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The Spicerian

Spicer's Magazine since 1948

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Vice-Chancellor's Message

Dear Spicerians!

Greetings and good wishes to all our students, faculty, staff, alumni, and friends. I am pleased to pen a few lines to our readers.

We all are overcoming the devastation that the global pandemic had caused in our homes, institutions, communities, and societies. However, with the Lord's constant protection and blessings, positive factors have come out of this crisis.

On behalf of the university, I would like to thank Mrs. Irean Moses and her team for shouldering the responsibility of bringing out excellent Spicerian issues in the past. This term Mr. Santosh Kumar is appointed as the Editor-in-Chief, we wish him and his team God's blessings.

I am confident that this university magazine will continue to convey new ideas and involve the faculty, staff, and students to bring out educative and enjoyable issues.

I wish all readers God's blessings!

Sanjeevan Arsud, PhD
Vice Chancellor

Editorial

Greetings!

It is my pleasure to wish you all a happy new year, even if this issue will not be published until March 2022. For the past two years, human life worldwide has been under the threat of a dreadful virus. Several measures were taken, protocols were prepared, guidelines were provided, only to eradicate the pandemic from its root. Millions lost their lives, jobs, health, family, and whatnot! Nevertheless, the beauty of humanity is that we can always get back on our feet. The pandemic experience was similar to walking on a pitch-black path towards an unknown dark direction. However, like every dawn that lightens the world with colors and meanings, we must revive and fill our lives with colors that bring joy, peace, and love among us.

This “The Spicerian” issue is dedicated to colors that fill our lives, revive and rejuvenate us to connect with divine being. The magazine's cover picture displays the breathtaking aerial view of Spicer Adventist University Pune (SAU) that stands as an example of fighting during the chaos and still being bright and beautiful. The greenery at SAU signifies life, growth, renewal, energy, and healing. Amidst challenges, The Spicerian celebrates the life and dedication towards the progress and growth of the institution towards a greater height, renewing faith, acknowledging life, and assuring health to the community.

As the theme color represents, this issue is unique, and it attempts to establish a new culture of the magazine that provides information about education, research, administration, and celebrating life. Began as a newsletter in 1948, today, The Spicerian has progressed to grasp huge information in its bosom.

The magazine begins with a farewell to the editor-in-chief of the Spicerian magazine, Mrs. Irene Moses and includes a few farewells to some of our colleagues who are either retired or released from given responsibilities. This issue provides information on the academic facilities currently functional at SAU. Deans of various divisions have written from their desks to provide information about the degree programs at Spicer. Another feature that is newly added to the magazine is the Office of Research and Innovation updates. Research is the lifeline of any growing university, and therefore the magazine will provide adequate updates, articles, and research-related information that will benefit everyone who is a seeker of knowledge.

There are seven articles added to this issue for the readers. The first article, “Patience During Pandemic Crisis,” is enriched with several authors' perspectives as they suggest their views on patience during the pandemic crisis. The second article presents the uniqueness of Adventist health messages that has impacted the society on health concerns. The following article is “Patriotism and Christianity,” which encourages patriotism towards the nation and loyalty towards God is possible together. The following article deals with overcoming mental health during the pandemic crisis with interesting tips. The sixth article, “The NAAC Experience,” reports the university's efforts to prepare the Self-study Report (SSR) towards NAAC accreditation. The final article in the issue is the information on the Agro-bio innovation and Incubation centre established at Spicer Adventist University.

I am delighted to offer you a brand new adventure to “The Chronicles of Spicer,” which will retell Spicer’s amazing history and its 100-year journey, which is still ongoing. For each issue, the stories will be published in episodes. I am thrilled with this new addition to the magazine, which adds to the heritage of this wonderful institution.

Next, we have several departments providing information about them and their contribution to the university. A list of seminars and webinars that were conducted in the year 2021 is displayed in the next section. Also, we have a new feature, “Doctor says,” that provides health guidelines and advice from SDA doctors from around the world. Further, we have a new addition of cooking recipes exclusively for health benefits as suggested for the unique Adventist lifestyle.

I am honored and delighted to serve the magazine and be part of history in the making. I want to thank everyone who has contributed to the magazine to enhance its reachability. I want to thank the university administration, the church administration, deans of all divisions, faculty, staff, and students for showing love to the university magazine and contributing to its growth. I wish all the readers the best of life as you grow, renew, heal, and reenergize with life.

Happy reading!

Santosh Kumar
Editor-in-Chief
The Spicerian
Spicer Adventist University



Farewell

Farewell! The emotions attached to the term could be of both joy and sadness. However, it is just a perspective and merely a way to see things. Time changes! So do people, thought-process, and perspective. Although farewell may not be pleasant, it has its history, moments, and perhaps legacy.

With this farewell letter, I would like to congratulate Mrs. Irene Moses for her extraordinary contribution to Spicerian magazine, which is a legacy. I have closely worked with Mrs. Irene and observed her passion for Spicerian, and I rarely failed to express my appreciation for her work ethic.



Before joining Spicer Adventist University, Mrs. Irene Moses served in Lucknow as a teacher. Her impact, influence, and popularity among the students are easily seen on her social media account when a great heap of students would text, tag, and call her, only to express how important she is in their life. An excellent exhibition of a teacher!

Mrs. Irene Moses joined Spicer Adventist University in 2018 and later joined the university magazine “The Spicerian” as the chief editor. Ever since, she has been pushing hard to make Spicerian a colorful, informative, and impactful university magazine. With her last issue in April 2021, Mrs. Irene Moses decided to pass the torch further to lead the magazine as the editor.

I have personally seen her going around, visiting, encouraging people to contribute to Spicerian magazine, and as a result, the magazine took a different course, a different dimension, and established a different legacy. The leadership of Mrs. Irene Moses to Spicerian is commendable, and her vision is appreciated by SAU administration, faculty, staff, students, and the entire editorial board.

Leading The Spicerian magazine will definitely not be easy. Nevertheless, I am privileged to be part of a 73-year-old legacy. The first issue of Spicerian was published on October 21, 1948. Several people brought Spicerian to the position where it is today, and Mrs. Irene is one among them. The magazine has seen several refashioning and transformations, and the contribution of Mrs. Irene and her editorial team will never be forgotten.

Honoring the legacy, I assure the readers to be ready to see a more meaningful transformation in this upcoming edition. The Spicerian magazine is advancing to be more informative, enriching, educative, and of course, as colorful as ever.

Once again, I thank and look up to the former editors-in-chief Mrs. Irene Moses, under whom I wrote and contributed to the magazine with honor. These are significant reasons why I accepted my current responsibility as the magazine's editor. I hope and pray for the best for Mrs. Irene and hope for her continued mentoring for the editorial team.

Thank you, **Mrs. Irene Moses!**

Santosh Kumar

Patience During Pandemic

Within a few months of the Novel Coronavirus (COVID-19) outbreak in December 2019, public warnings and actions accelerated past their previously steady peak. Local, state, and even national authorities declared states of emergency or imposed lockdowns. A wave of institutions throughout the country, including Spicer Adventist University, have advised students not to return until further notice, and students and professors alike have been forced to adjust immediately to online formats for the near future to continue education uninterrupted. We have been dealing with the deadly virus for the past two years. Nobody knows what will happen next. The unknown, unseen, yet frightening uncertain future has driven us to be impatient and stressed. Normalcy, stable finances, effective education, and even life are all in jeopardy. This article contains compiled opinions and perspectives from Spicer Adventist University's colleagues and friends. As you read this, I urge you to gaze beyond the horizon as you exercise patience in the midst of the pandemic crisis.



Santosh Kumar
Spicer Adventist University



Dr. R J Barnabas
Principal
Ahmednagar College,
Ahmednagar, Maharashtra

Times of crisis demand from us responsible reaction and committed consciousness. Covid-19 pandemic has been one such crisis of humungous proportions, creating levels of uncertainty among so wide a population across the world that panic and blunder more often defined how countries reacted to it than wisdom and vigilance. But, beyond the initial faltering, the world today needs to get its act together and respond with greater discernment. It is a time in which leaders of men at all levels need to put out their best and bring about a sense of certitude and direction.

As did a majority of people around the globe, in our own corner, scores of people have suffered due to the pandemic – through loss of life, of career, of business, of livelihood. While providing reassurance to the affected is an urgent need, it is also important to move in the direction of creating a sense of normalcy and well-being in the society. I think as our governments and national leaders continue to find ways of putting our countries back on track, it is upon us to find ways of rediscovering the past rhythm of life.

***It is a time in which leaders of men
at all levels need to put out their
best and bring about a sense of
certitude and direction.***

This we can achieve best by compassion, conscience and commitment. At distressing times such as this, compassion is needed for us to come together in solidarity. It can draw us out of our narrow self-interest and enable us to be responsive to the needs of our fellow beings. The need of the people are not

just financial or material; fellowship, kindness, assurance and many other ways of companionship are required to bring the light of hope in the lives of people.

I believe that at times of distress, it is essential to keep faith and to persist with hope. Above all, immense patience. Patience will help us to re-imagine our future in such a way that, at least some of the mistakes made during this pandemic period, are overcome.

Epicurus, a Greek philosopher said, “*A just God and unjust evil cannot co-exist*”. We know very well that unjust evil is present in the world and that God definitely exists.



Dr. Ivan Aranha
Assistant Professor
Zoology Department
Ahmednagar College,

***It was His patience
that wrought the
most perfect sacrifice
and made reparation
for the sinfulness of***

He exercised! It was His patience that wrought the most perfect sacrifice and made reparation for the sinfulness of mankind. Every moment we need to look up to this supreme epitome of patience to learn from him to bear fruits in crisis through patience.

Although we have faith in God and trust in Him, there could be moments in our lives when we question God, “Why is this injustice happening to me? Why must my loved ones suffer so? Why is so much pain borne by the innocent?” Pertinent questions indeed whose answers elude us.

At distressing times such as this, compassion is needed for us to come together in solidarity. It can draw us out of our narrow self-interest and enable us to be responsive to the needs of our fellow beings.

“As An Example of Suffering and Patience” (James. 5:10) in The Holy Bible there is a true to life example of a weed among the wheat – Judas the disciple of Jesus. Jesus was well acquainted with Judas’ nature and knew his weakness but patiently prayed for him. He never once confronted him with his faults but gently tried to lead him to a higher and nobler nature by continuing to entrust him with privileges and responsibilities as He did with His other disciples. In spite of Jesus great forbearance towards him, Judas continued to take advantage even to the point of betraying Jesus.

Jesus’ patience was steeped in an unconditional love for sinner and righteous alike, which included Judas who led Him to the Cross. A weed like Judas choked the life out of Jesus by his cunning ways. Even then, Jesus did not rave and rant at the injustice of it all to the Heavenly Father. He continued to bear all His sufferings with the same patience that He had exercised all along, so much so that, even when His life was fading, He pleaded with His Father, “Forgive them for they do not know what they do” (Lk. 23:34). The prayer was made for all those who betrayed, denied and crucified Him. That prayer bore fruit, through the supreme sacrifice of His self on the Cross. How overwhelming is the end result of the patience



Abhisek E. Lakra
Spicer Adventist University

Our inherent nature is to seek answers when presented with challenges and uncertainties. But when our quest does not yield answers, what should we resort to? Apprehension or assurance, discouragement or diligence, perplexity or patience. Patience is not a virtue bestowed upon us due to an invocation, but we are given opportunities to exercise patience throughout our lives. Patience, like a muscle, needs to be flexed and worked to grow strong. Long hours at the gym build strong muscles, but facing life's hardships with faith and hope builds patience.

We live in an unparalleled period of history, and the global health crisis, with its cascading effects on the economy and society, has presented us with a unique set of problems. However, among this scene of gloom, we can draw assurance from our faith, from our families and friends, from people who have faced adversity before us.

Patience is not a virtue bestowed upon us due to an invocation, but we are given opportunities to exercise patience throughout our lives.

The future may appear unclear as to if seen through a tinted window. That being said, this too shall pass, and we shall have many reasons to be grateful. Till then, let us show due diligence to what is given to us and exercise patience in adversity.

The crisis is creating fear in people's life. What I would like to underline and state is, should we live in "fear" when the sovereign Lord of the universe is on our side? That doesn't mean we be blind to what's happening in the world. With all these if the devil is able to take our focus away from the mission of God, he is jovial. In my opinion the underpinning state of mind that we the followers of the true God should be that of Shadrach, Meshach and Abednego. Put it simply, drawing from Jesus' words, "*Do not be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell*" (Matt 10:28), we should say like the Hebrew boys, my God is able to save me from any danger that the devil and his agents may plot, but even if it is the other way, I am willing to lay down my life for His glory. May the Almighty god remove fear that the devil sowed in human hearts and may we be empowered by the Spirit of the Almighty God, galvanize the spirit of colleagues in the mission that our focus unitedly, may be fixed on the mission of God, the only and ultimate solution to all human problems.



Anish P. Joseph
Spicer Adventist University

Adventist Health Message

Hamengamon Kharsynniang, Spicer Adventist University

What is Adventist Health Message?

