

JULY- NOV 2023

A large, light blue illustration of four stylized human figures holding hands, standing on a wavy line that resembles a path or a series of steps. The figures are positioned in a line, with the first figure on the left and the last on the right. The wavy line they stand on is a darker shade of blue. The background is a solid light blue.

Human Values



16th Remembrance Day
H. G. Dr: Stephanos Mar Theodosius
of Blessed Memory

5 November, 2023

Our Leading Light

Founder Manager



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



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From The Desk of DEO

Fr. Dr. Joshi Varghese

Diocesan Education Officer



The human world is diverse with its innumerable races, languages, tribes etc. In spite of 'the barriers of nationhood or continents, there are certain features which are common to all mankind. We may call it humaneness or humanity. Humaneness is the sum total of the values one upholds. It is these human values that make the earth a better place. The sum and substance of human values is the art of being human. In fact, one of the basic objectives of education is to inculcate human values. In the following pages, you can find about various aspects of human values and how you can inculcate those values to make your as well as others' life more meaningful and beautiful.

The Annual Meet of the heads of institutions under MGM group was held at Don Bosco Institute, Guwahati on 10 and 11 of October 2023. Apart from insightful sessions by eminent resource persons on various aspects of the present-day education scenario, the participants also deliberated upon the challenges as well as the best practices of schools.

The response to LOGOS Olympiad 2023, an initiative of MGM Group, has been incredible. About seven thousand students registered for this competitive exam series. It not only helps the students to test their academic performance but also helps them to gauge their skills and exam readiness with their classmates across the country.

MGM Fest has become one of the vibrant events of our group and students eagerly look forward to taking part in it. This year the annual Sports and cultural Fest will be

hosted by MGM Hr. Sec. School Bokaro on 7-8 November. Pre-primary to Juniors would compete online, whereas the senior category would lock horns at Bokaro to prove their mettle. I wish the participants all the best!

The XVI annual remembrance day of H.G. Dr. Stephanos Mar Theodosius of Blessed Memory, the founder of MGM Group of institutions falls on 5 November, 2023. Mar Theodosius loved children and wanted each child should have access to quality education irrespective of whether they lived in cities or villages. H.H. Moran Mar Baselios Marthoma Mathews III, the Catholicos and Malankara Metropolitan, who heads the Indian Orthodox Church would be in Bhilai from 3rd to 5th November to hold the memorial service of our founder Mar Theodosius. The award for the board exam toppers of MGM Group also would be given on 5 November at Bhilai.



Education to embrace human Values

Alexios Mar Eusebius Metropolitan

*"Respect for ourselves guides our morals,
respect for others guides our manners."*

- Laurence Sterne

The concept of an ideal society evolved as people began living together. In the animal world, the strongest and most dominant members controlled the group. When man began to transform from nomad to a social being, a set of principles started to evolve, aiming at the protection and security of every individual in the group. In course of the cultural growth, these set of values also began to change based on the needs and outlook of the society. Overtime, the focus shifted from survival, to establishing territory and eventually to the well-being of people, and at a more advanced stage, to the principles of equality and justice. These newly evolved human values form the foundation of our society, shaping our collective behaviour and determining how we interact with each other and the world around us. They guide us in making ethical decisions and provide a moral compass that help us navigate through life. These values have played a crucial role in creating a compassionate and harmonious society.

Personal values doesn't exist in isolation. They are like building blocks for social values. Social values serve as a guide to grow, work together and progress. By embracing

these values, we can create a nurturing and inclusive environment for everyone. In an ever-changing world, it is crucial to understand and nurture social values to foster a harmonious and progressive society. Sometimes, society's focus on immediate goals, can influence or change an individual's values. In such situations, having a set of moral values is crucial for both the individual and society to avoid being led by inferior motives.

Spiritual values connect us with the deeper aspects of our existence and guide us on a path of self-discovery, meaning and fulfilment. They encompass beliefs and practices that transcend the material world, echoing with our individual sense of purpose and connection to something greater than ourselves. In a world often focused on external achievements and material gain, it is essential to explore and embrace spiritual values that nurture our inner selves. The core values instilled in every individual primarily aims at enhancing their own self-improvement, while serving the greater ideals of the society.

The youth of today are the leaders of tomorrow. As they embark on their journey towards adulthood, it is essential to develop integral values that will serve as a moral compass.

These values form the foundation on which the youngsters build their character, guide their decisions, and shape their interactions with the world around them. Integral values are not acquired overnight, but rather through consistent practice and reinforcement. Youth must be able to reflect on their actions, evaluate their choices against moral principles, and make adjustments as needed. When discussing about value system, the young generation often perceives it as a restraint that hinders them from keeping pace with the ever-changing world. However, the era which they consider as absolute is not without values. The same values the traditional society taught through its institutions are today marketed as adaptability and community building skills.

One crucial personal value for students to cultivate is authenticity. Being authentic means living in alignment with one's true self and values, rather than conforming to societal expectations or peer pressure. Authenticity may seem synonymous to honesty, but it is deeper than being honest. The period of student life in the Indian tradition is that of brahmacharya. Brahmacharya roughly means "to stay true to one's Self or one's own Atma". Students who embrace their unique qualities and express themselves authentically foster a sense of self-acceptance that allows them to form genuine connections with others. Embracing accountability of one's own mistakes is crucial in developing authenticity. Living authentically is not always a straightforward endeavour.

At times, being true to your inner sense of rightness entails diverging from the crowd. It may mean being unconventional, exposing yourself to the risk of emotional vulnerability and choosing the more challenging path. This might lead to facing challenges and missing out on opportunities, but in the long run it can open new and better ones. Living authentically means you don't have to worry about being fake or unsure about yourself. When you're honest with yourself and others, you can handle problems more effectively and communicate openly and respectfully, taking into account the feelings and needs of others. This requires emotional intelligence and good communication skills.

Empathy is a value that promotes a deeper level of understanding and compassion towards others. It is the ability to understand and share the feelings of others which makes us caring, helpful and kind. It also helps us to get rid of negative emotions like selfishness and narcissism. Sometimes, we feel threatened by our own

fears and past experiences, even when there is no real danger. This feeling of threat can block our ability to empathize with others.

Being judgemental is different from making fair judgements. When we're judgemental, we believe we're right and others are wrong. This harms us and others and often prevents us from connecting with others. When we're judgemental our capacity for empathy shrinks. To be more empathetic we should try to imagine what others are going through, which leads to greater compassion, understanding and empathy.



