

# JIT NEWSLETTER **EXPLORE**

Issue 14 | Dec 2022



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## IMPORTANT DAYS

1<sup>st</sup> Dec

World Aids Day

10<sup>th</sup> Dec

Human Rights Day

16<sup>th</sup> Dec

Vijay Diwas

24<sup>th</sup> Dec

National Consumer Rights

25<sup>th</sup> Dec

Merry Christmas Day

## OUR MISSION

To provide quality and affordable education to the less privileged sections of Indian society by leveraging all tools of modern education and to bring up such element sections to be able to find a place of dignity and distinction both within and outside the country.



**DR. MOHD KALEEM**  
EDITOR

### International Year Of Basic Sciences

The United Nations General Assembly on 2 December 2021 endorsed the proposal to celebrate the year 2022 for an International Year of Basic Sciences for Sustainable Development. The basic sciences have the capacity and potential to foster sustainable development and raise standards of living. It is also in the interest of both developed and developing countries.

It also underlines the importance and relevance of science in daily living for a peaceful, developed and sustainable world. It will also attract overall attention to address and solve the challenges and limitations by science and enhance support and promotion for the scientific endeavor.

The most fundamental scientific knowledge is the basis of what we call basic scientific research. Often such research does not set out to solve a given problem, but to explore new problems and inspire others. It is often many years, even decades or more, before the value of basic scientific research is appreciated and recognizable and widely-appreciated applications are generated.

The basic scientific research with the aim of improving scientific theories for better understanding and prediction of natural or other phenomena. Basic science research also serves to provide insight into nature around us and allows us to respect its innate value. Breakthrough scientific discoveries are never made in a vacuum—they are built upon basic science work done by others, oftentimes decades and centuries ago.

Basic science have paved the way to a society of knowledge by means of continuously evolving education systems, and have led to applied science and technological breakthroughs changing the World. Basic and applied researches are two sides of the same coin. They go hand-in-hand as symbiotic and complementary entities: without basic research, applied research has no foundation, and without applied research, basic research gives no result.

# FROM THE DEPARTMENTS

 **DR. AHMED ABDULLAH KHAN**  
ASSISTANT PROFESSOR, FOP

## Start Your Day Riding The First Ray Of Sun

We have all heard the phrase "rise and shine" and everyone has their own definition of what it means to them. Many people think of it in terms of getting up early in the morning to get the day started. But for those who appreciate the beauty of nature, starting the day riding the first ray of sun is a great way to start the day.

Riding the first ray of sun is a great way to get the day started because it can provide a sense of peace and a chance to connect with nature. Taking the time to appreciate the beauty of the sunrise can help to bring a sense of calm and provide an opportunity to reflect on what the day ahead may bring. Watching the sun come up is like watching a new day begin. It is a reminder of the potential that each new day brings and a reminder of the beauty of nature.

Riding the first ray of sun can also help to set the tone for the rest of the day. When we take the time to connect with nature, we are setting an intention to appreciate the beauty of the day and to stay mindful of the good things that life has to offer. Being mindful of the sunrise and the beauty of nature can help us to stay grounded and focused. It greatly helps students for yielding good results and performing better every next time.

 **MR. SHOAIB AHMAD**  
ASSISTANT PROFESSOR, FOP

## Breaks Are Necessary

Taking a break is an essential part of any productive work routine. It is often difficult to make the time to do it, especially when deadlines increase, but breaks are necessary for our mental and physical health. As such, taking regular breaks should be a part of any productive work routine. When we take a break from work, our minds are given a chance to relax, process information, and come up with new ideas. Although breaks may seem unproductive, they actually help us to work more efficiently when we return to our tasks. Breaks are a great opportunity to step away from our work and clear our minds, allowing us to come back with a fresh perspective. Taking breaks also gives us time to reflect on what we've already accomplished, giving us a sense of satisfaction. Breaks are also important for our physical health. Sitting in one position for too long can cause discomfort and soreness in our bodies. Taking regular breaks gives us the chance to stretch, walk around, and get our blood flowing again. This helps us to avoid the physical exhaustion that can come with long hours of work.

 **MOHD FARHAN SIDDIQUI**  
LAB INSTRUCTOR, FOP

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 **DR. MOHAMMAD SULEMAN QURAISHI**  
HEAD, DEPT. OF APPLIED SCIENCES

## Engineering, And Applied Sciences & Humanities

Today I would like to share with all of you some information about the Department of Applied Sciences & Humanities. The department bridges engineering & basic science like Physics, Chemistry, Mathematics and Humanities subjects with engineering practices. The faculty members and students in the department employ fundamental physical and chemical principles blended with technical tools to create innovative technologies.

