

# Campus Connect

**Vision: Transformed students impacting the campuses and the nation as disciples of the Lord Jesus Christ**

## **Building Self-Esteem: Embracing Your Worth**

### **What is self-esteem?**

Self-esteem is all about feeling confident in your own worth and abilities. Wikipedia says, "It's an individual's subjective evaluation of their own worth," which reflects a person's self-perception and feeling of confidence in their skills, accomplishments, status, financial resources, talents, appearance, and more. People often talk about self-esteem because it can have a big impact on our lives.

### **Why is self-esteem important?**

Having healthy self-esteem is important because it affects many aspects of your life. When you have low self-esteem, it can lead to problems like struggling in academics and your career, feeling depressed, or even having thoughts of suicide, which is why it's important to work on building your self-esteem and feeling good about who you are.

### **What do the experts say?**

Abraham Maslow, a psychologist who studied human behaviour, believed that self-esteem is one of our basic needs, just like food, clothing, shelter, and love. He said that there are two types of self-esteem that we all need. The first is the need for respect from others, which means we want others to recognize and admire our achievements. The second is the need for self-esteem, in the form of self-love, self-confidence, skill, or aptitude.

### **What does the Bible say?**

According to Genesis 1:27, the Bible teaches us that we are uniquely created in the image of God. Our individuality, like a fingerprint, sets us apart and makes us valuable. By treating ourselves with kind-

ness and respect, we honour the divine character within us and express our love for God. Accepting this fact gives us the ability to live a life of self-acceptance and contentment, guided by an understanding of our intrinsic worth in God's sight.

### **Understanding low self-esteem**

Low self-esteem is when you feel inadequate and incompetent at something. It's like thinking you're not capable of achieving anything. When you have low self-esteem, you might not even try to do



***Having low self-esteem is not good, but the opposite extreme of pride can be a problem.***

the things that you want to do because you believe you can't do them. You may even avoid taking on responsibilities in college, at work, at church, or in other places because you don't think you can do them. Instead of having big dreams and goals in life, you focus on your past mistakes and develop a negative outlook. You're always criticizing yourself for any failures, and even when someone says something positive to you, you reject it. Sometimes, you might even dump your pain on the people around you through your words, actions, and reactions in a negative way. This can

make your life, your family's life, and the lives of those close to you unpleasant.

### **Differentiating low self-esteem from humility**

Sometimes we may feel less confident and think that we are not good enough. This is called low self-esteem. But it's important to know that low self-esteem is not the same as being humble. Humility is about recognizing our strengths and weaknesses without feeling superior or inferior to others. It's about being modest and not boasting about our accomplishments.

### **Jesus Christ as an example**

Jesus Christ was a great example of humility. He was not proud or boastful, but His self-esteem wasn't low either. He knew his purpose and had confidence in himself. In fact, he said, "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor..." (Luke 4:18-19).

### **Overcoming low self-esteem without falling into pride**

Having low self-esteem is not good, but the opposite extreme of pride can be a problem. God doesn't like pride. We should remember that everything we have is by God's grace. Jesus said, "You also, when you have done everything, you were told to do, should say, 'We are unworthy servants; we have only done our duty'" (Lk 17:10). Also, the Bible says, "For by the grace given to me, I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned" (Rom 12:3). So, let's have a balanced view

of ourselves, recognizing our worth but also acknowledging that it is through God's grace that we can accomplish great things.

### Understanding our worth in Christ

Our self-esteem should not be based on what we do or what we have, but rather on who we are in Christ. We need to humble ourselves before Him, and He will honour us. The psalmist reminds us, "I said to the Lord, 'You are my Lord; apart from you I have no good thing'" (Ps 16:2). Christians attain self-esteem by having a right relationship with God. We can know we are valuable because of the high price God paid for us through the sacrifice of His Son, Jesus Christ.