Gratitude is a powerful catalyst for enhancing fundamental human values. Gratitude is primarily appreciated as a quality that fosters positive emotions, lower levels of stress and healthier relationships. It is a virtue that contributes to happiness, contentment, and appreciation for the little joys in life. Gratitude is a social value that brings more responsibility towards the society. It instils in us a sense of appreciation for things around us, the support of the society and the opportunities of growth. Encouraging students to cultivate gratitude in classrooms help them to develop empathy and humility where they learn that education is a collective endeavour, to acknowledge and appreciate the contributions of others. Furthermore, gratitude inculcates a positive outlook, fostering resilience and improving overall well-being. It teaches students to find joy in the present moment, to appreciate the efforts of others, be compassionate, responsible and socially conscious individuals who value not only what they learn, but also the people and world around them.

Social ethics require people in a society to have a civic sense which means being responsible citizens. Civic sense reflects the character of the people of a town or a city which includes respecting laws, good manners, paying taxes and protecting the environment. There are unwritten codes of conduct and rules in each society,

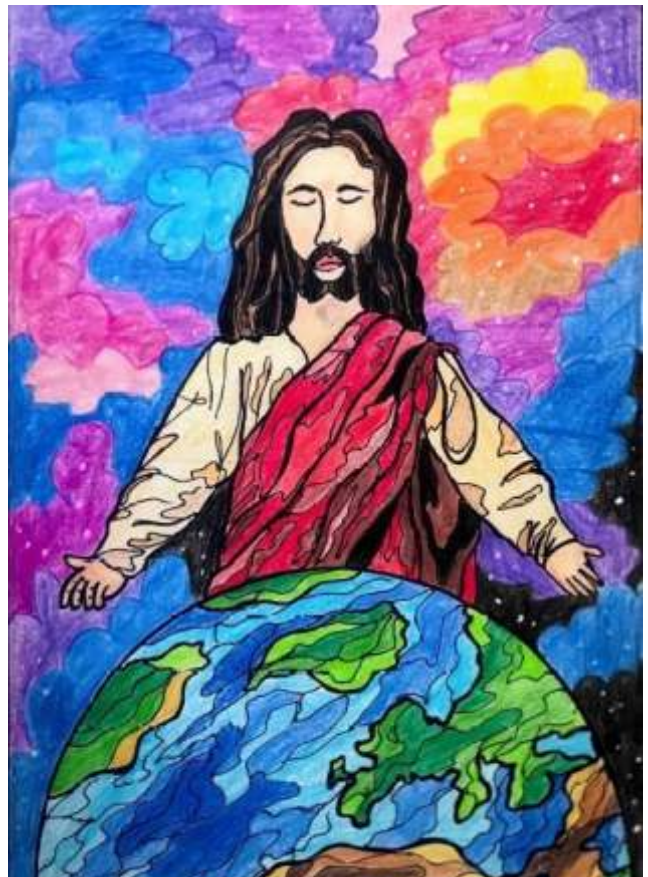
which should be followed in any civil society. Civic sense also means respecting other's privacy or freedom. Disregarding the law is a major reason for lacking civic sense. In our society there are many social problems like female infanticide, alcoholism, drug abuse, and superstitious beliefs etc which can only be addressed by raising awareness and uniting as a country to eradicate them. Social awareness also make individuals more mature and considerate when it comes to making important decisions. Aristotle said 'He who is unable to live in society or who has no need because he is sufficient for himself, must be either a beast or god'. We thrive on connections, cooperation and exchange of ideas and experiences within a community. Civic sense does not come from just rules, but from a "sense of belonging" which creates pride and a sense of ownership.

Spiritual values go beyond religious beliefs and practices; they encompass a sense of purpose, interconnectedness and a deep understanding of oneself and others. Among the many advantages of spiritual values for youth is the sense of meaning and purpose they provide. They help young people find a sense of direction in life, guiding their decisions and actions towards what truly matters to them. While societal pressures, often focus on achievements, success, and material possessions, spiritual values remind young people to seek out a greater purpose beyond material gains. Spiritual values empower youth to make choices that align with their values and contribute to the well-being of themselves and others. In a diverse and globalized world, it is crucial to understand and appreciate different cultures, religions, and perspectives. Spiritual values teach young people to celebrate diversity and cultivate a sense of unity, enabling them to build meaningful relationships and contribute positively to their communities.

In an era dominated by instant gratification and technology, spiritual values encourage youth to adopt a mindful and reflective approach to life. They teach young people to slow down, find balance, and appreciate the present moment. By practicing mindfulness, meditation or other spiritual practices, youth can develop self-awareness, emotional intelligence and a deeper understanding of their own values and beliefs. Promoting spiritual values among youth can also foster a sense of environmental consciousness and responsibility. Recognizing the interconnectedness of all living beings and the natural world, spiritual values encourage young people to become stewards of the environment.

Understanding that they are part of a larger web of life inspires youth to make sustainable choices, conserve resources, and protect the planet for future generations. Facilitating open and non-judgmental conversations about spirituality and values can create a safe space for young people to explore their beliefs and find their own spiritual path.

Human values are the essence of a compassionate society, laying the foundation for positive transformations in our communities. These values encourage us to seek common ground, build bridges, and promote the well-being of all individuals. As we navigate the challenges of the modern era, let us hold onto these fundamental principles, interweaving them into the fabric of our society for a brighter and more compassionate future. By cultivating spirituality and promoting these core values, we equip our youth with the tools and mindset to navigate the complexities of the 21st century with wisdom, compassion, and a deep-seated sense of inner fulfilment. Together, let us cultivate and uphold these values to create a society that upholds the well-being of all its members in high regard, setting an enduring example for generations to follow.



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Plant-influence in Shaping Human Values

Dr. Vinita Thomas, MSc. MPhil. PhD

Plants, although seemingly different from humans, have fascinating characteristics and behaviours that can indirectly influence the formation of human values. Plants play a crucial role in our lives, not only as a source of food and oxygen but also in shaping human values. Here are some facts about plants that can lead to the formation of human values:

1. Interdependence: Plants demonstrate the concept of interdependence, as they rely on other organisms for pollination, seed dispersal, and nutrient exchange. Observing this interdependence can teach humans the value of cooperation, collaboration, and the importance of maintaining ecological balance and sustainability. They regulate the climate, prevent soil erosion and support diverse ecosystems. Understanding the intricate relationship between plants and the environment can instil values of environmental stewardship, responsibility, and the need to preserve natural resources for future generations.

3. Resilience and Adaptation: Plants have evolved various mechanisms to survive and thrive in challenging conditions. They can grow in arid deserts, cold tundra, and nutrient-poor soils. This resilience and ability to adapt can inspire humans to embrace flexibility, perseverance, and adaptability in the face of adversity.

4. Patience and Growth: Plants exhibit

slow and steady growth over time. From a tiny seed, they develop into mature trees or blossoming flowers. This gradual process teaches us the values of patience, nurturing, and the importance of consistent effort in personal growth and development.

