



# P. A. FIRST GRADE COLLEGE

Affiliated to Mangalore University | Recognised by Govt. of Karnataka



## COLLEGE CHRONICLE



**ANNUAL MAGAZINE**  
— 2022-2023 —

## VISION



To foster valuable resources for society and industry through excellence in education, training, and skill set development.

## MISSION



To develop students' intellectual capacities in Humanities and Social Sciences, Food Sciences, Computer Applications, Commerce and Management to the fullest.

To strive for better Industry-Academia collaborations to sensitively actualise solutions toward building an inclusive society.

To generate new prospects of employment through continuous creative exploration of skill sets.





# *College Chronicle*

**ANNUAL MAGAZINE**

— 2022-2023 —

**P. A. FIRST GRADE COLLEGE**

Affiliated to Mangalore University | Recognised by Govt. of Karnataka

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**(1943-2021)**

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**P. A. Educational Trust (Regd.)**

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Prof. Jayaraj Amin  
Vice Chancellor

Date: 19.07.2023

### Message

The P.A First Grade College is counted among the top-rated colleges in Karnataka with an excellent scholastic and co-scholastic track record. It is a proud feeling to note that since its inception in 1999, P.A First Grade College, an educational institute under the P.A Educational Trust, a PACE Group, has been doing an excellent job in providing quality education to the aspirants from the rural regions of Mangaluru. Students are given ample opportunities for developing their personality and professional aptitude.

I am very much delighted to know that the college is bringing out the annual magazine "COLLEGE CHRONICLE" to showcase the academic excellence achieved in the year 2022-23 and as a platform to portray student's talents in literary and art works. I am happy to note that in addition to regular academic and extracurricular activities, the college has supported the students to explore and flourish their strengths in sports and cultural events. I am sure, these are all well documented in the college magazine.

I congratulate the Principal, management, editorial team and students who have taken a special interest in bringing out the magazine "COLLEGE CHRONICLE" in a beautiful manner. I take this opportunity to wish all the students a bright future.

  
Prof. Jayaraj Amin

## Message

**Mr. Abdulla Ibrahim**

Managing Trustee



*Education is the only tool which makes the country prosper, thus giving people a chance to live a peaceful and comfortable life.*

*The selection of an institution to pursue your education plays a vital role in a student's life. You need to take into consideration several factors like the availability of infrastructural facility, industry linkage and interaction, focus to impart quality education comparable with global standards. PAFGC is, one such institution which not only gives academic knowledge to have a successful future but also to transform into better human beings.*

*Our core aspiration is to provide an Educational Excellence, that every student makes a positive difference in his/her life. We ensure that students enjoy their college life in a happy, safe and secure atmosphere designed to fulfill their potential.*

*"Success is not the result of spontaneous combustion; you must first set yourself on fire". At PAFGC, the students will be exposed to an atmosphere of intellectual stimulation and team work, leading-edge integrated approaches to many complex professional challenges and extensive collaboration with business, industry and the Government. We lead them to realize their dreams for reaching the apex of their career.*

*We look forward to a relationship where only imparting education, is not the sole objective, but to make our students competent professionals, executives, future leaders and above all socially responsible human beings.*

*The annual college magazine "College Chronicle" has given an opportunity to the students and staff to showcase their ideas, talents and thoughts on different perspectives. I congratulate the entire editorial team for their assiduous work in the publication of this magazine.*

*Think high to reach heights...*

*I wish you all the very best in all your future endeavors.*



## *Message*

**Mr. K. Ahammad Kutty**

Director (Finance)  
P.A. Educational Trust (Regd.)

*“The most useful assets of a person are not a headful of knowledge but a heart full of love with ears open to listen and hands willing to help.”*

*P.A. First Grade College empowers their students with appropriate new age tech mind-set, hence making them digitally ready for the future. This makes us sail on the same boat of the Government program for the youth on Artificial Intelligence and many more, thus ensuring our students to grab an opportunity to become a part of the skilled force in an inclusive manner.*

*Education is a passion driven journey. The excellence in the teaching and learning experience is achieved by people who are internally motivated to give direction to the lives of several people. Education traditionally was not only meant to be the preparation of life, but it was supposed to be the life in itself.*

*The magazine “College Chronicle” has been a platform to the members of PAFGC to unveil innovative ideas through writing and art.*

*I acknowledge the hard-work and determination by the Management, Principal, Teaching and Non-teaching staff in bringing up the young minds into colorful feathers to create a peaceful society in the days to come.*

*Best wishes for all your future ventures.*

## *From the Principal's Desk...*



**Dr. Surfraz J Hasim**  
Principal

*P.A First Grade College, under PACE group of institutions is a renowned educational institution in the coastal city of Mangaluru. The entire campus, housing various sister institutions is acclaimed 'PACE Knowledge City' world-wide. It is with great pride and pleasure, I place before you our annual magazine, 'College Chronicle', an amalgamation of diverse thoughts and ideas crafted by our students and staff.*

*Albert Einstein said, "Education is not about learning of facts but training young minds to think". We encourage young minds to develop a growth mindset; so that they can reach their full potential and achieve great accomplishment. We believe in holistic education that encompasses academics, co-curricular activities, sports and life- skills learning. The industrial visits, internships, seminars, workshops and training programs open the door to global platforms to our students.*

*Many consider education as a medium of getting good jobs, living a royal life, earning money and much more. But, the real meaning comes, when our thinking is changed and we start thinking of the betterment of the society, country and the world at large. On the whole, education means holistic development of the students, not only restricted to the students' achievements in academics but also helping them to inherit knowledge to build a better tomorrow, in a disciplined manner utilizing innovative skills.*

*This annual magazine 'College Chronicle' gives space to imagination and unleashes the hidden talents of students and staff, providing them a platform to showcase their talents and creative ideas.*

*I congratulate the Editorial board, staff and students for their strenuous efforts, active participation, dedication and commitment in bringing out the best through writing and art.*

*Best wishes to the Editorial team of 'College Chronicle'.*

*Happy reading.....*



## *From the Editor's Desk*



*Knowledge is power. Today, education is much more than merely acquiring knowledge. We have been cherishing our dictum of empowering all the students for their overall development.*

*We feel proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out the magazine College Chronicle 2022-23 which is surely going to unfold the unraveled world of the most unforgettable and precious moments of the college.*

*The magazine committee is glad to note that many of the faculty members and the students have evinced interest in the magazine by contributing creative and interesting write-ups in different languages on different topics and artistic pictures related to various branches of knowledge. The contents not only mirror the creative talents of the contributors but also their analytical skills.*

*The committee deems it an honour to congratulate all of them. We are thankful to our colleagues for their cooperation. We strongly hope that the magazine will be received well by each and everyone.*

*The twinkle in your eyes and the smile on your lips are what we look forward when you flip through the pages of the magazine and you will perceive a reflection of your own.*

*Wish you all a Happy Reading....*

**Ms. Noorjahan Begum S A**

*Asst. Professor*

*Head, Dept. of Humanities & Social Sciences*



## *Editorial Board*



**Ms. Noorjahan Begum S A**  
Asst. Professor & HOD  
(Hindi)



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(Kannada)



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& Management



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(English)



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IQAC Coordinator



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Asst. Professor



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**Ms. Reshma**  
Asst. Professor



**Mr. Hamad Basheer**  
Asst. Professor



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Asst. Professor



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**Ms. Ithashree**  
Asst. Professor



**Ms. Preeti**  
Asst. Professor



**Mr. Mohammed Sali Asham**  
Asst. Professor

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Asst. Professor



**Ms. Munhan Nisa**  
Asst. Professor



**Mr. Sachin Giri B G**  
Asst. Professor



**Ms. Ayshath Napiha M**  
Asst. Professor



**Mr. Muhammad Raafid**  
Asst. Professor



**Ms. Fathimathi Azweena**  
Asst. Professor



**Ms. Deepthi**  
Asst. Professor

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**Mr. Ibrahim M**

#### **SUPERVISOR**



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Office Staff



**Mr. Mohammed**  
Office Staff



**Ms. Ashwitha**  
Office Staff



**Ms. Akshatha**  
Office Staff



**Ms. Rajeevi**  
Attender



**Mr. Vinood**  
Attender



**Ms. Suprabha**  
Lab Instructor (FT & FND)



**Ms. Shakira**  
Lab Instructor (BCA)



**Ms. Harshini**  
Lab Instructor (BCA)



**Ms. Nishalatha**  
Lab Instructor (FT & FND)

## *General Proficiency Award*



**FAHMIDA YASMINE**

1<sup>st</sup> Year BBA 82%



**Mr. MOHAMMED AMAAN**

2<sup>nd</sup> Year BBA - 75%



**Ms. MARIYAM ASHIDA A K**

3<sup>rd</sup> Year BBA - 86.11%



**Ms. FATHIMA RAIZIN SATHAR**

1<sup>st</sup> Year B.Com. - 79%



**Ms. FATHIMA NUHMA**

2<sup>nd</sup> Year B.Com. - 92%



**Mr. ASIF ABOULLA ABDUL KHADER**

3<sup>rd</sup> Year B.Com. - 76.43%



**Ms. AYSHATH AYFUNA**

1<sup>st</sup> Year B.Sc. FND - 81.18%



**Ms. MARIYAM P**

2<sup>nd</sup> Year B.Sc. FND - 84%



**AYSHATH SHAHAMA**

3<sup>rd</sup> Year B.Sc. FND - 88%



**Ms. SAFA K P**

1<sup>st</sup> Year B.Sc. FT - 84.08%



**Ms. FASEELA HASHIM**

2<sup>nd</sup> Year B.Sc. FT - 79.87%



**Ms. FATHIMA REENAZ**

3<sup>rd</sup> Year B.Sc. FT - 87.44%



**Ms. FATHIMA L**  
1<sup>st</sup> Year BCA - 76%



**Ms. MARIYAM SWALIHA**  
2<sup>nd</sup> Year BCA - 83.3%

**BEST OUT GOING STUDENTS :  
2019-22 BATCH**



**Ms. FATHIMA NAIZAM**  
3<sup>rd</sup> Year BBA



**Mr. ABDUL BASHIT P H**  
3<sup>rd</sup> Year B.Com.



**Mr. MOHAMMED SAHZAD**  
3<sup>rd</sup> Year BCA



**Ms. ALEEMA NABEELA**  
3<sup>rd</sup> Year B.Sc. FND



**Ms. HALA IQBAL**  
3<sup>rd</sup> Year B.Sc. FT

## CLASS REPRESENTATIVES



Mr. Mohammed Ayman Basheer  
1<sup>st</sup> Year BBA - A



Ms. Kadeeja Naja  
1<sup>st</sup> Year BBA - A



Mr. Abdul Asmeel  
1<sup>st</sup> Year BBA - B



Ms. Mubeena T P  
1<sup>st</sup> Year BBA - B



Mr. Shalek K Safwan  
2<sup>nd</sup> Year BBA - A



Ms. Nida Haneef  
2<sup>nd</sup> Year BBA - A



Ms. Fathimath Masmoona Nazrin K K  
2<sup>nd</sup> Year BBA - B



Mr. Mohammed Ashiq  
2<sup>nd</sup> Year BBA - B



Mr. Abbas Muhannad  
3<sup>rd</sup> Year BBA



Ms. Fathima Hiba  
3<sup>rd</sup> Year BBA



Mr. Abdulla Ruvaiz C A  
1<sup>st</sup> Year B.Com.



Ms. Fathimath Shaziya  
1<sup>st</sup> Year B.Com.



Mr. Mohamed Shahid  
2<sup>nd</sup> Year B.Com.



Ms. Shabana Shirin  
2<sup>nd</sup> Year B.Com.



Mr. Abdul Basit P H  
3<sup>rd</sup> Year B.Com.



Ms. Fathima Nuhma  
3<sup>rd</sup> Year B.Com.

## CLASS REPRESENTATIVES



Mr. Ahmed Irfad  
1<sup>st</sup> Year BCA



Ms. Afifa Shaik  
1<sup>st</sup> Year BCA



Mr. Mohammad Aris  
2<sup>nd</sup> Year BCA



Ms. Ayshath Mahroofa  
2<sup>nd</sup> Year BCA



Mr. Mohammed Sahzad  
3<sup>rd</sup> Year BCA



Ms. Fathimath Shamla  
3<sup>rd</sup> Year BCA



Mr. Mohammad Hisham Malamkunnir  
1<sup>st</sup> Year B.Sc. FND



Ms. Khadeeja sihana  
1<sup>st</sup> Year B.Sc. FND



Ms. Khadeeja Saniya  
2<sup>nd</sup> Year B.Sc. FND



Ms. Ayshath Ayyuna  
2<sup>nd</sup> Year B.Sc. FND



Ms. Aysha Fida T S  
3<sup>rd</sup> Year B.Sc. FND



Ms. Mariyam P  
3<sup>rd</sup> Year B.Sc. FND



Mr. Mohammad Basim  
2<sup>nd</sup> Year B.Sc. FT



Ms. Apsa  
2<sup>nd</sup> Year B.Sc. FT



Mr. Shabaa Ahammed M C  
3<sup>rd</sup> Year B.Sc. FT



Ms. Khadeejath Munaza  
3<sup>rd</sup> year B.Sc. FT

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## **PAFGC Annual Report : 2022-23 – 15/06/2023**

Managing Trustee of P.A. Educational Trust Mr. Abdulla Ibrahim, Chief Guests of the day Mr. Yuvaraj Jain, Chairman, Excellent Group of Institutions, Moodbidri, guests of honour Prof. M Abdul Rahiman, Advisor, PAET Institutions, Mr. K M Haneef, Founder member and Former Director (Administration) of P. A. Educational Trust, AGM – Campus, Principals of sister institutions, respected dignitaries on and off the dais, guests, invitees, members of the faculty, parents, my dear students and members from press and media, As-Salaam-Alaikum and a pleasant morning to you all.

It gives me immense pleasure to present before you the Annual Report, which in brief outlines the milestones we have covered during the academic year 2022-23.

At the joyful occasion of this celebration of our Annual day, we miss our beloved Founder Chairman, Dr. P A Ibrahim Haji, who has taken an emboldened step with lot of courage and zeal in 1999, by establishing P. A. Educational Trust. Amidst the loss of our beloved Founder Chairman and very challenging situations we succeeded to flourish towards further heights under the leadership of our energetic Managing Trustee Mr. Abdulla Ibrahim. Thanks to the whole PAFGC Fraternity...

At the realm of any academic institution, it is the visionary management, the teaching-learning process, the faculty members, great minds and tons of positive energy. I am truly humbled to say that PAFGC has all of these in a fine balance. College is having over 35 well qualified and enthusiastic faculty members and 11 non-teaching staff. We have a fairly good Student Faculty Overall Ratio. In the academic year 2022-23, we have on roll 554 students.

### **TEACHING & LEARNING:**

PAFGC is committed towards a student - Centered learning system and a commendable result was obtained.

The results for batch of 2019 – 2022 was very much appreciable with good number of distinctions and first class.

BBA students secured 12 distinctions and 29 first class, B. Com students secured 01 distinction and 04 first class, B.Sc FND students with 25 distinctions and 14 first class, B.Sc. FT students with 12 distinctions and 11 first class.

In Aviation & Hospitality Management - Advance Diploma, all 37 students passed with Distinction and Supply Chain Management & Logistics - Advance Diploma 34 distinctions and 14 first class.

100% results were secured in the following subjects in the previous 5th sem results.

III BBA	Cost Accounting - Subject handled by	Ms. Ramyashree A B
III BCA	Distributed Accounting	Ms. Munhan Nisa
	Accounting & Financial Management	Mr. Hamad Basheer
	Accounts & Financial Management Lab	Ms. Vanishree Y
	Python Programming Lab	Ms. Munhan Nisa
III FT	Waste Mgt. of Food Industries	Ms. Nirmal C Bencia
	Quality Control in Industries	Ms. Rosey D
	Emerging Technologies in Food Processing	Ms. Rosey D
	Food Packaging & Storage Technology	Ms. Pooja
III FND	Food Preservation	Ms. Sruthi CK
	Chemistry -III	Ms. Delcy D'Souza
	Quality Control -I	Ms. Nirmal C Bencia
	Food Microbiology	Ms. Pooja
Aviation & Hospitality Management		
	Diploma & Advance Diploma	Mr. Babu Raj M
Supply Chain & Logistics Management		
	Diploma & Advance Diploma	Capt. Amar Mascarenhas

## 1. FACULTY & STUDENT ACHIEVEMENTS:

### Faculty Achievements:

- Principal - P.A. First Grade College, Mangaluru has been felicitated by Mangalore University for his contribution to Educational Development of Mangalore University Adopted Schools on 28<sup>th</sup> Jan 2023 at Mangala Auditorium, Mangalore University.

- ❖ Dr. Manjula P, Asst. Professor, Department of HSS was nominated to the Board of Studies (Malayalam) of St Aloysius College (Autonomous) by Mangalore University for the period of 3 academic years (2022-2025).
- ❖ Ms. Deepti Udyavar, Head, Dept. of Commerce & Management and Ms. Preethi, Asst. Professor cleared the NPTEL professional certification in the month of April 2023.
- ❖ Ms. Deepti Udyavar, Head Dept. of Commerce & Management was invited by the St. Agnes (Autonomous) College as External Examiner to conduct the VIVA to Commerce students.
- ❖ Ms. Vanishree Y, Asst. Professor, Dept. of Commerce & Management was appointed as Question paper setter by the Mangalore University for the semester exams.
- ❖ Mr Ibrahim, Physical Director & Football coach has been appointed as the coach to the Mangalore University Football team.

### **Student Achievements:**

- ❖ **Ms. Khadeejath Saniya** of 2<sup>nd</sup> FND secured 1<sup>st</sup> place in Hindi Essay Writing Competition conducted by Mangalore Refinery and Petrochemicals Limited (MRPL) on **25<sup>th</sup> August 2022**.
- ❖ **Ms. Hana Mariyam** of 3<sup>rd</sup> B.Sc. FND secured 3<sup>rd</sup> place in Ted Talk Competition at the Aloysian Fest 'INITIA' conducted by St. Aloysius College (Autonomous), Mangaluru on **31<sup>st</sup> March 2023**.
- ❖ Our football team won the **Ablaze Cup** in the Inter Collegiate Football Tournament conducted by **Manipal Academy of Higher Education (MAHE)** on **1<sup>st</sup> April 2023**.
- ❖ Our Students Mr. Abdul Basith & Mr. Akthar Majid of III B. Com and Mr. Krithik Roshan of II BCA cleared Karnataka State Football Referee Entrance Examination conducted by Udupi District Football Association on **4<sup>th</sup> June 2023**.
- ❖ Students of II BBA, Mr. Sheik Safwan, Mr. Ishan Sheik and Mr. Mohammed Ashiq have volunteered the interactive session on GST Laws at KCCI and were appreciated by the KCCI members for their valuable services.

- ❖ Mr. Sheik Safwan, 2<sup>nd</sup> year BBA and Ms. Thabsheera, 2<sup>nd</sup> year B.Sc – FT has been selected as a Student Ambassadors for Numero Uno for spearheading the Mangalore University Career Centre project for our institution.
- ❖ Ms. Fathima Nishana Olakara of 3<sup>rd</sup> year B.Sc. FND secured **1<sup>st</sup> place** in treasure hunt & poster making competition, Ms. Nadha Muhammed Sareef of 3<sup>rd</sup> year B.Sc. FND secured 1<sup>st</sup> place in reel making competition in 'Scientia 2.0' organised by Besant Women's College, Mangalore on **8<sup>th</sup> June 2023**.
- ❖ Many of our students participated in various Inter-Collegiate competitions conducted by affiliated colleges of Mangalore University.

## **2. WORKSHOPS AND SEMINARS ATTENDED BY FACULTY MEMBERS:**

Almost all our faculty members participated in various conferences and workshops conducted by various academic bodies under Mangalore University, Kanara Chamber of Commerce & Industry, Karnataka state higher education council, and various colleges in and around Mangalore.

## **3. OUTREACH PROGRAMS:**

- ❖ NSS unit of PAFGC conducted an outreach program on "Scientific Studying Techniques" at Vani Vijaya School, Kodlamogoru, Manjeshwar on **23<sup>rd</sup> Jan 2023**.

## **4. COMPETITIONS HELD DURING THE ACADEMIC YEAR 2022-23:**

- ❖ Elocution and Essay writing competition was conducted to create awareness among students towards National Education Policy.
- ❖ Environmental Cell organized an Online Quiz competition "Let's Get Quizzical" on the account of World Meteorological day.
- ❖ Women Cell conducted Elocution Competition on the topic 'Working Mother'.
- ❖ Department of Commerce & Management conducted Collage Competition on the topic 'Investment'.
- ❖ Literary association conducted various competitions like Essay writing Competition on the topic '**Women Empowerment**', **Poem writing Competition & Story writing Competition and Patriotic song Competition**.
- ❖ Internal Complaints Committee conducted Debate Competition on the topic '**Is Education to Female Child a Boon or Burden**'.

- ❖ NSS and Youth Red Cross unit organised a competition on patriotic song, general group singing and Painting competition.

## **5. ASSOCIATIONS & CLUBS:**

To hone the talent by providing practical training, students associations & clubs provides platform to train and exhibit the talents in our students throughout the academic year. All these associations and clubs are guided by the faculty in charges who take an extra mile to ensure the all-round development of our students.

NSS, Commerce & Management, IT, YRC, Environment Cell and Science Associations have successfully conducted seminars, hands on activity workshops, competitions etc.

To bring in inter-disciplinary approach and personality development among the students many clubs have been established and are actively involved in activities throughout the semester. Clubs like Public Speaking Club, Meditation Club, Nature Club, Literary and Cultural Club encourages students to excel in academics and Co-curricular activities.

**NSS & YRC** have been active throughout the year by organising various programs such as

- ❖ Vanamahotsava, Observation of National Voters Day, International Human Rights Day, World No Tobacco Day, AIDS awareness, Tobacco and Anti-Drug Awareness Program, "Awareness on Malaria and Dengue", Har Ghar Tiranga' campaign, Invited talk on "Drugs and Cyber Crime awareness ", Electronic voting machine and VV Pat Demo by officials of Election Commission. A Blood Donation Camp was conducted in association with Red Cross Society blood bank - Govt. Lady Goschen Hospital.

