

**Proforma for the Compulsory and Cultural Societies/Sports Department/Student Council Report
Year 2021-22**

(Information should be compiled for the period starting from 1 st July 2021 to 30 th June 2022)

1.Name of the Society - AICUF

2.Name of the Teacher Convenor and other members -

Convenor - Dr. Sona Andrew (Elementary Education)

Co-Convenor - MS. MEGHA JACOB (Economics)

No of Student Members : 0

Details of Student Members:

Roll no	Name	Department/Programme(drop-down)	Semester
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Details of Faculty Advisors:

Name	Department
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3.No. of students enrolled in the Society - 4

4.Names of Student President/Vice-President and other Office Bearers

President - DONA THERES RAJU

Vice President - Alphi Benny

Secretary - SIMIY MARIA TOMY

Treasurer - AKSHAYA ANN THOMAS

5.Events /Talks by eminent personnel/ organized/ attended in the academic year (in the chronological order with date, time, reports, number of participants with signatures)

Name of the Event/Talk/Seminar	Date of the Event (DD-MM-YYYY)	Number of students participated	Number of Faculty Members participated	Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
Art Mix	03/02/2022 10:00 AM-10/02/2022 05:00 PM	10	00	
Offline Retreat-Quadragesima	05/03/2022 08:30 AM-05/03/2022 04:30 PM	45	5	
Farewell Mass- Gracias	22/04/2022 11:30 AM-22/04/2022 12:30 PM	60	8	

Name of the Event/Talk/Seminar	Date of the Event (DD-MM-YYYY)	Number of students participated	Number of Faculty Members participated	Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
Trip to Morning Star Church	09/04/2022 09:30 AM-09/04/2022 03:30 PM	48	2	
AICUF x NSS Community Outreach Program in collaboration with CASA & Prabhat Tara	25/11/2021 01:00 PM-25/11/2021 04:00 PM	50		
Annual Retreat: 'RADIATE'	10/10/2021 05:00 PM-11/10/2021 07:00 PM	54		
Resilience for New Beginning and Well-Being	25/09/2021 10:00 AM-25/09/2021 12:00 PM	45		
Farewell Lunch	20/04/2022 05:47 PM-20/04/2022 05:47 PM	20		
NAAC	20/10/2021 05:43 PM-12/11/2021 05:43 PM	40		
NAAC	20/10/2021 05:40 PM-12/11/2021 05:40 PM	40		
NAAC	20/10/2021 05:36 PM-12/11/2021 05:36 PM	40		
NAAC	20/10/2021 05:29 PM-12/11/2021 05:29 PM	40		
NAAC	12/10/2021 05:22 PM-12/11/2021 05:22 PM	40		
NAAC	12/10/2021 05:17 PM-12/11/2021 05:17 PM	40		
NAAC	20/10/2021 04:50 PM-12/11/2021 04:50 PM	30		

Name of the Event/Talk/Seminar	Date of the Event (DD-MM-YYYY)	Number of students participated	Number of Faculty Members participated	Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
NAAC	20/10/2021 04:45 PM-12/11/2021 04:45 PM	40		
Sr. Rosily's Farewell	15/12/2021 04:38 PM-15/12/2021 04:38 PM	30		
Sr. Rosily's Farewell	17/12/2021 04:32 PM-17/12/2021 04:32 PM	30		
Mental Health & Wellbeing: Peer Interventions & Strategy	17/09/2021 01:00 PM-17/09/2021 02:00 PM	65		
Let's Talk About Mental Health	01/09/2021 01:00 PM-01/09/2021 02:00 PM	60		
The Flame burns Bright	13/08/2021 04:30 PM-13/08/2021 06:00 PM	36		
Sharing Stories; Sharing Grief	09/07/2021 01:00 PM-09/07/2021 02:00 PM	48		

*** Attendance Register with student's signature to be maintained.**

6. Attach Minutes of the meetings held during the year :

7. Record of attendance of participation by students during the year:- 911

8.

Extension and outreach Programmes conducted by the society, (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs (if applicable))				
Name of the activity	Organising unit/ agency/collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities

Extension and outreach Programmes conducted by the society, (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs (if applicable))

Name of the activity	Organising unit/ agency/collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
AICUF x NSS Community Outreach Program in collaboration with CASA & Prabhat Tara			2021-22	50

9.

Awards and recognitions received for extension activities from government /government recognised bodies (if applicable)

Name of the activity	Name of the Award/ recognition for Institution	Name of the Awarding government/ government recognised bodies	Year of award

10.

Capacity building and skills enhancement initiatives taken by the society including the following: 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
No records found.			

11.

Year	Name of the Activity conducted by the society to offer guidance for competitive examinations		Short report containing details of names of students/staff, resource persons, geotagged photos, attendance sheets, etc.
	Name of the Activity	Number of students attended /participated	
No records found.			

12.

Awards/medals for outstanding performance in sports/cultural activities at university/state/national / international level (award for a team event should be counted as one)

Name of the activity	Name of the Award/ recognition for Institution	Name of the Awarding government/ government recognised bodies	Year of award
No records found.			

13.

Sports and cultural activities/events in which students of the society participated organised by the institution/other institutions

Date of event/activity(DD-MM-YYYY)	Name of the event/activity	Name of the Student participated	Name of the Student participated
No records found.			