5. Beauty and Aesthetics: Plants contribute to the beauty of our natural surroundings with their diverse colours, shapes, and fragrances. Appreciating the aesthetics of plants can cultivate values such as creativity, aesthetics, and the ability to find beauty in simplicity.

6. Generosity and Nourishment: Plants provide us with sustenance through fruits, vegetables, grains, and other plant-based foods. This act of nourishment can instil values of generosity, sharing, and gratitude for the resources that sustain us.

7. Healing and Well-being: Many plants possess medicinal properties and have been used for centuries in traditional medicine. Recognizing the healing potential of plants can foster values of empathy, compassion, and the importance of caring for the well-being of others.

8. Coexistence and Diversity: Plants form a diverse tapestry of species, each with its unique characteristics. They coexist in harmony, demonstrating the value of diversity, inclusivity, and the importance of embracing differences in human societies.

While these facts about plants may not directly determine human values, they

can serve as sources of inspiration, highlighting qualities and principles that humans may choose to adopt in their own lives and societies. By observing and reflecting on the various aspects of plant life, we can draw valuable lessons and develop human values that promote harmony, sustainability, and a deeper connection with nature and our fellow beings.

Did You know

Plants Communicate and Cooperate: Plants have intricate communication systems that allow them to interact with each other and their environment. They can release chemical signals to warn neighbouring plants about impending threats, such as insect attacks. They also engage in cooperative relationships with other organisms, such as pollinators and mycorrhizal fungi, which benefit both parties involved.

Plants are Inspiration for Innovation: Plants have inspired numerous inventions and technological advancements. The study of basic plant structures and physiological functions has led to biomimicry, where human-made designs are inspired by natural systems and processes. Examples include the development of solar panels based on photosynthesis, wind turbine blades modelled on maple seeds, self-cleaning exterior paint inspired by the lotus leaf, seeds covered with tiny little hooks attach themselves to fur and clothing led to Velcro fastener etc...

Adolescent Skin Health: A Shifting Journey

Dr. Thomas Samuel, Pediatrician, Karuna Hospital, Bhilai

Adolescence is a transformative phase in every individual's life and is marked by a myriad of physical, emotional, and psychological changes. During this transitional period, the body experiences significant hormonal fluctuations, emotional growth and external factors that directly influence the skin's condition. While some adolescents may flaunt a naturally glowing complexion, others might find themselves grappling with issues like acne, oiliness, or sensitivity. Consequently, understanding and addressing these unique skin concerns can foster a positive relationship with one's appearance and boost self-confidence during these formative years.

Here are some do's and don'ts to guide young individuals on their journey to optimal skin health

Do's

1. Cleanse Gently: Cleanse your face twice daily with a mild, soap-free cleanser. This helps remove dirt, excess oil, and impurities without stripping the skin of its natural moisture.

4. Healthy Diet: Consume a balanced diet rich in fruits, vegetables, and antioxidants. Proper nutrition provides essential nutrients that contribute to overall skin health. Include dark green leafy veggies in your diet, fish oils are good for the skin, they are found in large sea fishes like cod, tuna and mackerels.

7. Sunscreen Protection: Apply a broad-spectrum sunscreen with SPF 30 or higher daily, regardless of the weather. Protecting your skin from harmful UV rays helps prevent sunburn, premature aging, and reduces the risk of skin cancer.

2. Moisturize Regularly: Use moisturizer to keep your skin hydrated. Even if you have oily skin, moisturizing is crucial to maintain a healthy skin barrier.

5. Be Gentle with Acne: If you have acne, avoid squeezing or picking at the lesions, as this can worsen inflammation. Resist the temptation to pick or pop acne lesions, as it can lead to scarring and prolonged healing.

8. Wear Clean Hats and Headbands: If you wear hats or headbands regularly, make sure they are clean to prevent the accumulation of dirt and oil on the skin.

10. Practice Stress Management: Find healthy ways to manage stress, as stress can sometimes exacerbate skin issues. Engaging in activities like exercise, meditation, or hobbies can help reduce stress levels.

3. Stay Hydrated: Drink an adequate amount of water daily to keep your skin hydrated from the inside out. Don't Skip Hydration even if you have oily skin.

6. Consult a Dermatologist: If you're struggling with persistent or severe acne or other skin issues, seek advice from a dermatologist. They can provide personalized recommendations and treatments for your specific skin concerns.

9. Remove Makeup Before Bed: If you wear makeup, always remove it before going to bed to allow your skin to breathe and prevent clogged pores.

Don'ts

1. Don't Over Wash: Avoid excessive washing of your face, as it can strip the skin of its natural oils and lead to increased oil production/lead to dry skin

4. Don't Share Makeup or Skincare Products and Tools: Sharing makeup or skincare products and tools can spread bacteria increasing the risk of skin infections.

7. Don't Neglect Sleep: Get an adequate amount of sleep each night to allow your body and skin to rejuvenate and repair.

2. Avoid Harsh Products: Stay away from harsh skincare products that can irritate and dry out the skin. Instead, opt for gentle plant based products.

5. Avoid Hot Water: When washing your face, use lukewarm water instead of hot water, as hot water can be drying to the skin.

3. Avoid Touching Your Face: Refrain from touching your face throughout the day, as it can transfer bacteria and oil from your hands to your skin, potentially causing breakouts.

6. Don't Use Abrasive Scrubs: Avoid using harsh scrubs or exfoliants, as they can irritate the skin and exacerbate acne.

Remember that every individual's skin is unique, and what works for one person may not work for another. Encouraging healthy skincare habits early can establish a solid foundation for maintaining skin health throughout life.



We are currently in what is known as the Zettabyte Age, simply meaning that the amount of data created in the known universe has reached multiple Zettabytes yearly. The Zettabyte Age marks an unprecedented era of technological advancement characterized by the exponential growth of data. However, amidst this surge of innovation, it is imperative to establish a values-centric approach to ensure that progress is not only rapid, but also upholds human dignity, equality, and sustainability.

Human values encompass the principles, beliefs, and ideals that serve as guiding lights for individuals in their thoughts, actions, and behavior. These values are deeply ingrained, shaping one's perception of the world, influencing decision-making, and governing interactions with others. It is this ingrained set of values that distinguishes humans from other creations of God. As the supreme creation of God, humans are entrusted with embodying these values to their fullest extent.

In the rapidly evolving landscape of the 21st century, characterized by the advent of technologies like IoT (Internet of Things), AI (Artificial Intelligence), and 5G networks, globalization, environmental concerns, and social disparities, the significance of upholding human values has never been more pronounced. As stakeholders in the educational community, it is incumbent upon us to foster a generation grounded in values, equipped to navigate the challenges and complexities of the modern world.

