



# Tripura Institute of Paramedical Sciences

Joint Venture with Government of Tripura  
Affiliated to Tripura Central University

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**TIPS TODAY**



**we March ahead**



Dear Readers....

A thought that has been enduring in mind when it becomes real; is truly an interesting and exciting experience. This newsletter is one such cherished work that had its roots in the persuasion. It would be a snapshot of the various activities and advancements for all associated with TIPS events from January to March 2020. Proper communication plays a vital role in Institution's development. This newsletter will serve to reinforce and allow increased awareness, improved interaction and integration among all of us. Usually we fail to appreciate the good deeds of many people and activities that happen around us as we are engaged in irrelevant talks and assumptions. It could all change if we just pause to think of what is our contribution to the society from which we have been gifted with this blessed life. The progress of society mainly depends on many people who are working behind the scenes, overtime round the clock planning things to the smallest. This newsletter will be a medium to provide proper acknowledgement and respect all of these efforts and its results. This newsletter is intended to bring the enlisted events in the starting of 2020, like from the sports week celebration, Republic day, Saraswati Puja, Cancer day, Holi, international yoga day and many development programs. This issue is a brief account of the important events held up to March 2020. This time we are quite delayed with the publication of this issue because of the world wide crisis i.e. COVID 19. Still we did every step to come up with this newsletter as we don't want to miss mentioning the creativity and effort contributed by all. So, It is expected that wide support for this mission will be provided through the reader's valuable suggestions and comments. This is only a small step towards a long journey. To achieve progress and to meet objectives we have to cross numerous milestones. This maiden issue of the newsletter should inspire all of us for a new beginning, enlighten with hope, confidence and faith in each other and also in almighty in the road ahead..... Happy Reading!

Regards  
 Publication Committee  
 TIPS, Agartala

## A LIFE INSPIRATION... Helen Keller

*“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved”.*  
 ....Helen Keller

**Helen Adams Keller**, an author, activist and campaigner for deaf and blind charities is an inspirational icon for millions of people across the world who from being a deaf blind girl to graduating from Radcliffe and becoming a prominent writer and political activist provided inspiration to millions of people with disabilities. She became a celebrity at an early age and remained so through her life. Her life story, achievements and speeches continue to be a source of inspiration to millions of people across the globe.

**Keller** was born on June 27, 1880 in Tuscumbia, Alabama. Her father was Arthur Henley Keller and mother, Catherine Everett. In early 19 months of age, Keller contracted an unknown illness which might have been scarlet fever or meningitis. The illness left her both deaf and blind. In 1886, by the advice of Dr Chisholm, Keller was referred to Alexander Graham Bell, who was working with deaf children at the time and then was admitted to **Perkins Institute for the Blind**, the school in South Boston in 1888. In 1894, Keller and Sullivan moved to New York to attend the Wright-Hu mason School for the Deaf,

and to learn from Sarah Fuller at the Horace Mann School for the Deaf. In 1896, they returned to Massachusetts, and Keller entered The Cambridge School for Young Ladies before gaining admittance, in 1900, to Radcliffe College of Harvard University, where she lived in Briggs Hall, South

House. In 1904, at the age of 24, Keller graduated as a member of Phi Beta Kappa from Radcliffe, becoming the **first deaf-blind person** to earn a Bachelor of Arts degree. Anne Sullivan stayed as a companion to Helen Keller long after she taught her. Keller wrote her autobiography at the age of 22, **“The Story of My Life”**, in which she recounted her journey from a child with an extreme handicap to a 21 year old student at Radcliffe. It has since been widely published and is still in print in over fifty languages. It was adapted into the famous Tony award winning play The Miracle Worker by William Gibson.





Helen Keller founded the Helen Keller International (HKI) in 1915. She was a lifelong supporter and ambassador of the organization. HKI combats the causes and consequences of blindness and malnutrition. Its two major areas of expertise are Eye Health and Nutrition. In 1924, Helen Keller joined the newly formed **American Foundation for the Blind (AFB)**, an American non-profit organization for people with vision loss. The foundation provided her with a platform to advocate for the needs of people with vision loss. Her personality and international reputation helped her to secure large contributions for AFB from wealthy people

including Henry Ford and John D. Rockefeller. Keller travelled across the United States for AFB and helped in the creation of rehabilitation centers and state commissions for the blind.

Keller travelled across the world making appearances and giving motivational speeches. She not only spoke for the rights of people with disabilities but also for other unprivileged sections of society. Between 1946 and 1957, Keller made seven trips across the world visiting 35 countries on five continents and meeting with world leaders including **Winston Churchill, Jawaharlal Nehru** and **Golda Meir**.

