

# NEWS CAPS ULE

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## CAPS EVENTS

1

CAPS  
DAY

The CAPS Day conducted on 5th and 6th November 2016 was a fun-filled learning experience with a plethora of team building and confidence enhancing activities, the trip to Kengeri Campus came as a pleasant change for them. Kicking the 2-day trip off with a relaxing bus ride, CAPStivists had their first offsite session with Mr. Sabu John who outlined the plan

for the two days.

The ice breaking session with Vijayalaya sir was very energising and students formed groups and shared interesting anecdotes and incidents on various themes.

The next session with Prof. John Paul on the spirit of volunteerism delivered the message of the importance of participating in activities that promote social welfare and go beyond the limited worlds of pursuing personal goals. With much energy expended, it was time to meditate and realign energies. Mr. Sabu conducted the meditation session by speaking in calm and soothing tones while the Capstivists closed their eyes and let go of the stresses and tensions in the peaceful ambience with rows of candles and soothing music. Delicious dinner was followed by fun and games.



At 6 in the morning, Mr. Stephen conducted a host of fitness exercises and tasks with the Capstivists, energising them for the day ahead. The session conducted by Baiju sir attracted more laughs from the Captivists and was packed with team building activities. Trusting and supporting each other was the theme. This was followed by the session conducted by Ms. Anamika Viswanathan who talked about aiming higher. Her session covered the importance of grooming, making impactful presentations, work ethics and the need to inspire others.

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This was followed by the much-awaited revelation of the “VOLUNTEERS OF THE SEMESTER”. Aswathy Prasad (COWL), Kushal Maheshwari(CHAL), Roshni Ramanan(CLASS), Uma Maheswari(CAW), and Animesh Bhandarkar(CWC) were awarded this title amidst thunderous applause. This was followed by Ms. Maria addressing the Capstivists wishing them more wisdom and energy to carry their tasks forward. The journey of two days, one night ended with Mr. Sabu thanking the mentors and the Capstivists and infusing them with positive motivation for the year ahead.

2

## CHETNA

CHETNA, in association with CENTRE FOR SOCIAL ACTION and CENTRE FOR ACADEMIC AND PROFESSIONAL SUPPORT, will be providing community outreach training to Christites to be able to conduct sessions with children to create awareness and become a change agent in the society. 12th November 2016 was the recruitment day for the volunteers. The volunteers were first asked to write a write up about, why they think they should be part of this program and later they have an interview and micro presentation. MSW students conducted the interviews. The student representatives- Shivli Shrivastava and Anushka Basu briefed the candidates and interacted with them to understand their expectations from this programme. 17 such workshops will be conducted for the students after which mock presentation will start and then finally the candidates would be suitably equipped to conduct a 5-day workshop in various project areas.

Outreach  
Workshop  
2016





3

NET  
EXAM

The CHAL team from CAPS conducted a trial workshop for aspiring NET students and teachers on 12th November at 2 p.m. CAPS in association with the Test cracker team will be providing training for the Paper-I for the coming January paper. Yashasvi sir from the Test cracker team conducted the session. He gave a very brief insight to the audience regarding paper -I and the training structure. It was a very interactive session where he guided participants on how preparations should be done for any competitive exam and talked about various skills and apps to be used while preparing, such knappily. It is a great learning opportunity for all those who want to sit the NET exam.



4

TESTING  
TIMES

On the 15th and 16th of November 2016, between 4:30-5:30 pm the CAPS Assessment Wing (CAW) conducted intelligence tests as part of the 'Testing Times' event including the Ravens Progressive Matrices test which is a culture fair test to ascertain the subject's fluid intelligence, reasoning and problem solving abilities. Arushi, a CAW volunteer explained that this was an outreach initiative for people to get to know CAW, what psychological tests are and how they can be beneficial to become more self-aware. The identity of the test takers remained anonymous and the results were shared in confidence on The Insight day (28th november2016). The test takers showed great interest though a lot of them were not from a Psychology background. The turnout was around 70 people across both days. Each student brought their laptop, signed confidentiality forms and sat through the psychometric tests.



