



Newsletter

(Quarterly-April to June 2017)

Multanimal Modi College, Modinagar

(A 'NAAC' Accredited College)

Awarded "College with Potential for Excellence" by UGC, Govt. of India

Website- mmcmodinagar.ac.in

e-mail- info@mmcmodinagar.ac.in

Phone No. 01232-243492

Fax : 01232-223620

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MESSAGE FROM THE VICE-CHANCELLOR

It is heartening to know that Multanimal Modi College, Modinagar is bringing out its quarterly Newsletter. It is a commendable effort aimed at harnessing creative skills of the students by providing them a forum to express their views on various important issues. I wish the Newsletter go a long way in accomplishing the goal of value education.

I convey my good wishes and felicitations to the Principal, members of faculty and students for bringing out such a prestigious publication.


(N.K. Taneja)
Vice-Chancellor



MESSAGE FROM THE HONORABLE CHAIRMAN

I am glad to know that the latest edition of the college newsletter is going to press. The newsletter has been a great success in highlighting the various activities and achievements of the college. My best wishes to the editorial team.


Dr. D.K. Modi
Chairman

B.P.E.S. INSPECTION

A Government inspection was conducted by University Nominee Dr. Vandana Sharma (Principal, Govt. Degree College, B.B. Nagar, Bulandshahar), Dr. Soni (Professor, Deptt. of Chemistry, CCS University Campus, Meerut) and Dr. Yogendra Singh (Associate Professor, Deptt. of Physical Education, M.M.H. College, Ghaziabad) for proposed Bachelor of Physical Education and Sports (B.P.E.S.) course for the Academic Session 2017-18. The Team inspected the infrastructure, Library Facility, Physical Education Lab, Play Grounds and other necessary requirements. As per UGC norms four faculties have been appointed for the above course.



GUEST LECTURES IN THE DEPTT. OF PHYSICAL EDUCATION

On May 9, 2017 a guest lecture was delivered for the students of B.A.I (Physical Education) by Dr. Ompal, Assistant professor, C.C.S University, Meerut, on the topic "The role of psychology in Physical Education and Sports". During this lecture, he explained that the performance of sports person also depends upon his psychology.

He also told that psychology plays an important role in the personality development of a sports person. It was an inspirational lecture for the students. Dr. S.S. Suri, Mr. Rajendra Kumar, Mr. Satyapal Singh, Mr. Vipin Kumar were present during the lecture.



On May 10, 2017 a guest lecture was delivered by Dr. Sanjay Yadav, Asstt. Prof. C.S.S.S. College, Machhra on the topic "Career options in Physical Education & Sports". This lecture was for the students of Class B.A. II (Physical Education). This lecture gave the students, a glimpse of the career options in the field of Physical Education and Sports. It was an enriching lecture for the students who want to pursue sports as a career. Dr. S.S. Suri, Mr. Subhash were present during the

lecture.

On May 11, 2017 a guest lecture was delivered by Dr. D.C. Maurya, Associate Professor, D.J. College, Baraut on the topic "Role of Yoga in daily life". Yoga is a combination of physical, mental and spiritual practices or disciplines originating in ancient India. This lecture laid emphasis on the importance of yoga in a person's daily life. He told about various asanas for curing different ailments. He also told that meditation is also important for a peaceful mind. Dr. S.S. Suri, Mr. Subhash and Mr. Vipin Kumar were present during the lecture.



DEPARTMENT OF PHYSICS

A guest lecture was delivered on 26/04/2017 by Dr. Diya Hans (Retd. from Dr. B.R. Ambedkar University Agra) on the title "Basics of Physics". His lecture was attended by more than 100 students and faculty members. His lecture was very informative for the students. He presented new ideas about the basics of physics. Principal, Prof. R.C. Lal also motivated the students and faculty members about the importance of values of education. Dr. Aman Pal Singh organized this lecture on the behalf of the departmental council, Dr. Vijay Garg and Dr. Mukesh Kumar also addressed the students. Dr. Anil K. Malik HOD, Physics, gave lecture on difference between literacy and practical education and offered the vote of thanks.

