

CAPS

CENTRE FOR ACADEMIC &
PROFESSIONAL SUPPORT



CHRIST
UNIVERSITY
BENGALURU, INDIA

Declared as Deemed to be University under Section 3 of UGC Act 1956

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CAPS Day

Filled with enthusiasm and beaming with excitement, CAPS volunteers marked their mid – semester milestone.



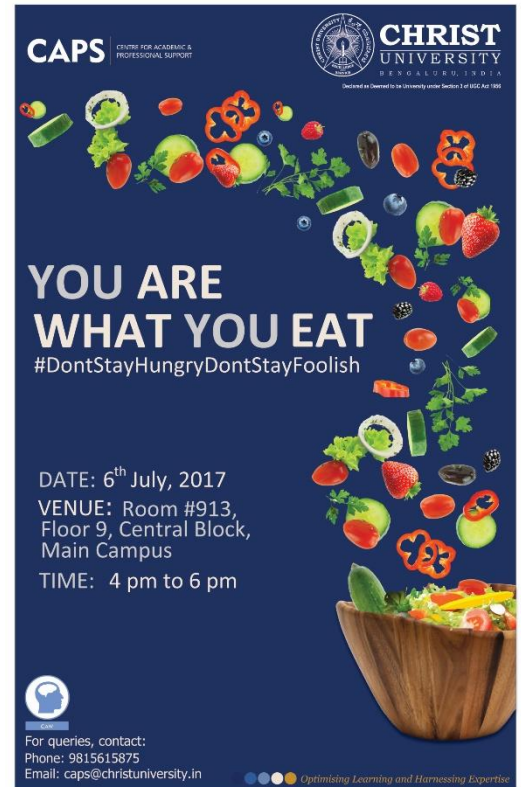
Optimising Learning and Harnessing Expertise

OUTREACH TO ASSESS ONESELF

- CAPS Assessment Wing (CAW)

The CAPS Assessment Wing (CAW) aims at performing Psychometric tests to gain knowledge and understanding about one's strengths, weaknesses and career goals. CAW conducts a series of operations that include assessment, collection of data and analysis of the same to compound definite results. It has successfully managed to conduct many such outreaches in 2017-18.

Eating behaviour is a complex interplay of physiologic, psychological, social and genetic factors that influence meal timing, quantity of food intake and food preference. Understanding the importance of knowing one's eating behaviour, CAW conducted its first outreach of the academic year 2017-18 with the tag line 'Eat to Nourish your Body' which encapsulated the essence of the event. Our eating habits play a major role in our health. Food plays an important role in the development, maintenance and growth of our body. The program was designed in a way so as to enable students to identify their eating patterns. It examined the distinct ingredients of the common foods that are ingested. Various factors that compel somebody to eat unhealthily were analysed such as the lack of time, distractions, affordability, etc. The event gave students pointers on how to lead a healthy lifestyle. These included establishing a baseline and creating a diet chart of what to eat and what not to eat. Unlike other programs, it ensured that the students were invigorated enough to practice the set diet plans as they looked forward to more such useful initiatives from CAW. The assessment was found to be fruitful and systematic in all its levels.



Eating Right - July 06, 2017



Sleeping Patterns and Quality -
August 10, 2017

Sleep is a naturally recurring state of mind and body, characterised by altered consciousness, relatively inhibited sensory activity, inhibition activity from nearly all voluntary muscles and reduced interactions with the surrounding. During sleep, most of the body's systems are in an anabolic state, helping to restore the immune, nervous, skeletal, and muscular systems; these are vital processes that maintain mood, memory, and cognitive performance and play a huge role in the function of the endocrine and immune system. Hence, it is only justifiable to establish the right sleeping pattern. For this, the body needs at least 6 hours of sleep in the case of an adult and 10-12 hours in the case of a child. The event contained all the required information that was used to assess the sleeping patterns of students. The assessment was designed according to the requirements of the unhealthy sleep styles of college students and the questions were easy to understand. Lack of knowledge, unhealthy lifestyles and late working hours were key factors that were kept in mind while assessing the students. The main idea behind this was to make students aware of their sleeping patterns and suggest ways to improve their sleeping patterns. One-on-one sessions were conducted for the same.

