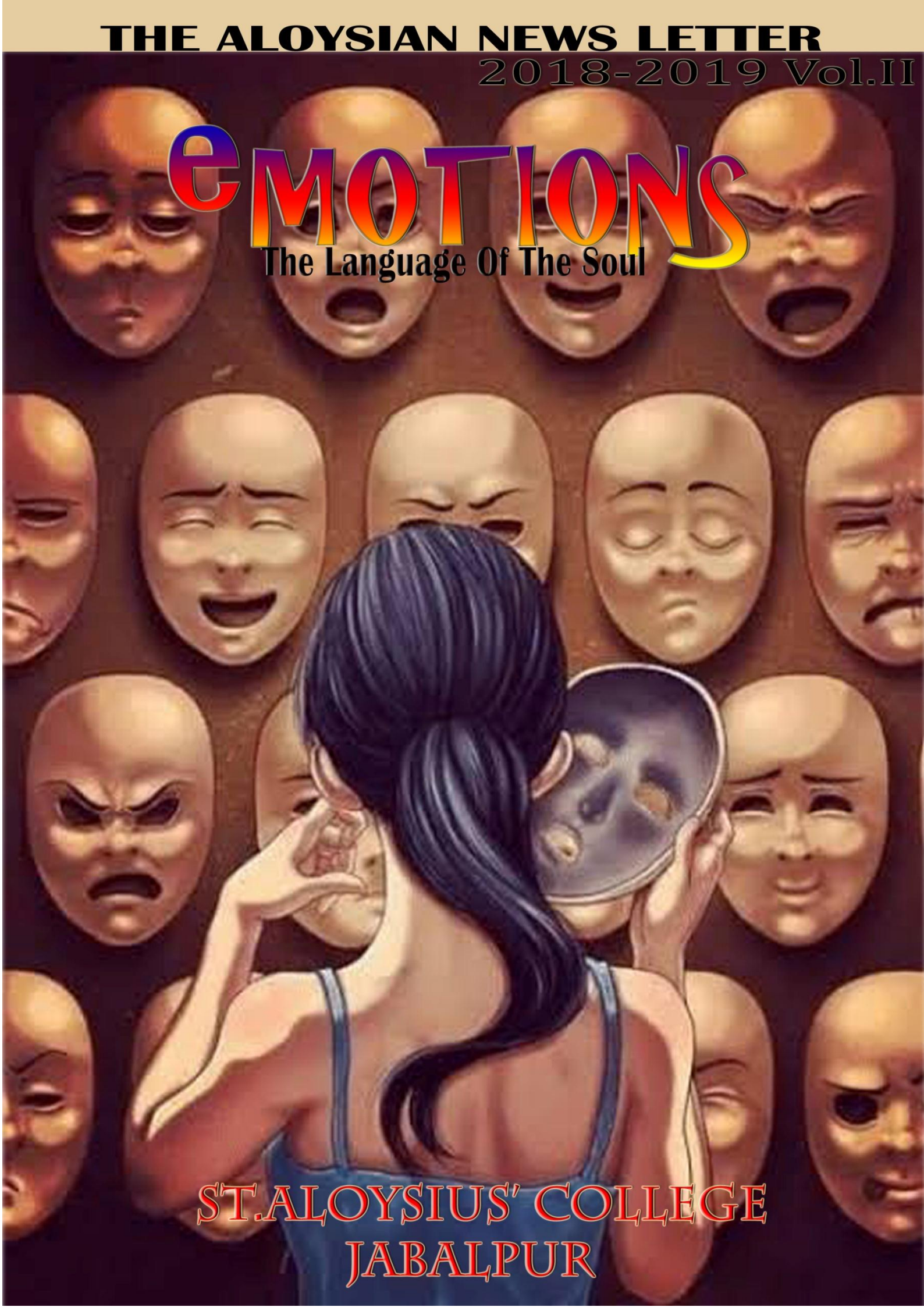


THE ALOYSIAN NEWS LETTER

2018-2019 Vol.II

eMOTIONS

The Language Of The Soul



**ST.ALOYSIUS' COLLEGE
JABALPUR**

VICE-PRINCIPAL'S MESSAGE



The world has come to a point where most people fall prey to their emotions of anger, envy, sadness or even lust. This has corrupted our moral and social well-being and the world is in great danger of facing an impending apocalypse. We simply give in to our negative emotions and act out reflexively. This threatens to ruin the balance of our community.

