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Theme: Growth Mindset

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Chief Editor

Sr. Rose Mary Balappa, Principal. T. John College
Dr. Lakshmi, Vice-Principal, T. John College
Prof.Dr. C Karthikeyan, IQAC Director, T. John College

Associate Editor

Ankita Das, Assistant Professor (English)

Message from Chairman



Dr. Thomas P John
Chairman, T John Group of Institutions

Greetings and a hearty welcome to all the stakeholders of T John College!!!

My hearty congratulations to the Newsletter team members. This newsletter presents a new perspective, amidst all the challenges of living in a competitive environment. T John group of institutions has always embarked on a journey towards holistic growth and development of its student community.

In the realm of education today, the growth mindset, or the idea that intellect is something we can improve, is gaining popularity.

According to Carol Dweck's research from 2008, a growth mindset is linked to improved academic performance. Success is more impacted by attitude and the will to perform to the best of one's abilities than by innate talent. When people decide to give up and quit, others remain working and continue to learn from their mistakes by changing their job or thinking. Research suggests that intelligence is only one component of academic achievement. The inherent nature and the ability to attain based on actions are the differences between a fixed mindset and a growing mindset.

The power of our most basic beliefs, whether conscious or subconscious determine much of our personality. Changing our beliefs can have a powerful impact on our lives. A growth mindset can help students and teachers reframe their approach to challenges and stay motivated to work and improve skills. Instead of thinking "I can't do this," they should think "I can't do it *yet*."

Message from Principal



Sr. Rose Mary Balappa
Principal

My best wishes to all the faculty members and students for their contribution to this newsletter.

"Every problem is a gift. Without them we wouldn't grow"- Tony Robbins. A growth mentality entails working hard, learning from mistakes, and progressing. Students who have a growth mindset are more likely to learn from mistakes and see failures as opportunities for useful feedback. A growth mentality is seen to be malleable and is often developed with patience and a strong work ethic. The qualities of grit and self-control are two that indicate success while using a development mindset. How determined a person will be to achieve their goals depends greatly on the mindset they hold in any field. The notion of rigour and hard work should be fostered in students as they advance through the educational system because they encounter many challenges and pressures in a highly global world today. Today's culture is a mixture of the two traits; working together to create a world that is full of successful people. Teachers are handed a mixture of these mindsets daily in the classroom. Between two students, one may have the motivation to persevere, and one may refuse to try when an assignment looks hard. The success of mindset interventions hinges on their

ability to persuade participants to shift their mindsets. With timely intervention, students can develop on their mindsets and teachers can be instrumental in bringing about this change.

Message from IQAC Director



Prof. Dr. C Karthikeyan
IQAC Director, T John College

"A challenge only becomes an obstacle when you bow to it." - Ray Davis
One of the toughest—and least obvious—of the numerous difficulties instructors encounter is student mindset. Teaching pupils to understand, absorb, and apply new information and concepts is difficult. However, the task is considerably more difficult when students are unsure of their capacity for learning. Is it possible to learn more simply by believing you have the capacity to do so? The answer is yes, according to researchers who study growth mindset. The core tenant of a growth mindset—that intelligence is malleable—offers a potent recipe for raising student performance. Students who think they can become smarter and that effort increases intelligence will exert the effort that results in greater performance.

Students gain lessons that stick with them long after they graduate from school, such as the idea that they can always improve their knowledge and overcome obstacles by working hard. The COVID-19 epidemic showed that many of the learning difficulties that pupils would experience are unpredictable. Teachers prepare students for more dynamic work situations and a more complex world by encouraging them to build a mindset that doesn't back down from problems and by teaching them learning techniques that can be applied to any subject or challenge.



Dr. Lakshmi S.R
Vice-Principal

Message from Vice-Principal

Individuals' implicit theories concerning the adaptability of human traits are known as mindsets. According to research, students' perceptions of intelligence and talent greatly impact how they react to academic problems.

