



INTERNATIONAL CONFERENCE ON HEALTH AND HUMANITIES Exploring Uncharted Terrains in Literary Paradigms



The Department of English, Kristu Jayanti College, Autonomous, hosted an International Conference titled “Health and Humanities: Exploring Uncharted Terrains in Literary Paradigms” in collaboration with Bryant University, Rhode Island, USA, and Baptist Hospital, Bengaluru, on 24th and 25th January 2024.

The International Conference brought together a diverse group of scholars, practitioners, and researchers from around the world. The conference served as a platform for the exchange of ideas, collaboration, and the exploration of innovative approaches in the field of Health Humanities.

Fr. Dr. Augustine George, Principal of Kristu Jayanti College, rendered the Presidential Address, highlighting the relevance of humanities in the narratives of health, healing and well-being. Dr. R. Spurgeon, Director & CEO, Bangalore Baptist Hospital, delivered the Inaugural Address on “Building Empathy in Healthcare: Lessons from the Humanities.” His speech emphasized the importance of empathy that creates positive impact in Healthcare. The event also marked the Conference Book Release by Dr. Deepthiman Gowda, Director of Clinical Practice at Columbia Narrative Medicine at Kaiser Permanente Bernard J. Tyson, US, along with the other dignitaries. The Inaugural session also witnessed a felicitation address given by Dr. Veronica McCOMB, Academic Dean of Bryant University, Rhode Island, USA.

Dr. Deepthiman Gowda, delivered the Keynote Address, inculcating various case studies that focused on the importance of Narrative Medicine. Followed by engaging sessions with various noteworthy speakers, Dr. Sangeetha Menon, Professor & Dean, National Institute of Advanced Studies, Indian Institute of Science Campus, Bengaluru, Dr. Upreet Dhaliwal, Former Director Professor of Ophthalmology, University College of

Medical Sciences, Delhi, and the founding member of Health Humanities group, UCMS, Mr. Ravi Ramaswamy, Facilitator & Trustee, Centre for Community Dialogue and Change, and others who spoke on the same.

The Panelists Dr. Dominic Benjamin, Head-Geriatrics, Bangalore Baptist Hospital, Dr. Sebastian Payyappilly, CMI, Director of the Institute of the Oriental Canon, Law, Ms. Anjana Nair, Nutrition and Wellness Industry, Consultant & Author, and Dr. Vиграanth Babu K G, Programme Coordinator (PG), Department of Psychology, Kristu Jayanti College, illuminated on ‘Ethical Dimensions of Humanistic Narration in Healthcare Experiences’.



The conference addressed global health challenges and disparities, emphasizing the role of the humanities in understanding and addressing these issues. The International Conference on Health Humanities was a resounding success, bringing together a diverse and passionate community committed to advancing healthcare through interdisciplinary collaboration and the integration of humanities.

-EDITORS

- **Kristu Jayanti Journal of Humanities and Social Sciences** (E-ISSN: 2583-6277) published its most recent volume (Vol 3).
- **Dr. L. Santhosh Kumar & Fr. Joshy Mathew** have published a research article titled " (Re)- Reading Literature Through History in the Realm of Diasporic Testimonio" in the Lang Lit: An International Peer-Reviewed Open Access Journal, Vol. 10, Issue 2, ISSN: 2349-5189, pp 93-96.
- **Dr. L. Santhosh Kumar & Fr. Joshy Mathew** have published a research article titled " Exile Testimonio in Rudhramoorthy Cheran's A Second Sunrise" in Kristu Jayanti Journal of Humanities and Social Sciences (KJHSS), Peer-Reviewed Journal, Vol.3, E-ISSN: 2583-6277, pp24-29.
- **Dr. L. Santhosh Kumar & Dr. Barnashree Khasnobis** have published an edited book titled " Health and Humanities: Exploring Uncharted Terrains in Literary Paradigms" , Pacific Books International, New Delhi, India, ISBN: 978-93-92469-81-7.
- **Dr. D.N.P. Prema Ponmani** served as a resource person for the Faculty Development Programme organised by the Department of English, Bon Secours College for Women, Thanjavur, Tamilnadu.