# CAPS HUT OF AUGMENTED LEARNING

The CAPS Hut of Augmented Learning (CHAL) is in charge of organising outbound training, workshops and learning sessions for the students of Christ University. The CHAL sessions are conducted by experts from various disciplines. The sessions are based on the needs of the student population and help create a platform for the exchange of ideas and skills across different streams. They further facilitate a better understanding of one's strengths, offer skill building and career opportunities and conduct events.

Under the guidance of Mr. Sabu John, the faculty coordinator of CHAL and with the able leadership of Anshul Agarwal, the Student Head, all the 8 members of CHAL have successfully organised various events

throughout the academic year 2016-17 including Career Counselling, Social Surfing, Workshop on Statement of Purpose (SOP), UGC NET Paper 1 Training, Handling Classroom, Placement Training and are working on many ongoing sessions such as Life Competency, UGC NET Paper 2 Training and Chetna (Child Sensitization Workshop) in collaboration with CSA (Centre for Social Action).

CHAL had an outstanding student and faculty outreach in the session 2015-16. With an average reach of 300 student/faculty members, the outreach for the session of Career Counseling went up to 1200 numbers. Chetna Workshop attracted 500 attendees and the outreach has been expanding since then. In the session 2016-17 out of all the events conducted and sessions held, the outreach for the Placement Training was 500 students which is again a noteworthy number. Career Counselling this year, is also expected to attract a large number of participants.

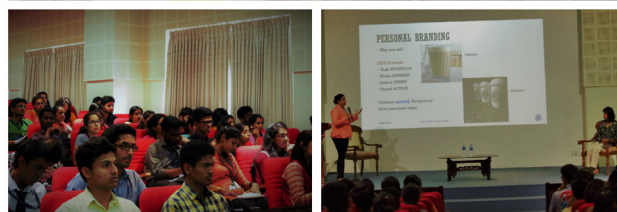
CHAL events have been appreciated greatly by the faculty members and students of both Christ Junior College and Christ University.

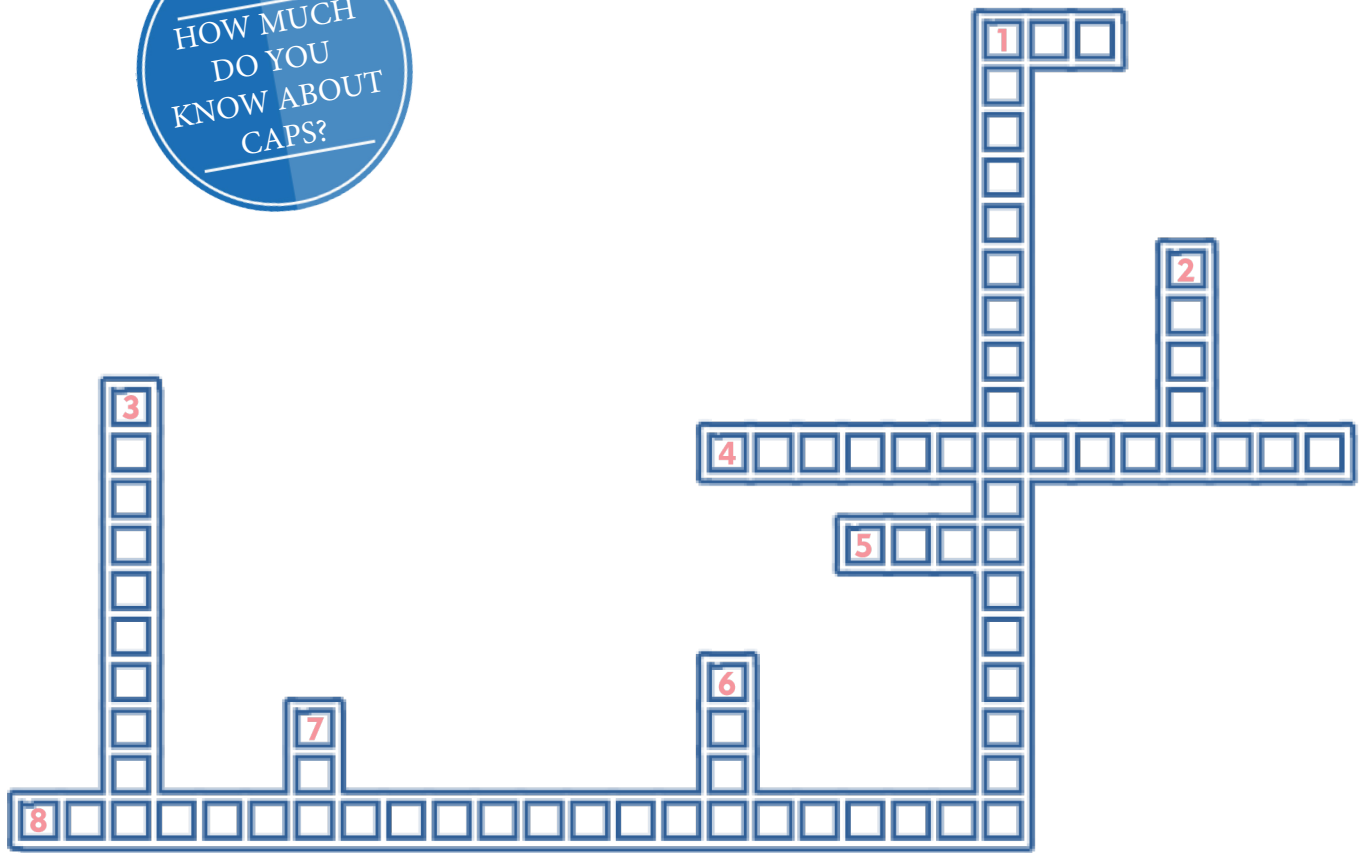
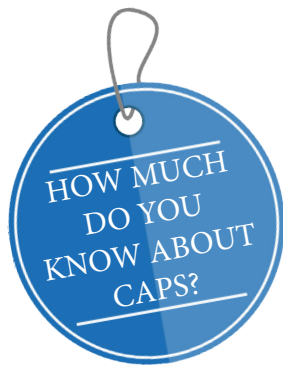
## Attendee reactions -