It is a health reform message based on Ellen G White's writings on health, disease, and healing, with the intention of restoring man "physically, mentally, spiritually, environmentally, and socially, in Jesus Christ" (Galvez, 2014, p. 195).

What is its Importance?

The AHM's significance is to alleviate suffering and pain in the world and cleanse God's church (White, 1946, Ev). The AHM from Ellen White's writings is also significant since it identifies biblical truths and applies them to the modern world. Another significant component of the AHM is that it provides our salvation and the salvation of the entire planet. "God's light on health reform has come for our redemption and the salvation of the world" (White, 1976, CD, p. 461). Finally, "whatever promotes physical health, promotes the development of a strong mind and a well-balanced character" (White, 1952, Ed. p. 195). Furthermore, to obtain the eternal gift of heaven, we must strive to improve our character while still on this planet.

How to apply AHM in our lives?

Laws of nature are laws of God. In order to apply it in our lives, we need to understand it, know its importance, and practice it (White, 1952, Ed). Children should avoid "wrong habits of their (our) parents and, by correct living, place themselves (ourselves) in better conditions" (White, 1942, MH, p. 234). We should be careful in eating, drinking, dressing, and working (White, 1942, MH). We must also have a contented mind because our mind and body are closely related. What affects our mind affects our body (White, 1942, MH).

How to Share AHM with others?

We must keep in mind that unhealthy eating is also a contributing factor to the world's curse of crime, wretchedness, and intemperance, all caused by a lack of nourishment. "In teaching health reform... we are to meet the people where they are..." (White, 1976, CD. p. 460). Some of the ways we can use it for reaching others are:

1. By being an example (White, 1976, CD), we can reach others by following and doing it ourselves.
2. Applying it in our sanitariums (White, 1976, CD), people will be taught how to prevent sickness by following the habits presented in the AHM.
3. Giving simple treatments to people we visit by using the natural eight remedies "Pure air, sun light, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies" (White, 1942, MH, p. 127).

4. We should not teach the poor about health reform unless we provide the necessary changes.
5. We can eliminate undesirable habits in our daily lives by practicing self-discipline similar to an athlete.

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Benefits of Seventh-Day Adventist Diet

1. **Maintain Our Earthly Bodies** (1 Corinthians 6:19, 20; 10:31)
2. **Mental health is as vital as physical health** (Proverbs 17:22; 14:30; 15:30)
3. **Avoid alcohol** (Isaiah 5:22; Proverbs 23:31, 32)
4. **Work-life balance** (Ecclesiastes 4:6; Exodus 20:9, 10; Ecclesiastes 3:13)
5. **Sleep Is Essential** (Ecclesiastes 5:12; Psalm 127:2)
6. **Eat Moderately** (Proverbs 25:16; 23:20, 21)
7. **God Designed Us for a Plant-Based Diet** (Genesis 1:29; Daniel 1:8, 11, 12, 15)
8. **Trust in God** (Proverbs 19:23; 4:20, 22)
9. **God's Word for Longevity** (Proverbs 3:1, 2; Exodus 20:12)



<https://improvednature.com/food-of-the-future-prioritizing-plant-based-foods/>

Patriotism and Christianity: Is God in Favor?

Santosh Kumar, *Spicer Adventist University*

It was one fine day, we were at church, indeed an exceptional Sabbath service, as we had some special guests visiting our church for the first time. They were the soldiers of the Indian Army, and I could see the entire right-side wing of the church was filled with them. It was a great experience to see these young soldiers of our nation visiting us. A feeling of security flared over me as I looked upon them, and immediately I recollected the memories of the wars our country was into; may it be the Indo-Pak war of 1965 and 1971 or the “Operation Ocean Shield” against Somali pirates.

Ever since a little boy, I have always desired to serve in the Indian Army. Most of my family members and relatives either serve in Indian Police Services or the Indian Army. However, God chose an entirely different life for me, to be a soldier of God’s word and not the world.

Patriotism

Such feeling amazes us with a varied attitude towards our country as, Patriotism. The word Patriotism can simply be defined as love of country. It is the kind of sentimental love towards your country when you hear the National Anthem of India or the famous song “*Ae mere Watan ke logon*” sung by Lata Mangeshkar. It is the feeling of magnanimous gratitude for freedom, democracy, culture, values, or even language.

Is God in favor of Patriotism?

One significant thing one must understand is that patriotism and nationalism are two very different attitudes towards a nation. While Patriotism is simply about loving one’s country, nationalism is about loving one’s country even at the expense of other nations. Nationalism is the belief that one’s own country is superior than all others. However, there indeed is a thin line between Patriotism and Nationalism.

How Should Patriotism be Understood?

As Christians, the only example or mentor we have is Jesus, so it is important to understand what Jesus did to embody patriotism. In Luke 13: 31-35, we can read that Jesus loved his people, city, and nation, and this emotion is echoed later in chapter 19 vs. 41- 44, where Jesus lament over His city. He did not curse the city for rejecting the Lordship of Jesus, but it was out of concern that the nation had rejected God and his messengers several times. This can be the best way to understand Christian Patriotism. This love for the country is practical, as it reflects love, truth, and justice. This love is not the same as nationalism, in which the love for your country is grounded on the grieving of other nations. One must be able to judge his nation in its success and its shortcoming. That is the real patriotism Jesus manifested towards Jerusalem.

Patriotism, How God Expects?

Christ gave us a great lesson in a straightforward presentation. We can see that Jesus' word means that we can maintain a healthy love for our country without diminishing God's commandment of loving him alone, and there can be no one beside Him (Exodus 20:3). C.S. Lewis writes that the love of one's country "becomes a demon when it becomes a God." It means that one's love for the nation can usurp over their love for God. Humans tend to idolize anything (gift or blessings) that comes from God and replace Him.

Therefore, a Christian's prime allegiance should be God and His church, which can sometimes make a Christian patriot disagree with his country and do things contrary to the nation's civil duty. As Christian patriots, it is our duty to proclaim patriotism even when it is uncomfortable or contrary for the safety, security, and development of the society.

Conclusion

Patriotism is well understood and can be practiced ideally only based on Biblical teaching. Paul says in Romans 13 that we must obey the rulers of a nation because God appoints them over us to lead us and guide us. Nevertheless, at the same time, we must not forget that it is also true that our patriotism towards our nation should not replace our God. When Polycarp was sentenced to death for refusing to burn incense to the Roman Emperor, the Roman soldiers finally asked him to bow to Caesar and call him Lord, but he refused to do this. He said, *"Eighty and six years I have served Him, and He has done me no wrong. How then can I blaspheme my King and Savior? You threaten me with a fire that burns for a season, and after a little while is quenched; but you are ignorant of the fire of everlasting punishment that is prepared for the wicked."* Any Christian patriot needs to understand that patriotism for their nation must be submitted at the feet of our Lord as the first fruit of our love.

When a Christian patriot puts God's love above all otherworldly love, he can see the fulfillment of God's promise to His church. Revelation 7: 9- 10 gives us a glimpse of the bigger picture of the future event, it says "After this, I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people, and language, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. And they cried out in a loud voice: "Salvation belongs to our God, who sits on the throne, and to the Lamb." That is the promise; all nations, tribes, people, and language will hail to God and submit their love to Him alone.

Overcoming Mental Health Challenges During Pandemic Crisis

Augustine Joseph Borge, *Spicer Adventist University*

Bolt from the blue! We all remember the first lockdown on Sunday, March 22, 2020. We were advised not to step outside unless necessary. No one imagines staying indoors for an entire day unless someone is sick, but now we were in a condition where we had to maintain lockdown to prevent the spread of the novel Coronavirus; as predicted, we would be exposed to the virus if not cautious. Isn't this something that caught everyone off guard?

People were unaware that the country would be put on lockdown for days at a time. Corporate sectors had to retort that working from home was a radical concept for those who were not tech-savvy. The challenging situation made them feel uncomfortable. During the same time, many people lost their jobs. Schools, colleges, and universities were closed, and students were eventually forced to take online classes. People around the world suffered, in different ways, of course. Nonetheless, pain is a pain! This had a detrimental effect on our mental, emotional, financial, and physical health. Hence, this article discusses mental health and overcoming challenges associated with it.

World Health Organization describes mental health as “a condition of well-being in which a person understands their abilities, cope with the usual stresses of life, work productively, and is able to contribute to their community” (World Health Organization, 2018). It is an essential part of overall health. According to the World Health Organization, the absence of disease or incapacity is simply one aspect of health and physical, mental, and social well-being (Reid, 2020; World Health Organization). This definition implies that mental health is more than just the absence of mental diseases or disabilities.

Every year on October 10th, World Mental Health Day is observed to raise awareness about the importance of mental health (DiversityQ, 2018). On this day, people hope to bring attention to and organize support for mental health challenges worldwide. This Day allows all parties involved in mental health issues to discuss their work and what remains to be improved to make mental health care a reality for people worldwide (Optiva Media, 2021).

Infectious outbreaks such as Coronavirus can be devastating and affect our mental health. It is essential to stay informed; nonetheless, it is imperative to take care of our mental health and well-being. After living through a pandemic, people tend to feel anxious, fed up, or depressed. People may have experienced unemployment, loneliness, bereavement, relationship issues, relationship stress, and difficulty living normally. On the contrary, some people have enjoyed their life or spend more time with family visiting outdoors; life seems mundane and lacklustre for some people.

Here are a few tips to enhance Mental Health during the pandemic:

1. Take good care of your physical health by:

- a. *Keep enough prescribed medicine*
- b. *Go for routine checks or scans*

- c. *Eat a healthy & balanced diet (this can enhance your mood)*
 - d. *Drink enough water*
 - e. *Exercise, walk, jog for at least 30 – 40 minutes a day.*
 - f. *Sleep well*
2. **Verify news & Information** – Do not believe any information unless you verify every news or information source.
 3. **Stay connected** - Try to stay in touch with your friends or relatives through messages, calls, video calls, etc.
 4. **Try not to overthink** – Make sure you do not stress yourself over petty things, take one day at a time.
 5. **Stay positive** – One must be optimistic. Being a pessimist will not make things easier; instead, anticipate happiness, work toward it, and remember the light is at the end of the road.

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The NAAC Experience

Santosh Kumar, *Spicer Adventist University*

It was August 2021; the lockdown was just lifted. People were moving towards normalcy, and things were getting in place. However, SOPs (Standard Operating Procedure) to restrict and limit the spread of the virus were still followed. The administration of Spicer Adventist University decided to take the University to another level amidst all possible challenges and limitations. Earlier, the University prepared for UGC, and it was time to prepare and submit an SSR (Self-study Report) to National Assessment and Accreditation Council (NAAC). NAAC accreditation assesses the institute's quality in terms of education, research, facilities, teaching and learning, placement, and so on. After NAAC certification, the institution receives several benefits. Accreditation by the NAAC aids with internal planning. Additionally, it supports educational institutions in implementing cutting-edge teaching and learning methods to raise educational standards. In addition to assisting with resource allocation, it promotes planning, suggests areas for improvement, and provides relevant information to back up those decisions.

Hence, Spicer Adventist University engaged in preparing to submit SSR to NAAC for a better future of the university. The administrators had several meetings to finalize what is feasible to prepare for the SSR submission. Several internal teams were formed, tasks were shared, information and data were gathered, and decisions were made to execute the plan. To mentor the effort of the University, the administration decided to consult experts in NAAC processing, and therefore, a legal advisor and a senior consultant worked closely with the administration and the internal teams.

It has never been witnessed before a group of people working together to attain a common goal. Every academic and staff member volunteered to assist with the SSR report. It was decided to form a core team that would be responsible for gathering, arranging, and verifying all of the information collected from Spicer Adventist University departments. To ensure that everything goes according to plan, the core team has to work late at night on a few occasions. I was responsible for providing the reports for Criteria III because I was a core team member. Fortunately (Research and Innovation). I was able to see the power of unity and teamwork firsthand while working closely with the team member throughout the day and night.

Finally, in August, the final SSR report was submitted to NAAC. Several of us had unique experiences while preparing for NAAC submission, so I would like to share a few of them. Mr. Elvinson D., the University's administrative assistant, and System admin, explains that he was so engaged with statistical information that he was grading everything around him, even in his dreams. When asked about the challenges they encountered, one faculty member stated, "the experience was new, and the unpreparedness challenged them to learn various things that would be useful in the future."

"At the University, the process of preparing the NAAC SSR highlighted one of the institution's greatest assets, which is unity and togetherness," says the Vice-Chancellor. By assigning criteria based on their expert areas, all administrators, faculty, and staff were allocated their responsibilities. Everyone contributed their best, and as a result, we were able to complete the Self-Study Report (SSR) on time. The peer review team is scheduled to visit us soon." The registrar of the University concludes the

experience as “an attempt towards the right path.” He further says, “the university is moving in accordance with HEI, an attempt to prepare the SSR for NAAC will equip the institution to equip academic excellence and opportunities.” The HR office states, “Preparing for NAAC was a new learning experience for all who contributed towards the self-study. We faced difficulties and challenges, but we could overcome and rectify them. It was indeed a great experience for the Human Resource Department.”