Annual Report

- [Annual Report 2021-22](#)

Sona

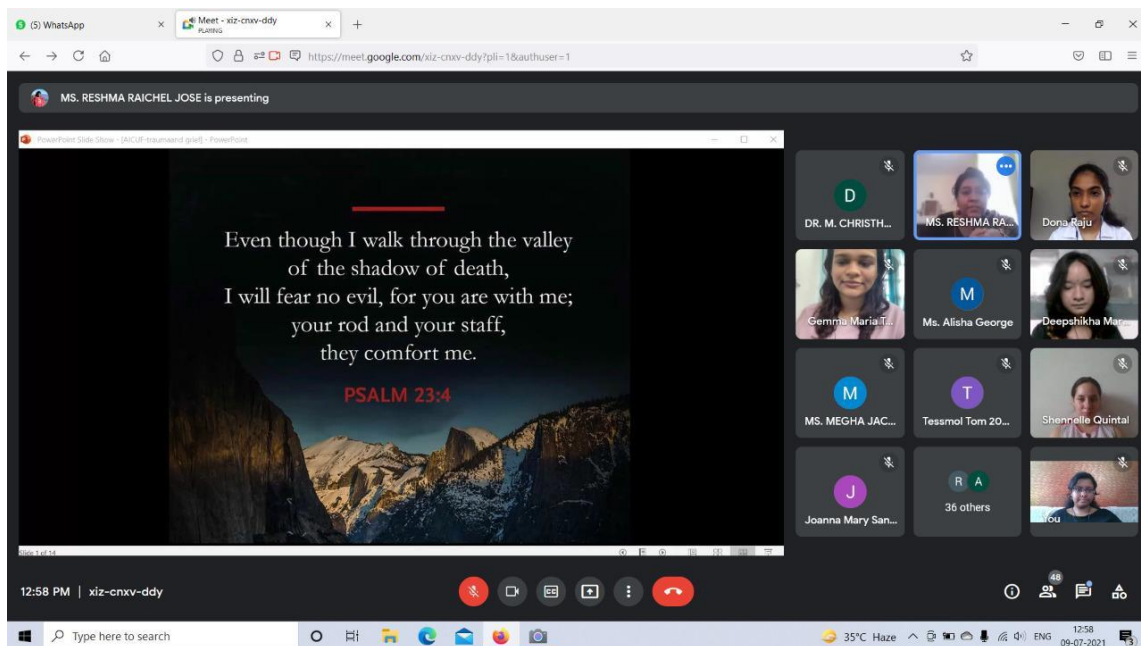
ANNUAL REPORT 2021-22

ALL INDIA CATHOLIC UNIVERSITY FEDERATION JESUS AND MARY COLLEGE, UNIVERSITY OF DELHI

1. SHARING STORIES; SHARING GRIEF

9th JULY 2021

12:45PM-2:00PM



Through this session on Sharing Covid stories and Grief, the members of the AICUF Society, both professors and students shared their stories and experiences of the pandemic. The encompassed the Christian students of Jesus and Mary College joining in to talk and share their grief during the difficult times of the Covid 19 pandemic. Technical support was offered by the Vice-President of AICUF, Ms. Joanna Mary Santhosh.

The session started with an introduction by the MC (Master of ceremonies), Ms. Dona Raju. This was followed by Ms. Reshma Jose (Assistant Professor in the Department of Psychology, Jesus and Mary College) who shared several valuable tips as to how to deal and cope with trauma and grief which most have experienced during the pandemic. She spoke to the audience about the five stages of grief. She was followed by Dr. Christhu Doss (Assistant Professor in the Department of History, Jesus and Mary College) who spoke on the topic of the historical aspect including human civilization, the pandemic lessons, and how as a society we are facing and dealing with the challenges put forth by the pandemic. He made the students and faculty members take a pledge of not fearing death and to march on like warriors fighting the pandemic. The next speaker was Ms. Megha Jacob (Assistant Professor in the Department of Economics, Jesus and Mary College) who spoke on adopting several

coping mechanisms to stay positive. She gave several tips for students to be able to bounce back to their old studying selves like watching online videos on related study topics, talking to family & friends etc. She was followed by Ms. Alisha George (Assistant Professor in the Department of Economics, Jesus and Mary College) who shared her experiences with loneliness and how she dealt with it and shared the importance of maintaining a routine, reaching out to family and friends, learning something new --resorting to art. Thereafter, our AICUF student speaker Ms. Shennelle Maria Quintal shared her story and experience of the pandemic. This was followed by a Question & Answer session, where the professors cleared several doubts and issues that the students faced. After the Q&A round, Ms. Lissy Jose, former AICUF advisor (Associate Professor, Department of Commerce) spoke a few words about the session. The event concluded with the vote of thanks by Ms. Deepshikha Mary Anthony (Member)

2. THE FLAME BURNS BRIGHT

13th AUGUST 2021
4:45 PM-6:00PM

JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI
ALL INDIA CATHOLIC UNIVERSITY FEDERATION
(AICUF)

On the occasion of the 75th Independence Day celebration,
AICUF cordially invites you all to the documentary screening:

"The Flame Burns Bright"
Based on the life of Subhash Chandra Bose

13TH AUG 2021
04:45 PM

[Click Here](#)

PRINCIPAL
DR. SANDRA JOSEPH

CONVENOR
DR. SONA V ANDREW

TEACHER COORDINATORS
DR. CHRISTHU DOSS
MS. MEGHA JACOB
MS. RESHMA JOSE
MS. ALISHA GEORGE

AICUF Society of Jesus and Mary College organized a documentary screening to commemorate the occasion of Independence Day. The movie that was shown was: "The Flame burns Brighter", based on the life of Subhash Chandra Bose. The meeting started by 4:30 PM and to engage the students before presenting the documentary, an interesting quiz took place. After that, Dr. Christhu Doss introduced and explained some of the interesting

features of the documentary, drawing parallels from history, he stressed upon the fact that Bose’s contribution to India’s independence is undeniable. The screening of the documentary started sharp by 5:00 PM. The movie highlighted Bose’s brave and continuous attempts to free India from the British. It was an enlightening experience for the students who were given the opportunity to embrace their love, devotion, and a sense of attachment to their country. Through this programme the students were encouraged to grow in national pride. The students filled the feedback forms in the end.