*"I did learn a lot of things about foreign universities and how to apply to them, which I had no idea about before. It was helpful in making us aware of the method of processing our application forms in the future."* -attendee at THE BIG LEAP.

*"I realised there is a lot more that I can do in life than just engineering or medical."* - attendee at THE PATH AHEAD.

With similar dedication and hard work and in the hope of helping and guiding more minds, CHAL has a lot to offer to the students with events like Dining and Grooming starting from December 15,2016 and career counselling via The Path Ahead for the students of CJC from December 14 -17.





### ACROSS

- 1 The wing aims at undertaking psychometric testing for those who wish to gain a better understanding of themselves.
- 4 This committee designs all visual media for CAPS.
- 5 This wing is in charge of organizing events, out-bound training and workshops and learning sessions.
- 8 The main role of this committee is to conduct need analysis and surveys to enable optimal resource utilization.

### DOWN

- 1 This committee works to quality control all written material of CAPS.
- 2 This wing of CAPS performs the major function of conducting peer-training programmes in the University.
- 3 This wing ensures smooth functioning of CAPS, and manages all processes and transactions of all of CAPS wings and committees.
- 6 The first Indian Online Writing Lab aims to facilitate students in their academic endeavours.
- 7 This wing is a drop-in centre to receive help on different forms of writing.





## CAPS Song Contest

“Aha Ahum”

Here's a chance for you to pen down a song on your experiences as a CAPS volunteer. Your song should have at least two stanzas. The best song will get a prize and will be published in the next newsletter.

Please email your entry to [caps@christuniversity.in](mailto:caps@christuniversity.in)



# THE SPIRIT OF CHRISTMAS

**Ms. Aishwarya R** - *It's the season of sharing and giving. Jesus Christ was born to reveal his secret ingredient to live - 'Love and Compassion'. Let the celebration begin with a blend of both. Merry Christmas!*

**Ms. Sharon Sunny** - *When the earth is dreary, dark and cold, there rises a bright light of promise that heralds good news and peace to all - Jesus is born and reigns forever more. Merry Christmas!*