It is evident that there were mixed feelings from the administrators, faculty, and staff during their preparation towards NAAC SSR. However, all can be thematically summarized, as I would conclude, “*exhausting but exciting*” and “*rigorous but rewarding*.” The institution's mission is to move forward, reward the community, and contribute to the nation that strongly advocates “*Sabke Saath, sabka Vikaas*” (Development of all).



Agro-Bio Innovation & Incubation Centre

Susan Thomas, *Spicer Adventist University*

Spicer Adventist University has the potential of becoming number one with its initiative to provide a facilitating environment for start-ups. Various challenges have created the need for customized, innovative solutions, and the university is willing to analyze these with the end-users or target beneficiaries in mind.

The Division of Sciences aims at building the incubation center, which will provide services and support to the potential entrepreneur in developing his business idea and business plan, providing training and one-on-one assistance, boosting the chances of them arriving at an effective start-up creation. Additionally, it will be helpful in fulfilment of University objectives in social & economic development at the regional and national level by providing support for opening new, value-added businesses.

The center is aimed at creating entrepreneurs by way of utilizing the expertise of the university faculty members engaged in dedicated research and making tie-ups with industries. A compendium of project ideas further added pace to the efforts to instill young people's confidence in pursuing entrepreneurship.

Mission

The mission of the Agro-Bio Innovation & Incubation Centre is to facilitate innovation, skill development, and commercialization of agro-bio products by providing infrastructural, scientific, and technical support to students and the local community as well as 'work and earn' opportunities for economically disadvantaged students.

Strategic Goals

- Generate skill training and 'work and earn' opportunities at pilot plants to support economically disadvantaged students and create added value and sustainable jobs for locals.
- Specialize in physical incubation by providing infrastructure including Work stations, Laboratories, training room, Library, Internet facility, office space, and support systems necessary for the training of students and the local community.
- Provide technology transfer and opportunities for researchers at the Masters' and Doctoral levels.
- Provide a platform for Mentoring and Coaching to stimulate local entrepreneurship by inspiring and promoting ideas for innovative Biotechnology/Microbiology/Botany start-ups by individuals in the community, highlighting the importance of time value, as time is money.
- Focus on improving the environment in which innovation & entrepreneurship grow and nurture.
- Facilitate networking with financial consultants to enter target market, benchmark with competitors, and imbibe ideas for entrepreneurial success

- Link industries with academia and network with mentors, experts, consultants, and advisors.
- Promoting, supporting, strengthening, and revitalizing the food processing and related units
- Knowledge, skills, and attitude gained by trainees will help particularly unemployed youth and women entrepreneurs establish their small businesses or wealth creation.

Infrastructure

The Division of Science building, as well as the University farm grounds, provide ample room for the centre's operations, which include:

- Biotechnology, Botany and Microbiology Labs and the instruments
- Computer Lab with internet connectivity
- Division of Sciences lobby and balcony as workstations
- Auditorium/conference room
- Library
- Office space
- Training room
- Farmland

On-going Pilot Projects

Alumni have provided seed funding for the pilot initiatives, which will further develop the programs.

- **Mushroom Cultivation:** *Pleurotus florida* (Oyster mushroom) cultivation is being carried out both for sale as well as grow kits for the community to learn and enjoy the experience of growing mushrooms at home. The fast-growing oyster mushrooms of genus *Pleurotus*, having a complete ligno-cellulolytic enzyme system, can use a wide spectrum of agricultural wastes as substrate and has a high demand in the market for its medicinal value.
- **Hydroponics and Aeroponics:** Hydroponics is the art of gardening without soil. In the absence of soil, water goes to work providing nutrients, hydration, and oxygen to plant life. Hydroponics continues to be a timeless and dynamic method of water conservation and crop production. Aeroponic systems are a specialized version of hydroponics where the roots of the plant extend only in air and the roots are directly sprayed with a nutrient water mix
- **Aquaponics:** Aquaponics is a cooperation between plants and fish and the term originates from the two words aquaculture (the growing of fish in a closed environment) and hydroponics (the growing of plants usually in a soil-less environment). Entrepreneurs can utilize the innovation of this combination of ideas that will provide not only a hobby but also wealth creation.

The centre has successfully grown and marketed with profit some leafy vegetables in the hydroponics unit and Oyster mushrooms. Many of the Biotechnology and Botany Masters students have undertaken projects cultivating medicinal plants in these systems and experimenting with different species of mushrooms.

The Chronicles of Spicer

Episode 1

The Founding of Spicer Adventist University

Our beloved Spicer Adventist University is 106 years old and still surviving. Established by missionaries to train Adventist youth for gospel mission, it remains committed to its purpose. The Chronicles of Spicer is an attempt to trace the history of our alma mater and savor its many beautiful moments over the years. I hope that we will find some pleasure as we revisit the amazing story of Spicer, its vicissitudes, and development through the pages of *The Spicerian*, the voice of Spicer. I sincerely thank Santosh Kumar (editor-in-chief) and his dedicated team for embracing this idea with an open mind and generous heart. I invite you as we begin this epic journey.

Mission School in Nazareth

The history of Spicer has some connection with the mission school in Nazareth town in the beautiful state of Tamil Nadu. A group of Tamils had become Sabbath-keepers through the teaching of Chittampillai, a former Anglican priest. Seventh-day Adventists made communication with these indigenous Sabbath-keepers. These Tamils rejoiced upon learning that there were fellow Sabbath-keepers. They urged the Seventh-day Adventists to visit them and establish a mission school for their children. In 1908, missionary Judson S. James and his family settled among them. The following year, he established a school, the first Adventist mission school in south India. It served as an important educational institution for the Tamil community.

Birth of South India Training School

The increase in school enrollment at Nazareth school and the need to provide higher education for south India necessitated the establishment of another school. Missionaries Judson S. James and Gentry G. Lowry visited Nagercoil, Trivandrum, and Quilon, searching for a site for the new school. After a month-long search, they settled on a plot of land in Coimbatore. The school became known as the South India Training School (SITS), designated as a training school for the South India Mission. By this time, Seventh-day Adventists had caught on the spirit of establishing mission training schools worldwide where they emphasized work and study. Coimbatore was selected due to its favorable climate and proximity to the borders of three language areas (Tamil, Malayalam, and Kanarese). It also had a cooler climate with access to railway connections.

On July 12, 1915, the school opened just four days before Ellen G. White died. It began in a large cotton warehouse with thirteen students—seven girls and six boys. Senior students from the Nazareth

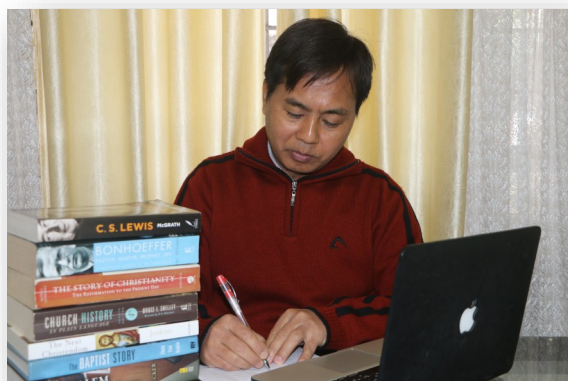
school were transferred to SITS. The warehouse was partitioned in the middle, half serving as a classroom and the other as a residence for boys while the girls were accommodated in a small house near G. G. Lowry's bungalow. Lowry served as the founding principal.

In the first year of SITS, students came from Nazareth, Pondicherry, the Telugu area, and Coimbatore. Initially, instruction for standards 1-4 was given in vernacular; for standards 5-7 in vernacular and English; and for standards 8-10, in English. Students who wished to pursue further education were expected to join the Union Training School in Lucknow. Students were taught various subjects, including Old Testament history, New Testament history, Bible doctrines, church history, English language and literature, vernacular language and literature, arithmetic, algebra, geometry, general knowledge, history of India, geography, chemistry, physics, and physiology. In the first year, there were five teachers. Chinnadoria, a young Tamil with a BA degree who served as the headmaster, taught the higher classes. Gnanasegamoni, the former headmaster of Nazareth school, was another teacher who also acted as the boarding master for the boys. Chinnadoria's wife, who had completed tenth standard, taught most of the classes for the girls. A Bible woman of the Church of England served as the matron for the girls. G. G. Lowry taught the Bible for the higher classes.



Gentry G. & Bertha Lowry

True to its Adventist educational philosophy, students were engaged in valuable and productive manual activities. Besides, students under the leadership of their teachers engaged in evangelistic activities such as distributing literature, visiting villages, and holding meetings. Principal Lowry, in 1915 reported that about one-half of the student body became members of the Seventh-day Adventist Church. He also expressed his hope that before the end of the school year, every student would have given his or "heart to God and for service throughout the South India mission field. As envisioned by missionaries, SITS truly served the community and the church as a missionary institution during its short residence in Coimbatore.



**Dr. Koberson Langhu, *Assistant Professor*
Church History & Systematic Theology**

Division of Business and Commerce

Business school graduates have a very high employability rate with a wide range of job opportunities. The Divisions of Business Administration and Commerce at Spicer Adventist University, Pune, has a dedicated building next to the university's main entrance gate. This ideal location of the building gives easy access to the students. This Division has an open-minded, friendly, and study-conducive ambience. The facilities provided are conducive to learning and gaining knowledge.

At present, the Division offers three programs:

1. MBA with two specializations (Finance and Human Resource).
2. BBA with two specializations (Finance and Marketing).
3. BCOM with two specializations (Banking and Costing).

The department has played an essential role in helping the university transition to an online mode of teaching and learning, change management being a part of what it teaches. With the onset of the pandemic, the department opened up its technological resources to condition equitable access to teaching aids for other departments. The faculty also took an active part in assisting in training programs aimed at helping teachers and students inculcate technology into their teaching-learning process. Through such measures, the department has contributed to the administration's efforts to keep up with the challenging situation imposed by the pandemic. The department believes that students' uninterrupted education is critical and will always strive to provide a wholesome learning environment regardless of the situation.

It has the following amenities: parking, ramps for students with disabilities, elevators, a library with Wi-Fi, a computer lab, a faculty room, a medical room, placement offices, a boys and girls study room, office space for faculty, a board room, rest rooms, and a restroom specifically designed for students with disabilities.

Roney Varghese, PhD

Dean,

Division of Business Administration & Commerce

Faculty

Sujata Umesh Bolake, PhD

Sambath Srey Nech, MBA

Shannon Vinay Wagh (PhD Candidate)

Geeta Vistasp Bilimoria, MA

Abhisek E. Lakra, (PhD Candidate)

Clinton Jesson, MBA

Wungnaoshon Shimray, (PhD Candidate)

Moonnie Augustine Borge, MBA

Rohan Sigamany, (PhD Candidate)

Division of Arts and Social Sciences

Social science is a branch of study that studies human behaviour, human interactions, resources, and institutional structures and practices. The primary purpose of teaching Social Science is to educate students and prepare them to be productive members of society. Isn't it true that we live in a diverse society? However, to be successful, one must have a working knowledge of the arts and social sciences. Individuals with qualifications in the arts and social sciences are better positioned to engage responsibly in our democratic society. The division of Arts & Social Sciences allows students to become more familiar with the actual world. In today's challenging environment, students must be prepared to interact with individuals from all walks of life.

The Seven Pillars of Division of Arts & Social Sciences

The Division of Arts & Social Sciences at SAU comprises seven departments: Economics, Education, English, Geography, History, Psychology, and Sociology. These seven departments are the seven pillars of the division of Arts and Social Sciences.

Aim – The division believes that good education is the foundation for a better society. The main aim of the Division of Arts and Social Sciences is to provide students with a good education based on scientific knowledge and empower them with professional skills to succeed in their future professional life.

Study Programmes – All seven departments offer B.A. Honors degree programs and M.A. degree programs in Education, English, and History. The curriculum is based on the UGC-approved Choice Based Credit System [CBCS] and Learning Outcome Curriculum Framework [LOCF].

Career Options - Graduates of the Arts and Social Sciences are in high demand for various professions. This is attributed to the students' professional and life skills such as communication, critical thinking, creativity, and human interaction skills. Hence, ensuring that the graduates are successful in their future endeavors.

Faculty – The teaching faculty are highly qualified professionals dedicated to excellence in teaching and research. Students are also guided, counseled, and mentored by the professors.

Students - The students come from different states in India and from all over the world, enriching Spicer Adventist University's cultural heritage.

Future Plans –The division intends to initiate Master of Arts [M.A] programs in Economics, Geography, Psychology, and Sociology. In addition, we are promoting a research-oriented and project-based curriculum.

Wishes -The Arts and Social Sciences faculty members wish all students a bright future filled with success and happiness. May God bless Spicer Adventist University as it molds students to be future leaders who build a prosperous nation and a peaceful society.

Dr. Swarna Rekha Rao
M.Sc., M.A., Ph.D.

