



Established in 2004

# GITA

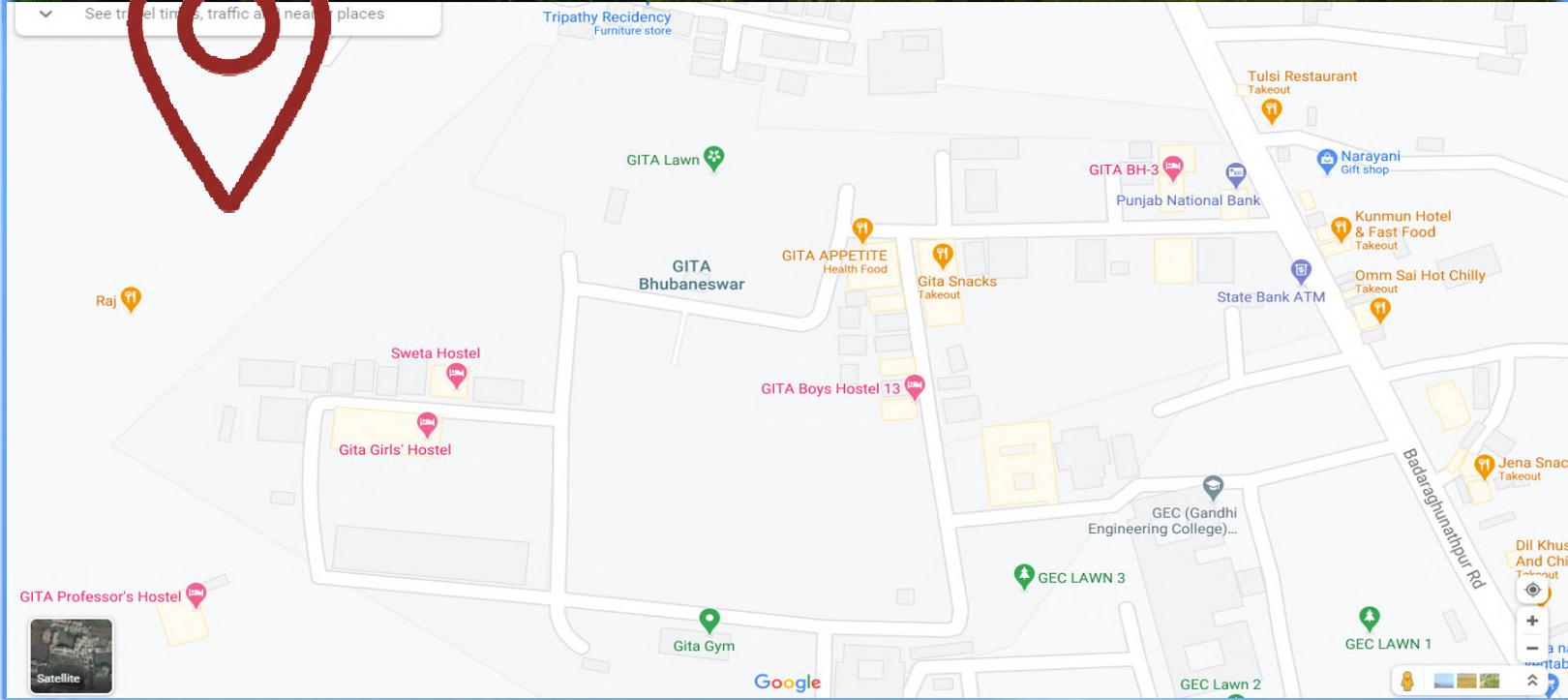


# Newsletter

## 2019

## Summer

## Vol 7.1



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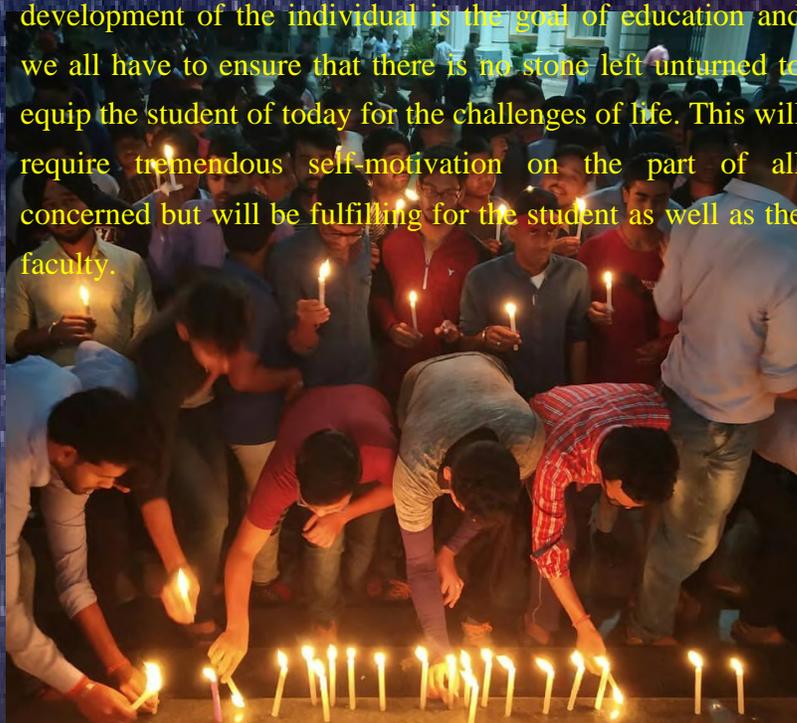
**Chief Editor**  
**Prof.(Dr.) M.K. Roul**  
Principal, GITA Bhubaneswar

**Editor**  
**Prof. Saqti Mohanty**  
Department of Physics



## from the Principal's Desk

GITA, Bhubaneswar presents a happy blend of traditional and modern education where knowledge is imparted to the students so that they may occupy a better place in the modern competitive world and develop all round personalities retaining the beauty of mind and intellect as well as of soul. Empowering students for their all round development through education and co-curricular activities is our sole and cherished motto. Today education does not mean merely acquiring knowledge but demands acquisition of knowledge and skills, building character and improving employability of our young talents and preparing them for future leadership. Challenges and Opportunities are two sides of the same coin. Modern education, curriculum development and teaching methodologies have to keep pace with the demand of the economic environment. The manager, businessman and the entrepreneur of today needs many more weapons in armory. Holistic education should include all round development of a student. Overall development of the individual is the goal of education and we all have to ensure that there is no stone left unturned to equip the student of today for the challenges of life. This will require tremendous self-motivation on the part of all concerned but will be fulfilling for the student as well as the faculty.



# MENTAL WELLNESS...

## A Stress Awareness Drive

city Express

EXDUZZ FEATURES



STRESS AWARENESS MONTH SPECIAL

# LOVE life, not result!

This week, The City Express brings you how students in the city can cope up with stress caused due to peer-pressure, academics and changing environment

