

JIT NEWSLETTER EXPLORE

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IMPORTANT DAYS

7th Nov

National Cancer Awareness Day

9th Nov

Allama Iqbal Day

11th Nov

National Education Day

26th Nov

Constitution Day of India

OUR MISSION

To provide quality and affordable education to the less privileged sections of Indian society by leveraging all tools of modern education and to bring up such element sections to be able to find a place of dignity and distinction both within and outside the country.

 DR. SYED KAZIM MEHDI
CHIEF EDITOR

Dear students/readers,

I wish to share a few words with you on the Indian Constitution. Our Constitution is a wonderful document which enlists our rights and responsibilities, and also rules to govern us, as citizens of this beautiful country, and achieve progress and prosperity.

On 26 November 1949, the Indian constitution was adopted, which was a big step in country's journey in becoming a sovereign, socialist, secular, democratic republic. After coming into force on 26 January 1950, the Indian constitution became the supreme law of the land.

The constitution of India has helped this country take shape as we see it today. The rights to Equality, Freedom, against Exploitation, Freedom of Religion, and Educational and Cultural Rights enabled the people of this country to live in peace and harmony, despite being different from each other. After the violence and bloodshed during the partition, the leaders of this country decided to live in peace and harmony, and focus on the development and progress of its people. In fact, it was the vision of the founding forefathers of our country that India has come a long way, and aspires to become a world leader. Had our Constitution not been there to guide us, we would have been much behind, like some of our neighbouring countries.

The Constitution Day of India gives us an opportunity to remember, and thank our great leaders, especially Dr. B.R.Ambedkar, whose name has become closely associated with the Constitution. We should take an oath to follow and protect the ideals of the constitution, which helped us to stand with raised head, and earn respect from people around the world.

FROM THE DEPARTMENTS

 **DR. HUMA SHAFI**
ASSISTANT PROFESSOR, FOP

Be Humble in Life, Personal as well as Professional

In life, it is important to be humble, both in personal and professional contexts. Being humble means one should be humble and modest in one's attitude and behavior. It means not taking oneself too seriously, avoiding arrogance and self-importance, and acknowledging the strengths and achievements of others. Being humble is beneficial in many ways, both personally and professionally. On a personal level, being humble allows one to avoid feelings of superiority and arrogance. It ensures that one has healthy relationships with family and friends, as it is difficult to build strong relationships with those who display arrogance and a sense of self-importance. Moreover, being humble allows one to remain open to learning from others, as one is able to recognize the knowledge and experience of those around them. Furthermore, it helps one to remain humble in success, which can be a difficult task. On a professional level, being humble can be beneficial as it allows one to be respected and appreciated by colleagues, customers, and employers. It also allows one to better collaborate with others, as a humble attitude encourages team work and constructive feedback. Additionally, being humble allows one to remain open to learning, which can be invaluable in a professional setting.

 **MR. SAQUIB TANWEER**
ASSISTANT PROFESSOR, FOP

Aim High

Aim High is a phrase that has been used for centuries to motivate and inspire people to reach for their dreams and aspirations. It is a phrase that encourages people to push themselves beyond their perceived limits and to strive for excellence. The phrase has been used in many contexts, but essentially it is a reminder to people to have high expectations of themselves and to make the most of their potential. In order to aim high, it is important to set achievable goals. It is not enough to simply have a dream and wait for it to come true. Instead, it is necessary to break down the dream into smaller, attainable goals and to develop a plan of action that will help you reach your goal. This plan should involve setting deadlines and milestones to measure your progress and should include ways to stay motivated and inspired throughout the process. It is also essential to stay focused and to persevere when trying to reach a goal. It is easy to become discouraged when things don't go as planned or when it seems like progress is slow. However, it is important to keep in mind that there will be bumps in the road and that it is essential to keep pushing forward.