Division of Sciences

The Division of Science at Spicer Adventist University offers the following courses:

For UG (Under-Graduate):

1. BSc Biotechnology [3yrs] (Honors Program)
2. BSc Microbiology [3yrs] (Honors Program)
3. BSc Botany [3yrs] (Honors Program)
4. BSc Computer Science [3yrs] (Honors Program)
5. BSc in Mathematics & Computer Application (Previously known as BCA) [3yrs]

For PG (Post-Graduate):

1. MSc Biotechnology [2yrs]
2. MSc Botany [2yrs]

The importance of the Division of Sciences at Spicer

Like in any university, the Division of Sciences is also at the heart of SAU. The Division of Sciences helps students better understand our world around us, be it from the understanding about gravity to the spherical shape of the Earth to climate change, and science helps us understand the interaction in the world around us even to the molecular level. As we move from understanding the fundamental laws, we gain more insight into how we can better solve problems in our world, in our community, and give back what we have learned to make our community, our world, a better place.

Scope of Studying in the Division of Sciences

Scope of Computer Science & BCA: The demand for information technology specialists is expanding daily. Because SAU is located in Pune, Maharashtra, an IT hub, students can use this to their advantage to break into the IT business and advance in their careers. A few options for a career are listed below:

1. Web developer and designer
2. Software Developer
3. Data Analyst
4. DBMS engineer
5. QA engineer (tester)

Scope of Life Sciences (Biotechnology, Botany, Microbiology): Student who took life sciences major like:

- (i) Biotechnology can work in:
 - (a) Biotech Laboratory, e.g., ICAR (Indian Council of Agricultural Research), DBT (Department of Biotechnology of India)
 - (b) Animal Tissue Laboratory
- (ii) Botany can work as:
 - (a) A Plant Scientist
 - (b) A Forest officer in Indian Govt. e.g., BSI (Botanical Survey of India)
 - (c) Plant Research Laboratory
 - (d) Plant tissue culture Laboratory
- (iii) Microbiology can work in:
 - (a) Fertilizer Industry
 - (b) Fermentation Industry in the preparation of wine
 - (c) Food Processing Industry

Further Studies: Not only from the availability of jobs, but if a student wants to go for higher studies to pursue his/her Masters or Doctoral degree, Pune also has many colleges and universities that allow the student to learn more.

Entrepreneurship: Students who wish to start their own business can do so, and the Science Division at SAU also has started a few Incubation cells where they are providing technical Knowledge and support not only for students but also for Entrepreneurs.

Teaching: Students can also choose to stay in the Academic and take up Lecturers/Professor as their career to teaching others about what they have learned and, more importantly, to spark the curiosity/fire in their students to Learn further and explore their respective fields.

Susan Thomas, PhD
Dean, Division of Sciences

Incubation Centre (Division of Sciences)

Risan Lang, *Spicer Adventist University*

Lalitha Tilming, *Spicer Adventist University*

The Division of Science at Spicer Adventist University (SAU) has started an incubation cell that helps student entrepreneurs solve problems or any entrepreneurs grow their business, especially in the initial stages, by providing technical services, lab facilities, and advice.

1. Oyster Mushroom:

Benefits of Oyster Mushroom

- a. Oyster mushrooms are loaded with fiber, vitamins, minerals, and other essential nutrients. They are also low in carbohydrates, suitable for people following low-carb dietary patterns.
- b. They provide antioxidants, which help reduce cellular damage in your body.

[<https://www.healthline.com/nutrition/oyster-mushroom-benefits>]



Scientific Name	<i>Pleurotus ostreatus</i>
Substrate Used	Straw, supplemented sawdust/wood pellet
Incubation Temperature	65 -75 Fahrenheit
Time Period	3 – 4 weeks
Fruiting	White 55 – 75 Fahrenheit



2. Bok Choy:

Bok choy is most widely consumed as a fresh leafy vegetable in dishes like salads and the famous Korean kimchi dish, and it is also used as a cooked vegetable in many dishes. Bok choy is low in saturated fat and cholesterol. It is also a good source of dietary fiber, protein, thiamin, niacin, and phosphorus, and an excellent source of dietary fiber, vitamin A, vitamin C, vitamin K, vitamin B6.

[https://www.uog.edu/_resources/files/wptrc/BokChoy.pdf]

Scientific Name	<i>Brassica rapa</i> subsp. <i>chinensis</i>
Temperature	55 – 70 Fahrenheit
Germination Period	One week (usually)
Harvesting Period	5 – 8 weeks after germination



Division of Religious Studies

The presence of the Division of religious studies on the campus of Spicer Adventist University profoundly declares the determination to serve God and humankind. Founded with the sole purpose of serving the church, society, and humanity, the Division of Religious Studies prepares young men and women to serve the world to make it a better place to live. The world is going through a chaotic condition. There is pandemic, the uncertainty of life, violence, crime, dishonesty, and much more that takes away our trust in life, humanity, and the world.

The Division of Religious studies is pledged to prepare the young generation through rigorous training, teaching, and discipline to contribute to the nation. Many of our young graduates serve as counselors, chaplains, pastors in different sectors of society to provide mental, physical, and spiritual support.

Activities During The Current Academic Year 2021-2022

I. Online Teaching Learning

Blended Learning

Synchronous Learning	Asynchronous Learning
Online Learning Tool: Google Meet, Zoom	Online Learning Tools: Google Classroom, YouTube

The Division follows the four-quadrant module for teaching and learning:

Quadrant I: Engagement time(Video).

Quadrant II: Engagement time (Text material, eBook, notes, PowerPoints, links to different learning materials).

Quadrant III: Tests, assignments, and other forms of assessment.

Quadrant IV: Discussion Forum.

II. Besides the Annual Theological Forum, conducted every year, the Division initiated an online virtual platform for academic presentations attended by students, staff, and those interested in the department's program using the Zoom platform. The program is scheduled for every third week of the month.

III. MONTHLY SABBATH FORUMS 2021-2022:

- a. Presentation by Santosh Kumar on “*Contextualization and the Gospel: How much is too much?*”
- b. Presentation by Dr. Chanchal Gayen on “*Worldview: Transformation in the context of Ministry among Southern Asians.*”
- c. Dr. Melchizedek Ponniah on “*Selected Biblical Paradigms for Divine communication Modalities.*”
- d. Dr. Jesin Israel on “*Ellen G White Prophetic Contribution, Relevance, and Criticism.*”

- e. Dr. Richard Rajarathnam on “*Business as Mission: How Entrepreneurship impacts the mission of the Church.*”
- f. Dr. Nicholas Miller on “*Adventists, Ecumenism, and Spirituality.*”
- g. Pr. Rosangpuia Fanai on “*The Present Truth and Adventism.*”
- h. Dr. Vincent Injety on “*Leadership in times of crisis: Looking for Heroes, Looking for Villains.*”
- i. Dr. P L Thlenga on “*Liberal Theology and the End time.*”
- j. Dr. Chawngdinpuui Schaeffer on “*Christmas and Adventists.*”
- k. Dr. Willie Oliver and Mrs. Elaine Oliver on “*Learning to love for the long haul.*”
- l. For February 2021, A presentation is scheduled on “the Trinity.”

VIRTUAL REVIVAL MEETING: While the Division was remotely functioning during the pandemic, many of its faculty members conducted many virtual revival meetings that are still being conducted.

ONLINE DEVOTIONAL MESSAGES: A continuous online devotional message, including the continuous program “*Live the Word*” presentation by Dr. Jesin Israel, is broadcasted.

ONLINE QUIZ PROGRAMS: Many department students have organized and conducted online quiz programs on different books of the Bible for the last several months.

ONLINE BIBLE STUDY: Dr. Jesin Israel has been conducting online Bible studies for people from various backgrounds.

ONLINE ENGLISH AND LANGUAGE SABBATH SCHOOL LESSON STUDY: Dr. Nakka Sharath Babu, a senior faculty in the Division, broadcasts regular weekly Sabbath school lessons in English and Telugu.

COUNSELLING: The Division operates two WhatsApp groups, one for the department faculty and one for all the students and faculty. Some of our faculty and students send regular inspiration and messages every day, and our faculty counsel students regularly on the virtual platform.

ARTICLES AND OTHER WORKS PUBLISHED BY FACULTY AND STUDENTS: The faculty in the Division is actively involved in research and publish their findings in peer-reviewed publications on a national and international level. As a result of the faculty's academic contribution, several of the students have also been motivated to publish the results of their research.

Dr. Mohanraj W. Israel,
Dean,
Division of Religious Studies

Faculty

Dr. Nakka Sharath Babu, DMin
Dr. Jesin Israel K., PhD
Dr. Koberson Langhu, PhD
Dr. P L Thlenga, PhD
Vanlaltluanga Khuma, MA

Sharon Clinton, MA
Santosh Kumar, (Doctoral Candidate)
Anish P. Joseph, (Doctoral Candidate)
Ayar Synn, MA

Division of Performing Arts

The Division of Performing Arts - Music at Spicer Adventist University is a four-year Bachelor degree in Western Classical Music Honours. This program has two concentrations: Piano and Voice, and the students choose either one of the concentrations.

The Division of Performing Arts - Music aims to inspire and nurture future musicians with a holistic education. A program of study that helps them realize their potential, helping them develop and qualify them with the enjoyment and appreciation for Western Classical Music. To equip students to serve the community and church with the awareness of western classical and sacred music.

The structure of the Division is student-centric, inculcating in them knowledge, skills, and values for lifelong learning and development. The student will demonstrate proficiency in music skills and music education on completion.

Vocal music graduates will demonstrate proficiency in teaching schools or church choirs. They will demonstrate clarity and expression in conducting gestures, score reading, and communicating vocal technique and required singing skills. Piano music graduates will have learned to teach music in schools, music institutes, or freelance teaching. They will also accompany choirs, solo voice, instrument, or be a part of an ensemble.

The music graduates will select music for appropriate functions in the church and community. They will be prepared to serve as teachers in our schools.

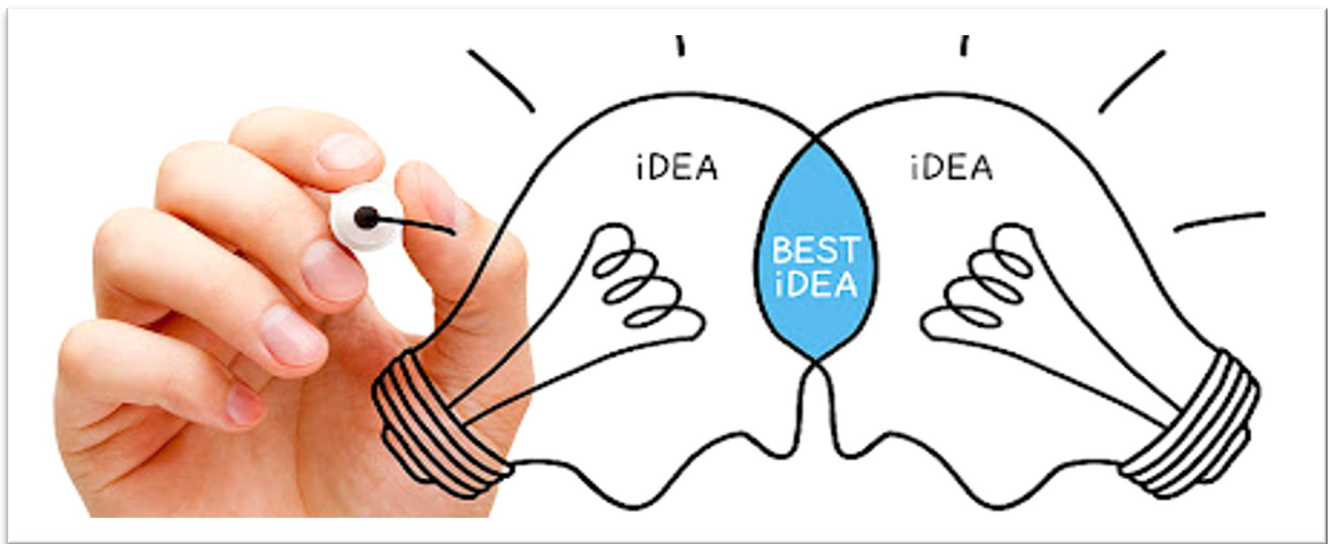
There are five dedicated Faculty teaching in the Division of Performing Arts- Music. They train and nurture each student to achieve their dreams as future musicians. We welcome all the prospective students to join our division to master the art of music.

**Mary Davy,
Dean (Acting),
Division of Performing Arts- Music**

Research and Innovation

Thinking of Research Collaboration? Is it worth?

The following 15 points is derived from Scott Waver's "20 benefits of collaboration you cannot afford to ignore."



Picture courtesy: Ivelin Radkov. Derived from <https://www.shutterstock.com/image-photo/hand-sketching-best-idea-light-bulbs-203701285>

1. Research collaborations Increases the ability to be more creative.
2. Those with whom you collaborate today will appreciate you and perhaps there will be a higher chance of collaborating in the future, so be mindful of that.
3. Collaboration leads in less work for us when it is done well. This is accomplished without sacrificing the overall quality of the products obtained.
4. Criticism: Collaborators are more likely to inform you about the actuality of the research. Debating ideas is also vital for obtaining greater impact and for fostering innovation.

