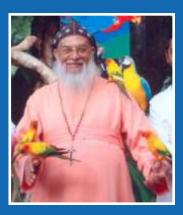


Our Leading Light

Founder Manager





H. G. Dr. Stephanos Mar Theodosius of Blessed Memory (02.10.1924 - 05-11-2007)



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MGM Darpan - Insights from the MGM Group of Institutions | 3

FROM THE DESK OF DIOCESAN EDUCATION OFFICER....

Which is the most serious threat faced by humanity now?

If we pose the question, 'Which is the most serious threat faced by humanity now?', the answers might be pandemic, war, poverty etc. Indeed these are challenges we face. At the same time the threats posed by Climate change are innumerable and catastrophic. Over decades we used to ignore the threats of climate change as it was relatively slower and less visible to common people in comparison to the effects of war.

The discussions about the causes and consequences of climate change were limited to academic circles. But the situation has changed as the ill effects of climate change are much visible and directly felt by the common man. The rising temperatures worldwide, shrinking of glaciers, increase in droughts and floods, untimely and unprecedented rainfall are some of the signs of the great threat of human induced climate change. Tackling this issue is not only the job of governments or world organisations, but also the duty of each one of us, including the students. Hence the present as well as the next issue of MGM Darpan would be mainly dealing with 'Climate Change & Its Solutions'.

MGM Group of institutions is expanding its presence in the field of Higher education with the opening of one more College. St. Thomas College, Kailash Nagar, Bhilai has got permission from the State government and University to function from this session. The new college offers undergraduate programmes viz., BBA, BCA, B.Com and B.Sc at present. The College The College is Wi-Fi enabled and has well -equipped seminar and multipurpose halls. The College takes pride in providing a clean, safe and green campus with all the state-of-the-art facilities. It provides separate hostel facilities for girls and boys in its vast campus.

As the Schools are back into normal functioning and regular activities, our group's initiatives such as Logos Olympiad and MGM Fest (sports events) are scheduled to be conducted this session. The details shall be shared to the schools soon. We hope for increased participation of students both in Logos Olympiad and MGM Fest.

Fr. Dr. Joshi VargheseDiocesan Education Officer



Metropolitan Dr. Joseph Mar Dionysius SST

President, Ecological Commission, MOSC Director, MGM group of Edu. Institutions

Introduction

The very recent Study Report of Inter-Governmental Panel on Climate Change (IPCC) that released in the second week of August 2021 (Aug 9th 2021) in Geneva by a team of 234 Expert Scientists, points towards an intense alarming 'Environmental Casualty' as far as our living Planet the 'Earth' is concerned (IPCC Report on Climate Change is being published in an interval of every Seven Years). It is our great advantage and honour that 'Indian Climate Model' was used for the first time to prepare this report, which is developed as 'Earth System Mode' (ESM) by Indian Institute of Tropical Meteorology (IITM) at Pune. The Centre for Climate Change Research (CCCR) under IITM actually developed this ESM, which is co-ordinated by Dr. R Krishnan, the Head of CCCR and Mrs. Swapna Panicker, the Senior Scientist CCCR along with Dr. Roxy Mathew Koll, Lead Author of the IIPC Reports and top 2% of scientists ranked by Stanford

University. The use of Indian Climate Model for preparing the report has dual significance— (1) We could able to note the special features of India properly in the Report, and (2) We could also able to ensure our representation genuinely in the Report. This paper is a humble attempt to introduce the recently released IPCC StudyReport on Climate Change and Ecological Concerns and its alarming Environmental Casualty. The discussions are carried out in the following sub-titles:

- •The Anthropocentric and Anthropo-mediated Eco-crises
- •The Climate Change and other serious Ecological Concerns that lead to Environmental Casualty
- •India's Climate Imperative with special emphasis on Kerala scenario
- •The IPCC Study Report and its alarming Features
- Adaptive Climate Resilience and Mitigation of Environmental Damage

1. The Anthropocentric and Anthropo-mediated Eco-crises

We are living in a modern age of LPG (Liberalisation, Privatisation and Globalisation) and IT (Information Technology). The growth and fast development of Science and Technology are not a fiction now, but an acceptable reality. Excepting the 'Ecosystem People', our modern human society has become mere mechanical and unnatural human society, more industrialised, computerised, mechanised, which is far away from eco-friendly approach and attitudes in life. Modern man is least bothered about the peaceful future existence of his and his succeedinggenerations, and the very sustenance of life on this green Planet, the Earth. The most modern technological contributions like artificial intelligence, Data mining, Robotics, Internet-off things, Genomics, DNA technology, Bio-informatics, Medical innovations etc. revolutionise human society and life pattern on one hand and on the other, damage the non-human created orders, balanced eco-systems and rhythms of life irreparably. We conveniently forget our moral obligation of handing over the unspoiled Biosphere to the subsequent communities, which is really inherited from our fore-fathers and at the same time borrowed, to be returned, from our younger generations. The anthropocentric and Anthropomediated plundering of Earth and its natural resources to satisfy human greed,

pleasurable luxury life has worsened the situation further. Consequently, we are now exposed to various sorts of crises at different dimensions and magnitude in our society. 'Ecological Crisis' or in short 'Eco-crisis' is the most crucial one among all other crises related to economics, terrorism, territory, ethnics, Psychology, informatics, medication etc. In fact, Eco-crisis, either directly or indirectly, influences other crises and it is being inter-related with others in one way or other. The exploitation for unbalanced development causes the ecological crises and the consequent environmental challenges that we have to face today. Some serious ones are the following:

Pollution: Ever increasing emissions of all sorts of pollutants and carbon into the environment from diverse sources almost choked out the ecosystems. Industrialization, urbanization, chemical farming and fossil fuel-based automobile are the driving forces behind the increasing pollution. The sociocultural changes happening along with the urbanization is the real issue to be curbed. Pollution leads to diseases, disappearance of species and irreversible loss of natural resources.

Deforestation: Today's non-sustainable development schemes need more land to expand itself, creating peak deforestation pressure. The dwindling forest resources threaten the natural bio-geo chemical cycles and aggravating the carbon emission that lead to the global issues like climate change.

Agriculture that kills Nature and health: The so called 'chemical cultivation' is the rule of the day. Poisoning of earth, water and air with multi forms of agrochemicals, leads to irreversible changes to ecosystems of the Nature. Diseases and health problems ranging from diarrhoea to cancer are becoming common everywhere like common fever. Viral and Bacterial Epidemics are of frequent occurrence. Detrimental Aids-like novel viral and bacterial infections are day by day emerging.

Lifestyle issues: According to World Health Organisation (WHO), physical inactivity is the most important health burden of 21st century. A number of lifestyle diseases are common in every community such as diabetes, obesity, high pressure, and cardio-vascular diseases etc.

Impacts of urbanization: The changing pattern of human life leads to land use pattern, solid waste management issues, sewage problems etc.

Global environmental issues: Global issues such as ozone depletion, greenhouse effect, global warming and climate change have definite impact upon every ecosystems of the biosphere.

All these areanthropogenic, resultant of human activities, direct or indirect, have a cumulative negative impact on environment and its sustenance. We are responsible for everything. The 'Global Warming' and the related 'Climate Change' that we experience today is a sheer ecological reality. It is the sedimented cumulative impact of all the human-based Eco-crises resulted out of human greedy and exploitative intervention of Environment and its resources for generations.

