

KESHAV SMARAK JUNIOR COLLEGE

DECEMBER



GENERAL SINGH DHILLON



SRINIVASA RAMANUJAN



Merry  
CHRISTMAS

*Wishing you a Christmas brimming with love  
joy, and cherished moments*

Consists of  
articles,  
artwork, events  
happening at  
kSJC and many  
more



# lecturer's message

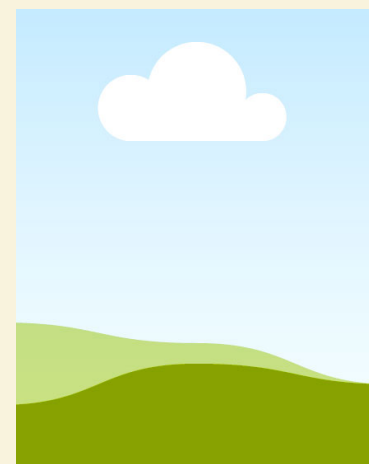
## EXAM STRESS AND HOW TO BRUST IT

Exam season has started. Students feel the pressure and stress to perform their level best in competitive exams like JEE, NEET, EAMCET, CLAT, etc. Students feel pressure due to the expectations of family, friends, and peers. If you want to succeed in your target exam, you must ensure that you choose the right steps for dealing with exam stress.

The stress in the body and mind leads to various physical reactions in the body.

### REASONS FOR EXAM STRESS:

- \*Worry of failure
- \*Lack of proper preparation
- \*Worry to perform well in competitive exams
- \*Don't have much time to study
- \*Lack of achievement of desired results
- \*Reduced self-confidence
- \*Find it hard to understand the related topics
- \*A lot of pressure from the family's end to score a particular range of marks



These reasons are primarily responsible to cause stress in student lives.

The crucial part is the ways of dealing with stress.

In the case of some students, exam stress acts as a catalyst that works towards pushing them harder towards their goals. On the other hand, exam stress works like a discouraging factor for certain students who are unable to handle such stress-inducing situations at the right time. It all comes down to how you will deal with this exam stress and not let this stress affect you in any form.

Some proven habits, practices, and strategies can allow students to overcome their worries of performance and they can avoid wasting their time to manage stress and anxiety

1) **KNOW THE EXAM SYLLABUS AND EXAM PATTERN WELL:** Most of the time, the reason for stress is a lack of awareness. The information associated with exam will help you stay clear in your head about what you must expect from the exam. Revision with appropriate speed and make short notes helps.

2) **SET REALISTIC GOALS**

3) **KEEP YOUR BODY ACTIVE AND HEALTHY:** Research studies have shown that when an individual is stressed, the adrenal gland releases cortisol (a stress hormone) to manage it. Have a healthy and nutritious food and avoid spicy intake. Warm up exercise is a must.

4) **HYDRATE YOURSELF:** Drink good quantity of water.

5) **ENJOY THE SUN:** Decent exposure to a minimum of 15 minutes of sunlight per day(preferably morning sun) offers the required energy, satisfaction, and hormonal balance in the long run.

6) **TIME MANAGEMENT:** It is important to utilize time wisely right from the beginning of competitive exam preparation and while writing exam.

7) **BELIEVE IN PROGRESS AND NOT PERFECTION.**

8) **STAY POSITIVE AND TAKE THE GUIDANCE OF The Teachers OR MENTORS REGULARLY.**

Always keep in mind – It is not the load that breaks you down, but the way you deal with it.

Signing off,  
- Ranganadham Bhadriraju  
ACADEMIC DEAN & IIT MENTOR  
- KSJC.