2nd International Conference on "Innovative Approaches in Applied Sciences and Technologies" was organized by NANYANG EXECUTIVE CENTRE NANYANG TECHNOLOGICAL UNIVERSITY SINGAPORE & Scientific Educational Research Society, India in collaboration with Department of Biotechnology C.C.S. University Meerut (India), National University of Singapore (Singapore) & IGIB New Delhi (India) between 19-23 June 2017. Dr. Vijay Garg, Associate Professor, Department of Physics acted as an Administrative Director in this conference. He delivered a talk on "Deposition Techniques and Numerous Applications of Thin Film". This talk is part of a research work carried out under the research project funded by CST, U.P., Lucknow (2016-19).



DEPARTMENT OF BOTANY

Dr. Basudha Sharma, Associate Professor, Department of Botany, participated in 2nd International Conference on "Innovative Approaches in Applied Sciences and Technologies" organized by NANYANG EXECUTIVE CENTRE NANYANG TECHNOLOGICAL UNIVERSITY SINGAPORE & Scientific Educational Research Society, India in collaboration with Department of Biotechnology C.C.S. University Meerut (India), National University of Singapore (Singapore) & IGIB New Delhi (India) between 19-23 June 2017. She acted as an Organizing Convener in this conference & delivered a lecture on "Varied Biochemical Components of Stigma & Pollen". The lecture encompassed the findings in the UGC sponsored ongoing Minor Research Project 2015-17 in M.M. College Modinagar. She was also awarded SERS Fellow Award-2017 during this conference.



MARTYR'S DAY

On the occasion of 160th anniversary of the historical 1st war of Indian Independence in 1857, Dr. K.K. Sharma, Associate Professor and an eminent historian, addressed a huge gathering at the Basod Village (Distt. Bagpat) and enlightened the villagers about the prominent role played by their ancestors in the great historical event. He also underlined the contribution and sacrifice in the war. The event was presided by prominent environmentalist and activist Dr. Vandana Shiva. The event was attended by eminent personalities like Ex-cabinet minister of tourism Department (U.P.) Nawab Kokab Hamid, Mr. Amit Rai Jain (Director, Shahjad Rai Research Institute), Dr. Amit Pathak (eminent radiologist and historian) and several others.



WORLD HERITAGE DAY

Dr. K.K. Sharma, Associate Professor, Department of History was invited on World Heritage Day (08-04-2017) as a key note speaker by Mishika Education Society, Meerut. Dr. K. K. Sharma delivered his lecture on the topic "History & Heritage of Meerut region". He focused on the conservation of heritage buildings of Meerut region, such as, Vilveshwar Temple, Jama Masjid, Navchandi Temple, Shah peer Ka Makbara, Abu Ka Makbara, etc. He emphasized that the young generation should be aware of their history and heritage.



SEMINAR ON MAHRISHI PARSURAM JYANTI

A Seminar was organized on Mahrishi Parsuram Jyanti (Dated 28-04-2017) under the aegis of Cultural and Literary council of the College. The theme of the seminar was "The Life and Philosophy of Mahrishi Parsuram". Several students and faculties of the college presented their views on the theme. The ancient "Guru-Shishya Tradition" and parental devotion were highlighted in the presentation. The narratives from the Epic Mahabharata were recited in Sanskrit and Awadhi language to portray the life and philosophy of Mahrishi Parsuram. Professor R. C. Lal, Principal also addressed the gathering. The convener of the seminar was Dr. K.K. Sharma, Coordinator College Academic Council.



INTERNATIONAL YOGA DAY

International Yoga day was celebrated in the college on 21st June, 2017. The event was organized in accordance with the vision of Prime Minister Shri Narendra Modi who played a pioneering role in getting 21st June to be declared by the UN as the International Yoga Day. The event was attended by the Principal Prof. R.C. Lal, Dr. Nirdosh Aggarwal of Divya Yog Sansthan, Modinagar, college staff as well as the students. The programme was organised to create awareness about the benefits of yoga in creating a healthy mind & body balance.



FAREWELL PARTY, DEPARTMENT OF COMMERCE

A Farewell Party "NEVER SAY GOODBYE" was organised on May 18, 2017 in the college auditorium where students of M.Com. I bid farewell to the outgoing students of M.Com. II with great enthusiasm and nostalgia. The function began with a floral welcome of Chief Guest Prof. R.C. Lal (Principal) by the students of M.Com. II. Some of students also addressed the gathering. They expressed their deep love and gratitude to the seniors and teachers. Prof. R.C. Lal, in his speech wished good luck to the students of M.Com. II for their future and appreciated the efforts of M.Com. I. He also expressed his hope that students will continue holding top positions in the university. Head of the Department Dr. P.K. Garg wished the students and advised them to prepare themselves to serve the nation in future. Students of M.Com. I presented group dance, solo dance and solo song performances. Token of love and appreciation was given to the students of M.Com. II by their juniors. At the end, student's representative gave a vote of thanks. Dr. D.K. Agarwal, Dr. Ved Prakash were also present on the occasion.