2. The Climate Change and other serious Ecological Concerns that lead to Environmental Casualty.

'Climate change' is one of the biggest environmental threats today looming over humanity and all created orders of flora and fauna. The 'greenhouse effect' and the consequent warming of Biosphere by naturally produced CO2 and GHGs is a natural phenomenon, which is tenable throughout the history of our Planet and it is for keeping Earth's surface warm for maintaining optimum ambient life temperature. But the currently facing sudden rise in the average global temperature is due to the rapidly accelerating addition of CO2 and GHGs into the atmosphere from the greedy human activities. Global warming that led to Climate Change is literally the warming of our Planet caused by a steadily thickening blanket of gases such as CO2, Green House Gases (GHG) like CH4, CFC etc. and other air pollutants (all together called 'Hot-House Gases, HHG') that is building up in the atmosphere due to man-made exploitative consumerism at all levels. This blanket of HHG traps the sun's heat and causing our green planet to warm up. Industrialized nation emits the greenhouse gases beyond the carrying capacity of Nature. For example, developed nation like U.S. produce 2.5 billion tons every year. The second largest source is automobilerelated which creates 1.5 billion tons of carbon dioxide annually. In fact, the developed nations emit greenhouse gases than the undeveloped and underdeveloping nations.

All over the globe, we are witnessing today a series of clear cut changes in traditional geographic and other environmental factors dependent climate

that prevails on earth's surface. 'Climate', in general meteorological terms, is the average weather in region over a period of at least three years—three decades. The Climate that affects from day today is influenced by a number of factors, at least two-(1) latitudinal changes verses amount of solar radiations and (2)seasonal movements of air masses within the atmosphere, resulting in change of temperature and precipitation such as rain, hail (frozen-rain) and snow. 'The continuously evolving Earth and its biosphere' is a real fact in geological history. From the time the Earth formed, there have been ongoing changes to every feature—its structure, profile, atmosphere, oceans, continents, climate and biodiversity (life forms and their life patterns). These changes over longer periods of time are recorded in geological sedimentation of Earth. Normally the climate changes over longer periods of time due to constantly changing three aspects—(1) configuration of the continents and oceans, (2) bio-geochemical cycles and (3) cycles of drought-famines, raining-floods and winterglaciations. There are also climate changes over lesser periods of time, from years to decades, due to meteorological changes and shifts.

The strange and unexpected weather and geographic phenomena and calamities witnessed over the few past years which, scientists have been attributing to the impacts of climate change. Apart from the natural calamities, man-made alterations of the environment, non-sustainable developmental activities without considering the existence of natural co-ordinated liferhythm, intra and inter-relations and quality of life, application of modern technology to enhance human greed and luxury, industrialization and associated factors, habitat alterations and degradations, indiscriminate exploitation of natural resources etc. have been the root causes of climate change. Anthropogenic factors, hence resulting in climate change that we experience today was once equated and simply described as global warming, but we now realize that the changes associated and ahead go far beyond temperature alone. It affects a wide range of geographical, physical, chemical biological factors and consequently negatively influences the quality and quantity of life forms of our planet, the earth. In a recent study report, Sir Nicholas Stern, a British economist, and other well-known Environmentalists worldwide have revealed some mind boggling Statistics and Information.

 Average global temperature could rise about 2-5 degrees Celsius over the next Fifty years.
 To be Continued on Page 25



CLIMATE CHANGE: PLANT- PROMISES, SURPRISES AND SOLUTIONS

Dr. Vinita Thomas

Department of Botany St. Thomas College, Bhilai

t's time we accept the earth is becoming warmer day by day. The pretty glaciers have started to melt, greenhouse gases are clouding the world, the sea levels are rising and global warming is right upon us. These atmospheric conditions are extreme or intense enough which may lead to loss of life. Climate change can affect the composition and function of an ecosystem. Rising temperatures lead to more frequent droughts, wildfires, and invasive pest outbreaks, leading to the loss of plant species and lowered productivity. For example: increased number of heat waves like the ones which occurred in the summer of 2022 will be stressful for plants, causing them to be less productive. This condition could be even worse if we do not control it.

Plants have a central regulatory role in the control of climate: they did yesterday, they do today and they certainly will in the future. If we continue to destroy the Earth's vegetation, by felling forests and destroying wet lands, we will suffer dramatic climate change that is global warming.

PROMISES

During this time of climate uncertainty, it's important to realize the promises plants keep helping mitigate the effects of climate change. Plants play a critical role in climate system by pulling CO2 out of the atmosphere in two ways. Firstly plants carry out photosynthesis, which converts CO2 into plant biomass that store carbon thus help reduce the greenhouse gases warming the planet. Terrestrial and oceanic plants are considered carbon sinks because of their ability to store carbon dioxide from the atmosphere. Secondly plants increase rates of silicate weathering, the chemical reaction that breaks down rocks and in doing so removes CO2 from the atmosphere. Non-vascular plants (mosses) increase rates of silicate weathering. These simple plants in fact increase the weathering of silicate minerals. Forests influence climate changes largely by affecting the amount of carbon dioxide in the atmosphere. When forests grow, carbon is removed from the atmosphere and absorbed in wood, leaves and soil.





SURPRISE!! EVEN PLANTS CAN CONTRIBUTE TO GLOBAL WARMING

Today's carbon dioxide levels cause the plants to behave in a way that actually contributes to global warming. Increased carbon dioxide levels cause plants to retain water that otherwise would have evaporated from their leaves, entered the atmosphere and helped cool the planet. This effect can increase the temperature so that it is 25 percent higher than what the greenhouse effect would have done on its own. This increased warming result from plant leaves is a natural reaction to high CO2 environments.

Plant leaves have tiny vents called stomata that open or close to let the plant breathe. In the presence of a high carbon dioxide concentration, the stomata don't need to open as wide to breathe in the same amount of CO2, and so they close up and prevent excess water from escaping which helped to cool the atmosphere.

SOLUTION!!

Carbon Neutral Forests is the Best "Climate Change Solutions". Establishing a forest, especially on land not previously forested is one of the most effective means of tackling climate change. Ironically, the work of tree-planting including watering, seasonal climate control, and general maintenance can rely heavily on fossil fuels. To reach their full potential, it is important, therefore, that afforestation initiatives use green energy. Solar energy supports the clean water supply, temperature and humidity control, and lighting conditions required to nurture saplings, creating a carbon-neutral forest. Therefore there is a need to increase renewable energy at least nine-fold from where it is today to avoid the worst climate change impacts.

DID YOU KNOW??

Climate change is not an impossible problem

There's still time and This is the time

You can be part of the climate change solution

Protect older trees as they can store more carbon

Avoid food waste as this creates more greenhouse gases than airline industry

Using less and renewable energy is a step in the right direction

Clean energy and technological innovation also create jobs





Dr. Thomas SamuelPediatrician,
Karuna Hospital, Bhilai



SEASON CHANGE & FLU

ccording to Medical Research, most grown-ups suffer from cold 2-4 times and children 5-7 times every year. This roughly coincides with the number of times season changes within a year too. The correlation exists for a reason. Every time we observe a change in the season, the count of allergens in the environment also spikes up to nearly 200 viruses in the air. These viruses are mostly responsible for getting people under the weather and spread contagious diseases. Uncertainty of temperature and weather conditions is often marked by more people getting sick, particularly common cold or Flu.

The most common symptoms of a cold that can be observed are:

- · Stuffy nose
- · Scratchy or sore throat
- Sneezing
- Watery eyes
- Mucus draining from your nose into your throat
- High fever and muscle aches

The shift in temperatures provides an apt condition for different groups of viruses to flourish. The most common of the virus is Human Rhinovirus (HRV) that causes up to 40 percent of all colds. They flourish in cooler weather, such as in spring and winter. In summers, people with seasonal allergies get a runny nose and itchy eyes when they're near pollen, mould, or grass. Their immune system gets busy reacting to these allergens, leaving them more vulnerable to viral attacks. The Influenza virus causes flu that divides and spreads mostly when the air is cold and dry like in winters. The drastic fluctuation of temperature and increased humidity during rainy season makes the body susceptible to Entero viruses attack, resulting in cold and flu. This is the most common form of viral infections.