5. It enhances the ability to bring additional experience to endure towards excellent academic work. By drawing on the collective intelligence, you boost your chances of tackling challenges more smoothly.
6. Observing how a team addresses an issue is the most effective form of learning.
7. A broader range of procedures is made available through collaboration between lab groups, departments, or institutions, which increases access to a broader range of techniques for research. Also,
8. When working in a collaborative environment, you are compelled to do more than just prune with your investigation.
9. Obtaining funds in the context of a collaboration is often far more possible. The more in-depth the research, the greater the number of published results and better opportunity for research funding in future.
10. Research Collaborations result in the development of better and more concrete networks.
11. It's more fun and rewarding in a team than it is to engage solo merely interacting with a colleague team member on the research project might provide this knowledge.
12. A collaborative network carries less risk than a single lab that pursues a single path of research since there are many more degrees of freedom in a collaborative model.
13. When working in a collaborative environment, it is significantly more probable that you will be able to capitalize on an unexpected discovery.
14. Your collaborative partners are probably by definition your early adopters for your innovative method, new technology, and new hypothesis because they are involved in the development of the new approach, technology, or hypothesis.
15. Making a good impression on investors and funding organizations.

Source: <https://wun.ac.uk/article/20-benefits-of-collaboration-you-cannot-afford-to-ignore/>

Spicer Adventist University Recognition and Awards Day 2021

On October 05, 2021, Spicer Adventist University administration hosted an unforgettable special program to appreciate the faculty and staff of the university. The Vice-chancellor, along with the administrative team, decided to felicitate every staff and faculty of the institution.

In addition to that, the event was exciting for the Office of Research and Innovation as there was a section to appreciate the researchers in the university. Many who showed interest in receiving the “Research Recognition Award” communicated to the registrar and the HR office and filled the required form.

The Office of Research and Innovation received a very warm response from the awardee as they expressed how exciting it is to be recognized by the university as a scholar. I want to congratulate every awardee, especially those who received awards for research publications – Bravo! May their contribution be a blessing to the institution, academia, and the world.

Congratulations Researchers!

Dr. SIMON YESU

Dr. A S VAREKAN

Dr. MOHANRAJ WILSON ISRAEL

Dr. SWARNA REKHA RAO

Dr. SUSAN THOMAS

Dr. B MAXWELL BENJAMIN

Dr. ESTHER TALANG RAO

Dr. SUJATA BOLAKE

Dr. LANGHU KOBERSON ANAL

Dr. CHANDRALEKHA DAS

Dr. AMBRISH RATHORE

ANISH PUTHUSSERIL JOSEPH

RAMCHANSO AWUNGSHI SHIMRAY

JHARENDRA BISHWAKARMA KUMAR

DHANUSHYA MARY

SANTOSH KUMAR

SAU RESEARCH NEWS AT A GLANCE

In the academic year 2021-22, the office of Research and Innovation took advantage of the pandemic limitation and organized several research-related webinars. Several national and international research scholars, professors, medical professionals, administrators were invited to do presentations related to research.

Visit to Ahmednagar College

A team was sent to Ahmednagar College in Ahmednagar to discuss the possibilities of starting PhD programs at SAU. The principle of Ahmednagar College, Dr. R. J. Barnabas along with his team had hours of discussions providing information that would benefit Spicer. On behalf of Spicer Adventist University, we would like to express our gratitude to the team for guidance and support.



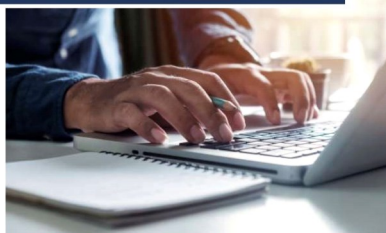
ERB (Ethics Review Board)

The SAU Ethics Review Board was established in 2021 and has already received submissions from several researchers, including students and faculty members of the university. The research section on the university's website provides applications for students, faculty, and independent researchers to receive clearance on their research methods that prevent harm to human-subject research.

For applications, go to <https://sau.edu.in/research-downloads/>

2018-2020

**SPICER ADVENTIST UNIVERSITY
HANDBOOK FOR RESEARCH WRITING**



OFFICE OF RESEARCH & INNOVATION
SPICER ADVENTIST UNIVERSITY
AUNDH ROAD, PUNE 411 067
MAHARASHTRA STATE
INDIA

SAU RESEARCH HANDBOOK

Spicer Adventist University Handbook for Research Writing is now available on the website. Please encourage students to read and follow the recommended format for academic writing. The free, soft copy of the handbook can be downloaded here: <https://sau.edu.in/wp-content/uploads/2019/09/1.-SAU-Research-Handbook-Abridged.pdf>

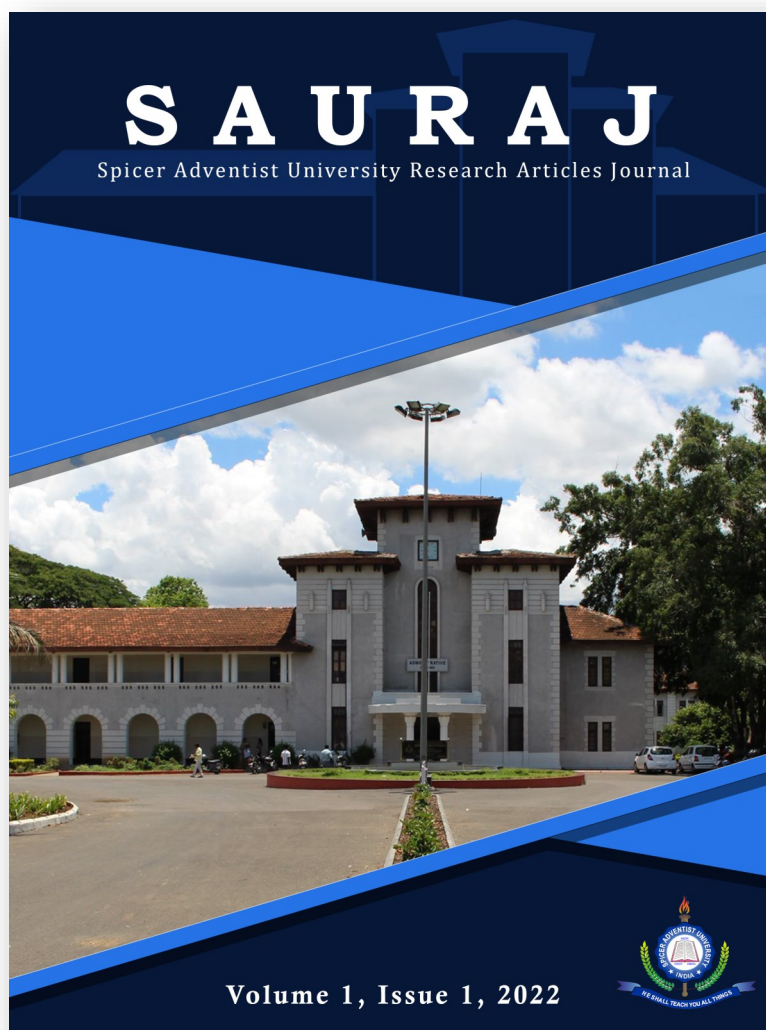
SAURAJ (Spicer Adventist University Research Articles Journal)

Finally, the university's first peer-reviewed, bi-annual research articles were published online. A journal was a long-awaited vision of the Office of Research and Innovation that became a reality only with the help, support, and providences made by the administration of Spicer Adventist University. SAURAJ aspires to provide a platform for researchers from all disciplines to publish articles that can be used to advance scholarly arguments.

SAURAJ has a webpage, a database management system, and a set of experts responsible for the production flow. The data repository is registered to Creative Commons, one of the largest repositories in the world. The editorial team received approximately thirteen articles for the first issue of the journal in 2021. After going through a rigorous peer-reviewing and editorial process, five articles were selected for publication. The first issue of the journal is published in March 2022. The second issue is expected for publishing in September 2022.

To submit articles for publishing, **visit** the university website or email to research@sau.edu.in

SAURAJ



SPICER ADVENTIST UNIVERSITY RESEARCH COLLEGIUM (SAURC)

SAURC is an organized body of scholars comprised of administrators, staff, and students from Spicer Adventist University (SAU), Pune, Maharashtra, India, whose mission is to support, develop, and nurture academic research.

Goals:

The SAURC's specific objectives include:

1. Creating, promoting, and fostering an academic research culture at SAU.
2. To keep SAU scholars up to date on current developments in their fields of study.
3. Making communication and the interchange of related knowledge and experiences as simple and effective as possible by giving options for reading, publishing, discussing, and disseminating research works.
4. Assist with and supervise the planning of research and divisional conferences.
5. To facilitate collaboration among scholars and researchers at SAU and elsewhere.
6. To make a positive impact on and for society on a national and global scale.

Spicer Adventist University
Office of Research and Innovation

TELL ME AND I FORGET
TEACH ME AND I REMEMBER
INVOLVE ME
AND I LEARN

Benjamin Franklin

Get Involved...

The Aim

- A meeting place for researchers and practicing educationalists.
- To develop the members' expertise within the different areas that research focuses on.
- To contribute to the development of research at Spicer Adventist University and discover links to different development projects.
- To contribute in developing a research-oriented university.
- To discuss, read literature, present our own research studies, invite lecturers and discuss on various areas of research.

SAU Research Collegium

Contact: research@sau.edu.in

SAURC

SPICER FACULTY RESEARCH PUBLICATIONS 2021-22

Ramchanso Shimray. 2021. "Alienation Versus Identity Crisis in Diaspora Culture" *Excel's International Journal of Social Science & Humanities*. ISSN 2277-7539. Print.

Susan Thomas. 2021. "The Signature of the Creator Revealed in Photosynthesis" In *Design and Catastrophe: 51 Scientists Explore Evidence in Nature*. Berrien Springs, MI: Andrews University Press. ISBN 1940980305.

Koberson Langhu. 2021. "From Opposition to Champion" *Adventist Review*. <https://www.adventistreview.org/2101-62>

Santosh Kumar. 2021. "Adventist Church Leadership and Religious Liberty in India: Impact on Mission and Ministry," *Journal of Adventist Mission Studies*: Vol. 17: No. 1, 56-70. <https://digitalcommons.andrews.edu/jams/vol17/iss1/6>

Santosh Kumar. 2021. "Deprivation in Education Amidst Covid-19 Pandemic Crisis" *International Journal of Creative Research Thoughts*. <http://doi.one/10.1729/Journal.28058>

Santosh Kumar and Anish P. Joseph. 2021. "Analysing and Implementing Contextual Embeddedness of Jane Vella's "Seven Steps of Design" to Develop a Disciple-Making Program" *International Journal of Creative Research Thoughts*. <http://doi.one/10.1729/Journal.28106>

Santosh Kumar. 2021. "Bullock Cart Theology" *Encyclopedia of Seventh-day Adventist*. <https://encyclopedia.adventist.org/article?id=BJAK>

Santosh Kumar and Gordon E. Christo. 2021. "Bihar Region" *Encyclopedia of Seventh-day Adventist*. <https://encyclopedia.adventist.org/article?id=7AJU>

Santosh Kumar. 2021. "Approaching the Slums in Pune, India, Empowering and Uplifting the Community with Education and Health Reforms" *International Journal of Creative Research Thoughts*. <http://doi.one/10.1729/Journal.28079>

Koberson Langhu (2021, October 28). North East Adventist University. *Encyclopedia of Seventh-day Adventists*. Retrieved January 24, 2022, <https://encyclopedia.adventist.org/article?id=6ALP>.

Koberson Langhu (2021, October 28). Kamei, Peter Keingamba (1935–2013). *Encyclopedia of Seventh-day Adventists*. Retrieved January 24, 2022, <https://encyclopedia.adventist.org/article?id=3IIX>.

Hamengamon Kharsynniang and Maribon Viray. (2021). "Occupational stress among tribal primary teachers of shillong, india", *International Journal of Creative Research Thoughts (IJCRT)*, ISSN:2320-2882, Volume.9, Issue 7, pp. f228-f232, July 2021.

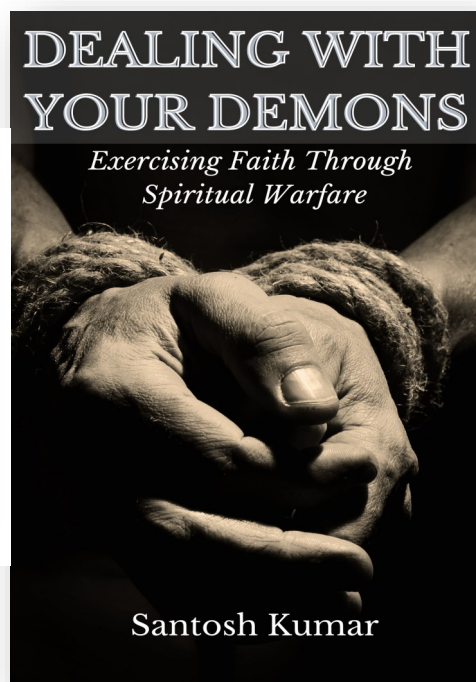
Hamengamon Kharsynniang. (2021). "Health information among students: a survey study", *International Journal of Creative Research Thoughts (IJCRT)*, ISSN:2320-2882, Volume.9, Issue 7, pp. b161-b164, July 2021.