The mentality framework compiles research on how people perceive failure and difficult circumstances as well as how they react to them. People with a "fixed mindset"—those who think intelligence and ability are largely unchangeable—respond to failure by withdrawing, disengaging, or sticking with the same approaches despite prior evidence that they have failed. Students with a fixed mindset, by contrast, tend to select performance goals, and safer learning

help them validate their intelligence, and avoid exposing deficiencies to other Students with a "growth mindset" (the belief that one can significantly gain intelligence and ability via experience and effort) frequently respond to scholastic obstacles by putting forth more effort, attempting novel strategies, and seeking feedback. Students that adopt a growth mindset establish mastery objectives and increasingly difficult assignments that encourage the acquisition of new skills.

In contrast, students who have a fixed attitude often choose performance objectives and safer learning situations that allow them to affirm their intelligence and prevent them from disclosing weaknesses to others.

Faculty Message



With Carol Dweck's (2006) theory on Growth Mindset, we now have a science-based superpower to improve our performances in academia. In the rush to grow our resumes, we often forget to grow as academicians. Students can develop and learn more deeply when teachers approach teaching and learning with a growth mindset. Growth-minded educators are convinced in the potential of each and every one of their students. By realising that all students can succeed with work and tenacity, they aid each student in developing as a learner.

It's crucial for educators to recognise a student's effort and process as well as the outcome they obtain while trying to help them develop a growth mindset in their students. This is what Dweck calls "praising the process." "You're so smart," "Wrong answer," and "You're a natural at this" are a few examples of specific words and phrases that encourage a fixed mindset. "You haven't been able to solve this problem yet." "Great use of several strategies to solve that problem." and "Mistakes help you learn." are a few statements and words that encourage a growth attitude.

Students frequently respond by avoiding taking risks with their learning when teachers laud them solely for intelligence, which limits their advancement. On the other hand, when pupils value their effort and diligence, they are more willing to make mistakes, accept challenges, and grow as learners.

Guest Lecture on Performance Management in Digital Marketing

Date: 29-03-2023 **Venue: 012 Seminar Hall**

Guest Speaker: Mr. Shamik Saha, Manager – Performance Marketing, UNA Brand, Singapore

Guest Lecture on Guest Lecture on Campus to Industry

Date: 29-03-2023 **Venue: 102 - A Block**

Guest Speaker: Ms. Asif, CEO and Director of Princeton Smart Engineers Company

Guest Lecture on Job Market for Different Roles

Date: 25-03-2023 **Venue: Main Auditorium**

Guest Speaker: Mr. Rajesh Sheshadri, Chief Operating Officer, of Faleo Inc

Guest Lecture on Overview of Supply Chain Management Analytics

Date: 23-03-2023 **Venue: BHM Seminar Hall**

Guest speaker: Dr. Kiran K, Goa Institute of Management

Guest Lecture on Wildlife Conservation and Awareness

Date: 17-03-2023 **Venue: BHM Seminar Hall**

Guest speaker: Ms.Vasavi Ballakkuraya.Education Officer, Wildlife SOS

Guest Lecture on Design Thinking

Date: 10-03-2023 **Venue: BHM Seminar Hall**

Guest speaker: Dr. Pavan Soni, IIM-B

Guest Lecture on Global Education

Date: 15-02-2023 **Venue: BHM Seminar Hall**

Guest speaker: Ms. Tricha Vatsa, Country Manager – India, Singapore Institute of Management

International Women's Day Celebration

Date:08-03-2022 **Venue: BHM Seminar Hall**

The guest lecture started with the introduction of the speaker Ms. Archana Sonar, Professor T John College of Nursing. The topic is "the biological clock verse the career graph of Women. Some events like group songs, speeches, quizzes, and games were conducted.





