

Stellar NEWS



NEWSLETTER OF THE ALUMNAE ASSOCIATION OF STELLA MARIS COLLEGE



From the President's desk...

As I write this brief message for the Alumnae Newsletter, the searing Chennai summer continues without respite. However, departmental events and a host of other activities continue to take place on campus, adding zest and vigour to academics and classroom interactions.

These are exciting times at Stella Maris, as our College continues to grow and develop to meet the challenges of a society in transition, deeply impacted by global transactions and rapidly advancing technologies that are reshaping our lives.

As I reflect on the growth of the College, I recognise the debt of gratitude all of us here on campus owe to the continued support of the AASMC in everything we do. It has been your committed and passionate support of our work here, particularly the job of placement of our students in reputed firms and the task of preparing them for recruitment that has enabled our young women find fulfilling career paths.

Many of our alumnae have made a significant contribution to society, and have been recognised as leaders in their field. The constraint of space prevents me from listing the names of all our outstanding alumnae, and describing their various achievements, but let me mention a couple who have received media attention. Sonia Aslaf, a Fine Arts graduate was featured recently in The Hindu, for having succeeded in forcing a multinational take steps to clean up Kodaikanal and acknowledge responsibility for polluting the environment. Beno Zephine of the 2008 batch, who did her undergraduate studies here in the Department of English, is the first visually impaired candidate in the country who was selected for the IFS.

I'm sure the hundreds of thousands of Stella Marians around the world have found their place wherever they are. I wish each one of them the very best and extend to them a standing invitation to visit the College whenever they are in the city.

My prayers and best wishes to those who continue to work with us and may the Star of the Sea lead us through the storms of life.

God Bless



I wish to gratefully acknowledge the services of AASMC team members at all levels – Core group, Executive group, Youth Wing and advisory group. I deeply appreciate the enthusiasm of Geetha (EC dept.), Vaidehi (HS dept.), Shivani (HS dept.), Victoria and Adela (CM dept.), Bindu (ZL dept.), Mabel (ZL dept.) to promote the activities of AASMC.

Through the generosity of the alumnae contribution we saw an increase in the number of the beneficiaries of the SSF during the past year. It helped the needy and deserving students from all Departments in paying the fees for the semester examination. For this cause I make a special appeal to every Stella Marian who loves her Alma Mater to contribute towards the SSF.

“To live in the hearts of those whom we leave behind is never to die”. Marie Cabral, a Stella Marian of 1950’s, a vibrant ex-office bearer of AASMC, who has gone to enjoy the eternal bliss now, is missed by one and all. May her soul rest in peace.

“Pray without ceasing” (The Bible). What could be

more energizing and harmonising than coming together, singing and praising God for a sharing of spiritual experiences. It has been my cherished dream that if AASMC is to be a backbone of the college truly it’s Prayer Group has to be its powerhouse to strengthen Stella vision and mission. Would you like to be in the AASMC Prayer Group? If so, Please call at 9940206918.

“Dream until the dream comes true” (Dr. A.P.J. Abdul Kalam). To plan and execute all projects of AASMC a separate AASMC building will be required, we envisage this will house the CGC office, AASMC office, Prayer Room, multipurpose hall etc. Is this your dream wish too? To make this dream a reality how as an alumna of SMC will YOU help?

I share these random thoughts of mine with a sense of deep hope and joy.

God bless all Stella Marians!

Dr. Sr. Flavia Mariapragasam fmm
Vice President
AASMC

Beneficiaries of AASMC StudentSupport Fund 2015



Editorial

The three things which we always remember about Stella Maris are the sprawling campus cloisters, the classes and of course the fact that we bond as one big family. No matter how many times we come back to College, each time walking down the corridors, the stair case in the main block, the canteen, the chapel, are a few places which bring back fond memories. Most of our friends are settled now in various places both across the country and across the globe. But when we talk of Stella Maris, we always end up sharing such lovely memories and every where we go we end up bumping into a fellow Stella Marian. But how do we bring these Stella Marians back on campus to bond with and give back to our Alma Mater?