## **6. PUBLIC SPEAKING CLUB:**

Aims at overall development of its members while focusing on enhancing their public speaking ability. The club has conducted:

- ❖ Invited talk on "Evaluate to Motivate" and "Organize Your Speech" by Toast Master Mr. Faizal Ahmed Ibrahim, Sales Manager, Danat Al Misfaha Trading, Sultanate of Oman for the staff and students.
- ❖ Also, public speaking club conducts weekly activities to enhance public speaking skills of staff and students.

#### **7. SPORTS DEPARTMENT OF PAFGC:**

- ❖ The Annual Sports Meet was held on **3<sup>rd</sup> & 4<sup>th</sup> January 2023** in which Students exhibited their sports talent.
- ❖ All games and track events has been conducted effectively during the sports day.
- ❖ Football camp conducted for the college football team resulted in winning the Football tournament.

#### **8. INDUSTRIAL VISITS & EDUCATIONAL TOUR:**

PAFGC has conducted various industrial visits and educational tour to our students that facilitated them to gain practical knowledge in the respective field.

- ❖ Industrial visit to '**Bisleri International Private Limited**' Mineral water Company, Mumbai, '**Dawar Footwear Industries**', '**M/s Munshi Ganeshi Lal & Sons**', '**HERO Moto Corp**' Delhi, Hotel Moti Mahal & Yenepoya Central Kitchen was arranged which has helped our students in enhancing their skills and knowledge.
- ❖ Educational tour and industrial visits are being undertaken by our students and visited, Bangalore, Mumbai, Delhi, Agra and Jaipur.

#### **9. MOUs:**

In order to provide opportunities to the students to gain exposure during the course of education and to enrich the quality of education, PAFGC signed MOUs with ISDC, Yenepoya Homoeopathic Medical College, St. Aloysius College & GFGC for Women, Balmatta.

#### **10. TRAINING PROGRAMMES:**

- ❖ Department of Computer Applications organised a training session for 3<sup>rd</sup> Year BCA students on the topic "Artificial Intelligence" by Q-tech Solutions on **21<sup>st</sup> December 2022**.
- ❖ Department of FT & FND conducted Two days training program on HACCP and FOSTAC certificate courses to the students 3<sup>rd</sup> Year FT & FND on **27<sup>th</sup> & 28<sup>th</sup> April 2023**.

#### **11. PAFGC JOB DESK:**

In order to connect and bring the newly qualified graduates and recruiters in the common platform, campus interviews was Introduced by the Placement Cell in

association with CPOD. The job desk regularly updates the job openings to the current students as well as passed out students.

- ❖ Ms. Nini Narayanan of 3<sup>rd</sup> BBA (Aviation & Hospitality Management) passed out has been selected as **Cabin Crew** in Air India.
- ❖ The cell conducted Mock Interviews in which aptitude test, group discussions and personal interview.
- ❖ Nandi Toyota conducted a placement drive on **13<sup>th</sup> April 2023** and our students Ms. Aysha Anwar, Mr. Mohammed Midlaj and Mr. Nihal A from 3<sup>rd</sup> BBA were selected for the position in Sales & Marketing.

## **12. DEPARTMENT OF COMMERCE & MANAGEMENT:**

- ❖ In Association with Mangalore University Commerce Teachers Association organised an **Investment Awareness Program** for the 2<sup>nd</sup> year students of all streams and also to the staff members of PAET on **8<sup>th</sup> December 2022**. Mr. Naveen Julian Rego, SEBI Registered investment advisor was the resource person of the program.
- ❖ In association with IQAC organized an informative session on "Structured Approach to Stock Market & Forex Market", and seminar on "Union Budget and Indian Economy" by **CA SS Nayak**.
- ❖ **Justice League 23:** An intra-collegiate Commerce & Management Fest was held on **23<sup>rd</sup> May 2023**. The event was a grand success in terms of quiz, Human Resource, Marketing, Finance and Best Manager.

## **13. DEPARTMENT OF FOOD SCIENCES:**

- ❖ Organised Invited talk on "**Landmarks in the Historical Development of 21st Century of Food Processing Technologies**" for the students of B.Sc. FT & FND.
- ❖ Students of Department B.Sc. FT & FND attended a workshop on "Technology transfer in Food Industry & Build your Brand" organised by KIA jointly in association with the Confederation of Indian Industry (CII) and Kanara Chamber of Commerce & Industry (KCCI).

- ❖ In order to gain practical exposure to the students, the Dept. of Food Sciences in association with Nutritionora inaugurated the **"Diet Care Clinic"** and is functioning smoothly by extending its services to the staff and students of sister institutions.
- ❖ As a part of MOU with Yenepoya Homeopathic Medical College & Hospital, **Homeopathy Clinic** was inaugurated in the 2<sup>nd</sup> floor of Academic block. Many students and staff of PAET Institutions have benefitted due to this initiative.
- ❖ Awareness program on "Know yourself before consulting clinic" was held on **4<sup>th</sup> April 2023** by Dr Vijayendra Itagi, Vice Principal, Yenepoya Homeopathic Medical College & Hospital, Mangalore.
- ❖ Department of Food sciences, organized Food Fest, Dietetic 4.0- "Nutrition with Technology" on **16<sup>th</sup> May 2023**.

#### **14. DEPARTMENT OF COMPUTER APPLICATIONS ORGANISED:**

- ❖ Invited talk on "Computer Vision for Industrial Applications" by **Dr. Sharmila Kumari M**, Professor & Head, Dept. of Computer Science & Engineering and Vice Principal, P.A. College of Engineering.
- ❖ Invited talk on "Big Data Analytics" by **Dr. Jeevan Pinto**, Associate professor, Department of Computer Applications (MCA), St Aloysius Institute of Management and Technology, Kotekar, Mangalore.

#### **15. LITERARY ASSOCIATION:**

- ❖ The Literary Association of P.A First Grade College organised an invited talk on "Language and Culture" by Ms. Suhana Sayyed M, professional content writer, IELTS trainer.

#### **16. OTHER ACTIVITIES:**

- ❖ Partition Horrors Remembrance Day, Sadbhavana Divas, Orientation Program & Induction program for 1st years, Independence Day, Republic Day, Graduation Day, Kannada Rajyotsava, National Integration Day, Constitution Day, Republic Day, Ambedkar Jayanthi, Freshers Day, Farewell program was also conducted.

- ❖ IQAC of PAFGC in collaboration with ISDC (International Skill Development Corporation) organised a seminar on '**Higher Education in UK: Opportunities and Challenges**'.
- ❖ On the eve of 67th Kannada Rajyotsava, PAFGC organised a '**Koti Kantha Gaayana**' Program at E-Learning Centre.
- ❖ IQAC in collaboration with ISDC has launched international incubation cell on **8<sup>th</sup> Nov 2022**.
- ❖ IQAC in association with Anti-Ragging Committee had organized an "Anti-Ragging Awareness Program" for the students, Mr. Sandeep G.S, Police Inspector of Ullal Police Station, Mangaluru was the Chief Guest of the program. The Guests of Honor were Mr. Mallikarjun, Sub-Inspector, Konaje Police Station, Mangaluru, Mr. Shek Isak, Advocate & Notary & Ms. Nazhath Banu, Advocate, Mangaluru.
- ❖ IQAC organized an invited talk on "NATIONAL EDUCATION POLICY 2020" by **Dr. V Ravindrachary**, Professor, PG Department of Physics, Mangaluru University & Nodal Officer-NEP 2020, Mangaluru University.
- ❖ The IQAC organized four days FDP from **30<sup>th</sup> January 2023 to 2<sup>nd</sup> February 2023**. Resource person for FDP were Prof. Pushparaj.B, Educationist & NLP Practitioner, Dr. Abdul Khader A, Former Principal, Karnataka, (Govt.) Evening Polytechnic, Mangaluru and Dr. Sayyad Ameen Ahmed, Dean (Student Affairs) PAET & Director, Centre for Management Studies and Research, P.A College of Engineering.
- ❖ A faculty training program 'Learners Engagement Analysis' was conducted by Mr. Mohammed Faizal, Head - CPOD on **6<sup>th</sup> July 2022** about the making use of the advancement in the technology.
- ❖ The Internal Quality Assurance Cell of PAFGC organized 'One Day Workshop on NAAC Process' for the staff members on **7<sup>th</sup> March 2023** by Dr. Chandrashekhara K, IQAC Coordinator, GFGC for women, Balmatta
- ❖ IQAC in association with Womens' cell organised one day workshop on culinary art for the non-teaching staff of PAFGC on **15<sup>th</sup> March 2023**. Ms Naseera S, Asst. Professor, Besant Womens' College, Mangaluru and a Passionate Chef was the resource person.

- ❖ One Day Orientation Program on 'Scope of Entrepreneurship in the current Scenario' for the students by Capt. Amar Mascarenhas, Director- Operations Wiz Bulk, South East Asia on **29<sup>th</sup> March 2023**.
- ❖ Internal Complaints Committee conducted an invited talk on '**Prevention of Sexual Harassment at Workplace**' for the female students of PAFGC on **1<sup>st</sup> June 2023**. Advocate Imtiaz was the resource person.
- ❖ '**Student of the Month**' award concept has been introduced from April 2023. **Ms. Ayesha Fahima** from 3<sup>rd</sup> year B.Sc. - FND was chosen as student of the Month for April and **Mr. Abdul Asmeel** of 1<sup>st</sup> year BBA for the month of May.
- ❖ Greenaura - Environmental Cell conducted an awareness program on account of **International Day of Mine awareness and Assistance in Mine Action** at PAFGC premises on **4<sup>th</sup> April 2023**.
- ❖ Counselling program was conducted by M.Sc. Counselling Psychology interns, School of Social Work, Roshni Nilaya from **November 2022 to May 2023**. Around 80 students from various departments were counselled and were benefited.
- ❖ There were many more programs conducted by various departments and associations. I have mentioned only few important ones in this annual report. All the activities in detail has been mentioned in our quarterly newsletter.

With this brief annual report, I thank our management, my entire team of faculty members, staff members, academic and accounts team, site office team, parents and students for their whole hearted support throughout the academic year and expect full cooperation in reaching newer heights in the coming years.

*Thank You.*

**Dr Surfraz J Hasim**  
Principal - PAFGC



*English  
Section*



*"We know what we are, but know not what we may be."*

**- WILLIAM SHAKESPEARE**



*"There is no charm equal to tenderness of heart".*

**- JANE AUSTEN**



*"Half my life is an act of revision."*

**- JOHN IRVING**



*"The wheel turns and turns and turns:  
it never stops and stands still."*

**- ANITA DESAI**



*"Life is about making right things and going on."*

**- R. K. NARAYAN**

## **Encash the Lessons Learnt from Covid-19 Pandemic**

**Dr. Surfraz J. Hasim**

*M.Sc (Phy.), M.Phil, MBA(TIRM), M.Sc (Psy.),  
Ph.D (Psy.), PGD. IR & PM, PGD. EA & S, PGD. PR  
Psychologist & Mind Trainer.  
Principal, P.A. First Grade College.*



Most people are still depressed due to the Covid - 19 pandemic expressing their inability to cope up with the ongoing conditions for the survival. There are financial issues everywhere and people are worried about their future. Many of them were paid a part of their salary, in some cases no salary has been paid and many lost their jobs too. Few Business establishments had to cut down their employees due to less work.

Actually this is the time to explore new possibilities by thinking out of box and use the hidden creative powers. Your subconscious is the store house of ideas and by waking up early in the morning around 4.30 a.m. and by performing meditations, you can tap your subconscious for the ideas. During the meditation say in your mind, "I am so happy and grateful that I am blessed with powerful subconscious mind which generates ideas to face the challenges. I am blessed, I am blessed & I am blessed. Thank you for the ideas."

After saying this come out of the meditation and be ready to write the ideas that your subconscious has given you. You will be surprised to know that you are able to receive many ideas which you might have never thought of. Write all of them and start working on it by analysing each one in detail.

There is no unemployment issues in this world. Everything we experience is based on our mindset. This pandemic has taught us many lessons which is the eye opener to think differently, without bothering about your formal qualifications and experience. It has also taught us to follow our passion and go ahead with confidence.

Today we need to follow the statement, "Survival of the fastest" against "Survival of the fittest". Ideas are no one's monopoly. Everyone can generate their own ideas by thinking creatively. Do what you are good at and do it out of passion. You will definitely succeed

when interest and passion coincides. This is the time for most of the employees to explore their hidden potential and turn to be entrepreneurs.

### **Money Vs Cash:**

I have heard from my clients saying that they don't have money to start a business as they have to invest on their venture. My reply to them would be, you don't need money, if you have CASH. People were confused about my reply and were eager to know the difference between Money & CASH. Money has the usual meaning, but CASH, what I consider is something different. C represent CONFIDENCE, A represent AMBITION, S represent SINCERITY and H represent HARD WORK. So, if you have CASH in your mind you can create anything that you aspire, provided you have a burning desire to achieve your goals.

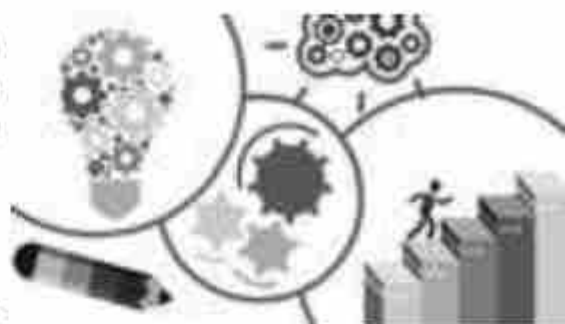
To start with, you can do what you are good at and what you are passionate about. Start to commercialise it step by step. Use the technology to market your products or services. Digital world has created lot of opportunities and the entire world is the customer for us. E.g. if you are an artist, you can conduct online art classes, if you are a good public speaker you can create modules and take up online classes, if you are a good baker or a chef, you can prepare delicious cakes / food and sell it, if you are a good counsellor you can do online consultations, if you are an academican you can also conduct online classes on specific courses of your interest. These are the very few examples that I have mentioned here.

Unless we take educated & calculate risk, we will not become successful entrepreneurs.

This is the time to use the powers hidden in our mind and be creative so as to take every situation as a challenge and go ahead with life. Instead of focusing on the problems, let us focus on the solutions.

*Let us always stay positive and be creative.*

*Thank You*



## **Dwindling Relationship: A co-product of Modernisation**

**Ms. Muneera A**  
*Asst. Professor, Dept. of English*



*"Modernism is the expression by individual human beings of how they will live their own present, and consequently there are a thousand modernisms for every thousand persons". - Octavio Paz*

In this 21st century, tech-world people are busy contributing for the development of the nation which in turn paves a way for their personal growth. Technology in every sphere made it much easier. But, there is an important factor that we cease to remember. That is 'Relationship' and the value of relationship in the life of human beings. When we are so busy achieving our



dreams, reaching our goal we fail to impose real-time effort to hold our relationships. We compete with the world to make our family and loved ones happy. Yet, in the race of fulfilling their need at the fullest we miss out to spend quality time with them which means the world to them.

It is a new trend to have both the husband and wife working. We overlook the fact that it has an adverse effect on the child. Children were left with grandparents are lucky enough compared to some unfortunate child in the baby sitting who is seized to receive love and care from their parents. Conceding that, how can we expect these children to understand the value of relationships or importance of parents? Therefore, it is the responsibility of parent to make sure that when they run behind their passion or money they meet the needs of their child.

This competitive world is not only affecting the lives of innocent children but also leads to a rift in the relationship of grown up. When both husband and wives working, their maximum energy is being spent to compete with co-workers or to impress the superiors. At the end of the day, when they come back to their nest they do not have energy for their

loved ones. Slowly there emerges the gap in between them and damages the relationship day by day. When it is the case they try to find comfort in the working place that leads to affairs and extra marital relationships and also leading to divorce in large number.

Then again, as a result of this youngsters loose their faith in the institution of marriage. They get attracted towards live-in relationships. Purity and sanctity attached towards marriage is diminishing. Younger generation is hesitant to enter into the shackles of marriage. We are more concerned towards modernizing our lives. Henceforward, our country's rich culture and rituals become the memories of the past.

India is known for its culture, parenting and the moral values they hold. But modern Hi-Tech parents provide everything to their children except moral values and culture. They fail to shape the character of the child. Children grown listening to the moral stories from their grandparents naturally imposed certain good values in their life. Automatically it found a place in their daily routine. However, technology successfully influenced even the young minds and attracted them towards video games and cartoons. Granny's bedtime stories are now outdated!

The surprising fact is that, the meaning attached to the word 'Love' itself found a new way in this modern world. It is something that can change according to the need, situation and the amount of money they generate. There is no emotion attached to the relationships. Focus is fixed towards the materialistic gain. Relationships are dwindling as a result of our modern approach towards life. Though the modernisation of the country is attributed to the development of the country, it also leads the generation towards westernisation of the culture and life style.

Time and tide waits for none. It is the apt time to spread awareness to help our younger generation to differentiate modernisation and westernisation. Time has changed to the extent that those who do not adapt the changes, those who are not really busy in this competitive world are considered as outdated!

But it is our accountability to realise the gravity of human relationship and preserve the same. The one in question is how much time we find for our loved ones. Once we succeed in that, relationship can be mended and preserved for the better life we can lead.

*Let's bring positive aspects of modernism into our life to sustain our relationships.*

*Happy home, happy life!!*

## How Pandemic Changing the English Language

**Ms. Gopika P P**  
*Asst. Professor, Dept. of English*



English, the principal language of the world today has come to bear the imprint of pandemic and the infodemic. It is well accepted that language constitutes our world. And if it is our world that has been so appallingly and inexcusably shaken up by the onslaught of the dreaded SARS-CoV-2 - Covid 19 virus, so has been our language. Language also assumes importance as effective communication is the sine qua non for the success of preventive measures against the dreadful disease.

Most of the coronavirus-related changes that the editors have noted have to do with older, more obscure words and phrases being catapulted into common usage, such as reproduction number and social distancing. They've also documented the creation of new word blends based on previously existing vocabulary.

The Oxford English Dictionary aspires to be the most extensive and complete record of the language and its history. In March 2000, the dictionary launched an online version. For this new edition, the editors have been revising definitions dating from the first edition that are, in many cases, over a century old. Due to its size, the other edition will not appear in printed form, and these revisions may not be completed until 2034.

At the same time, the editors continue to document the language as it grows, changes and evolves. The quarterly updates provide a list of new words and revisions. The September update, for example, includes "craftivist" and "Cookie Monster."

The special, coronavirus-related updates give us a glimpse into how language can quickly change in the face of unprecedented social and economic disruption. For example, one of the effects of the pandemic is that it's brought previously obscure medical terms to the forefront of everyday speech.

Traditionally, dictionary editors include scientific and technical terms only if they achieve some degree of currency outside of their disciplines. This is the case for the names of drugs, since there are many thousands of these. For example, you'll see Ritalin and Oxycontin in the dictionary, but you won't see Aripiprazole.



However, the pandemic has seen at least two drug names jump into public discourse. Hydroxychloroquine, a malaria treatment touted by some as a magic bullet against the virus, was added to the Oxford English Dictionary in July, although the drug's name had appeared in print as early as 1951.

Another newly famous drug is dexamethasone, a corticosteroid that has reduced the COVID-19 death rate. It appeared in print as early as 1958 and was included in the dictionary's second edition. In the July update, the editors provided a quotation illustrating the drug's current use to combat the coronavirus. The updates also include new citations for such terms as community transmission, which dates to 1959, and community spread, which was first documented in print in 1903.

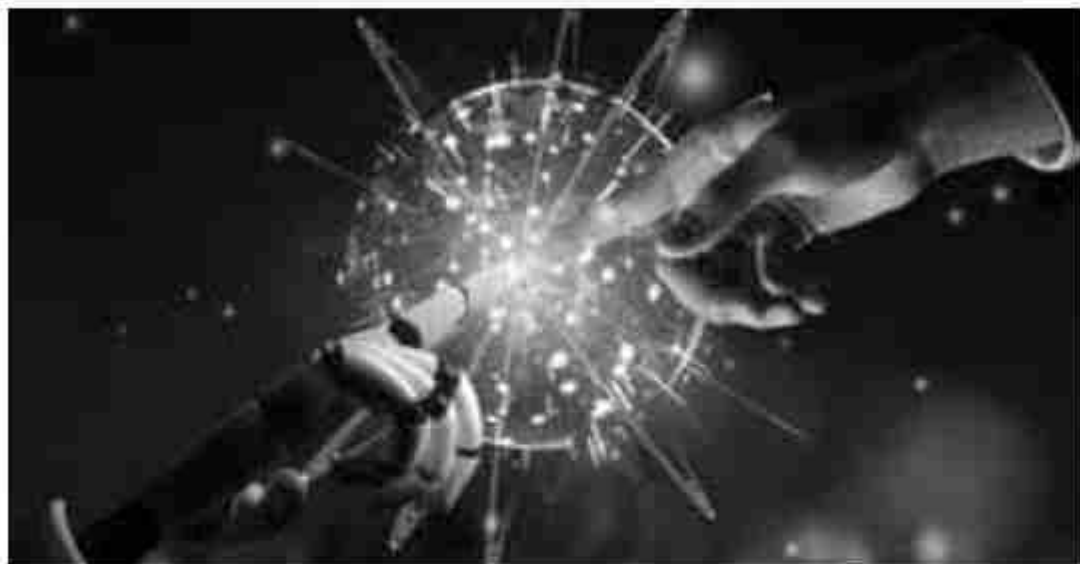
Terms related to social isolation existed long before the COVID-19 pandemic, but they've become much more common in 2020. Self-isolate, self-isolated and shelter in place all received new citations to illustrate their current usage. Some terms have seen a shift in meaning. Originally, sheltering in place referred to seeking safety during a circumscribed event, like a tornado or an active shooter attack. It's now being used to refer to a prolonged period of social isolation.

Similarly, elbow bump has evolved from a gesture akin to a high-five, as documented in 1981, to its present form: a safe way to greet another person. Some regional differences are also emerging in COVID-19 language. Self-isolate has been the preferred term in British English, whereas self-quarantine is more commonly employed in the U.S. "Rona" or "the rona" as slang for coronavirus has been observed in the U.S. and Australia, but the dictionary editors haven't documented wide enough usage to warrant its inclusion.

## **ChatGPT an AI Revolution**

**Ms. Mohini**

*Asst. Professor & Head, Dept. of Computer Applications*



ChatGPT - General Pre-trained Transformer, a conversational AI platform, developed by Open AI allows you to get all that you are looking for in a simple chat. The chatbot has already replaced existing employees. Companies use chatGPT for writing codes, for content creation, customer support, documentation etc.