## Writings:

Keller wrote a total of 12 published books and several articles.

One of her earliest pieces of writing, at age 11, was **The Frost King** (1891).

At age 22, Keller published her autobiography, **The Story of My Life** (1903), with help from Sullivan and Sullivan's husband, John Macy. It recounts the story of her life up to age 21 and was written during her time in college.

Keller wrote **The World I Live In** in 1908, giving readers an insight into how she felt about the world. *Out of the Dark*, a series of essays on socialism, was published in 1913.

Her spiritual autobiography, **My Religion**, was published in 1927 and then in 1994 extensively revised and reissued under the title **Light in My Darkness**.



## Awards and Honors:

An inspiration to millions of people around the world, Helen Keller received numerous awards and honors...

In 1952, Keller was awarded with **The National Order of the Southern Cross** by Brazil; and the **Legion of Honor**, the highest French order for military and civil merits.

In 1955, she became the first recipient of the **Order of the Golden Heart** of Philippines.

On September 14, 1964, President Lyndon B. Johnson conferred Helen Keller with the **Presidential Medal of Freedom**, the highest civilian award of the United States.

In 1965, she was one of the 20 women who were elected to the **National Women's Hall of Fame** at the New York World's Fair.

Other awards received by Keller include **Japan's Sacred Treasure** and **Lebanon's Gold Medal of Merit**.

In 1980, to mark the hundredth anniversary of Helen Keller's birth, the United States Postal Service issued a stamp featuring Keller and her teacher and companion Anne Sullivan.

In 1999, the **TIME magazine** included Keller in its list of the 100 most influential people of the 20th century.

From 1999 to 2008, the United States Mint issued a series of circulating commemorative coins which featured each of the 50 US states on unique designs for the reverse of the quarter.



A preschool for the deaf and hard of hearing in Mysore, India, was originally named after Helen Keller by its founder, K. K. Srinivasan.

In 2003, Alabama honoured its native daughter on its state quarter. The Alabama state quarter is the only circulating U.S. coin to feature braille.

The Helen Keller Hospital in Sheffield, Alabama, is dedicated to her.

Streets are named after Helen Keller in Zürich, Switzerland, in the US, in Getafe, Spain, in Lod, Israel, in Lisbon, Portugal, and in Caen, France.

In 1973, Helen Keller was inducted into the National Women's Hall of Fame.

A stamp was issued in 1980 by the United States Postal Service depicting Keller and Sullivan, to mark the centennial of Keller's birth.

On October 7, 2009, a bronze statue of Keller was added to the National Statuary Hall Collection, as a replacement for the State of Alabama's former 1908 statue.

Helen Keller's public profile helped de-stigmatize blindness and deafness. Actually disabilities encouraged her to develop wisdom and understanding from beyond the senses and she was seen as a powerful example of someone overcoming difficult circumstances of life. According to her, "The most beautiful things in the world cannot be seen or even touched; they must be felt with the heart".



# NEWSROOM

## Sports Week:

We live in a competitive world where everything has become relative. Similarly, here at TIPS we try our best to achieve a perfect balance between curriculum and co-curricular activities. The importance of sports and games in college encompasses more than just the benefit of physical activity but it also empowers youth, promotes higher self-esteem, brings about motivation, enables students to earn better grades and also teaches students to maintain a healthy lifestyle thus making them better in all aspects of life. Keeping that in mind here at our college we try to incorporate a variety of outdoor as well as indoor games through the academic year and also we have a week i.e. from 17th January 2020 till 23rd January 2020, especially dedicated to games and sports. In sports week, a large number of students



as well as the staff members of TIPS family participated in both indoor and outdoor games like table tennis, badminton and cricket. The annual sports day started at 10am on 18th January 2020, there was a simple opening ceremony and after that it started with march-past followed by 100 meters race (boys), 50 meter race (girls), sack race, shot put, javelin, long jump, tug of war, relay race and musical chair for girls. There was overall enjoyment throughout the week.



## Republic Day:

The 71st Republic Day was celebrated with gaiety and patriotic fervor at Tripura Institute of Paramedical Sciences in a bit sunny morning of 26th January, 2020. Our Principal Madam of Paramedical section, Prof. Dr. Chhanda Banerjee and Principal madam of Nursing section, Prof. Sampa Sengupta both were present as well as faculties of Paramedical and Nursing departments, management, and students were assembled on the occasion.

The ceremony commenced with the unfurling of the National Flag by Principal Madam of Paramedical section, Prof. Dr. Chhanda Banerjee and Principal Madam of Nursing section, Prof. Sampa Sengupta. The program moved forward with a display of parade and also the energetic song and flute performances by our students. The heartfelt renditions of patriotic songs aroused feelings of love and brotherhood



among all. Both Principal Madam addressed the gathering and highlighted the importance of the day and also the steps the college has taken to ensure its academic standards.