Nothing can cure a cold. But with some minor precautions and lifestyle changes, it is possible to dodge seasonal sickness. Some remedies might help ease your symptoms and keep you from feeling so miserable. Besides getting flu shot, staying hydrated, exercise, balanced diet, adequate sleep and practising good hygiene are some facts that would keep you healthy throughout the year.

These small steps will go a long way in ensuring you stay healthy when the seasons are changing!

1. Drink enough water

It's the most overused but also the most important piece of advice, especially when it comes to avoiding illness amidst changing seasons. You see, drinking enough water will help you flush out all the toxins. What's more, it will keep your nasal passage and throat moist which will not give bacteria a chance to stick around. In addition, you need to stay extremely hydrated to clear out mucus from your body. So, make sure you're drinking at least 8 glasses of H2O every

single day in order to stay healthy. Water, fresh juice, clear broth or warm lemon water helps loosen congestion and prevents dehydration. Staying hydrated as the season changes is your body's best defence.

2. Exercise regularly

Physical activity isn't just for building muscles and helping yourself de-stress—it's also an important part of being healthy and supporting a healthy immune system. People who exercise have a lower risk of getting a viral infection as it boosts your immune system. 30 minutes of moderate-to-vigorous exercise every day helps stimulate your immune system. This means it's important to focus on staying active and getting regular exercise. It's also important to try to spend more time outside while the sun is out to ensure that your body is recharged with Vitamin D. Even if you're not able to stroll through your favourite park midday, time should always be allotted for some exercise during the day. Maintaining an active lifestyle throughout the year will reinforce your overall health and further boost your immune system. Simple manoeuvres like stretching and breathing exercises can also help improve circulation and oxygenation, and therefore immunity as well.

3. Balanced diet

Keeping your immune system up is an absolute must if you want to prevent from catching common cold/flu. That means setting your family meal plan to encourage a balanced diet that gets the nutrition your body needs. You'll find there's no shortage of energy-boosting, health-improving meals in fruits and vegetables. Family doctors always tell their patients to get plenty of Vitamin C. Vitamin C is one of those essential vitamins we can't make in our bodies. Because of its powerful antioxidant properties, vitamin C can help regenerate cells and support the immune system. Without vitamin C, your body literally falls apart. Foods with pre and pro-biotics such as curd, buttermilk, fruits and nuts must be part of one's daily menu.

4. Adequate sleep

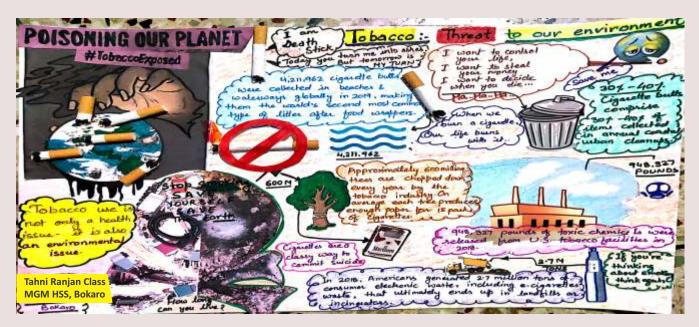
Like good nutrition and exercise, adequate sleep is crucial to deal with seasonal sickness better. Sleep is particularly important for students because there seem to be so many time pressures—to attend class, study, maintain a social life, and perhaps work. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick. Getting

adequate sleep can help keep our immune systems primed for attack. Also managing stress and remaining stress free is paramount to forming good immunity.

5. Practice good hygiene

Rhinoviruses survive for 3 hours outside the body, and can sometimes live for up to 48 hours on touchable surfaces like doorknobs or light switches. It is thus important to wash your hands regularly-(good old soap and water being a much more effective and desirable alternative to sanitizers) and avoid touching your face to keep off potential risks of catching the infection. Taking regular showers, maintaining oral hygiene and keeping your clothes and surrounding dry and clean are also included in good hygiene. These habits should be practiced on a regular basis, at home, at work, basically where you are preventing your body system collapse over a tiny microbe!

Healthy people are better learners. Health and wellness are important for everyone especially children. Not only will they do better in school when health is good, but will be happier as a person. And the habits one develops now will likely persist for years to come. That means that what you're doing now in terms of personal health will have a huge influence on your health throughout life and can help you avoid many serious diseases. Precautions and change in lifestyle will result in a body that can fight germs by producing antibodies against the released toxins and maintaining good health in every season. The good news is that there are simple things we can all do now to build our resilience to the effects of climate change and help slow its pace.





Dr. Debjani Mukherjee

St. Thomas College, Bhilai

e are facing rapid changes in the global climate, and these changes are definitely attributable to human behaviour. Humans produce this global impact through our use of natural resources, multiplied by the vast increase in population seen in the past many years.

Of course, along with extreme weather events and heightened levels of air pollution, it shouldn't come as much of a surprise that climate change negatively influences human behaviour, as well.

While populations will have to find ways to adapt to droughts, flooding, and stronger storms — triggering the need to migrate to safer regions — the psychological aspect is likely to influence our interactions and relationships with one another and our thought processes for future planning.

The mental health consequences of events linked to a changing global climate include mild stress and distress, high-risk coping behaviour such as increased narcotic and alcohol use and, occasionally, mental disorders such as depression, anxiety and post-traumatic stress.

Aspects of weather beyond heat and sunshine have also been shown to affect mood. Humidity tends to make people more tired and irritable. Barometric pressure fluctuations can alter moods and trigger headaches, some studies finding a link between low pressure and suicide.

The impacts of global warming have brought on more than just an influx of natural disasters. Throughout history, it's been documented that climate change increases the spread of diseases, mortality rates, shortages in essential resources and destruction of livelihoods.

The study by Naz, R. et al, done on the topic 'Climate change and Human Behaviour', tried to explore the effects of climate change on behavioural outcomes, and disclosed that increase in population at the rural areas had put immense pressure on the local resources like agriculture, land and biodiversity, which was further eroded by the industrialization initiatives to enhance industrial outputs and to provide jobs to local,

as well. The study further explained and explored that government and law makers were well aware of the drastic effects of climate change and had taken some concrete steps like reducing population pressure through family planning, expediting the agro forestry, encouraging the private sector participation and awareness drives in order to mitigate the relative and collective social, economic and behavioural distress at the community level.

Climate change effects are not limited to a single sector of life but it has far reaching effects on behaviour and attitudes of a person or community in a holistic manner. With passing time, climate change is showing its unpleasant consequences in one form or another.

Human behaviour has a significant importance in altering and modifying the atrocities of climate change. A conscious mind with well thought out strategies can try and revert back our eco system to its former glory by trying to lead a minimalistic lifestyle, use of natural products, reduce pollutants in the air by walking or cycling short distance transport etc.

ASK THE COUNSELOR

Question 1: How do I improve my studies and social life as a student?

There is no shortcut to studying effectively. To improve in academics, you have to study the way that suits your learning and memory systems. I am sharing tips that you can follow and one common thing is to revise wisely:

- 1. Read and try to understand the chapter at home also the SAME DAY it is taught in school. This will be a revision when the study material is still fresh in your mind. Familiarize yourself with the chapter and its important words and boxes with bullet points and also the questions asked.
- 2. After every 2-3 weeks just go through the chapters covered of every subject and keep the material available in your conscious mind. Do not let it go out of your active memory.
- 3. The harm done is more impactful when you worry about the revision of the huge syllabus still pending and insufficient time to cover all topics. Dont get into that state.
- 4. Writing bullet points after you revise is also a very effective way to assimilate the study material in your mind. Do this work neatly in a seperate copy, so that you can just take a look at the main points once in a while.

