



# Newsletter

Session : 2019-20

Issue : 16

(Quarterly : April-June 2019)

## Multanimal Modi College, Modinagar

(A 'NAAC' Accredited College)

Awarded "College with Potential for Excellence" by UGC, Govt. of India

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### MESSAGE FROM THE VICE-CHANCELLOR



It is heartening to know that Multanimal Modi College, Modinagar is bringing out its quarterly Newsletter. It is a commendable effort aimed at harnessing creative skills of the students by providing them a forum to express their views on various important issues. I wish the Newsletter go a long way in accomplishing the goal of value education.

I convey my good wishes and felicitations to the Principal, members of faculty and students for bringing out such a prestigious publication.

*N.K. Taneja*  
(N.K. Taneja)  
Vice-Chancellor

### MESSAGE FROM THE HONORABLE CHAIRMAN



It gives me great pleasure to know that MM College is bringing out its latest newsletter. The newsletter provides a worthy platform to showcase the budding talents of the institution, as well as various activities organized by the staff. My best wishes to the editorial team.

*Dr. D.K. Modi*  
Dr. D.K. Modi  
Chairman

### RELEASE OF ANNUAL COLLEGE MAGAZINE "RITAMBHARA"

The latest edition of the college magazine 'Ritambhara' was released on 27-May-2019 in the College. Ritambhara is a platform to showcase the literary talents of the students as well as the staff members. Various articles, write-ups poetry, motivational writings etc., contributed by the students as well as the college staff are published in the magazine. The magazine was released by Principal Prof. R.C. Lal. The event was organised by the members of the Editorial team comprising of Dr. Vivek Sheel, Dr. Arun Kumar Maurya, Dr. Geetanjali Sharma, Dr. Richa Yadav, Mr. Sunil Kumar, Mr. Ashutosh Sharma, and Mr. Abdul Mugis. Several staff members as well as Students were present on the occasion.





## ORGANISING OF A CHARITABLE CAMP ON GANGA DUSSEHRA

A charitable camp was organised on 12th June 2019 by the college on the day of Ganga Dussehra. On this occasion, the college staff put up a camp at the College gate on the highway and provided chilled water and sharbat to the thirsty passers-by. The camp was attended by Principal Prof. R.C. Lal, Dr. V.K. Tyagi, Dr. Ravi Kumar, Mr. Pawan Bhatnagar, Mr. Sanjay Maskara, Mr. Rajendar Kumar, Mr. Sunil Kumar, Mr. Naveen Mittal, Dr. Deepak Sharma, Dr. Richa Yadav, Dr. Geetanjali Sharma, Dr. Kumud, Mr. Abhinav Bharadwaj, Mr. Pankaj Sharma and others. The efforts were greatly appreciated by the public.



## INTERNATIONAL YOGA DAY

International Yoga Day was celebrated with great enthusiasm in the College campus on 21st June 2019. A special Yoga camp was organised in the College campus, in which various Yogic asanas and pranayam were performed. Several speakers spoke on the relevance of Yoga in the modern hectic and stressful life.

The speakers also emphasised on the holistic aspects of Yoga for a healthy, meaningful and wholesome life.

The event was attended by Principal Prof. R.C. Lal, Mr. Naveen Mittal, Dr. Geetanjali Sharma, Dr. Richa Yadav, Dr. Kumud, Dr. Tarun Arya, Mrs. Shalini Gupta, Ms. Priyanka Verma, Dr. Deepak Sharma, Mr. Pawan Bhatnagar, Mr. Sanjay Maskara, Mr. Rajendar Kumar, Mr. Sunil Kumar and others. Dr. Nirdosh Agarwal was the special Guest on the occasion.





## O-LEVEL INSPECTION

Under the OBC (BPL) scheme there is a provision for free admission in 'CCC'/'O' Level courses for the students belonging to this category in the college. Dr. Rajneesh Pandey (Officer, District level Other Backward Classes, Vikas Bhawan, Gzb.) paid a visit to the Deptt. of Computer Science on 21-06-2019 for the purpose of inspection. On this occasion Dr. Ravi Kumar (Coordinator), Mr. Navin Mittal, Mr. Pankaj Sharma, Mr. Prashant Sharma and several other staff members were present.



## BEGINNING OF ADMISSION PROCESS IN THE COLLEGE

The process of admissions for the academic session (2019-20) began in the month of June in the college. The applicants finalised by the University in its merit list were given admission in the college after verification of their original documents by the concerned committees. The main admission committee comprises of Prof. R.C. Lal (Principal), Dr. P.K. Garg (Coordinator-Commerce Faculty), Dr. Ajai Sharma (Coordinator-Arts Faculty), Dr. Vinay Kr. Tyagi (Coordinator-Science Faculty), Dr. Vandana Sharma (Coordinator-Women Cell) and Dr. Harish Kumar (Chief Proctor). The admission process is still going on.





### HEALTH CORNER

#### INDIAN GOOSEBERRY (Scientific Name - Phyllanthus Emblica)

**Other Name(s) : Aamalaki, Amalaki, Amblabaum, Amla, Amla Berry, Aonla, Aovla, Arbre de Malacca.**

Because of its fibre and water content and it's great anti inflammatroy properties, it help soothes the intestinal lining and thus curb acidity.

We might be consuming enough calcium through our diet but the amount of calcium absorbed through the food ingested depends upon various factors. Amla helps in better absorption of calcium in the body.

Because of its diuretic property, it helps in the elimination of various toxins and unwanted excess salt through urine.

Chromium present in Amla, has a powerful role to play in diabetic patients. It is known to stimulate the beta cells which produce the hormone insulin. Thus it helps in better uptake of sugar in the body and reduces sugar spikes. Chromium is also responsible for good heart health as it reduces the formation of plaque and cholesterol build up in the arteries.

The powerful antioxidants present in Amla get you rid of free radicals which are the main cause of wrinkles, blemishes and age spots. Besides the above mentioned benefits, Amla also improves immunity, appetite, hair quality, and eye health.



### MANAGERIAL MEETINGS (APRIL-JUNE 2019)

1. Admission Committee meeting on 04/06/2019.

#### EDITORIAL BOARD

Prof. R.C. Lal (Patron)  
Dr. Vivek Sheel (Editor-in-chief)  
Dr. Arun Kumar Maurya (Member)  
Smt. Geetanjali Sharma (Member)  
Ms. Richa Yadav (Member)  
Mr. Sunil Kumar (Office Member)  
Mr. Abdul Mugis (Student Member)  
Mr. Ashutosh Sharma (Student Member)

#### Book Post

To,

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