3. AICUF ANNUAL ELECTIONS 2021-2022

18TH AUGUST 2021
12:45 ONWARDS

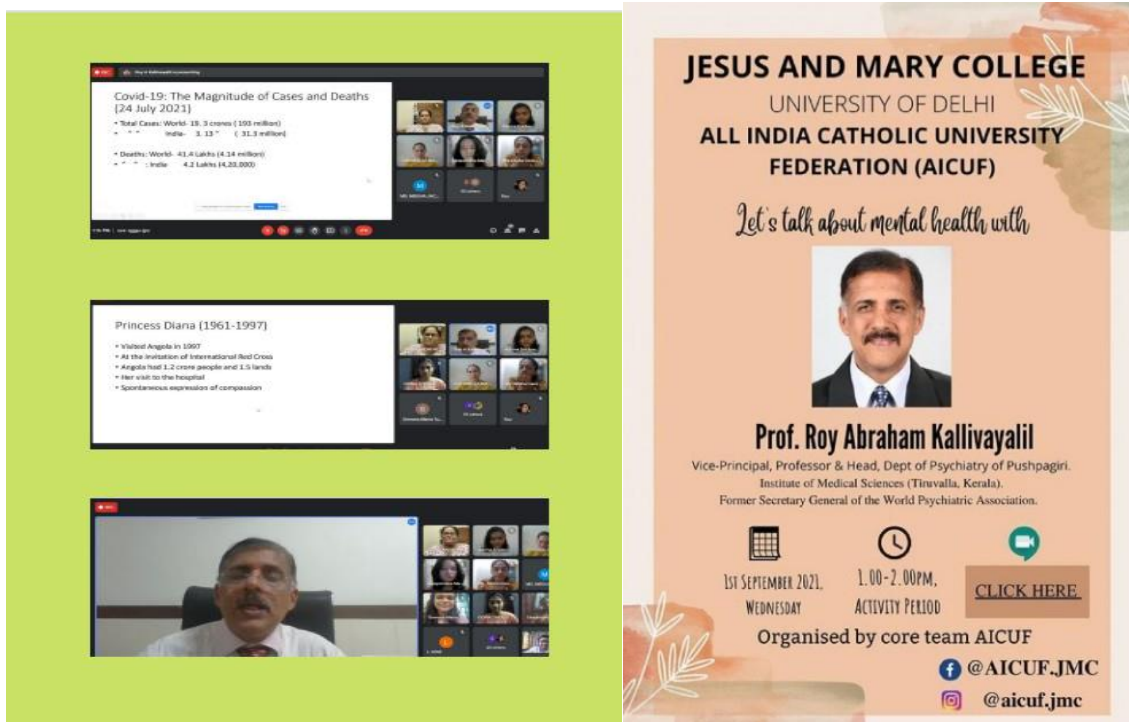
The image shows a Google Meet interface with a grid of 16 participants. To the right of the grid is a decorative poster for the AICUF Core Team JMC 2021-22. The poster lists the following members:

AICUF CORE TEAM JMC 2021-22	
President: Joanna Mary Santhosh	Core Team Member <u>3rd Year</u> Gracy Raj
Vice President: Dona Theres Raju	Angel Biju
Treasurer: Shennelle Maria Quintal	Core Team Member <u>2nd Year</u> Gemma Mary Tony
Secretary: Deepshikha Mary Anthony	Akshaya Ann Thomas
	Delphina George
	Adrina Srichouhan
	Vanessa Lobo
Convenor: Dr. SONA V ANDREW	Teacher Coordinators: Dr. Christu Doss
	Ms. Megha Jacob
	Ms. Reshma Jose
	Ms. Alisha George

On 18TH AUGUST, AICUF held elections for the office bearers and the core team. With a tight competition by the candidates, members were selected by the process of online voting through ballots. Each candidate gave a speech, giving insight about their candidature to gain support of the members.

4. LET’S TALK ABOUT MENTAL HEALTH

1st SEPTEMBER 2021
1:00PM-2:00PM



Speaker: Prof. Roy Abraham Kallivayalil, Professor & Head, Dept. of Psychiatry of Pushpagiri, Institute of Medical Sciences.

About the Speaker: Prof. Roy Abraham has vast experience in the field of psychiatry. He was the Secretary General of the World Psychiatric Association, Geneva, President of World Association for Social Psychiatry, Paris, and President of Indian Psychiatric Society. In addition, he is also President of the National Alliance for Mental Health, India. He is Honorary Chair and Professor (Magister ad Honorem) at the Milan School of Medicine, Italy.

On the 1st of September, 2021 the AICUF Society of JMC organised a talk on the importance of Mental Health awareness, well-being and Mental Health & COVID – 19. The event began with a melodious instrumental to keep the audience entertained while the speaker joined. Our anchors for the event were Adrina Srichouhan and Vanessa Lobo. Adrina welcomed the speaker and audience and invited Deepshikha Mary Anthony to welcome and brief the audience and AICUF members on the events planned for the year, introducing our theme of Mental Health & Wellbeing for the year of 2021-2022. Shennelle Maria Quintal was invited next to briefly introduce the speaker.

