

SHARING STORIES; SHARING GRIEF

AICUF, JESUS AND MARY COLLEGE



JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI



**ALL INDIA CATHOLIC UNIVERSITY FEDERATION
(AICUF)**



SHARING STORIES, SHARING GRIEF

UNCAPPING THE INTRICATE TALES

SPEAKERS:

JMC AICUF TEACHERS AND STUDENTS

9th JULY, 2021

01:00PM

HOPE TO SEE YOU ALL!

[CLICK HERE TO JOIN THE WEBINAR](#)

TEACHER COORDINATORS

DR. M. CHRISTHU DOSS
MS. MEGHA JACOB
MS. RESHMA JOSE
MS. ALISHA GEORGE

PRINCIPAL
DR. SANDRA JOSEPH

OFFICE BEARERS
RINCY BAPTISH
JOANNA MARY SANTHOSH

(4) WhatsApp x Meet - xiz-cnxx-ddy PLANNING x +

https://meet.google.com/xiz-cnxx-ddy?pli=1&authuser=1

The screenshot shows a Google Meet interface with a grid of 41 participants. The participants are arranged in a grid that is 4 rows high and 10 columns wide, with the last row containing only 5 participants. Each participant's tile includes a video thumbnail (or a placeholder letter) and their name. The participants are:

- Row 1: Joanna Mary Sarit..., Gemma Maria Tony, MS. RESHMA RAI..., Deepshikha Mary, Ms. Alisha George, MS. MEGHA JAC..., Shennelle Quintal, Donb Riju, jackquiline massey...
- Row 2: Thresia Varunny 2..., DR. M. CHRISTHU ..., Diya Ann Thomas ..., Sandra Sam 200442, VANESSA LOBO 2..., Dolcy Cyril, MARIA JAIN Y 190..., Christina Viswana..., JOAN ROSHAN 20...
- Row 3: ANDRIA SINGH 20..., Irin Ann Jolly 2003..., Irin Micheal 200847, SNEHA ANDREWS ..., Riya Ann Jomon 2..., christina daniel 20..., Tessa Bernard 200..., Sherlin Romi 2005..., ANN MARIA VINC...
- Row 4: Ashitha Johny 200..., CHRISTIE TERESA ..., SHERYL CELINE A..., Saumia Shalini Bilu..., Honey Aleyamma ..., LORAIN J. YUNUS ..., sneha saji, GLORY THOMAS 2..., Shalini saju 200892
- Row 5: ANNA SHAJAN 200453, Riya Sabu 200842, Tessmol Tom 200874, GRACY RAJ, [Participant]