## Saraswati Puja:

Saraswati symbolizes creative energy and is considered as the goddess of knowledge, music, art, wisdom, and learning. In our country, Saraswati puja or Vasant Panchami is considered as an auspicious day for kids to write their first words with their fingers, pen or pencil. On the day of Vasant panchami, generally people like to dress in yellow colored clothes and offer yellow flowers to goddess Saraswati which is considered her favorite color. Each and every year, in our college premises TIPS arrange the special Saraswati Puja for their students.



## World Cancer Day:

World Cancer Day aims to save millions of preventable deaths each year by raising awareness and education about cancer, and pressing governments and individuals across the world to take action against the disease. This year is the 20th anniversary of World Cancer Day and highlights several achievements made over the last two decades and shows that progress is possible. It is we together that can make change.

Every year World Cancer Day is celebrated on 4 February. The primary purpose of

celebrating this day is to reduce the number of cancer patients by 2020 and to reduce the death rate caused by it. At the same time, make people aware of how to identify the symptoms of cancer, educate people, as well as to prepare government and non-governmental organizations to help in fighting this deadly disease all over the world. Not only this, the aim of celebrating World Cancer Day is to reduce the misconceptions about cancer and to help people in getting the right information about it.



Every year, World Cancer Day is celebrated with a special theme. Every year, World Cancer Day is celebrated with a special theme. World Cancer Day 2019-2021 Theme - I Am and I Will.

As every year TIPS fraternity takes part enthusiastically to bring awareness regarding World Cancer Day, this year too TIPS followed the same. A rally was organized from Swami Vivekananda Stadium to Atal Bihari Vajpayee Regional Cancer Centre. Later on fruits and flowers were distributed to the patients.



## Student Induction Program:

Purpose of student Induction Program is to help new students adjust and feel comfortable in the new environment, Inculcate in them the ethos and culture of

the institution, help them build bond with other students and faculties and other staff members and expose them to a sense of large purpose and self-exploration.

### 10<sup>th</sup> February

On dated 10th February, 2020 Dr. Yashvir Singh (PT), Director and Project Head, Shrivatsa, Himachal Pradesh visited our college premises and delivered his valuable speech for our students. Physiotherapists using their extensive knowledge in their respective field, help people to free from suffering and make them healthier in every way.



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## Health Camp

(15/02/2020 & 29/02/2020)

TIPS regularly organize health camps at different rural areas as well as urban areas of Tripura. In the month of February, TIPS conducted health camps at Harish Chandra Nagar Tea Estate, Bishalgarh, Gomati Tripura & Shri Shri Ram Thakur Seva Kendra, Manubazar, South Tripura. Students of different branches of TIPS along with the professional lab technologist, physiotherapist, and optometrist and experienced faculties participated in the health camps. Huge number of patients were registered and got treatment.





## Faculty Development Program

(11th Feb – 24th Feb, 2020)



Faculty Development Programs incubate and nurture the professional development of faculties and will create opportunities for professional growth. This is an essential element for institutional effectiveness. The extent to which the institution supports faculty development will be strongly reflected in levels of the engagement in learning activities, conduct of research and ultimately fulfilling the objectives and goals of the institute. Four possible types of development like personal (interpersonal skills, career development, and life planning issues), instructional (course design and development, instructional technology), organizational (ways to improve the institutional environment to better support teaching) and professional (ways to support faculty members so that they fulfil their multiple roles of teaching, research, and service) are possible through this program.

From 11thFeb to 24thFeb, 2020, TIPS faculties (from BMLT & Nursing section) participated in a FDP organized by the Faculty Development Centre, Tripura Central University. The theme was “Advanced Methods in Teaching and Research”. Many renowned scientists, resource persons imparted their knowledge during the morning and afternoon sessions which were quite helpful to update the capabilities of faculties to learn new teaching and research methods, utilization of the information technology to understand the developments in their subjects as well as other interrelated areas of study. All-in-all, faculty development has a critical role to play in promoting academic excellence and innovation of faculties as well as the institution.

## Inaugural ceremony of 38th Agartala Book fair

**26th February:**

The honorable Chief Minister of Tripura, Shri. Biplab Kumar Deb inaugurated the 38thAgartala Book fair,

2020 at International Fair ground of Hapania. This year, the theme of the Book fair is “My Tripura, My culture”. Agartala book fair is one of the oldest and biggest fair in the Northeast and has its own significance. Books are the real friend of any person. This year, around 3000 artistes from all eight districts and a team from Bangladesh performed in the cultural events and some Kavi Sammelon

and seminars conducted in this book fair. TIPS students, faculty and staff members attended the inaugural program of the 38thAgartala Book fair.