Emotional intelligence (EI), also known as Emotional quotient (EQ), is the capability of individuals to recognise their own emotions and those of others, discern between different feelings, label them appropriately, use emotional information to guide thinking and behaviour and manage or adjust emotions to adapt to environments to achieve one's goals. Attended by over 70 students from different departments and years of study, the event aimed at helping the students learn about their emotional capabilities and intelligence levels. Differences between Emotional Quotient and Intelligence Quotient were highlighted, and the importance of EQ was established. An activity on judging emotions using facial expressions was conducted which witnessed eager participation from students. The knowledge of 7 universal facial expressions defined by Paul Ekman was proposed. This self-learning assessment brought a very enthusiastic audience home.

**Emotional Intelligence in 60 minutes–
September 12, 2017**

How Do I Learn Best - November 7, 2017

Learning styles refer to a range of competing and contested theories that aim to account for differences in individuals' learning. These theories propose that all people can be classified according to their 'style' of learning, although the various theories present differing views on how the styles should be defined and categorised. It is essential to know of one's learning in order to optimise the process of learning and educating. Many of the student problems that 'learning style diagnosis' attempts to solve relates directly to elements of the human information processing system. Processes such as attention, perception and memory, and operations such as integration and retrieval of information are internal to the system. Any scope for improvement of student learning necessarily involves an understanding and application of information processing theory. Learning style assessment provided a window to understanding and managing this process. The event commenced with an assessment on learning styles and then proceeded to educate the students of the different types of learning styles and how to figure out which way they learn best. The event aimed at self-discovery by the students. This was achieved and positive responses were received.

Every teacher has his or her own style of teaching. As traditional teaching styles evolve with the advent of differentiated instruction, more and more teachers are adjusting their approach depending on their students' learning needs. Although learning styles will inevitably differ among students in the classroom, scientists Dunn and Dunn say that teachers should try to make changes in their classroom that will be beneficial to every learning style. Some of these changes include room redesign, development of small-group techniques along with the development of 'contract activity packages'. The objective of the event was to discover the different teaching styles and methods to improve the teaching-learning experience. The event included a PowerPoint presentation on the learning process of students, different styles of learning and best methods of teaching for each learning style.

How Do I Teach Best- December 12, 2017

Insight Into Yourself- January 9, 2018

Each individual is built with an innate personality which helps in self-development and success. Personality is defined as the set of habitual behaviours, cognitions and emotional patterns that evolve from biological and environmental factors. While there is no generally agreed upon definition of personality, most theories focus on motivation and psychological interactions with one's environment. Personalities are subject to change based on the factors stimulating it on critical analysis of one's own behaviour. This process is called self-development. The objective of the event was to enable students to gain an insight into their personality and to help them embark on a journey of self-development. The event gave insights into the use of Psychometric testing, data collection and analysing to analyse behavioural patterns and other attributes. One such method is the Big Personality Traits by Costa and McCrae. This too was a great success.

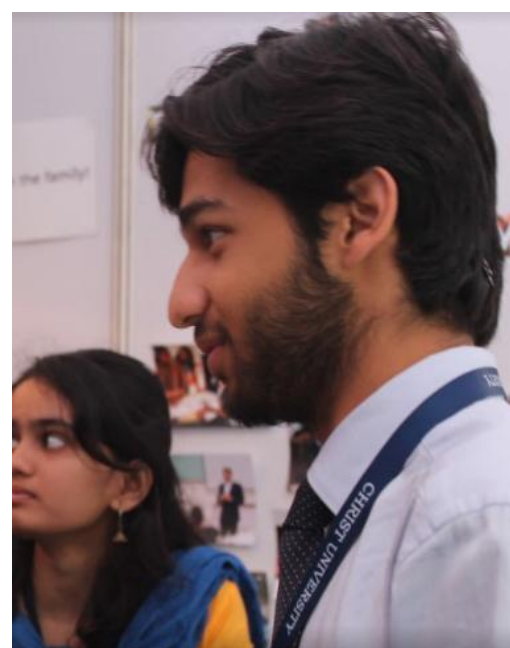
By Jeffy Johnson
Media & PR

For a student, pedagogy and pertinence both play a very relevant choice in choosing education institutions. That's where what schools pitch comes into effect; it is where the rubber meets the road.