Social life is very important for every student but you have to see that it is not all consuming in terms of time and energy. You have to be more on the playground rather than your gadgets and social media to get your social life. Make your social life your strength rather than your master. Share study materials, solve problems and do quizzes with your friends. Balance your academic time and social life intelligently and make a schedule that you have to follow.



Students as well as parents are welcome to share their dilemmas, anxieties, and emotional doubts to **mgmdarpan@gmail.com.** The names would be kept anonymous unless you want it to be published.

CLIMATE CHANGES AND ITS SOLUTIONS

Tejas Sahu

Class VIII MGM Model School, Raipur

limate change, refer to the change in weather due to this changes. There is unseasonal rain, increasing heat and drought. The cause of climate changes human activities and some natural activities. The sea level is rising continuously due to melting of glaciers. Climate change is a threat of climate human life.

The many factors have been contributing in bringing of about these changes. In recent years, the pollution in the atmosphere is mainly the result of human activities and these activities have caused very negative effects on the environment. Human beings use of new age technology is increasing the rate of carbon dioxide on the earth and thus affecting the environment.



Solutions:

Fossil fuels included coal, oil and more that are extracted and gas burned the worse climate change will get Changing our main energy sources to clean and renewable energy is the best way to stop using fossil fuels. Petrol and diesel vehicles and big ship use fossil fuels. Reducing car use switching to electric vehicles and aero planes, will not only help stop climate changes it will reduce air pollution.

limate change means sudden change in the environment of the earth. These changes had become a big problem for our world. It causes - the long summer and shorter monsoon and winter seasons. The main reasons for Climate change are rapid Industrial development by human, soil radiation Global warming, pollution, etc. because of them every year people have to tolerate intense heat and radiation. Many animals die, because of Climate change. Government had to do something to slow down the sudden change in climate. We can do several things for it -



Step- 1 Stop using polythene bags at market places and shops because of the use polythene will produce large amount of plastic waste. The plastic is the responsible for soil erosion and increasing carbon dioxide as it tangle in the roots of plants and because of fewer water supplies to plant it die.

Step-2 Global warming and pollution is responsible for Climate change as like as plastic. For preventing Global warming and pollution is to decrease uses of car, motorcycles, and an increase usage of cycles because car, motorcycles, scooter, all releasecarbon dioxide in a large amount and also hurt Ozone layer, and in result increasing pollution and Global warming.

And then the at last Step 3 This step is for government, Cell phone towers are very powerful sources of radiation they have to make less amount of towers and have to plant more trees because they take in all carbon dioxide and release oxygen they also cool down the climate.

By following these steps strictly we can make a better future for future generation.

CLIMATE CHANGE & ITS SOLUTION

Ojas Jain

Class V, MGM HSS, Itarsi

loods, Temperature rising, global warming why this all, have ever we think for this & If discuss, we gets the answer, "Climate Change" What is this climate change?

Climate Change is nothing more than destroying our own worlds just for one take of our needs. Take a look at past ten years in automobile industry, fuel industry, manufacturing of AC or consumption of 'CFC' products, you will get to know the growth of this toxic product always got up. As population is growing. So, playing we playing with our nature by cutting trees, jungles etc. This rapidly growing damage of nature brings the climate change, And to stop this the solution is also with us only.

Solution should be bring from us only by taking one step, to each and everyone. We should plant more trees, don't cut the forest, save water, electricity, consumption of plastic should banned etc. Try to use less automobile product. This will save our climate with a better life for us and for future of children. Go Green and Be Fit for our nature and your life.

So, guys the final powers are in our hands. If we can change ourselves from wasting all the resources or use them as much as needed, then we can give a strong fight to this climate change and save our planet and your life and future.



WINTER & SUMMER

Naomi K Sangma

Class XI, MGM HSS, Dimapur, Nagaland

Freezing the nature, the winter begins,
with golden leaves filled in snow,
the nature gives its blow.
The forests shine with diamonds in a flow,
and gives the world a sparkling glow.
Warming the nature, the summer begins,
with green leaves on the branches of trees,
a dazzling sun and a cool, chilling breeze,
on a hot sunny day of ease.
and gives the world a look so green.

OBITUARY



Surbhi Bhatnagar

We, the MGM Family

deeply mourn the death of Surbhi Bhatnagar

PGT (Biology), St. Mary's Higher Secondary School, VFJ, Jabalpur She dedicated her 27 years of services to school Who left us bereaved & mourned on 21st March 2022

Dear Madam,

you will always be afresh in our minds. Your benign smile with added grace will always adorn our heart. May your soul rest in eternal peace.

Continued from Page 9

- 10% global outputs could be lost in terms of economy worldwide.
- Melting glaciers will increase flood risk and the consequent rising sea levels could leave 200 million people permanently displaced.
- Up to 40% of species could face extinction.
- In 2025 the amount of Carbon dioxide in the atmosphere would be 400ppm and that become 500ppm at the end of this century.
- Drastic pattern changes in seasonal movements of air masses within the atmosphere.
- Commendable deviation trends in the (1) configuration of the continents and oceans, (2) bio-geochemical cycles and (3) cycles of drought-famines, raining-floods and winter-glaciations.

'Global Warming' and the resultant Environmental hazards and Eco-causalities including the 'Climate Change' have become crucial challenges to the survival of humanity and other life forms on this Planet Earth. A number of Eco-crusaders and Eco-activists are known worldwide, working at different levels to address the challenges of Climate Change as an Eco-movement. Among them the most well-knownsymbolic person currently is Sixteen-year-old Swedish activist Greta Thunberg, nominated for a Nobel Peace Prize in 2019 for spear heading the "school strikes for climate" that have been adopted around the world. This was one of the biggest environmental protests in world history. She is the steadfast eco-crusader demanding and influencing the masses for positive action against Climate Change. To mention some other important environmental crusaders worldwide pressuring governments, politicians and corporations for positive actions against Climate Change are the following personalities:

Alexandria Ocasio-Cortez (U.S. Congresswoman), Anne Hidalgo (Mayor, City of Paris), Xie Zhenhua (Chinese Environmental Activist), Anthony Nyong (internationally renowned climate-change expert), Bill McKibben (Journalist and Author on Climate Change), David Attenborough (Broadcaster and natural historian), Catherine McKenna (Minister of Environment and Climate Change, Canadian Government), Fatih Birol (Executive director, International Energy Agency), Hilda Heine (Youth activistand President, Republic of the Marshall

Islands), Hoe sung Lee (Chair, Intergovernmental Panel on Climate Change), Jennifer Morgan (Executive director, Greenpeace International), Marina Silva (Spokeswoman, Sustainability Party, Brazil), Hoesung Lee (Chair, Intergovernmental Panel on Climate Change) and Pope Francis (Head of the Roman Catholic Church).

UNO's Intergovernmental Panel on Climate Change (IPCC), in its earlier Report assessing the impacts on human health, settlements and natural resources, released on March 31st 2014 made it clear that: 'Coming years will see more extreme weather events (Floods, Cyclones, Cloud bursts, unseasonal and untimely excessive rains and droughts etc.) in most parts of the Globe. Maldives, China, India, Pakistan, Bangladesh, Sri Lanka will be among the most affected countries in Asia'. We are seriously experiencing these impacts all over India especially in South India including Kerala, the so called 'God's own Country'. The multifacial impacts of Global warming and the resultant Climate Changes, which are alarming and seriously affect life and life pattern on our planet, are well known even to ordinary people through Media. Some are briefly mentioned here for awareness and serious discussions.