Realizing a values-centric vision for the Zettabyte Age requires collaboration across all sectors of society, such as education, government, industry, and civil society. Hence, it is worth revisiting Mahatma Gandhi's elucidation of "The Seven Social Sins," also known as the "Seven Blunders of the World." In the backdrop of the socio-economic and political context of the Zettabyte era, let us explore constructive approaches to address these societal challenges and pave the way for a fairer society and a more harmonious global order.

A Values-Centric Vision for the Zettabyte Age

Sr. Jwala CTC

Principal, St. Teresa's Convent School, Raigarh

Wealth with honesty: Fostering an early appreciation for hard work, fairness, the dignity of labour, and social responsibility is crucial in addressing the contemporary concern of wealth accumulation through unfair means or without significant contributions to society. Instilling these values in the younger generation will empower them with strong work ethics, ensuring that wealth is obtained through honest means and used for the betterment of society, especially benefiting the less privileged.

Pleasure with responsibility: In a world characterized by a pursuit of immediate gratification and individualism, the catchphrase "pleasure with responsibility" underscores the importance of nurturing empathy, compassion, and a profound sense of responsibility towards others. This ethos encourages thoughtful decision-making, ensuring that our quest for pleasure is conducted in a manner that refrains from causing harm or exploiting both others and the environment.

Knowledge with integrity: In this age of information, it is essential to develop robust character alongside the acquisition of knowledge. This enables individuals to make informed, ethical choices and utilize their expertise for the betterment of society at large. Intellectual growth, when coupled with integrity, engenders a well-rounded, conscientious, and empathetic individual. In the face of information overload, it is imperative to cultivate critical thinking, media and digital literacy, and responsible information dissemination to combat the spread of misinformation and foster a more enlightened and tolerant society.

Commerce with moral uprightness: The business practices that prioritize profit and financial gain at the expense of ethical considerations often result in detrimental consequences for society, the environment, or individuals. Addressing these issues involves promoting human values that champion ethical business practices, encompassing fair trade, responsible production and consumption, and ensuring that economic activities are conducted with due regard for human rights, social justice, and environmental sustainability.

Science with ethics: While scientific progress has yielded myriad benefits, we have witnessed in our times the potential dangers and negative repercussions that can arise when science divorces itself from its duty to benefit humanity and uphold ethical standards. Emphasizing the ethical use of science and technology, addressing the

societal and environmental impacts of scientific discoveries, and prioritizing the well-being and dignity of all individuals is imperative.

Religion with compassion: As Indians, we take pride in our country's diverse cultural heritage. However, there are many instances where we are discouraged by the way violence and intolerance are exhibited against other religious and ethnic groups. This scenario calls for a need to actively live out the principles and teachings of one's own faith in its true spirit. As Mahatma Gandhi astutely observed, "If you reach the heart of your religion, you will reach the hearts of other religions too." Ultimately, by embracing the principles of our faiths in a true and genuine way, we can work towards a more united and peaceful world, where everyone is valued and respected for who they are. It is also important for educational institutions to engage in open dialogue and education about different cultures and religions. This can help break down stereotypes and foster a greater sense of understanding and appreciation for one another.

Politics with accountability: Recent times have witnessed instances of petty politics where politicians prioritize personal gain, party interests, or short-term political gains over ethical or moral principles. "Politics devoid of accountability" can lead to corruption, abuse of power, extreme polarization, and a disregard for the well-being of the people. Nurturing our young leaders with values such as fairness, justice, transparency, accountability, and respect for human rights paves the way towards a more ethical and inclusive political system that works for the betterment of society.

In conclusion, the Zettabyte Age presents us with unparalleled opportunities for progress and prosperity. Yet, to fully realize the potential of this era, we must anchor our endeavors in a values-centric approach. Education and awareness stand as pivotal pillars in this initiative to cultivate a counter culture, breaking the cycle of social vices. Thus, by upholding principles of ethics, equity, transparency, sustainability, and human-centered design, we can forge a path towards a future that benefits all of humanity. It is through these values that we can harness the power of the Zettabyte Age to create a more just, inclusive, and sustainable world.

Being a Humane Human

Dr. Debjani Mukherjee, St. Thomas College, Bhilai

From a Psychologists desk, we can say that human value system is the pillar of a complete man who is a humane human. These values are the core of any human society and they should be applied in every area of life. Values are important because they help us to grow and develop. They help us to create the future we want to experience. We have to show respect, acceptance, consideration, appreciation, listening, openness, affection, empathy and love towards other human beings.

The most common human values can be categorised under the following heads:

Theoretical value: This value shows an inclination towards discovering truth that can logically evaluate the empirical, critical and rational interests. People with strong theoretical value will be very practical, educated and believe in strong facts.

Economic value: This value stresses inclination towards money and material gains. We can infer a person is positively biased towards the rich, industrialists and material gain and give importance to the role of money in life, will be a strong possessor of economic value..

Aesthetic value: This value is related to art and beauty. Creativity will be an inherent quality in a person with strong aesthetic values and would prefer to be surrounded with beautiful things.

Social value: Here we observe charity, kindness, love and sympathy for others. Connecting with people and offering his services to humanity is a dimension of this value.

Political value: This value is inclination towards political man power and prestige and interest in leadership, administration, management, political parties etc. Position of power is what a person with political value will hanker for. He will have strong likes and dislikes for political agendas of various political agendas.

Religious value: This value tends to bend towards faith in God and fear of divine power. In some cases fanatic behaviour may also be seen.

Our family, neighbourhood and school are primary source of determining a person's human value. This is called the socialization process. The parents, teachers and friends are the role models to the children. When the children see the model showing concern for others, motivating them for their good deeds and cooperating and helpful with their academic issues, the children learn them by observing and imitate it with fellow peers. Each person small or big has a big role in spreading good human values in the society.



Ask The Counsellor

Value Education : The Core of Human Civilization

Dr. Reema Dewangan

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Values are the ideals, beliefs, norms, desires, behaviors and goals that a society has accepted. Value tells us what is right and what is wrong for us. The ideals to which weightage is given in the society and by which the behavior of a person in the society is governed and controlled are called values. Education is the means to impart knowledge and skills to human beings. Education is not the amount of information that is put in the human brain. It must have man making, character making and life building accumulation of ideas. Then only by means of that education something can be gained in the world.

The form of education that endeavors for the moral and spiritual development of life is called value education.

Value education deals with the learning of:

- What is universally valuable for all of us?
- What is conducive to our individual and collective happiness and prosperity in a sustainable way?
- Value education enables us to be in harmony:
 - Harmony within ourselves.
 - Harmony with other human beings.
 - Harmony with the rest of nature at large.

We can say that value education imparts knowledge and skills to human beings about what is universally valuable and how to live in a state of continuous happiness and prosperity.