People, nowadays, have become lonelier and solitary because of the advent of mobile phones and other such technology. Individuals have the liberty to hide behind a screen and seek companionship in any form without exposing their flaws to the world. Their need to vent their emotions without being judged has taken precedence over all forms of sensitivity and thus, they have become brave enough to say and do the things they could never have imagined doing in person.

This is where Literature swoops and provides anguished souls a means to express themselves in a positive manner and provide to the world a respite from its monotony as well. Students who find themselves attracted towards literature are, in reality, doing a service to mankind as emotional well-being is as important as, if not more than, physical well-being. Thus, our students should carry out this work of altruism and brighten the world to make it smile more often.

Fr. Ben Anton Rose

MESSAGE FROM THE HOD



I have often found myself thinking of a world sans emotions, the passion, the burst of energy; the tears of joy and laughter struggling through sorrow. Each little action, each precious word that reflects our mental state at a point in time is a constant reminder of our existence as humans. What a blessing it is to be able to feel, and so strongly as well!

Imagine seeing the beauty of nature, the blooming of colourful flowers in spring and then their eventual withering in winter, only to be replaced by the solid white purity of snow; the sun shining bright in the summer and the yellow autumn leaves all around and not being able to understand their true essence. What a pitiful loss it would be to not be capable of counting the blessings that our merciful Almighty has bestowed upon us. Yet it is not so. We are expressive creatures who have among their brethren, literary giants like Keats, Yeats, Wordsworth and Tennyson. The overwhelming feeling that cages us within its tight embrace is a sign of the humungous impact that Literature has upon our souls.

This is the kind of emotion that our Literature Department wishes to spread through this scholarly endeavour. We wish to make the students understand their role in society and the need to replace negative emotions with positive ones through the cathartic method of penning down those momentary lapses of strength and sanity. Thus, our students only wish to make this world a better place.

Dr(Mrs.)NeelanjanaPathak

MESSAGE FROM A TEACHER



“There are chorus in the hearts of the most reckless which cannot be touched without emotion.”

-Edgar Allan Poe

This timeless statement stands affirmative across ages. Every human being is so well stirred with emotions that each activity they perform either asserts or arouses an emotion. It is believed that there is an emotion attached to every action but the truth is that every action takes place because of an emotion.

Linda Davidoff puts that, an emotion is a feeling that is expressed through physiological functions such as facial expressions, faster heartbeats, and behaviours such as aggression, crying or covering the face with hands. Defined as such, these emotional states are specific manifestations of non-verbally expressed feelings of agreement, amusement, anger, certainty, control, disagreement, disgust, disliking, embarrassment, fear, guilt, happiness, hatred, interest, liking, love, sadness, shame, surprise and uncertainty.

Emotions are rational. They are a means to help achieve goals that are important, tools carved by eons of human experiences that work beyond conscious awareness to direct where one needs to go. They are the instruments of survival.

There are many quotes and posts these days that suggest various methods of controlling different emotions. However the reverse is true. The longer we wait to address to our emotions, the longer they

stay with us and the deeper they imbibe themselves into our hearts. Good or bad, happy or sad, we must always acknowledge our emotions towards anything and everything.

Emotions, truly are, the language of the soul and they would always be!

Keep expressing and enjoy reading!

Dr (Mrs.) Aparna Mukherjee

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EDITORIAL



-Tanya Talwar

“Pity those who don't feel anything at all.”

— Sarah J. Maas, *A Court of Thorns and Roses*

The essence of Literature is emotions. The various feelings encapsulating the mind and heart resulting in the spontaneous overflow of emotions is poetry of the highest order. Similarly all works of prose stem from an innate desire to express the state of mind, the introspection and pondering over the various emotional states that our mind is going through at any point in time.

Bharat Muni first talked of emotions and rasas in his *Natyashastra* and gave the world enough food for thought for many years. Even though, he has defined the various rasas or moods for each situation, it is very difficult to express such powerful changes within the mind and body in a few words that language has to offer.