As you know in 10 to 15 years the education and profession can become meaningless. Machines can do jobs better than humans. AI is an accumulation of information, analysing it and projecting it as you want. Intellectual cannot function without data accumulation. Everything you do intellectually will become meaningless in 10 -15 years. A simple machine can do it smarter than any human being.

The only thing a human can do better than AI is to adapt. We should constantly work on ourselves, develop skills, be creative, learn AI tools and get a grasp of how AI functions. This is the time to improve the quality of our work to make sure that what we do is more interesting, valuable than what an AI powered chatbot can deliver. Make it a co-worker not a rival.

## **Iron Deficiency Anemia: An updated Study**

**Ms. Sreelakshmi**  
*Asst. Professor, Dept. of FT and FND*



Worldwide, iron deficiency anemia is the most prevalent nutritional deficiency disorder and the leading cause of anemia in children, especially in developing countries. When present in early childhood, especially if severe and prolonged, iron deficiency anemia can result in neurodevelopmental and cognitive deficits, which may not always be fully reversible even following the correction of iron deficiency anemia. Iron deficiency anemia is most common among children aged nine months to three years and during adolescence. Iron deficiency anemia can result from increased demand for iron, inadequate iron intake, decreased iron absorption (malabsorption), increased blood loss, and rarely defective plasma iron transport.

Most children with mild iron deficiency anemia are asymptomatic. Pallor is the most frequent presenting feature. In mild to moderate iron deficiency anemia, poor appetite, fatigability, lassitude, lethargy, exercise intolerance, irritability and dizziness may be seen. In severe iron deficiency anemia, tachycardia, shortness of breath, diaphoresis and poor capillary refilling may occur. A low hemoglobin and a peripheral blood film showing hypochromia, microcytosis and marked anisocytosis should arouse suspicion of iron deficiency anemia. A low serum ferritin level may confirm the diagnosis. Oral iron therapy is the first-line treatment for iron deficiency anemia. This can be achieved by oral administration of one of the ferrous preparations, which is the most cost-effective medication for the treatment of iron deficiency anemia. The optimal response can be achieved with a dosage of 3 to 6 mg/kg of elemental iron per day. Parenteral iron therapy or red blood cell transfusion is usually not necessary. Primary prevention can be achieved by supplementary iron or iron fortification of staple foods.

The importance of dietary counseling and nutritional education cannot be overemphasized. Secondary prevention involves screening for diagnosing and treating iron deficiency anemia.



## **Ayurveda - Nature's Medicine for Mind & Body**

**Ms. Vanishree Y**

*Asst. Professor*

*Dept. of Commerce & Management*



Ayurveda is five thousand years-old medical and healthcare system that has its roots in India. Ayur + Veda or "knowledge of life" is what Ayurveda means. The fundamental concept of Ayurveda is to keep body, mind and soul healthy and disease free. The idea that the physical and mental capacities are interconnected and maintaining a suitable balance between them is vital for maximum performance, is the basis of the conventional medical approach.

Until it was compiled into text about five thousand years ago, the knowledge of Ayurveda in India was transmitted orally through a lineage of sages. The Charaka Samhita, Sushruta Samhita and Ashtanga Hrudaya are the earliest Ayurvedic manuscripts that are currently available. These works explain the impact of five cosmic elements- Earth, Water, Air, Fire and Space and emphasize the significance of maintaining a balance between them for a healthy and happy life.





Understanding the importance of ayurveda in today's modern life helps to stay healthy and fit. Ayurveda has experienced substantial growth in popularity in the modern world, especially in the wake of the pandemic and realised how dangerous the chemical-based products are. In comparison with the chemical-based products, plant-based products focus on curing disease from the root and not just curing the symptoms that occur. Ayurveda takes time to cure the body internally. It seeks to promote optimal wellness and prevent problems before they start.

Ayurveda does not mean Yoga, chanting, applying packs and giving massage with oils but it believes in deep psychological and physiological cleansing to eliminate the root cause of diseases or problems.

Good health is attained by following Ayurveda principle, which says that every person has a specific constitution or Prakruti, that states one's physiologic and mental behaviour and validity of any disease. Body energies known as doshas determine Prakruti.

Ayurveda works by 'defence strategy' rather than 'offence strategy' by strengthening the host body to deal with various physical and mental stresses. By understanding the origin of the disease, ayurveda targets eating, breathing, digestion, thoughts, memory and sleep which are easy approaches that help to have good health.

Ayurvedic medicine needs more study. Although Ayurveda has been practiced for thousands of years, majority of the evidence for its effectiveness comes from personal experience and common wisdom. Thorough scientific study is needed in order to fully understand the potential benefits and hazards of Ayurvedic treatment.

## **Buckwheat; A Pseudo Cereal- A Solution to Nutritional Challenges**

**Ms. Sneha S**  
*Asst. Professor*

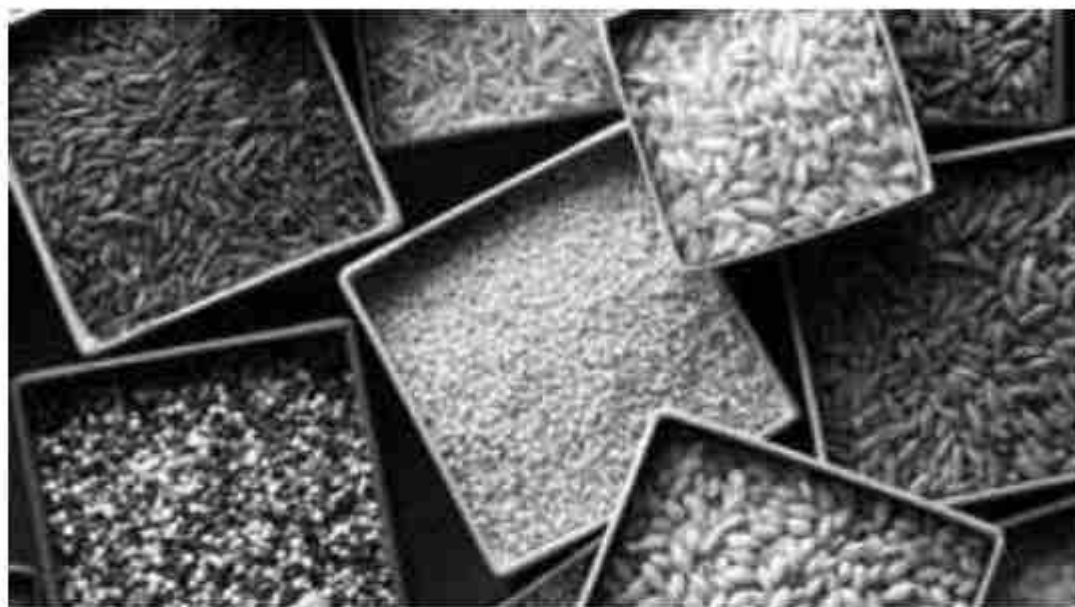
*Department of FT & FND*



Historically, food security was seen as a solution to India's nutritional problems. From the days of famine and acute food shortages, India embarked on a variety of agriculture promotion programmes and is now food sufficient. However, lately we have realized that in these efforts cereal production and distribution has got a lot of policy attention and millets got relegated. With the changing dietary patterns the millets also took a back seat in our daily diets. This trend is often considered as one of the reasons for India's current nutritional paradox where problems of under nutrition and hidden hunger (micronutrient malnutrition even in food secure communities) co-exist. Although India is the leading producer of millets, they have never been

promoted by food and farming system and have always been marginalized both in policy and priorities of agriculture. Millets have a potential to assume significance not only for food security but also for nutritional security in India as they are rich in micronutrients like minerals and B-complex vitamins. Millets offer one such solution as they have nutritional, environmental and economic superiority over the most common staple grains in India viz. rice and wheat.

When compared with other cereals and pseudo cereals, buckwheat appears to have unique composition of some functional nutrients. Buckwheat protein is balanced in the amino acid composition with relatively high lysine content. Buckwheat also has relatively high dietary fibre content. Buckwheat is a pseudo cereal, classified among cereals because of their similar usage and chemical composition. They are generally used as human food and as animal or poultry feed. The dehulled buckwheat grouts are cooked as porridge and



its flour is used in preparation of pancakes, biscuits, noodles etc. Addition of buckwheat flour into noodle formulation has shown considerable effects on cooking quality, chemical and sensory properties and color values of noodles.

Recently, buckwheat has received wide popularity among consumers because of its quality proteins and suitability for celiac patients. Buckwheat flour have the potential to replace cereal flour for the preparation of functional and gluten free foods. Buckwheat protein is of high quality and unlike other cereals, is rich in essential amino acid. Health benefits of buckwheat include reducing plasma cholesterol level, anti-inflammatory, neuro-protective, anti-cancer, anti-diabetic effects and enhancing hypertension symptoms. Since it is gluten free, these products are suitable for celiac patients. Furthermore, they are rich in minerals like phosphorous, potassium, magnesium, iron and calcium.

Buckwheat seeds contain 73.3% of carbohydrates, with starch being the main component. Dietary fiber content was found to be comparatively high 27.3%. Protein content in buckwheat ranges from 11%-14%. Buckwheat protein is rich in albumin and globulin but very poor in prolamine and glutenin. The high biological value of these proteins is due to well-balanced amino acid composition, being rich in lysine and arginine. Low non-toxic prolamine content in buckwheat flour makes it suitable for the use in celiac diet.

## Health and lifestyle

*Ms. Ashalatha. A*  
*Asst. Professor*  
*Dept. of FT and FND*



Balanced diet refers to consuming various food groups in right proportions which provides all the nutrients. Nutrients are the substances which are required by the body for the growth, development, reproduction, mental health and for all the physiological functions. Therefore consuming right foods in right quantity is very important. Unfortunately, people prefer to have unhealthy junk foods which may act as a silent killer for the deadliest diseases such as cancer, atherosclerosis and organ failures. The young adolescents are ending up with obesity which is hindering the self-confidence in them.

Apart from this, the major factors which are affecting our body is unhealthy lifestyle. Sedentary working pattern leads to stressful mental health. Certain changes in daily routine may lead to better life. Addition of fruits and vegetables in the diet, avoiding unhealthy fats, consuming whole fruits over the fruit juices, reducing consumption of salt and sugar, avoiding fatty foods, consuming



right quantity of water, inclusion of nuts and seeds, right amount of sleep, consuming the meals on time, meditation, yoga, regular check up on the health with physician and dietician leads to maintain both mental and physical health.

Consuming balanced diet is one of the essential inclusion in the meals where it should include various food groups such as cereals and pulses, millets, milk and milk products, healthy fats and oils, green leafy vegetables, fruits, other vegetables, roots and tubers. Avoiding processed foods also important as it contains chemical preservatives, high salt and high amount of sugar. Traditional foods are found to be healthier.

*Stay simple..... Stay healthy.....*

## Photography is life....

**Mr. Ansha Nishad**  
Asst. Professor,  
Dept. of FT and FND



Photography is a skill which defines persons emotions, experience and feelings about the surroundings. Some people are so passionate about the photographs that they live their entire life capturing the beautiful moments of the present and cherish them in the future. Few are so much addicted to the photographs that they cannot live without cameras. In a way it benefits our society. Those who cannot afford to visit different countries or cities can have a look on the photographs of others and gain knowledge. Camera lenses are so powerful that they can explain any situations around the world. There are different types of photographs that can be about nature, wildlife, events related to science etc. Nowadays Camera is one of the advanced technologies. Day by day it's developing and giving us the best quality and clarity in pictures which depicts the photographer's vision. Through photography places get recognised. One of the best photographics in the world is capturing the nature and its season, which is mesmerising and beautiful in it's own way. Some nature sceneries are so stunning and captured very well and it shows the love of photographer towards the nature. Any object which is not useful at home can be turned into a beautiful picture by the photographer, that is the art of a photographer. Behind the beautiful picture there is a lot of effort by the photographer. For some, photography is life and happiness and they cannot live without them. They express their interest through the best photographs with the capturing taglines. Memories cannot be recreated by anyone but the photographs do. So everyone captures life's beautiful moments through the cameras and cherishes in the future.

## **PAFGC : Where Minds Soar and Knowledge Blooms**

**Mr. Mohammed Sali Asham**

*Asst. Professor*

*Dept. of Commerce and Management*



In the heart of academia, where knowledge takes flight,  
PAFGC, my college, a source of pure light.  
As an Assistant Professor, I stand with pride,  
In the halls of this institution, side by side.

With eager young minds, we explore and we teach,  
In the pursuit of wisdom, our lessons we preach.  
The campus alive with curiosity's flame,  
In PAFGC, our mission is more than a name.

In lecture halls filled with intellect's grace,  
I see the future leaders, each one has their place.  
With passion and purpose, we reach for the sky,  
In this college, where dreams never die.

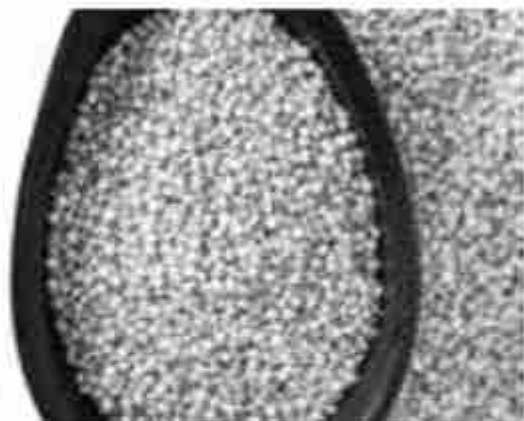
Research and learning, our daily delight,  
In PAFGC, we strive for knowledge's height.  
As an assistant professor, I'm honoured to be,  
Part of this college, where minds roam free.



So here's to our alma mater, so grand,  
In PAFGC, we'll forever stand.  
With students and colleagues, we'll continue to soar,  
In this institution, we'll cherish evermore.

## 2023: The Millets Year

*Ms. Sruthi C K*  
Asst. Professor  
Dept. of FT and FND



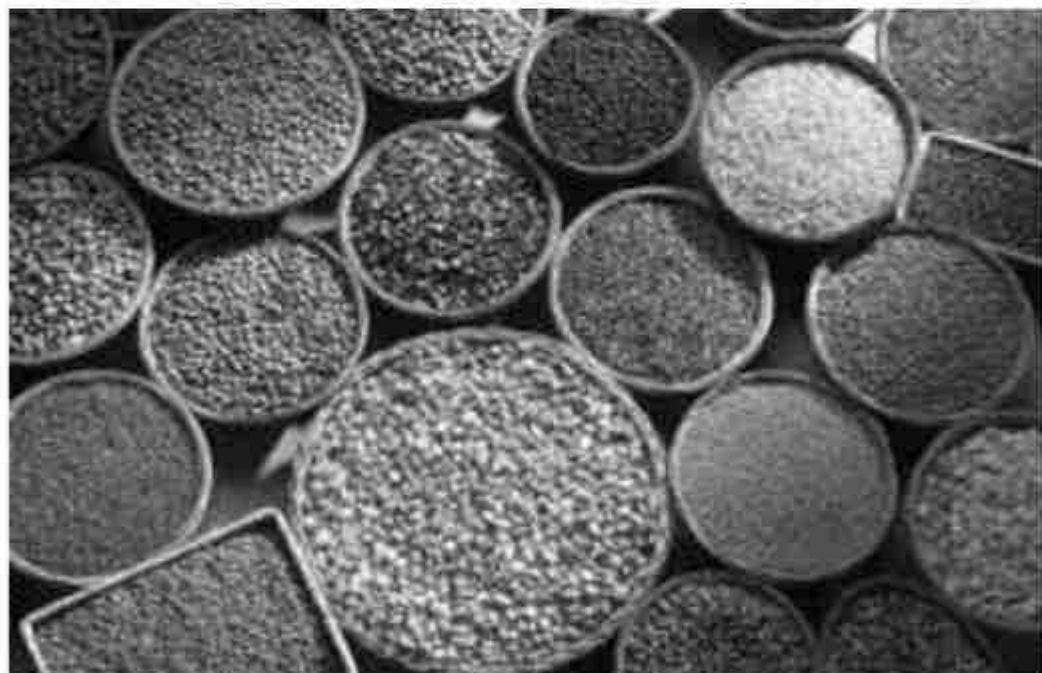
The United Nations declares '2023', as the International Year of Millets, an alternative crop to corn and soybeans. The theme for the International Year of Millets 2023 (IYM) is "Harnessing the untapped potential of millets for food security, nutrition and sustainable agriculture." However, if 2023 has been designated as the "Millets Year", it would likely be due to a global focus on promoting and raising awareness about millets, which are a group of small-seeded grains. Millets are known for their nutritional value, climate resilience, and ability to grow in diverse conditions. They are also considered an important staple food in many parts of the world particularly in arid and semi-arid regions.

The Indian government had suggested to the United Nations for declaring the year 2023 as the International Year of Millets (IYOM). India got the support of 72 other countries, on 5th March 2021, United Nations General Assembly (UNGA) declared 2023 as the International Year of Millets. The initiative of the Indian government of celebrating IYOM 2023, is done by making the population aware of the millet benefits and increasing the acceptability of the value added of millet across the country and world.

The designation of a 'Millets Year' could be driven by various factors, including efforts to address food security promote sustainable agriculture and diversify diets. Millets offer numerous health benefits, such as being gluten free rich in fiber and having a low glycemic index additionally, millets have the potential to contribute to the conservation of biodiversity and sustainable farming practices.

Millet refers to several varieties of small-seeded grasses that are cultivated as grain crops. Amongst these, pearl millet (bajra), finger millet (ragi) and sorghum (jowar) are the most popular. Pearl millet accounts for close to half the global millet output. Minor millets include foxtail, barnyard, proso and others. These crops are grown in marginal and dry lands in several countries in Asia and Africa with India being the world's largest millet producer. Staple crops such as rice, wheat and maize can't solve the crisis of micronutrient deficiency. Millets, on the other hand, are known to have a range of nutritional benefits.

Indian Millets are nutritionally superior to wheat and rice as they are rich in protein, vitamins and minerals. They are also gluten-free and have a low glycemic index, making them ideal for people with celiac disease or diabetes. India is among the top 5 exporters of millets in the world.





## Nutrition and Sleep

*Ms. Rosey D*  
*Asst. Professor*  
*Dept. of FT & FND*



"Great eaters and great sleepers are incapable of anything else that is great". One cannot think well, love well and sleep well if one has not dined well. Sleep curtailment has become common due to the demands and opportunities of modern society. Recent studies show that alterations in sleep time can influence various aspects associated with nutritional and metabolic balance of the body, such as the control of body mass, food intake, glycaemic levels and the levels of cholesterol and triacylglycerol.

Studies have demonstrated that individuals who ingested a high glycaemic index, carbohydrate rich meal 4 hours prior to sleep presented a decrease in sleep latency. In addition to the amount of carbohydrates, the glycaemic index may have an important influence on sleep patterns, especially in inducing sleepiness.

Different types of fat have also been shown to influence sleep. The actigraphic nocturnal sleep duration was negatively associated with total fat, monounsaturated fat, trans fat, saturated fat and polyunsaturated fat and that higher intakes of fat were associated with less sleep and subjective napping.

It is widely documented in the literature that changes in sleep patterns can alter the sensations of hunger and appetite and consequently lead to increased body mass. Fat intake at night is associated with higher values for body fat percentage, body mass index and waist circumference.

Increased gastric volume leads to greater physical discomfort and thus impairs the consolidation of sleep onset. It is demonstrated that sleep decreases the activity of the digestive tract, which may have an overloaded activity during the night if food intake is excessive.

Spicy foods can cause painful heartburn that could make it too difficult to lie down comfortably, which makes it harder to fall asleep. Heartburn can also worsen the effects of obstructive sleep apnea (OSA), as the backed-up acid can create more irritation in the airways.

Healthy eating habits will encourage healthier sleeping patterns. Consuming a high fibre diet with fresh fruits, vegetables, whole grains and low fat & protein foods are ideal. Good eating habits can go hand in hand with getting a good night's sleep for a healthier you.

## Mental Health

**Ms. Reshma**  
Asst. Professor  
Dept. of Commerce & Management



Mental health refers to the behavioral and emotional well-being. It is all about how people think, feel and behave. Mental health includes our emotional, psychological and social well-being. People sometimes use the term mental health to mean the absence of a mental disorder. It is a state of mental well-being that enables people to cope with the stress of life, realize their abilities, learn well, work well and contribute to their community. All these can affect mental health and disrupt a person's routine. Practicing self-care can help to improve a person's mental health by reducing the risk of illness, increasing energy level and managing stress.

Mental health is important at every stage of life from childhood and adolescence through adulthood and it does not exist on its own. It is an integral and essential part of overall health. It gives an individual a feeling of worth. The interaction between individuals and society is essential to build healthy communities which in turn can promote mental health. An individual in a state of good mental health will have a strong sense of self and others.

*"There is no normal life that is free of pain. It's the very wrestling with our problems that can be the impetus for our growth". - Fred Rogers*

## **Say Nothing Negative For 24 Hours**

***Ms. Jaseera Jannath***

*Asst. Professor*

*Dept. of Commerce and Management*



Everyone wants the best things for themselves yet when you look at your words, you will realize how often you speak negatively about yourself and others. You want money, but you say 'I am poor'. You want happiness, but you say 'my life sucks'.

You need to understand that 'your words have a powerful frequency behind them. They carry an energy that can alter your reality.'

If you are serious about changing your life, take this challenge of not speaking anything negative for 24 hours. This will make you more conscious about the words you use about yourself and your life. And when a negative thought comes to your mind say to yourself, 'I am going to speak what I want to manifest'.

## Education and it's Importance

*Ms. Delcy R Dsouza*  
Head, Dept. of FT & FND



Education is an essential tool in everyone's life. With education, an individual can accomplish many things. While learning new skills and getting educated, we all must realise its impact in our lives. Education is must for everyone. People choose to go to higher studies because they want to change their lives and the world around them. Education is vital because it helps us grow, excel and reach our full potential.

Education place crucial role to succeed in today's world. It provides not only the skills required but also helps to prepare one for the future. Strong work ethics and strong moral values are taught in school. Students do their work/assignments collaboratively, so they learn how to interact with others. Education changes one's life. A degree gives a person stability in their life and increases their chances for better career opportunities. Moreover, it offers benefits that go beyond degree attainment. Education can help one in gaining financial stability and fulfilment in one's desired life.