November 24, 2017 witnessed DAKSH 2017, CHRIST's much awaited event showcasing a wide array of talents from all departments, activity wings and centres including the profuse offices within the university. Hosted by CAPS volunteers and facilitated by Mr A. Sabu John, DAKSH commenced at 8:30 a.m. with a keynote address from a third year student along with the ribbon cutting ceremony. CAPS displayed all the wings and committees in all their grandeur after an action filled week of planning and practise. The entire walkway from Audi Block to Block 2 was filled with ardent students from all deaneries exhibiting their work. CAPS volunteers put up countless banners, flexes and a game counter to popularise the stall.

A busy morning gave way to an even busier afternoon with enthusiastic students rushing into the stall and witnessing all the eye-catching posters and events hosted. There was a strong response from not just the University students and faculty, but also some of the visitors from other institutes eager to take part in the events organised by CAPS. Many students registered for the forthcoming events and CEWS one-on-one sessions. A high density of Pre-University students flocked the stalls in anticipation of more information about their upcoming years at the University. A conversation with a first year student portrayed how well the event was organised, a delightful display of every department's journey so far.

By Mahek Mowar
Media & PR



ALL ABOUT WRITING RIGHT!

- CAPS English and Writing Support (CEWS)

Bhavya Chhabra, a final year Psychology Honours student, registered for a session with CEWS on Statement of Purpose in November, with less than two weeks to send in applications to her dream college- University College, London. She came with a draft SOP and a hope to edit and make a stellar piece of writing out of it. After about four one-to-one sessions and consistent communication with her trainer and mentors, her final draft presented an exact picture of how she imagined her essay would look.

Our college curriculum is heavily based on writing essays, critical comprehensions and research papers. It is the idea of supporting our peers in mastering these writing skills that drives the CAPS English and Writing Support (CEWS) and its student volunteers. We are equipped to provide one on one session on grammar and language, critical thinking and writing, academic writing skills, research paper writing, citing styles and so on.

This academic year, the wing has recruited 21 dynamic volunteers who train clients on an eclectic range of topics according to their specialisation. 'The beauty of the system is that the trainers learn just as much as or more than the trainee', says Eva, a volunteer who specialises in specific academic writing skills and is a fellow first year student at CHRIST.

The ultimate dream of every student is to put to paper and pen, the knowledge they acquire and nothing fires this

effort up more than a powerful command over language. CEWS is designed to tend to demands such as these by empowering students to put their best foot forward.

In addition, our mentors also offer training for academicians on how to write a recommendation letter or say, teaching styles for various types of learners.

So, the next time you're bogged down by those grammatical errors or contemplating ways to write an essay that paves the way for your recognition, remember that we're just a click away!

Feel free to email us at cews.caps@christuniversity.in

You can also pay us a visit at the CEWS Office, #1006, Floor 10, Central Block, Main Campus.

By Eva Mathews
CEWS



TALENT LIKE NO OTHER

- CAPS' Got Talent

TED Speaker Sir Ken Robinson has rightly quoted, 'Creativity is putting your imagination to work, and it's produced the most extraordinary results in human culture'. Creativity is about gathering material to build great things and it requires extraordinary inputs.

Centre for Academic and Professional Support is a front-runner in awakening the genius and aiding students to become the finest professionals. Held on Saturday, January 6, 2018, 'CAPS Got Talent' was one such venture which helped to evoke the talents of students and mentors alike. The event was graced by Mr Rajeev who was the chief judge. A graphic artist, poet, songwriter and musician, he is the owner/co-founder of Kyra Theatre and Gigbox Entertainments. With a record of over 2000 live shows and 5 solo albums, his presence was the cherry on top of all the talent witnessed.

Volunteers and Mentors from both Main and Bannerghatta campuses unified to showcase their heterogenic abilities at the Bannerghatta campus. The fruit of hard work behind each performance materialised before the audience. The crowd received each performance with loud and cheerful applause while the judges found it hard to rank the talents. Mentors portrayed their hidden talents and amazed the crowd.

While the curtains were closing in on the event, everyone longed for more such events in future. CAPS Got Talent was concluded on a very happy note. The event helped all to rewind and rejuvenate.

By Kaushik Amrit Raj
Media & PR



LEARNING AND SHARING TOGETHER

- CAPS Learning and Sharing Sessions (CLASS)

Successful students and successful employees have something in common; a well-developed skill-set that goes beyond being book-smart. The skills needed to succeed in classrooms and on the job can be honed with deliberate efforts and with the right resources.