STUDENT'S CORNER

ARRAY OF INSPIRATION

I recall,
I remember,
The spoken words,
Of a blessed encounter.

Amidst the inspired, I Lay,
Awe stricken Multitudes,
Inner voice on replay,
Altering Attitudes.

A polished podium I see,
And there stands He,
Preach the words of Poetry!
Altering Destiny.

I Observed, I Listened,
At last! An Inspiration,
"You are a writer"
Fuelled motivation.

There, A pot of sapling,
Lying On the table,
A peculiar feeling,
Is that you, Spring?

Grow and grow,
Doubts subdued,
Enlightened eyes
To Insightful advice.



Mebakynsai Mawksiar
23MENG28

Sensitivity, says he,
Weakness it can't be,
Strikes awake concealed beliefs,
A man who, I too CAN be.

Here's to the future,
Unknown and obscure,
Uncertainty clears,
As you withdraw your fears.

"Inspiration comes from Observation"
Another point to remember,
It needs no further validation,
Just Your Complete surrender.

AN ODE TO THE PASSAGE OF TIME

As the water drops
So the time runs
As the cherry blossom
So does the rain come by
The narratives created
Cease the time to make it
Alas, Alas
The passage of time is short
With no regard to the
Expectations for the future
As the world is chaos and muck
Where a nudge is created
To see and understand
Everything goes by
Waiting for a new dawn
Hearing the chirping sound
Of the birds
As the sun arises



Achsah Mathew
23MENG02

the Moon is your eye

Lights in the sky are the lights in your eyes
Lights in an animal's eyes
You're a predator stalking past the treeline
Padding softly on the smooth lens of my world
Leaving your tracks on the blue sands of
dream's shoreline
The dark side of the Moon is the pupil of your
eye.

Landscape of dusk's dark cousin
White sunrise burns the western horizon
Daring to extend as far as permitted
The corners of this life in the corners of your
eyes
Fearful sunrise on distant lunar shores we share
Your touch bleeds into the death-shroud of my
dreams
You promise nothing and deliver even less

Fear slithers up the spine of my world
The light under the door is the world's flatline
Empty, not cold
But this sort of warm doesn't soothe the soul
You close your eyes and shut my Moon away
Rough waters grating against my hull
The dying man sighs his last next to me
But I don't feel it because you've shut my Moon
from me.

I cling to hope's slippery cliff against the jagged
rocks below
The orb in the sky now a band not a hair wide
Curved knife parting the hemispheres of my
soul
The cold, empty light is saltier than the spray
on the shoal
You balance my fears on the corners of your
smile
From between your lips drips the ocean's coral
bile
I loathe your embrace
And I fear the parting of the high clouds