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*"A poet's raw material is not stone or clay;  
it is her personality". - **KAMALA DAS***

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*"Words are a lens to focus one's mind."  
- **AYN RAND***

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*"Not all possibilities are open to us. The world is finite;  
our hopes spill over its rim." - **SALMAN RUSHDIE***

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*"I want the reader to know what's going on. So there's  
never a mystery in my books" - **ELMORE LEONARD***

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*"Fill your paper with the breathings of your heart."  
- **WILLIAM WORDSWORTH***

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## Loneliness

*Ms. Muneera A.  
Asst. Professor, Dept. of English*



*Cockles of the heart dawdling lonely  
as the cloud. I looked at from the roof top  
Aimless! Scattered all around  
Still busy moving hither and tither.*

*It is thy memory held me back  
I recalled thousands at once!  
Tossing their heads, dancing  
appears in front of my closed eyes.*

*As I sit leaning and relaxing  
Thou, play hide and seek  
Like a child, pure in heart  
Loads of happiness thee brought.*

*Thy memories hasn't fade  
Though you vanish slowly  
And I become lonely  
Dwelling in the past, crestfallen.*

*Loneliness is a sweet poison  
Kills one's peace of mind  
Chasing the happiness again  
I suffer from the same pain.*



## Why it was You?

*Ms. Rasheeda Banu  
Asst. Professor, Dept. of HSS*



*Eighteen years, five months  
The time we spent together,  
The memories of every single day  
Always brings a smile.*

*Kind personality, best son, best brother;  
About to live his entire life with big dreams and desires.  
When I see my young boys  
Your memory flashes in my mind.  
Our heart is not ready to say goodbye  
Dreams remained as dream  
You have become our dream.*

*Major issue will not shatter us much  
You are our non-curable pain  
Always remained a question in my mind  
Why it was my only brother.*



## A New Start

**Ms. Muneera A**  
*Asst. Professor in English*



*As the sun moves towards the west  
Sinks down into the depth  
the symphony of life brought  
Thy undying memories.*

*Holding my breath, I wander on the shores  
Following the imprints of your foot  
Your fragrance tangled in the wind  
I walk, Leaving your memories behind.*

*Roaring waves resembles my inner struggle  
I hear your whispering voice in the breeze  
Each gasp of sea air burns me inside  
To avoid the reminders of you, I stroll away.*

*Glaring in to the distance, I realised  
There are little comforts, each worth a lot  
Awaits a new start, a new opportunity  
To make me stronger than before.*



## True Companion

*Ms. Sara Maskurunneesa  
Asst. Professor in Kannada*



*In the nights when I struggle to sleep  
My bed wasn't on my side  
Softness turned into thorn  
Thou accompanied me!!*

*In the nights of winter  
Thy came to warm up my thoughts.  
Became my dwelling shelter  
When the cloudburst.  
I felt cool and relaxed when you came  
On those midsummer days.*

*A true companion- my inner self  
Thou shall not abandon me  
I have nothing else to rely on  
You always keep my mood on.*



## Teenage

**Ms. Deepti Udyavar**

*Head, Dept. of Commerce and Management*



Raising a teenager is hard; but being a teenager is hard too.....

Human life is a beautiful thing one can experience. The life begins from the womb of a mother and ends by death. Every human being enjoys several stages of life starting with childhood, teenage, adult hood and finally old age. All stages are equally important in our life.

Among all the stages of life, teenage is one of the most important and crucial period. Our future is dependent on how we make use of this stage of life. It helps us to shape our future. Teenage brings changes in her/ his life.

### **At this stage:**

- Develop thinking skills.
- Compare themselves with their peer group.
- Set long-term goals for their future.
- They also struggle with issues like,
- Freedom from parents
- Relationship matters
- Peer group influence...

### **This stage of age can be strengthened by**

- Accepting challenges.
- Talk to an adult to manage and handle stress.
- Manage anger through meditation.

### **A message to a teenager**

- Accept challenges
- Be honest
- Keep learning
- Make good friends
- Work hard.

## Beauty of Nature

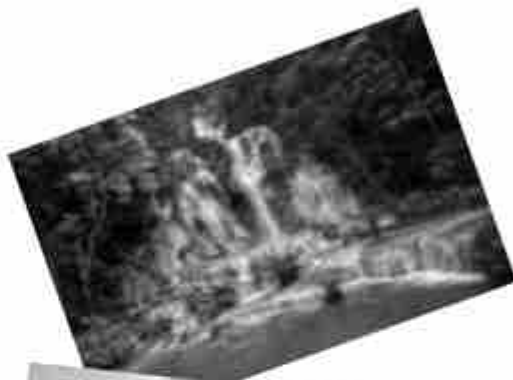
*Mr. Shamsheer*  
*Asst. Professor*  
*Dept. of Commerce & Management*



*I am awoken to the calls of bird  
Forgetting all the worries I had.  
To start a new day in mother nature's lap  
Before the sun begins to peep!*

*It is thy undying beauty attracts me  
The fragrance of the roses heals me  
Cool breeze comforts me and offers  
A new life full of confidence.*

*Love for nature- a true balm  
To keep yourself really calm.  
Lets try to preserve her charm  
To maintain her elegance as same.*



## **I am Woman**

**Ms. Noorjahan Begum S A**  
*Head, Dept. of Humanities & Social Sciences*



*Before I could read and write  
I had taught something different  
Moulded me to be calm and obedient  
All these because I am woman!*

*We made to work day and night  
Yet I always considered light.  
I do have a wish to make my future bright  
Being a woman I am forced to be in my limit.*

*Let me grow, without limits and boundaries  
All I need is your words of encouragement  
Though, bold to face the challenges ahead  
I need your support, for I am woman.*





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*"Nothing is insignificant; nothing is without consequence in the intricate web of life."* - **RUSKIN BOND**

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*"Writers live twice."*  
- **NATALIE GOLDBERG**

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*"Solitude sometimes is best society."*  
- **JOHN MILTON**

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*"I went for years not finishing anything. Because, of course, when you finish something you can be judged."* - **ERICA JONG**

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*"Get it down. Take chances. It may be bad, but it's the only way you can do anything really good."* - **WILLIAM FAULKNER**

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## The Rise of Artificial Intelligence: A Game-Changer in Today's World

Mr. Mohammed Midlaj  
Reg. No.: 202301521128  
3<sup>rd</sup> Year BBA



### What is Artificial Intelligence?

Artificial Intelligence refers to the development of computer systems that can perform tasks that typically require human intelligence. These systems are designed to analyze data, recognize patterns, and make decisions or predictions based on the available information. AI encompasses a range of techniques, including machine learning, natural language processing, computer vision and robotics.

### Introduction

Artificial Intelligence (AI) has emerged as a groundbreaking technology, revolutionizing various aspects of our lives. With its ability to mimic human intelligence, AI has become a driving force behind significant advancements in diverse fields such as healthcare, transportation, communication and more. This article tries to explore the wonders of AI, its potential applications, and its impact on society.



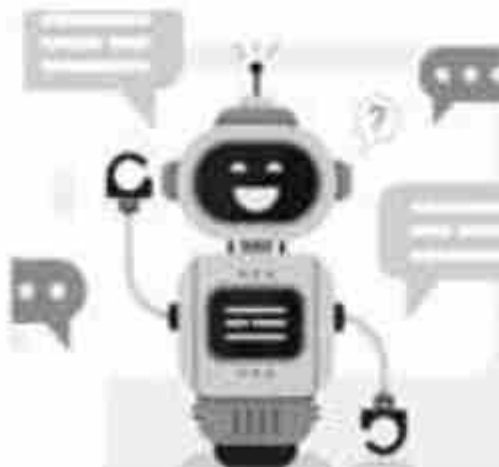


## Applications of AI

**Healthcare:** AI is transforming the healthcare industry by assisting doctors in diagnosing diseases, analyzing medical images and predicting patient outcomes. Machine learning algorithms can quickly shift through vast amounts of data to identify patterns that might indicate potential health issues, leading to early detection and more effective treatments.

**Transportation :** Self-driving cars are a prime example of AI- revolutionizing the transportation sector. AI-powered autonomous vehicles have the potential to enhance road safety, reduce traffic congestion and improve fuel efficiency.

Additionally, AI systems can optimize logistics and supply chain management streamlining the movement of goods across the globe.



**Communication:** AI plays a significant role in natural language processing, enabling machines to understand and interact with humans. Virtual assistants like Siri, Alexa and Google Assistant have become common place, providing information, performing tasks and even engaging in conversations. AI-driven language translation tools have also bridged the communication gap between different cultures and languages.

## **Are we living our life? Or Just Existing...**

**Ms. Ayshath Luthfa Naja K A**  
Reg. No.: U05PA22S0023  
1<sup>st</sup> Year B.Sc. FND



Oscar Wilde once said "To live is the rarest thing in the world. Most people exist, that is all." Living and existing both words have same meaning, which is to be alive, but our life will truly be memorable if we are able to live not just exist. Everyone can exist as it requires no effort, but it takes something to be able to live. Most of us forget to live as we all are trying to live up to the expectations of others.

Just rewind a couple of events that recently took place in your life. How many of that made you actually happy? How many of them were truly memorable? If there are many such incidents which make you feel happy, then be ready to know that you are one of the luckiest people in this world because most of us will have some kind of regrets about the choices we made. If you are not satisfied with the choices, you made then be ready to change your perspective of life.

Being able to live your life to the fullest is truly one of the blessings. If you are just existing, just imagine If you are about to read a story, let it be a life story of someone who seems to be living the best or yourself, will you select your story over that person? or if someone is giving you a boon, will you choose to live the same life you have? Most of the answers will be "NO." Because most of us are just existing but not living our life. Think about it, if we are living a wonderful life why should we ever choose someone else's life over it, we won't.

Imagine, if you're going to draft a story about a perfect life, how will you imagine it to be? What are the changes you will bring to that story from your current life? Think about it and try to bring those changes in your life. Try to live not entirely but closely according to that story.

A life without regrets is not exactly possible to achieve but when you look back never let regrets outweigh your happiness. So, step out of your cocoon, be a butterfly and live a life which will make you happy.



## Self Care is Important

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Reg. No.: 202301527105

3<sup>rd</sup> Year B.Sc. FND



Let's clear up one common misconception from the get-go: Self-care is not synonymous with self-indulgence or being selfish. Self-care is taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others and you can do all the things you need to and want to accomplish in a day.

Finding time to take care of your mind and body can make you feel comfortable. But the answer isn't a better workout routine or sleep app to change your mind-set. By challenging your assumptions about self-care, you can find an approach that works for you. Self-care can look different for different people. It could be watching your favourite TV show at the end of a long day or turning off your phone. Only you can determine what your mind, body and spirit need to thrive. To figure out what you need, start by simply noticing when you feel invigorated and when you feel drained and look for patterns. You should also look out for all-or-nothing thinking, as it can cause you to put too much pressure on yourself and avoid making changes at all. From there, you can start to explore small, double changes that work in the context of your whole life.

People who want to take better care of them fail to find time. It always falls to the bottom of their to-do lists, after they fulfil their responsibilities to their bosses, colleagues, families and friends. Finding time for self-care is more difficult for students and young professionals. The pressing urge to prioritize school, work and jobs applications is overwhelming. Not surprisingly, by the end of the day, many people are left drained and have little motivation to focus on themselves. The solution isn't a better study or workout routine, or the right sleep or meditation app.

In order to change what we do; we have to change how we think. Most people operate with a trade-off mentality (i.e., "If I want to perform better at work, I need to take time away from something else"). This mindset is ingrained in the way we're taught to view the different parts



of life from a young age — even the notion of work-life “balance” is frequently represented as a scale with work on one side and the rest of life on the other. And while it’s true that there are limits to our time, it is this exact mindset that often stops us from bringing positive changes. To create this positive change, we need to reframe how we view the interconnections between the different parts of our lives. By challenging your assumptions about self-care, you can find an approach that works for you.

Here are three tools that can help.

**Define self-care on your own terms.**

Given the abundance of advice about self-care, most of us are operating with a set of assumptions about what wellness should look like. But only you can determine what your mind, body and spirit need to thrive. Maybe that’s an episode of reality television to unwind at the end of the day. Maybe it’s finding a therapist or psychiatrist to support you. Or maybe you’re someone who needs to mute a text chain or Twitter thread that is causing you anger. To figure out what you need, start by simply noticing when you feel invigorated and when you feel drained. Look for patterns. What makes you feel good? Now begin creating your own understanding of what self-care looks like to you.

**Check for all-or-nothing thinking.**

Notice how you think about making time for yourself. The idea of doing anything less than a total life transformation is unacceptable, so they avoid making any changes at all. This isn’t surprising given all of the marketing that promises a “new you,” but it definitely isn’t helpful. Noticing whether you’re engaging in all-or-nothing thinking is the first step to create a more realistic mentality. From there, you can start to explore small, doable changes that work in the context of your whole life. As you learn what works and what doesn’t, curiosity and self-compassion are great alternatives to all-or-nothing thinking and tend to yield long-lasting change.

**Seek opportunities to integrate.**

Another mindset shift is challenging the assumption that prioritizing wellness is something that we must do apart from the other parts of our lives. The most sustainable self-care solutions frequently come from bringing the different parts of our lives together. For example, consider how self-care time could also be used to enrich your career (a walking meeting with a colleague or mentor instead of a Zoom call), support your community (picking up trash around the neighbourhood) or strengthen other relationships in your life (setting a recurring time to stream yoga videos with a long-distance friend or family member). By changing the way you think about self-care, you can make incremental and meaningful shifts that bring you greater peace, energy and joy. It is possible to create harmony among the different parts of your life but you might have to challenge some of your assumptions to do so.

## **Echoes of Eternity : The Symphony of a Silent World**

**Mr. Ibrahim Mohammad Murshid**

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*2<sup>nd</sup> Year BCA*



Once upon a time, in the bustling halls of a prestigious college, a group of passionate musicians embarked on a remarkable journey to create an extraordinary musical masterpiece. Inspired by the beauty of the natural world and the depth of human emotions, they sought to compose a symphony that would capture the essence of a silent world. Led by their visionary music professor, Maestro Alexander Hartman and armed with a deep appreciation for the power of sound, the students set out to explore the untapped potential of silence as a profound musical expression.

Their mission began by immersing themselves in the serenity of nature's embrace. They ventured into lush forests, gazed upon majestic mountains and stood in awe beside cascading waterfalls. With each experience, they absorbed the delicate symphony of silence that enveloped these awe-inspiring landscapes, tuning their senses to the subtle melodies hidden within. Back in the rehearsal room, the students embarked on a unique sonic exploration. They experimented with silence as an instrument, carefully crafting pauses and empty spaces to allow the music to breathe and speak in profound ways. They discovered that silence, when skillfully employed, had the power to evoke emotions more profound than any note played.

Their composition evolved, drawing inspiration from the natural world and the depths of human experience. The symphony intertwined delicate melodies reminiscent of birdsong with the raw power of thunderous silence. It weaved together moments of stillness with bursts of sound, capturing the ebb and flow of life's emotions in a harmonious tapestry of

sound. To truly understand the impact of their creation, the students sought to share their symphony with those who had lost the gift of hearing. In collaboration with a local organization for the hearing impaired, they organized a unique concert experience. As the symphony began to resonate through the concert hall, a profound silence fell upon the audience. Those who could hear, experienced the music in its entirety, captivated by its beauty and power. And those who were deaf, were touched by the vibrations and visual representations of sound, connecting with the symphony through their other senses.

The concert became an extraordinary celebration of inclusivity and the universality of music. It touched the hearts of all who were present, challenging preconceived notions of what it means to truly listen and reminding everyone that music transcends the boundaries of sound alone. The college magazine dedicated a special feature to this remarkable musical journey, titled "Echoes of Eternity: The Symphony of a Silent World." The article celebrated the students' innovative approach to composition, their commitment to inclusivity and their ability to harness the power of silence as a profound musical expression.

The story of these talented musicians serves as a reminder that there is music all around us, even in the moments of silence. It urges us to listen not only with our ears but with our hearts, embracing the profound beauty that lies within the symphony of life.



## **Good Food for Good Health: Nourishing Your Body for a Better Life**

**Mr. Muhammad Amaan**

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Eating well is not just about satisfying our taste buds; it is a vital aspect of maintaining good health. The food we consume plays a significant role in nourishing our body, supporting optimal functioning, and preventing chronic diseases. Let's explore the importance of good food for good health and discover some key principles for a well-balanced diet.

A well-rounded diet consists of a variety of nutrient-rich food that provides our body with the essential vitamins, minerals, proteins, carbohydrates, and fats they need to thrive. Incorporating a wide range of fruits, vegetables, whole grains, lean proteins, and healthy fats into our meals ensures that we obtain a diverse array of nutrients necessary for optimal health.

Fruits and vegetables are the cornerstones of a nutritious diet. Packed with vitamins, minerals, and antioxidants, they provide numerous health benefits. Aim to include a colorful assortment of fruits and vegetables in your daily meals, as different colors signify the presence of various beneficial compounds. Leafy greens, berries, citrus fruits and cruciferous vegetables like broccoli and cauliflower are particularly nutrient-dense options.

Whole grains, such as brown rice, quinoa, oats and whole wheat bread are rich in fiber, vitamins and minerals. They provide sustained energy, promote healthy digestion and help to reduce the risk of heart disease and type 2 diabetes. When choosing grains, opt for whole grains instead of refined grains, as they retain their nutrient content and fiber.

Protein is essential for building and repairing tissues, supporting a healthy immune system and maintaining muscle mass. Include lean sources of protein in your diet, such as poultry, fish, beans, lentils, tofu and greek yogurt. For those who follow a vegetarian or vegan diet, combining different plant-based protein sources can ensure adequate intake of essential amino acids.

While fat often gets a bad reputation, it's important to note that healthy fat is crucial for our well-being. Sources of healthy fat includes avocados, nuts, seeds, olive oil and fatty fish like salmon and tuna. These fats provide omega-3 fatty acids, which promote brain health, reduce inflammation and keeps heart healthy. However, it's best to consume fats in moderation, as they are calorie-dense.

In addition to selecting nutrient-rich food, portion control is the key to maintain a healthy weight and prevent overeating. Be mindful of your serving size and listen to your body's hunger and fullness cues. It can be helpful to eat slowly, savoring each bite and paying attention to the sensations of satisfaction.

Alongside a well-balanced diet, hydration is essential for good health. Water is vital for digestion, regulating body temperature, transporting nutrients and flushing out toxins. Aim to drink an adequate amount of water throughout the day and limit sugary beverages that can contribute to excess calorie intake.

While good food forms the foundation of good health, It is important to note that everyone's nutritional needs may vary. Factors such as age, gender, activity level and underlying health conditions can influence dietary requirements. Consulting with a registered dietitian or healthcare professional can provide personalized guidance and support in crafting a diet that suits your specific needs.

In conclusion, nourishing your body with good food is a fundamental step towards maintaining good health. By incorporating a variety of nutrient-rich food, practicing portion control, and staying hydrated, you can support your overall well-being and reduce the risk of chronic diseases. Remember, small, sustainable changes to your diet can yield significant long-term benefits, making it worth the effort to prioritize good food for a healthier and happier life.

## **Importance and Value of Money in Teenagers**

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Teenage is a crucial period in a person's life, marked by rapid physical, emotional, and intellectual development. During this transformative phase, teenagers begin to experience newfound independence and responsibility, including managing their finances. Understanding the importance and value of money in this time can shape their financial habits and lay a foundation for future financial success.

Teenagers often crave independence and the ability to make their own choices. Money plays a pivotal role in granting them a sense of financial autonomy. Earning, saving, and spending their own money can empower teenagers to make decisions based on their preferences and priorities, teaching them valuable life skills such as budgeting and financial planning.

Teenage provide an ideal opportunity to learn about financial responsibility. Having money and managing it wisely encourages teenagers to understand the value of hard



work, delayed gratification, and the consequences of impulsive spending. These experiences lay the groundwork for developing crucial skills like setting financial goals. They can differentiate their wants and needs.

Many teenagers have a natural inclination toward creativity and innovation. Money can serve as a motivator to channel their entrepreneurial spirit. Whether it's starting a small business, freelancing, or engaging in other income-generating activities, the

pursuit of financial gain can help teenagers to develop important skills such as problem-solving, communication, marketing, and money management. These skills can prove invaluable throughout their lives.

Learning money management can enable the teenagers to cultivate a habit of long-term financial planning. By understanding the concepts like saving, investing, and compound interest, teenagers can set themselves up for future financial security. The ability to save and invest during teenage can lead to significant financial growth over a period and help them navigate major life milestones, such as higher education, home ownership, or starting a family.

Teenage is a critical period for developing values and priorities. Money provides a practical lens through which teenagers can explore their values and make choices aligned with their principles. By understanding the value of money is a habit to support causes they believe in, make charitable contributions, or invest in environment friendly products and services.

Money holds great significance in teenage, extending far beyond its financial aspects. By recognizing the importance and value of money, teenagers can develop essential life skills, financial responsibility, and a value-based approach towards their finances. Embracing these lessons can lay a solid foundation for a secure financial future and equip them with the necessary skills to navigate the complexities of the modern world.

## Importance of Breakfast



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Breakfast is one of the important parts of our daily diet. As the name suggests, it breaks the overnight fasting period. It helps to boost our cognitive function and also replenishes body glucose level and provides energy for the day. It is often called as brain food as it improves the function of the brain. Skipping breakfast will lead to increased acidity, reduced concentration, memory power and many more health issues.

Nowadays, there is a trend among school children to skip breakfast as a part of reducing weight and also it is the main reason for ulcers and impaired school performance. Children who skip breakfast may have reduced concentration in studies, low memory power, poor school performance when compared to children who eat breakfast. So breakfast should not be skipped and one should encourage their children to eat breakfast daily. Breakfast improves your metabolism and helps you to burn calories throughout the day. Compared to those who don't eat breakfast, people who eat breakfast have a lower risk of type 2 diabetes mellitus and cardiovascular disease. Eating breakfast fills your stomach and it reduces your cravings. Eating breakfast reduces the risk of overweight and obese. It makes one physically and mentally fit and they have an active performance in their school and work life.

What is a healthy breakfast? For most healthy and nutritious breakfast, choose foods from each of the five food groups, fruits, vegetables, protein, dairy products and grains. Include more of good protein foods like egg, yogurt, nuts and seeds. Try to avoid processed foods, sugar, fried foods, spicy and highly seasoned foods.