### Valuing ourselves and others

When we have healthy self-esteem, we will value ourselves enough to avoid the sin that enslaves us. Instead, we should conduct ourselves with humility, thinking of others as better than ourselves (Phil 2:3). This doesn't mean we should put ourselves down; instead, focus on lifting others up. It's important to remember that our worth comes from God, not from our appearance or abilities.

John Piper said, "If I could just feel better about me—better about the way I look, better about my height, my weight, my complexion, my hair, my mathematical ability—if I could just feel better about me, you wouldn't have good self-esteem. You wouldn't be healed. You were made to see God, love God, delight in God, and be stunned by God. And we can do everything because of who our God is and how great He is.

If that is so, can we really talk about self-esteem when "self" died in Christ?

When we talk about self-esteem, it's important to remember that our old "self" died when we accepted Christ. Our identity is now found in Him, not in how we see ourselves. So, instead of worrying about self-esteem, let's focus on valuing ourselves and others the way God wants us to, even with our own weaknesses.

### Discovering our role in God's plan

Have you ever felt inadequate or unable to take on responsibilities?

Many of us have experienced these feelings at some point in our lives. But here's the thing: There's a solution to this problem, and it all starts with understanding our role in God's plan.

Imagine being a musical instrument in the hands of a great musician. Just like that, we are instruments in the hands of God. He knows exactly how to use us for His purposes, just like He did with Moses. When God called Moses from a burning bush, he tried to come up with excuses, thinking he wasn't good enough. But God had a plan for Moses, and He has a plan for each one of us too. He places us where He wants us to be for His plans to unfold. Each one of us has a unique role to play, and it's essential to understand that we are needed exactly where God has placed us.

Interdependency and unity in the body of Christ

Did you know that as members of the Body of Christ, we all have different roles and functions? It's true! God assigns us our roles and places us exactly where He wants us to be. "As in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another" (Rom 12:4-5). But here's the important thing: None of us can accomplish God's purposes on our own! We are limited in what we can do individually, but when we come together and work as a team, amazing things can happen. We are beautifully dependent on each other.

### Conclusion

To recap, our self-esteem comes from who God is, our relationship with Him, His grace, His plans for us, our submission to His will, and our connection with other believers. But the most important thing is to focus on building a strong relationship with God.

Let's discover our spiritual gifts, be sensitive to the needs of God's kingdom, and pray for His guidance. With the right kind of self-esteem centered on God, we can join in His mission of "transforming India, one student at a time", in whatever capacity God wants us to be in.

- Kodandaram, Hyderabad

## AUGUST QUIZ 2023 ANSWERS

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1. The head of John the Baptist  | 9. Ezkiel, Hosea              |
| 2. 8                             | 10. 11                        |
| 3. Herod                         | 11. Fell on his own sword     |
| 4. Tabitha                       | 12. Job                       |
| 5. Bartimaeus                    | 13. Ill John                  |
| 6. Trumpets, pitchers, and lamps | 14. James, Joses, Jude, Simon |
| 7. Deborah, Barak                | 15. 1000                      |
| 8. Moses' wife                   |                               |

Winner: K. Sunitha, Mahabubnagar





## UESI's Contribution To Discipleship and Spiritual Growth

In India, the Union of Evangelical Students of India (UESI) stands as a prominent Christian organization formed with a vision for the holistic development of students. Through its mission, UESI has made a significant contribution to helping students grow in their faith and become committed followers of Christ. It enabled countless students to live lives of integrity, purpose, and spiritual depth. On the occasion of UESI's 70th formation, we thank God once again for the profound impact that UESI has had on the lives of students in India.

### 1. Introduction

Since its formation on September 18, 1954, the Union of Evangelical Students of India (UESI) has been making waves in the Indian student community. Its mission is to evangelize students nationwide and offer them a platform for spiritual growth and campus impact.