Interview Preparation and Video Preparation

Date:27-03-2023 **Venue: BHM Seminar Hall**

Guest Speaker: Ms Neelu, Image Consultant & Transformational Coach, Interviewmate




Soft Skill And Interview Skills

Date:24-03-2023 **Venue: BHM Seminar Hall**

Guest Speaker: Mrs. M. Sowmya, Trainer, Magic Bus & Johshu Daniel Trainer, Magic Bus




The Career Opportunities and the Role of TQM in FMCG sector

Date:24-03-2023 **Venue: BHM Seminar Hall**

Guest Speaker: Mr.Sanath Kumar, Senior Deputy Manager- (Quality Assurance), Unibic Industries Pvt Ltd.




How to Crack a High-Paying Job in Top-Tech Companies

Date: 03-02-2023 **Venue: CTL Seminar Hall**

Guest Speaker: Mr. Hardik Khandelwal, Senior Software Engineer at Google, ex-Amazon.

Hope Foundation orientation

Date: 13-01-2023 **Venue: CTL Seminar Hall**

Guest Speaker: Ms. Sayagamary Jerrcy, Manager, Hope Foundation, Bangalore.

Debate on Union Budget 2023-24

DATE: 02-02-2023

In the view of giving a better insight on the Union Budget 2023-24 a debate was conducted by Department of Management Studies and Commerce.



Innovative design collage by using E-waste

Date:16-03-2021

Department of Computer Applications in association with IIC organized an innovative design collage by using E-waste. A total of 15 models were developed by the MCA students. Dr. Agalya V, Professor/EEE and Associate Head R&D (IPR Cell), IIC 5.0 -President and Dr. Sujin Jose, Associate Professor in Automobile IIC Convener & Innovation Ambassador was invited from New Horizon College as an Investigator. 3 Models were recommended for patent filing.





National Conference Contemporary Research Advancements in Computer Technologies (NCCRACT 2023)

Date:17-03-2021 **Mode: Online**

Department of Computer Applications conducted the National Conference on Contemporary Research Advancements in Computer Technologies (NCCRACT 2023). The paper

presentation was conducted through online mode with 2 Tracks and 23 papers were presented at the conference.

National Science Day

Date: 28-02-2023 **Venue: CTL Seminar Hall**



National Science Day celebration's primary objective is to ignite an interest in science, inspire people, especially students, to perform new experiments, and make them aware of the latest developments in science and technology. MCA students have participated and given a few talks on the topics like Dr. Chandrasekhara Venkata Raman, Artificial Intelligence, Cloud Computing, Internet of Things, and Chat GPT.

Assembly Conducted

Date: All working Days **Venue: Respected Class Rooms**

The Assemblies are conducted by all the respective departments in different topics like Positive Attitude, Right to Education, World Heritage Day, Science Day, National Backward Day, etc.







Industrial Visit

Date: 11-04-2023

Company: Escorts Training & Development Centre (ETDC), Bangalore

Date: 09-02-2023

Company: NIYA Future Digital Skills, Bangalore



Blood Donation Camp

Date: 31-01-2023 **Venue: A-Block 009**

NSS cell of T. John College in association with Narayana Hrudalaya Hospital has conducted a Blood donation camp in the name of "SHARE AND SAVE LIFE". 100 units of blood were donated with support from many student donors, faculties, and non-teaching staff.





Student Achievements
Football Court Inauguration Winner

Date: 10-03-2022

The T. John Group of Institution (TJGI) sports cell has organized a one-day food ball event for the new football court inauguration for all students' community. MCA students has won the Title




Ms. Akshatha A and Ms. Maria Shilpa of 1st M. Com are the winners of Carrom (Doubles), Ms. Akshatha A of 1st M. Com are the winner of Table Tennis at TJC annual sports day on 28th January.

Faculty Development Program on "Research Opportunities in the Hospitality Sector"

The Department of Hotel Management in association with the Internal Quality Assurance Cell (IQAC), organized a national level faculty development program on "Research Opportunities in the Hospitality Sector" at T. John College, Bengaluru, exclusively for academicians with hotel management backgrounds.





The Visa Handover Ceremony

T. John College – Department of Hotel Management got selected for Dubai World Cup 2023 at The Meydan Hotel, Dubai from 26th February 2023 to 28th March 2023. This opportunity will offer students the chance to put what they are learning into action, in a real-world environment and get to know the professional environment.