Yet, the various mavericks and prodigies in the field of Literature have managed to give us soul-stirring ideas, expressions and works of art that have come to be celebrated amongst the homo sapiens' community; for this is the community that is capable of feeling, loving and living each moment in the realm of myriad changes in the heart.

We are living in a world where robots are being taught to fathom various emotions and become companions for humans whereas humans are losing their humane qualities. We are becoming slaves to technology and are slowly losing our sense of brotherhood and unity. This is where Literature flies in to rekindle our lost oneness and sense of community. The works of art are our only hope to make our future generations understand that the more we develop technologically; the more important it is for us to be one with our own selves, to develop as a nation and a community.

Welcome to this platform where the most talented, budding writers have penned their emotions and tried their hand at reconnecting with their organic human selves. Welcome to this rollercoaster of human rasas and emotions, humans at their best!

THE SEARCH OF INNER PEACE



-Akanksha Singh

In search of myself- in a close

Interior room.

But,

there was also a noise

Noise of my thoughts,

my worries,

my fears.....

All these were conquering me

All those were asking me –

“Is this the right way,

to solve your problems ???

from what are you running away ?

from this world or

from your own self....?”

And,

to say away from them

I was making some exercises....

But,

Now I realized

It is just "NOT possible"

So finally

I have decided to come back

Back again to the outer, exterior room.

And,

there in the open environment

beneath the clean sky

and shiny twinkling stars...

I found "that peace"

Around,

As well as inside me.

Though,

Here many lost people are

Roaming around me.

Walking along with my soul,

I have reached the park

A beautiful place of my

IMAGINATION...

THINKING STORM



– Kajal Kanojia

I hate thinking
It bothers me a lot
Until I don't write down my thoughts
It doesn't let me live peacefully
Sometimes it's nothing but a bully
What do I do?
This Piscean soul thinks a lot
What, if, why, when
Should I do this or that; right now or then?
Whenever I think, sometimes I think too deep
Sorry dear readers, I can't be brief
Sometimes I become highly imaginative
And forget to think
Whether I'd been positive or negative
But it's good for me
For I know myself nearly and clearly
Perhaps I think too much
My mother says stupid girl, hush!
Stop thinking too much.

SECOND COMING OF JESUS



-Feba Thomas

The Son of Man is coming back
Much sooner than we think
All things will come together
He is the missing link

For the lord Himself will
Come down from heaven
With a loud command, with the
Voice of archangel and trumpet call of God .

His flaming sword will split the sky
His trumpet will be sounding
Bolts of lightning all around
Sea waves will be pounding

Bands of angels ride the wind
From one end to another
Many loved ones tag along
a sister and a brother

The earth will rattle , shake and sway
The dead in Christ shall rise
Then all God's children right behind
Will fill the raging skies .

He is coming with reward
And He will give it to everyone
According to what they have done
So be glad cause our king
is on his way.

COLLEGE DIARY

October 2018

- **October 13th** - The Department of Chemistry organized exhibition on 'Medicinal Chemistry by the students of MSc III.
- **October 28th** - 31 NSS students participated in Marvel Rock Run organized by Nagar Nigam Jabalpur.

November 2018

- **November 1st** - NSS society of St. Aloysius College organised Debate Competition on Matdan at St.Aloysius College. In this competition, 35 students participated.
- **November 12th – December 18th** –The College conducted final semester and ATKT examination for undergraduate final year students and post graduate students.
- **November 13th** - NSS society of St. Aloysius College organized Quiz Competition on Sweep Program at college premises. In this competition 25 students participated.
- **November 14th** - NSS society of college organized Human Chain on Pink Day at college premises.
- **November 15th**- NSS society of college organized Debate Competition on Sweep Program at college premises. In this competition 15 students participated.
- **Department** of History released its Annual Magazine.
- **November 17th** - JIRF of St. Aloysius College celebrated Deepawali at G.S. college of Commerce and Economics, Jabalpur. The Chief Guest was Prof. Prayag Dutt Juyal, Vice-Chancellor, Nanaji Deshmukh University, Jabalpur

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- **November 22nd – December 12th** –The college conducted Quarterly examinations for undergraduate students of first and second year