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Need For Value Education

- The vast technological advancement has encouraged the insane pursuit of materialism among the youth. Value education is needed to humanize youth.
- Value education is required so that the adolescents may imbibe high moral values, smartness, manners and confidence.
- Value education is essential for helping the students resolve their internal conflicts.
- Value education provides proper guidance to the students in the areas concerning with ethical rules and regulations of society.
- It is needed to reduce all kinds of problems, crimes, unhappiness and disturbances that are common among adolescents.
- It is essential for the healthy development, preservation and promotion of culture.
- Value education helps in the identification of the basic aspirations of all human beings.
- Value education helps in living with veracious understanding of values which brings happiness in continuity; otherwise, we feel deprived, frustrated and distraught.
- In the absence of correct understanding of human values, human beings are driven by ad-hoc values and beliefs. Value education helps to evaluate beliefs before following or accepting them and determine whether they will lead to universal value or not.
- Values and skills are complementary to the success of any human endeavor. Value education helps in identifying and developing methods and practices to achieve the desired goal.



Management in Daily Life

Mrs Siji Reno

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Management plays a very important role in every person's life, in day today activity.

1) Time Management: "Time plays a very important role in everybody's life. So how to manage time effectively in every day schedule. In students life time is very crucial, time for study, time to play, time for art and craft.

2) Planning: It's the most important step in every person's life, As a youth we should also plan everything in advance.

3) Organizing: It's important to organize everything in life. It helps in many ways.

4) Motivation: Plays a very important role in students, teachers, and business men life. Motivation is a energy in everybody's life.

5) Strategy management: Having a strategy is very important in each and every one life.

6) Network management: "Every person should have good network in life". Networking helps us to connect with everything in life and build good relationship and help in future.

This article helps in managing day to day activity and helps in understanding outside world and in personal life also. Management helps in many ways to a person to leave life.

Human Values

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When asked "what are human values?" I have no idea how to answer this question. Because there are so many things that i could value, but what do i actually value. Well, basic human values refers to those values which are at core of being human. The values such as

Honesty - Talking straight, being genuine and ethical.

Courage - Taking responsibility of the result, being up front about mistakes and taking considered risks.

Trust - Keeping promises, the belief and confidence in a person or in an organization.

Caring - Listening carefully to others, working together to achieve shared goals.

Fairness - Treating people equally and according to the law or rule without any favouritism.

Loyalty - Staying loyal to the company and to others during good and bad times.

Respect - Treating individuals with dignity.

WHY DO YOU THINK THAT HUMAN VALUES ARE IMPORTANT?

They are important because they help us to grow and develop. They help us to know the difference between right and wrong. They help us to create the future we want to experience. It help us to build a positive character with traits like respect, kindness and humanity. Lastly, human values are the most important values that one must follow to live a peaceful and a harmonious life.

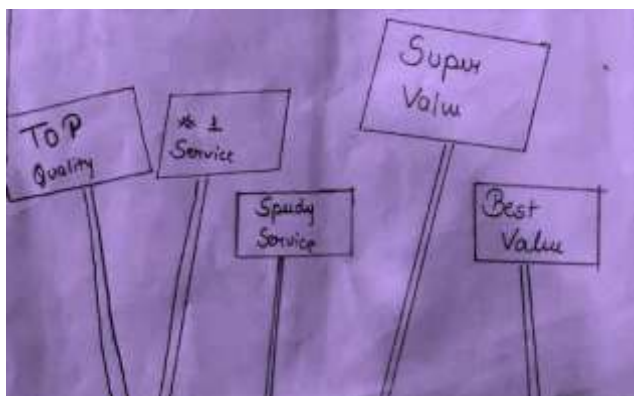


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Human Values

Tanishka Rai, 10 B, M.G.M. HSS, Itarsi

The present paper is an attempt to explore the importance of human values in the global society. Human society may not significantly sustain without human values. Hence, it is necessary to talk on the subject and bring about awareness of human values into the modern society. There is no denying the fact that the present global society is facing a lot of crisis.



Human value crisis is a known fact of the modern society. Indeed, humans are aware of the global and national problems which they are currently facing. The impact of human activities on the earth in various ways is placing a significant amount of stress. For instance, the climate change due to global warming. There seems to be a significant link between the remedial measures and various solutions to climate change and the practice of human values. It is believed that at the end of the day, it is the human values which will see the mankind.



Anna Shalom Mathew, M.Com III, STC, Bhilai

Human Values

Tanmay Dhurve, 10 B, M.G.M. HSS, Itarsi

In the speedy materialistic race,
We have forgot our grace,
We are running behind the glitters,
Due to which everyone suffers,
In going ahead with one another
We are pushing each other
We have no human values,
Only cry and hues,
We have no heart
Only the art
To cheat and to deceive,
We can't bear,
The progress of other
We, we and only we

Poem

Harshita Chourey, 10 A, M.G.M. HSS, Itarsi

Rose flower is crimson red
Very beautiful
Even adored on dead
Its importance is well read
Even rainbow seems elegant
With inclusion of all colors present
We are all for praises
But how to neglect blood color and face?
Freedom fighters face death
Face the bullets with last breathe
The country earns respect
For their sacrifice act
But what about innocent people's killing?
The sky is raining
Deaths With blood spread over on earth
I keep silent and calculate
But fearfully relate
The negation of Human value
Is there any one who can sincerely view?

Human Values

Akshay Bagh, M.G.M. English School, Rourkela

A human being's anecdotes are determined by the course of his actions and the contributions of his responses to distinct situations in life. The arc of our character is stimulated by the virtues, vices and values that we adapt during our experiences and our encounter to unprecedented happenings. Such values form the very strength of our persona and help us to retaliate in a secured manner which might not bear an efficacious result but alleviates our confidence to summon our happiness. The thrill regarding life is we are forever unaware about the staidness of the situation that we are about to witness and the ultimate goal of every individual at the end of the day sticks to staying happy through all such depressions and elevations. That is where our values step in and formulate our ability to being ourselves at the cost of undetermined success.

Our values analyse our physical and emotional capabilities to harness the adamant structure of our being which fluently accords with the flexibility of the situation. There are a diversified range of values which can be utilised in almost every spectre of our lives for imprinting the sense of dauntless choice that we are needed to make for moving constantly in life. But the pivotal point of

bestowing such values is the moment of ultimate choice that we get to make in catastrophic situations. The choice of being empathetic, honest, responsible, punctual, hard working, compassionate, confident, fearless and courageous are some of the most dexterous values to master and follow.

But their significance is best apprehended at the moments of anomalous challenges. Our life is entirely comprised of exorbitant and deranged set of events that mentally and physically test our potential to atone with our own selves. The constant requirement in every individual's life to support and stand with their own thoughts and opinions is only feasible by amassing a collection of embellished values. In order to respect every individual's opinions and thoughts, we first need to respect our own. This will not only lead to an enhanced making of our own norms but will also commemorate an epitome of inspiration for the society and people who are devoid of such fortitude. And the foremost way of figuring out our values is only through our heart and appeasing its judgement with audacity enough to face another debacle and divulge another victory.

