

TOPIC: BALANCING LIFE, FAMILY AND CAREER.

RESOURCE PERSON: DR. VARGHESE PUNNOOSE

30TH JUNE 2016

The IQAC kick started this academic year's lecture series with a talk by Dr. Varghese Punnoose, Professor and Head of Department of Psychiatry, Govt. Medical College.

An introduction to IQAC activities were given by Prof. Manoj Narayanan, IQAC Co-ordinator. This was followed by a welcome address by Prof. Jyothimol P., Dept. of English.

Dr Punnoose began the lecture by stating how the Father of Stress Hans Selye says "Life without stress is death". Stress thus is positive. The life system thrives on stress. Stress can be divided into- a) Eustress and b) Distress. Eustress motivates and enhances performance. But Distress can adversely affect us. He categorically states how our nervous system is 2 million years old. Back then we used stress response system for a) survival b) procreation c) food /shelter hunting. We then made limited use of our stress response system. Earlier men needed just 3 responses when at the face of threat, a) fight b) flight c) freeze. Later civilization set in, and from a hunter/gatherer man became agrarian. The rate of speed is something that our CNS (Central Nervous System) find it difficult to cope. Wearing the mask of civilization, we cannot overtly display our responses. We suppress our flight / fight response and this is taking a toll on our health. Our fear response changes to anxiety, depression and anger. All this comes from Limbic System; the part of the brain we have no real control. It affects all our organs. Under standard temperature and pressure we are all fine but under emotional pressure, we reach false conclusions. When our perceptions change, our emotions change.

Dr Punnoose then said that responses are of two types Adaptive responses (humour, physical activity etc.) and mal-adaptive responses (postponement, denial, avoidance, anger etc.). Adaptive responses are positive and the mal adaptive ones are not healthy in the long run and may put us under stress. We need to, thus, understand the true meaning of life and live beyond the existence of satisfying the physical/ material urges.

The lecture gave us an overview of the stress mechanism in a lighter vein and was truly informative.

TOPIC : ROLE OF MUSIC IN PERSONALITY

RESOURCE PERSONS: 1. FR.DR.M.P. GEORGE (SRUTHI SCHOOL OF MUSIC)

**2. SRI. KALAMANDALAM BALACHANDRAN, KATHAKALI
SAGEETHAM ACHARYAN**

15TH JULY 2016

Fr George, before starting the lecture sang a beautiful bit in the Raag *Kanada*.

Fr. George began the lecture by asking us what Music is? One teacher gave various answers, all of which were right. It was concretely put a by product of shabhdā & thalam. The rhythmic movement of sound. He asked us to observe nature- the rain, the birds, the fresh morning beats, the river- everywhere there is music.

He then asked how song & sangeetham is different.

Song-> Swaram/thalam+Sahityam

Sangeetham-> Swaram/ thalam

Sangeetham could be classified as

1.Margi(spiritual)

2.Deshi(Popular)

Deshi music could be further divided into

- a) Folk music
- b) art music

He then asked the teachers to start a day with a song. He vouched for the fact that music is a great stress reliever and a positive energy stimulator. Dr George entertained the crowd by singing a song in syriac.

After this session, we had a musical treat from Sri Kalamandalam Balachandran. Baselian Family honoured him for the various awards he received recently for the contributions in Kathakali Music. He told the audience that he is not a master lecturer, but actually he showered the beauty of Kathakali Music in its various moods. He demonstrated the different paces of Thaala. The he sang a beautiful padam . Then he introduced some ragas which are rare. Continuing with his session, he sang a padam in the raga *Goulipanthu*. He was joined by his son Devidas B , M Com student and one othe best artists of Baselius College.

The session was thus truly musical.

An entirely different session of relaxation – but took the audience to a different level.

**TOPIC: SCHOLARSHIPS FOR HIGHER STUDIES AND RESEARCH ABROAD:
OPPORTUNITIES FOR COLLEGE AND UNIVERSITY TEACHERS**

RESOURCE PERSON: PROF JOSEPH P VARGHESE

7TH JANUARY 2017

Prof Joseph P Varghese, formerly teacher of C M S college delivered a talk on the opportunities for teachers to pursue research and career in foreign countries. He stressed on the need for quality in learning teaching methodologies. Research has a vital role to play.

Prof Varghese pointed out that teachers do not have much understanding on the various opportunities that they have. He narrated his experience of getting a chance to move to foreign universities. He stressed on the importance of the synopsis and the topic that we prepare. He told the teachers that only if the Professor is really impressed with the genuineness and scope of the work would he/she give us a chance.

He then presented a ppt where in the detailed procedure for applying for the same were exhibited. The details of various agencies and scholarships were also provided.