“You have to dream before your dreams can come true,” said the late president of India Dr APJ Abdul Kalam. Today with heavy hearts when we bid adieu to this great man, we reflect upon the dreams we dreamt for AASMC when we took over as new set of office bearers. Totally new to the association, we came in with big dreams of doing something for the College which generations to come will remember. One such dream of ours is to bring back as many alumnae as possible and create a channel for them to be able to give back to their alma mater. You have every reason to wonder why would you go back to College, why would make any donations to the College and what difference will it make.

But just take a moment and reflect on all that God has given you, look around yourself and see how many people are as fortunate as you are! Coming back to be part of your Alma mater is a joy in itself. It helps you connect with friends, with professors and renew old bonds. When you give back to your Alma Mater you are helping the next generation movers and shakers afford quality education, you help the name of your College fly high and above all it is the best way to say “thank you” to the College for the amazing education it has given you and made you the wonderful human being that you are..

One year gone and another to go, we hope that by next year when we hand over reins of the AASMC to another set of hopeful office bearers we would have reached out to many more Stella Marians across the globe, brought them on one platform to give back to our Alma Mater and we will all proudly continue to say STELLA MARIS SHINE ON OUR LIVES FOREVER...

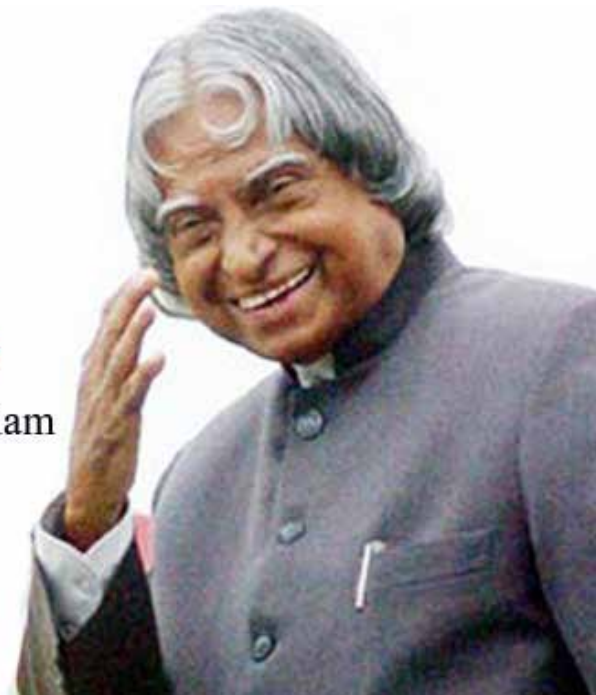
Shivani Arora
Editor

Geetha Raja
General Secretary

Vaidehi Satish
Joint Secretary

You have to
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....APJ Abdul Kalam



Round Up of Alumni Activities

Being part of the Alumnae Association is nostalgic in itself and being an office bearer makes these moments back on campus worthwhile in every way!

It was in September 2014 during the AGM that we took over the reins of the Alumnae Association as a fresh new batch (Geetha Raja – General Secretary, Vaidehi Satish-Joint Secretary, Shivani Arora- Editor, Ms Adella and Ms Victoria- Treasures and Dr Kalpana Jayraman- Faculty coordinator) with dreams to give a new lease of life to AASMC and bring in more alumnae to the campus and to not just relive their memories of SMC but also to give back to the College.

The term began on a rather low note with us losing Marie Cabral, a very active alumna and former office bearer of AASMC in November 2014. We held a memorial meet for her the very same month and friends fondly remembered moments spent with her, her warmth and love for the College and for music.