 **DR. SHAHID JAMEEL**
PRINCIPAL PHARMACY

Importance of Discipline

Discipline is an essential part of life. It is something that we all have to have in order to succeed. Discipline is the act of following a set of rules and regulations. It is the practice of training oneself to do something in a particular way and to act according to certain established principles. Discipline helps us to stay focused, motivated, and organized. It also serves as a foundation for setting and achieving goals. Discipline is important in all aspects of life. It can be used in our day-to-day activities, such as waking up on time, eating healthy, and staying active. At school, discipline helps children to stay on task and complete their assignments. It also helps them to learn how to control their emotions and behavior. In the workplace, discipline helps employees to stay productive and adhere to the company's policies. Discipline also helps us to develop self-control. It allows us to practice self-discipline and stay motivated. When we are disciplined, we are better able to resist temptations and distractions. Furthermore, discipline helps us to stay focused and achieve our goals. It enables us to be more productive and efficient. Discipline is also important for our physical and mental health. It can help us to stay physically fit by eating healthy and exercising regularly. It can also help us to manage our stress levels by teaching us how to manage our time and prioritize our tasks. Lastly, discipline can help us to develop our mental strength by teaching us how to make decisions and think critically. In conclusion, discipline is an important part of life. It helps us to stay focused, motivated, and organized. It can help us to develop self-control and achieve our goals. Moreover, it can help us to stay physically and mentally healthy. Therefore, it is essential that we practice discipline in all aspects of our lives.

 **DR. AHMED ABDULLAH KHAN**
ASSISTANT PROFESSOR, FOP

Start Your Day Riding The First Ray of Sun

We have all heard the phrase "rise and shine" and everyone has their own definition of what it means to them. Many people think of it in terms of getting up early in the morning to get the day started. But for those who appreciate the beauty of nature, starting the day riding the first ray of sun is a great way to start the day. Riding the first ray of sun is a great way to get the day started because it can provide a sense of peace and a chance to connect with nature. Taking the time to appreciate the beauty of the sunrise can help to bring a sense of calm and provide an opportunity to reflect on what the day ahead may bring. Watching the sun come up is like watching a new day begin. It is a reminder of the potential that each new day brings and a reminder of the beauty of nature. Riding the first ray of sun can also help to set the tone for the rest of the day. When we take the time to connect with nature, we are setting an intention to appreciate the beauty of the day and to stay mindful of the good things that life has to offer. Being mindful of the sunrise and the beauty of nature can help us to stay grounded and focused. It greatly help students for yielding good results and performing better every next time.

STUDENT'S CORNER

 **MALIK ASHAR ALI**
B.TECH I

EFFECT OF MOBILE PHONES ON STUDENTS' LIFE

Today almost everyone has a mobile phone. Formerly it served only as a portable medium of communication. The function of mobile phone has evolved into entertainment. In addition, mobile phones have also entered schools.

It has both the effects on a student's life. They are very beneficial for students but also have a negative side. Mobile phones are disturbing the concentration of students during their

studies. Mobile phone is an essential thing in our daily life. Almost all of us have a mobile phone. So, we can use it for many reasons. We can also do everything in our mobile phone such as homework, online work etc. The smartphone is another name of mobile because it is as intelligent as a human being. We can learn everything from this smart device. Our lives become very easy due to use of mobile phone. So, it plays an essential part in our day-to-day life. People of all ages use mobile phones for their needs. Also it can improve our educational system, business etc. The use of mobile phones has many good sides but also has a bad side.

There are some disadvantages of using mobile phone on student's life-

- 1-They spend too much time using mobile phones for playing games, watching movies and thus they waste their precious time on mobile phones.
- 2-Mobiles phones are expensive.
- 3-Mobile phones cause cyber-bullying.
- 4-The students suffer in studies due to mobile phones.
- 5-Distance from relatives and family members is one of the negative impacts of mobile phones.
- 6-Mobile phones cause various health problems and sleeping issues.
- 7-Cell phones are one of the main reasons for road accidents, etc.

There are also some advantages of using mobile phones in student's life-

- 1-Mobile phones are used for easy communication.
- 2-Mobile phones also improve upon education.
- 3-Students can earn money from mobile phones.
- 4-Mobile phones are used for photo and video sharing.
- 5-Mobile phones are used for Entertainment.
- 6-Mobile phones are used for travelling purposes, reminders, alerts and notes, etc.



 **MOHD SHADAB KHAN**
B.PHARM I

IMPORTANCE OF EDUCATION IN OUR LIFE

Education provides stability in life. It's something that no one can ever take away from you. By being well-educated and holding a college degree, you increase your chances for better career opportunities and open up new doors for yourself. Education is highly essential as it eradicates social evils and upgrades the thinking of society. Education uses various methodologies like teaching, training and research activities, etc.