I pray your Moon won't light my
dreams tonight

Your eyes not to spy any flaw in the
stooping wall I've built

I fear the unknown

The unaware, unafraid and ignorant

I fear the Moon in your eye and

I fear you

I ask but I do not beg

Make no mistake, I do not beg

Provide me pity but no other
falsehoods

Your voice is soft winter

rainfall but there's

lightning in those eyes

Your smile is the wind that freezes the
trees

And causes the seagulls to cease their
sailing songs

Your hands the cruel gale that yet fills
my sails

So push me on now to shorelines I can
still recall

As I see my thoughts begin to drift away

Your lunar beauty, profound yet malign

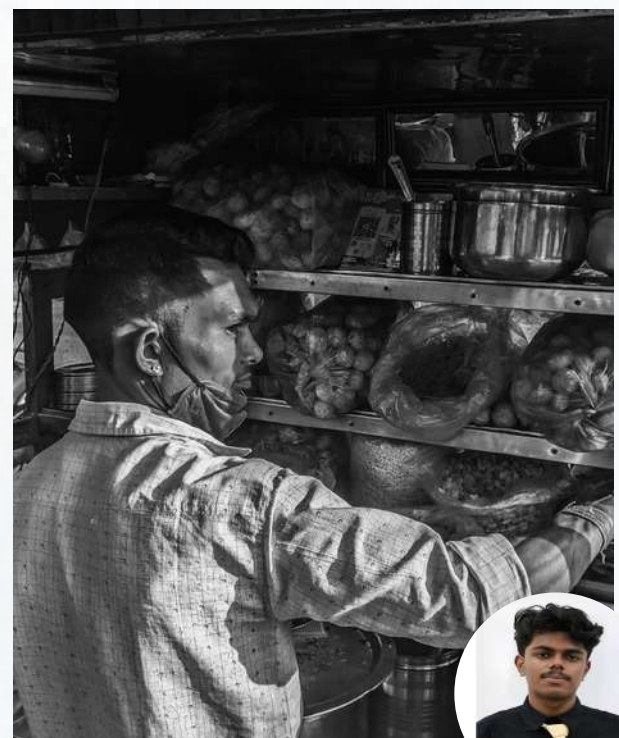
I beg you, let me rest awhile

In the cool Moonlight that still spills
from your eye



**Aaron Raphael
Diengdoh
23JOEN01**

Steeping resilience in the scorching sun



**Ajins G Puthooran
22BCAC06**



Hello feminism, my old friend

‘Feminism’ is a word on everyone’s tongue today. Some blush, some gasp while some simply scorn with disdain. However, how many truly understand the meaning of feminism? Oftentimes, people relate feminism with man-hating or something very aggressive in nature. Others assume that women being able to do everything that a man can do is feminism. Let me, a man, enlighten you, it’s not. Feminism is not a woman being able to weight-lift the same as a man. It’s the equal presentation of opportunities in everyday life. Why feminism and not gender equality? Well, they’re the ones being oppressed in most industries by either not providing an adequate amount of job opportunities or a stagnant job role.

This is relevant in the current world because of the rise of seemingly intellectual podcasters, that lack any sense of research capabilities and are driven by an “alpha” mindset that promotes toxic masculinity and patriarchal norms. They want to make these “norms” normal again. The Golden Globes was hosted recently where a movie about feminism was attacked by a sexist joke. The irony is laughable, but paradoxically no one laughed. An infamous pop star criticized time and again for writing songs about her ex-boyfriends. The media decided that her ability to transcend her life experiences into beautiful words was her way of revenge, not art. While her male counterparts, who do the same things are still not questioned about the outfit they would wear for the Grammys, instead asked about what is their “drive”.

“Animal” by Sandeep Reddy Vanga was the talk of the town, with its polarising reviews. With people saying to view the movie as a movie and nothing more. These are the same people who say that a movie representing the LGBTQ+ community will turn the audience gay. They ultimately fail to pick a struggle. Baseless violence backed up by a good score unfortunately doesn’t make a good movie. The movie represents scenes of double standards, glorifying toxic masculinity, problematic protagonist who faces zero consequences for his actions all justified under the emotional weapon of a father’s love is one of the highest-grossing Indian movies of 2023. The actor did warn though, “If you’re easily triggered, don’t watch it”. It is simply not about being triggered, unfortunately; it is the very content presented that will wrongly influence the audience into thinking that this behavior is normal.

It is not “woke” to expect equality, not “Western” to be able to choose your partner, not “gay” for being kind to women, and finally, It’s not “aggressive” to be a feminist. We need to get educated on our terms before criticizing them. So, call yourself a feminist if you think that the world should be a better place, do so if you think

that women should be treated fairly with opportunities, do so if you think we’re too evolved to even be arguing about gender rights.

Understand and embrace feminism.

Jyothi Prakash V
23JOEN09