Skills required for academic success such as writing skills, note-taking, reading for understanding and researching skills enable students to perform well according to their level of academic ability. Soft skills such as communication skills, critical thinking, problem-solving and time management underpin academic and career success.

At CLASS (CAPS Learning and Sharing Sessions), the peer-training wing of CAPS, we aim to impart these skills and thereby take the CAPS's vision of making Christites more adept and employable forward, by reaching out to the students via interactive workshops and training sessions conducted by our peer-trainers.

The topics that we particularly focus on are-

Soft skills: Our training sessions are focused on building our peers' expertise in technical skills as well as soft skills like communication, presentation skills and researching skills.

One of the most important soft skills that college-bound students require is

communication skills. So with special focus on communication skills, we take it forward from verbal communication skills to written communication. Our modules include, preparation of an article analysis, argumentative essay, research manuscript writing, presentation skills et al.

Placement training: Our training sessions aim at providing knowledge and skills towards preparing and winning job interviews with special emphasis on resume and CV preparation and mock interview training.

Sometimes assignments and academic education confined within the walls of the classroom will not be sufficient enough to deal with these topics. Something which is customised or which can address areas specifically needs to be used. So we have included interesting activities in our teachings to make our sessions more fun and effective. At CAPS, we have modules to help you develop these skills – in a classroom and in customised format.

You could choose to learn the basics, if required, and then get coached on a one-on-one basis for specific needs. Sounds interesting? Write to caps@christuniversity.in or drop by at our office to know more!

By Devanshi Saini
CLASS





“The soul should always stand ajar,
ready to welcome the ecstatic.”

Life is transient just like footprints on the sea shore. Time washes away everything but it is our experiences and memories that are everlasting. We keep the door open not to let the opportunities come in, but for us to rush out and seize them. Thus, with this coherent agenda to enhance the physical functionality, to invoke the inner conflagration of creativity and to accentuate the bonhomie among fellow mates, CAPS organised its bi-annual training and review on November 20, 21 and 23, 2017.

Filled with ecstasy and beaming with excitement, CAPS volunteers embarked on a journey to the Kengeri campus. On a bright autumn morning, what's better than being welcomed by some delicious Indian food and warm

coffee amidst the lush green cover of our beautiful campus. The aura of the daybreak was impregnated with the never-ending enthusiasm of Mr. A. Sabu John, who delivered the introductory note.

"CAPS, a family, united in a mosaic of progress and excellence", this message was conveyed via a long reflective session on how we, as a group have grown from being impressionable minds to become impeccable pillars of our university. The PPTs, the videos, the activities and the discussions were a celebration of our ever-growing family. The shake-hand activity, the meditation session, the group task of giving an alternative name to CAPS Day fostered the bonds between the volunteers and proved to be a very fruitful ice breaker.

'Joie De Vivre' (exuberant enjoyment of life) was the phrase which described what followed next. Since the dawn of time, we were always taught to give our whole hearted effort even when the odds are against us, and Mr Sreeramchandra Yarasawy Modukuru gave life to this thesis. Mr Sreeramchandra is a colossal and maven personality in professional parkouring. Barrel rolls, ledge walking, wall climbing, stretching were the few techniques that the volunteers were trained in and the active participation and bona fide participation made this session a grand success.

And with the volunteers upping the ante, the mentors couldn't keep at bay for long. The merriment of the session brought

the CAPS volunteers and the mentors in a close, happy circle. Parkour was fun and it made us realize that champions aren't made in gyms. They are made of what they have deep inside them - a desire, a dream, a determination, a vision, and a hard-to-find alloy called arduous spirit. That's what CAPS Day meant, to keep going, not for winning, but with the quest to reach the potential within ourselves and shine. This gave rise to hunger and the team had lunch and proceeded for a psycho educative

workshop, facilitated by the CAPS chief mentor and an erudite psychologist, Ms Anamika Viswanathan. The session was an encouraging experience for the volunteers, and truly left a mark on all of us.

The first two days ended with a brief review meeting for each of the wings and committees.

There's no greater joy than expanding the joy and festivity of our family. And the Midas touch of success that CAPS has been bestowed with continued on the third day.