December 2018

- **December 1st** – Department of Education organized an AIDS AWARENESS PROGRAM followed by a RALLY and NUKKAD NATAK played by the students.
- **December 6th** - – JIRF of St. Aloysius College celebrated Guru Nanak Jayanti at Shri Guru Nanak Mahavidhyalaya, Jabalpur. The Chief Guest was Prof. S.S.Sandhu, RDVV, Jabalpur.
- **December 14th** - 22 NSS students participated in Hexi Cycle Relly organized by Nagar Nigam Jabalpur .
- **December 15th – 16th** – IQAC of college organized two day workshop on “Revised Assessment and Accreditation Framework for Higher Education Institution in India”.
- **December 20th** – The Annual Sports day was organized at St. Aloysius’ ground. Chief Guest was Mr. Rahul Anand Sharma, Chief Executive Officer (CEO), Cantonment Board, Jabalpur. Students participated in various activities like races, Shot Put and Javelin Throw competition.
- **JIRF** of St. Aloysius College celebrated Christmas at St. Aloysius Institute of Technology, Jabalpur. The Chief Guest was Most Rev. Gerald Almeda , Bishop of Jabalpur Diocese, and the Guest of Honour was Shri Ashok Rohani (MLA, Jabalpur Cantt.) and Sh.Amit Singh, IPS, Jabalpur
- **December 22nd** – Annual Social Gathering was organized. The Chief Guest was MLA Sh. Ashok Rohani of Jabalpur Division and the special guests were DIG Jabalpur Sh. Bhagwat Singh Chouhan and Sh. ShashankShukla, Additional Advocate General, Jabalpur. The program was presided by Principal, Vice Principal and Most Rev.Gerald Almeda , Bishop of Jabalpur Diocese.

January 2019

- **January 9th – 10th** – College organized two day workshop on Personality Development marked by group discussion namely elections, politics, technology and women empowerment at Sabrimala temple.
- **January 9th** – Tanya Talwar, student of BA V won State Level Gold Medal in All India Essay Writing event 2018, organized by Shri Ram Chandra Mission in collaboration with United Nations Information Centre for India and Bhutan. In the same competition, Surabhi Diwedi and Pranjali Verulkar won 6th and 10th position respectively.
- **January 12th** –National Youth Day was celebrated in memory of Swami Vivekananda by the students. Surya Namaskar and Yoga was organized at college premises.
- **January 16th– 18th** –Entrepreneurship cell organized three days “Entrepreneurship Awareness Camp Program”. Chief Guest was Shri Vinay Saxena, Hon’ble MLA of Madhya Pradesh and the Guest of Honour was Shri Narendra Samaiya, Industrialist, Jabalpur.”Make in India” book was released by the honourable guests.
- **January 17th**– Second day of “Entrepreneurship Awareness Camp Program.” Industrial trip was organised to Steellace Industries, Jabalpur.
- **January 18th** – Valedictory function of “Entrepreneurship Awareness Camp Program”. Chief Guest was Hon’ble MLA of Madhya Pradesh Shri Sanjay Yadav.
- **January 21st** –One of the Best Practices of College – Inward Onward Journey 2018-19-lecture series started. First session was conducted by Department of Physics.
- **January 22nd** –Inward Onward Journey – Second session was conducted by the Department of Chemistry.

- January 22nd – College organized a one day workshop on Personality Development, the Speaker was Dr. Nidhi Tak, Associate Dean, ICFAI Business School, Gurgaon.
- January 23rd – Department of Commerce organized Seminar on “Role of Income Tax in Nation Building” , Mr. Omprakash Yadav, Principal Commissioner, Income Tax Office, Jabalpur addressed the students.
- January 24th - Inward Onward Journey –Third session was conducted by the Department of Economics.
- January 25th - Inward Onward Journey –Fourth session was conducted by Department of English and Mathematics.
- January 26th – Celebrated Republic Day. The Chief Guest was Hon’ble Ex MLA Mrs. Loreen Lobo.
- IQAC released its News Letter through the hon’ble guests.
- Best Aloysian Award was given to Ms. Tanya Talwar.
- Best NCC cadet (Navy) award was given to Manish Kumar Chouhan.
- Best NCC cadet (Army) award was given Ms.Sakshi Jaiswal.
- Citation awarded to Tamana Singh.
- Best Athlete Male award was given to Mr. Krishna Chaturvedi.
- Best Athlete Female award was given to Ms.Abha S. John.
- Prize Distribution for co-curricular activities.
- January 28th - - Inward Onward Journey –Fifth session was conducted by Department of Political Science and Zoology.
- January 30th – College organized Personality Development Session, conducted by Shri Pramod Tiwari, Corporate Trainer and Motivator, Jabalpur.