Prof. Roy began by telling us that he too was a student member of AICUF back in his college days. He then provided us with a very simple understanding of mental health and began with briefly explaining to us what mental health entailed. Prof. Roy spoke vastly about the importance of Mental Health specifically during the pandemic. He used a quote by Karl Menninger that aptly describes the importance of compassion, kindness and support while dealing with various issues around mental health, it said “Go to your poor neighbour. Understand their problems and try to help them. Then you will feel well.” Prof. Roy shared with us the many articles by WHO and United Nations on Mental Health and COVID – 19, he addressed the magnitude of cases and deaths during the second wave and the impact it has

had on the hope and optimism of the many affected people. He presented a picture of a hospital in Peru, and the inscription on the hospital read “Personas que atendemos personas” which translates to “Persons who take care of persons”. He educated us on the interventions and motivated us by reinforcing that everyone from individuals to organisations are responsible for intervention and aid. He gave us a few stress management tips and provided us with practical ways of ensuring that our stress levels are healthy and within a normal range. He beautifully spoke about compassion and selfless service by giving us an in-depth example of the acts of kindness performed by Mother Teresa and Princess Diana. He ended the talk with a list of a few life skills that were important and a few articles worth reading on mental health with respect to the pandemic.

The Q&A session was led by Vanessa Lobo. Prof. Roy addressed all our queries and provided sufficient and educative answers. The program ended with a vote of thanks delivered by Dona Theres Raju, simultaneously, a thank you poster and digital sketch of Sir was presented on the screen. The digital sketch was prepared by Revathi Hareendranath.

The webinar left everyone hopeful and motivated to make change through compassion, empathy, and kindness. It shed light on the importance of everyone in ensuring the mental wellbeing of those around us. It would suffice to say that the talk did not just provide us with the information and knowledge for self-reflection but also informed us and made us more aware of the necessity of being there for one another and never letting the spirit of positivity die down.

5. MENTAL HEALTH & WELLBEING: PEER INTERVENTIONS & STRATEGY

17th SEPTEMBER 2021

01:00PM-02:00PM

JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI

AICUF
PRESENTS

**MENTAL HEALTH & WELLBEING:
PEER INTERVENTIONS & STRATEGY**

GUEST SPEAKER

DR. MANOJ KUMAR
(DPM, MD, FRC PSYCHIATRY)
FOUNDER & CLINICAL DIRECTOR
MENTAL HEALTH ACTION TRUST

SEPTEMBER 15TH, 2021
12:45PM TO 02:00PM

VIA GOOGLE MEET
<https://meet.google.com/pdg-dase-tvx>

Speaker: Dr. Manoj Kumar, Founder and Clinical Director of Mental Health Action Trust.

Dr. Manoj Kumar is a psychiatrist based in Kerala. He left his psychiatric practice in the United Kingdom around ten years ago and returned to India to care for the mental health of the rural population. He established the Mental Health Action Trust (MHAT) in Kozhikode in 2008 to support his vision—an organization that works on a decentralized basis to deliver mental health care to the rural population.

AICUF Society of JMC organised a talk on Mental Health & Wellbeing: Peer Interventions & Strategy. The event begun with a melodious instrumental to keep the audience entertained while the speaker joined. Our anchor for the event was Ananya George. Ananya welcomed the speaker and audience and invited Mr. Sheril Sebastian to introduce the speaker for the day.

Dr. Manoj kicked off the session by introducing us to the session plan which included, the purpose and benefits of peer support programmes, the necessary skills required to carry out such programmes etc. Sir then gave us an insight into the meaning and basic understanding of the term peer support. Sir very aptly explained that the basic and first purpose of peer intervention is safe sharing, giving individuals the opportunity and freedom to express freely and safely how they feel in a space where they feel validated and sense and feeling of belongingness. As explained by Sir some principles of peer intervention include creativity in engagement and sharing, creation of boundaries, and creating a safe environment where no individual feels triggered. He further educated us about the skills that are required to ensure the efficiency of per intervention, the primary one being active listening followed by confidentiality, a few other important skills were empathy, compassion and action taking. Sir gave us adequate knowledge about the mental disorder most faced by people during the pandemic and helped us with recognizing the cues for expert or professional intervention.

The QnA session was led by Ms. Reshma Jose. Dr. Manoj addressed all our queries and provided sufficient and educative answers. The program ended with a vote of thanks delivered by Sameeksha, simultaneously, a thank you poster and digital sketch of Sir was presented on the screen. The digital sketch was prepared by Rapunzel.

The webinar left everyone highly educated and informed on matters regarding peer interventions and motivated the students to make change through empathy and relationships. It brought to realization the importance of everyone in an organization, informal circle or peer support group to ensure the mental wellbeing of those around us. It is safe to say that the talk did not just provide us with the information and knowledge for the initiation of support groups but also informed us and made us more aware of the necessity of being conscious of issues around us and the sensitivity with which some issues must be handled.

6. RESILIENCE FOR NEW BEGINNING AND WELL-BEING

10:00AM-12:00PM

JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI

AICUF

AICUF, JMC, invites all the AICUF students to a webinar on

Title: Resilience for new-beginning and well-being.