One of the pioneer mentors of CAPS, Ms Anamika Viswanathan brought forth a copious report appreciating the pace of our growth. To highlight the essence of the core objective of CAPS, Fr Dr Viju P.D. urged us to contemplate on: 'The Spirit of Volunteerism'. The presidential address was delivered by Director, Dr Tony Sam George, who talked about encasing brilliance in whatever we endeavour.

The gathering was led forward by the Mr A. Sabu John, who threw light on CAPS's recent triumphs namely, the launch of the new VMS 2.0, the release of the CAPS Newsletter (Vol. 4) and findings and suggestions from the 'Need Analysis Drive'. Later in the evening, 10 CAPS volunteers were felicitated for their stupendous work. The evening ended with a brief tea-snacks session.

With sweets in our hands and hopes for a better season ahead, we posed for the photograph.

Life is much more than what we perceive it to be. There's more than what meets the eye. It is said that it is the journey that counts. But in this fast paced world, not many of us realize and accept this fact. On the threshold of adulthood, we are swayed by the obvious choices that our predecessors made. We forget what human life is meant for. It's our personality and aura which will speak volumes about us.



Fellow CAPS volunteers, life has infinite dimensions, and so does CAPS. It is up to us, to choose the one with which we define ourselves.

With mentors and volunteers tugging and pushing us to reach the next plateau, it's a dream made possible.

Fellow CAPS volunteers we have a task at hand, let's keep the flag flying high.

Cheers to CAPS Family!
Kudos to CAPS Day!

By Abhinav Bhardwaj
Media & PR



Q1. What was running through your mind right after checking your result?

I was overwhelmed with joy since I was one step closer to my dream of becoming an Assistant Professor. I felt so happy because all the hard work and sacrifices had finally paid off!

Q2. How did you equip yourself for the exam?

As Paper 1 was taught by CAPS UGC NET Training, I didn't need to spend much time in working out Paper 1 at home but instead, I was able to concentrate on Paper 2 and Paper 3. The classes held by CAPS were sufficient enough for Paper 1. Preparing notes while studying, was an added advantage before attempting the exam.

Q3. How did the CAPS UGC NET Training benefit you?

CAPS UGC NET Training for Paper 1 was very useful for me. I am a person who finds it very difficult to study on my own, as I feel I need to be taught logical reasoning. This training definitely played an important role in helping me pass the NET exam. I would like to extend my heartfelt gratitude to CAPS for organizing the training.



Ms. Preethi Sarah
Student, Master of Commerce

Q4. Was the study material competent enough to help you solve the paper?

The materials which were given were concise and brief. This enabled me to save time and made it easier to revise before the exam.

Q5. Now that you have cleared the NET exam, what are your future plans?

NET has become an important criterion for lectureship in colleges, universities and even for higher studies. Universities would require NET or MPhil before applying for Ph.D. It takes a lot of time to complete MPhil. Since I completed my NET, I'm searching for the best university to pursue my PhD while continuing my passion for teaching.

Q6. Any tips or tricks for NET aspirants?

For all the NET aspirants, working hard would definitely be fruitful at the end. An extra will make it easy to crack the exam. While preparing for the exam, make sure that relevant points are written down in a note book and during your free time, just keep reading those points. This will help you to retain them in your memory. It's okay if you're only able to complete 8 chapters out of 10, but make sure those 8 chapters which you have studied are thorough enough so that you can answer any question from those portions.

By Ms Christina Francis
Mentor



Dr Vijayalaya Srinivas T
Coordinator, CAPS, BGR Campus
Assistant Professor, Business Studies and Social Sciences

Q1. How has your experience been working with CAPS?

It has been a highly enriching experience especially in pushing my limits and interacting with a diverse student body. Be it the early 7:30 am meetings or jumping from a 7ft high wall (parkour) or staying put on Sundays to promote the upcoming events through social media or learning more to clarify the doubts raised during trainings, their enthusiasm and commitment as volunteers constantly energizes me to do more. More importantly, I cherish the opportunity that CAPS provides to interact, build rapport and understand the students beyond the confines of their classrooms.

Q2. What is your vision for CAPS in the coming year? How has CAPS impacted the students of CHRIST in the BGR campus?

Though CAPS is still in an infant stage in the BGR campus, I am satisfied with the steady and healthy development. I would like to see a strong CEWS team that helps the BGR students on a one-on-one basis. Further, development of identified campus-specific CLASS modules at the earliest would be beneficial.

Q3. What is your fondest memory with CAPS from its inception in 2015?