2.1. The degradation and loss of biodiversity due to climate change and the equivalent global warming are highly upsetting the biological rhythm and equilibrium in the biosphere commendably. Biodiversity, the variety of life on Earth, is essential to sustain the living networks and systems through ecological services at different eco-levels. Biodiversity has been the hallmark of life. We know that Earth is the only planet in our solar system that supports life. The varied life forms that have been evolved temporally and spatially are in direct correlation with specific and unique environmental conditions prevailed in space and time. The guiding force behind the intricate process of evolution and phylogeny itself is the adaptation potency of life forms to the prevailing environment. The mega biodiversity countries which are distributed mostly in Afro-Asian continents have been seriously affected in terms of biodiversity extinction due to climate change. The climate change directly affects the vegetation and plant survival which in turn negatively affects the animal life. A detailed assessment and various studies clearly indicate that, on one side the beneficial flora and fauna face extinction while on other side detrimental new microbes are evolving day by day due to alarming microbial environment

created by climate change. Biodiversity-conservation strategies have to be assumed to safe guard the rhythm of life on our planet.

- **2.2.** The appearance of epidemic diseases-causing microbes such as fungi and bacteria and evolution of new viral forms has been reported worldwide.
- **2.3.** Commonality of mortal diseases like Liver, Kidney and Cardio-vascular diseases, different forms of Oncological situations etc.
- **2.4.** The warming-caused stress in Arctic regions, causing Arctic's alarming sea change.
- **2.5.** Heavy Raining, Floods and Droughts that are unseasonal and untimely become a common phenomenon. To cite some notable instances are Chennai Flood in 2015, Okhi 2017, and Kerala Floods in 2018 & 2019 along with the severe post-flood drought.
- **2.6.** The sea level rise will cause serious threats to costal ecosystems as well as Mineral wealth such as the Monazite and Thorium. It also affects the lives and livelihoods of coastal communities.
- **2.7.** The Temperature rise of 2 Degree Celsius will affect Agricultural products, Plantation Crops etc.
- **2.8.** The influx of 'Climate Refugees' worldwide from Country to Country and from Coastal to Mainland and Inland areas is currently we are experiencing.

India's National Action Plan on Climate Change released on June 30, 2008 to mitigate and adapt to climate change was intended to equip the country to address effectively the challenges of Climate Change. National Missions to Combat Climate Change included the following:

- (1) National Solar Mission,
- (2) National Mission on Enhanced Energy Efficiency,
- (3) National Mission on Sustainable Habitat,
- (4) National Water Mission,
- (5) National Mission for Sustaining the Himalayan Eco-system,
- (6) National Mission for a Green India,
- (7) National Mission for Sustainable Agriculture and

(8) National Mission on Strategic Knowledge for Climate Change

Though various Action Responses and Action plans were developed subsequently, the materialisation of these were not that much effective as expected due to various limiting factors. It is the high time to think and act on the role of Churches and Faith Communities to mitigate the crisis of Climate change. Let us also confess our indifference and inactiveness in creating this situation.

3.India's Climate Imperative with special emphasis on Kerala scenario

In the absence of COVID-19 epidemic situation, climate change induced disasters would have been India's biggest threat and red-alert in recent years as is the case in global scenario too. The symbols of Anthropogenic 'Climate Change' and 'Global warming' that we witnessed and experienced in very recent times are— (1) the heat wave that scorched Rajasthan, Uttar Pradesh, Gujarat, and New Delhi in 2022, (2) torrential downpours in South India in 2021, and (3) the super cyclone 'Amphan' that battered West Bengal and Odisha in 2020. But India, like elsewhere in the world, still attributes these catastrophes to the wrath of mother Earth. Temperature over the Indian Ocean have risen by over 1 degree Celsius (now it is 1.1degree and expecting to be 2-degree Celsius increase by 2100) since the 1950s, increasing extreme weather events. India is the fourth worst-hit in climate migration. Heat waves in India have claimed an estimated 17,000 lives since the 1970s. Labour losses from rising heat, by one estimate, could reach Rs.1.6 lakh Crore annually if global warming exceeds 2degee Celsius, with India among the hardest hit. India needs a two-phased approach and attitude: one, to adapt to climate impacts by building 'Resilience' against weather extreme, and two, to mitigate environmental destruction and degradation to prevent the speedy progression of climate change from becoming more lethal.

As far as climate change is concerned, India is a 'hot spot' Asian Country, with special emphasis on South India especially Kerala. This is due to the fact that India being a sub-continental island surrounded on three sides by seas, while its northern border is the highest peak of 'Himalayan Mountains'. Due to heavy deforestation along coastal regions and mainland there is increased carbon pump, of which 93% seas absorb leading to temperature rise. Deforestation also

results in less resistive protection against heat production. Accumulated impacts of all these cause rapid changes in the mountain peaks of Himalaya and Western Ghats. Kerala Climate is really in between mountains and seas, influenced by 'orographic effect'on one side and on the other side 'moisture accumulation effect'. Extreme heat waves hit swathes of India. Heat waves are aggravated by deforestation and habitat degradation. Floods, storms, land slide, unpredicted exploitative rain fall, desertification, famine, etc. are worsened by sea ingress and coastline erosion in the low-lying areas in the south.

4. The IPCC Study Report and its alarming Features.

The IPCC Study Report 2021 (the sixth one in its series) of the UN is the most alarming and frightening one as its observations are concerned regarding the future life existence on our Planet. The Report points towards an environmental casualty in different dimensions. These include— (1) Anthropocentric modern life style and exploitation on Nature has aggravated the intensity of Climate Change (CC)beyond controllable level that threatens life on our planet, (2) future occurrence of Flood and related detrimental impacts, (3) the 'average temperature rise' cannot be controlled within 1.5-2.0 degree Celsius,as envisaged by the 'Paris Agreement' duly signed by world Nations, (4)the average ambient temperature rise is going to be above '2.0' degree Celsius every year, (5) large scale melting of ice-sheaths in the arctic Ocean (it is estimated that by 2050 there would not be ice-sheaths in Arctic and Greenland sectors; the ice melting phenomena is already initiated in Alpine and Himalayan Mountains), (6) the utter failure in minimising the 'Carbon Footprint' rate and Chloro-Fluro Carbon emission, and (7) severe and Climate Change is going to be a reality in day today life. All these observations highlight the manifestation of commencingan 'Environmental Casualty Era' characterised by unexpected heavy raining, wild fire, tremendous environmental temperature rise everywhere that eventually results in minus air pressure phenomenon both in land seas and rise in sea level, etc. The Report emphasises five instructions for strict practices to be observed by every Nation to down the 'Climate Change Graph'— (1) reduce the 'Carbon Emission', (2) follow the 'Eco-Economic Sustainable Development Model', (3) strengthen the Nature-based Resistance,

(4) evaluate critically the ecological impacts and complications to be expected before every Anthropo-mediated Developmental interventions with Nature, and finally (5) minimise, maximum possible, all sorts of 'Anthropocentric intervention' on Nature. It is high time to design and implement the 'Catastrophic Disaster Management' (CDM) strategies against such Anthropo-mediated CC calamities 'at local, national and global dimensions by Nations, Governmental machineries, Religious Organisations, Environmentalists, Churches and various NGOs. The slogan 'think globally and act locally' is apt and appropriate in responding and analysing the IPCC Report and its directives also.