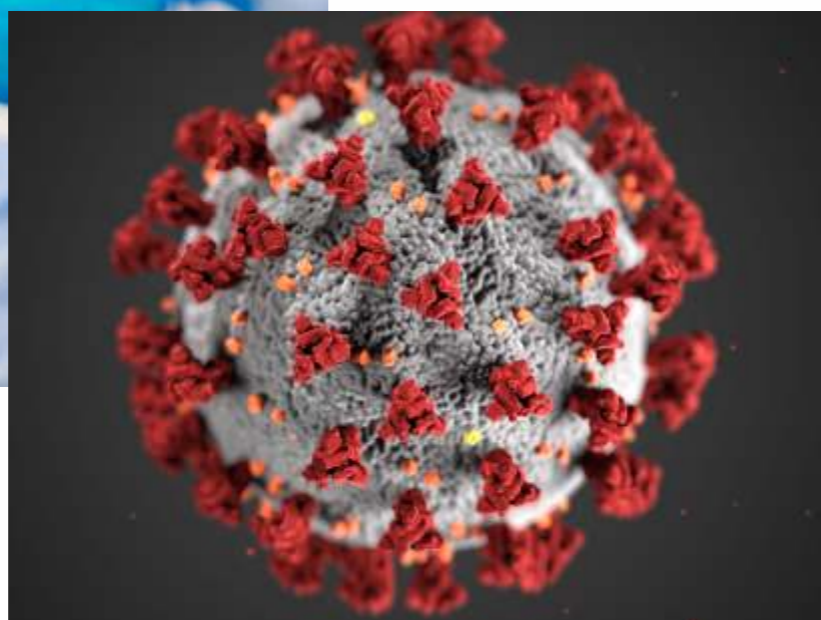


## Seminar on COVID19:

The novel corona disease created a massive surge, affecting over 6.9million people, claiming more than 400000 lives in over 2000 nations worldwide. So most of the cases have been registered by countries like USA, BRAZIL, INDIA, RUSSIA, while few nations like CHINA and SOUTH KOREA have successfully been able to flatten the pandemic curve.

To stabilize the emerging crisis for a newly uncertain future, few short and mid -term strategic , operational planning has been

taken by TIPS, inculcated from the guidelines given by the Ministry of Home Affairs such as washing hands, thermal scanning, hand sanitizing. A disciplinary committee has been set up to inspect this COVID situation in our college premises. This institutional body provides guidelines to staff members and the students for the awareness of the COVID situation so that everyone can be aware of their localities as well as themselves. TIPS also organized a webinar on COVID.



## 3rd Student Project Programme, 4th-5th March, by Tripura State Council for Science and Technology:

Project Programmes provides an objective, standardized approach to conducting experiments and in doing so, improves their results. Students feel confident that they will stick to the facts and limit the influence of other notions.

Tripura State Council for Science and Technology organized the 3rd student Project Programme, from 4th – 5th March, 2020 for UG and PG categories. The theme of this Project Programme was “Science and Technology for Rural Development”. TIPS students from BMLT 2nd year (Dibisha Bora, Akash Biswas) and 3rd year (Ananya Bhattacharya, Puja Das) have participated in two groups. Each group comprises one group leader and co-worker. Two teams

were guided by two guide teachers. In the UnderGraduate category; there were 36 teams of different technical and degree colleges in many parts of Tripura. All the students highlighted various current innovations and modifications for development of the rural sector through their slides. Tips participants presented a health related proposal in a strong connection with rural development. Finally in such a tough competition, BMLT students, Dibisha Bora and Akash Biswas bagged a prize in a special category in the project programme. All over, students learnt a lot and got exposure from these kinds of arrangements.





## Holi celebration at TIPS campus

(09 March - 10 March, 2020)

Holi is known as the festival as the festival of colors. It is one of the most important festivals in India. Holi is celebrated each year with the zeal and enthusiasm in the month of March by followers of Hindu religion. Everyone waits for it every year eagerly to play with colors and have delectable dishes. TIPS family celebrated this festival each year at our campus. It was indeed a luminous celebration altogether. The event was indeed a remarkable one for all and we wait for a year round to celebrate the same with much more glory and color.



# The Love of the game

The Time  
 The Effort  
 The pain  
 The Passion  
 The Strength  
 The Courage  
 You sacrificed it all for  
 The love of the game  
 Happiness  
 Spirit  
 Dreams  
 Success  
 Respect  
 Enthusiasm  
 You gained it all from  
 The love of the game







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