February 2019

- **February 2nd** –College organized Annual Prize Distribution Ceremony to the meritorious students. The Chief Guest was Mr. Vivek Tankah (Hon'ble Member, RajyaSabha) and Prof. Kapil Deo Mishra (Vice-Chancellor, Rani Durgavati University, Jabalpur).
- **February 5th** –NCC students organized an awareness programme on Traffic Rules.

TEMPORARY



-Alok

Millions things behind the mask

Utter nothing but silence

Drawing all the pain and hurt

Wishing that it's only Temporary.....

Impossible to find the reason

Freeing the things going in vein

Things are lot to be heard

Sinking loudly, feeling just only Temporary....

Wish that everything passes on

But not let you go from me

Trust, care and share are in us

Everything else is Temporary....

Making things going to be awake

Trusting no one but you

Redefining the best in our worst

Thinking everything else is

Just Temporary....

THE ONE



-Tanya Talwar

Janet sat by the window, wiping the tears off her face. Rain pattering against the glass echoed the sound of her being smashed to smithereens. She looked out as she recalled all the happy moments she had had with Noah. He had come into her life like a Messiah. They met each other at a grocery store, the most ordinary of meetings. But they got along like a house on fire. Their crazy banter began when she accidentally dropped a packet of sanitary napkins into his basket parked right next to hers. She had kept her basket at the deodorants aisle and went to the ladies' section. She pushed the basket along, without realizing the mix up and he was left wondering. He wheeled up her basket to her some moments later and pointed out the mix up. Even in the world of post-feminism, she couldn't hide the blush that heated up her face as she picked up the packet and kept it in the right basket and returned the one that belonged to him. He saw her discomfort and immediately joked, "Well, I would buy some of those, but unfortunately I don't have the right equipments to handle them." She laughed. And serendipity struck. His handsome and rugged features were only improved upon by his sense of humour and sensitivity.

Yes, he was the one. She had realized that long back. But Noah wasn't all that perfect. He was dealing with his own issues of depression post failure as a songwriter. She had tried all along to

hold his hand when he was spiralling downwards. She stood by him whenever he felt he was going to lose it all. But....

Three years of separation. He had changed cities and everything seemed to have ended. She could never confess her feelings for him, but even after three years, it was difficult for her to move on.

So she mustered up enough courage to call him up with the pink phone, the one that he had felt symbolised her beauty and liveliness that had uplifted his spirit in happier times. She was not his medicine. She was not his cure. She was a constant reminder of his insecurity, his inconsistency in a career that had given him nothing apart from one or two hits. She was ready to sacrifice her identity to help him overcome his battle, but he could not face her after continuous debacles in his life.

The confession... It was the final nail in the coffin. He replied with a rustle of paper and some music to her beautifully worded proposal.

She sat by the window and realized. She was an angel in his life. She was his saviour. But soon, she had become a slave to his moods. She became an eyesore after that, because she was not the materialistic happiness that he yearned for.

Every man on earth descends with a goal, a yearning. She could have saved him from his mental demons, perhaps, but he could never truly be saved from his intense longing for a victory in a futile career path.

"Oh Noah! You are going to have to live with your demons forever. The songs that fill your room today might not bring you the joy that you gave up in a world that is bound to break you up for your love, for loneliness. You deserve joy. But you pushed it away and that becomes your destiny. I gave up my body and soul to pull you out of those dark gallows. But your loyalty to solitude leaves me no further hope," a sorrowful Janet cried the night away, pledging to salvage her soul before too much of it is destroyed by intense love for a mortal who pledges no such sacrifice for her. Her love burnt her, but she vowed to reincarnate from the ashes and soar like a phoenix. She will not let anyone clip her wings in this new life anymore.