Here are some good foods for breakfast:

Yogurt, egg, beans, banana, oats, lentils, greens, whole grains etc.,

### Conclusion:

Healthy breakfast will end the calorie conservation and improves metabolism. It is important for the development of the brain. Consuming healthy breakfast is more important than eating breakfast. Junk foods and processed foods will affect our body adversely.

## **Importance of mental health and self-care for overall well-being**

**Ms. Fathima Rufaida**  
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1<sup>st</sup> Year BCA



Mental health and self-care are crucial components of overall well-being and play a significant role in determining one's quality of life. Mental health refers to a person's emotional, psychological, and social well-being, while self-care encompasses the actions and habits individuals engage to maintain their physical, mental, and emotional health. In today's fast-paced and stressful world, taking care of one's mental health and practicing self-care are more important than ever. In this short article, we shall explore the importance of mental health and self-care for overall well-being, the factors that contribute to poor mental health, and various strategies for improving and maintaining mental health.

Good mental health allows individuals to lead fulfilling and productive lives, while poor mental health can have serious and long-lasting consequences. People with poor mental health are more likely to experience chronic health problems, have difficulty in managing stress and emotions, and have difficulty in forming and maintaining healthy relationships.

Moreover, mental health problems are also associated with increased rates of substance abuse, criminal behavior and suicide. On the other hand, individuals with good mental health are more likely to be productive, have positive relationship and enjoy a better quality of life. They are also less likely to engage in risky behaviors and are better equipped to manage stress and cope with life's challenges.



## Learning Skills and Knowledge

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Learning new skills and knowledge is a lifelong journey that can be both rewarding and challenging. There are many different ways to learn new things, and the best approach for you will depend on your individual learning style and preferences.

Here are some general tips for learning new skills and knowledge:

- **Set clear goals.**

What do you want to learn? Why do you want to learn it? Having clear goals will help you stay motivated and focused on your learning.

- **Be patient.**

Learning new things takes time and effort. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually reach your goal.

- **Find a learning method that works for you.**

There are many different ways to learn new things. Some people prefer to read books or articles, while others prefer to watch videos or take online courses. Experiment with different methods until you find one that you enjoy and that helps you learn effectively.

- **Find a mentor or community of learners.**

Having someone to support you and offer guidance can be a great way to learn new things. Find a mentor who is already proficient in the skills you want to learn, or join a community of learners where you can share your experiences and learn from others.

- **Practice regularly.**

The more you practice, the better you will become at the skills you are learning. Make sure to practice regularly and give yourself time to absorb new information.



- **Don't be afraid of making mistakes.**

Everyone makes mistakes when they learn new things. Don't let this discourage you. Just keep practicing and you will eventually overcome your mistakes.

Learning new skills and knowledge can be challenging but rewarding experience. By following these tips, you can set yourself up for success.

Here are some additional tips that may be helpful:

- Break down your learning into smaller, more manageable steps.  
This will make it less daunting and likely that you will stick with it.
- Reward yourself for your progress.  
This will help you stay motivated and keep going.
- Find ways to make your learning fun.  
This will help you stay engaged and interested in what you are learning.
- Don't be afraid to ask for help.

If you are struggling with something, don't be afraid to ask for help from a friend, family member, teacher or mentor.

## Navigating Mental Health in the Digital Age: Strategies for a Balanced Well-being

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### Introduction:

In today's digitally connected world, technology has become an integral part of our daily lives. While it brings numerous benefits and conveniences, it also poses unique challenges to our mental health. This article explores the impact of the digital age on mental well-being and provides practical strategies for maintaining a healthy balance in the midst of technology's pervasive presence.

#### 1. The Influence of Digital Media:-

- The role of social media platforms in shaping self-esteem and body image.
- The addictive nature of digital devices and the impact on attention spans.
- The comparison trap: FOMO (Fear of Missing Out) and its effects on mental health.

**2. Building Digital Well-being Habits:-**

- Mindful technology use: Setting boundaries and time limits for device usage.
- Practicing digital detox: The importance of taking breaks from screens.
- Engaging in offline activities: Rediscovering hobbies and face-to-face interactions.

**3. Online Support and Resources:-**

- The accessibility of mental health resources and therapy options online.
- Virtual support communities: Finding connection and solace in online forums and groups.
- The importance of seeking professional help when needed and recognizing the limitations of online support.

**4. Balancing Online and Offline Lives:-**

- Creating a healthy digital diet: Curating a positive online experience.
- Nurturing real-life relationships: Prioritizing meaningful connections offline.
- Engaging in self-care activities that promote mental well-being.

**5. Mindfulness and Digital Mindset:-**

- Practicing digital mindfulness: Being present and intentional in our online interactions.
- Cultivating a healthy relationship with technology: Emphasizing its benefits while setting boundaries.
- Mindful social media use: Curating a positive online environment and avoiding negativity.

**Conclusion:**

In the digital age, it is essential to be mindful of the impact of technology on our mental health. By adopting strategies to navigate the digital landscape, setting boundaries, seeking support, and prioritizing offline experiences, we can maintain a balanced well-being in an increasingly connected world. Remember, technology should enhance our lives, not overshadow our mental health and happiness.

## **Poverty is not a Curse**

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The coolie guy worked hard to run his family. It was not enough to fill the tummy of six members in the family. He had five children, four girls and a son named Siddhanth. He was born and brought up in poverty and hunger. Seeing his dad's difficulties, he told to his self that my next generation should not come across this curse of hunger. Thus, he decided to work hard and became a successful entrepreneur. He is the source of inspiration to many. He often reminds the youth saying that life of an entrepreneur is tough and we may often hit by a roadblock. Like it or not, building our own empire from scratch takes every bit of our heart, soul, blood, and sweat. Poverty is not a curse. Our hard work will take us to the heights of success.



## **Significance of Food Technology**

***Ms. Kadheejath Munaza K***

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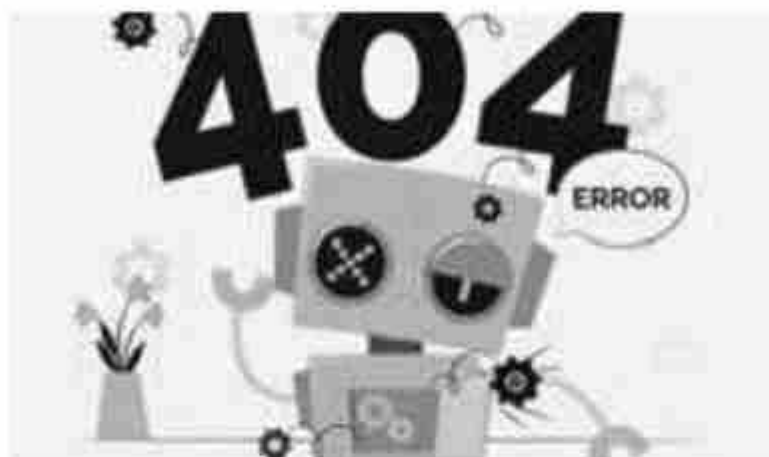
Food technology plays a crucial role in shaping our food systems and meeting the demands of a growing global population. Food is an integral part of our daily lives, and ensuring its safety, quality, and availability has become a global concern. In a world grappling with a growing population, changing dietary preferences, and environmental challenges, Food Technology emerges as a crucial tool in addressing these complex issues. From enhancing food safety to revolutionizing food production, food technology plays a pivotal role in shaping our future food systems. This article explores the importance of food technology and its impact on various aspects of our lives.

One of the primary concerns in the food industry is ensuring food safety. Foodborne illnesses can have severe consequences, and food technology offers solutions to mitigate these risks. Advanced processing techniques, such as pasteurization, sterilization, and irradiation, help to extend the shelf life of food products while maintaining their nutritional value. Additionally, food preservation technologies like canning, freezing, and vacuum sealing aid in reducing food waste and ensuring the availability of nutritious food for longer period.



## System Error 404

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The paint was peeling, the roof was sagging, and the yard was overgrown. I sighed as I looked around my childhood house, which was on the brink of falling apart. As I approached the house, memories from long ago began to resurface. I hesitated for a moment before turning the handle and pushing it open. The musty smell of neglect and abandonment hit me as I gazed over the dust-covered furniture and cobwebs that adorned the once-pristine living room. I walked slowly and cautiously as I made my way from room to room. Every corner held a memory; every surface held a story. As I stepped into the basement, I was startled by the sudden ringing noise. Following the source of the noise, I noticed an old landline in the corner of the room. Despite my hesitation, I reached for the phone and answered. "Hello?" I said, my voice shaking slightly. There was a long pause before a voice came through the other end of the line. I tried to listen more closely, as it was faint and difficult to understand. "Who is this?" I asked, tentatively. The voice didn't respond at first, but I could hear faint whispers on the other end of the line. It sounded ragged and uneven. Finally, the voice spoke again, and this time I could make out exactly what was being said. "You need to come back," the voice said urgently. "Come back

where?" I asked, confused. But there was no response. The line went dead. I hung up the phone, feeling a chill run down my spine. Who was that? What did they mean by come back? I couldn't decipher what had just happened, but as I turned around to leave the house, I felt a lump form in my throat. I was currently standing in the middle of a crowded cafe. The smell of coffee and pastries filled the air, and the sound of chatter and laughter buzzed around me. How in the world did I get here? Panic started to set in as I struggled to remember what had just happened before I arrived at the cafe. I tried to stand up, but my legs felt weak and unsteady. People were staring at me, making me feel even more self-conscious. I looked down at my clothes, which were stained and torn. I had no recollection of how I had gotten into this state. I tried to calm myself down and make sense of the situation. I took a deep breath and focused on my surroundings, trying to find anything that could give me a clue as to where I was. I noticed the television in the cafe from the corner of my eye. The headline read, "Breaking news: Scientists make groundbreaking progress with AI technology". Before I could comprehend the news, I heard a soft beep from my phone and saw that I had received a message from an unknown number. It read: "Meet me outside the cafe. Don't ask questions". My heart raced as I wondered who had sent the message and why. I looked around the cafe, trying to spot someone who looked suspicious or out of place. But everyone seemed to be going about their business, oblivious to my situation. I decided to follow the instructions in the message, hoping that it would lead to some answers. As I made my way towards the exit, I noticed a woman with a familiar face. I stared at the woman, trying to place her face. Despite my best efforts, I couldn't remember who she was. She approached me and said, "I'm Emma. I was sent to take you back. We need to get you back as soon as possible. There's been an error in the system". I was confused: "What do you mean? I don't understand". She handed me a small device, saying, "This will take you back to where you belong." I examined the device, but it was unlike anything I had ever seen. The woman disappeared into the crowd, leaving me to figure out what to do next. Feeling a sense of unease, I turned on the device and suddenly felt a jolt of energy surge through my body. After which, everything went blank. Rows of servers and monitors line the walls, their screens displaying endless lines of code and data. In the centre of the room, there is a large glass chamber, filled with an otherworldly glow. Inside the chamber, multiple human figures lie motionless in a hibernation box, hooked up to wires and sensors that snake across the floor and up the walls. In one of these boxes, I lie with my consciousness stored in a program, unaware of the next life that I'm about to live.

## **The Real Super Hero**

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A father sacrifices a lot for their Children. Though he works hard he will be smiling. He works day and night without letting his children know.

He was always there with you in your every emotion. He sacrifices many things for you. He is nothing but your Father... Hence try to respect his attitude and sacrifices for you.

When we talk about sacrifices many people are saying that they sacrifice this and that for someone. And as result they got nothing. But the only person who doesn't say that although he sacrifices his whole life for his children is his father.

Have you seen your father saying that I have sacrificed my life for you, now you have to pay back to me. No, father in the world does that, out of love for his children. He sacrifices a lot more than what he shows us or what we perceive to be true outside.



When you were born, our father and mother sacrificed their daily sleep to make you stop crying and smile.

They worked hard for your education. Their sacrifice is priceless. Hence, no one should say that they haven't seen their father's sacrifices. Unfortunately, many children are unable to recognize this.

A father is the strength of a daughter and an inspiration for a son. They are the one who gives their family strength and security to live a good and happy life.

They are sacrificing many things. But in return, they are not getting even a fraction of love and they were then sent to the old age home. Is that they work so hard for you?

A father always sees their son or daughter growing. And wants to see them in a better position, no matter what he has to sacrifice to complete their education. A father, though not keeping you in their womb, he provides everything for the rest of your life.

In this busy schedule, we have forgotten to appreciate the hard work of our parents and many children reached to a stage where they fight with them.

Remember, they will be there when nobody is there for you. We should respect them and find some time for them. We are here, because our father was there behind every step. Lets love them infinite.

## **Water is the Essence of Life**

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Water is the essence of a life, a fundamental resource that sustains all living beings on our planet. It is a clear and colorless substance that fills our oceans, rivers, lakes, and even the very cells of our bodies. Water plays a vital role in our daily existence, from quenching our thirst and keeping us hydrated to supporting the growth of crops and the survival of countless species. Its importance extends beyond mere sustenance, as water also offers opportunities for recreation, power industries, regulates climate, and maintains the delicate balance of ecosystems. Recognizing its significance, we must cherish and protect this precious resource by using it wisely and ensuring its availability for generations to come.

## **Women Empowerment**

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Women empowerment is a process of women sense of self-worth and ability to determine their choices and their right to influence socially in much vibrant way. Women are considered as one of the most significant gender in the society & they don't get much appreciation in the form of liberty in many part of the world even today.

Some of the well-known nations have undertaken several policies to make women empowerment much stronger than they can ever compete. By various activities they can exhibit their talents in different areas, showcase their ability and conquer their dream. To enlighten their future, women shall come up bravely to fight their needs.

Women empowerment required small efforts repeatedly, day in and day out. It also takes lot of continuous efforts and sacrifices to gain success in the path of empowerment.

A woman should require a state of fearless grace and integrity to be a strong and independent woman.

Being honest and having strong moral principles also help to result in empowerment inside a woman. Education also plays a major role in empowering women. Because it is considered as an art of human being.

Be a woman who fixes another woman's crown without telling the world it was created. Each time a woman stands up for herself, she stands up for all women.

## Value of Time

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2<sup>nd</sup> Year B.Sc. FND



*To know the value of a year,  
ask the person who is in distant from their loved one.*

*To realise the value of a day,  
ask a daily waged labourer.*

*To know the value of a minute,  
ask a person who has missed a train or bus.*

*To know the value of a second,  
ask a person who has survived after an accident!*

## Young Minds

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Developing good habits and maintaining consistency in young minds is crucial for their own growth and development. Habits are behaviors or actions that we engage in regularly, often without conscious thought. They can have a significant impact on our physical and mental well-being, with some promoting wellness while others may have an unwanted impact on our everyday lives.

Consistency, on the other hand, is the practice of purposely choosing how to engage with or respond to a situation and not varying that intention and practice over time. It provides limits and boundaries for children, helping them to organize and integrate information, gain an understanding of how the world works, and learn how they should behave. Most importantly, consistency lets children know what to expect, strengthening their sense of stability, security, understanding, trust, and comfort.

Good habits can help children develop strong neural connections in their brains, which can help them form healthy relationships based on trust. Consistency in parenting is also crucial for teaching children about discipline in a positive and nurturing manner. When children know how their parents will respond, they learn rules much faster and are better able to regulate their behavior.



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*"To produce a mighty book, you must choose a mighty theme."* - **HERMAN MELVILLE**

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*"Travel makes one modest. You see what a tiny place you occupy in the world."* - **GUSTAVE FLAUBERT**

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*"To find beauty in ugliness is the province of the poet."*  
- **THOMAS HARDY**

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*"A blank piece of paper is God's way of telling us how hard it is to be God."* - **SIDNEY SHELDON**

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*"The most valuable of all talents is that of never using two words when one will do."* - **THOMAS JEFFERSON**

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## Away From the House

*Ms. Fathima K M*  
*Reg. No.: U05PA22S0007*  
*1<sup>st</sup> Year BCA*



*Far from home I walk,  
I shine in the fall of the clouds.  
A song I treasure in memory,  
The experience carried in the heart, is the fulfilment of the song.*

*As the day approaches,  
The blowing wind binds the hopeful flying.  
The fire of the house pours in the loincloth,  
That fire burns in my heart.*

*How do you see the door of a happy house?  
How can love's gallows be forgotten?  
But the mind misses my house,  
Love carried in the heart.*



## Dream

*Ms. Fathima Rayyan K.H*  
*Reg. No.: U05PA22C0005*  
*1<sup>st</sup> Year B.Com.*



*In a drama of life  
We're the simple contestants.  
We never noticed,  
Life is a battle too  
Where everyone is busy,  
Defeating each other.  
Everyone dreams big,  
To be someone bigger.  
Some succeed and some fail.*

*Dream big; Dream bigger;  
Dream the biggest.  
Not to betray  
But to prove yourself  
That you are capable  
To do something dare.*



## **Find your inner Wings**

**Ms. Hajira Aprisha**  
Reg. No.: U05PA22S0057  
1<sup>st</sup> Year BCA



*I always wanted to fly like a bird. Be like a bird.  
I'd go to places I've never been before, Oh how wonderful will it be!  
I always wondered I could escape my problems  
That flying away from them would be the only solution.*

*I could just be free, strong and careless,  
Not a single worry in the world.  
The world I knew would change,  
Oh, how desperately I wanted to fly...  
I prayed to god to give me wings, Until I realised myself  
I already had them, I just wasn't ready to face my worries.  
I just wasn't ready to be strong and accept them.*



## **For You**

**Ms. Fathima Shamha**  
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1<sup>st</sup> Year B. Com.



*My mother,  
You're my laughter  
You're my lifeline  
You're my guideline.*

*You pat me like a father  
From every daring weather.  
You're my great teacher  
Brings our kin altogether.*

*Though I defy sometimes stark  
Your absence holds me dark.  
I crave you bless me merry  
Like a sweet loving fairy.*



## **Gathering of Youth**

**Ms. Amani Amreen**  
Reg. No.: U05PA22S0090  
1<sup>st</sup> Year BCA



*In days of youth, where dreams took flight,  
In a world of wonder and pure delight,  
Childhood's realm, a magical place,  
Where joy and innocence interlace.*

*With eyes wide open, we'd explore,  
In the fields of laughter, forevermore,  
Skipping stones and climbing trees,  
Chasing rainbows, feeling the breeze.*

*Imagination knew no bounds,  
As we danced through life's playgrounds,  
Building castles in the sand,  
With dreams held tightly in our hand.*

*Endless games of hide and seek,  
Immersed in fantasies, oh so unique!  
Beneath the sun's warm golden rays,  
We'd bask in love's gentle embrace.*



*Friendships formed, unbreakable ties,  
Shared secrets, laughter, and heartfelt sighs,  
In each other, we found a trusted guide,  
As childhood memories forever reside.*

*But time, a thief, it stole away,  
Our youthful innocence, day by day,  
Yet within us, a flicker still gleams,  
A reminder of childhood's tender dreams.*

*So let us cherish those days gone by,  
With gratitude, let our spirits fly,  
For within the child, we'll always find,  
A treasure trove, the world designed.*

## **Happily Ever After**

**Ms. Fathimath Shania**  
Reg. No.: U05PA22C0022  
1<sup>st</sup> Year B.Com



*Always I did wonder!  
If happily ever after exist?  
But little did I know,  
Not everyone gets one*

*Life will be filled,  
With ups and downs.  
One gets to know,  
What life is all about?*



*Some days are good  
Some days are bad  
But don't get stressed  
This too shall pass*



*Always I do wish for,  
A happily ever after  
What Harry and Ginny had?  
What Percy and Annabeth had.?*

## **The Sunset of Life**

*Ms. Mariyam Swaliha*  
*Reg. No.: 202301522101*  
*3<sup>rd</sup> Year BCA*



*The sunset marks the sad end of a dying day,  
Wiping the light out of a bright day,  
Making the world grow dark and pale  
Making 'today' seem like a tale.*

*That magnificent yet dim painted sky  
Tells us that another day has ended,  
And yet another one is not guaranteed to begin.*

*And this day like all other days  
Will fall into the forever gone past.  
Every day will turn into history;  
And every tomorrow is a mystery  
Like the sunset of your life.*



## Happiness

**Mr. Mohammed Mufeed**

Reg. No.: U05PA22C0020

1<sup>st</sup> Year B.Com



*Happiness is not being rich  
But enjoying what's within our reach  
That is happiness  
Living a life blameless...*

*Happiness is not living a fancy life  
With fear, pride and worry  
Happiness is loving others  
and sharing the little we have...*

*Happiness is not how much we do  
Happiness is in the small things we do  
That changes our lives  
And leaves impact on others...*

*Happiness is not how much we have  
Or competing on how much we can give  
Happiness is having nothing  
But trying to make others smile with the little we have...*

*Happiness is not being selfish  
Happiness is sharing  
Happiness is caring  
Happiness is love..... -*



## **Home- "Where Love Resides, Where Hearts Find Their Haven"**

*Ms. Shafna Sharin K K*  
*Reg. No.: U05PA22S0002*  
*1<sup>st</sup> Year BCA*



*Home is not walls, roofs, or stones,  
It's the laughter, love, where heart finds its tones.  
A sanctuary of warmth, where memories reside,  
A place where souls connect, side by side.*

*Home is where comfort embraces the soul,  
A refuge from the world, making us whole.  
Within its embrace, worries start to fade,  
And a sense of belonging effortlessly cascades.*

*Home is the laughter that fills the air,  
The shared meals, the stories we all share.  
It's the hugs, the smiles, the familiar faces,  
Creating a haven in life's diverse spaces.*

*Home is the shelter in life's stormy weather,  
A place where we find solace, together.  
It's the comforting presence in times of distress,  
A harbor of love, a source of tenderness.*

*Home is the symphony of familiar sounds,  
The creaking floors, the melodies that surround.  
It's the echo of footsteps, the voices we know,  
Creating a melody that warms our soul.*

*So remember, dear friend, wherever you may roam,  
Home is not a building, we call it home.  
It's the bond we share, the moments we treasure,  
That makes a dwelling, a place of infinite pleasure.*



## **I promise I'll wait!**

**Mr. Mohammed Amaan**

Reg. No.: 202301521125

3<sup>rd</sup> Year BBA



*Waiting for you is a game of chance  
A roll of the dice with no assurance  
But I will keep on waiting, come what may  
Until the day, when our eyes meet again!*

*Until then I will keep on dreaming about you  
And hope that soon you will be by my side  
I will keep on waiting, it's all I can do  
Until the day when our hearts Collide again!*



## My Father... My Hero

Ms. Khathija Arfiya  
Reg. No.: U05PA22S0025  
1<sup>st</sup> Year BCA



Dad, you're my hero, in so many ways,  
And I am so grateful to you.  
I have respect for the man that you are,  
And the kind-hearted things that you do.