12:55 PM | xiz-cnxx-ddy

Type here to search | 35°C Haze | 12:55 09-07-2021

MS. RESHMA RAICHEL JOSE is presenting

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

PSALM 23:4

12:58 PM | xiz-cnxy-ddy

Type here to search

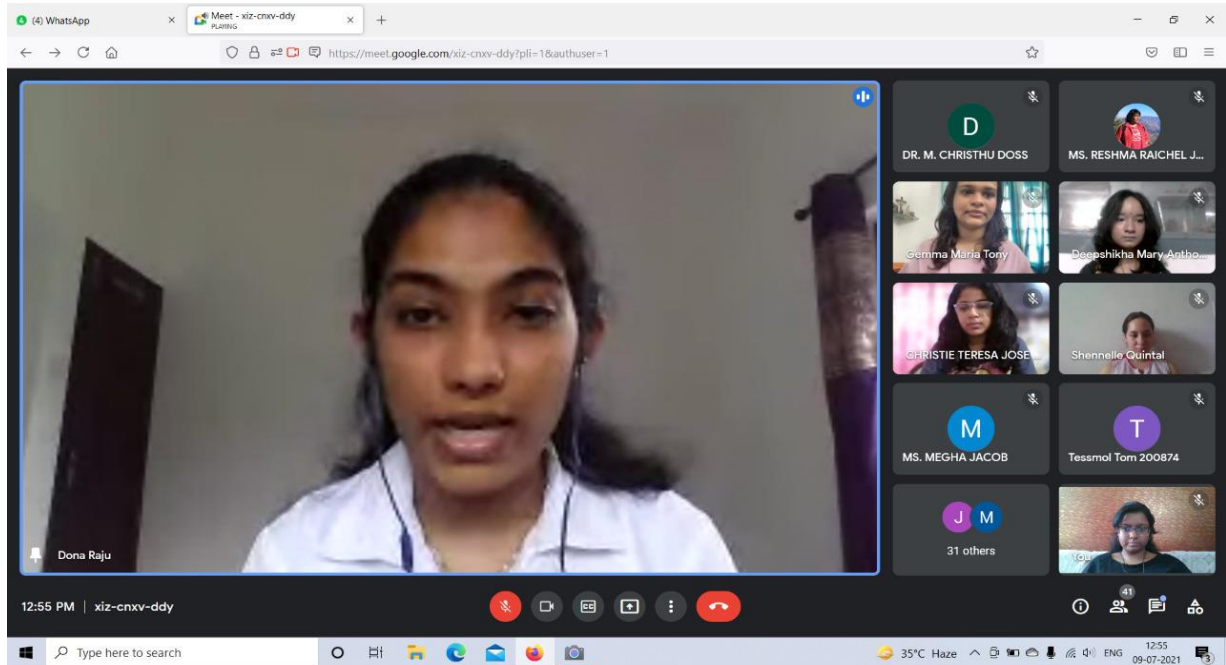
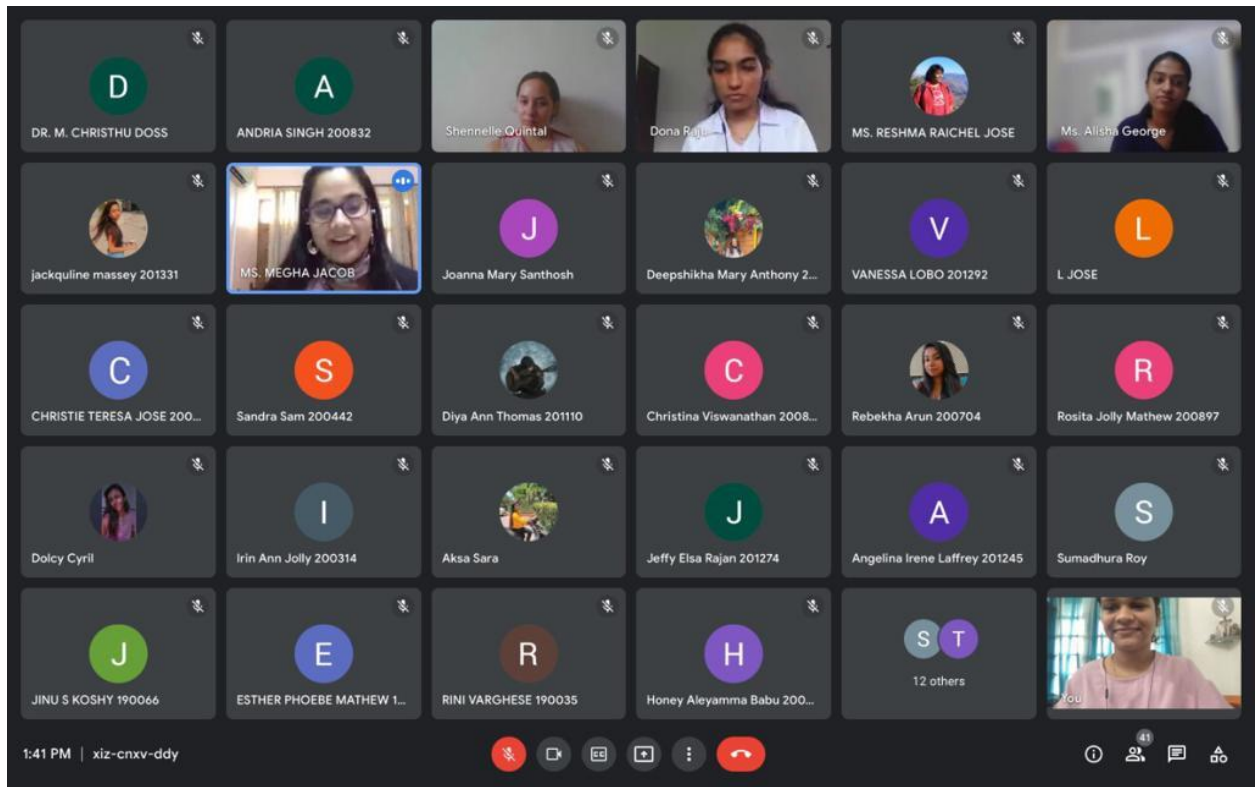
35°C Haze

12:58 09-07-2021

12:54 PM | xiz-cnxy-ddy

Participants:

- Joanna Mary Santhosh
- VANESSA LOBO 201292
- MS. RESHMA RAICHEL JOSE
- Deepshikha Mary Anthony
- Ms. Alisha George
- MS. MEGHA JACOB
- Dona Raju
- DR. M. CHRISTHU DOSS
- Diya Ann Thomas 201110
- christina daniel 201283
- Shennelle Quintal
- Christina Viswanathan 2008...
- ANDRIA SINGH 200832
- Riya Ann Jomon 200107
- MARIA JAIN Y 190017
- Dolcy Cyril
- Irin Ann Jolly 200314
- ANN MARIA VINCENT 201044
- Sandra Sam 200442
- SNEHA ANDREWS 200933
- VANESSA LOBO 201292
- Riya Sabu 200842
- Irin Micheal 200847
- jackqueline massey 201331
- GRACY RAJ
- CHRISTIE TERESA JOSE 20...
- SHERYL CELINE ANTHONY 1...
- Tessmol Tom 200874
- 13 others
- You



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 session held on 9th July 2021, Friday from 12:45 pm-2pm on the Google Meet platform, had 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. Shenelle 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 (AICUF member of Jesus and Mary College).