BE SENSIBLY SENSITIVE



-Princi Sinha

Troubles galore in the world arise because of the fact that we are neither sensible nor sensitive to the desired level. In personal life as well as in our relation with others, it is of utmost importance that we are sufficiently sensible and sensitive. A sensible person knows life in all its ramifications and acts as per the requirement of the situation. Being sensible also means having adequate common sense. A sensible person is respected in family and the society. Similarly, we should be sensitive to life's situations. Our reactions to situations must be based on adequate common sense. We should be sensitive to the sorrows, agonies and afflictions of others. Those who pity other's sorrowful lives and get ready to help them are sensitive. Those who are not sensitive to others' sorrows should not be really called 'human beings' in the strict sense of the term.

Quick to react, is a sensitive person. Slow to respond is a sensible person. We need to be both. We must be sensitive enough to smell the rat but must take our own time to assess the situation. Life is a journey through a series of halts in the worldly sense and through a series of incarnations in the philosophical sense. We have come a long way and we have yet to go a long way. The whole discussion boils down to the fact that we should be sensibly sensitive.

TURNING POINT



-Uzma Ahmed

When everything seems to be crashing around you and you find yourself lost or at fault, what is it that you can do? This question might seem almost very common and normal to many but not to the person who thinks about it. It's quite casual a question to read but the emotion behind it differs. We cannot imagine the plight or the intensity of emotions that a person goes through. So, where to find our turning point?

There are moments of immense confusion, especially when you are at the learning stage of your life or what you can also call the immature days of your life. It isn't entirely true when you say you're an adult after you cross eighteen: it's only that you actually start realizing where you stand and how you are working up to your potential. There are days that break you and your self-confidence shimmers, and then there are days that make you and you get that little ray of hope. It's a balance and you have to get through each of these days, positively, no matter what.

It is a thing that you learn when you are totally lost: you simply observe and listen to people and store all that they have to say to learn and remember small things from them for any next conversation you have with them or anyone else. You just observe anything with straight wonder. Sometimes, despite of having your own thoughts, you don't have much thoughts resonating in your head... your mind becomes a blank canvas ready to be painted with anything you see or hear. Not many people would understand this

stage. It is like a transition from being unaware to being fully aware of what has to be done. In between, you simply learn negative, positive, neutral experiences and ask all sorts of questions only to compare. You do it for yourself and your own understanding and that is all what matters.

Definitely, there is turmoil of emotions because in a particular college life, most of the "experiences" are related to various kinds of relationships and how they are regulated on a day to day basis and of course how you handle them along the way. You cannot expect any kind of new relationship to be forever and neither is every person you meet will be the same. You are going to find people, loose some and some will be your constants and only a handful will actually care for you truly, the rest to be honest are made for survival and that's human nature. You may sometimes feel different from the crowd but at the same time you might not get recognized yet. You may also feel incapacitated to pour in the same vibe and feeling some other person gives because at the moment you might not be there yet. It is absolutely fine to take your own time and pace, as long as you are utilizing your time efficiently and directing all your energy into making things happen for yourself. You might not think or feel the same yet. There are always going to be people better than you and that won't mean you aren't. You are no less. You are just a dormant seed waiting to germinate into sunshine. So just grow and even though it is going to be tough there is only one thing to remember, we give up most of the things because we are too engrossed in procrastination and of what people will say. This is what I have realized to be my hurdles and I'm sure I'm trying a bit each day to eradicate these and become what I truly and innately am. There is a platform or an opportunity that comes along at a point in everyone's life to prove them. That is the true task of realization of many facets of oneself. That is the turning point.

MEMORIES



-ParulVishwakarma

My mind is filled with something,
People call it memories.
They grasp my mind & cling to it,
Never seeming to leave.
And when I suddenly wake up at night,
And start to think.
These memories come floating up,
To remind me they still exist.
A smiling familiar face,
I once knew so well.
A delightful summer, how far off & dark,
My first school friends who smiled still lingers.
A lovely party I somehow remember,
A present I liked.
Come back with a bang,
An annual function where I once danced & sang,
Pebbles of laughter belong,
To a person now, unknown.
I drift into sleep, still thinking & smiling and when I get up in the
morning
I forget all I thought last night,
While my memories go back & wait,
For another dreamy night.
When they will come back
To remind me,
That they still exist.....

emotion

face feeling expressing sense creative expression people attention indicate mood nerve



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