### Goals for parents

Parents need to be friendly and assertive at the same time with children in understanding their needs and evaluating their demands.

Improve observation and listening skills to watch and hear the stress symptoms of their children

Maintain a balance between parental expectations and child's performance levels

(Tips from Sayali Mishra, Consultant Clinical Psychologist, Manam Wellness Centre and Somya Mohapatra, chief counselor)

### Express Features

The frenetic pace at which the world is developing and the pressure to catch on has spelt a whole new generation struggling with new-age problems like stress, isolation, burn-out syndromes and an whole array of mental health issues. So, this week as part of our Stress Awareness Month Campaign, we put the

The City Express attended an awareness event organised by Manam Foundation-an NGO committed to mental health-and the alumni association of Gandhi Institute of Technological Advancement (GITA) to understand how stress hampers the life of students.

Students from Utkal University, BJB College and a host of other colleges share their stories of stress and accompanying depression at the event. "Peer pressure, need for validation and conforming to fads are prime stressors. We



Students at Manam Foundation

ment'," said Rosalin, a student of Utkal university.

Ankit, a part-time tutor as well as a student, spoke about quitting his corporate job and finding his way out of the stress of being un-

The event was also attended by faculty members. Saqti Mohanty, professor in Physics at Gita Engineering College shared how engineering students grappled with peer pressure, educational loans and relationship issues in the institutes. "If we ask a student about future aspirations, they often say paying EMIs is their prime concern, which is pretty unfortunate. We are feeding a system that stifles life in every possible way and we need to learn the art of striking a balance," he added.

