



page

My Dear Friends (Alumni),
We are in this lovely month of celebrations - Pujas, holidays and proverbial October weather particularly here in North Bengal. Let us enjoy the gift of God with thanksgiving in our hearts.



Did you know that at Harvard, one of the most prestigious universities in the world, the most popular and successful course teaches you how to learn to be happier?

Salesian College Sonada, Darjeeling Presents

First time, Catholic Universities in Colloquium

National Colloquium
on
"The Future of Christian Higher Education and the Contemporary Transitions in India."
in Association with

Speakers:
Dr. Thomas C. Maloney CHJ, Vice-Chancellor, Christ University Bangalore
Dr. Virgilio Xaxa, Prof. of Sociology & HD Social Work, Tuguegarao, CI

Respondents:
Dr. Anwarul Haque, Secy., Xavier Board, former Principal, Seelma Mann, TN
Dr. Christine Cordoba BVM, Principal, Loreto College, Kolkata
Dr. Xavier Alphonsus SJ, Coordinator, Jesuit Higher Education Commission

Moderator:
Fr. V.M. Thomas, OSB, Chancellor, Asian Don Bosco University, Goa

Speakers:
Dr. Doris D'Souza AC, Former Principal, Women's College, Patna

Respondent:
Dr. Vikram Thangaraj, former Principal, St. Stephen's College, Delhi

Logos: DBHEI Don Bosco Higher Education Institute, The Herald, Indian Currents, SIGNIS, 90.8 Radio Siletta.

Venue: Don Bosco School, Park Circus, Kolkata | **Date:** Thursday 16 November 2017 | **Time:** 4.00 pm to 7.00 pm | **Email:** cpaui5@gmail.com | **Ph:** 9007626301 | 8250283881

More Inside

My Dear Friends (Alumni),

We are in this lovely month of celebrations - Pujas, holidays and proverbial October weather particularly here in North Bengal. Let us enjoy the gift of God with thanksgiving in our hearts.



Did you know that at Harvard, one of the most prestigious universities in the world, the most popular and successful course teaches you how to learn to be happier?

The Positive Psychology class taught by Ben Shahar attracts 1400 students per semester and 20% of Harvard graduates take this elective course.

According to Ben Shahar, the class - which focuses on happiness, self-esteem and motivation - gives students the tools to succeed and face life with more joy. This 35 year old teacher, considered by some to be "the happiness guru", highlights in his class 14 key tips for improving the quality of our personal status and contributing to a positive life. Let me share this with you:

- **Tip 1. Thank God for everything you have:** write down 10 things you have in your life that give you happiness. Focus on the good things!
- **Tip 2. Practice physical activity.** Experts say exercising helps improve mood. 30 minutes of exercise is the best antidote against sadness and stress.
- **Tip 3. Breakfast:** Some people miss breakfast for lack of time or not to get fat. Studies show that breakfast gives you energy, helps you think and perform your activities successfully.
- **Tip 4. Be assertive:** Ask what you want and say what you think. Being assertive helps improve your self-esteem. Being left and remaining silent creates sadness and hopelessness.
- **Tip 5. Spend your money on experiences...** a study found that 75% of people felt happier when they invested their money in travel, courses and classes, while only the rest said they felt happier when buying things.
- **Tip 6. Face your challenges:** Studies show that the more you postpone something, the more anxiety and tension you generate. Write short weekly lists of tasks and complete them.
- **Tip 7. Put everywhere nice memories, phrases and photos of your loved ones:** fill your fridge, your computer, your desk, your room, YOUR LIFE of beautiful memories.
- **Tip 8. Always greet and be nice to other people:** More than 100 inquiries state that just smiling changes the mood.
- **Tip 9. Wear comfortable shoes:** If your feet hurt you, you become moody, says Dr. Keinth Wapner, President of the American Orthopedics Association.
- **Tip 10. Take care of your posture:** Walk straight with your shoulders slightly backwards and the front view helps to maintain a good mood.
- **Tip 11. Listen to music - Praise God:** It is proven that listening to music awakens you to sing, this will make your life happy.
- **Tip 12. What you eat has an impact on your mood:-** Do not skip meals, eat lightly every 3 to 4 hours and keep glucose levels stable. Avoid excess white flour and sugar. Eat everything! Healthy - Vary your food.
- **Tip 13. Take care of yourself and feel attractive:** 70% of people say they feel happier when they think they look good.
- **Tip 14. Fervently believe in God: With Him nothing is impossible!**

Happiness is like a remote control. We lose it every time we go crazy looking for it and many times without knowing it, we are sitting on top of it. BE HAPPY FOR GOD LOVES YOU!

Your affectionate Father and Friend,
Fr. (Dr.) Mathew Pulingathil SDB
Rector



A Gift of Smile

Priyamrita Chatterjee, Alumni Coordinator, Salesian College

At the onset of Autumn Festive season, the **Alumni Association of Salesian College Siliguri** in collaboration with **Rotaract club of Siliguri Uttorayan** has organised a social outreach programme 'A Gift of Smile' in the campus of Salesian College. It is an initiative to spread happiness among those disadvantaged children who have no scope to enjoy the festivals. Their struggle to meet the necessity of daily life left no scope for them to feel other flavours of life.

Two hundred and four children from different slum areas near Roy colony and Milan more of Siliguri along with children from shelter home of CINI North Bengal Unit joined the programme.