A.S. Varekan, A.S. Ellen, Hamengamon Kharsynniang, and Esther Varah. (2021). "Handwriting and Academic Performance in higher education." *International Journal of Management and Social Science Research Review*, ISSN: 2349-6738, Volume 8, Issue 3, pp. 1-pp.7, March 2021.

Hamengamon Kharsynniang and Maribon Viray. (2022). "Effects of selected demographic profile on occupational stress levels of primary teachers", *International Journal of Research and Analytical Reviews* (IJRAR), E-ISSN 2348-1269, ISSN 2349-5138, Volume. 9, Issue 1, Page No pp. 522-526, January 2022.

UPCOMING FACULTY PUBLICATIONS

Book



SAU Research Procedure

The SAURP is a compilation of the university's policies under the University Grants Commission (UGC) guidelines for HEI. The Manual covers the instructions needed by researchers at Spicer Adventist University at Masters and Doctoral level. The Manual and the SAU Research Handbook are designed to improve the accessibility for the researchers to produce a quality research paper. The Manual covers all the essential information that is crucial in the research procedure at SAU. The Manual compiles research policy, ethical policy, and procedures approved in the Research Affair Committee of SAU. SAURP is available free for download on the university website. [Click here](#).

Objectives

- The Office of Research and Innovation endeavors to create a viable eco-system for creating knowledge through research activities in all the divisions of studies at SAU.
- To motivate and facilitate research activities among students and faculty members of SAU.
- To provide guidance for research activities in keeping with the regulations of the UGC.

Knowledge Resource Centre

The library is one of the essential parts of the educational system. Students continue to undertake learning and self-instruction in the library during their free time. They also use the library facilities to do their assignments, reports, research work, and other activities. As a repository for scholarly information, it acts as a focal point for all academic endeavors.

There are numerous books, encyclopedias, magazines, newspapers, periodicals, research projects, and other holdings at Spicer Adventist University's Knowledge Resource Center (Central Library), which is located in the University's administrative building. In addition to encyclopedias, research projects, and other materials, the Central Library includes a huge collection of books and other materials.

There are spacious reading rooms where students can study peacefully on all working days. Thousands of books, journals, periodicals, and newspapers can be accessed for free. The library has been partly automated using Koha 19.5 version. The facility enables the circulation, cataloging, and various technical works through Koha ILMS (Integrated Library Management Software) handled by trained staff.

Services and Facilities

1. Using Koha Library management software, reference service, lending service, borrowing service, and other library-related services are systematically managed.
2. The clientele can get access to E-resources like 10,839 e-books in 709 categories, 1,58,33,201 of resources including E-journals, E-books, Articles, Institutional Repositories content, 500 thousand leaves of manuscripts and antique books, and various full-text digital library resources which are available in DELNET.
3. Membership with the British Council Library facilitates the users to access its resources.
4. The Library is WiFi-enabled, and nine computers are connected to LAN for the clientele to access the internet.
5. New arrivals of different subjects are available as open access for the library users located at the stack area in the library.

Available Resources

Sl. No.	Course	No. of books
1	Arts and Division of Social Sciences	31,240
2	Division of Business	2,433
3	Division of Commerce	7,450
4	Division of Education	2,594
5	Division of Fine Arts	3,618
6	Division of Religious Studies	55,850
7	Division of Science	9,552

1,12,737 books with 87,499 titles are available in the SAU library and other departmental libraries. 3,074 Reference books and Magazines are available in the library at the references hall. Twenty-eight print journals and eight newspapers are also available in the reference hall. Books are classified using the DDC classification scheme for intensive advanced search and easily locating without much effort. The University Master's dissertations are accessible using OPAC facilities in KOHA ILMS, in which the dissertations are organized according to the year and subject-wise to enhance searching.

Progress and Development

1. Updation of the data holding in the library is in process for the near future for smooth functioning of the library works without imminent issues.
2. The printed books available in the library are accessible through OPAC (Online Public Access Catalogue); Other library-related services and resources are accessible through the links provided at the University webpage (<https://sau.edu.in/library/>).
3. The Accession register is in Microsoft-excel format for more convenience and security purposes. Such formats acquire the advantage of storage, multiple copies, duplicating, and ease of transferring.

The library offers a seating capacity of 100 readers, as well as enough lighting and a pleasant ambience. The amiable Library staff is available to library patrons for any help and assistance. The library is welcoming to visitors and regular readers that are inbuilt for the next visitation. The library committee is devoted to developing the library by installing advanced technology, collaboration, and membership with leading libraries to ensure its competency with the trends. The advancement and development of the University library are paramount.

Nirmala Roney Varghese, *Chief Librarian*, SAU.

Suaihiamlung Pamei, *Librarian*, SAU.

IT Support

Due to the Pandemic, Spicer came to a standstill in March 2020. Students were required to leave campus, and hostels were shut close. Classes were canceled, and everyone was confused about the way forward. With all of this chaos, very little could be done with the little infrastructure at hand, and we at Spicer had to manage on the little to no infrastructure available.

The CFO, Mr. M. D. John Moses, called me to discuss the way forward and how to help the classes begin online. After much deliberation on many ideas, a team was formed, and discussions began. UGC requirements had to be kept in mind while formulating the online classes. With the limited budget, we were able to purchase a dozen web cameras and share computer lab resources to teach using the computers from the Computer Labs. Laptops from the Religion Department were also borrowed and shared among all the departments to begin classes online.

During this time, the classrooms had to be organized so that Internet access could be shared among teachers so that these classes could be held throughout the day. Even though it was a challenge to make this possible, many teachers volunteered to bring in their devices to work and use them for classes. This took a toll on the internet bandwidth, so classes were now being conducted from home by teachers who could use their personal devices from home.

While this was going on, plans had to be made to conduct present students' exams and register students for the next school year. The Student Management System that Spicer uses is a custom-built software where any change would alter and disrupt the entire flow of information. Keeping this in mind, the company that assists Spicer in developing the software was contacted and the software had to be redeveloped to cater to the online exams and registration and online payment of fees. These tweaks sound like a small accomplishment, but the amount of time and effort that went into it was tremendous. Finally, the software was ready for Online Exams, Online Admissions, and Online registration of students and fee collections.

We are thankful that we had access to Google workplace as a free resource where teachers could keep their students engaged using tools such as Google Classroom, Google Drive, Google Meet, and other free tools. Sessions were conducted on training faculty members on the know-how of these tools.

Presently, all of our buildings are connected using Fiber Optic cables, and the computers have access to the internet via CAT6 cables. We have Wifi access for faculty on all buildings. The IT infrastructural growth at Spicer is steady, but we hope to see Spicer as a Smart Campus someday soon.

Prem Sagar Gompa

Assistant Professor, IT In-charge

Spicer Adventist University

Centre of Examination **Examined and found Resilient**

Who said that examination is fun and exciting? Who said that storms last forever and are always bad? Who does not enjoy the fruits of long and hard labor? Who is not blessed by the serenity and freshness after the storm? Every aspect of life goes through phases of storms, and academics are no exception to the law of nature. It needs to be reminded that the utility of output depends on the quality and quantity of inputs as well on the mechanism of production through which the inputs are processed.

In Academics, the production method and determining the quality of the output is the testing, examination, and evaluation system. It may be inclusive of all forms of evaluation and assessment to tag the product “Tested and qualified” as a utility. The testing, examination, and evaluation mechanism need to evolve in time to endure the dynamic environment it operates and thrives. The system or institution that can adapt to changes thrives and survives, or else it becomes redundant, is left to die a natural death. Nature has been the great lesson book of those that failed to adapt.

The invitation of COVID 19 through human activities brought about havoc socially, economically, and academically. One of the industries hit very hard by the invisible muted virus is the academic industry. The closure of the campuses and shifting from the most ideal form of teaching and learning for social beings “The Offline” to socially distant, technical dependent, isolated, and ideal only for the “haves,” “The Online” has been a complete Paradigm shift in human relationship, teaching, and learning.

It was a storm that changed the world for better or worse, but one thing emerged out of this pandemic: the realization that humans are social beings and that true learning for growth and development can be more effective in person. Thus, if we are to achieve greatness, it is not in isolation but connectivity. Experience through this pandemic has taught us that technology fails and not human because we are designed with wisdom and resilience at a much higher level than the technologies at our exposure. Only we need to learn to adapt and control rather than be controlled and dependent.

Adapting to the changes requires resources, forward-thinking, proactive, and willingness to bring about a paradigm shift in our approach when necessary. The sudden shift from “Offline” to “Online” mode of teaching and learning and evaluation has significantly increased the dependence of humans on technology. The creator becomes dependent on the created for its success and survival.

Thus, we have encountered innumerable unexpected challenges that have sometimes brought the whole process to a standstill or at least delayed. But through it all, the superiority of human over machine and technology has made it possible to pull through the obstacles even though delayed yet victorious because of the resilient nature that never gives up. As the saying goes, “When the going gets tough, the tough get going.”

Success cannot be quantified by “what?” but only be qualified by “how?” you made the best of a given situation. Indeed all experiences through these unprecedented times made us believe that it is possible to pull through all odds if we only hold on and strive to thrive because storms do not last forever. Yes, we all have, and we all shall overcome if we are resilient and work together in one accord. All that matters at the end is “Have we given our best?”

A. S. Varekan, PhD

Office of Placement & Recruitment

“The best way to predict the future is to create it.” —Abraham Lincoln. The Recruitment and Placement office aims for Career guidance and mentoring our students in self-realization and self-development to achieve their future goals. By helping create the right opportunities for them.

It is a fulfilling and delightful experience to see our young and enthusiastic students successfully placed with the best Job in renowned Companies. In mid-July 2021, the department came into existence intending to create an enriching experience in terms of Academic download and walk away with the most sought-after Employment offer.

The metamorphosis of fresh talent into market-ready skilled professionals is vital, and a well-established Placement department is a crucial indicator of the best university. We focus on offering aspirants a robust framework towards a rewarding professional career by developing talented and qualified professionals before they complete their education.

The purpose is to create Campus Placement opportunities during Academic pursuit and provide a smooth transition into becoming a working professional by providing the comforts of a safe and secure future. Our university has been producing qualified professionals in various areas nationally and internationally.

The Office serves as an ideal platform for the students to gain specific skills related to their subject of choice or domain to stay ahead of the competition by providing live projects and internships that provide adequate corporate exposure. Grooming our students in Personality development, Career guidance, Resume building, preparing them for Interviews by conducting Mock interviews, Aptitude tests, and Group discussions. Certificates are awarded to students on completion of the training series and tests.

Each month, we have a Training series that is ongoing for the entire month to prepare our students for the Interview process. We have been inviting Guest Lecturers who are experts and well-known in their field. It improves students' learning in a more interactive, topic-specific way.

In August, the series was on Resume building, and Guest presenters conducted the first session on “Importance of Profile building.” The following session was on “Resume building.” In September, the focus was on “Learning the Art of giving Interview” and “Mock Interviews” with live interviews with our students.

In October, we had the series on Personality Development. The opening session was taken by a Guest lecturer on “The Essence of Personality development and its relevance in an organization.” The second session was on “Self- Assessment, Self-Appraisal, and self-Development.” The last session was on “The Art of Communicating Professionally.”

The Placement department's activities assist students in confidently and professionally preparing themselves to get the most excellent positions in the market with the best wage package. We have successfully placed our students in organizations to thrive and take leaps in their careers.

We endeavor to create eligible Candidates and provide them with the best job opportunities.

The students who were placed in the following companies in the Academic Year 2021-2022.

- | | | |
|-------------------|-------------------|------------------|
| 1. Akshita Luther | 4. Anuja Bhalke | 7. Gabriel Jahau |
| 2. Anuja Bhalke | 5. Mayar Chithung | |
| 3. Mayar Chithung | 6. Lalrinsiami | |

Sports

Spicer boasts of its holistic education and one aspect of that is sports. Among the daily scuttle of academic pursuits are sprinkled brief sessions of exhilarating outdoor activities. These extra-curricular activities promote discipline, sportsmanship, team spirit, health, and social skills contributing towards the wholesome development of individuals.

Although students are not on campus due to the pandemic, efforts have been made to engage them in physical activities. The sports department has initiated the online sports program where students are segregated into houses along with the house captains and sponsors assigned to them. Students are required to submit videos of them completing the various sport activities scheduled throughout the academic year. This is aimed at encouraging students to stay physically fit and active in simple ways even if they do not have access to gyms and sports facilities.

The campus has seen a spike in the number of residents taking evening walks to make the most of being cooped up, nevertheless in a large campus. The number of people on campus has reduced significantly after Covid-19 due to the restrictions. As a result, the current occupants are just the families of the faculty and staff. Many individuals have taken up learning various sports, creating a surge in the number of sportspersons. The campus has seen a tremendous growth in new talent among the younger generation as they have the opportunity to explore their athletic capacities. In a normal situation, there would be many other skilled players which would've made them refrain from even trying.

The main sports played are football, volleyball, basketball, and badminton. Despite the pandemic, each of these sports have managed to gather enough players to have an extra team waiting to challenge the winner of the previous match. Over the months, there have been many tournaments organized which has helped keep the spirit of competition alive. The beauty about sports at Spicer is that there is so much diversity; the players are a mix of male as well as female students, teachers, staff, and alumni. The campus overflows with energy in the evenings and is a sight to see.