"Ecofriendly Housekeeping products and services provided in hotels"

A Guest Lecture was organized by the Department of Hotel Management at T John College on the topic "Ecofriendly Housekeeping products and services provided in hotels". The session was delivered by Mr. Mukund Mani, Executive Housekeeper, Keys Select by Lemon Tree Hotel Whitefield, Bengaluru on 07th February 2023.



. **Industry Visit at Shivani Tex Traders Factory**

The students of the current 1st and 3rd semester BHM who are members of Professional Housekeepers association visited Shivani Tex Traders factory Bangalore on 04-02-2023. Industry visit at Shivani Tex Traders organized exclusively for PHA YUVA members by PHA Co-powered by Shivani Textiles Bangalore.



Visit to India Art Festival | A Contemporary Art Fair

Department of Fashion and Apparel Design organized a visit to Visit to India Art Festival | A Contemporary Art Fair, held at Palace Ground, Kings Court, Bengaluru on 9th December 2022



Terracotta Jewelry| A Workshop

A hands-on, interactive experience based class and workshop of jewelry making using earth or terracotta as the source was conducted by Jyothi Palidya. An experienced artist in this art form and this genre gave new meaning to the art form by providing an opportunity to understand jewelry and its generation as a means of entrepreneurship. This workshop provided our students with knowledge on wielding the age-old source to create contemporary jewelry anyone could possess and adorn.




Advanced sewing techniques for trousers| A Workshop

The workshop was one that provided students with the knowledge of pattern making and how utmost knowledge of basic maneuvers in garment construction can create a wearable outcome that proves to be useful in day-to-day life by Mr. Badrinarayan who is expert in Men's wear Apparels from 28 years.




Fashion Illustration | A Workshop

An interactive session on art and illustration was conducted by Mrs. Veena. The workshop included learning various forms and styles of illustration related to the genre of fashion and style. During the workshop the students also mimicked the illustrative techniques to create their own beautiful expressive renderings which led to the improvement in their illustration styles and also brought life to their drawings.





Visual Merchandising | A Visit

A visit to the forum mall at Konankunte cross was held on the 11th of April 2023. The purpose of the visit was to observe and perceive the various techniques that are used for visual merchandising. Visual merchandising has evolved into an art form these days. And this form of art was thoroughly investigated in this visit. This included visiting clothing stores, merchandise chains, accessory stores, lifestyle stores etc and understanding the pulse of the customers. The students observed the same and have thoroughly created a well organised report on the same.



Faculty Paper Publications

1. Dr. Dinakaran, published a paper titled ***Effective hybrid feature subset selection for multilevel datasets using decision tree classifiers***, International Journal of Advanced Intelligence Paradigms&Taiwan, ISSN: 1755-0394, Vol. 24, Nos. 1/2, 2023. (Scopus Indexed).
2. Ms. B. Manimekala published a paper titled **Secured Data Transmission and Detection of Attack in Vehicular ADHOC Network using Diffie Hellman Key (DHK) Algorithm**, "Shodha Prabha ISSN: 0974 – 8946, Vol 48, Book No. 03, 2023"

SL.NO	FACULTY NAME	PAPER PRESENTED- TOPIC
1	Ms. Neelima Bhoomkar	"A Study on the Effects of Logistics Management on Supply of Electronic Devices in Bangalore City".
2	Dr. Monica S	"E-Filing of Returns: Assessee Awareness level Towards Tax Planning with Special Reference to Academicians".
3	Mr. Akhilesh Gowda Y N	"E-Filing of Returns: Assessee Awareness level Towards Tax Planning with Special Reference to Academicians".
4	Ms. Anna Benjamin	"Exploring Study on Awareness of application of Green Accounting in Factoring Environmental Costs and Its Impact on Indian Economy Among Students of Commerce and Management".