To explore the talents of the children, different cultural programmes and drawing competition was organized.

Various awareness creation programmes on hand washing, cleanliness and the importance of education was organised to draw their attention towards basic hygiene and learning.

Mr. Shekhar Saha, Head of the Child in need Institute (CINI) North Bengal Unit graced the programme as Chief Guest.

Organisations like **Khushi-make a wish**, **Youth of Siliguri** and **Buddy Quest** organised different motivational programmes for the children.

Gifts like literacy kits, cloths, toiletries, fruits and packaged food items were distributed along with providing full course breakfast and lunch to the children.





One Step, One Step

Ramachan Shimray, Alumni of Batch 2014 Salesian College Siliguri campus

The prosperity of a person can be measured by his success in life. Having a healthy relationship with family members, friends and neighbor could be the greatest example of success. It is difficult to achieve healthy relationship in this age of materialism and social problems but these obstacles could be overcome by passion for life. I believe, success is not a magic which can be achieved suddenly, it is a dream that drives us through out the life. Winston Churchill once said 'Never gave up! Never gave up!' He said that, *failures are the people who quit, not those who were not achieving*. No one has achieved success in a day, they had to achieve it step by step after facing lots of challenges. The mighty kingdom of Rome was not built in a day. Every person on earth wants to live a successful life but there is no short cut to success. Each and every person has to pass each stage's of ups and downs to achieve the goal. It is upto us to choose the option whether to quit or to keep moving forward. Shiv Khera, the author *You Can Win* says, '*Winners don't do different things, they do things differently.*' Therefore, to wear a crown of healthy relationship with families, friends and community as a whole we must move forward step by step.

From the campus

Fr George Thadathil SDB, Principal of Salesian College was invited by Alumni association of DBL on their Golden Jubilee Celebration to participate in the Panel Discussion on "Youth and Social Media" on 21 September 17. Mr Utpal Chatterjee was the moderator.

Fr George Thadathil sdb, was on the NAAC Peer Team as a member to visit Rajarshi Chhatrapati Sahu College, Kolhapur from 25-26 September 2017.

Eighth Verzotto Memorial Lecture

On September 19 and 20, 2017 Salesian College in Darjeeling organized the eighth Verzotto Memorial Lecture on "making sense of contemporary India," Braj Ranjan Mani, an Independent Scholar and Author, was the main speaker. The lectures were held at the college in Sonada, Darjeeling, and its campus in Siliguri, North Bengal.

In his effort to answer the question and make sense of contemporary India, Mani critiqued "existing knowledge, power, and social relationships, at the same time renewing the debate on fundamental issues to help audience ask the right questions and seek answers outside the old and failed frameworks." The audience at both the campuses consisted of faculty and senior students, as well as faculty from neighbouring colleges and institutions.



Faculty Development programme

On 1st and 2nd September a two day Neuro-Linguistic programme was organised by the 'Psychology Department' in collaboration with 'Mind Masters', Kerala for the development of the faculty of Salesian College, Siliguri. The Guest Speaker was Dr. A. Abraham, MD from AIIMS , a certified practitioner of NLP(ANLP).



Swachhata Pakhwada

From 1st Sept to 15th Sept 2017, NSS Unit of Salesian College Siliguri observed the fifteen days programme on “Swachhata Pakhwada” which was announced by Ministry of human resource and development and further instructed by the coordinating university. The programme was aimed to spread the message of cleanliness among the students as well as surrounding communities. Every student/volunteers' participated in the campaign and performed in various events like clean campus day, clean hostel day, essay competition, elocution and clean surrounding day. It was a small step taken by the Government of India which was further undertaken by the NSS unit of Salesian College Siliguri in order to create an awareness about health, hygiene and cleanliness among the people



Seminar on Career Development

IBS, Kolkata, in collaboration with Salesian College, Siliguri Campus, organised a seminar on Career Development on August 25, 2017 for the final year students of Management and Commerce. The resource person was Mr. Subhajit Bhattacharya, Branch Manager, ICFAI Foundation for Higher Education. He updated the students regarding MBA entrance, perseverance and completion. Through this seminar the students became aware about the challenges that they need to face in their life ahead when they begin their career in the field of business.



Congratulation



Our warm Congratulations to Dr. Terence Mukhia for being awarded the Ph. D. Degree during the Sixth Convocation at Assam Don Bosco University held on 9th September 2017.

He is an alumnus of Salesian College Sonada and is presently working as Campus Coordinator and Assistant Professor in the Department of Philosophy at SCS.

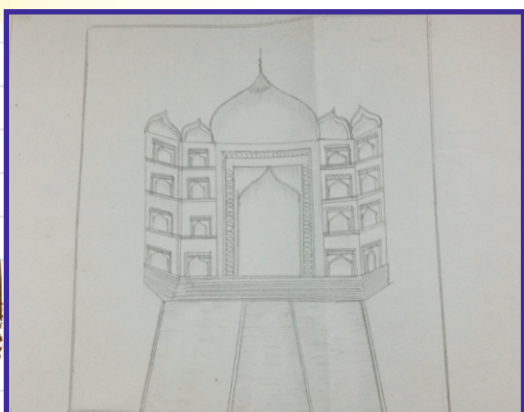
Some Selected Drawings by our little guests of 'Gifts of Smile' Programme



Rabiul Ali



Abhishek Paswan



Uday Sha



Shivam Mahato