Human Values

Krishno Mullick, IX B, St. Mary's HSS, VFJ, Jabalpur

In the world of chaos, bright and vast,
Human values anchor us steadfast.
Compassion, kindness, love's embrace,
These virtues guide the human race.
With empathy, we understand the pain,
Of those who seek hope through the rain.
A hand extended, a caring ear,
Human values make our purpose clear.
Integrity, a beacon burning bright,
In the darkest hours, it's our guiding light.
Honesty and truth, we must uphold,
In them lies a heart of gold.
Respect for all, diverse and wide,
In unity, we stand side by side.

No matter the color, creed, or name,
Human values treat all hearts the same.
Courage in the face of strife,
Helps us to overcome the trials of life.
To stand for justice, to make things right,
Human values shine in the darkest night.
Generosity, a gift we freely share,
Showing others that we truly care.
In giving, we find our souls release,
Human values bring us inner peace
So let us cherish these values dear,
In them, our humanity appears.
In a world where chaos often reigns,
Human values are what truly sustains.

On Human Values

Shriyansh Tripathi, 10 B, St. Mary's HSS, Jabalpur

A question I want to ask everyone that,
Are we following the right way?
What are the basic human values?
Let me know if anyone of you can say?
Do we actually follow those values?
Or we just pretend to do.
Or our concept of human values is just a myth,
Which is being followed by me & you.
I often think that.....
In this world full of materialistic race,
We all are driven to match some's pace,
We have forgot our own grace,
And been taught to always carry a false face.
If we look around us, the world is full of hue and cry.
To make these people happy,
Every possible thing we must try.



Bijoy Kujur, M.Com III, St. Thomas College, Bhilai

People and Values

Yushikha Thapa, 10 B, St. Mary's HSS, Jabalpur

People around the world see human values as a set of qualities involving honesty, truth, loyalty, love, peace, and anything that makes them well respected in their community. It is something that some people carry throughout their lives, while others may have to fight to hold on to. A person with real human values are trustworthy and will go far to keep their loyalty to you. They hold those closest to them in the highest regard. These people, who protect their values, love deeply and completely. They also always work hard to do right by others, even if these people do not deserve it.

Values are the good teachings we get from our parents and teachers mostly during our childhood years. We are taught the importance of good values such as self control, discipline, integrity, compassion, dedication, hard work, team work, forgiveness, empathy, helpfulness, loyalty, perseverance, consistency, optimism, dependability, efficiency, respect, patriotism, love, care and responsibility.

We are also encouraged to imbibe these as they help in taking our life in the right

direction. Good values help in building a strong character. Our values make us sensitive towards the needs of others in the society and also help us in taking the right decision for ourselves. They render wisdom as well as strength of character and thus make us human.

Human values are the core values that make up our personality and define how we act in life. These values are very important as they make up who we are and are what guide us through life.



Muskan Patel, B.Com II, St. Thomas College, Bhilai

Human Values

Albi L Anil, B.Com III, St. Thomas College, Bhilai

Human values represent human behaviour and emotion. Behaviour and emotion are the two things which make us different from other living things. Human values are a combination of behaviour and emotion. These two things give us value in society or our surroundings, and society judges us by that. Trust, respect, affection, care, guidance, reverence, glory, gratitude, and love are the nine basic human values.

It all depends on how you treat others. If you care for others or respect others, it does not mean that they will also treat you like that, but it will increase human values inside of you. Education never teaches you how to behave and control your emotions. Some people may use religious commandments as their set of human values while others find their values within themselves. Either way, individuals need to know what their own set of human values are because these provide guidelines on how they should behave with other people, at home and at work. It is not necessary that if you are educated, only then you will have human values. In this modern world, many educated people do not have human values, but uneducated people have more human values than them.

Just like food, water, clothing, and shelter are the needs of a human being, similarly human values are also the needs of human beings. We humans should understand the emotions and feelings of others so that human values always remain in this world. Through that, we can become better humans and create peace in this world.



Ameya Yadav, Class 12, St. Mary's HSS, VFJ, Jabalpur

I am the kind of girl....

Anjali Dhruw, B.Com III, St. Thomas College, Bhilai

I am the kind of girl who is quiet in large groups or around people I don't know, You only see the real me if we're close.

I smile and laugh a lot, especially at the most inappropriate times, I get angry at stupid things, But that's one of my love languages and only reserved for people who are mine.

I trip over air and even my words, I don't get offended easily, but it is too easy to make me feel left behind. I may forgive but never forget your sin.

I am the one who says everything is ok, but nothing seems fine, Want to get mature but can't leave the "childish me" behind.

I am the girl who's always there for everyone, no matter the place or time, But when I need support, everyone scatters.

I am a girl who is kind but pretty devil at times, I may say I don't care but there's a child within me who cares a lot about what's going in my mind.

And I am the girl who recently got lucky with beautiful people inside and out by my side.

I am awkward and clumsy at times, But that's me and I am fine!!



Pallavi Uikey, Class 12, St. Mary's HSS, VFJ, Jabalpur

Human Values in Indian Culture

Himangee Tandan, B.Com I, St. Thomas College, Bhilai

"India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great grandmother of Tradition." ~ Mark Twain

As a citizen of India, we love to hear these types of quotes which glorify our country, but are we really in tune with our tradition? Are we really doing what our culture recommends us to do? Are we really following the values of our great people?

The answer is a big, "NO!"

Do you even know what our fundamental values are? These are:

1. Tyaga (renunciation)

2. Dana (charity)

3. Nishtha (dedication),

4. Satya (truth)

5. Ahimsa (non-violence)

Many of the people reading this, might not even know what these mean or you may know the literal meaning but never practised these qualities.

Tyaga:- Means the quality of Sacrificing, the ability to let go of things holding you back, things that are no longer serving you, sacrificing for your family. In this whole busy world, we are so disconnected from what matters to us the most, our families and ourselves. Have you ever read Bhagavad Gita? Krishna mentioned the Tyaga and I quote

कार्यमित्येव यत्कर्म नियतं क्रियतेऽर्जुन ।

सङ्गं त्यक्त्वा फलं चैव स त्यागः सात्त्विको मतः ।
(Sloka XVIII.9)

"A prescribed duty which is performed simply because it has to be performed, giving up attachment and fruit, that alone has been recognized as the

Sattvika form of renunciation."

Letting go of the fruits of your actions and doing the work or actions because it should be done, not because you want to get any return in some future, but because it is the right thing to do. Can you do this?