Actually there are quite a few memories associated with CAPS. If I had to pick one, that would be establishing CAPS at BGR after several months of yearning. Teachers volunteering to be a part of this initiative and supporting one of the fastest induction process showed an amazing display of team work. It's indeed a great

feeling to be involved in the phenomenal growth of CAPS from its inception to branching out at BGR within a span of two years. All the time spent with CAPS volunteers as part of CAPS day celebrations at Kengeri campus will always be engraved in my memory. Eagerly awaiting creation of more such fond memories.

Q4. What is the biggest challenge you have faced heading CAPS at BGR and how have you overcome it?

The biggest challenge is time management and the key motivating factor to overcome it is the enthusiasm of the volunteers. More importantly, the support extended from the team at the main campus, especially through Hargunh ma'am.

Q5. An inspiring read/movie according to you?

'The Prophet' by Khalil Gibran. This book is very fascinating because every time I read it, I get a different perspective. The Prophet speaks about almost everything ranging from birth to death. Might sound slightly philosophical in the initial read, but what's life without philosophy!

About 'Giving', he says

*You give but little when you give of your possessions.
It is when you give of yourself that you truly give.*

I believe, this epitomizes how we operate at CAPS.

Q6. What would you like CAPS to do differently in the future?

I wish to see our volunteers exposed to all wings instead of just their wings so that there is a healthy exchange of ideas and talents.

Q7. What message would you like to leave for our readers?

Just a suggestion - Learn to embrace failures because nothing teaches you better, and more importantly, gain self-control through competing against your own self. Kindly erase the word 'Stress' from your vocabulary. Have you ever gotten stressed watching your favorite series or reading your favorite novel? No, because you love it. Start falling in love with what you are doing. Be it CIAs, exams, relationships or whatever you do, just LOVE it. On a lighter note, always keep smiling.

Q8. Who is your guiding light or influencer in life?

My 'Ideal Self' – which means how I ideally would like to see myself. Basically it's the personification of one's ideals, principles, goals, and aspirations. It almost complements my previous answer on competing against one's self. It is better to cultivate and unravel the leader within than look for a role-model in a world devoid of it.

By Ms Christina Francis
Mentor

TESTIMONIALS FROM SENIOR VOLUNTEERS

The versatility of opportunities and work dynamics make me stay on my toes and keep me wanting for more.



Karan Pardal
Market Research

It's not just being a part of the light; you become the light!



Kapil Thakur
Tech Tank

You get to be the best in what you do.



Debanjana Santra
COWL

You get to discover a newer, smarter, better version of yourself.



Chesta Ahuja
Operations

Learning here never goes out of fashion.



Swapnil Shrey
Operations

The relationship between me and CAPS is that of Yin and Yang; we balance each other.



Sarthak Gulati
CLASS



CAPS SUMMER INTERNSHIP 2018

THIS SUMMER, INTERN WITH CAPS
AND SHARPEN YOUR PROFESSIONAL PROWESS!

30

Days
Intensive
Training

180
Hours

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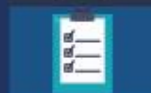
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WordPress



Chetna
- Child Sensitisation Mission



Professionalisation Skills Week
- Department of Psychology



Panel Discussion
- Department of Media Studies



Future of Jobs
- Workshop of the Month

What we were and what we become
Seldom do converge
What we were is air
What we become is the wind,
Visible
Remember where we started?
Remember the dreams we had?
How we thought in black and white,
Right and wrong, possible and
impossible
Fantasies
Action is fluid, non static
So is consequence
The only constant is change
And a mess of grey;
This world
Reality is a concoction
Not of black and white,
But of what you get when they mix
Today is the future that was never
dreamed of,
In the past
The broken glass we pick up today
We never thought would break
Our blood on those pieces
We miss the innocence,
Lost

But yesterday is not longed for
Today is not regret;
It is cause and effect
And tomorrow is what we make it
Not fantasy
We could've hidden ourselves in a
cocoon
Denied ourselves risk
But we treaded into the dark instead
We stepped on thorns and flowers
alike,
Afraid
We fabricate miracles today
Without consequence, guilt
We don't apologize for our whims
We don't ask to be forgiven,
Understood
What we were and what we have
become
Do not converge
What we were is air
What we have become is the storm,
Alive

By Anushri Rastogi
CEWS

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