Guest Speaker:
Dr. M. Mary Jayanthi
Vice Principal,
Assistant Professor,
Department of English,
Holy Cross College,
Tiruchirapalli, India

Date: 25th-26th September, 2021
Time: 10 am to 12 pm

Participation open only for 50 AICUF students. It'll be on a first come first serve basis. So kindly register before the deadline of 23rd September, 2021 (10 am).

President: 75104 45778 (Joanna)
Vice President: 79825 78294 (Dona)

@aicuf.jmc
@AICUF.JMC

Speaker: Dr. M. Mary Jayanthi, Vice Principal at Holy Cross College, Tiruchirappalli, Tamil Nadu.

About the Speaker: Dr. M. Mary Jayanthi is the Vice Principal and Assistant Professor of English in Holy Cross College, Tiruchirappalli, Tamil Nadu. She has attained PhD valued 'Highly Commended' in Canadian Literature from Holy Cross College, Tiruchirappalli. She is a qualified L&D professional and corporate trainer with a Certificate in Teaching, Training and Developing Professionals from Asian college of teachers.

AICUF Society of JMC organised a talk on Resilience for New Beginning and Well-Being. The event began with a melodious instrumental to keep the audience entertained while the speaker joined. Our anchor for the event was Saumia Shalini. Saumia welcomed the speaker and audience and invited Tanya Mariam Jacob to introduce the speaker for the day.

Dr. Jayanthi began by asking us to list out our “pandemic vocabulary” which consisted of words that we have begun to use commonly since the start of this pandemic. She then led us through an activity of positive affirmations teaching us that words have power. She spoke to us about the meaning of resilience, she explained in a very simple way what resilience means, laying a foundation for the plethora of activities she had in store for us. One of the first activities required us to recall sad and happy moments and ponder on them, further she asked us to list out those moments, there were many answers from the participants regarding happy moments and some included, movie time with family, playing board games, listening to music, talking to our pets and so on. She kept the audience engaged with the thought-provoking activities she had planned. One activity also included the participants selecting from a vast list, emotions that have been experienced over the course of this pandemic. She spoke to us about the concept of Ikigai and Kaizen, both of which intrigued the audience. She even spoke to us about 1-minute habits and gave us a list of things we could practice on the daily, starting with one minute and then building up, a few of her suggestions included, a gratitude walk, positive self-talk, smiling for one minute and journaling. Through the workshop Dr. Jayanthi helped create an environment where students felt safe and comfortable expressing and

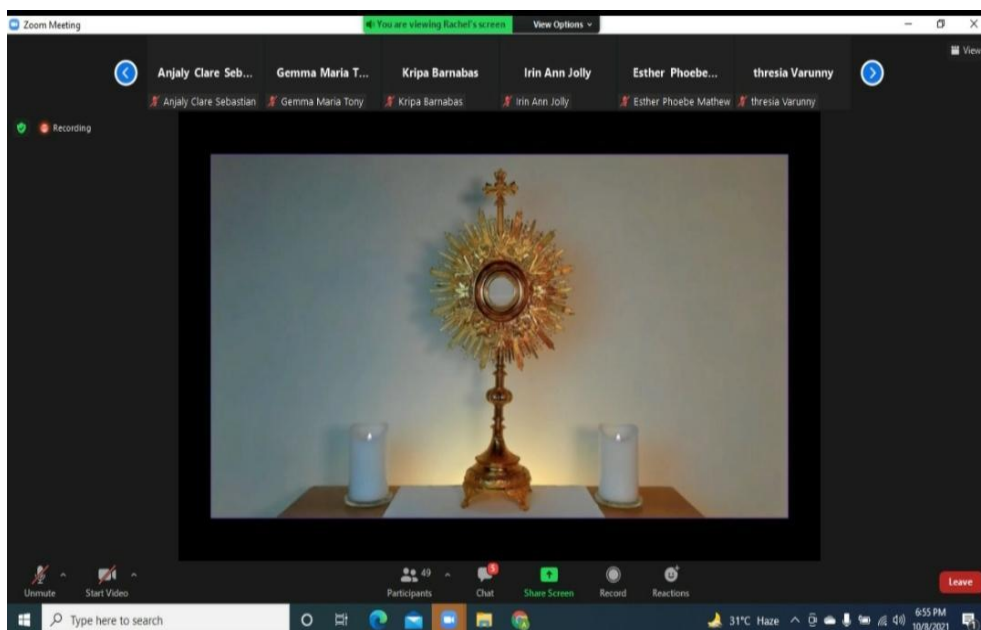
experiencing certain emotions, she even provided us with very practical ways of improving our lifestyle and engaging in daily activities that seemed feasible and easy to work with.

The Q&A session was led by Walusha Lovena Rodriguez. Dr. M Mary Jayanthi addressed all our queries and provided sufficient and educative answers. She indulged in a very interactive Q&A session. The program ended with a vote of thanks delivered by Diya Ann Thomas, simultaneously, a thank you poster and digital sketch of Ma'am was presented on the screen. The digital sketch was prepared by Revathi Hareendranath.

The workshop was probably one of the most interactive and fun filled sessions we had attended. It left us with so much food for thought, and instilled in us the spirit of resilience, the comfort of allowing ourselves to feel our emotions and the knowledge that resilience simply does not mean bouncing back but bouncing forward to live a better, happier, more joyous life. The questions and activities led us to reflect on ourselves and provided us with the opportunity to ponder on what we might like our future to look like. Providing us with so many questions to answer as we continue to grow and heal.