5. Adaptive Climate Resilience and Mitigation of Environmental Damage

Although we are helpless to deal completely with the burning issue of climate change and related aspects, as human beings we have the responsibility to address the situation at hand, which is more or less anthropogenic. The carbon foot print per Annum globally greater than 400ppm, which is dangerously beyond the affordable level. The life span of Carbon dioxide we emitted is around 1000 years, i.e. its residual negative impact will sustain unchanged for long years. The absorption of carbon is done largely in Nature by vegetation and forest on land and in ocean by Phytoplankton and other flora. This absorption, as it is comparatively slow process, takes long period of years and will remain in environment. Hence the sustaining 'carbon compounds' and other 'greenhouse gases' trap heat in Earth's atmosphere contributing much on temperature rise. So it is clear that 'Global Warming' and 'Climate Change' are Global issues and no individual nation or persons cannot do much remedial measures for speedy recovery. However, cumulative measures, efforts, strategies and collective corporate decisions, commitment and actions are essential. This involves on one hand conscientization at every level, and on the other hand strict legally enforced observation of 'Green Protocol' at every dimension by every nation, institution, organization and individual. The environmental awareness has become old story, but now what is indispensable is habituation, acclimatization and orientation for Eco-friendly Nature-related life style. Itis important to note that 'the Climate Change is global phenomenon but its impact and remedy are local'.Two-phased action responses—(1) Adaptive Climate Resilience, and (2)

Mitigation of Environmental Damage and Climate Change are the best remedial measures we can think of, for which community level collective action of Government level policy makers and office-bearers, Politicians, Socio-Religious Leaders, Scientists, Engineers, Educationalists, Students, NGOs etc. is obligatory.

5.1. Adaptive Climate Resilience (ACR):

Resilience is nature's potency to resist negative impacts of natural calamities and other detrimental phenomena that do occur in every ecosystem. However, if these are beyond the resistive level, catastrophic damages may be resulted. In such situations, 'Adaptive Climate Resilience Measures' (ACRM) can be adopted in various dimensions and fields. Agriculture, being water-dependent and water-intensive, does not do well in heat wave-prone areas. A solution is to promote age-old locally-proven agricultural practices, which are not waterintensive, butat the same time to support afforestation promoting salutary effect on warming. Financial supports can be targeted to help farmers to plant resistive crops and adaptive trees and buy agricultural equipment— for instance, the equipment for drip irrigation that reduces heavy water usage. Climate-resilient farming calls for diversification, rather than monoculture as we practicing today. This involves the cultivation of multiple crops in the same farm. Regarding constructions, ACRM should be implemented with utmost pan and strategies. Southern States especially Kerala need stronger guidelines to avoid constructions in locations with drainages. It is vital to map flood-risk zones to manage vulnerable regions. Environment Impact Assessments (EIA) must be mandatory for commercial projects. Kerala has some flood-resistant houses constructed on pillars. Communities can build round-shaped houses, considering optimum aerodynamic orientation to reduce the strength of the winds. Roofs with multiple slopes can stand well in strong winds, and central shafts reduce wind pressure on the roof by sucking in air from outside. Developing behavioural adaptation to varied and extreme climatic conditions along with eco-friendly life style attitudes will help a lot in ACR.

5.2. Mitigation of Environmental Damage and Climate Change:

Adaptation alone will not slow climate damages if the warming of the Sea-level temperatures is not confronted. Leading emitters with high 'Carbon Foot Print', the developed countries and the developing countries including India, must

move away from fossil fuels and adopt 'Solar Energy' and other environmentfriendly energy trapping technologies. But climate mitigation everywhere is painfully slow, because of a lack of political will and commitment. India has made slow progress in choosing 2070 as its target for 'Net Zero Emissions' (NZE). Meanwhile, a big part of climate action lies in protecting and expanding forest coverage. Regulation needs to be tightened and enforced to ensure forest protection while acquiring land. India gains from being part of the 'Glasgow Declaration on Forest Protection' (GDFP) that 141 countries signed in 2021. Mismanagement of Dams can exacerbate glacier lake outbreaks and floods. Nearly 295 Dams in India are more than 100 Years old and need repairs and even reconstruction. In stemming landslides in Uttarakhand, Kerala etc., strict regulations must be implemented to stop the building of Dams on steep slopes and eco-fragile areas, as well as the dynamiting of hills, sand mining, and quarrying. Dams in the Southern States of India can moderate and regulate floods, but only if operated year-round to anticipate the need to control flows during floods.

India's share in 'Disaster Management' should be raised to 2.5% GDP. Climate finance is most suited for large-scale global funding from the World Bank, the international Monetary Fund, and the Asian Development Bank. But smaller-scale financing can also be vital. For instance, the World Food Programme's Funding for Nepal and Bhutan for community-based adaptation and agricultural resilience for vulnerable communities provides an interesting model. States can tap into the central Government's resources, including both financial and technological, from early warning meteorological systems to centrally sponsored climate schemes. MGNREGA funds can be used for climate adaptation in agriculture, waste management and livelihoods. For public pressure to drive climate action, we need to consider climate catastrophes as largely man-made.

Conclusion and Summary.

What would be our 'Response Activism' in the context of 'the IPCC Study Report'?

As Environmentalists and Nature lovers, let us stand together in defence of a 'Global Climate System' (GCS) that is meant for safe and life-nurturing for all creations including human beings. The Earth is overburdened and overloaded

with greedy and luxury life style, a society driven by a corporate-centred economy and growing inequitable disparity. The Ecosystem is degrading, the created orders are slowly dying resulting in extinction, and the ecosystem services are in peril making life-sustaining potency of Nature weak. Let us put our hearts, brains and hands together for 'Climate Justice', against climate crisis and the related negative impacts of climate change that we now experience in our day today life. Let usdemand and work for a world order in which our children and all future generations including the whole created orders in Nature are assured of fair and healthy planet that provide resources for life-stability, and sustainable growth and prosperity in every dimension. The reality of 'Climate Change Impacts' (CCI) drives our vision of climate justice that acknowledges the injustices behind climate change and the responsibility of those who have caused it.

'Global Warming' is now not a myth, but a concrete reality, caused by carbonbased technology and its improper 'carbon emission'. The amount of Carbon dioxide has crossed 400 ppm, and the hurricanes, cyclones, earthquakes, droughts, and floods are now frequent. In the carbon economy this is inevitable catastrophic mutilation to be foreseen and expected. We, as God-fearing people, should act as catalyst in building a new sustainable economic system, which involves hydrogen-based technologies, solar energy harvesting strategies and new chemical energy storage schemes. Governments must commit to bold actions to ensure strong legal frameworks for transparency, credibility and effective enforcement of climate and related policies. We firmly proclaim our deep-rooted commitment in caring for nurturing our common household— God's beautiful Planet and its life supporting systems as fundamental obligation. We, environmentally concerned people advocate for working and tuning our habitats and related systems into Green institutions at least by 2030 by implementing the Green Protocol and Green Audit for 'Water Conservation', 'Energy Conservation', 'Waste Management', and 'Eco-friendly agriculture, industry and constructions. We also advocate integrated, ecoeconomic sustainable, and intergenerational equity on developmental activities. Let us stand and work together for climate justice and a resilient society by urging Governments, Corporate leaders and institutions, along with local, national and global leaders of political and socio-religious categories and nature to join this venture of making our planet healthy and sustainable.



NEWS, ACTIVITIES AND EVENTS

INDUCTION PROGRAMME OF NEWLY OPENED ST. THOMAS COLLEGE, KAILASH NAGAR, BHILAI



St.Thomas College, Kailash Nagar- a sister institution of St. Thomas College, Ruabandha which won best college award- has been newly opened in Industrial Estate, Bhilai. The happy news of the opening of the new college is enthusiastically received by the students and parents of the locality which is well depicted in the queries from the student community and their parents. The admissions are open for the academic year 2022-23. St. Thomas College, Kailash Nagar is the latest entrant to the MGM Group of

institutions pioneered and nurtured by H. G. Dr. Stephanos Mar Theodosius of Blessed Memory. This is the oldest & premier education society in the city of Bhilai and runs 35 institutions of learning including 4 higher educational

institutions. The college has been established under the aegis of the St.Thomas Orthodox Syrian Church Mission, Mission of the Malankara Orthodox Church and is under the stewardship of Chairman of the College, His Grace Dr. Joseph Mar Dionysius, Metropolitan of the Calcutta Diocese. This mission sincerely serves the cause of education and educational needs of the common man in this truly Cosmopolitan city.



