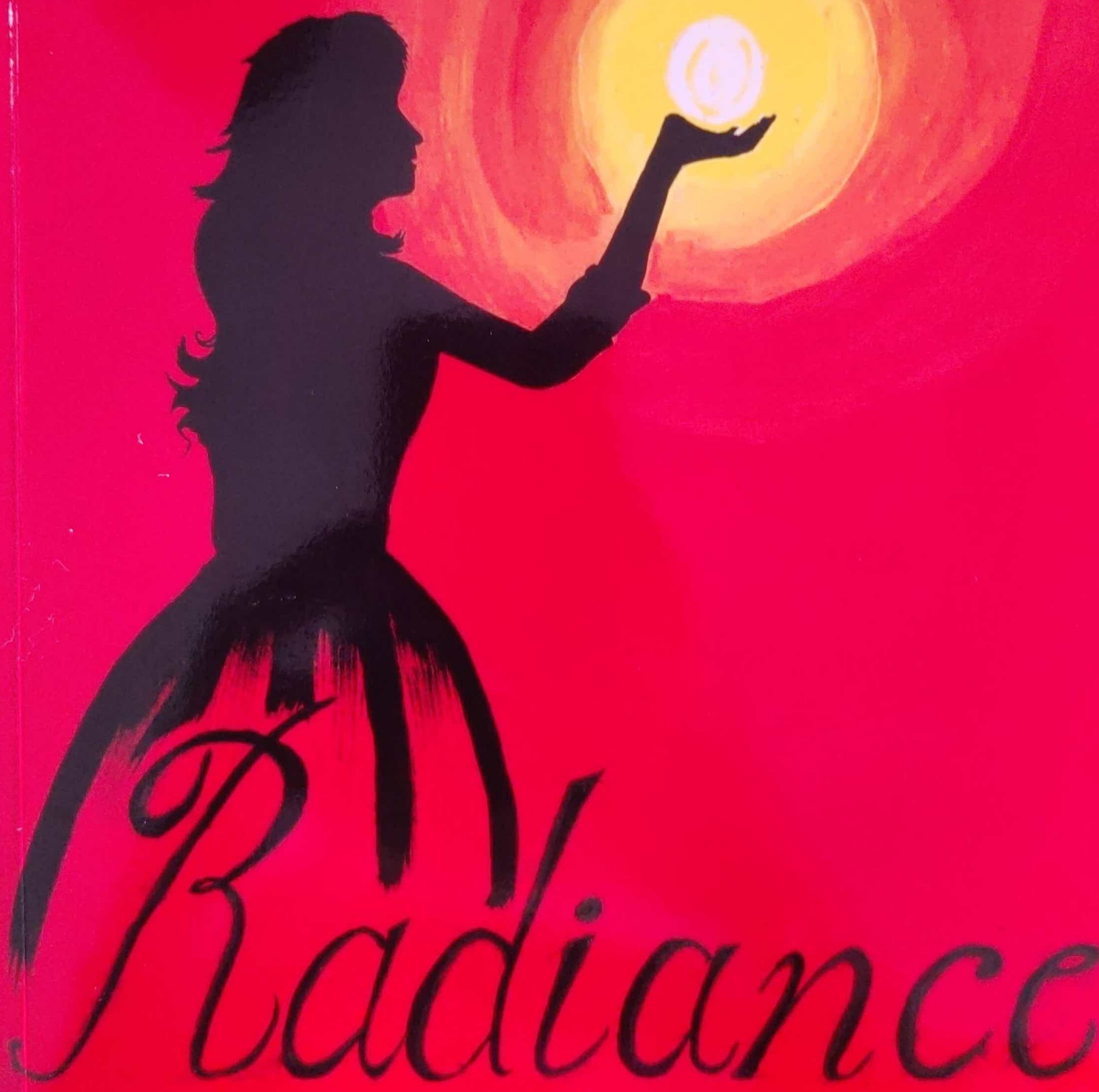




Nirmala College for Women

(Autonomous) Re-accredited with "A" Grade by NAAC

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Radianance

Hope is a waking dream
- Aristotle



Ms. Ferlín Martina
III B.Sc., Botany

Editorial

Hope Is Marching On....And Not A Pollyannaish Optimism!

