



# DE PAUL NEWS

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## PRINCIPAL'S MESSAGE



### An open mind

The world has become a global village and continues to grow in this fashion. Technological advancements and globalization have accelerated this process of becoming one multicultural world. The number of people accessing these opportunities and reaping success in this regard is increasing day by day, sparing no culture and group of people.

Just as these opportunities present immense possibilities, they also pose many challenges due to cultural backgrounds and differences. In this regard, the words of Malcolm Forbes are invaluable, for he says "Education's purpose is to replace an empty mind with an open mind." Truly educated person possesses an openness that allows her/him to accept, appreciate and grow in unison with people across the world. Therefore, education and the education process ought to facilitate cultivating openness to the immense world and her bountiful richness.

**Rev. Dr. Baiju Antony, CM, Ph.D.**  
Principal

## Welcoming of Rev. Dr. Shijo Antony CM



De Paul Family accorded a warm welcome to Rev. Dr. Shijo Antony CM, who gladly accepted to shoulder the responsibility of Dean of Studies of the College on 2nd May, 2022.

## Birthday Celebration of our beloved Principal



Birthday is a time of celebrations. De Paul College celebrated the birthday of its beloved Principal, Rev. Dr. Baiju Antony CM on 5th May, 2022

## Xavier Board - National Meeting for Academic Collaborations

Xavier Board of Higher Education organized a National Meeting for Academic Collaborations for its members at Kochi, Kerala on the 14th and 15th of May, 2022. Representing De Paul College, Principal Rev. Dr. Baiju Antony CM participated in the Meet and signed 15 MOUs with Autonomous Colleges and Colleges affiliated to different Universities. It is a great step towards academic excellence.



## Positive Coping with Adversities in Life



Personal breakdowns and adversities such as unexpected events of accidents, death of a loved one, a past trauma in the form of a panic attack, loss of job, love failure, divorce, and the daily happening such as traffic, relationship problems, work deadlines can happen anytime in our lives. The consequence of such happening varies from person to person. Some manage it positively and overcome it within a short time, while others take a longer time, yet others may need professional help over the situation.

Friedrich Nietzsche, the German philosopher, said, when someone suffers adversity, "what does not kill you makes you stronger." Psychologist Jonathan Haidt called it the "adversity hypothesis," which says people need adversity, setbacks, and even trauma to reach the highest level of strength, fulfilment, and personal development.

The physicist Stephen Hawking was asked in an interview with New York Times how he could face life's challenges and solve cosmology's problems. He replied, "my expectations were reduced to zero when I was twenty-one. Everything since then has been a bonus." Nobody would doubt the story of Stephen Hawking in adapting to the circumstances despite his physical disability caused by motor neuron disease. We are often afraid of the changes. We are accustomed to a particular way of life. Therefore, when there is a change, we give up without fighting and feeling helpless. We have to learn to adapt to changing life situations.

Coping strategies: See the positive side of everything, live mindfully, live with gratitude, change the way we think, foster positive relationships, turn trauma into growth and develop an ability to see the holiness in everything.

It is our choice to languish or flourish in the face of adversities in life. We can change our negativity and look forward to a flourishing future or suffer, lamenting over what is happening in our personal life and worldwide. It is our choice.

**Rev. Dr. Shijo Antony, CM., JCD., PhD.**  
Dean



## ALUMNI SPEAK

De Paul College has provided me with some good people and many beautiful memories to cherish for a lifetime. The splendid

infrastructure with heavenly gardens has to be singled out. The highly supportive and experienced faculties here always listen to their students and do what is best for them. The learner centric environment here accompanied by co-curricular activities not only trained us in academics but also showed us the power of team work. We are a family and De Paul always feels like home. I could attend many fests and competitions during these times which gave me exposure to expand my knowledge in latest trends of the industry and interact with many resourceful people. Everyone is treated the same here even though all are from different cultural backgrounds.

**Shamjith A K**

Software Engineer, Experion Technologies, Infopark, Kochi

## Affiliation Team Visit



A team of five members from the University of Mysore visited the college campus on 20th May, 2022 for inspection to grant affiliation.

## Faculty Development Programme Series



Internal Quality Assurance Cell of De Paul College has decided to organize an FDP Series for the faculty members on various

academic-related subjects for quality enhancement and skill development.

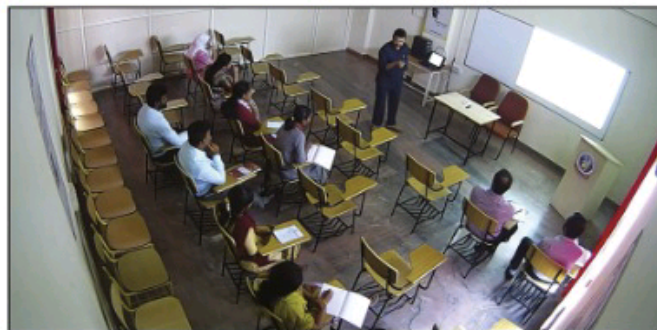
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The first FDP in the Series was on 'Imbibing the Meaning of Life in the Process of Learning and Teaching' by Rev. Dr. Shijo Antony CM, Dean of Studies, De Paul College.

26/06/2022

The second session was also led by Rev. Dr. Shijo Antony CM. The theme for the session was 'Mind Full to a Mindful Living'

27/06/2022



The third session, 'English Summer with Sunny Francis' was led by Mr. Sunny Francis, a well-known linguist and former Asst. Professor of English, De Paul College. This Faculty Development Programme was meant to enhance the linguistic skills of the faculty members.