7. 2 DAYS ONLINE RETREAT: 'RADIATE'

10th-11th OCTOBER 2021
05:00PM-07:00PM



“For where two or three are gathered together in my name, there am I in the midst of them.”
Mathew 18:20

AICUF society organised its two-day annual retreat on 10th-11th October, 2021. The retreat began with a praise and worship song to keep the participants in the spiritual grace while everyone joined in. Joanne Mary Santhosh welcomed the retreat team and invited Sr. Rosily,

the former convenor of AICUF, to speak a few words. The team took over soon after and we started off with a beautiful song by Bernadette Morris, which helped us cast our worries away and give them to the Lord.

Mathew Anthony began his talk with a question- "What is so unique about Christianity?" Several members shared their responses and then he shared three points which makes us Christians unique.1) We can have personal relationship with Jesus.2) Christianity is a relationship with God and neighbours.3) All religions teach morals but Jesus gives us the power to do what he says. He shared his experience, how God touched his heart and gave him the blessing to be a witness to his miracles. We reflected on John 1:35-49. We realised that if we want to grow in Jesus, we must grow in the sacraments. Meditate and read the bible daily and we will be able to feel God speaking to us. The first day of the retreat came to an end with a 15-20 minutes adoration. We were all feeling blessed and spiritually charged.

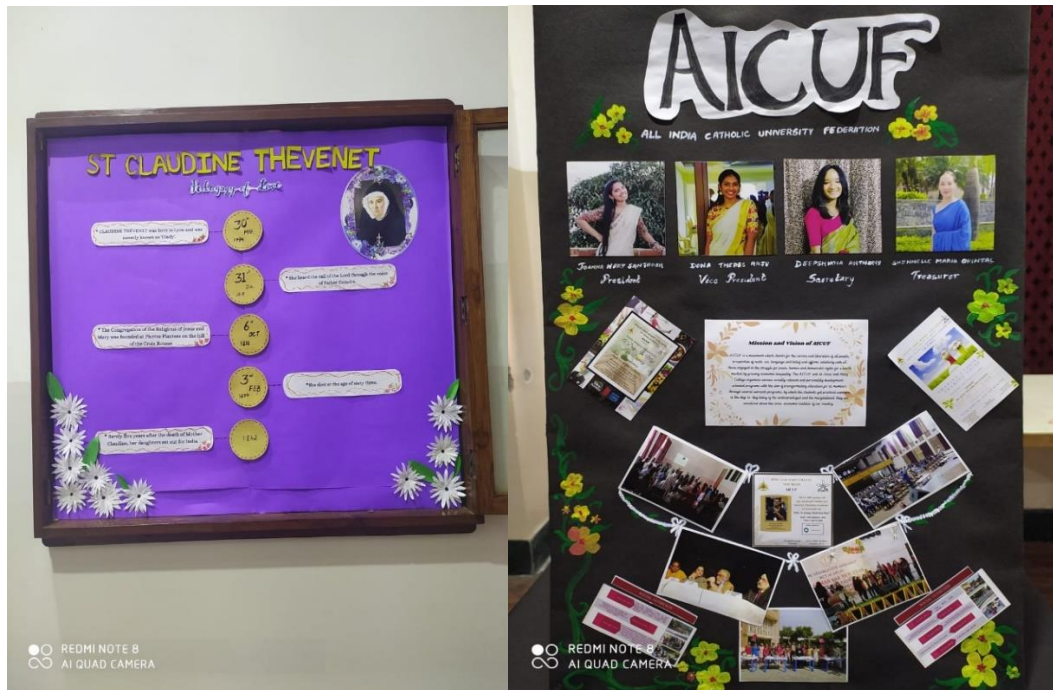
Next Saturday evening, October 11th, 2021 was the second day of the retreat and we started off with a beautiful praise and worship session by Ashish Kerketta. The second day Mathew Anthony gave us insight into the virtue of forgiveness and its importance. He spoke vividly about our forgiving and merciful God Almighty and what exactly we should do to be worthy of God's forgiveness. "And forgive us our trespasses as we forgive those who trespass against us", as we pray in the Lord's prayer, we should be able to forgive those who hurt us and only then will our Father forgive us. We were asked to send our questions related to faith to the team which they said would be taken up by the end of the retreat. The talk was followed by the adoration. We were able to feel the presence of God and it was a very blessed moment. After the adoration, Dona Theres Raju delivered the vote of thanks. The questions sent by the participants were taken up by Bernadette Morris and all the questions related to faith were answered very meticulously and beautifully.

The retreat was a great blessing and it helped us be a bit closer to God and feel his presence and love thoroughly.

8. NAAC OFFICAL VISIT

11TH - 12TH NOVEMBER 2021





The board was prepared by AICUF for NAAC. Around 10 AICUF members worked on this board with the guidance of the office bearers and the teachers in charge. The team decided on the idea and theme that showcased the theme of our society best. The project took over 3-4 days to finish. Information on the board: the office bearers, photographs and posters of our events, mission and vision of AICUF. The team also did the board outside the chapel. Based on the life of our foundress – St. Claudine Thevenet. On the day of the NAAC visit, Joanna (President) was there as the representative of AICUF.

9. AICUF - NSS COMMUNITY OUTREACH PROGRAM IN COLLABORATION WITH CASA AND PRABHAT TARA

25TH NOVEMBER 2021

2:00PM ONWARDS



All India Catholic University Federation (AICUF) and National Service Scheme(NSS) in collaboration with CASA (Church's Auxiliary for Social Action) and Institute of Social Services, Prabhat Tara presented a storytelling and poetry recital session.