People, students and employers gather in great number to march for different cause. Together they raise their voices in hope, protest, and solidarity. Any march is a sign of hope and protest. Hope is crucial for human flourishing but is a subject rarely addressed in life until a hardship made it unavoidable. In times of great turbulence, hope can feel naïve or worse, like a set-up for future disappointment. And yet, hope is essential to our satisfaction, motivation, health, and performance. When things look bleak, remaining hopeful is one of our toughest and most essential self-management tasks. At all stages of life, hope produces immense benefits. Hopeful students have better academic outcomes, hopeful adults report greater life satisfaction, and hopeful seniors have significantly lower rates of mortality. March towards hope or hopefulness is an essential trait of high performers

First, hope is not Pollyannaish Optimism, that is, the assumption that a positive outcome is inevitable. Instead, hope is motivation to persevere toward a goal or end state, even if we are skeptical that a positive outcome is likely. Hope involves activity, a can-do attitude and a belief that we have a pathway to our desired outcome. Hope is the willpower to change the way and the power to bring about the change. There may be times one is challenged with believing there is hope. Try not to be hard on yourself because this is normal.

Research shows that hope is a measurable, learnable skill—and to feel hopeful, students and teachers have to work at it. Don't think hope is squishy because it's not. It's cognition and a leading motivation that pushes people to act towards their goal. It's a skill we have to work on and one that we can grow. Students can't solve problems if they feel stuck and overwhelmed. A small setback can leave a student feeling hopeless, but it often doesn't take much to pull them back from the brink. Optimism assumes that all will go well without our effort; pessimism assumes it's all irredeemable; both tell us "Let us stay home and do nothing. But hope for us is unpredictable, and that we don't actually know what will happen, but know we may be able to write it ourselves.

Hope is a belief that what we do might matter, an understanding that the future is not yet written. It's informed, astute open-mindedness about what can happen and what role we may play in it. Hope looks forward, but it draws its energies from the past, from knowing histories, including our victories, and their complexities and imperfections.

One may still struggle with overwhelming physical, mental and financial hardships, for him the life has not returned to normal but the Beacon of Hope is not short of material! Why? Because hope is marching on!! One's get up and go might have got up and gone. But hope is not straggling on at the back. It is not dragging its feet reluctant to come forward. Hope isn't limp or lame or left behind. Hope is marching on. To march one can't be half hearted, he/she may have to move with purpose and determination. To march means going forward with a purpose and a plan. One can't march aimlessly haphazardly. Marching is measured, regular, purposeful and dependable.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence," says Helen Keller. Hope is the essence of life. Many of us could not even live a life of peace without having hope deep inside the heart. Life is unpredictable, hard and quite notorious at times. Things go out of hand and beyond our control many times. The secrets that make us walk a little further more, and fight a little bit longer is hope and optimism. Hope helps us keep the fight on and improves the chances of making our life better. Hope, the essence of life, keeps our eyes wide open for an improved future. I know it's very hard keeping up with the inner faith during the most critical times, but, those who never give up hope, actually make it till the end.

No doubt life is a solid war zone. But it's not too bad either. The greatest accomplishments do come with the hardest struggles and the fight is only won when you don't give up. Try to keep your eyes full of dreams. Hope not only gives you the strength to overcome a pain, but it also makes the journey for the future easier. Let's not worry about the fact that today is bad. Hope keeps us telling that tomorrow will be better than this. Hope is optimism. When I am hopeful for anything, I'm thinking that sorrow and difficulty of today will soon end. Hope keeps us stay positive. As we all know, our mind has lots of effects on our actions. If your mind tells you to stay strong on a path and not lose courage, you will do so. So hope gives a positive mind power. It generates an aura around you, which protects you from the negatives. This is why; hope will always be the essence of life.

Hope helps us to ignore the sufferings of the present. When we stay positive about our future, and feel that we have to fight to win the problems, our probability to succeed increases. It happens because we fight trying to stay mentally strong and give our best efforts. Hope is a belief. You believe something good will happen. This intensity of this feeling can really change your present and future. It's said hope, which is also your belief, is a deep sense hidden in our subconscious mind. Remember that our subconscious mind is the most powerful thing on this earth. With its help, one can make an impossible possible.

A true hope or belief is unbreakable. Just ask yourself-what do you believe? If you believe to have something good in the future, and expect it to happen, that is hope. It's an inspiration to live life the best we can. Hope will give you the courage and inspiration to stick to your dream as long as you breath. Hope is an optimistic state of mind that is based on an expectation of positive outcomes, and optimism, which is the general tendency to expect positive outcome. If one has a strong aspiration, hope and faith, nothing can bring you down. It lets you aim at the sole purpose of your life.

If the situations that surround us, or the way people around us behave is not in our control then why worry about them. Let's focus on what we can change and what we can influence, and that is how we as individuals can react and act. The best way to do that is to be hopeful and have a little faith, to believe that we all are capable of happiness and sunshine. When we imagine a plausible future that is better than the present, identify the pathway to that future and accept that things rarely go exactly according to plan, we will cultivate hope that is both useful and resilient. I whole heartedly thank our principal Rev. Dr.Sr. Helen for giving me this opportunity of being the Editor in chief for our college magazine.