The Right to Education Act, 2004, makes education a fundamental right for every child up to 16 years old. It bridges the parallel gap between the rich and the poor. Education eradicates the fickle of unemployment in developing countries, including India. Education is essential as it is an integral tool that helps a nation achieve economic growth and stability. The importance of education in a society helps overcome the shackles of inequality, corruption, poverty, etc. The right to education gives an individual the knowledge about health and hygiene issues and the schemes of the government and benefits from him/her. Education is an essential factor that changes an individual's perspective on caste discrimination. Education is a contributing factor in the field and development of technology and science. Education shows us the importance of hard work and, at the same time, helps us grow and develop. Thus, we are able to shape a better society to live in by knowing and respecting rights, laws, and regulations.



 **MOHAMMAD AHMAD KHAN**
B.TECH I



STUDENT'S CORNER

 **MOHD ALTAMASH ANSARI**
B.PHARM I

HEALTH

Health is of utmost importance for human beings. To lead a healthy life, one should believe in healthy living. Healthy living can be attained by consuming healthy products and keeping away from products which are unfit for health.

These days we find people consuming tobacco. It has become a habit and moreover a fashion. Chewing gutka or smoking is disastrous for health. Tobacco is the root of cause of many diseases. "International comparison shows that Indian cancer registries have some of the highest rates for oral cancer," said Dr Cherian. Tobacco products in attractive sachets are fast replacing traditional forms of chewing the betel leaf with all the other ingredients," Dr Cherian said. The use of tobacco products by children and youngsters, if unchecked, will lead to a major burden of oral precancerous conditions like sub-mucous fibrosis and oral cancer, and avoidance of this habit can reduce the incidence of oral cancer in India.



 **ABDULLAH KHAN**
B.PHARM I

PROCRASTINATION

Procrastination is the act of postponing or delaying a task. It is the force that prevents what you set out to do despite knowing that there will be negative consequences for doing so.

The reasons for procrastination vary depending on person to person. However there are some reasons that cause people to delay their task.



- One of the most important one is the fear of failure. It is in human nature to avoid and fear failure.
- Lack of focus and determination, feeling unfocused can often cause people to lose their will towards their work
- Lack of goals and objective is also reason a person procrastinate.
- Sometime a person may be too much of a procrastinator.
- This distracts them from task. Break down the task into little.
- If the task is too overwhelming we tend to procrastinate, but if the task is broken down then we can tackle it.
- Changing environment may be sometime beneficial for avoiding procrastination.
- If possible, get a friend or a parent to keep a check on your progress. It keeps the motivation level up and encourages you to finish the task on time.

 **MANSI VERMA**
B.COM III

NEW EDUCATION POLICY (NEP)

Education in India is poised at an interesting inflection point on this one and it is set to shed on outdated model for the new national education policy 2020. Other digital platforms of learning & innovative techniques of teaching are propelling it to global standards to create new benchmarks.

The quality of human capital is the touchstone of education in any country a well educated generation with a high literacy rate is equipped to undertake social, economic, & political roles responsibility with an awareness of the global issues.

As we emerge from the corona virus pandemic and embark on a new academic year, it is important to clearly understand the potential of education for the Indian society.

NEP: A new model of education

- Skill development
- Strong learning foundation & robust academic growth
- Better student assessment
- New platforms & techniques of learning & teaching.



 **MALIK ASHAR ALI**
B.TECH I



EVENTS

DEBATE WORKSHOP AT JIT

A 'Debate Workshop' was organized in the campus on 1.10.22, in which students from all the colleges of JETGI participated. The students were told the concept of college debates, and they were given a chance to prepare, and speak as participants of a debate. The students were quite excited, and some of them performed really well. They also expressed

DRAWING & COLORS WORKSHOP

A 'Drawing and Colors Workshop' was organized in the campus on 22.10.22, in which students from all the colleges of JETGI participated, and shown their talent in drawing and painting. The event witnessed some truly good and beautiful drawings and paintings made by students. It's a clear evidence of the fact that these students can compete in any competition, with students of other institutions.

MUSIC & SINGING WORKSHOP AT JIT

A 'Music and Singing Workshop' was organized in the campus on 15.10.22, in which students from all the colleges of JETGI participated, and shown their hidden talents. This event saw participation of students from all colleges run by JITGI. Some real talent in music and singing came to fore in the event, with a desire to participate in music and singing competition, in future.willingness to participate in Collage Debates in future.