Then rang in the joyous festival of Christmas and at the AASMC we always believe in sharing our joy with the under privileged. This time we shared our happiness with the orphans of Karna Prayag Trust. During the Christmas celebration of the AASMC held in December 2014, which was attended by many alumna including

former principal Dr Sr Annama Philip FMM, with a lot of zest n fervor, carols and christmas messages, santa and of course cakes and goodies, we collected about RS 25000 which was handed over to the Karna Prayag Trust towards taking care of the babies housed there. During the Christmas program we also bid adieu to Mahalakshmi who put in 15 years of service to AASMC and decided to step down due to health reasons. A silent worker, she always had a smile on her face and never said NO to any of our demands and was the pillar of support for all AASMC activities.

Kalanjiyam programs are an essential part of AASMC activities. This term we had two Kalanjiyam programs, the first one being a book reading with our own alumna Suraksha Giri in February 2015. She released her book *It happened like this* and read excerpts from the book which was followed by a panel discussion led by Leela Chaudhry, Mr Vasudevan and Mr Ram during which parts of the book were read out and analysed.

Our second Kalanjiyam Program was in March 2015 with Sr Susheela FMM who gave us a talk on Health in our Hands. She spoke on Accupressure and gave us useful tips of how we can cure many health problems by pressing these pressure points rather than rushing to doctors.



Some core committee members of the AASMC attended the YaleGale USIEF Alumni Leadership Conference which helped them gain a lot of knowledge about how to reach out to many more alumnae and strengthen the alumnae association.

The last activity for the term was of course the Valedictory function held at the end of March 2015. Ms Leela Pal Chaudhuri an alumna of the College was the chief guest and she gave an inspiring speech to the students filled with humour recalling her moments at Stella Maris. From the AASMC we gifted beautiful folders to all the out going students as they lit lamps and bid adieu to their Alma Mater.

It has been an eventful year with its share of ups and downs and as we step into our second year and are gearing up for our annual reunion we hope the year ahead will be more meaningful and fulfilling for all of us at Stella Maris.



Career Guidance Cell Report for the academic year 2014 – 2015

The Academic year 2014-15 started with approximately 450 students registering for campus recruitment. Due to the demand for early recruitment by some companies, campus recruitment started as early as September.

The students of Commerce, Economics departments opted for jobs offered in Finance, R& D, and Banking by companies such as KPMG, Deloitte, Goldman Sachs, EY, McKinsey, RBS and Tata Capital.

Tech Mahindra, WIPRO, Cognizant Technologies, CNSI and Sutherland recruited many BCA and Maths students for programming and IT enabled services.

The demand for copy writing, content writing and language skills has increased this year. Companies like Exeter Premedia, Mobius selected students from all departments.

Teach for India and Tapas India foundation were NGO s recruiting for social cause programmes.

65% of students have been placed in this academic year.

Beyond Horizons the annual Career Fair was conducted on 8th October, creating awareness on overseas education and postgraduate programmes.

CGC members attended Placement Officers meets organized by University of Madras, NASSCOM, and Sutherland etc. to connect with corporates and know the latest trends in recruitments.

Training and Internship programme by Ntrust, was started this year, with promise to become an yearly activity.

Special training to crack the Bank exams were also conducted this year.

Portfolio management, Financial Planning, and cartooning are certificate programmes organised by CGC with collaboration with external trainers.

These programmes help students to focus on career options after their undergraduate programmes.

Marie Cabral – A Tribute

“To live in the hearts of those whom we leave behind is never to die”... and so sure enough in this respect Marie lives in forever.

In 1997, the Golden Jubilee year of the college the old students association was resurrected. The newly-elected team placed Marie (Editor) and me (Secretary) as fellow office-bearers. That got us working in close association fruitfully and joyously. Hence I thought I should pay this short but very deserving tribute to Marie lite (The light hearted) alias Marie Gold (in worth!)

Whenever and wherever I bumped into Marie I would greet her with this popular refrain “How do I solve a problem like Marie? This was because she had no telephone line to communicate with. Being prior to the advent of the mobile phones I had to literally turn mobile and personally intimate her of all of rooms. These were more inhabited by her bosom canine friends than her thin self; Marie’s canine subjects would amidst the banking welcome plunge their canines into you if you stood carelessly around. Here, Marie, the practical and wise teacher taught me that eternal vigilance is the price of piece (meal!)