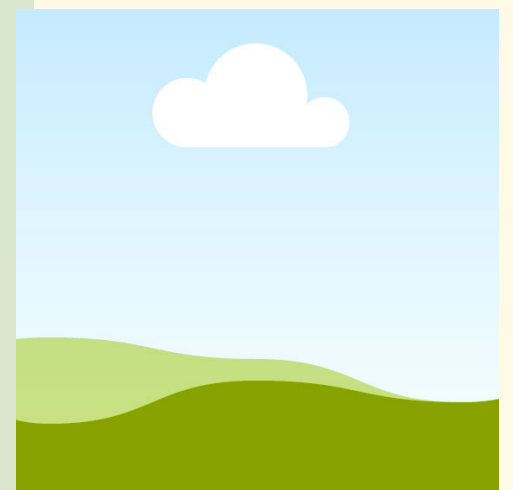
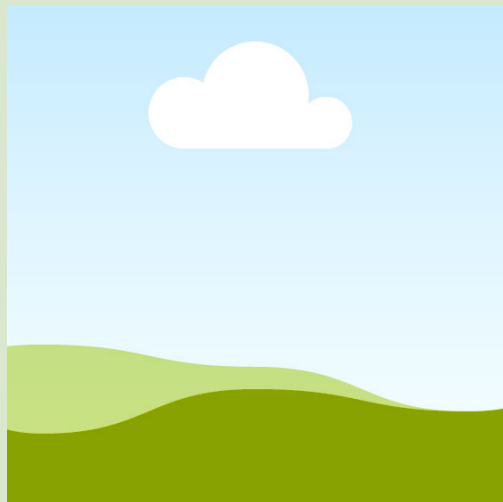
# EVENTS HAPPENING AT K&JC

## ZAIKA



Our college hosted a food festival named zaika on 24 December 2023. There were upto 24 food stalls arranged by our students. Students arranged delicious food which were brought. There was a tasting taste done by lecturers. The most sold food by the stalls were given 1&2 prizes.

## CULTURAL FEST



The cultural festival was held on 24 December, 2023. Students show cased there talents by dancing and singing . Our special guest was \_ . Many group dances, solos and singing performances were performed. Later the best performances were awarded.



**EVENTS  
HAPPENING AT  
KSJC**

# Khel mahotsav



Khel mahotsav or sports day was conducted on 31 December, 2023 on KMIT ground from 9:00am to 4:30pm. Badminton, volleyball, basketball, chess, football, tug of war, khokho and kabaddi were played by both boys and girls. Prizes were given at 4:30 pm for the winners. All students were active and kept the spirit alive.







# Merry CHRISTMAS



Certainly! Christmas is a widely celebrated holiday that holds immense cultural and religious significance across the globe. Rooted in Christian tradition, it commemorates the birth of Jesus Christ. However, over time, it has evolved into a festive occasion celebrated by people of various faiths and cultures.

The spirit of Christmas is characterized by themes of love, joy, generosity, and togetherness. It's a time when families and friends come together, exchanging gifts, sharing meals, and creating lasting memories. The decoration of homes with colorful lights, ornaments, and Christmas trees is a cherished tradition, symbolizing hope and warmth during the winter season.

One of the hallmark traditions of Christmas is gift-giving, which is a gesture of love and appreciation. People engage in acts of kindness and charity, reaching out to those in need, emphasizing the spirit of giving and selflessness.

Carols and hymns are sung, filling the air with melodies that capture the essence of the season. Churches hold special services, recounting the story of Jesus' birth and emphasizing the spiritual significance of Christmas.

Santa Claus, a legendary figure derived from Saint Nicholas, plays a central role in many Christmas celebrations, especially among children. The image of Santa delivering gifts to well-behaved children on Christmas Eve adds an element of magic and excitement to the holiday.

The significance of Christmas extends beyond religious boundaries, fostering a sense of unity and goodwill among people worldwide. It's a time when differences are set aside, and individuals come together to embrace the values of compassion, forgiveness, and understanding.