As responsible citizens, precautions are taken so that these activities do not become a reason for the further spreading of the virus. During lockdowns the physical activities are limited to walks and other activities resume only when the conditions improve. Looking at recent developments we hope to have the new students experience the fun-filled sports activities on campus very soon.

Mashungmi Riphung

Director, Department of Sports

SCPS (Spicer College Product & Services)

Spicer College Products & Services is a unit of Spicer Memorial College, established in 1972 by American missionaries with imported equipment and international technology within the beautiful campus of Spicer Memorial College, now Spicer Adventist University at Aundh, Pune.

This unit comprises four functional departments:

A. Confectionery

Spicer Confectionery products are among the outstanding and famous products in Pune City. Spicer Confectionery & Bakery's products were recognized and published by the Times of India as one of the finest five bakeries in Pune in 2008; the products continue to be the best today. The Confectionery sticks to authentic recipes, which have survived the test of time. It is a quaint little structure, synonymous with all things sweet, served with that unmistakable dash of warmth. Spicer Confectionery mainly gives significance to healthy foods. Using less or no sugar, but more honey, fresh fruits, Dry fruits & Jaggery, Spicer vows to show importance to health, rather than taste and sweet.

Most Popular Products

Ragi Bread: Ragi Bread is Spicer's most distinctive product. Spicer in Pune is the only one who prepares them.

Doughnut: Originally created by Spicer Confectionery in the 1970s, the doughnut has become a prevalent food ever since.

Lamington: It is a delightful cube of sponge cake that has been dipped in melted chocolate and sugar and then covered with desiccated coconut. It originated in Australia in 1898 and was introduced to India by Spicer.

Aside from these, Spicer Confectionery offers a wide range of delectable Doughnuts, Cakes, Pastries, Rolls, Puffs, Fillings, Cookies & Biscuits, and Buns & loaves of bread in various flavors.

B. Soya Department

Besides its own Soya Products, the soya product department manufactures various other food products, such as Grape Products and Peanut Butter, made entirely of natural ingredients and do not include any chemicals or preservatives.



SOYA PRODUCTS

- i. Soya Milk
- ii. Soya Paneer (Tofu)
- iii. Soya Vita
- iv. Soya Coffee
- v. Soya Flour

GRAPE PRODUCTS

- i. Grape Squash
- ii. Grape Juice
- iii. Grape Jam

PEANUT PRODUCTS

- i. Peanut Butter

**C. Construction / Workshop Department**

It is the responsibility of the Construction Department to carry out all welding, metal, and fabrication work. Some of the items manufactured in this department include all types of furniture items such as Benches, beds (including double beds), Cupboards, Desks, and Gates, among other things.

D. Press

The majority of the work done in the Press Department is printing, cutting, and binding. Printing the Examination Answer sheet for Spicer University and Spicer High School, binding of student projects and books, pocket folders for offices, cash receipts books, vouchers, and other printing jobs are offered.

Today, SCPS & SAU is also one of the best places to stroll in Pune, thanks to wide roads with plenty of greenery on both sides and Spicer and its units that are always willing to serve you.

Sanjay Salve,
Manager,
Spicer College Products & Services, Pune.



Custodial

Spicer Adventist University's Custodial Department is in charge of cleaning, organizing, and maintaining all of the university's buildings and facilities. In addition, the custodial department takes care of all of the arrangements for academic activities at the university. During the pandemic crisis, the department dedicatedly made the campus look neat.



Picture Credit: Reginal Chavan



Picture Credit: Santosh Kumar



Picture Credit: Santosh Kumar

Estate

The estate department is responsible for the management and care of land and property that belongs to the institutions. The greenery all around the campus is because of the dedicated team who work day and night to make sure that the university campus looks beautiful. Under the experienced supervision of Mrs. Annie Sanjeevan, wife of the Vice-chancellor, a planned plantation of seasonal

flowers, scheduled watering, and continuous maintenance has enhanced the beauty of Spicer Adventist

Farm

Located on the main campus, the university farm is one of the most picturesque spots on the property. The farm, which is surrounded by greenery amid a megacity, has been a gift of nature to the campus and the neighboring community for many years. In addition to providing organic greens and vegetables for the students' cafeteria, the farm also makes products available for sale to the surrounding community. The farm produces spinach, baby spinach for salad, broccoli, mustard leaves, Methi leaves, eggplant, sweetcorn, pumpkins, baby pumpkins from Manipur state, tomatoes, bottle gourd, bitter gourd, onion, ginger, and garlic.



University Campus Security

A potential disaster on August 19, 2021, was prevented thanks to our vigilant security. When everything appeared to be back to normal last year, our security team was doing their duty of guarding the front entrance. Everything appeared normal until the supervisor, Mr. Prem Kumar Yadav (Sadhu), went on his regular rounds at midnight. In accordance with his pattern, he arrives at midnight and blows his whistle to alert the other point guards that he is on his way to conduct an inspection. He said it had been a pleasant night, and after finishing his rounds, he returned to the main gate and remained there for a time. His second inspection round took place at 2 a.m.

He was inspecting various points the entire time, all of which were up to the mark and of no concern, but when he arrived at the confectionery sales counterpoint, he was terrified to discover that the transformer room had caught fire. His first thought was to put out the fire, but he quickly realized that he could not use water, which could have ended up costing him his life.

He began hastily phoning everyone he believed should be notified about the situation. In no time, the electric fire began to grow in intensity, and he had a distinct impression that something terrible was about to happen. To act on his intuition, he searched for the main switch to turn it off but was unsuccessful in his search for the switch. He held a stick in his hand, but the stick was of little help because the switch was equipped with a lever that needed to be dragged down to turn off the power supply. Nevertheless, Mr. Yadav eventually successfully pushed the switch lever down and turned out the whole electric supply after several unsuccessful attempts on his part.

Mr. Yadav was able to save millions of rupees for SAU as a result of his speedy reaction time. If he had not put out the fire, we would have suffered a significant financial loss if the transformer had blown up. Even worse, if something had occurred to Mr. Yadav while attempting to shut down the power supply, that would have been a catastrophic disaster for SAU. However, we give thanks to God, our mighty saviour, who was there to protect Mr. Yadav.



When Dr. Sanjeevan Arsud, our beloved Vice-Chancellor, was told of the event, he quickly was on the scene to assist. The result was that Mr. Yadav was recognized for his bravery on August 20, 2021, in front of the entire Spicer Adventist University community.

Sumitra Kate,
Security Manager, SAU

Developments @ Spicer

Renovation at SASDA campus

The SASDA campus is undergoing renovations at the moment. A number of old residences have been refurbished to provide greater amenities.



Developments @ Spicer

New Building for Religious Studies

A brand new building is ready for the division of Religious studies in the University campus.



Road Construction

The roads of the university campus is in its renovation process.



SAU's Hostel: Home away from home!

Pandemic has taken away the joy of being together as a family in the men's hostel of Spicer Adventist University. The hostel life's unique feature is that one gets to live with more significant Adventist Family members from around the country and globe. This unique multicultural ambience is best for cross-cultural experiences. Students residing in the hostel get to mingle with multilingual communities and be at an advantage to pick up different languages. Such ambience allows the residents to interact and mingle with people other than their own cultures and learn to respect the values of other cultures. The friendly atmosphere at the hostel with no ragging or bullying enables them to develop deep friendships pretty quickly. Such deep friendship often leads to the utilization of vacations to visit each other's native places. Thus, further possibility to enhance cross-cultural experiences.

The university administration is keen on renovating the hostel to provide the future residents with the best facilities and amenities. The so-called "Old Hostel" has got a facelift as the aged roof has been changed to prevent the raindrops from entering inside. Other plans are underway, and we pray that all the plans can be materialized to give our incoming family members a desirable home here at the men's hostel of Spicer Adventist University.

Many of our current students call us regularly, enquiring when they can come home. Some even mentioned that they are "hostel sick," replicating the terminology of "homesick." As the men's hostel deans, we feel that separation has been too long. Even with all the mortal limitations, the Men's hostel administration desires to provide a homecoming experience for all prospective residents.

Anish Puthusseril Joseph,
Dean, Men's Hostel

It has been far too long since the pandemic compelled all of the students in the Women's Hostel to return to their respective homes!

By May 2021, the few students who had could not travel due to sudden lock down and could not return to their respective homes. Everyone, except one, left the hostel. The spot where we hear laughter, singing, and chit-chatting has turned into a desolate place with a sense of a great absence. The few spinsters that stay at the hostel are likewise not visible much since they prefer to remain in their rooms and keep to themselves. The administration planned to reopen the high school dormitory for the females who had expressed an interest in staying for the school's offline classes. The school principal sent workers to clean and repair the high school wing for a week. However, in accordance with the government's notification, the administration delayed the opening until further notice from the state government for the safety of the students.

Students who completed their studies returned to get their things, but as many of our hostel residents were from distant places, their lockers remained locked. We try our best to keep the hostel rooms and the surroundings clean, but without students residing in the hostel, the place looks empty and lonely. We wish that this pandemic situation gets over soon and many students from all over India and around the world would come back and fill our lonely hostel with happiness again.

Audrey Bhaggien,
Dean, Women's Hostel

Spotlight

Spotlight

This issue of Spicerian “SPOTLIGHT” the work and dedication of two gentlemen serving at Spicer Adventist University. On behalf of Spicer community, the Spicerian team would like to express deep gratitude for the unfailing dedicated work of Mr. Prabin Murmu and Mr. Ajit Hansda.

Mr. Prabin Murmu is working in the custodial department and is known for his excellent trimming and planting skills. He is known for his meticulous working style that has impressed the campus residents. He says, “that working at Spicer is an honor and since the pandemic I am working in estate as well. I am hoping that the students may arrive soon so that I would better serve them in keeping and maintaining the classrooms.” Prabin and his wife have three children and they are happily living and serving at Spicer Adventist University.



Mr. Ajit Hansda is working in the estate department cleaning and maintaining the campus. He delightfully performs his duty and says, “I have been working since 2017 and enjoyed the working environment here.” Mr. Ajit’s wife is working in the farm. They both have two children – a boy and a girl.

The Spicerian salutes their loyalty, hard work, and dedication towards Spicer Adventist University, even during the time of crisis.

The Spicerian Team

Farewell to Dr. Sheela Chacko

Goodbyes are never easy; pictures never carry your warmth. Memories will always pierce the heart. No words can say it all.

Every goodbye encloses a veiled message that says, “We shall miss you till you come back.” Teachers, after our parents, are the most influential people in our lives. Dr. Sheela Chacko attended the Kottakara Seventh Day Adventist School in Kerala, graduated from SCS Thiruvalla, and obtained a degree from Marthoma College. She later received her Master of Science degree from Holy Cross College Madurai Kamaraj University. Dr. Sheela’s parents were early Adventist missionaries in Kerala. Her father, Pr. P.I. Thomas started his ministry at Kottakara and built a school so that other children might be educated. Dr. Sheela’s passion for teaching drove her to earn a Bachelor of Education degree from Madurai Kamaraj University. She joined Spicer in 1985 and began working as a teacher in Spicer Higher Secondary School. After that, she joined as an Assistant Professor at Spicer Memorial College, where she worked with passion and mentored many students pursuing their education degrees.



Dr. Sheela is happily married to Mr. Paul Chacko, and they have two lovely children who are both married and working. Dr. Sheela has grandchildren as well. She received her Doctorate in Education from Savitribai Phule University. Dr. Sheela, for the students, is an exceptional teacher that seems to be hard to come by, and they consider themselves to be fortunate to have such a brilliant teacher as her. Many of those who worked with her were inspired to accomplish their tasks by achieving their goals. She has been an exceptional mentor, preparing many others to follow in her footsteps. Dr. Sheela was a coworker and a friend to many others.

Spicer Adventist University recognizes Dr. Sheela’s efforts to empower academics through her vision, leadership, and shaping students to reach greater heights. Dr. Sheela Chacko is featured in the Spicerian magazine as an educator and friend of Spicer Adventist University.

We wish you the best in life.

Smruti Salve

The Spicerian

Farewell to Mr. Johnson Dasaiah

Johnson Dhasiah was the fifth of seven children in a Roman Catholic family. He went to school at Kanyakumari, Tamil Nadu. In 1980, he was baptized into the Seventh Day Adventist Church and relocated to Pune, Maharashtra, to study Industrial Arts and Mathematics at Spicer Memorial College. He went on to work at Bangalore's Lowry Memorial College in 1991 as the manager of the wood and metal craft department and a teacher educator at the teacher training college.

Johnson married Esther Rani in 1992, and they have two children, Elba and Jeryl. He earned his MA in history from Annamalai University in 1999 and a second MA from Spicer Adventist University in 2016.

Johnson was appointed chair of the Industrial Arts Department at Spicer Memorial College in 2000. Between 2007 through 2013, he was the Director of Work Education and then the Director of Admissions. He served as Associate Registrar for Admissions and Eligibility at Spicer Adventist University from 2014 until his voluntary retirement in August 2021.