Marie shared her birthday “even before the sun, the son, the wife or the other life were up! Consequently I took it into my hands to celebrate her 60th birthday at my place with eats, flowers, books, music and of course a lovely birthday cake that read “Happy birthday to “So-Marie!” akin to only vital or exclusively in so-Marie style. But in reality, the letters read together “somari” mean Lazy bone in many languages. Marie was among the first to realize this and fun-loving Marie taking it in the right spirit went into convulsions of laughter. Wanting to whack me she gave me the chase but when I so like a donkey went prancing around in circles singing aloud she’s a jolly good fellow so say all of us she could not but spare me! We would refer to her as Rose Marie too around Christmas time because she was responsible for popularizing rose cookies amongst us. We guessed Christmas was around when we inhaled rose from her very breath!

Though a spinster she looked upon my son as her adopted one. The minute she received Nenthakai chips from her cousins in Kerala she would make a dash to my house to present these chips to my chips of the old block – my brilliant son and intelligent daughter

as she referred to them, little gestures of such affection that touch the heart remain long afterward!

I often included jokes in my public speaking. In appreciation of this Marie presented me with three wonderful volumes of Household Humour by Indson K Cornelins for my birthday. Thoughtful Marie always even picked up gifts also that were of great use. To show up how wonderful were the contents of the books I write two diabolical definitions from it.

Girl: a young, unmarried woman who wants to go with every tom, dick and marry!!!

Father: the man in the family who is neither seen nor heard one for whom the bills toll!!

Marie has a wonderful group of boys – little friends in her church campus who greatly interacted with her during her last few years. She got them pray for my son along with her that he get in and get out of the Neuro surgery course when god did comply with their earnest appeal amidst great cheer she requested me in a soft whisper (never one for demanding) can you give my boys biscuits and tea in celebration. As you promised? Of course, Marie I declared. Being in high spirits due to my son’s height.

Adopt at the piano, the sound of music on her lips, a devout Catholic, the even helpful loving friend would never ever abuse her home half way through the route she would alight and ask me to get back I will walk down because laughingly she will announce “Congestion lies beyond!” Her love for her the college and all of us is immeasurable and hence I wind up with these lines from Rupert Brooke for her.

“If I should die, think this of me that there is forever a corner of my heart”

That is Stella and OSA
Thara Mohan Rao



Feel And Appreciate Your Vision

By Robin Bela, Author, International Speaker & Coach

I would like you to appreciate how wonderful your goal is, to 'feel' and 'appreciate' its completion in your Heart, and not just say or think about it. As you focus on this inner work, whatever you are feeling, you will soon start radiating that on the outside as well. For example, seeing yourself in positive light brings you across in others' eyes positively too. If you feel content and peaceful within, you are reflecting out your inner radiance naturally.

There is a thin line between 'desperately wanting' something and 'simply Intending' in a focused way. In the first instance, you get too attached to the outcome mainly because you give your power away to the outcome, and as a result, you just don't live your present moment. You are then in the energy of 'lack' as you remain focused on what you lack. Please appreciate that 'desperately wanting' would be based on the 'fear' that you may not get there. Anything done out of fear, will not lead to the best result, as it will only create a fear-ridden or negative reality. And in the second instance of 'simply Intending', you actually already accept and live as if you are where you want to be. You trust that you will get all you Ask for as you have a wonderful, productive 'today'. So, the key to happy outcomes is to enjoy this moment and also feel and visualise a successful future with excitement, and without any doubt. You become quite carefree and relaxed in this process.

There is a certain amount of Asking, surrender and faith that is needed in the process of Intending too. Do not wait for your perfect life to start, decide that it starts now! Feel and know that you are that new person already! The only difference between a person who has reached somewhere and the one who remains where he or she presently exists, is in the change of their attitude to the way they think about themselves, and in the faith that they deserve to 'Ask' and to 'receive' from Universe, naturally.

And why is it important to 'feel and appreciate' your vision?