Students with Placement and Internship

SL.NO	REG.NO	NAME	PLACED COMPANY
1	MCA214959	Amal Sudhakar	TS (the software) works
2	MCA214965	Jishnu K B	TS (the software) works
3	MCA214987	Bharath Kumar R	Royaloak incoporation PVT. LTD.
4	MBA214012	Sheetal	Bodycraft
5	MBA213973	Alan Joe Sajan	Techlang
6	MBA213952	Shimjith Shoby	Techlang
7	MBA213955	Silpa Paul	Lourdes Hospital
8	MBA213961	Sajin Babu	Techlang
9	MBA213970	Nirmal	Hustle Hub
10	MBA214025	K M Bindushree	Tech Mahindra
11	MBA213965	Alan Benny	Studio 772
12	MBA214029	Lavanya B C	Movate Technology Pvt Ltd
13	MBA213962	Sonu P R	Tally Tech
14	MBA213981	Blessy M Chandy	Kinship Health Care
15	MBA213974	Ans Kurian	Kinship Health Care
16	MBA213954	Akshay Raj	KikBit
17	MBA213953	Sibins M George	Align Infotech
18	MBA213966	Mohammed Risam	Build wares
19	MBA214016	Anandhu Santosh	Coffee routes
20	MBA213967	Aslam Munthas	Envertiz consultancy
21	MBA213979	Pranav	Macom
22	MBA213988	Athul K S	Bluechip gulf
23	MBA213956	Rega Jaison	JSY constructions
24	MBA213977	Georgekutty Reji	Alturist Technologies Ltd
25	MBA213978	Jerrin Sunny	Tasteful Foods Pvt Ltd

26	MBA213957	Vysakh M	Steyp Pvt Ltd
27	MBA213983	Jerry David	Altruist
28	MBA21396	Ajil Philip	Altruist
29	MBA213972	Primya	Allianz
30	MBA213984	Jickson P Shaji	Allianz
31	MBA214013	Sowndarya S T	SKILL VERTEX
32	MBA213968	Anoj S Rajan	SKILL VERTEX
33	MBA213960	Binju	Clini Research Institute
34	MCO215957	Srinath S.V.	Sri Bhairava Enterprises
35	MCO215955	Sparsha G	Bajaj Allianz Life Insurance
36	MCO215956	Kusuma A.	Bajaj Allianz Life Insurance
37	MCO215958	Geetha M.	Bajaj Allianz Life Insurance
38	MCO215959	Janaki Y.	Bajaj Allianz Life Insurance

SL.NO	REG.NO	NAME	INTERNSHIP
1	MCA214992	Anusha BS	Global Quest
2	MCA214985	Bhagyashree Salolli	Global Quest
3	MCA214999	Neha Kumari	Global Quest
4	MCA214979	Bharathi P	Global Quest
5	MCA214972	Ebenezer L	Tap Academy
6	MCA214975	Jonathan Robert	Tap Academy
7	MCA214976	Aishwarya S	Tap Academy
8	MCA214981	Dharani D	Tap Academy

NEW INTELLECTS ON BOARD

T John College welcomes you to the Team!!!

Department of Commerce:

Ms. ANKITA DAS

She joined T. John College, Bangalore in February 2023. She has qualified M.A (English Literature) from Cotton College, Guwahati and M.Phil. (English Literature) from Utkal University, Odisha. Currently, she is pursuing Ph.D. in the areas of Victorian Literature and Travel Writing from the Indian Institute of Information Technology, Guwahati. Her research explores the private lives of British Memsahibs through seventy-five years of travel and memoir writing. She has published and presented papers in several reputed journals and conferences in India and abroad. Apart from this, she has worked for publishing houses in India and New York for six years, where she has written and edited several books, research journals, and magazines.