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St. Thomas College, Kailash Nagar currently offers B.Com, B.C.A., B.B.A., and B.Sc. The college plans to launch PG and research programmes in the coming years. The aim of the institution, which is to be recognized as a premier educational institution in the region, that provides a quality academic environment would certainly help students to develop and excel in academic as well as non-academic skills. The salubrious environment coupled with attractive

infrastructure of the College is sure to stimulate the passion for excellence not only in students, but also in staff. The College is Wi-Fi enabled and has well – equipped seminar and multipurpose halls. The College takes pride in providing a clean, safe and green campus with all the state–of–the–art facilities. It provides separate hostel facilities for girls and boys in its vast campus. Students can also take advantage of the health centre, central library, canteen, well equipped gym, ATM and student store. The college also provides exclusive well–maintained grounds for Tennis, Badminton, Volleyball, Football, Hockey and Cricket and an Indoor Games Complex for ardent sports enthusiasts. The college has been approved by the Department of Higher Education, CG. Govt. and is affiliated to Hemchand Yadav Vishwavidhyalaya, Durg.

More details about the college can be obtained from

www.stcbhilai.in

Students seeking admission may contact on

9039669887, 6261053548

or by Mail to

stcbhilai2022@gmail.com



EXCELLENCE AWARD FOR BEST PRIVATE COLLEGE TO ST. THOMAS COLLEGE, RUABANDHA, BHILAI



St. Thomas College, Bhilai has been awarded as Best College under the event Twin City Education Excellence Award organized by 94.3 MY FM and Dainik Bhaskar Group. The Chief Guest of this program was Honorable Governor of Chhattisgarh Ms. Anusuiya Uikey. She said that the future of country can be brighter only from the role played by educational institutes. On this occasion H. G. Dr. Joseph Mar Dionysius, Manager Bishop, St. Thomas College Bhilai was guest of honour. Principal Dr. M. G. Roymon received the excellence award. Administrator of College Rev. Fr. Dr. Joshi Varghese and other members of St. Thomas Mission congratulated to all the staff members for this outstanding achievement. This award ceremony was conducted jointly by 94.3 MY FM and Dainik Bhaskar Group.



"It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest.

—Walter Anderson





"Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had."

—Angela Bassett





"When you change your thoughts, remember to also change your world."—Norman Vincent Peale





Bhoomi Pujan of Gym was done by Shri Tamrdhwaj Sahu Honorable Home Minister Government of Chhattisgarh at St. Thomas Colege, Ruabandha, Bhilai

"Set your goals high, and don't stop till you get there." - Bo Jackson



St. Thomas College Ruabandha Sector, Bhilai organized Induction cum Blessing Ceremony for newly admitted first year students of BA, B.Com, BBA, B.Sc., and BCA. Dr. Aruna Palta, Vice Chancellor Hemchand Yadav Vishwavidyalaya was the Chief Guest on this Occasion.

ACHIEVEMENTS





UNIVERSITY GOLD MEDALISTS

ST. THOMAS COLLEGE, RUABANDHA - BHILAI



Anusha K.V.



Pallavi Sharma BSc



Sailesh Kumar MA Psychology



Ankita Patel
MSc Zoology



Taniya Chakraborty
BBA



Sabya Neha Tirkey
MSc Biotechnology



Deepti Singh
MSc Microbiology



Neeti Maheshwari MA English

UNIVERSITY MERIT HOLDERS ST. THOMAS COLLEGE, RUABANDHA - BHILAI

BA



Sanchana Sahu 5th Rank

Rishabh Tiwari 7th Rank

BSc

MSC Biotechnology

Madhu Tirkey 4th Rank



Nikhil Rajpal 7th Rank

MSC Chemistry

G. Priyanka

4th Rank







Sweta Sharma 2nd Rank



Akanksha Singh 3rd Rank



Tarun Sahu 6th Rank

MA Psychology



Disha Singh

5th Rank

2nd Rank



Krishna Kumar

10th Rank

Ayushi Joshi Tanmaya Pathnaik Manpreet Kaur 3rd Rank



4th Rank



Aadiba Khan 5th Rank



Trilochan Sahu 10th Rank

MA English



Kuhoo Singh 2nd Rank



Udayasri S 3rd Rank



Shubhangi Jha 4th Rank



Pushpa Gupta 5th Rank



Anubhuti Lal 6th Rank

BCA



Bhagyashree 2nd Rank



Priya Sawani 8th Rank



Vaibhay Tawri 4th Rank



BBA

Shrinkhala 6th Rank

MCom



Pooja Ram 9th Rank

BEd

MSC Biotechnology



Nilesh Shakhya 4th Rank



8th Rank



Mahak Bakshi Manisha Prajapati Dushmi Kamde 7th Rank



3th Rank

MA Economics

MSC Mathematics



Anjali Netam

7th Rank

Sangeeta 3th Rank



Annesha 5th Rank



Khilesh Sahu 8th Rank



Shrilekha Nirmal Anjana Kerkatta 9th Rank



6th Rank

MA English



Madhuri 7th Rank



Bhawna Deshmukh 8th Rank



Jagruti Vyas 9th Rank



Nisha Jambulkar 10th Rank



D Bhavik bags four silver medals at Asian Powerlifting Competition

■ Sports Reporter BHILAI, June 21

POWERLIFTER from Bhilai, D Bhavik has bagged four silver medals for team India on the fourth day of the Asian Powerlifting Competition underway at Coimbatore.

According to the information, in the Asian Power Lifting Competition underway in Coimbatore from June 17 to 27, in the +84 kg girl's category (Squat-80, Benchpress-02, and Deadlift-70) by lifting a total of 452 kg, D Bhavik has achieved 4 silver medals and has brought laurels to the Chhattisgarh and country as well.

On the occasion, the coach and jury of the Indian team, Krishna Sahu congratulated Bhavik and extended his best wishes. It is worth mentioning that earlier Mamta Rajak of Bhilai, representing



Powerlifter D Bhavik exhibiting prowess.

the country, clinched one gold and three silver medals for India in 57 kg category in the same competition.

In addition, Bhavika has secured medals many times in the past by participating on behalf of Bhilai Steel Plant team and has made Bhilai Steel Plant and Chhattisgurh State proud.

On the achievement, Chief Minister Bhupesh Baghel, MP Saroj Pandey, MP (Durg) Vijay Baghel, Former Cabinet Minister, Prem Prakash Pandey, Bhilai Mayor Neeraj Pal, MiC Member Laxmipati Raju, Director of Sports Department, Sweta Sinha, officials of Chhattigarh Olympic Association and sports lovers heartily congratulated Bhavik and extended their best wishes. D Bhavika
(Power Lifter)
Student of
St. Thomas
College,
Ruabandha
Sector Bhilai
won four
silver medals
at Asian Power
lifting
Competition at
Coimbatore

JHARKHAND STATE GATKA CHAMPIONSHIP 2022 M.G.M HIGHER SECONDARY SCHOOL BOKARO



Jharkhand State Gatka Championship 2022 M.G.M Higher Secondary School Bokaro Won 9 Gold, 5 Silver and 16 Bronze medals



Sristi Anand Class 12 and Sakshi Srivastava Class 10 Participated Khelo India Youth Games at Punchkula, Hariyana 2022 in the event Gatka



Abhinav Raj of Class 3 got 2nd prize in Bokaro District Open Chess Championship 2022

ST. THOMAS COLLEGE, BHILAI HAS BEEN HONOURED BY





St. Thomas College, Bhilai has been honoured by the Indian Red Cross Society for active and virtuous contribution for conducting Voluntary Blood Donation. Honourable Governor of Chhattisgarh Ms. Anusuiya Uikey felicitated the college for this commendable work.