UESI's vision and mission revolve around reaching students with the gospel of Jesus Christ, equipping them, and transforming them into lifelong disciples. It recognizes the immense potential of students in shaping the future of our country and believes in their ability to impact both the church and society.

### 2. UESI's Approach to Discipleship and Spiritual Growth

#### 2.1 Understanding Discipleship in UESI

Discipleship is at the heart of UESI's mission. We see discipleship as a lifelong journey of following Jesus, growing in faith, and embodying His values in all aspects of life. UESI places importance on a personal relationship with Jesus and equips students with biblical knowledge, useful resources, and a fellowship of believers to support them on their spiritual journey.

#### 2.2 Spiritual Growth Framework

UESI has developed a comprehensive framework for spiritual

growth that encompasses various aspects of a student's life. This framework includes regular Bible study and prayer, engaging in fellowship, participating in ministry activities, and nurturing a heart for missions. UESI's approach is holistic, recognizing that spiritual growth is not limited to academic knowledge but involves the transformation of one's heart and character.

### 3. UESI's Impact on the Student Community in India

#### 3.1 Reach and Influence of UESI

UESI has a wide reach across the student community in India, with a presence in numerous colleges and universities. Through their vibrant campus fellowships, they engage with students from different backgrounds and cultures, creating an inclusive and diverse community. UESI's influence extends beyond campus boundaries, as they actively participate in intercollegiate events, conferences, and seminars, making a positive impact on students' lives.

#### 3.2 Transformative Effects on Students' Lives

The impact of UESI on students' lives is undeniable. By providing a nurturing environment for spiritual growth, students are equipped to navigate the challenges they face during their academic journey. UESI's focus on discipleship and character formation instills values of integrity, compassion, and servant leadership, which enable students to make a difference not only in their own lives but also in their families, communities, and future workplaces.

### 4. Key Programs and Initiatives by UESI for Discipleship

#### 4.1 Bible Study Groups and Discipleship Training

UESI encourages students to engage in regular Bible study groups, where they can dive deeper into Scripture, ask questions, and learn from one another. These groups serve as a foundation

for discipleship, fostering spiritual growth and accountability. UESI also organizes discipleship training programs that equip students with practical tools and skills to become effective disciple-makers themselves.

#### 4.2 Retreats and Conferences

Retreats and conferences play a significant role in UESI's discipleship efforts. These events provide students with a break from the busyness of college life and offer an opportunity for reflection, worship, and personal renewal. Through engaging speakers, interactive workshops, and meaningful worship sessions, UESI retreats and conferences inspire students to deepen their faith and live out their purpose.

#### 4.3 Mentorship Programs

UESI understands the importance of mentorship in the discipleship journey. They facilitate mentorship programs where experienced believers come alongside students, offering guidance, support, and wisdom. These mentorship relationships provide a safe space for students to share their struggles, seek advice, and receive personalized encouragement as they navigate the challenges of student life.

### 5. Future Challenges and Opportunities for UESI's Growth and Expansion

#### 5.1 Challenges Faced by UESI

While UESI has made significant contributions, it also faces certain challenges in its mission to reach and impact more students. Need for continuous innovation and funding constraints are some of the challenges that UESI must navigate.

Additionally, UESI operates in a diverse and rapidly changing cultural landscape, where the values and beliefs of young people

are being shaped by various influences. Adapting to these changes and effectively communicating the relevance of its message is an ongoing challenge for UESI.

#### 5.2 Potential Areas of Growth and Expansion for UESI

Despite the challenges, UESI also has numerous opportunities for growth and expansion. The increasing demand for Christian education, the rise of digital platforms, and the growing awareness of the need for spiritual formation among students' present avenues for UESI to expand its reach.

By leveraging technology, investing in leadership development, and strengthening partnerships with like-minded organizations, UESI can extend its impact to more students and make a greater difference in society. Additionally, by focusing on strategic planning and fundraising efforts, UESI can ensure its long-term sustainability and effectively address the evolving needs of students in a rapidly changing world.