MRS. SARIMOL

She joined T. John College, Bangalore in 6th February 2023, She completed her Post graduate of English Language and Literature from Sree Sankaracharya University of Sanskrit, Kalady in 2006. And also secured Masters in Mass Communication and Jounalism from Bharathiyar University in 2022. She had completed B.Ed in English in 2007. She completed my Bachelor's Degree in English in 2004. In addition to this, she did Advance Diploma in Software Technology. She had worked as Assistant Professor in English at Sacred Heart College, Thevara for the period 2007-2009 and I had been working at MES College Kunnukara, Alwaye as the Head of the Department of English since 2012. She celebrates her birthday on the 2nd of August.

MS LAVANYA MARY

She joined T. John College, Bangalore on 20th March 2023. She completed M.com from Christ (Deemed to be University) Bangalore and has qualified UGC NET. She began her teaching career with teaching practice at Christ University. She has 3.5 years of teaching experience and 2 years of industry experience. Her core papers are Banking and Insurance, Direct and Indirect Taxation. She has handled finance, marketing, and quantitative technique papers as well. She has attended, presented, and published papers at various national and international conferences. She celebrates her birthday on the 27th of November.

M.G NAGARAJU

He joined T. John College, Bangalore on 10th April 2023. He pursued his M.Com, specializing in Accounting and Taxation from the Department of Commerce, Central College, Bangalore University; MBA, specializing in International Business; PG Diploma in Financial Management and is pursuing Ph.D. in the area of Finance. He has an academic experience of 13 (Thirteen) years at UG & PG levels. He has presented papers at various national and international conferences and published articles in reputed journals. His area of Interest is Accounting, Taxation, Finance, and Equity Analyst. Completed NCC ARMY Direct-Commission Training course at Officer Training Academy Kamptee in Nagpur, took on the Lieutenant Rank in 2012, served as Associate NCC Officer, Appointed as NCC Officer in DSBA. KEY ESTABLISHER OF NCC ARMY WING UNIT at Dayananda Sagar Institution & Seshadripuram First Grade College. Trained more than 1000 cadets and 10 Plus cadets have been represented most prestigious camps YEP, RDC, TSC, and ARMY attachment camps and cadets got the National & International Exposures. He celebrates her birthday on the 05th of April.

Department of Computer Applications

MR. R. SARAVANAN

He joined the department on 03-04-2023, He has an academic experience of 13 years and 1 Year of Industrial experience. He has completed his M.Phil(CS) in Periyar University. He has taught both at the Graduate and Post-Graduate levels for courses affiliated with Bangalore University. He is an organized and dedicated professional with proven skills in teaching, guidance, and motivation with an ever-approachable nature. He specializes in his areas of interest namely Wireless Sensor Networks, Artificial Intelligence. He is quite passionate and has an avid interest in research. He has attended various workshops and conferences both at the National and International level. He has also presented and published papers in journals of high repute. He celebrates his birthday on 30th June.

MS. K. SANGEETHA

Ms. K. Sangeetha joined on 10.04.2023 is a B.Sc. (Computer Science)., MCA., B.Ed. graduate having 3 years of Academic experience with the skill of creating an engaging learning environment for students where they can improve their skills and knowledge about the subject and can master in their specific fields without compromising the outcome. She had taught C++, Python, Basic PHP, and HTML also served as a cultural coordinator in previous workplaces, and was a mentor for the cultural students. OOPS, Programming Languages (C, C++, Python, JAVA), HTML, and Computer Networks are her areas of interest. She was celebrating her Birthday on 29th February.

Department of Fashion and Apparel Designing

Mrs. Ramandeep Kaur, Department of FAD, Assistant Professor



Department of Hotel Management



Mr. Sanjeev Kalkho
HOD, Dept. of Hotel Management



Ms. Srabanthi
Asst. Prof, Dept. of Hotel Management



Mr. Balakrishnan, Assistant Professor, Dept. of Hotel Management
B.Sc., (HM&CS)., M.Sc. HM&CS, (Ph.D.) in Hotel Management,
Pursuing Ph.D. in Hotel Management at Sunrise University, Alwar.

PLACEMENT

Rakhi Shaw from 3rd year FAD was placed in Reliance Retails under the Trends heading as a senior executive of visual merchandising with 3LPA.