You have a heart as big as an ocean,  
A "soft side" you don't often show,  
All of your life you worked for your family,  
You taught me and helped me to grow.



You were the man I knew I could lean on,  
Who fostered a strong sense of pride,  
The father who gave me his love and affection,  
And always remained by my side.



All of my life, Dad, I will be thankful  
That I had a father so true.  
I never had to search for a hero,  
The hero in my life was you.

## Night's Stillness

**Mr. Mohammed Shazil**  
Reg. No.: U05PA21S0018  
2<sup>nd</sup> Year BCA



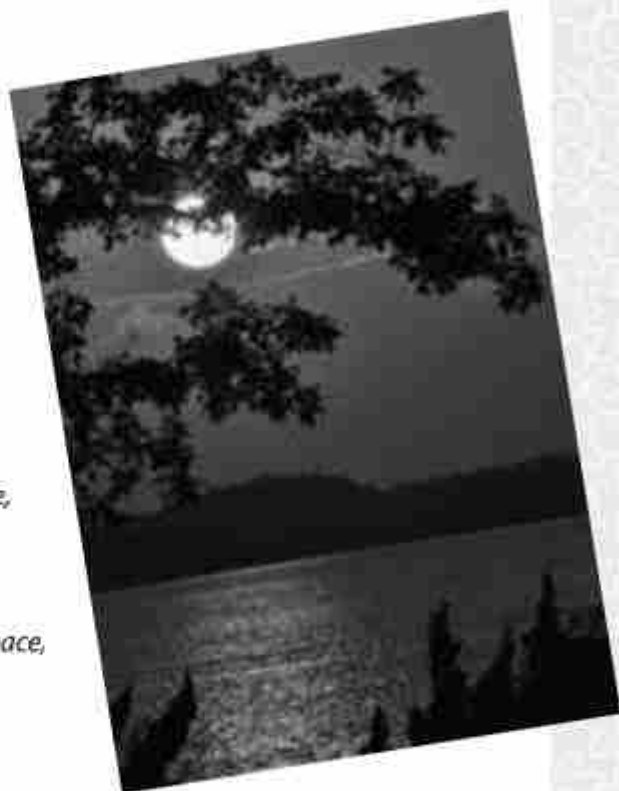
*As the sun sinks low and fades from sight,  
Time and space begin to take flight.  
The stars emerge, like distant light years,  
And the moon casts its shadowy fears.*

*The trees sway, bending like time,  
Moments in flux, never in a straight line.  
The world is still, yet time still flows,  
A force we can't see, but we feel its blows.*

*The night deepens, and all is still,  
The universe at rest, yet moving until  
The beauty of this hour is like a glimpse of time,  
A fleeting moment in this endless climb.*

*Take a moment, and ponder the vastness of space,  
The universe, a puzzle we cannot embrace.  
For in the stillness of the night,  
We see the cosmos in a different light.*

*The night's stillness, a glimpse of infinity,  
A moment in time, a moment in destiny.  
For in the shadows we see, the universe's complexity,  
And the truth, like a wormhole, remains our perplexity.*



## Unleash Your Inner Fire

**Ms. Afifa Shaik**  
Reg. No.: U05PA22S0009  
1<sup>st</sup> Year BCA



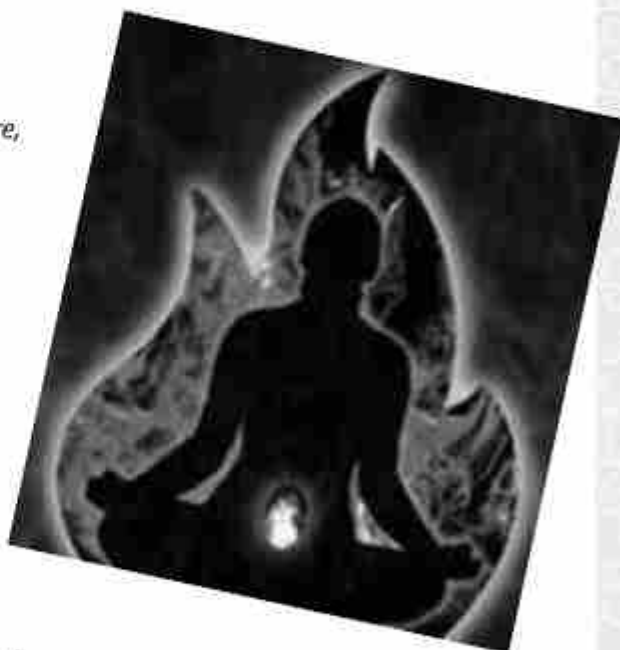
*In the darkest night, a spark ignites,  
A flame that burns with fervent might.  
Amidst the shadows, hope shall rise,  
A guiding star that lights up the sky.*

*When storms assail, with thunder's roar,  
And doubts and fears shake you to the core,  
Remember, within you lies a fire,  
A strength untamed, a burning desire!*

*Embrace the challenges, fierce and bold,  
For within each trial, secrets unfold.  
With every stumble, you grow strong,  
Resilience blooms, where you belong.*

*Believe in the power that lies within,  
Unleash your spirit, let it begin.  
You're destined for greatness, don't you see?  
A universe of possibilities waits for thee.*

*Let failures be lessons, stepping stones,  
For in their midst, true wisdom is sown.  
Rise from the ashes, like a phoenix, soar,  
Embrace the journey, forever more.*



*Dream with passion, let your heart lead,  
A symphony of dreams is what you need.  
Reach for the stars, in their distant gleam,  
For you, my dear, can achieve the unseen.*

*In every setback, find an open door,  
Opportunity knocking, forever more.  
With courage as your guide, take the leap,  
And watch your dreams manifest, unfold, and keep.*

*So let this poem be your guiding light,  
A reminder to shine, with all you might.  
You hold the power, the strength, the drive,  
To conquer mountains, and truly thrive.*

*Embrace your greatness, let your spirit soar,  
Unlock the treasures that lie in store.  
Inspire the world with your unique voice,  
For you have the power to make a choice.*

*The journey ahead may not be clear,  
But with faith and courage, you need not fear.  
You're capable of wonders, beyond compare,  
So go out there, and let your soul dare.*



## Star Gaze

**Ms. Fathima Hiba**  
Reg. No.: U05PA22C0032  
1<sup>st</sup> Year B.Com.



*Oh! Now I wish I could just lay here forever  
Caressing the grass between my toes  
Looking up into the sky  
As I find solace under the blanket of stars.*

*I wish that I could simply stargaze from where I am now,  
More pellucid than I can, at the vast "sea of light"  
Watch them fluorescence  
Dangling in the sky.*

*I wish I could just close my weary eyes,  
Fall asleep, forgetting about my worries and weeps  
As I lay back on the grass,  
Beneath the dark, star lit skies,  
Finding serenity under the blanket of stars.*



*"When life gets too overwhelming, just look up at the night sky and  
lose yourself for awhile". - Deborah A ten Brink*

## **The Strange World**

*Ms. Mariyam Swaliha*  
*Reg. No.: 202301522101*  
*3<sup>rd</sup> Year BCA*



*I live in a funny strange world where  
Nothing is actually fair  
Where those who lack modesty  
are considered beautiful and majestic  
Cheaters are considered clever  
Criminals are considered brave  
Loyal are considered fools  
Sincere are considered liars  
And the wise is considered ignorant  
Ah! How I long to live in a fair world  
That is not so strange...*

## **To the Demons of her Mind**

*Ms. Kadeejath Ishana*  
*Reg. No.: U05PA22C0021*  
*1<sup>st</sup> Year B.Com.*



*They were just there, Roaming in the midst of darkness.*  
*She couldn't stand it anywhere Her scream were muffled.*  
*Shattered beyond repairs,*  
*She laid on cold floor.*

*But they didn't stop,*  
*They consumed her mind*  
*Driving her crazy,*  
*Until it did, atleast.*

*She wasn't strong enough*  
*To the demon of her mind she destroy herself*



## **Unveiling the Beauty : Embracing Individuality**

**Ms. Shafna Sharin K. K.**  
Reg. No.: U05PA22S0002  
1<sup>st</sup> Year BCA



*In a world of countless faces, unique and rare,  
Each person carries a spirit, beyond compare.  
Individuality, a cherished gift we hold,  
A tapestry of stories, waiting to unfold.*

*No two souls alike, in this grand symphony,  
A kaleidoscope of diversity, for all to see.  
From different lands, cultures, and beliefs,  
We stand as individuals, like fallen autumn leaves.*

*In the depths of our hearts, passions ignite,  
Unveiling dreams, like stars in the night.  
For every person possesses a special spark,  
A blazing fire within, lighting up the dark.*

*Embrace your quirks, your flaws, and grace,  
For they shape your spirit, your unique space.  
Let the world witness your authentic hue,  
And marvel at the wonders that are you.*

*Walk your own path, with courage and pride,  
Embrace the journey, with arms open wide.  
For in the tapestry of life, it is clear to see,  
The beauty lies in our individuality.*

*So let your true colors shine, with no refrain,  
Celebrate the symphony that is your domain,  
For it is in our differences, we truly find,  
The essence of what makes us human, one of a kind.*



## **Wish to Change**

**Ms. Safiyath Zia**  
Reg. No.: U05PA22C0034  
1<sup>st</sup> Year B.Com.



*Having someone beside you  
For everything you need;  
Many friends with you  
To meet your daily deed.*

*Being a small cocoon  
Wish to become butterfly;  
Raising up as a tiny balloon  
Aim the buds as a Hoverfly.*

*Someone you trust much  
Leads you to sigh.  
The words touch your heart  
Lead you to dream high.*





**TEACHING & NON TEACHING STAFF**



**TEACHING STAFF**



NON TEACHING STAFF



**HOSTEL TEAM**



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**B.COM 2<sup>nd</sup> Year - (COP - Supply Chain & Logistics Management)**



**B.COM 3<sup>rd</sup> Year - (COP - Supply Chain & Logistics Management)**



**1<sup>st</sup> Year FND**



**2<sup>nd</sup> Year FND**



**3<sup>rd</sup> Year FND**



**2<sup>nd</sup> Year FT**



**3<sup>rd</sup> Year FT**



**BCA 1<sup>st</sup> Year- (With add on course - Data Analytics)**



**BCA 2<sup>nd</sup> Year - (With add on course - Data Analytics)**



**BCA 3<sup>rd</sup> Year - (With add on course - Data Analytics)**



**BBA 1<sup>st</sup> Year - "A" (COP - Aviation & Hospitality Management / Supply Chain & Logistics Management)**



**BBA 1<sup>st</sup> Year - "B" (COP - Aviation & Hospitality Management / Supply Chain & Logistics Management)**



**BBA 2<sup>nd</sup> Year - "A" (COP - Aviation & Hospitality Management / Supply Chain & Logistics Management)**



**2<sup>nd</sup> Year BBA - "B" (COP - Aviation & Hospitality Management / Supply Chain & Logistics Management)**



**3<sup>rd</sup> Year BBA (COP - Aviation & Hospitality Management / Supply Chain & Logistics Management)**



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**ICC COMMITTEE**



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**RURAL ENTREPRENEURSHIP ASSOCIATION**



**WOMENS CELL**



Ms. Rabeeba Seniya, 2<sup>nd</sup> Year FND



Ms. Aysliath Napiha M  
Asst. Professor



Ms. Hiba Sadiya, 3<sup>rd</sup> Year BBA



Mr. Abdul Asmeel, 1<sup>st</sup> Year BBA 'B'



*Mr. Afthab, 1<sup>st</sup> Year BCA*



*Mr. Mohammed Kunhi, 1<sup>st</sup> Year B.Com.*



*Ms. Nafeesath Safwana KM,  
1<sup>st</sup> Year FND*



*Ms. Fathima Ashwida, 3<sup>rd</sup> Year BCA*



*Mr. Abdulla Rievaiz C. A.,  
1<sup>st</sup> Year B.Com.*



*Ms. Safa, 2<sup>nd</sup> Year IT*



*Ms. Fathima Ashwida, 3<sup>rd</sup> Year BCA*

*Ms. Noorjahan Begum S A  
Asst. Professor*



*Ms. Krithika  
Asst. Professor*





*Ms. Fathima Ashwida, 3<sup>rd</sup> Year BCA*



# ಕನ್ನಡ ವಿಭಾಗ



ಬರಲಿರುವ ಸನ್ನಿವೇಶಗಳನ್ನು ಸದಾ ನಿಮ್ಮ ಪರವಾಗಿ  
ಇಟ್ಟುಕೊಳ್ಳುವುದು ಜಾಣತನ. - ವಿ. ಕೃ. ಗೋಕಾಕ್

ಯಾರಿಗೂ ಉಪದೇಶ ಮಾಡಬೇಡಿ, ನೀವೇನು  
ಹೇಳಬೇಕೆಂದಿದ್ದೀರೋ ಹಾಗೆ ಬದುಕಿ ತೋರಿಸಿ.- ಶಿವರಾಮ ಕಾರಂತ



ಬೆಳಕಿಲ್ಲದ ನಾಡಲ್ಲಿ ನಡೆಯಬಲ್ಲೆನು ತಾಯಿ, ಕನಸಿಲ್ಲದ  
ನಾಡಲ್ಲಿ ನಾ ಹೇಗೆ ನಡೆಯಲಿ - ಗಿರೀಶ್ ಕಾರ್ನಾಡ್

ಎಲ್ಲಾದರು ಇರು, ಎಂತಾದರು ಇರು, ಎಂದೆಂದಿಗೂ  
ನೀ ಕನ್ನಡವಾಗಿರು - ಕುವೆಂಪು



ಸಾವಿಗೆ ನಾ ಹೆದರುವುದಿಲ್ಲ, ಯಾಕೆಂದರೆ ನಾ ಇರೋತನಕ ಅದು  
ಬರುವುದಿಲ್ಲ, ಅದು ಬಂದಾಗ ನಾ ಇರುವುದಿಲ್ಲ. - ದ.ರಾ ಬೇಂದ್ರೆ

## ಕಲಿತದ್ದಾಗರು ಏನು?

ಸಾರ ಮಸ್ತುರುನ್ನೀಸ  
ಕನ್ನಡ ಉಪನ್ಯಾಸಕರು



ಕಲಿಯುವುದಕ್ಕೆ ಅಂತ ಹೊರಟೆ  
ಏನನ್ನು ಕಲಿಯಲಿ ಎಂಬ ಚಿಂತೆ  
ಡಾಕ್ಟರ್ ಇಂಜಿನಿಯರೋ?  
ಲಾಯರ್ ಲೆಕ್ಕರೋ?



ಕಲಿಯುವುದರಲ್ಲೇನಿದೆ  
ಕಲಿಯುವುದಕ್ಕೆ ನೂರಿದೆ  
ಯಾವುದೋ ಒಂದು ಕಲಿತೆ  
ಕಲಿತುವುದಾದರೂ ಏನಂತೆ?

ಲಾಯರ್ ಓದಿ ಆತ  
ಕಾನೂನು ಸಂರಕ್ಷಕನಾದ  
ಲೆಕ್ಕರ್ ಆದ ಅವ  
ಸಮಾಜ ನಿರ್ಮಿಸಿದಾತ

ಕಲಿತು ಅವ ಡಾಕ್ಟರ್ ಆದ  
ಬಂದಂತಹ ರೋಗಿಯ ನೋಡಿದ  
ಇಂಜಿನಿಯರ್ ಆದ ಅವ  
ಮನೆ ಬೆಳಗಿಸಿ ಹೋದ

ಎಲ್ಲರೂ ಒಂದಲ್ಲ ಒಂದು ಓದಿದರು  
ಸಮಾಜಕ್ಕೆ ಅವರದೇ ಕೊಡುಗೆ ಕೊಟ್ಟರು  
ಏನೂ ಓದದ ಬಡವನೊಬ್ಬನಿದ್ದ  
ಸಮಾಜಕ್ಕೆ ಮಾದರಿ ಮಾನವೀಯತೆ ಕಲಿಸಿದ



ಏನು ಕಲಿತೆನೆಂಬುವುದು ಮುಖ್ಯವಲ್ಲ  
ಜಾತಿ ಧರ್ಮ ಮೀರುವುದು ಮುಖ್ಯವಲ್ಲವೇ?  
ಮಾನವೀಯತೆ ಮೀರಿದ ಶಿಕ್ಷಣಕ್ಕಿಂತ  
ಮಾನವೀಯತೆ ತುಂಬಿದ ಹೃದಯ  
ಮುಖ್ಯವಲ್ಲವೇ?

ಇತಿಹಾಸದಲ್ಲಿ ಮಾನವ ಕುಲಕ್ಕೆ ಹಾಕಲು ಬಟ್ಟೆ ಇಲ್ಲದ ಸಂದರ್ಭ, ತನ್ನ ತನುವನ್ನು ಮುಚ್ಚಿ, ಮರ್ಯಾದೆಯನ್ನು ಕಾಪಾಡಿ ಕೊಳ್ಳಲು ಎಲೆಗಳನ್ನು ಧರಿಸಲು ಪ್ರಾರಂಭಿಸಿದ. ತದನಂತರದಲ್ಲಿ ವೈಜ್ಞಾನಿಕ ಬೆಳವಣಿಗೆಯಿಂದ ಮನುಷ್ಯನಿಗೆ ಮೈ ತುಂಬಾ ಬಟ್ಟೆ ಹಾಕಲು ಅವಕಾಶ ಸಿಕ್ಕಿತು. ಇದರಿಂದ ಮಾನವಕುಲ ಸಂತೋಷಪಟ್ಟು ವಿವಿಧ ರೀತಿಯ ಉಡುಪುಗಳನ್ನು ಧರಿಸಲು ಪ್ರಾರಂಭಿಸಿದರು.

ಹೀಗೆ ಮಾರುಕಟ್ಟೆಯಲ್ಲಿ ಸಾಂಪ್ರದಾಯಿಕ - ಪಾಶ್ಚಾತ್ಯ ಉಡುಪುಗಳು ಬರಲು ಆರಂಭಿಸಿತು. ಈಗಿನ ಪೀಳಿಗೆಯ ಮಕ್ಕಳು ಪಾಶ್ಚಾತ್ಯ ಉಡುಗೆ - ತೊಡಿಗೆಗಳನ್ನೂ ಪ್ರೀತಿಸಲು ಆರಂಭಿಸಿದರು ಮಾತ್ರವಲ್ಲದೆ ಅವರ ಆಚಾರ, ವಿಚಾರಗಳಲ್ಲಿ ಸಹಾ ಪರಿವರ್ತನೆಗಳನ್ನು ಕಾಣಬಹುದಾಯಿತು.

ಮಕ್ಕಳ ವತಿಯಿಂದ ಪೋಷಕರು ಮತ್ತು ಪೋಲೀಸ್ ಇಲಾಖೆಗೂ ಕರ್ತವ್ಯ ಹೆಚ್ಚಾಯಿತು. ಹೆಣ್ಣುಮಕ್ಕಳಿಗೆ ಹಳೆಯ ಸಾಂಪ್ರದಾಯಿಕ ಬಟ್ಟೆಗಳು ಹಿಡಿಸದ ಕಾರಣ ಪಾಶ್ಚಾತ್ಯ ಅರೆಬೆತ್ತಲೆ ಬಟ್ಟೆಗಳನ್ನು ಧರಿಸಿ ತನ್ನ ದೇಹ ಪ್ರದರ್ಶನ ಮಾಡಲು ಪ್ರಯತ್ನಿಸಿದರು. ಇದರಿಂದ ದಿನ ಪತ್ರಿಕೆಗಳಲ್ಲಿ ಬಲಾತ್ಕಾರ, ಕೊಲೆಗಳ ವಾರ್ತೆಗಳು ನೋಡಲು ಸಿಗತೊಡಗಿದವು. ಹೆಣ್ಣು ಮಕ್ಕಳ ಪೋಷಕರು ಹೊರಗೆ ಹೋದ ಮಕ್ಕಳು ಮನೆಗೆ ಬಂದು ತಲುಪುವ ತನಕ ಜೀವಪಕ್ಷಿ ಕೈಯಲ್ಲಿ ಹಿಡಿದು ಕಾಯುವ ಪರಿಸ್ಥಿತಿಗೆ ತಲುಪಿತು.

ಹೊರಹೋದ ಹೆಣ್ಣು ಮಗಳ್ಳಿಗೆ ಮನೆಗೆ ಬಂದು ತಲುಪುವಲ್ಲಿ ಸೋತುಹೋಗುತ್ತಿದ್ದಾಳೆ ಎಂದು ಆಲೋಚಿಸುವ ಹೆತ್ತವರೇ ಒಮ್ಮೆ ಆಲೋಚಿಸೋಣ. ಮಕ್ಕಳು ಪಾಶ್ಚಾತ್ಯ ವೇಷಭೂಷಣಗಳಿಗೆ ಒಳಗಾಗುತ್ತಿದ್ದಂತೆ ಹೆಮ್ಮೆಯಿಂದ ಅದನ್ನು ಪ್ರೋತ್ಸಾಹಿಸಿದ ನಾವು ಅದರಿಂದ ಇತರ ಪೋಲೀಸುಡುಗರು ತನ್ನ ಹತೋಟಿಯನ್ನು ಕಳೆದುಕೊಳ್ಳುವುದಕ್ಕೆ ಕಾರಣರಾಗುತ್ತಿದ್ದಾರೆ ಎನ್ನುವುದನ್ನು ಮರೆಯುತ್ತಿಲ್ಲವೇ? ಆ ಮೂಲಕ ಫ್ಯಾಷನ್ ಎಂಬ ಗೀಳಿನಿಂದ ನಮ್ಮ ಮಕ್ಕಳಲ್ಲಿ ಸಾಂಪ್ರದಾಯಿಕ ಉಡುಗೆತೊಡುಗೆಗಳನ್ನು ದೂರಮಾಡಿ ಅವರನ್ನು ಸಮಾಜದ ಮುಂದೆ ಅರೆನಗ್ನರಾಗಿ ನಡೆದಾಡಲು ಅವಕಾಶ ಕಲ್ಪಿಸಿಕೊಡುತ್ತಿಲ್ಲವೇ?