#### Conclusion

The Union of Evangelical Students of India (UESI) has played a vital role in nurturing and equipping Christian students across the nation. Through its various activities, programs, and partnerships, UESI has not only fostered spiritual growth but also made a lasting impact on society. As UESI continues to face challenges and embrace new opportunities, its commitment to promoting evangelical education and discipleship remains unwavering. With an inspiring legacy and a promising future, UESI continues to be a beacon of hope and empowerment for evangelical students in India.

- John Bhushanam

## SEPTEMBER QUIZ 2023

1. Who is the person who lived more years in the entire Bible? How many years did he live?
2. What are the names of the midwives who disobeyed Pharaoh of Egypt's order to kill the male babies born to the Israelites?
3. Who was the only male descendant of Saul who survived after David became king?
4. Who was called a mighty warrior by the angel in the book of Judges?
5. In which month and day did God's word come to the prophet Haggai?
6. What is the smallest chapter in the Bible?
7. In the Bible, where did Phoebe serve as a deaconess?



8. Where did the Apostle Paul want to spend the winter?
9. Who was the father of King Jehoshaphat?
10. Who was the youngest king in the Bible?

- Sri Lakshmi, Hyderabad





## Set Sail for Dream Career in Cruise Sector

Several attractions of India along its 7,500 km long coastline and vast river systems are yet to be unveiled to the world. With the development of the right infrastructure and adoption of modern technology, India will certainly become one of the top cruise tourism destinations in the world. Following are some career opportunities available in the cruise line industry in India, including the qualifications and skills required to succeed in these roles.

### Top Jobs in Cruise Liner

**Cruise Ship Captain:** One of the most popular roles in the cruise line industry is that of a Cruise Ship Captain. This is the highest-ranking officer on a cruise ship, and is responsible for the overall operation and navigation of the vessel. Apart from the requisite educational qualifications, a captain must have excellent leadership and decision-making skills, as well as a thorough knowledge of maritime laws and regulations.

**Cruise Ship Officer:** They assist in navigating a ship and supervising its crew. They report to the ship's captain and ensure the safe operation of ships at sea, in port or at anchor. Being a Cruise Ship Officer requires advanced navigational skills, the ability to motivate others, and a willingness to spend long periods of time at sea, away from home.

### Tasks and duties include the following:

- Assisting the Captain in navigating a ship by supervising the course and speed in accordance with pre-planned routes.
- Working shifts to keep watch from the ship's bridge.
- Supervising crew members.
- Ensuring safety regulations are observed.
- Coordinating loading and unloading of cargo.
- Acting as a liaison between the master and crew of a ship.
- Using radar, computers and other navigational aids to determine the position of the ship, other vessels and obstructions.
- Interpreting and updating charts and other nautical publications.
- Keeping daily records in the logbook of weather conditions and the ship's course including any alterations.

To become a Cruise Ship Captain or Cruise Ship Officer, one must have studied any or all of the following subjects in at least the Under Graduate level:

- Marine Engineering
- Marine Transportation
- Marine Engineering Systems
- Shipyard Management
- Maritime Operations and Technology
- Logistics and Intermodal Transportation

The most widely accepted educational qualification for the position of Cruise Ship Captain and Officer is B. Tech (Marine Engineering)

- Top Maritime Engineering Colleges in India (Approved by the

Directorate General of Shipping)

- Tolani Maritime Institute (TMI)
- B.P. Marine Academy Navi, Mumbai
- Coimbatore Marine College (CMC), Coimbatore
- International Maritime Institute (IMI), Delhi
- Vels Academy of Maritime Studies, Chennai
- Maharashtra Academy of Naval Education and Training (MANET), Pune
- SCI Maritime Training Institute, Kolkata
- Institute of Technology & Marine Engineering (ITME), Kolkata
- TS Rahaman, Mumbai
- Indian Maritime University (IMU), Chennai
- RL University of Nautical Science, Madurai
- Samundra Institute of Maritime Studies, Mumbai
- Indian Maritime University (IMU), Vizag
- Indian Maritime University (IMU), Kochi
- Amer Maritime Training Academy, Kanpur
- Centre for Maritime Education & Training, Lucknow
- Hindustan Institute of Maritime Training, Pre-Sea Training Center, Chennai