Dr.A.Francina Shalini
Editor-in-Chief
Dept. of Mathematics





Inaugural Function



Sharing the Joy of Christmas



Independence Day



Womens Day



Department Activities



ECO Trip to SACON - BBA



National Seminar on Research Strategies & Technologies - BCA



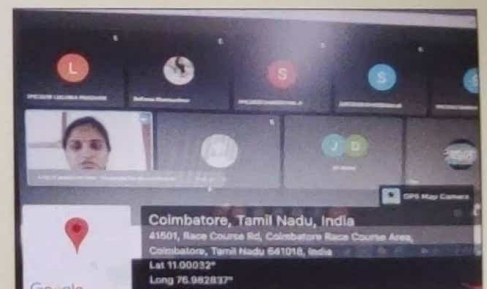
International Conference on Pioneering Emerging Opportunities and Exploring New Realm in Chemical Sciences - Chemistry



Job openings in GST - Commerce CA



International Seminar Fintech in the Current Scenario - Commerce (A)



Application of Image Processing through MATLAB - Computer Science



Workshop on "Fashion Jewellery Making" - e-Commerce

Department Activities



Key elements of Building a great story & how to get published - English (SF)

Poruqot apprendene le francais ? Quelles - Perspectives - French



A Step towards Cleanliness - Hindi



Sapientia Club Inaugural - Library



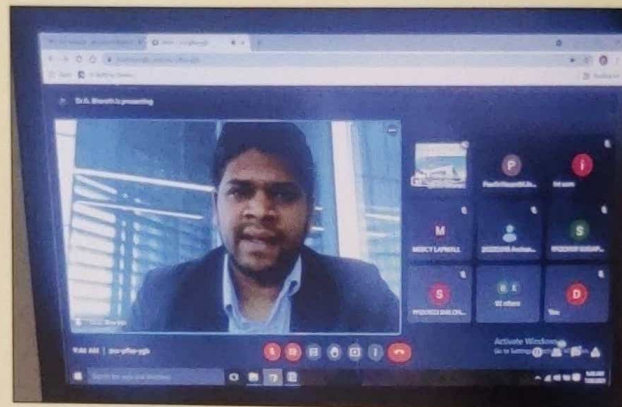
Department Activities



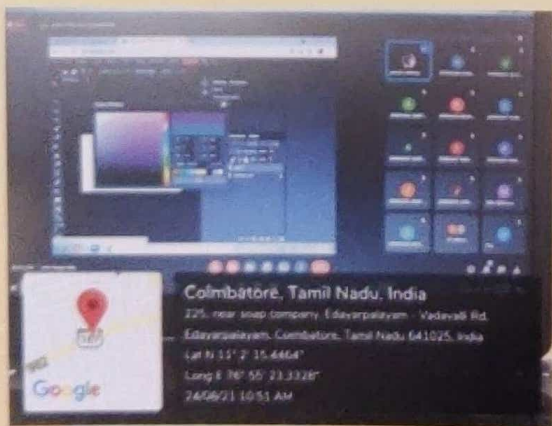
Photoshop for Beginners -
Maths (SF)



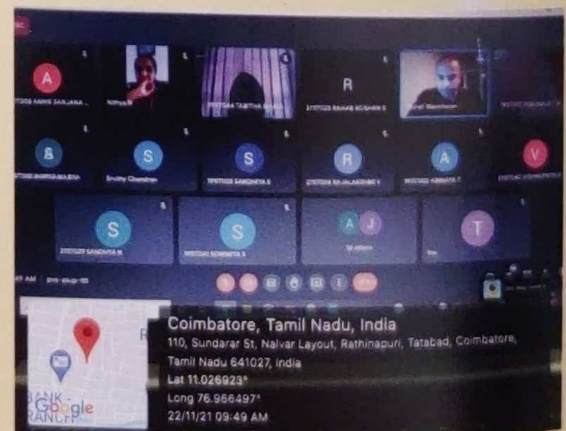
Testing of Electronic Equipments
- Physics



International Seminar on
Green Technology : Building a
sustainable future - Zoology



Incredible Use of Design Tools
in Advertising - Commerce (PA)



International webinar
"Data Flow in software Architecture
- Information Technology

Department Activities



Peniya Sinthanaigal - Debate
Tamil (A)



Tamil Grammer - Workshop
Tamil (SF)