Only if you can imagine, feel and appreciate something in this moment can you really achieve it later. If you cannot imagine it, you still believe that it's not real or

possible. It's ok if in the beginning it feels as though you are dreaming and is not real. Just keep Intending, feeling and seeing the joy of having it. It doesn't have to be for hours, instead give yourself frequent reminders, even if it's just for a few seconds each time, but perhaps 3 to 5 times a day. This is a great way of making your new Intents feel more believable and real. An example of this would be whenever you get doubts about achieving your goal, tell yourself to stay positive and simply exhale out your worries as you breathe, reminding yourself of the Intent you are reading daily. Remember, 'imagination' is the key, the seed to any creation.

The above is an excerpt from Chapter 1 of Robin Bela's Self-Help Book called. **'Break The Pattern': Connecting To The Power Within To Create The Life You Want.** This Book is available on Indian websites as Amazon and Flipkart.

Please visit her website and register to her e-newsletter to be informed of her upcoming events. You would get her free audio meditation to download too when you register - www.robinbela.co.uk.

Obituary

R.I.P

Let us pray for the repose of the soul of Mrs Angu Kanna, D/o of Mrs Murugan AVM who was a student of BA & MA Economics, sports captain, basket ball player. She passed away in Srilanka of Cancer. She is survived by her husband and 3 sons.

Students Union Diaries (STUD's)

We called our ship AAKJP (Abarna Muthiah, Anne Kurian, AndreaJacob ,Kripa Gowrishankar, Janet Anthony and Pavithra Charan).We were a spunky Union bunch in the year 1999-2000.We sang out loud, we danced like nobody is watching & our OAT assemblies were fully charged with enthusiasm, positive information and eagerness to explore, we even had our own U.s.p song.Our union motto was to 'Live the Dream' and that we did to our hearts content. When the 6 of us got elected fireworks exploded as we were all unique characters with strong opinions, so finding our groove took time, but once we did, there was nothing stopping us...Here is a gist of a few innovative ideas implemented in 1999.

We believed in preserving Mother nature and all its glory, strongly so we created 'Earth Bags-Haversack style', they were cloth based bags and had a multi purpose for it, we sold them in green, blue and black.

Our career counselling workshops had inclusion on offbeat profession's at a time when career options were safe one's and risks were hardly appreciated.

Our union carnival spelt mischief as our theme was based on Cartoon characters and Superheroes, which got an overwhelming response. We ourselves showed up in solidarity as the main characters of 'Tintin' comic's.

We also played an active role in developing rain water harvesting on the campus. These are a few of my memories that had a lasting impression apart from the regular duties being played out.

Behind the scenes : Confessions of a Stud-olic (students union diaries)

The best parts and stuff that you did not know.

Our OAT assemblies had informants amongst the crowd to get a feel of the majority and to understand if we are on the right path, so post session after our events, we either get boosted up or we are shredded to pieces.

Inter-college culturals 1999 took a bad turn as I had an accident on the same date with my teeth injured and was hospitalised,so Pavithra Charan the President had to improvise on the Cultural Address.

Our brainstorming sessions and delegation of work always involved good food, great music and sleep overs spending time high in caffeine, (tea and coffee).

I always wore a saree with a pair of trousers and not saree skirts which was efficient and fully functional when running around organising events.

Life experience: The most important part and meaningful experience is when the 6 of us made a pact to do a trip visiting each others homes, while 3 of us stayed in chennai, Abarna, Kripa and Janet stayed in Trichy, Mysore and Hosur respectively, so we did a trip to their houses that made a lasting impression and established a closer bond that binds us forever, some of us even caught up in China and some of us in chennai, so it looks like the AAKJP ship is still smooth sailing. I guess you could say I have come full circle by addressing the Students Union 2014 swearing in as a chief guest, and even conducting the orientation for the same union, and what made it more worthwhile was sharing positive inputs on healing the body using movement therapy tools on the professors at Stella Maris College. Memories that will be cherished and will last a lifetime.