**Cruise Director:** The Cruise Director is responsible for planning and overseeing a variety of activities and events onboard the ship, such as games, concerts, and theme parties to cater to the interests of all passengers. The Cruise Director also supervises a team of entertainment staff. He/she is also the primary point of contact for passengers, handling any concerns or complaints they may have. They also work to create a welcoming and inclusive environment onboard the ship, ensuring that all passengers feel comfortable and enjoy their experience. The Cruise Director is also responsible for promoting onboard activities and events, as well as other services and amenities offered by the cruise line. They may also be involved in coordinating shore excursions and other off-ship activities. To become a Cruise Director, one needs to have a combination of education, experience, and personal qualities. The specific qualifications required may vary depending on the cruise line and the particular job opening, but in general, the following qualifications are required: (i) A degree in hospitality or tourism (ii) Relevant experience in the hospitality industry, particularly in cruise ship operations, is highly valued. Candidates with experience as an activity coordinator, event planner, or other similar roles in a hospitality setting are often preferred (iii) Personal qualities like excellent communication skills, natural ability to engage with people from diverse backgrounds, ability to think clearly and swiftly in fast-paced and dynamic environments, etc are commonly sought after.

**Chief Purser:** The chief purser is a senior officer on a cruise ship who is responsible for managing the ship's financial operations,

guest services, and administrative tasks. They manage the ship's financial operations, including overseeing onboard accounting and cash management systems. They also supervise the guest services staff, including front desk personnel, shore excursion staff, and concierge services. The Chief Purser is also responsible for overseeing the ship's administrative functions, including maintaining records and managing paperwork.

A candidate holding a degree in Hospitality Management or Business Administration is considered most suitable for the position of Chief Purser in a cruise liner. A bachelor's degree in hospitality management typically covers topics such as hotel and restaurant management, food and beverage management, event planning, and customer service. A degree in business administration can provide knowledge in areas such as accounting, finance, marketing, and human resources, which can be useful for managing the financial and administrative aspects of a cruise ship. It's important to note that experience in the cruise industry is also highly valued for the role of chief purser, and may be considered more important than formal education in some cases. Candidates with several years of experience in guest services, finance, or administration in the cruise industry may be considered for the position even without a formal degree in a related field.

**Shore Excursion Manager:** The roles and responsibilities mainly include developing and implementing shore excursions and tours that provide guests with unique and memorable experiences. The Shore Excursion Manager selects and manages a team of tour guides to ensure high-quality service is provided to guests. He/she also coordinates with local vendors and service providers to ensure the smooth execution of excursions while ensuring safety of regulations compliance. A degree in hospitality, tourism, event management or a related field is usually preferred by cruise liners for the position of Shore Excursion Manager. Relevant work experience in the tourism industry, such as a tour guide, travel agent, or hospitality industry, is typically required. Additionally, a deep understanding of the destinations visited by the company's cruises, including local culture, history, and attractions, is necessary. Knowledge of different languages can also be beneficial. Organisational skills like the ability to plan and coordinate complex itineraries for large groups of people is essential, as well as ensuring the safety and well-being of all guests.

**Food and Beverage Director:** The key role of a Food and Beverage Director on a cruise liner includes developing and implementing menu for all restaurants and bars on the ship. They must ensure that the menu meet the needs and preferences of the passengers and are in line with the company's standards. He/she must manage budgets for all food and beverage operations on the ship while ensuring that costs are kept under control while maintaining high levels of quality and service. He/she is also responsible for training all food and beverage staff on the ship. This includes kitchen staff, servers, bartenders, and other support staff. Candidate aspiring to become Food and Beverage Director on a cruise liner should have a strong background in culinary arts, food service, and restaurant management. They should also have excellent communication and leadership skills, as well as the ability to manage budgets and work under pressure.