Dana:- It means charity, not exactly what you might think, "Donating money" but in the Sanskrit scriptures, in Jainism, Buddhism, and Hinduism, it is known as the act of cultivating GENEROSITY.

Dāna is mentioned in ancient texts along with concepts of Paropakāra (परोपकार) which means benevolent deed of helping others; Dakshinā (दक्षिणा) which means fee one can afford; and Bhikshā (भिक्षा), which means alms.

When was the last time you genuinely helped someone? Can you even remember? (Because I can't) We have grown so selfish in this materialistic world that we forget other people also exist in this world.

Charity can bring you a sense of peace and purpose. It doesn't mean, to live by doing charity, as you cannot give to others what you do not have. So, the first step in doing charity is to be fulfilled yourself. Also, having the ability to know and stop when it is enough.

NISHTHA:- It means dedication. You might be thinking, is our whole culture about giving up what we have to others (as in Tyaga and Dana)? It is not the case, Dedication is the quality most responsible for the success of an individual, both in professional as well

as personal life.

Dedication towards your study, dedication to the family, for your loved one, for the work you do. Doing everything and engaging with everything to our full potential.

SATYA:- I do not think I need to tell you this. Don't you think we are the biggest liars of our life? How much truth do you speak daily? Or are we true to ourselves?

"NO!" Right? We do not even speak the truth to ourselves, about how we feel, or what we want from life. Satya is one of five yamas in Yoga. It is the virtuous restraint from falsehood and distortion of reality in one's expressions and actions.

We must be truthful at least to ourselves and know about our deepest emotions. The reason behind this is we are slowly losing ourselves in the midst of chaos and forgetting who we are. Let's try to find ourselves together.

AHIMSA:- It means non-violence, I guess we are the closest to it, physical non-violence because if you kill someone within your own country, you will be sent to jail or might be given a death sentence.

But do you really not fight with yourself when no one is around you? Do you not hurt yourself? Do you really have a good conversation with yourself? I bet you do not have! It is high time to regain the essence of our culture, to be in tune with ourselves and also cultivate love for everyone around us. This was just a small article, but changing yourself depends on you and YOU ONLY!

The Art of Compassion: Nurturing Basic Human Values

Paritosh Rathore, B.Com III, St. Thomas College, Bhilai

In a world filled with different types of people with different perspectives and different thinking who are giving their own best for themselves as well as for the enhancement of society, have something in common.... let us say a common goal. But what's the goal that they are trying to achieve? These goals are nothing but are called human values. Human values are the beliefs, principles, and ideals that individuals hold dear and prioritize in their lives. It denotes the degree of importance of something or an action, with the aim of determining which actions are best to do or what way is best to live, or to describe the significance of different actions. Some of the core human values are Compassion, Gratitude, Respect, Integrity, Justice, Empathy, Courage etc. By embracing these values in our lives, we get to know how to live life in harmony and maintain peace in this world. These values also help us to navigate through tough situations and provide us with a way to solve them in order to break the cycle of chaos. The core values are the main ingredients to establish a society where different ideas, thoughts, beliefs, perspectives and visions are embraced. It is essential to remember and prioritize these values, ensuring that they remain at the core of our individual and collective identities. Only by upholding human values, we can strive for a better and more compassionate world for all.

Human Value Education

Princee Dewangan, B.Com III, St. Thomas College, Bhilai

Human values are crucial for becoming successful and fulfilling one's dreams. Educational and technical qualifications can provide academic and professional success. But one needs to learn important life skills and values to deal with difficult situations and challenges in future. Social skills,

emotional intelligence and self-awareness are needed to excel in the competitive world of today. That is why human values have now become part of the curriculum. H. Schwartz and Tammy D. Weisz listed ten broad values that have been adopted across cultures. They are self-direction, stimulation, hedonism, achievement, power, security, conformity, tradition, benevolence, and universalism. Each of these values has some subsidiary values. The importance of these values is different for each person. Also, some can consider subsidiary values to be their core human values. Sometimes human values are listed in terms of different aspects of life like health, financial, spiritual, relationship, cognitive, social, professional, adaptability etc.

Human value education includes teaching about appropriate beliefs, attitudes, and behaviours. One learns about human values from parents, teachers, elders, friends and even from those who are younger in age. Of all the human values, I focus on five principal ones in my life. They are:

Honesty - The first chapter in the book of wisdom is about honesty. It sets the foundation for a strong personal and professional life. It helps to gain and strengthen the trust of people.

Compassion - It means understanding and supporting other people during their difficult times. One can extend a helping hand to people facing problems through empathy and active listening. Sometimes just being there is more than enough.

Respect - It is generally understood in the form of respecting others- holding them in high regard and treating them well irrespective of their age, education, position, race, or income. Other types of respect include self-respect and respect for nature, culture, family and laws. The best way to teach respect is through reciprocity.

Responsibility - It is about being accountable not just for the completion of some task but also for its outcomes. One must be responsible for one's behaviour and actions. It is rightly said that the price of greatness is responsibility. One needs to be responsible for one's efforts towards achieving the goals.

Perseverance - It means not giving up on achieving one's goals even if one faces obstacles or failure. Patient efforts will bring success in due time. Starting something and taking it to completion requires commitment, willpower and discipline.



The MGM group of institutions under the aegis of the Calcutta diocese of the Malankara Orthodox Church conducted a two day meet for the heads of its institutions in Don Bosco Institute, Guwahati



Onam celebrated at CCET with great zeal and enthusiasm.



H. G. Alexios Mar Eusebius Metropolitan visited MGM HSS Bagdona and inaugurated new Library block.



Garba event organised at St. Thomas College, Kailash Nagar, Bhilai



MGM HSS Dimapur Celebrated Independence Day and Accorded welcome to the Manager Bishop.



सेंट थॉमस महाविद्यालय के शिक्षा विभाग द्वारा जिला शिक्षा विभाग के निर्देशन पर मतदाता जागरूकता कार्यक्रम का आयोजन किया गया

The Literary Club of MGM Higher Secondary School, Bokaro Steel City celebrated the 115th Birth Anniversary of the famous poet Ramdhari Singh Dinkar.



The P.G. Department of Commerce of St. Thomas College, Bhilai celebrated World Tourism Day

MGMHSS Bokaro organised a cleanliness drive during Swachhta Pakhwada



MGM College, Dimapur celebrated 7th Fresher's Day



MGM College, Dimapur celebrated 4th Graduation Day



MGM College Department of Education Celebrates World Mental Health Day.



Department of Education, St. Thomas College, Bihlai celebrated Teacher's Day.



St. Thomas College, Ruabandha, Bhilai celebrated National Sports Day to commemorate the birth anniversary of Famous Indian Hockey Player Major Dhyanchand.