Vision of the Department is to be a center of excellence in Applied Sciences, Engineering, Technology & Communication Skill. It is meant to impart and inculcate practical knowledge with a view to make students capable of innovating and inventing engineering solutions, and to also develop students as capable leaders, and responsible citizens of our nation.

Mission of the Department is to develop in students a solid foundation of fundamental knowledge and application skills, preparing them to use their understanding of Science, Math, and Engineering to solve complex engineering problems. It tries to impart knowledge that will enhance understanding between engineering and other important branches of humanities and applied sciences. The Department also focuses to inculcate moral values in students, and prepare them to become responsible citizens of India. One of the main objectives is to make students achieve a higher level in communication, presentation and personality development skills.

# STUDENT'S CORNER

 DILSHAD AHMED  
B.PHARM I

## SELF IMPROVEMENT

The definition of self-improvement is quiet clear and easy to understand, Self-improvement is the improvement of one's knowledge, status, or character by one's own efforts.

Self-improvement always starts with self-awareness and the ability to transform our habits.

Why Self-Improvement Needed:

- The purpose of this inner process is to improve our behavior and habits, and to create happiness and satisfaction into our life.
- Another purpose is to improve the ability to cope with the various situations that we encounter in our life.
- The aims of self-improvement are to learn to adopt a positive mindset, to get rid of negative habits, and to build positive habits and behavior.
- It is a process to make ourselves better and happier people.

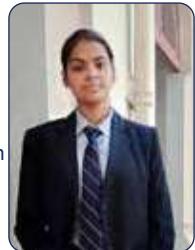
Self-improvement usually starts by becoming more aware of ourselves, our behavior and our reactions. It requires that we earnestly desire to improve ourselves, better our life, and build good relations with people. Self improvement improves our mental health, and helps us to become aware of any bad habit, so we can change it. It also improves our life and helps us to achieve our goals. Self improvement is an inner process, which focuses on changing one's attitude toward oneself and toward the world, and on getting rid of harmful habits and building new good habits.



 DIMPAL KUMARI  
B.TECH I

## THE STRESS OF EXAMINATION

During the university Examination, stress is very high for students and their parents. Experts feel that a little amount of stress is good for children as it helps them stay focused. It can be a cause of concern when stress level escalates beyond manageable limits. Parents who equate the performance of their children with their own prestige in society need guidance. Such parents often try to satisfy their unfulfilled dreams through their children. If they fail, it causes unnecessary frustration. Parents should keep themselves away from this attitude, and instead adopt a 'we are with you' approach with respect to the child. Increase in stress beings depression and anxiety. This leads to outrageous behavior of student. To relieve themselves, students start taking many soothing drugs, which in turn are most damaging. So it becomes necessary on the part of parents to show utmost patience and maturity towards their children. They should not pressurize their children for high



 PRIYANSHI VERMAN  
B.COM III

## GIRLS' EDUCATION

"Education is the most powerful Instrument you can use, to change the World." This 'education' refers to giving education to all. Whether a girl or boy, everyone should have the right to change this world. But the very first step is to get access to education. At first, if we go through our great Indian history, or history of parts of the world, we find that in old days, girl



education did not have any Importance. Girls were considered as homemakers and expected to be good housewives and mothers. Girls were less educated and it was not at all a topic for serious discussion.

Now, the time has changed, people have changed, and so has the world. Now, women are enjoying same rights as that of men, including the right to education. Women empowerment has developed a lot in these days. It becomes important for women to have access not only to education, but in all fields.

 NEETU YADAV  
B.A III

## THE STRESS OF EXAMINATION

Honesty implies being truthful. Honesty means to develop a practice of speaking Truth throughout your life. A person, who practices Honesty in his /her life, possesses a strong moral character. An honest person shows good behavior, always follows rules and regulations, maintains discipline, speaks the truth, and is punctual. An honest person is also trustworthy as he always tends to speak the truth. Honesty is the best policy. A major component or developing moral character is honesty. Honesty helps in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Lying, cheating, lack of trust, stealing, greed and other immoral attributes have a part in honesty. Honest people are sincere, trustworthy and loyal, throughout their life. Honesty is valuable, and it is one of its most important habits. There are famous quotes, narrated in the book of wisdom, like, "Honesty holds good due to its ability to build, shape and motivate integral values in one's life".