**-R. Mithra, JAM**

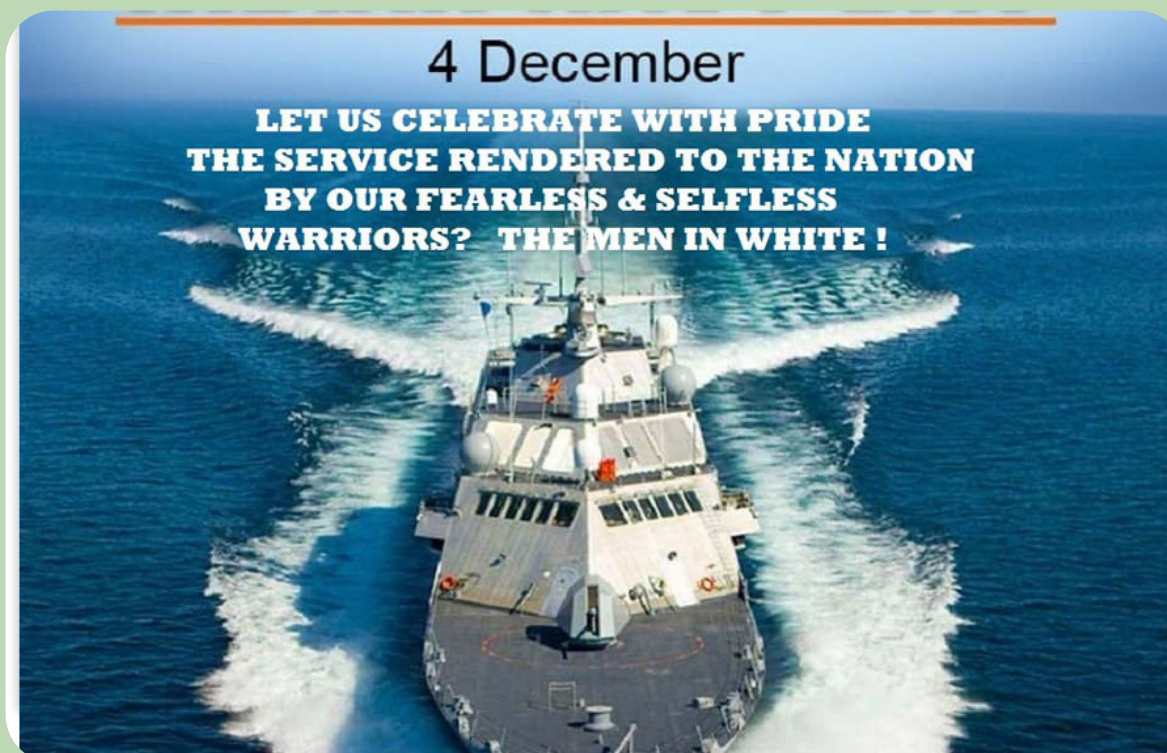


# Indian Navy day

Navy Day in India is celebrated on 4 December every year to recognize the achievements and role of the Indian Navy to the country. 4 December was chosen as on that day in 1971, during Operation Trident, the Indian Navy sank four Pakistani vessels including PNS Khaibar, killing hundreds of Pakistani Navy personnel.

During the days leading up to Navy Day, during Navy Week and the days prior to that, various events take place such as an open sea swimming competition, ships are open for visitors and school children, there is a veteran sailors lunch. The Indian Navy is the naval branch of the Indian Armed Forces and is led by the President of India as Commander-in-Chief.

The Indian Navy has an important role in securing the marine borders of the country as well as enhancing the international relations of India through seaport visits, joint exercises, humanitarian calamity relief and so on. The modern Indian Navy is undergoing a speedy renovation in order to improve its position in the Indian Ocean region. The strength of the Indian Navy includes over 67,000 personnel and about 150 ships and submarines.