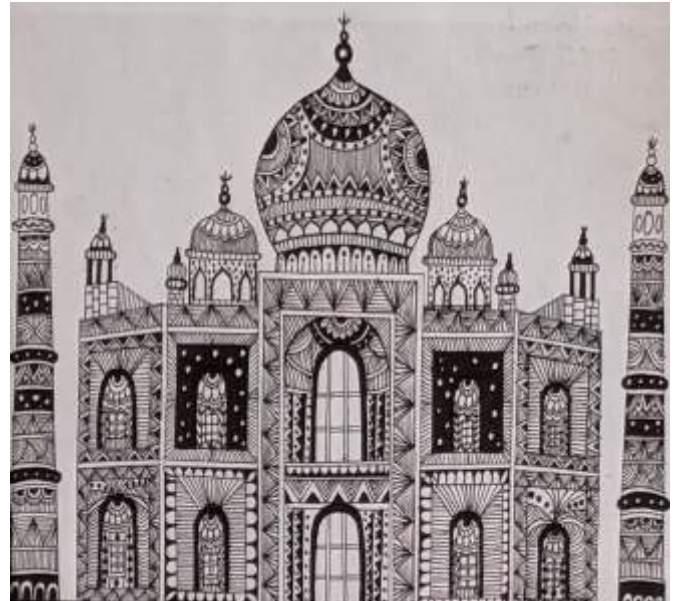
MGM College, Dimapur organised Essay Writing Competition: Fostering Literary Excellence



Academic and Administrative Orientation programme conducted at MGM College, Dimapur



On the occasion of 77th Independence Day, a patriotic and colourful programme was organised in St. Thomas College, Ruabandha, Bhilai.



Lata Markande, M.Com III, St. Thomas College, Bhilai



MGM HSS, Dimapur observed Traditional Attire Day



PG Department of Psychology, St. Thomas College, Bhilai conducted certificate Programme on 'To be a Complete Human'.



Bhoomika Nirmalkar, B.Com III, St. Thomas College, Bhilai



MGM COLLEGE, Dimapur organised Swach Bharat Abhiyan





Hindi diwas celebrated at St. Thomas College, Kailash Nagar, Bhilai



One Week National Workshop on ‘ Role of Applied Physics in Skill Enhancement ‘ was organised by PG Department of Physics of St. Thomas College, Bhilai and Govt Digvijay College, Rajnandgaon.



St. Thomas College NCC Unit participated in CATC-20 and RDC 2 camp at Aarang, lakholi, Raipur



MGM HSS School, Dimapur organised its 17th Fresher's day



ACHIEVEMENTS





A very glorious and proud moment for whole MGM Family as Sanket Agrawal an alumnus of MGM HSS, Raisalpur, Itarsi was a part of Chandrayan Mission.



Aakash Malpani an alumnus of MGM HSS, Itarsi, Hoshangabad enrolled as Panel Advocate in High Court



Rajiv Singh, of MGMHSS Bokaro, has been selected for the Senior National Judo Competition



Mr. Mahendra Singh of MGMHSS Bokaro was felicitated with the Guru Vashishtha Best Teacher Award 2023 By Dr.Radhakrishnan Sahodya School Complex, Bokaro and the Jagran Guru Samman 2023 by Danik Jagran.



Mrs. Nilanjana Choudhary of MGMHSS Bokaro was conferred with the Jagran Guru Samman 2023 by Dainik Jagran.



Mrs. Shubhra Bhushan of MGMHSS Bokaro was conferred with the Dr. Radhakrishnan Best Teachers Award 2023 by the Rotary Club of Chas.



The Atal Tinkering Lab of MGM Higher Secondary School, Bokaro Steel City has once again been recognised as the ATL of the Month



Victory belongs to those who believe in it, St. Thomas College, Ruabandha, Bhilai won the Inter Collegiate Basketball Men Tournament



MGM Higher Secondary School, Bokaro students Priyadarhsini Singh, Sparsh Raj, Ananya Kumari, Satyam Keshri, Sahbaj, Siddhartha Singh, Arpit Toppo, Ritwik Verma, Aryan Khan, Shashank Shaurya, Rajveer Singh, Jayant Kumar, Rishikant Kumar, Ayushi Singh, Aditi Singh, Sakshi Srivastava, Aayush Raj Pathak, Nikhil Raj, and Akash Kumar Singh selected for Jharkhand in the national competition of SGFI.



Mar Baselios Vidhya Bhawan Students Riya Singh of 12A And Samiksha Rao of 12C Participated in CBSE Far East Zonal Boxing Championship, West Bengal And both of them got first place in their respective weight categories...



Gaurav Garhe of 9A of Mar Baselios Vidhya Bhawan participated in "CBSE FAR East zonal Taekwondo championship, West Bengal" and got first place in the respective weight categories.



Mr. Aruve D Vadeo of Class 12 MGM HSS, Dimapur, Science for Winning the First Position in the District Level Science Exhibition organised by Department of School Education, Nagaland.



Students of MGMHSS, Bokaro showed remarkable performance in the 34th Aryabhata Mathematics Challenge organised by DPS, Bokaro. Aditya Singh of Class 5 and Aditya Sharma of Class 8 received trophies and cash prizes of Rs. 1500 each. U S Aditya Burman of Class 6 was awarded with a Merit Certificate.



Tripti Jha and Sneha Kumari of Class 9B studying in MGM Higher Secondary School, Bokaro Steel City have been selected for the 37th National Games to be held in Goa



Krishna Prajapati, class-III of St. Mary's Higher Secondary School VFJ, Jabalpur has secured Third position in Inter school Cartoon Competition organised by Vehicle Factory, Jabalpur.



The 20th State Karate Championship – 2023 was organized in Ujjain by SCKFI. Students of St. Mary's Higher Secondary School VFJ, Jabalpur occupied 7 places and earned one gold, 3 silver and 3 bronze medals. Yuvraj Singh - Gold medal, Divya Soni & Suryadev Singh - Silver medals, Shahzeen Fatima Khan & Aditya Kumar - Bronze medals.



Riya Singh and Samiksha Rao of Mar Baselios Vidhya Bhawan, Bhilai won Gold medal in boxing at the state level and are selected for the National level, Delhi



Garima Nirmalkar, B.Com II, St. Thomas College, Bhilai



Pragati Patel, B.Com III, St. Thomas College, Bhilai



Darshik Dimri and Aliya Soma of MGM Higher Secondary School, B. S. City have become the National Champions in the Wiz National Spell Bee



Ms. Sara Zabin, Class 9, MGM HSS, Dimapur student for bagged the Second position in the District Level Painting Competition organised by Dimapur District Legal Authority



Leesha Sahu, B.Com II, St. Thomas College, Bhilai



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Hearty Welcome

H. H. Baselios Marthoma Mathews III
Catholicos & Malankara Metropolitan

*to
Steel City
Bhilai*