**IT Manager:** The role and scope of an IT Manager in a cruise liner is to oversee and manage all the technology-related operations and systems on board the ship. This includes managing the ship's communication systems, computer networks, software applications, hardware, and any other technology infrastructure used by the crew and passengers. The IT Manager is responsible for ensuring that all the technology on the ship is operating effectively and efficiently, including troubleshooting any issues that may arise. They are also responsible for managing the ship's IT budget, ensuring that all technology-related expenses are within

the budget and making recommendations for future technology investments. Other responsibilities of an IT Manager on a cruise liner may include managing the ship's cyber security measures to protect against cyber threats and data breaches, managing the ship's website and online booking systems. To qualify for the post of IT Manager in a cruise liner, one must possess a degree in computer science, information technology, or a related field. Apart from these managerial positions, there are many different types of staff members who work on a cruise ship to ensure the safety and comfort of passengers and maintain the smooth operation of the ship. Here are some of the most common types of cruise ship crew members:

**Executive Chef:** This is a professional culinary role that involves preparing and serving food to passengers on a cruise ship. Recruiters look for candidates having professional culinary degree or certification, as well as experience working in a professional kitchen. A cruise ship Chef must work well under pressure, and must be able to manage a large team of kitchen staff.

**Hotel Staff:** The hotel staff includes a wide range of positions such as housekeeping, food and beverage, and customer service personnel who are responsible for maintaining the passenger cabins, preparing and serving food and beverages, and providing entertainment and activities for passengers.

**Deck Officers:** The deck officers are responsible for navigating the ship, supervising the deck crew, and overseeing ship maintenance and safety procedures.

**Engineers:** They are responsible for the operation, maintenance, and repair of the ship's engines and other mechanical systems.

**Medical Staff:** The medical staff includes doctors and nurses who provide medical care to passengers and crew members.

**Entertainment Staff:** The entertainment staff includes performers, musicians, and other staff who organise and run activities and entertainment programs for passengers.

**Security Staff:** The security staff includes personnel responsible for maintaining the safety and security of passengers and crew members, including monitoring the ship's security systems and responding to emergencies.

**Technical Staff:** The technical staff includes crew members responsible for operating and maintaining the ship's technical systems such as the IT, audiovisual, and communications systems.

In addition to these traditional roles, there are also many other career opportunities available in the cruise line industry, including positions in marketing, sales, human resources, environment, retail, and more.

**Here are some of the top colleges in India that offer courses in Cruise Ship Management:**

1. Indian Institute of Tourism and Travel Management (IITM) - Gwalior, Bhubaneswar, Nellore, Noida, Bodh Gaya, Shillong
2. IITM - National Institute of Water Sports (NIWS), Goa
3. Chennai School of Ship Management (CSSM), Tamil Nadu
4. ITM Institute of Hotel Management, Mumbai
5. Institute of Hotel Management, Catering and Nutrition [IHM], Pusa, New Delhi
6. Udaipur Institute of Hotel Management, Rajasthan
7. Inspire Academy, Mumbai

There are other colleges that offer degree, diploma, and certificate courses in Hospitality Management which is another most sought after qualification for jobs in the cruise line industry. The courses cover various aspects of the hospitality industry including hotel management, food and beverage management, tourism and event management. It is important to research each college and the courses it offers to determine which one best suits your

- Ranjana Singh

Taken from Employment News

## TEAM MEMBERS

★Dasari Rajesh★John Bhushanam★ Catherine ★John Sukumar★ Lilly Stanley Jones ★Suma Sundeep★ Clara Akkara ★Kimi ★