Shenelle Maria Quintal coordinated with the storytelling which was required to be in a video format. We had two stories- by Rapunzel and Drishti respectively. Shenelle finally combined both the stories and made a ppt out of it and shared it with the team. A lot of work went behind it.

On 25th November 2021, members of AICUF who volunteered to accompany the teachers to Prabhat Tara were supposed to reach the college by 1 pm. Soon after the volunteers of NSS also came by. On behalf of AICUF, Rapunzel, Chinnu and Dona. We set off to Prabhat Tara soon after, our teachers gave us a ride to Prabhat Tara. Ms Megha Jacob and Miss Alisha George along with other AICUF members drove in one car.

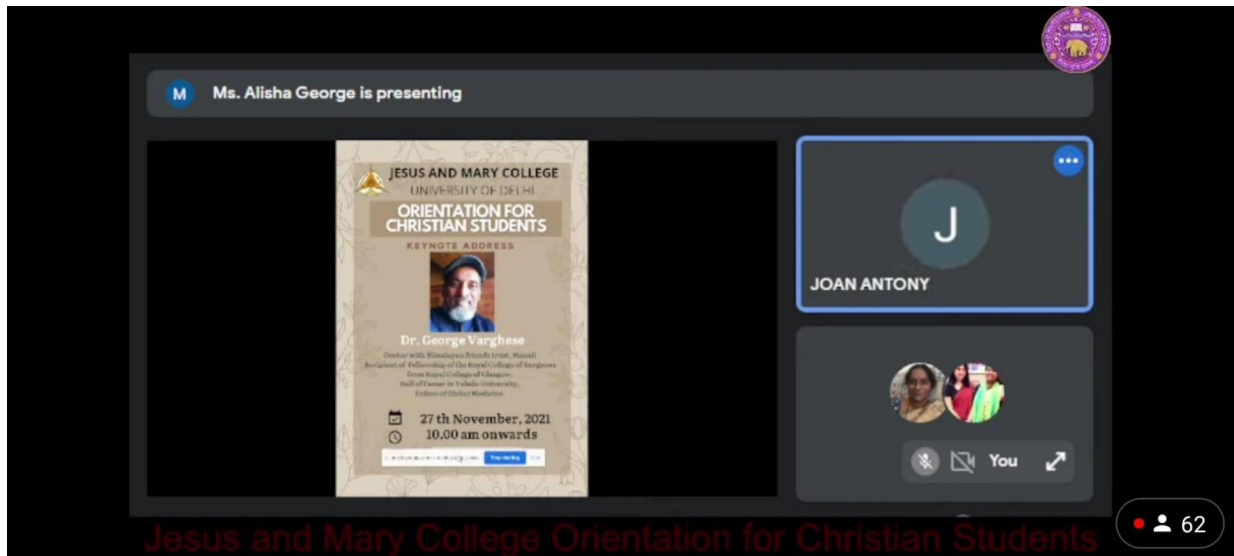
Principal of Jesus and Mary College, Dr. Sandra Joseph accompanied us.

We were warmly welcomed by the manager of Prabhat Tara and everyone was seated. We brought our prepared presentations in a pen-drive and handed it over to the person in charge to display the same on the projector. There were nearly 40-50 people, all women, and children. The presentation had three stories told by our members and talks on hygiene. The team for CASA gave a talk and thanked members from our college for helping them with their initiative. They brought food packets for each family which contained essentials like rice, dal, and a few vegetables.

There was an experience sharing session as well, where several women came up and spoke about their experience with Prabhat Tara. The event concluded with the manager thanking everyone. Dr. Sandra Joseph addressed the crowd and thanked the management for this opportunity. We were led to a room afterwards for snacks while the food items were being distributed to the families. We all sat down and had them, post which we clicked a few photographs of our entire team and returned to college. It was a fun and interesting day.

10. ANNUAL CHRISTIAN ORIENTATION

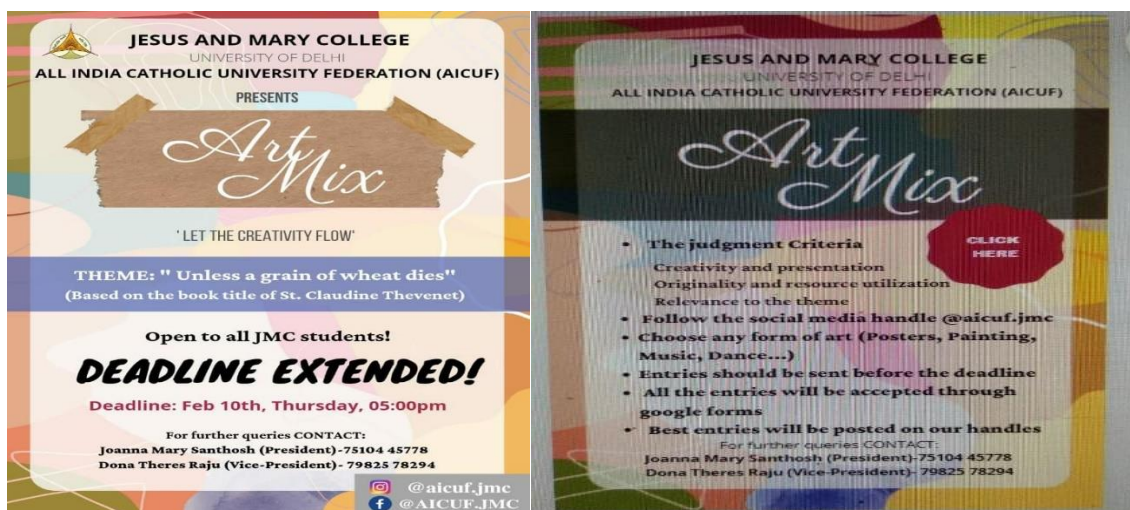
27TH NOVEMBER 2021
10 AM ONWARDS



On 27th November, AICUF organised the Christian Orientation program. It started with a note of welcome by the vice president, Dona Raju. A song through the medium of a video was prepared by the core team. The staff, along with the AICUF president – Joanna Santosh, made the members aware about what AICUF as a society was about with a formal introduction for the same. The procedures of enrolment along with the various activities that the society undertakes over the course of the year.