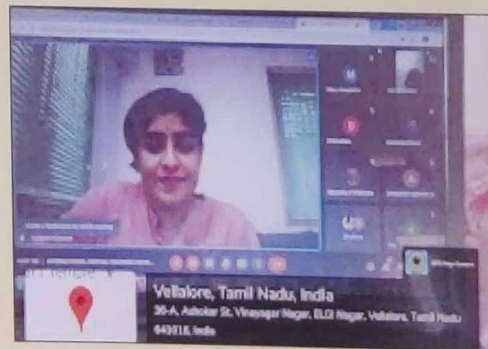
Golden Jubilee - History



An International Seminar on
Career Opportunities Abroad - English (A)



Gift Giving Ceremony -Economics



Women Empowerment- Botany

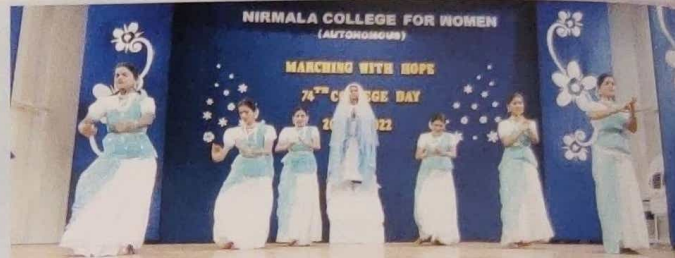
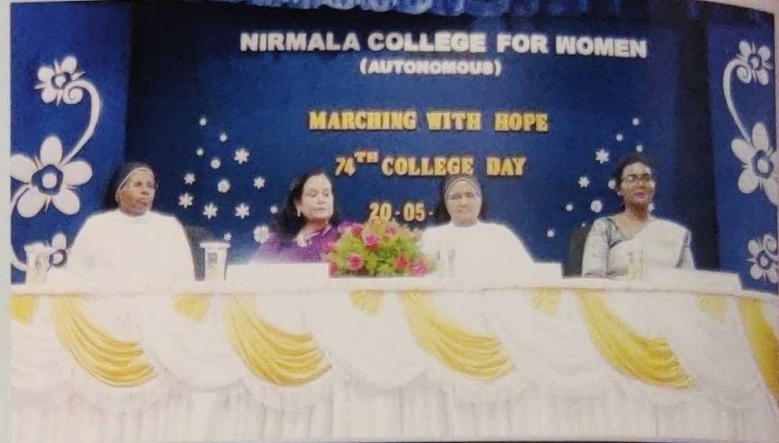


One Week FDP on e-Content
skill development - Maths (A)



Industrial Visit to
Kodanadu - Geography

College Day



Farewell





Pongal Celebrations



Club Activities



AICUF-News letter-2021-2022



Book publication Committee



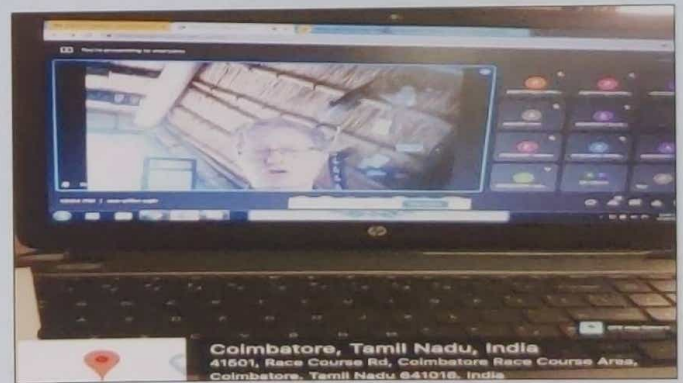
Catechism & Moral Instruction Committee Photos



Chetna



Comptech



Ecoclub



ICT



IIC

Club Activities



Coimbatore, Tamil Nadu, India
1636a, Trichy Rd, opp. TTC Bus Depot, Sungam,
Puliakulam, Coimbatore, Tamil Nadu 641018, India
Lat 10.999228°

Placement



M+W64, Red Fields, Puliakulam, Coimbatore
India

RSP



536a, Trichy Rd, opp. TTC Bus Depot, Sungam, Puliakulam

Sthree Needhi Association



Thadagam R.F., Tamil Nadu, India
Unnamed Road, Thadagam R.F., Tamil Nadu 641111
Lat N 11° 9' 33.8832°
Long E 76° 52' 13.8°

UBA



Library



NECTAR

National Cadet Corps



Club Activities

Entrepreneurship Development Cell (EDC)



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Sports Day



Valedictory





*Oh give thanks to the Lord
for he is good;*

*for his steadfast love
endures forever!*

PSALM 118:1

*Bottle up your dreams
and the radiance of hope
lead to success...*