FAREWELL PARTY, DEPTT. OF HISTORY

A farewell party was organised by the P.G. students of the Deptt. of History on 12-04-07. The students welcomed the guests which included Dr. Arun Kumar (Officiating Principal), Dr. P.K. Garg, Dr. Vivek Sheel, Dr. K.K. Sharma and Dr. Sunita Sirohi. The programme was conducted by Nisha, Keerti and Aanchal. The students performed various cultural programmes. The research scholars Vipin, Sachin, Sanjay and Mukesh were also present on the occasion. The party was followed by lunch.



PLANTATION CAMPAIGN BY NSS VOLUNTEERS

A Plantation campaign on the occasion of birth Anniversary of Pt. Deen Dayal Upadhyay was organized in the college on 8-7-17 by the college NSS Units under the patronage of Principal Prof. R.C. Lal. Around 70 trees were planted all over the campus. The event was attended by the Staff members, volunteers as well as Students. The objective of the campaign was to create awareness about environmental and ecological responsibilities of the common citizens.



DR. RANGANATHAN LIBRARY

A separate wing of the Central Library, named S. Ranganathan Library specifically catering to the Professional courses i.e. BBA, BCA, B.Lib., M.Lib., M.Sc. Biotech., & BPES was established in the month of May. The Special Wing has well equipped sections with modern internet facilities, approximate 12000 books and research Journals etc. The library has specified area designated as reading room for the students and faculty members. The special wing of the Library was inaugurated by Principal Prof. R.C. Lal. On this occasion several Staff members of the college were also present.



GILOY-TINOSPORA CORDIFOLIA

Giloy, a popular herb among naturopaths, is today gaining immense popularity and has found its way in the preparation of many medicines. But its side effects can't be ignored.

In Sanskrit, Giloy is known as 'Amrita', which means 'the root of immortality', because of its abundance of medicinal properties. Capsules are made from the pure herbal extract that is obtained from the plant, which has the botanical name, *Tinospora cordifolia*. It has anti-pyretic, anti-arthritic, antioxidant, anti-inflammatory and anti-cancerous properties. It aids in digestion and is also well-known as a highly effective blood purifier. It is used to treat many ailments such as cardiac debility, gout, anemia, leprosy, jaundice, as well as other serious diseases like cancer. In recent times, Giloy has become hugely popular due to its ability to cure swine flu.



There are no serious side-effects that occur due to the short-term consumption of Giloy. It is not known how safe it is when it is used on a long-term basis, that is, 8 weeks or more. It is a natural and safe herbal remedy that is used to treat a large number of health problems, from the simplest to life-threatening ones. Here are some side effects of Giloy use.

In some cases, the use of Giloy can cause constipation. The problem can be caused by using Giloy in any form. Whether you take it as a juice or a supplement capsule, this is one of the serious side effects of giloy that you should consider keeping in mind. It may also cause stomach irritation.

Giloy may reduce blood sugar levels. If you are a diabetic, your blood sugar levels should be regularly monitored and you should use this herb with caution. You should consult your doctor before using it, as the doses of the medications prescribed for diabetes may need to be adjusted or changed.

MANAGERIAL MEETINGS DURING APRIL - JUNE 2017

1. Meeting regarding the preparation of college prospectus for the academic session 2017-18 on 18th May 2017.
2. Meeting with member of Student Union on 30th June 2017.

EDITORIAL BOARD

- Prof. R.C. Lal (Patron)
- Dr. Vivek Sheel (Editor-in-chief)
- Dr. Mukesh Kumar (Member)
- Dr. A.S. Kashyap (Member)
- Dr. Richa Yadav (Member)
- Mr. Vipin Kumar (Research Scholar)
- Mr. Pankaj Dixit (Member)
- Mr. Daksh Taluja (Student Member)

To,

Book Post