11. ONLINE ART COMPEITION (ART MIX)

10TH FEBRUARY 2022



AICUF organized an art competition to celebrate the occasion of Founder’s Day. Members participated in the online mode and submitted their entries for the same. They were evaluated by a panel of judges. The winners were the following – Jeff Sabu (1st); Sandhya Jerimiah (2nd) and Prarthana Morris (3rd). This competition brought forward a wave of creativity for all the participants who showcased the best of their abilities.

12. ANNUAL OFFLINE RETREAT

5TH MARCH 2022
8:30 AM – 4:30 PM



“Be joyful in hope, patient in suffering, faithful in prayer.” – Romans 12:12

After two years of being in lockdown, the students of JMC finally found their way back to the red brick buildings. This was the first event conducted offline. This event was curated to the specific needs of students during the Lenten season. The organising committee felt that this event would not only help encourage prayer but also help students find comfort within the society.

On the 5th of March, 2022 the AICUF Society of JMC organised a day retreat on the importance of the First Sunday of Lent, often referred to as “Quadragesima”. The event begun with an introduction of our facilitators by Joanna Mary Santosh, the President of AICUF, after which Ms. Bernadette led us in prayer and a praise and worship session. The praise and worship session included action songs which engaged all the students in the audience. It was a great icebreaker for the day that followed.

After the praise and worship session, Mr Mathew spoke to us about the importance of faith and patience even during the suffering period. He told us how faith should not be conditional and that in persevering and trusting God even in the midst of a storm is the true expression of faith, he gave us wonderful testimonies that many others had experienced and through those spoke to us about how God shows up when we least expect it. Following the first talk, we dispersed for lunch.

After the break, we participated in the Eucharistic Mass celebrated by Father Vallan from Vidyajoti. As part of his sermon, he spoke to us about the faith that God has in us, and how he calls us from wherever we are, as who we are. After the mass, Mr. Mathew once again spoke to us shortly on the importance of prayer and then conducted adoration, where many students were healed and many prayers answered. Following the adoration Ms. Bernadette asked students if they would like to share their experience or if anyone had questions that they would like to ask. Many students shared their experiences and their stories. During the retreat questions regarding faith and prayers were answered at all times. Students were given the liberty to share their thoughts and experiences. While this was conducted during the Lenten season, a season that many perceive as one of sadness and solemnity, the retreat brought us together and helped us experience the joys of our Christian faith. The webinar left everyone with a heart full of hope and a spirit of joy and perseverance even during our periods of suffering. It educated us wonderfully on our faith and brought us together. It would suffice to say, that the retreat was a day of reflection and prayer, of learning and of surrender. The retreat was brought to an end by a vote of thanks by the Vice President, Dona Theres Raju.

13. TREASURE HUNT

9th MARCH 2022
01:00P - 02:00PM



On 9th March AICUF organized Treasure Hunt as an Icebreaker for all the 1st years of AICUF who had joined recently. The treasure hunt was conducted in the Activity period from 1-2. There was generous participation by the first years.

All the participants were divided into groups of four and given the first clue. Their task was to find total of 4 clues and finally the treasure. Within 1 hour they had to reach the final treasure (which was the Grotto), click a Group picture and send it to common WhatsApp group to announce their victory. The team which finished first was named the Sherlock team and awarded a prize.

14. PICNIC – MORNING STAR CHURCH

9th APRIL 2022
09:30 ONWARDS



The journey was a fantastic experience. At around 9:30, the AICUF family boarded a bus from Jesus and Mary College and travelled to Morning Star Church with incredible songs and dance. As we arrived, we were welcomed by Fr. Stanley. The picnic began by prayer. We before

visited beautiful garden and its surroundings. Later, lunch was served. Post lunch, we all went to attend the Holy Mass. After Mass, Fr and Director of Ish Vatika Church engaged us in a thoughtful and open discussion. Then we parted ways after taking a few group photos.

15. FAREWELL MASS & LUNCH

20th APRIL, 22nd APRIL 2022
11:30AM ONWARDS



“Behind you, all your memories. Before you, all your dreams. Around you, all who love you. Within you, all you need.”

On 20th April, AICUF organised a Farewell Mass for all the third-year Christian students. The Mass was offered by Bishop Deepak.

After Mass, we had an official farewell lunch with the core team of the year 2021-2022 in the staff cafeteria. It was a wholesome day as we all sat down as a team one last time. The second-year core team members prepared farewell gifts for our outgoing team members Joanna Mary Santhosh (President), Shenelle Maria Quintal (Treasurer), Gracy Raj and Angel Biju. We handed them their farewell gifts, which was followed by the lunch with our teachers. We wound up with a small sharing session, where the outgoing team shared their experience.