Institutes in the city are also

tackle stress. For instance, the alumni association of GITA donated therapeutic kits to the NGO for their day-care services. The Association, known as GITA VINTAGE, runs a fund for social work and has come forward to dedicate a portion of the fund for mental health this year.

The City Express also interacted with the heads of some institutions in city to bring students how they can tackle stress. They had wiser ways of dealing with stress, for the students.

"When you study a subject with interest in learning concepts, with objectivity and to solve real problems, you will find education interesting and you are not likely to get

first understand why you are undergoing study of a subject or topic and go through it with interest, meaningfully and not with the objective of passing an exam. If you follow the same while learning a subject, you will also do well in examinations," said IIT Director, Professor R V Raja Kumar.

What bothers students the most is the result. So, the Vice Chancellor of Utkal University, Professor S M Patnaik, urged students not to worry about the results. "You should not be affected by the results. You must do your job with utmost sincerity. Let, the result take care of itself. You must work hard. But, don't get affected by the outcome of the result," he said.

Students from different parts of the country come to Bhubaneswar for higher education. As they come to a new city, they often face difficulties in getting themselves adapted to a new culture. That's also a catalyst for stress! Well, Vice Chancellor of SOA University, Professor Amit Banerjee, had an answer for that. "Stress occurs when the natural equilibrium of any function gets disturbed. Staying away from home is a trigger. They misinterpret the changing circumstances as hostile," he said, urging students to embrace and enjoy the changes. Befriending teachers would also help them tackle the situation, he added.

(Inpus Kasturi Swain)



# Don't Die before Death



Barsha Sarangi

Welcome to the afterhours!  
To the reminder of your mortality,  
If you are here!!!  
With a hundred million stories and songs.  
About how things went and how did it end.  
About how it changed your life with a tale of your existence.  
When you go back to the ocean,  
They will say, everything changed.  
In this God's country, you got a clear sky.  
For the truth of your mortality,  
you saw it when they died,  
But you still exist,  
Filling space and time with your vivid existence.  
You must remember,  
It is the human that makes up humanity.  
Make it a sign of beautiful goodbye.  
Because you are the change.  
Do you still complain? To the realm.  
Or have you learned the language of love.  
Are you a brother of the weakone's?  
Or you still wanna play strong?  
Fear no mortality .  
You are inevitable with the answers  
For it is an opportunity, to translate the reality.  
And not to die before death.

## *a Poem from the Alumnus*

### How I miss her

Distance is a war!  
It has no choice, just a wait for reunion.  
Distance is an illusion,  
You never know when it will over.  
Distance is a cry that cannot end.  
Distance is waiting, that will give you strength.  
It touches everything, to one end to another.  
It connects everything, Like me and my Mother.  
Hey Time, I have been away too long.  
Missing the way, she calms me down.  
When I don't feel myself.  
Sometimes her talks are intense senseless banter,  
That I would never get enough of.  
Missing the extra portion of Gajar Halwa.  
She always saved for me.  
I am missing her cute fat hands,  
That are strong and gentle at the same time.  
Missing her bangles that she never took off.  
It will be a day when I will meet her.  
Probably her wrinkle will be a bit looser.  
It is still going on,  
A little more missing in the shades of April  
That reminds me, I far away from my world.

*Celebrating...*

LOW DECIBEL DIWALI



*Celebrating...*

*International  
Womens' Day*

**HER-IT-AGE**



Celebrating...

Indian Classical Music



SPICMACAY



Surrender  
a painting by Reema Shaw



# e for Environment



## SAILOR'S WIFE

Tanya Arora  
Dept. of CSE

The world of treacherous ways,  
Hard and heavy days,  
More of a bad goodbyes,  
Much about the words adaze,  
One ignores  
In the gardens of bougainvillaea,  
We tried to spend some time in house of criterias,  
Yet the story has some error,  
Both are too poor as bearer,  
One with story and other as writer,  
Maybe he has multiple affairs  
To call himself a philanderer,  
He is well known as seafarer,  
She was go for the adventures,  
I know him as my life terror,  
That wasn't which hurts,  
Just the eyes rolls far as my sailor,  
Still my act is to wait for him near the pier,  
Wave a goodbye and to meet him again,  
Because sometimes the waves play their game.