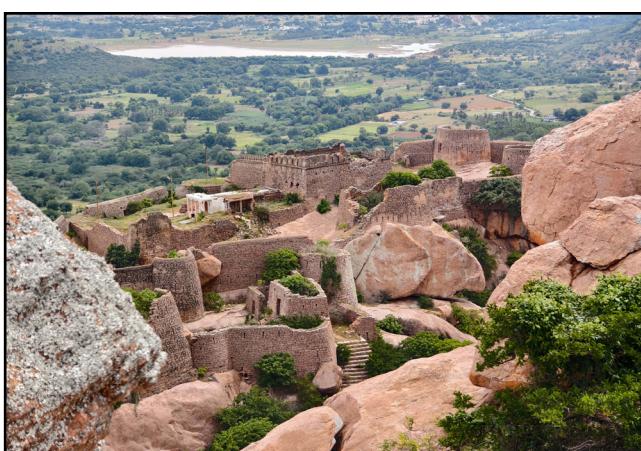
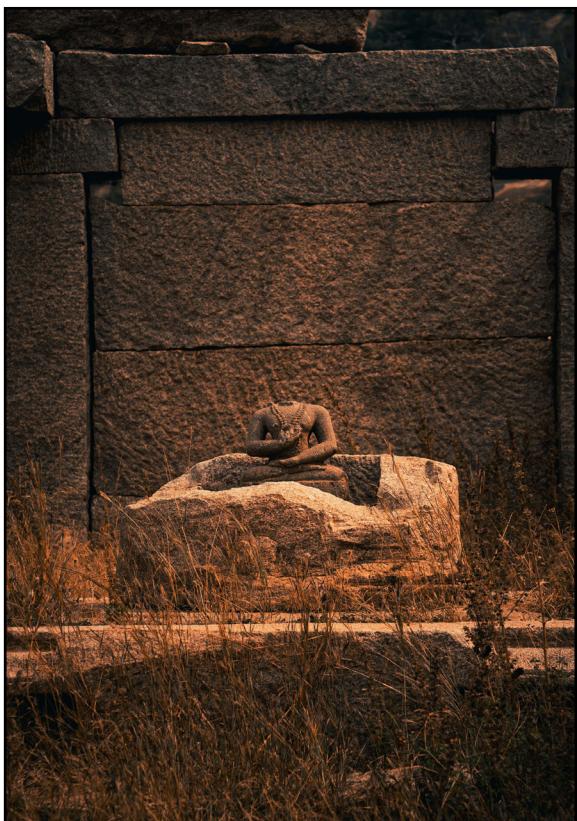
# Artistry





In the depths of silence, where words falter and the storm within remains untold, the eyes become the enigmatic gateway to the soul. Each gaze holds secrets and whispers of emotions untamed. Let the silent stories behind these eyes guide us towards unspoken truths and hidden connections.

Art Credit: **Jatin**



Picture Credits: Vinay R

# THE LEADERSHIP



&  
TEAM

meet the vibrant team of ST PAULS COLLEGE, bengaluru



TEACHING STAFF



NON TEACHING STAFF



MINISTERIAL STAFF

## **IQAC**



## **NSS**



## MEDIA TEAM



## LIBRARY AND PT



## DEPT OF HUMANITIES



## DEPT OF COMMERCE AND MANAGEMENT



## DEPARTMENT OF LANGUAGES



## DEPARTMENT OF COMPUTER SCIENCE



## DEPARTMENT OF JOURNALISM & MASS COMMUNICATION



## DEPARTMENT OF PSYCHOLOGY



## II MA



## II MSC



### III BSC



### III BBA



### III BCOM



### III BCA



### III BA



### Boys Basketball Team



## Boys Kabaddi Team



## Boys Football Team



## Girls Basketball Team



## Bangalore University Sports Representation