ಒಂದು ಉದಾಹರಣೆಯ ಪ್ರಕಾರ ಹೇಳುವುದಾದರೆ, ಒಂದು ಮಿಠಾಯಿಯನ್ನು ತೆರೆದು ಇಟ್ಟಾಗ ನೋಣಗಳು ಮತ್ತು ವಿವಿಧ ಕ್ರಿಮಿಕೀಟಗಳು ಅದರ ಮೇಲೆ ಕುಳಿತುಕೊಂಡು ಆ ಮಿಠಾಯಿಯನ್ನು ತಿನ್ನಲು ಆಗದ ಪರಿಸ್ಥಿತಿ ಬರುವುದು ಸಹಜ. ಅದೇ ಮಿಠಾಯಿಯನ್ನು ಮುಚ್ಚಿ, ಯಾವುದೇ ನೋಣಗಳು ಮತ್ತು ವಿವಿಧ ಕ್ರಿಮಿಕೀಟಗಳು ಅದರ ಮೇಲೆ ಕುಳಿತು ಕೊಳ್ಳದ ಹಾಗೆ ನೋಡಿದಾಗ ಅದು ತಿನ್ನಲು ಯೋಗ್ಯವಾಗುವಂತೆ ಮತ್ತು ಆರೋಗ್ಯಕರವಾಗಿಯೂ ಇರುತ್ತದೆ. ಅದೇ ರೀತಿ ಹೆಣ್ಣು ಮಕ್ಕಳ ಉಡುಪು ಸಹ ಸಾಂಪ್ರದಾಯಿಕವಾಗಿ ಮೈತುಂಬ ಬಟ್ಟೆಗಳನ್ನು ಹಾಕಿಕೊಂಡು, ಬೇರೆಯವರಿಗೆ

## ಯಕ್ಷಲೋಕ

ಸಚಿನ್ ಗಿರಿ ಬಿ. ಬಿ.

ಬಿ.ಸಿ.ಎ. ಉಪನ್ಯಾಸಕರು



ಕರಾವಳಿ ಪ್ರದೇಶದ ಗಂಡು-ಕಲೆ ಯಕ್ಷಗಾನದ ಕಿರು ಪರಿಚಯ : ಯಕ್ಷಗಾನವು ಮಂಗಳೂರು ಮತ್ತು ಉಡುಪಿ ಸೇರಿದಂತೆ ಕರ್ನಾಟಕದ ಕರಾವಳಿ ಪ್ರದೇಶಗಳಲ್ಲಿ ಹುಟ್ಟಿಕೊಂಡ ಸಾಂಪ್ರದಾಯಿಕ ನೃತ್ಯ-ನಾಟಕ ರೂಪವಾಗಿದೆ. ಇದು ನೃತ್ಯ, ಸಂಗೀತ, ಸಂಭಾಷಣೆಗಳು, ವಿಸ್ತಾರವಾದ ವೇಷಭೂಷಣಗಳು ಮತ್ತು ಪೌರಾಣಿಕ ಕಥೆ ಹೇಳುವ ಅಂಶಗಳನ್ನು ಸಂಯೋಜಿಸುವ ವಿಶಿಷ್ಟ ಕಲಾ ಪ್ರಕಾರವಾಗಿದೆ. ಯಕ್ಷಗಾನವನ್ನು ಬಹಳ ಉತ್ಸಾಹದಿಂದ ಪ್ರದರ್ಶಿಸಲಾಗುತ್ತದೆ ಮತ್ತು ಇದು ಈ ಪ್ರದೇಶದಲ್ಲಿ ಗಮನಾರ್ಹ ಸಾಂಸ್ಕೃತಿಕ ಮತ್ತು ಧಾರ್ಮಿಕ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಹೊಂದಿದೆ.

ಯಕ್ಷಗಾನದ ಪ್ರಮುಖ ಲಕ್ಷಣಗಳು: ಪೌರಾಣಿಕ ವಿಷಯಗಳು: ಯಕ್ಷಗಾನವು ಪ್ರಾಥಮಿಕವಾಗಿ ರಾಮಾಯಣ, ಮಹಾಭಾರತ, ಮತ್ತು ಇತರ ಪುರಾಣಗಳಂತಹ ಹಿಂದೂ ಮಹಾಕಾವ್ಯಗಳಿಂದ ಪೌರಾಣಿಕ ಕಥೆಗಳನ್ನು ಚಿತ್ರಿಸುವುದರ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸುತ್ತದೆ. ಪ್ರದರ್ಶನಗಳು ದೇವರು, ದೇವತೆಗಳು, ರಾಕ್ಷಸರು ಮತ್ತು ಪೌರಾಣಿಕ ನಾಯಕರು ಸೇರಿದಂತೆ ವಿವಿಧ ಪಾತ್ರಗಳ ಚಿತ್ರಣವನ್ನು ಸುತ್ತುತ್ತವೆ.

ವರ್ಣರಂಜಿತ ವೇಷಭೂಷಣಗಳು ಮತ್ತು ಮೇಕಪ್: ಯಕ್ಷಗಾನದ ವಿಶಿಷ್ಟ ಲಕ್ಷಣವೆಂದರೆ ಅದರ ರೋಮಾಂಚಿತ ಮತ್ತು ವಿಸ್ತಾರವಾದ ವೇಷಭೂಷಣಗಳು. ಪ್ರದರ್ಶಕರು, ಪುರುಷ ಮತ್ತು ಸ್ತ್ರೀ ಇಬ್ಬರೂ ಅಲಂಕೃತ ಅಭರಣಗಳು ಮತ್ತು ಪರಿಕರಗಳೊಂದಿಗೆ ವರ್ಣರಂಜಿತ ಉಡುಪನ್ನು ಧರಿಸುತ್ತಾರೆ. ನಟರು ತಮ್ಮ ಮುಖಗಳನ್ನು ಸಂಕೀರ್ಣವಾದ ಮೇಕಪ್‌ನೊಂದಿಗೆ ಚಿತ್ರಿಸುತ್ತಾರೆ, ಅದು ಅವರು ಚಿತ್ರಿಸುತ್ತಿರುವ ಪಾತ್ರವನ್ನು ಪ್ರತಿನಿಧಿಸುತ್ತದೆ.



**ಸಂಗೀತದ ಪಕ್ಕವಾದ್ಯ:** ಯಕ್ಷಗಾನವು ಚಂಡೆ (ಡೋಲು), ಮದ್ದಳೆ (ಎರಡು ತಲೆಯ ಡೋಲು), ಮತ್ತು ತಾಳ (ತಾಳ) ನಂತಹ ಸಾಂಪ್ರದಾಯಿಕ ವಾದ್ಯಗಳಲ್ಲಿ ನುಡಿಸುವ ನೇರ ಸಂಗೀತದೊಂದಿಗೆ ಇರುತ್ತದೆ. ಸಂಗೀತವು ಪ್ರದರ್ಶನದ ಲಯ ಮತ್ತು ಮನಸ್ಥಿತಿಯನ್ನು ಹೊಂದಿಸುತ್ತದೆ ಮತ್ತು ಒಟ್ಟಾರೆ ನಾಟಕೀಯ ಪರಿಣಾಮವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ.



**ಡೈಲಾಗ್ ಡೆಲಿವರಿ:** ಯಕ್ಷಗಾನ ಪ್ರದರ್ಶನಗಳು "ಯಕ್ಷ-ಗಾನ ಭಾಷಾ" ಎಂದು ಕರೆಯಲ್ಪಡುವ ಒಂದು ವಿಶಿಷ್ಟ ಶೈಲಿಯ ಸಂಭಾಷಣೆಯನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ. ಇದು ಶಾಸ್ತ್ರೀಯ ಕನ್ನಡ ಮತ್ತು ತುಳು ಭಾಷೆಗಳ ಸಂಯೋಜನೆಯಾಗಿದ್ದು, ಲಯಬದ್ಧ ಮತ್ತು ಕಾವ್ಯಾತ್ಮಕ ಅಭಿವ್ಯಕ್ತಿಗಳಿಂದ ನಿರೂಪಿಸಲ್ಪಟ್ಟಿದೆ.

**ಪ್ರದರ್ಶಕರು:** ಯಕ್ಷಗಾನವನ್ನು ಪ್ರದರ್ಶಿಸುವ ಕಲಾವಿದರನ್ನು ಎರಡು ಮುಖ್ಯ ಗುಂಪುಗಳಾಗಿ ವಿಂಗಡಿಸಲಾಗಿದೆ: "ಭಾಗವತ" ಮತ್ತು "ಬಯಲಾಟ." ಭಾಗವತವು ಕಥೆಯನ್ನು ನಿರೂಪಿಸುತ್ತದೆ ಮತ್ತು ಹಾಡುತ್ತದೆ, ಬಯಲಾಟ ನಟರು ವಿವಿಧ ಪಾತ್ರಗಳ ಪಾತ್ರಗಳನ್ನು ನಿರ್ವಹಿಸುತ್ತಾರೆ.

**ಸಾಂಪ್ರದಾಯಿಕ ರಚನೆ:** ಯಕ್ಷಗಾನ ಪ್ರದರ್ಶನಗಳು ಸಾಮಾನ್ಯವಾಗಿ ದೀರ್ಘವಾಗಿರುತ್ತದೆ ಮತ್ತು ರಾತ್ರಿಯವರೆಗೂ ಇರುತ್ತದೆ. ವಿಶಿಷ್ಟವಾದ ರಚನೆಯು "ಪ್ರಸಂಗ" (ಪರಿಚಯ), "ಪತ್ರೆ" (ಮುಖ್ಯ ಪಾತ್ರದ ಪ್ರವೇಶ), "ರಂಗಾವಳಿ" (ನೃತ್ಯ ಸರಣಿಗಳು), ಮತ್ತು "ಮುಮ್ಮಲ" (ಪರಾಕಾಷ್ಠೆ) ನಂತಹ ವಿವಿಧ ವಿಭಾಗಗಳನ್ನು ಒಳಗೊಂಡಿದೆ.

**ಜಾನಪದ ಮತ್ತು ಸಾಮಾಜಿಕ ವಿಷಯಗಳು:** ಯಕ್ಷಗಾನವು ಪ್ರಾಥಮಿಕವಾಗಿ ಪೌರಾಣಿಕ ವಿಷಯಗಳ ಸುತ್ತ ಸುತ್ತುತ್ತದೆ, ಇದು ಜಾನಪದ, ಸಾಮಾಜಿಕ ಸಮಸ್ಯೆಗಳು ಮತ್ತು ಸಮಕಾಲೀನ ಘಟನೆಗಳ ಅಂಶಗಳನ್ನು ಒಳಗೊಂಡಿದೆ.

ಯಕ್ಷಗಾನವು ಕೇವಲ ಮನರಂಜನೆಯ ಒಂದು ರೂಪವಾಗಿರದೆ ಸಾಂಸ್ಕೃತಿಕ ಪರಂಪರೆಯನ್ನು ಉಳಿಸುವ ಮತ್ತು ಸಾಂಪ್ರದಾಯಿಕ ಮೌಲ್ಯಗಳನ್ನು ಉತ್ತೇಜಿಸುವ ಸಾಧನವಾಗಿದೆ. ಇದು ಮೀಸಲಾದ ಪ್ರೇಕ್ಷಕರನ್ನು ಹೊಂದಿದೆ ಮತ್ತು ಕರ್ನಾಟಕದ ಕರಾವಳಿ ಪ್ರದೇಶಗಳಲ್ಲಿ ವಿವಿಧ ಹಬ್ಬಗಳು ಮತ್ತು ವಿಶೇಷ ಸಂದರ್ಭಗಳಲ್ಲಿ ಪ್ರದರ್ಶಿಸಲಾಗುತ್ತದೆ. ಕಲಾ ಪ್ರಕಾರವು ತನ್ನ ಸತ್ವ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ವಿಶಿಷ್ಟತೆಯನ್ನು ವರ್ಷಗಳಲ್ಲಿ ಉಳಿಸಿಕೊಂಡು ವಿಕಸನಗೊಳ್ಳುತ್ತಲೇ ಇದೆ.

(ಸಂಗ್ರಹ)

## ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿ-2020

ರಮ್ಯಶ್ರೀ

ವಾಣಿಜ್ಯ ಉಪನ್ಯಾಸಕರು



ಭಾರತದ ಸಮಗ್ರ ಶಿಕ್ಷಣಕ್ಕೆ ಸುದೀರ್ಘ ಕಾಲದ ಇತಿಹಾಸವಿದೆ. ಪ್ರಾಚೀನ ಭಾರತದಲ್ಲಿ ಶಿಕ್ಷಣವೆಂದರೆ ಜೀವನವನ್ನು ನಡೆಸಲು ಬೇಕಾಗಿ ಜ್ಞಾನವನ್ನು ಪಡೆಯುವುದು ಮಾತ್ರವಲ್ಲದೆ, ಲೌಕಿಕ ಬಂಧನಗಳಿಂದ ತನ್ನನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಅರಿತುಕೊಳ್ಳಲು ಸಹಕಾರಿಯಾಗಿದ್ದವು.

ಶಿಕ್ಷಣವು ರಾಷ್ಟ್ರದ ಅಭಿವೃದ್ಧಿಯಲ್ಲಿ ಮಹತ್ತರವಾದ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತದೆ. ಜಾಗತಿಕ ಶಿಕ್ಷಣದಲ್ಲಿ ಬದಲಾವಣೆಯನ್ನು ಕಾಣುವ ಈ ಸಂದರ್ಭದಲ್ಲಿ ಭಾರತ ಸರಕಾರವು ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ನೀತಿ 2020 ನ್ನು ಅನುಮೋದಿಸಿತು. ಹಿಂದಿನ ಶಿಕ್ಷಣ ನೀತಿಯಲ್ಲಿದ್ದ ನ್ಯೂನತೆಗಳು ಮತ್ತು ಪ್ರಸ್ತುತ ಹಾಗೂ ಭವಿಷ್ಯದ ಅಗತ್ಯಗಳಿಗೆ ಅನುಗುಣವಾಗಿ ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿ ತರಲಾಯಿತು.

### ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿ 2020ರ ಗುರಿ:

ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿಯ ಪ್ರಕಾರ ಪ್ರೀ ಸ್ಕೂಲ್ನಿಂದ ಮಾಧ್ಯಮಿಕ ಹಂತದವರೆಗೆ ಶಿಕ್ಷಣವನ್ನು ಸಾರ್ವತ್ರಿಕಗೊಳಿಸುವುದು. ನಾಲ್ಕು ವರ್ಷಗಳ ಪದವಿ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿವಿಧ ಹಂತಗಳಲ್ಲಿ ನಿರ್ಗಮನ ಆಯ್ಕೆಯನ್ನು ನೀಡುವ ಗುರಿಯನ್ನು ಹೊಂದಿದೆ ಅಲ್ಲದೆ ಸ್ನಾತಕೋತ್ತರ ಶಿಕ್ಷಣದ ಜೊತೆಗೆ ಡಾಕ್ಟರೇಟ್ ಪದವಿಯ ಶಿಕ್ಷಣವನ್ನು ನೀಡುವ ಗುರಿ ಇದರಲ್ಲಿದೆ.



**ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿ 2020 ರ ಅನುಕೂಲಗಳು:**

- ❖ ಸರ್ಕಾರದ ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿ 2020ರ ಅಡಿಯಲ್ಲಿ ಎಲ್ಲರಿಗೂ ಶಾಲಾ ಶಿಕ್ಷಣವನ್ನು ಒದಗಿಸುವುದು.
- ❖ ಸುಮಾರು ಎರಡು ಕೋಟಿ ಮರಳಿ ಬಾ ಶಾಲೆಯ ಮೂಲಕ ಮಕ್ಕಳು ಶಿಕ್ಷಣಕ್ಕೆ ತೆರದುಕೊಳ್ಳುವುದು.
- ❖ ಶಿಕ್ಷಣದ ಚೌಕಟ್ಟಿನಲ್ಲಿ 8 ವರ್ಷದೊಳಗಿನ ಮಕ್ಕಳಿಗೆ ಬಾಲ್ಯದ ಆರೈಕೆ ಹಾಗೂ ರಾಷ್ಟ್ರೀಯ ಪಠ್ಯಕ್ರಮ ಅಭಿವೃದ್ಧಿಗೊಳಿಸಲು ಎನ್.ಸಿ.ಆರ್.ಟಿ. ವಿದ್ಯಾಸಗೊಳಿಸುವುದು.
- ❖ 2030 ರ ವೇಳೆಗಾಗುವಾಗ ಬೋಧನಾ ವೃತ್ತಿಗೆ ಸೇರಲು ಕನಿಷ್ಠ 4 ವರ್ಷಗಳ ಬಿ.ಎಡ್ ಪದವಿ ಹೊಂದಿರಬೇಕು.

**ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿ 2020 ರ ಅನಾನುಕೂಲಗಳು:**

- ❖ ವಿದ್ಯಾರ್ಥಿಗಳ ಅನುವಾತಕ್ಕೆ ಅನುಗುಣವಾಗಿ ಶಿಕ್ಷಕರನ್ನು ಹುಡುಕುವುದು ಕಷ್ಟಸಾಧ್ಯ.
- ❖ ಪದವಿ ಪೂರ್ಣಗೊಳ್ಳಬೇಕಾದರೆ ವಿದ್ಯಾರ್ಥಿಯು ನಾಲ್ಕು ವರ್ಷಗಳವರೆಗೆ ಅಧ್ಯಯನ ಮಾಡಬೇಕು. ಎರಡು ಅಥವಾ ಮೂರನೇ ವರ್ಷದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿ ಶಿಕ್ಷಣವನ್ನು ಮೊಟಕುಗೊಳಿಸಿದರೆ ಡಿಪ್ಲೊಮಾ ಪದವಿ ಮಾತ್ರ ಲಭ್ಯವಾಗುವುದು.

ಒಟ್ಟಾರೆಯಾಗಿ ಹೊಸ ಶಿಕ್ಷಣ ನೀತಿಯು ನಮ್ಮ ಸಮಾಜ ಮತ್ತು ದೇಶದ ಸರ್ವತೋಮುಖ ಅಭಿವೃದ್ಧಿಗೆ ಸಹಕಾರಿಯಾದರೆ ಅಷ್ಟೇ ಸಾಕು.



## ನನ್ನ ಕ್ರೀಡೆಯ ಅಪ್ಪ

ಮಹಮ್ಮದ್ ಸಾಲಿ ಅಶಾಂ  
ವಾಣಿಜ್ಯ ಉಪನ್ಯಾಸಕರು



ಅಪ್ಪಾ, ನೀನು ನನ್ನ ಶಕ್ತಿಯ ಸ್ತಂಭ.  
ನನ್ನ ಜೀವನದ ಬೆನ್ನೆಲುಬು ಮತ್ತು ಬಲ.  
ನೀನು ಪ್ರೇಮದ ಅಭಿವೃದ್ಧಿಯ ಅದ್ಭುತ ಉದಾಹರಣೆ.  
ನನ್ನ ಬೆಳವಣಿಗೆಗೆ ದಿಕ್ಕುಹಾಕಿದ ಮಹಾ ಪುರುಷ.

ನೀನು ನನಗೆ ವಿದ್ಯೆ, ನೀತಿ, ಮತ್ತು ಸಮಾಜ ಭಾವನೆ ಬೋಧಿಸಿದ್ದೀ.  
ಅಪ್ಪಾ, ನೀನು ಅಮೂಲ್ಯ ಗುರು ಮತ್ತು ಆದರ್ಶ.  
ನಾನು ನಿನ್ನ ಆದರಣೆಗೆ ದಿನಕ್ಕೊಮ್ಮೆ ಕೃತಜ್ಞತಾ ಸಲ್ಲಿಸುತ್ತೇನೆ,  
ಅಪ್ಪಾ, ನೀನು ಅಮೂಲ್ಯ ರತ್ನ ಮತ್ತು ನನ್ನ ಜೀವನದ ಗಣಿ.

ಅಪ್ಪಾ, ನೀನು ಬಾಲ್ಯದ ಹೊಣೆಗಾರನು.  
ನನ್ನ ಕನಸುಗಳನ್ನು ನೆನೆಸಿಕೊಂಡ ವ್ಯಕ್ತಿ.  
ನೀನು ನನ್ನ ಬದುಕಿನ ಅತ್ಯಂತ ಅಮೂಲ್ಯ ಸಾರಥಿ.  
ನನ್ನ ಪರಮ ಆದರ್ಶ ಮತ್ತು ಆದರಣೀಯ ವ್ಯಕ್ತಿ.  
ನೀನು ನನ್ನ ಸಲಹೆಗಾರನು, ಶಿಕ್ಷಕ ಮತ್ತು ಸ್ನೇಹಿತ.  
ಅಪ್ಪಾ, ನೀನು ನನ್ನ ಹೃದಯದ ಅಮೂಲ್ಯ ರತ್ನ ಮತ್ತು ಪ್ರಿಯ.



ನೀವು ಇಲ್ಲಿಂದ ಹೋದರೇನು, ಆದರೆ ನನ್ನ ಹೃದಯದಿಂದ ಅಲ್ಲ.  
ನಿಮ್ಮ ಪ್ರೇಮ ಮತ್ತು ಜ್ಞಾನದ ನೆನಪುಗಳು ನನ್ನ ಬದುಕಿನಿಂದ ಬೇರೆಯಾಗುವುದಿಲ್ಲ.  
ಕಣ್ಣುಗಳು ಹರಿದಾಡುತ್ತಿರಬಹುದು ಮತ್ತು ನೀವು ಅನೇಕ ಸಲ ಕಾಣದಿರಬಹುದು,  
ನಿಮ್ಮ ಮಾರ್ಗದರ್ಶನದ ಬಾಗಿ ಬೀಗದಂತೆ ನನ್ನ ಜೀವನವನ್ನು ಬೆಳಗುತ್ತಿದೆ.