 NAAZ AFREEN  
B.TECH III



# STUDENT'S CORNER

 MOHD AMAN  
B.A II

## IMPORTANCE OF RESPECT FOR STUDENT

### RESPECT

Respect is a broad term and experts interpret it in different ways. Generally speaking, it is a positive feelings or action expressed towards someone or something.



### SELF RESPECT

Self respect refers to oneself living and behaving with honor and dignity. It reflects respects for oneself. This is because nobody likes to treat such an individual with respect. Self respect is the foundation of healthy relationships.

Self respect improves the morality of an individual. Such a person has a good ethical nature. Hence self respect makes you a better person.

### RESPECT OF OTHERS

Everyone must respect fellow human beings. This is as an essential requirement of living in a society. We should certainly show a basic level of respect to people who impact our lives. Another important aspect of respecting others is religious views. Religion and cultural beliefs of others are very important for them, and should be given proper respect by all of us. We should also remember that respectful actions and words are essential for success in real life, and a person without respect is not accepted by anyone around the world.

 PRIYANSU JHAN  
B.PHARM I

## ICHANGES IN STUDENT BEHAVIOUR AFTER ENTERING COLLEGE

College life is the exciting transition for high school graduates.

It's an opportunity to explore new interests, make lasting friendships, and learn life lessons that help shape the rest of their lives. However, the transition to college life can also be difficult due to a new environment and the expectations that come with it.



One of the biggest changes that students face when entering college is the transition from a structured school environment to a more independent lifestyle. In college, students are expected to take responsibility for their own learning, and to manage time on their own. This can be a difficult adjustment for students who are used to having a set schedule and having their parents or teachers answer to.

Another major change students experience is in their social life. In the college, students are expected to develop and maintain relationships with their peers. This can be a challenge for those who are used to having a small circle of friends from high school. By understanding these changes, college students can better prepare themselves for the transition and make the most of their college experience. And in the last we also miss our school days and also feel that when we were in school time, there were more set rules, compared to the college. If I talk about my School life, I miss the school bus, as travelling was so much fun, and enjoying the street food with friends after school was such a joyful feeling, and also doing mischief with our friends during the Assembly. We miss our school times; there were no restrictions, no fear of anything, just making friends. Playing with friends in school was the greatest joy of the childhood phase, but as the time passed, we all are grownups. So there comes an age when we have to join college for higher education. This is next chapter of everybody's lives so enjoy it and make beautiful moments out of your life!

 SHAIKH ABU SAAD  
B.PHARM I

## IMPORTANCE OF EDUCATION IN OUR LIFE

Education provides stability in life. And it's something that no one can ever take away from you. By being well-educated and holding a college degree, you increase your chances for better career opportunities and open up new doors for yourself. Education is highly essential as it eradicates social evils and upgrades the thinking of society. Education uses various methodologies like teaching, learning and extracurricular activities. The Right to Education Act, 2004, makes education a fundamental right for every child up to 16 years old. It bridges the parallel gap between the rich and the poor. Education eradicates the fickle of unemployment in developing countries, including India. Education is essential as it is an integral tool that helps a nation achieve economic growth and stability. The importance of education in a society helps overcome the shackles of inequality, corruption, poverty, etc. The right to education gives an individual the knowledge about health and hygiene issues and the schemes of the government and benefits from him/her. Education is an essential factor that changes an individual's perspective on caste discrimination. Education is a contributing factor in the field and development of technology and science. Education shows us the importance of hard work and, at the same time, helps us grow and develop. Thus, we are able to shape a better society to live in by knowing and respecting rights, laws, and regulations.



 MOHAMMAD AHMAD KHAN  
B.TECH I



# EVENTS

## CONSTITUTION DAY CELEBRATED AT THE JIT CAMPUS

The Constitution Day was celebrated in the campus on 26 November 2022, with fervor and excitement, and the contribution of Dr. B.R. Ambedkar was remembered, by the students and the staff members. The Preamble to the Constitution was read by the Principal Dr. A.A.S. Ghazi, and a Symposium was organized in which the Director Dr. A K. Mishra, the Principal, and Faculty members gave speeches. It was encouraging to see the speeches of students in the program.

Students of the Tarana Club also presented the JIT Anthem at the event.



## WRITING WORKSHOP WAS ORGANIZED AT THE JIT CAMPUS

A 'Writing Workshop' was organized in the JIT campus on 7.11.22, in which students from all colleges of JETGI participated with excitement they were told the basics of good writing, and various themes for topics for writing. Apart from English, students were also given a chance to express themselves in Urdu and Hindi, and even calligraphy.