-V. Amulya  
JAM

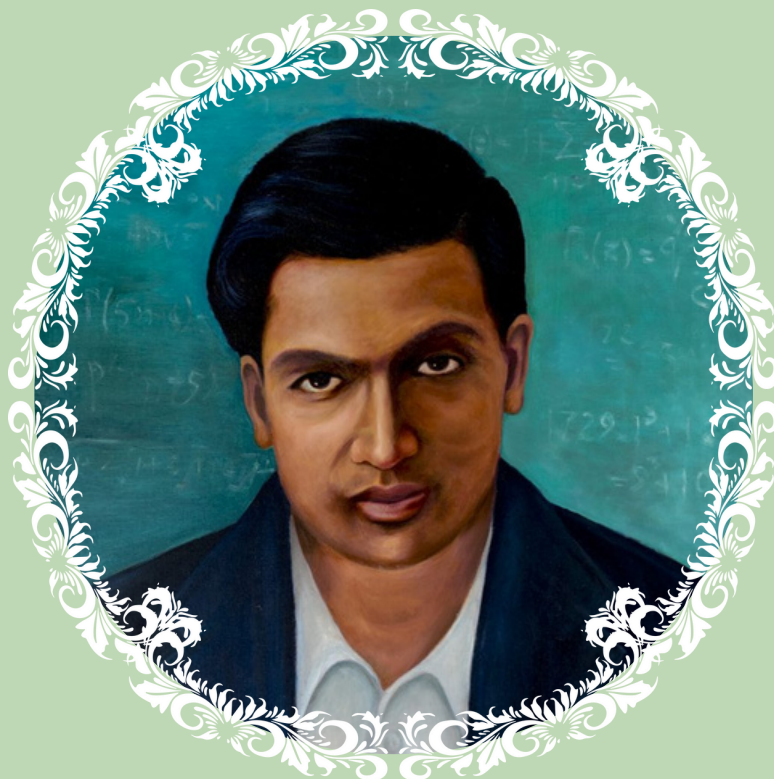


# RAMANUJAN: THE MAN WHO KNEW INFINITY

## MATHEMATICS DAY

Srinivasa Ramanujan (1887-1920), the man who reshaped twentieth-century mathematics with his various contributions in several mathematical domains, including mathematical analysis, infinite series, continued fractions, number theory, and game theory is recognized as one of history's greatest mathematicians. Leaving this world at the youthful age of 32, Ramanujan made significant contributions to mathematics that only a few others could match in their lifetime. Surprisingly, he never received any formal mathematics training. Most of his mathematical discoveries were based only on intuition and were ultimately proven correct. With its humble and sometimes difficult start, his life story is just as fascinating as his incredible work. Every year, Ramanujan's birth anniversary on December 22 is observed as National Mathematics Day.

**-V. Meenakshi  
JAM**





# UNSUNG HERO

## JOGINDER SINGH DHILLON

JS Dhillon (19 November 1914–20 November 2003) was an officer in the British Indian Army and then the Indian Army. Dhillon Born in Jat Sikh Family. He was the first Army officer to be awarded the Padma Bhushan, given for his role in the 1965 India-Pakistan War, where he was the general officer commanding corps (XI corps). Dhillon, as commander of XI Corps, was responsible for the Punjab sector during the 1965 India-Pakistan War.

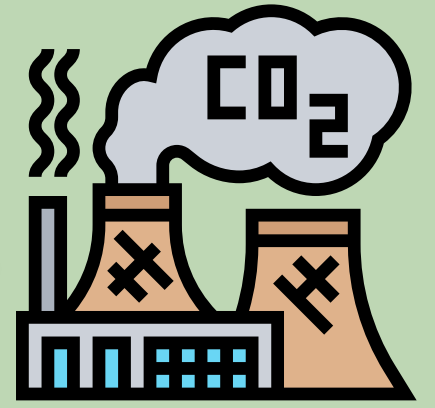
He is credited in producing and conducting the battle plan that destroyed or captured over 100 superior Pakistani battle tanks, turning a potentially dangerous defeat into victory, as the Pakistani tanks were poised to head for the Beas Bridge and then on to Delhi. Dhillon was awarded the Padma Bhushan in 1966 for his role in the 1965 war, becoming the first Army officer to receive the award. Dhillon was married for 62 years to his wife Minnie, who survived him after his death, aged 89, on 20 November 2003. They had three daughters.



**-Jhanvi shah  
JAM**



# NATIONAL POLLUTION DAY



The National Pollution Control Day or National Pollution Prevention Day is observed on December 2 every year in India. The objective of the day is to raise awareness about the different measures to control pollution and the prevention of industrial disasters. National Pollution Control Day is especially observed in the memory of people who died in the Bhopal gas tragedy of 1984.

## History of National Pollution Control Day

Regarded as one of the worst industrial environmental catastrophes in the history of India, the Bhopal Gas Tragedy took place on the intervening night of December 2 and 3, 1984, when a deadly gas, methyl isocyanate, leaked from Union Carbide India Limited's pesticide facility in Madhya Pradesh. It resulted in more than 3,700 deaths with over 5 lakh people being exposed to the toxic gas.