**Dr. Tony Sam George** - *Christmas reminds me of the fact that ordinary things in life becomes extraordinary in the history of the world such as the shepherds who kept watch at Christmas, a lowly maiden and a carpenter from Nazareth. It's a time to appreciate what we have and celebrate the gift of family and friends.*

**Ms. Anamika Viswanathan** - *Christmas is about hope and spreading good cheer. If we are able to bring smiles on faces, then our Christmas is complete. Have a blessed one!*

**Mr. Harishankar Moosath** - *Wishing everyone a Christmas season filled with hope, gratitude, fun and mirth!*

**Mr. Sabu John** - *In our fast-paced life, I take a moment to remind myself the song of the angels - Glory to God in the highest, peace and goodwill to people on earth. Merry Christmas!*

**Mr. Stephen S** - *Jesus came to earth to show how to love Him and mankind. This spirit of loving is Christmas. Merry Christmas!*

INTERVIEW WITH MR. A SABU JOHN

CO-ORDINATOR, CAPS



**Q. What is the driving force behind your work for CAPS?**

This is a question I was pondering over during the NAAC visit, i.e. is it the work or the appreciation that is the driving force for me to work for CAPS. I realized that I want to see CAPS as a one stop platform for all the students as well as faculty members where one can help another. During college days, I myself felt a need for “specialized learning” in a few areas. The need of learning out of class was essential for students who require assistance in things like developing SOPs and writing etc. Therefore, I envision CAPS as a centre where one student with a particular skill can directly help another who requires strengthening of that particular skill. It is that motive that drives me to work for CAPS.

**Q. CAPS has grown three times its size in terms of volunteers and outreach, in the past one year. What future do you envision for CAPS?**

CAPS is growing rapidly and I derive inspiration from two examples. The first is UBER. UBER is a fast-growing corporation and it has always followed the motto of “knowing its market “. Therefore, for CAPS, knowing the needs of its audience is very essential and that’s how we intend to take it forward. Arunachalam Muruganatham is a social entrepreneur from Coimbatore in Tamil Nadu, India. He is the inventor of a low-cost sanitary pad making machine. He was mocked by his people but he did not give up. Currently, he manufactures sanitary napkins at the 1/5th of their actual cost. Therefore, from him, the second motto of CAPS for the future is that it is not only the turnover, it is how well the job is done. Therefore, the future of CAPS is to get into the hearts of people

**Q. Time for a quick rapid fire round**

**1. What is your fondest memory associated with CAPS?**

I have lots of fond memories associated with CAPS. If I were to narrow it down to one I would say that well, last year we required a few volunteers on an urgent basis. So around 30 students showed up for the job of 15 volunteers. It so happened that a student was not selected for the volunteering post and she felt embarrassed. She’d hide her face every time she saw me in the elevator or elsewhere. Well when we had to choose volunteers this year, she applied. And when the interview was conducted, she perfectly suited the job requirements of the role position and now she is working quite well with CAPS. I spoke to her about the previous interview where she wasn’t chosen and I am glad she came back to work for CAPS.



## 2. What is the biggest challenge you faced working for CAPS and how did you overcome it?

CAPS is a new setup. Therefore, there are tons of challenges that accompany it. The most difficult one is to attract and retain volunteers. At CAPS, there is a requirement of a certain level of skill and commitment from volunteers. Also, the volunteers put in effort but there are no immediate returns. The results are usually intangible. Therefore, to mentor the students and to keep them engaged comes as a challenge.

## 3. An inspiring read according to you.

The Secret Letters by Robin Sharma is an inspiring read. The book has 7 letters for life which give you a new insight. There are 7 learnings that one must inculcate.

## Q. What message would you like to leave for the readers?

Knowledge is something that can take you to heights. It is very necessary for one to have inquisitiveness to learn. One must always have an accepting attitude, to take knowledge from whoever. Never say no to learning.

Thank you

### CROSSWORD ANSWERS

#### Across

- 1- CAW
- 4- CREATIVE DESIGN
- 5- CHAL
- 8- RESEARCH AND DEVELOPMENT

#### Down

- 1- CONTENT DEVELOPMENT
- 2- CLASS
- 3- OPERATIONS
- 6- COWL
- 7- CWC

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