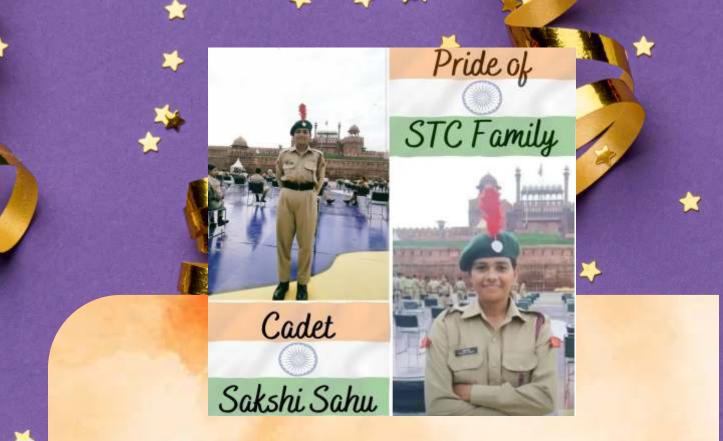
Nitesh Shrivastava and Komal Kariya, Students of St. Thomas College, Ruabandha Sector Bhilai scored first position in NATIONAL LEVEL STATISTICAL QUIZ COMPETITION at Raipur and won Cash Prize of 5000 rupees



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Excellence in education & fostering the love of learning is the hallmark of MGM, Gayatri Nagar, Raipur. This has been proven by our ex-student Shraddha Shukla, student of MGM Raipur, Batch of 2014. It is a moment of elation & pride, as our alumna Sharddha Shukla, bagged 45 rank in the Civil Service Examination conducted by UPSC in Jan 2022. Out of 685 candidates who cleared the examination, Sharddha secured 45th position. At School, she held the position of head girl & exhibited her talent both in academic & co curricular activities. She always possessed the leadership quality, encouraging & inspiring others to emulate & excel. She got selected in UPSC in 2020 also. She was undergoing a training in Indian Postal & Telecommunication Accounts & Finance Service in Delhi. She did all her preparations for UPSC from Raipur itself, as she believes, a strong determination to achieve our goal is required, it's not city or place that matters.



NCC CADET SAKSHI SAHU ST. THOMAS COLLEGE, BHILAI GOT SELECTED FOR INDEPENDENCE DAY PARADE

NCC cadet Sakshi Sahu got selected for Independence Day Parade. She is the student of M.Sc. Third Semester of Department of Physics, St. Thomas College, Bhilai. Under the program Azadi ka Amrit Mahotsav in Ek Bharat Shreshth Bharat NCC cadets of 37 CG BN Durg were participated in Independence Day Celebration Parade in which Sakshi Sahu is representing St. Thomas College, Bhilai. This camp is organized from 1 st August to 16 th August at Delhi. Sakshi increased the honour of St. Thomas College, Bhilai along with the Hemchand Yadav University and 37 CG BN, Durg. Administrator of the College Rev. Fr. Dr. Joshi Varghese, Principal of College Dr. M. G. Roymon, NCC Officer Lt. Dr. Surekha Jawade and Care Taker Mr. Santosh Yadav Congratulated to Sakshi Sahu.



CLASS X SCHOOL TOPPERS 2021-22





Ankit Raj M.G.M. HSS, Bokaro Steel City



Yogita Parihar M.G.M. HSS, Raipur



Bhumika Ochani M.G.M. HSS, Raipur



Mohit Kumar M.G.M. HSS, Bokaro Steel City



Jannat Aktar M.G.M. HSS, Dimapur State 11th Rank Holder



Nitanshi Nagle M.G.M. HSS, Bagdona



Bhumika Patel MGM HSS, Bilaspur (10th position in CGBSE)



Raj Mohanty MGM Eng. School, Rourkela



Sanskriti Mahant M.G.M. HSS, Raipur



Mayuresh Bharti M.G.M. HSS, Bokaro Steel City



Anshika Rajesh M.G.M. HSS, Bagdona



Sameekshya Das MGM Eng. School, Rourkela



Arpita Hota MBVB, Bhilai



Purvanshi Dubey MGM Co-Ed HSS, Canon Garden Bhopal



Akriti Aishwaryam M.G.M. HSS, Bokaro Steel City



Piyush Kumar M.G.M. HSS, Bokaro Steel City



Hardika Jena MGM Eng. School, Rourkela



Sanket Salaria MBVB, Bhilai



Swati S. Maharana MGM Eng. School, Rourkela



Nirmalaya Prusty MGM Eng. School, Rourkela



Parisi Verma M.G.M. HSS, Bokaro Steel City



Nitish Ku. Giri MGM HSS, Hathital, Jabalpur



Abhishek Kumar M.G.M. HSS, Bokaro Steel City



Kritika Rani M.G.M. HSS, Bokaro Steel City



Sameeksha Kumari M.G.M. HSS, Bokaro Steel City



Garv Singh MBVB, Bhilai



Sudeep Kumar Sahoo MGM Eng. School, Rourkela



Vishnupriya Biswal



Aryan Sinha M.G.M. HSS, Bokaro Steel City



Asmit Kumar Panda MGM Eng. School, Rourkela



Anchal Kaiwart



Divya Kumari M.G.M. HSS, Bokaro Steel City



Harsh Sahu M.G.M. HSS, Raipur



Shristi Pandey MGM HSS, Bilaspur



Neha Lowanshi MGM HSS, Dhawakala



Abiya Anna Philip St. Mary's HSS, Jabalpur



Sachin Sahu MGM HSS, Dhawakala



Alok Kumar Bind St Gregorios School, Kolkata



Megha Verma M.G.M. HSS, Bagdona



Ansh Kaurav



Sherin Charles MGM HSS, Dhawakala



Shivanshu Mishra MGM HSS, Balco



Daleshwari Sahu MGM HSS, Bilaspur



Prakash Ku. Yadav MGM HSS, Balco



Bhumika Tandon MGM HSS, Balco



Ashish Pradhan MGM Eng. School, Rourkela



Ankit Mohanty MGM Eng. School, Rourkela



Sneha Singh M.G.M. HSS, Bokaro Steel City



Samridhi Singh M.G.M. HSS, Bokaro Steel City



Laxmi Upadhyay St Gregorios School, Kolkata



Shalini Lowanshi MGM HSS, Dhawakala



Aryan Mishra MGM HSS, Hathital, Jabalpur



Oshika Sonwani MGM HSS, Balco



Sandeep Singh MBVB, Bhilai



Harshita Nage MGM HSS, Jagdalpur



Pratham Agarwal M.G.M. HSS, Bokaro Steel City



Anant Kumar M.G.M. HSS, Bokaro Steel City



Janvi Thakur

MGM Co-Ed HSS, Canon Garden

Bhopal



Ruchi Yadav MGM HSS, Dhawakala



Vaidehi Soni MGM HSS, Itarsi



Tanishq Patel

MGM Co-Ed HSS, Canon Garden

Bhopal



Dipika Gupta M.G.M. HSS, Bokaro Steel City



Vikas Sahu MGM HSS, Balco



Binila Babu



Zeba Siddique MGM HSS, Bilaspur



Mahima Upadhyay MGM HSS, Balco



Swati Rani M.G.M. HSS, Bokaro Steel City



Sadia Parvin MGM HSS, Balco



Bhumika Choudhary
MGM HSS, Balco



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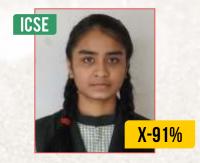
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