-N. Laasya  
JAM

# Art works



**-Jeevin Chauhan**  
**jr.shikhar**

**Laasya.N -**  
**JAM**







**-K.N. Shreshta  
JAM**

**Divya swarna-  
jr.shikhar**





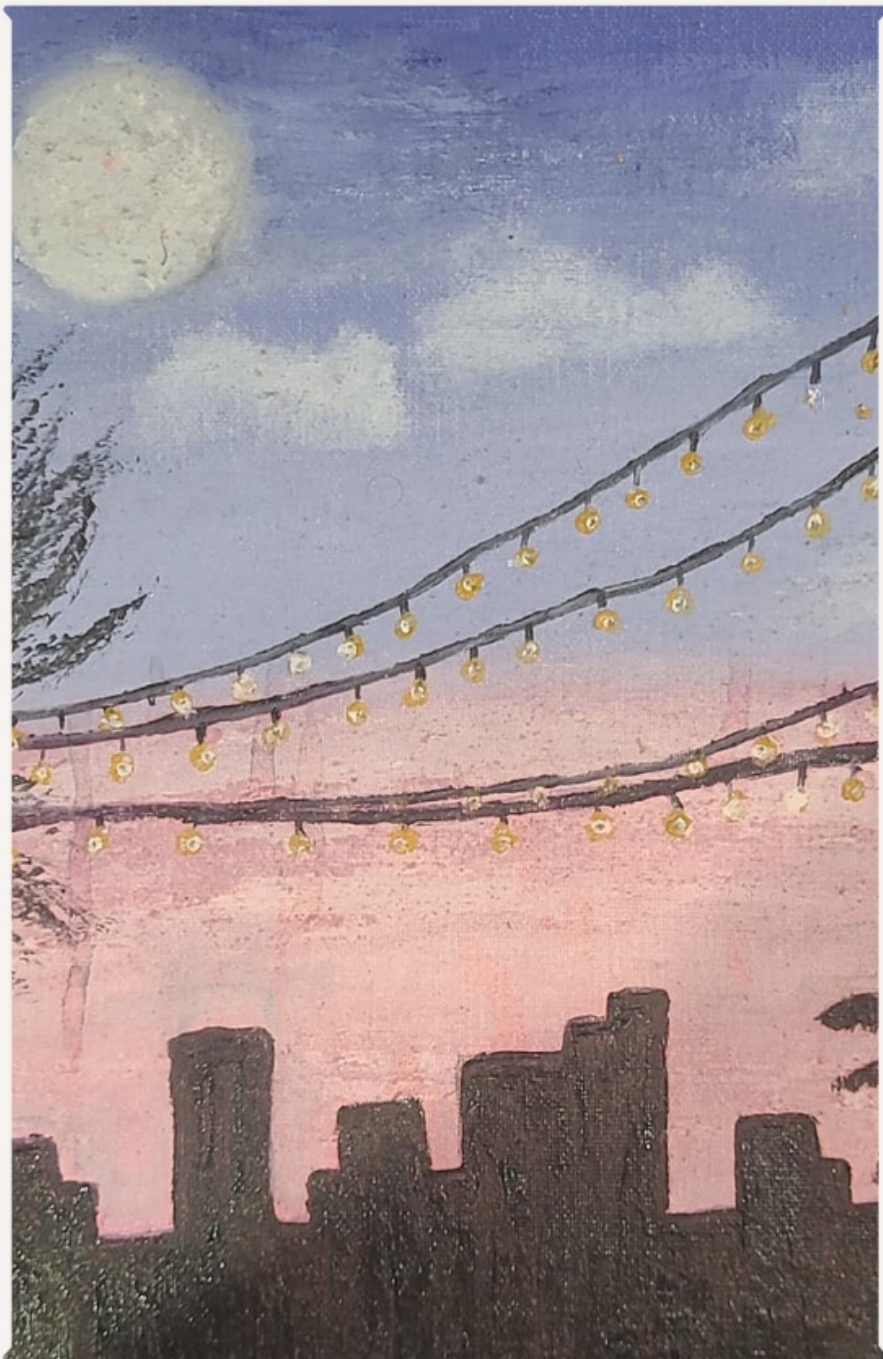
# Art by Vendasri Velikanti

Vendasri Velikanti is a student at KSJC who is looking to pursue a Bachelor of Design in Animation (B.Des).

One significant reason is the art of storytelling through animated visuals. Animation breaks down complex emotions into understandable visuals.







**-by Vendasri Velikanti  
SL 2**



## —CREDITS—

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for guiding and helping us

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and principal Dr.V. Sunil Kumar sir  
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encouragement.