For almost 30 years, he managed the audio-visual equipment at Lowry Memorial College and Spicer Memorial College and Church, where he also trained numerous students. He enjoyed working and teaching especially as woodworking. His love for arts and crafts led him to design a tiny Taj Mahal for the Southern Asia Division exhibit at the 2010 General Conference Session in Atlanta, USA.

Mr. Johnson was also the sponsor for Oreodoxa, Spicer Adventist University's yearly pictorial journal, five times (2004, 2005, 2012, 2013, 2015-golden edition), and was the sponsor and editor for Lowry Memorial College's annual magazine Indica in 1997. He also presented in SAU Leadership and General camps and taught Arts and Crafts to students in B.E.Ed, BED, and MA Education courses. The International Religious Liberty Association meeting in New Delhi in 1999 was one of the several meetings for which he created backdrops. He also prepared backdrops for other events and church activities (for the Southern Asia Division, South India Union, Karnataka region, etc.). He and his wife have decorated and planned many events and weddings. From 2006 through 2020, he sponsored the Adventist Tamil Youth Fellowship. The Spicer Adventist Church elected him the first elder for 2020-21.

Spicer Adventist University honors Mr. Johnson Dasaiah for his vision, leadership, and influence on students as they strive to achieve greater heights in their lives. Mr. Johnson is highlighted in the Spicerian magazine as an influencer, educator, and friend of Spicer Adventist University.

WE Wish your happiness, health, and hope for future.

The Spicerian





Mr. Nirmal Khaka



Mrs. Sushila Madhukar Kedari

Farewell



Mrs. Shiny Prashantha



Dr. P. L. Thlenga

SAU House of Prayer

The Covid-19 pandemic and the subsequent lockdown implemented by the governments has caused enormous disruption and disorganized the life of society. Religious communities worldwide were not spared, and the churches had to transform their functioning and become accustomed to new ways of shepherding their members.

SAU House of Prayer moved to online worship services during March 2020 and have been streaming live Sabbath worship services in association with Hope Channel India. Over the past six months, SAU House of Prayer celebrated special Sabbaths focusing on various themes initiated by the world church. On the Sabbath of July 17, 2021, Elder Anil Kandane and Pr. Augustine Daniel from WIU visited SAU church to release a book entitled “Covid-19: How to Prevent Getting Infected.” Written by Dr. Rajarathnam Abel was later distributed to our church congregation. The Children of our Church led the Sabbath services of July 23 & 24, 2021, on the theme “I Will Go: Called to be Different.” The Sabbath of August 13 & 14, 2021, focused on the theme “Global Mission Outreach.” The Sabbath of September 10 & 11, 2021, was celebrated in view of Family Togetherness, centering on the theme “Living Fruitful Love.” As we began a new academic school year at Spicer Adventist University, the Sabbath services of September 17 & 18, 2021, were led out by the University Administrators.

The Sabbath school department took up the worship services on September 24 & 2, 2021. We had the single adults who led worship services on October 8 & 9, 2021. As the world church set aside October 23 as Creation Sabbath, the Science department faculty and students took up the Sabbath weekend worship services. The Sabbath of October 29 & 30, 2021, was celebrated because of Adventist Heritage. November 12 & 13, 2021, were special days for Spicer Church as our Church’s children led out in worship services. The services on December 3 & 4, 2021, were headed by the Stewardship department. December 10, 2021, was a night filled with music as we focused on the theme “We are the Reason.” On December 25, 2021, we had a guest speaker Dr. Boxter Kharbteng who spoke on “What is Christmas all about?” We celebrated the end of 2021 with a Year-End Thanksgiving prayer session where members of our Church shared their testimonies.

When the lockdown eased, our Church opened for in-person worship services, which allowed us to conduct communion service on November 5, 2021. We also hosted Week of Spiritual Emphasis from December 5-10, 2021, on the theme “The Three Angels Messages.”

This pandemic has been a learning experience, and it not only tested our faith in God but has strengthened our hope in God’s soon return. As we are encouraged to adapt to the “new normal” and learn to live with the situation around us, we, the Adventists, await the coming of the King of Kings—Lord Jesus Christ.

Although there was a fright of “what will happen next?” people have come together to help, encourage and support one another during these times. Although this period was filled with heartaches, painful experiences, and families bidding hardest goodbyes to their loved ones, these testing times have made us resilient. This year 2022, as much as we celebrate life and God’s blessings, we grieve and pay respects to those who have gone before us. We have seen the hand of God working in the growth and

enrichment of our Church. God has never left our side. We continued to experience God's love, mercy, and grace.

We hope to bring normalcy, peace, and healing to our members as they worship with us from home. We are committed to providing a live worship gathering every week through our online services, where our members can experience God through worship, prayer, and studying his Word. Our prayer is that it helps their faith grow stronger until our Lord and Savior Jesus Christ comes in the clouds of heaven.

**Spicer House of Prayer,
Spicer Adventist University**

Picture Courtesy: Reginald C.



Alumni Speaks

My name is Nirnanjan Pallipamula. I am a graduate of Spicer College in the year 1998. I graduated in two majors and one minor. I'm standing here because of Spicer Memorial College great success in my life. I have learned to complete all the tasks that I have been given because of the education that I received in Spicer College. I have excellent friends around me because of the social I have enjoyed there, and I am still a religious person. I am an Adventist because of the spiritual life I learned at Spicer College. All these puts together have given me the best way of life. I really would like to appreciate the institution's beliefs and trust that the institution will continue to do its best for the rest of the community.



**Nirnanjeen Pallipamula,
Maryland, USA.**

Students Speak



Leo Steve A. S.

The pandemic has been and still is a difficult time for everyone. Lockdown and Quarantine have become common to almost everyone, and each one has its own set of unique challenges and problems. As a student, I faced specific challenges that many of my peers could easily relate to. In this article, I will be sharing my experience as a university student learning online.

The most challenging aspect of having online classes is staying focused and in touch with my study material. Being in the same environment for almost the entire day makes it challenging to be attentive and focused. Attending classes becomes mundane and monotonous. Not due to the teachers or subjects but mainly due to the lack of change in the environment. Being in College or University meant a different form of education than High school, and it meant moving in between classes and gaining new experiences as independent or semi independent young adults.

Nevertheless, due to the pandemic, I was constrained from being home and my room for the most part. Another difficult aspect of learning online was a simple fact that it was all “online.” Being online for me and many of my generations became associated with leisure activities, so having all our studies and learning online made it difficult as we became quickly and frequently distracted.

Learning and studying online made life very convenient for me. What I mean by the word “convenient” is that we were no longer required to get up and dress and get into the routine and mindset of preparing to learn. All we had to do was wake up, look presentable and attend classes. The new life-

style led many of us to become lethargic, lazy, and uninterested in following up properly in our classes. Another challenge I faced was dealing with and processing that my family, whom I was away from, had contracted the virus and were hospitalized. The unseen tragedy affected me emotionally and mentally and made it even more challenging to stay focused. All these distractions and challenges also challenged and affected my relationship with God. Not in terms of questioning or doubting Him but in terms of paying attention and spending time with Him. Ultimately, it was God's faithfulness and mercies that got us through. It is worth trusting God.

For me, being at home constantly meant that I mainly spent my time online on my phone or laptop watching TV shows, playing games, or passing my time doing other leisure activities. Of course, this was along with house chores and responsibilities, but that was not too different from regular day-to-day life before the pandemic. I was not affected by the pandemic directly in terms of contracting the virus, but I was affected, as many, if not all of us were, by the other restrictions and rules that we had to follow (of course, for our safety). Coping up with my studies proved to be a challenge due to the distraction of being online constantly. Though it proved to be more challenging, I managed to set aside time to try and stay in touch and be aware of what I was learning.

Having said all of this, I am pretty satisfied and grateful with how Spicer Adventist University has handled and responded to the Coronavirus pandemic. There is only so much a learning institution can do in the given circumstances for its students. In my opinion, Spicer Adventist University has done its best to provide us with students the means to continue and complete our college education.

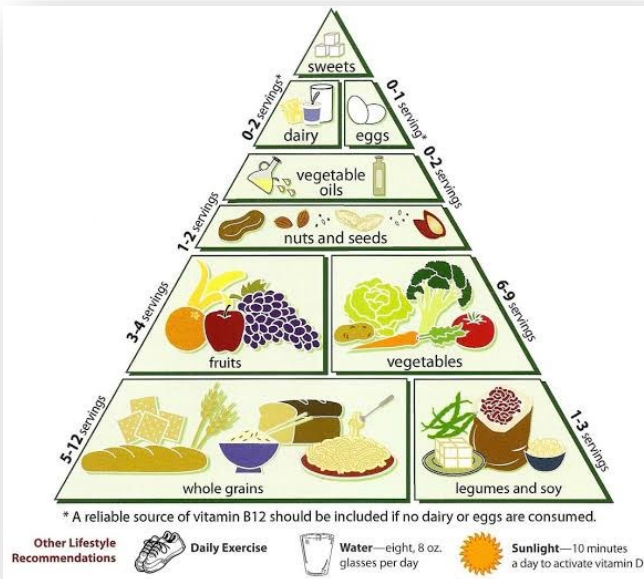
In conclusion, having experienced both offline and online learning, I would say that I prefer to have offline classes. Although sometimes we students may complain or groan about physically attending class instead of our beds or desks at home, there is nothing like attending classes and learning offline. The experience is complete and fulfilling because we interact with our teachers and classmates.

**If you want to share your story being a
Spicerian, write to us at**

thespicerian@sau.edu.in

WAIST-ING or WASTING

The recently published National Family Health Survey (NFHS-5), of the health and nutrition of India's population described a 'silent pandemic', a split between the two extremes of the nutrition spectrum. A third of the children below 5 years were short for their age and underweight; however, at the same time the number of children that were overweight increased by 1.5 times in 5 years. One in four adults are overweight and half the population have high risk for obesity, while about a fifth of the adults are underweight. Anaemia continued to increase over the past 10 years among children and adults; and one in four adults had increased blood pressure.¹ These conditions are linked to a dietary imbalance, commonly known as 'Malnutrition'. Although most often associated with undernutrition, this 'Double Burden of Malnutrition', is equally associated with overnutrition, affecting all sectors of society and races.



Food has always captivated the human mind from the time of the first sin (Genesis 3), as a bargain price for a birth right (Genesis 25:29-34), as a tool for temptation (Luke 4:3) and as the only physical need mentioned in the Lord's prayer (Matthew 6:11). The Bible is filled with stories, counsels, references to food, diet, and nutrition - the excess or the lack of it. Ellen White counselled and advice on healthy diet and lifestyle in her book, Counsels on Diet and Foods, amongst many other letters and publications. The NEWSTART lifestyle program advocated by the Adventist church focuses on two important aspects of diet - Nutrition and Temperance. Science is continually redefining the constituents of a healthy diet with the evolving understanding of different foods, essential nutrients, and other components of

food and their impact on our health and their role in diseases.² The core of a balanced diet remains the same, demanding the greater consumption of health-promoting foods and limited intake or restricting unhealthier options.³

A healthy, balanced diet is one with the harmonious amalgamation of macronutrients (for energy), micronutrients (for normal growth, development, metabolism, and physiologic functioning) and hydration, all 2000 odd kilocalories (for an average person) interspersed throughout the day's meals.⁴ While governments and health organizations pursue in their efforts to curtail this 'silent pandemic', it is our duty to choose a healthy, balanced diet combined with Exercise, Water, Sunshine, Air, Rest, showing Temperance in our choices and above all our Trust in God.

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Dr Ranjit Injety,
Epidemiologist & Project Manager,
Christian Medical College & Hospital, Ludhiana

SUNRISE BREAKFAST

Ingredients:

- 7 cups Oatmeal
- 1 ¼ cups wheat germ
- 1 ¼ cups coconut
- ½ cup brown sugar (add more or less to taste)
- 2 tsp. Vanilla
- 2/3 cup water
- ½ cup oil
- 1 cup chopped nuts (almonds, walnuts, pecans)
- ½ cup dates, chopped (optional)
- 1 tsp. Salt (optional)

Method:

Mix dry ingredients in gallon-size bowl.

Combine liquid ingredients in separate bowl, mixing well.

Slowly add liquid mixture to dry ingredients, mixing thoroughly with each addition.

Spread thinly on four large cookie sheets and bake at 250° to 300° F for 1 ½ hours, mixing after each half hour. Add dates, raisins, or dried apricots, etc., and bake an additional half hour.

Remove from oven and cool. Store in air tight container.

(Serves, 22, & makes 11 cups)



What's in the Menu?

Maple Wesley

Obituary



Mr Penugula Christy Vijaykumar
(1959-2022)



Mrs Penugula Christy Vijaykumar
(1961-2022)

The team of the Spicerian magazine, on behalf of Spicer Adventist University, would like to pay tribute to Mr and Mrs Vijaykumar. Both Mr Penugula Christy Vijaykumar and his dear wife Mrs Penugula Ammaji Vijaykumar faithful workers of the university. Their sudden demise has left us all devastated. Their flawless service will always be cherished by the institution. They both will always be remembered!

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The Spicerian Team