ನೀವು ನನಗೆ ಮೌಲ್ಯಯುತ ಆದರ್ಶ, ಧೈರ್ಯ ಮತ್ತು ಶ್ರೀಮಂತ ಪಾಠ ಕಲಿಸಿದ್ದೀರಿ,  
ಅಪ್ಪಾ, ನೀವು ನನ್ನ ಸುತ್ತವರಿದ ಅದ್ಭುತ ಆದರ್ಶ ಮತ್ತು ನೆನಪು.  
ನಾನು ನಿಮ್ಮ ಮಗ, ಆದರದಿಂದ ಪ್ರತಿದಿನ ಶ್ರದ್ಧಾಂಜಲಿ ಸಲ್ಲಿಸುತ್ತೇನೆ,  
ಅಪ್ಪಾ, ನೀವು ನನ್ನ ಹೃದಯದ ಅಮೂಲ್ಯ ಕಲ್ಲು ಮತ್ತು ಪ್ರಿಯ.

## ಅಪ್ಪ

ಅಹ್ಮದ್ ಬಶೀರ್  
ವಾಣಿಜ್ಯ ಉಪನ್ಯಾಸಕರು



ಕಣ್ಣಿಗೆ ಕಾಣೋ ದೈವ ಅಮ್ಮ  
ಪ್ರೀತಿಗೆ ಇನ್ನೊಂದು ಪದ ಅಮ್ಮ  
ಮನೆಯ ಬೆಳಕು ಅಮ್ಮ  
ಆಲ್ಲವೆನ್ನುವವರು ಯಾರೂ ಇಲ್ಲ  
ಹೀಗೆ ಹೇಳುವುದರಲ್ಲಿ ತಪ್ಪೇನು ಇಲ್ಲ  
ಆದರೆ  
ದುಡಿಮೆಯೇ ಜೀವನವೆಂದ ಅಪ್ಪ  
ಎಲ್ಲದರಿಂದ ದೂರಾಗಿಯೇ ಇದ್ದ ಅಪ್ಪ

ತನ್ನೆಲ್ಲ ನೋವನ್ನು ಒಳಗೊಳಗೆ ಅದುಮಿಟ್ಟ ಅಪ್ಪ  
ಜವಾಬ್ದಾರಿಯ ಹೊರೆಹೊತ್ತ ನನ್ನಪ್ಪ  
ಮಕ್ಕಳ ಮುಂದೆ ಜಿಪುಣನೆನಿಸಿಕೊಂಡ ಅಪ್ಪ  
ಒಳಗೊಳಗೆ ಮಕ್ಕಳಿಗಾಗಿ ಕೊರಗಿಹೋದ ನನ್ನಪ್ಪ

ತನ್ನ ಕಷ್ಟ ಮಕ್ಕಳಿಗೆ ಬರಬಾರದೆಂದ  
ಚಿಕ್ಕಂದಿನಲ್ಲೇ ಶಿಸ್ತಿನ ಸಿಪಾಯಿಯಾದ  
ಮಕ್ಕಳ ಮನಸ್ಸಿನಲ್ಲಿ ಸ್ಥಾನವನ್ನು ಕಳಕೊಂಡ  
ಆದರೂ  
ಆವರ ಎಳಿಗೆಗಾಗಿ ರಾತ್ರಿ ಹಗಲೆನ್ನದೆ ದುಡಿದ



ತನ್ನೆತ್ತರಕ್ಕೆ ಮಕ್ಕಳು ಬೆಳೆದು ನಿಲ್ಲಲು  
ಹೆಮ್ಮೆಯಿಂದ ಬೀಗುವ ಅಪ್ಪ  
ಮನಬಿಟ್ಟ ಒಮ್ಮೆ ಮಾತಾಡಿ ನೋಡು  
ಪ್ರೀತಿಯ ಕಾರಂಜಿ ಬಿಡುವ ಅಪ್ಪ

ದುಡಿಯುವ ಯಂತ್ರವಲ್ಲ ಅಪ್ಪ  
ನಮ್ಮ ಕಾಯೋ ನಾಯಕ ಅಪ್ಪ  
ಆಗಬೇಕೆಂದೆ ಮಾದರಿ ಅಪ್ಪ  
ಇನ್ನಾರಿಲ್ಲ ಸರಿಸಾಟಿ ನನ್ನಪ್ಪನಿಗೆ.

## ನಮ್ಮ ಕಂಬಳ

ಸಚಿನ್ ಗಿರಿ ಬಿ. ಬಿ.

ಬಿ.ಸಿ.ಎ. ಉಪನ್ಯಾಸಕರು



ಕಂಬಳವು ಮಂಗಳೂರು ಸೇರಿದಂತೆ ಕರ್ನಾಟಕದ ಕರಾವಳಿ ಪ್ರದೇಶಗಳಲ್ಲಿ ನಡೆಯುವ ಸಾಂಪ್ರದಾಯಿಕ ಎಮ್ಮೆ(ಕೋಣ)ಗಳ ರೇಸಿಂಗ್ ಕ್ರೀಡೆಯಾಗಿದೆ. ಇದು ಶತಮಾನಗಳಿಂದ ಸ್ಥಳೀಯ ಸಂಸ್ಕೃತಿಯ ಭಾಗವಾಗಿರುವ ವಿಶಿಷ್ಟ ಮತ್ತು ಜನಪ್ರಿಯ ಗ್ರಾಮೀಣ ಕ್ರೀಡೆಯಾಗಿದೆ. ಕಂಬಳವನ್ನು ಸಾಮಾನ್ಯವಾಗಿ ನವೆಂಬರ್ ನಿಂದ ಮಾರ್ಚ್ ತಿಂಗಳುಗಳಲ್ಲಿ ನಡೆಸಲಾಗುತ್ತದೆ. ಇದು ಕೃಷಿ-ಋತುವಿನ ತಿಂಗಳುಗಳು.

ಮಂಗಳೂರು ಕಂಬಳದ ಪ್ರಮುಖ ಲಕ್ಷಣಗಳು: ಕಂಬಳವು ಸಾಮಾನ್ಯವಾಗಿ ನೀರು ತುಂಬಿದ ಗದ್ದೆಯಲ್ಲಿ ಕೋಣಗಳ ಜೋಡಿಗಳನ್ನು ರೇಸಿಂಗ್ ಮಾಡುವುದನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ. ಈವೆಂಟ್ ಕೋಣ ಗಳಿಗೆ ವೇಗ ಮತ್ತು ಶಕ್ತಿಯ ಪರೀಕ್ಷೆಯಾಗಿದೆ, ಮತ್ತು ಅವುಗಳ ಜೊತೆಯಲ್ಲಿ ಓಡುವ ನಿರ್ವಾಹಕರು ಅಥವಾ ರೈತರು ಮಾರ್ಗದರ್ಶನ ನೀಡುತ್ತಾರೆ.

ಭತ್ತದ ಗದ್ದೆ ಟ್ರ್ಯಾಕ್: ಕಂಬಳದ ಟ್ರ್ಯಾಕ್ ಉದ್ದ, ಕಿರಿದಾದ ಮತ್ತು ಕೆಸರು ಗದ್ದೆಯಾಗಿದ್ದು, ಕೋಣಗಳು ಸರಳ ರೇಖೆಯಲ್ಲಿ ಓಡುತ್ತವೆ. ಜಲಾವೃತವಾಗಿರುವ ಕ್ಷೇತ್ರವು ಸವಾಲನ್ನು ಸೇರಿಸುತ್ತದೆ. ಇದು ವೀಕ್ಷಿಸಲು ಒಂದು ವಿಶಿಷ್ಟ ದೃಶ್ಯವಾಗಿದೆ.

ಸಾಂಪ್ರದಾಯಿಕ ಕ್ರೀಡೆ: ಕಂಬಳವು ಈ ಪ್ರದೇಶದ ಕೃಷಿ ಮತ್ತು ಕೃಷಿ ಸಂಪ್ರದಾಯಗಳಲ್ಲಿ ಆಳವಾಗಿ ಬೇರೂರಿದೆ. ಉತ್ತಮ ಫಸಲು ಮತ್ತು ಸಮೃದ್ಧಿಗಾಗಿ ದೇವರುಗಳನ್ನು ಸಮಾಧಾನಪಡಿಸಲು ಮತ್ತು ಗೌರವಿಸಲು ಇದು ಒಂದು ಮಾರ್ಗವೆಂದು ನಂಬಲಾಗಿದೆ.

ಅದ್ಭುತ ಘಟನೆಗಳು: ಕಂಬಳ ಕಾರ್ಯಕ್ರಮಗಳು ಹೆಚ್ಚಿನ ಜನಸಮೂಹವನ್ನು ಆಕರ್ಷಿಸುತ್ತವೆ ಮತ್ತು ಸಂಗೀತ, ಸಾಂಸ್ಕೃತಿಕ ಪ್ರದರ್ಶನಗಳು ಮತ್ತು ಸ್ಥಳೀಯ ಆಹಾರ ಮಳಿಗೆಗಳೊಂದಿಗೆ ಹಬ್ಬದ ಸಂದರ್ಭಗಳಾಗಿವೆ. ಓಟವನ್ನು ವೀಕ್ಷಿಸಲು ಮತ್ತು ಆಚರಣೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಲು ಹತ್ತಿರದ ಹಳ್ಳಿಗಳ ಜನರು ಸೇರುತ್ತಾರೆ.

ರೇಸ್‌ಗಳು ಮತ್ತು ಹೀಟ್ಸ್ : ಕಂಬಳವನ್ನು ಬಹು ಸುತ್ತಗಳು ಅಥವಾ ಹೀಟ್ಸ್‌ಗಳಲ್ಲಿ ನಡೆಸಲಾಗುತ್ತದೆ. ವಿಜೇತರು ಮುಂದಿನ ಹಂತಕ್ಕೆ ಮುನ್ನಡೆಯುತ್ತಾರೆ. ಅತ್ಯಂತ ವೇಗದ ಜೋಡಿ ಕೋಣಗಳು ಚಾಂಪಿಯನ್ ಅನ್ನು ನಿರ್ಧರಿಸಲು ಅಂತಿಮ ಓಟದಲ್ಲಿ ಸ್ಪರ್ಧಿಸುತ್ತವೆ.

ಸಾಂಪ್ರದಾಯಿಕ ವೇಷಭೂಷಣಗಳು: "ಕಂಬಳ ಜಾಕಿಗಳು" ಎಂದು ಕರೆಯಲ್ಪಡುವ ಕೋಣಗಳ ನಿರ್ವಾಹಕರು ಸಾಮಾನ್ಯವಾಗಿ ಓಟದ ಸಮಯದಲ್ಲಿ ಸಾಂಪ್ರದಾಯಿಕ ಉಡುಪನ್ನು ಧರಿಸುತ್ತಾರೆ. ಓಟದ ಸಮಯದಲ್ಲಿ ಕೋಣ ಗಳಿಗೆ ಮಾರ್ಗದರ್ಶನ ನೀಡಲು ಅವರು ಶಿಲ್ಕುಗಳು ಮತ್ತು ಧ್ವನಿ ಆಜ್ಞೆಗಳನ್ನು ಸಹ ಬಳಸುತ್ತಾರೆ.

ಸಾಮಾಜಿಕ ಮತ್ತು ಸಾಂಸ್ಕೃತಿಕ ಮಹತ್ವ: ಕಂಬಳ ಕೇವಲ ಕ್ರೀಡೆಯಲ್ಲ, ಇದು ಸಾಂಸ್ಕೃತಿಕ ಮತ್ತು ಸಾಮಾಜಿಕ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಸಹ ಹೊಂದಿದೆ. ಇದು ಸಮುದಾಯವನ್ನು ಒಟ್ಟಿಗೆ ತರುತ್ತದೆ. ಸೌಹಾರ್ದ ಮತ್ತು ಆಚರಣೆಯ ಪ್ರಜ್ಞೆಯನ್ನು ಬೆಳೆಸುತ್ತದೆ.

ಪ್ರಾಣಿ ಕಲ್ಯಾಣ ಮತ್ತು ಕ್ರೌರ್ಯದ ಬಗ್ಗೆ ಕಳವಳದಿಂದಾಗಿ ಕಂಬಳ ಕೆಲವು ವಿವಾದಗಳು ಮತ್ತು ಕಾನೂನು ಸವಾಲುಗಳನ್ನು ಎದುರಿಸಿದ್ದಾರೆ ಎಂಬುದನ್ನು ಗಮನಿಸುವುದು ಮುಖ್ಯವಾಗಿದೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ, ರೇಸಿಂಗ್‌ಗಾಗಿ ಎತ್ತುಗಳ ಬಳಕೆಯನ್ನು ಭಾರತದ ಸುಪ್ರೀಂ ಕೋರ್ಟ್ ತಾತ್ಕಾಲಿಕವಾಗಿ ನಿಷೇಧಿಸಿದೆ. ಆದಾಗ್ಯೂ, ಪ್ರಾಣಿಗಳ ಯೋಗಕ್ಷೇಮವನ್ನು ಖಚಿತಪಡಿಸಿಕೊಳ್ಳಲು ಕ್ರೀಡೆಯನ್ನು ಮಾರ್ಪಡಿಸುವುದು ಸೇರಿದಂತೆ ಈ ಸಮಸ್ಯೆಗಳನ್ನು ಪರಿಹರಿಸಲು ವಿವಿಧ ಪ್ರಯತ್ನಗಳನ್ನು ಮಾಡಲಾಗಿದೆ.

ಸವಾಲುಗಳ ಹೊರತಾಗಿಯೂ, ಕಂಬಳವು ಈ ಪ್ರದೇಶದ ಸಾಂಸ್ಕೃತಿಕ ಪರಂಪರೆಯ ಅತ್ಯಗತ್ಯ ಭಾಗವಾಗಿ ಉಳಿದಿದೆ ಮತ್ತು ಮಂಗಳೂರು ಮತ್ತು ಸುತ್ತಮುತ್ತಲಿನ ಸ್ಥಳೀಯ ಸಮುದಾಯಗಳಿಂದ ಉತ್ಸಾಹ ಮತ್ತು ಉತ್ಸಾಹದಿಂದ ಆಚರಿಸಲಾಗುತ್ತದೆ.

(ಸಂಗ್ರಹ)

## ಉಡುಪು

ನೂರ್ಜಹಾನ್ ಬೇಗಂ ಎಸ್. ಎ.

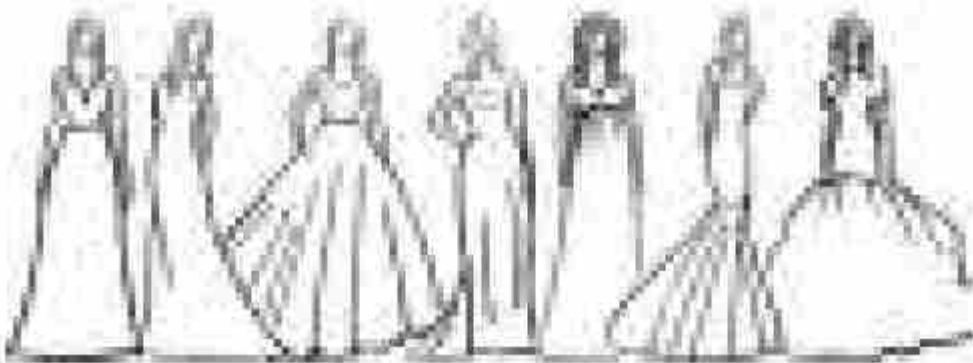
ಹಿಂದಿ ಉಪನ್ಯಾಸಕರು



ಇತಿಹಾಸದಲ್ಲಿ ಮಾನವ ಕುಲಕ್ಕೆ ಹಾಕಲು ಬಟ್ಟೆ ಇಲ್ಲದ ಸಂದರ್ಭ, ತನ್ನ ತನುವನ್ನು ಮುಚ್ಚಿ, ಮರ್ಯಾದೆಯನ್ನು ಕಾಪಾಡಿ ಕೊಳ್ಳಲು ಎಲೆಗಳನ್ನು ಧರಿಸಲು ಪ್ರಾರಂಭಿಸಿದ. ತದನಂತರದಲ್ಲಿ ವೈಜ್ಞಾನಿಕ ಬೆಳವಣಿಗೆಯಿಂದ ಮನುಷ್ಯನಿಗೆ ಮೈ ತುಂಬಾ ಬಟ್ಟೆ ಹಾಕಲು ಅವಕಾಶ ಸಿಕ್ಕಿತು. ಇದರಿಂದ ಮಾನವಕುಲ ಸಂತೋಷಪಟ್ಟು ವಿವಿಧ ರೀತಿಯ ಉಡುಪುಗಳನ್ನು ಧರಿಸಲು ಪ್ರಾರಂಭಿಸಿದರು.

ಹೀಗೆ ಮಾರುಕಟ್ಟೆಯಲ್ಲಿ ಸಾಂಪ್ರದಾಯಿಕ - ಪಾಶ್ಚಾತ್ಯ ಉಡುಪುಗಳು ಬರಲು ಆರಂಭಿಸಿತು. ಈಗಿನ ಪೀಳಿಗೆಯ ಮಕ್ಕಳು ಪಾಶ್ಚಾತ್ಯ ಉಡುಗೆ - ತೊಡಿಗೆಗಳನ್ನೂ ಪ್ರೀತಿಸಲು ಆರಂಭಿಸಿದರು ಮಾತ್ರವಲ್ಲದೆ ಅವರ ಆಚಾರ, ವಿಚಾರಗಳಲ್ಲಿ ಸಹಾ ಪರಿವರ್ತನೆಗಳನ್ನು ಕಾಣಬಹುದಾಯಿತು.

ಮಕ್ಕಳ ವತಿಯಿಂದ ಪೋಷಕರು ಮತ್ತು ಪೋಲೀಸ್ ಇಲಾಖೆಗೂ ಕರ್ತವ್ಯ ಹೆಚ್ಚಾಯಿತು. ಹೆಣ್ಣುಮಕ್ಕಳಿಗೆ ಹಳೆಯ ಸಾಂಪ್ರದಾಯಿಕ ಬಟ್ಟೆಗಳು ಹಿಡಿಸದ ಕಾರಣ ಪಾಶ್ಚಾತ್ಯ ಅರೆಬೆತ್ತಲೆ ಬಟ್ಟೆಗಳನ್ನು ಧರಿಸಿ ತನ್ನ ದೇಹ ಪ್ರದರ್ಶನ ಮಾಡಲು ಪ್ರಯತ್ನಿಸಿದರು. ಇದರಿಂದ ದಿನ ಪತ್ರಿಕೆಗಳಲ್ಲಿ ಬಲಾತ್ಕಾರ, ಕೊಲೆಗಳ ಪಾರ್ತ್‌ಗಳು ನೋಡಲು ಸಿಗತೊಡಗಿದವು. ಹೆಣ್ಣು ಮಕ್ಕಳ ಪೋಷಕರು ಹೊರಗೆ ಹೋದ ಮಕ್ಕಳು ಮನೆಗೆ ಬಂದು ತಲುಪುವ ತನಕ ಜೀವಪಕ್ಷಿ ಕೈಯಲ್ಲಿ ಹಿಡಿದು ಕಾಯುವ ಪರಿಸ್ಥಿತಿಗೆ ತಲುಪಿತು.



## ಜಾಗೃತಿ

ಮುನೀರ ಎ  
ಅಂಗ್ಲ ಭಾಷಾ ಉಪನ್ಯಾಸಕರು



ಎಲೆ ಮಾನವ, ಈ ಬದುಕು ನಶ್ವರ  
ತಲೆ ಎತ್ತಿ ನೋಡೋಮ್ಮ ನಿನ್ನ ಸುತ್ತಲಿರುವ ಬಡವರ  
ಒಂದು ತುತ್ತಿಗಾಗಿ ಪರದಾಡುತ್ತಿರುವ  
ಅವರ ಮುಂದೆ ತೋರಬೇಡ ನಿನ್ನ ವೈಭವ!

ಕೈ ಹಾಕುತಿರುವೆ ಪೃಥ್ವಿಯ ಒಡಲಿಗೆ  
ಉರುಳಿದ ಮರಗಳೆಷ್ಟು ನಿನ್ನ ಕೊಡಲಿಗೆ  
ಬಹು ದೂರವಿಲ್ಲ ನಮ್ಮ ಆವನತಿಗೆ  
ಚಚ್ಚಿಕೊಳ್ಳಬೇಕಾದೀತು ನಾವು ನಮ್ಮ ಹಣೆಗೆ

ಪ್ರಗತಿಯ ಹೆಸರಲ್ಲಿ ಮುನ್ನುಗ್ಗುವ ರಭಸಕ್ಕೆ  
ಮರೆತಂತಿದೆ ಹಸಿರಿನ ಅನಿವಾರ್ಯತೆ  
ಪ್ರಾಣವಾಯು ಇಲ್ಲವೆಂದ ಮೇಲೆ  
ಶೋಭಿಸದು ಕೊರಲಿಗೆ ಯಾವುದೇ ಮಾಲೆ

ವಿಭಜಿತಗೊಂಡ ಸಂಸಾರ  
ಮರೆಯಾಗಿದೆ ಕೂಡುಕುಟುಂಬದ ರಸ  
ವಿಚ್ಛೇದನ ಎಂಬುವುದೊಂದು ಆಟ  
ಮುಂದುವರಿದರೆ ಹೀಗೆ ತಪ್ಪಿದ್ದಲ್ಲ ಕಾಟ



ಸಾಮಾಜಿಕ ಪಿಡುಗುಗಳ ಅಬ್ಬರ  
ಬಲಿ ಆಗುವವರು ಒಂದಿಬ್ಬರಾ?  
ಸರಿದೂಗಿಸಬೇಕಿದೆ ಸಂಸಾರ  
ಬೇರೂರ ಬೇಕಿದೆ ಮಾನವೀಯತೆಯ ಹೆಮ್ಮರ

ಬೇಕಿದೆ ಸಾಮಾಜಿಕ, ವಿದ್ಯಾವಂತರ ಕೊಡುಗೆ,  
ಎಲ್ಲರು ಕೈ ಜೋಡಿಸಲು ಜೊತೆಜೊತೆಗೆ  
ಹೊಡೆದೋಡಿಸಬಹುದು ನಮಗೆ  
ಕಾಲಾಂತರವಾಗಿ ಉಳಿದಿರುವ ಮೂಢನಂಬಿಕೆ

ಜೊತೆಜೊತೆಗೆ ಒಂದಾಗಬೇಕಿದೆ  
ಶೈಕ್ಷಣಿಕ ಮಾತೆಯ ಉಳಿವಿಗೆ  
ಪಸರಿಸೋಣ ಜಾಗೃತಿ ಜನರೆಡೆಗೆ  
ಅನಿವಾರ್ಯವಿದು ನಮ್ಮಯ ನಾಳೆಗೆ  
ಈ ಜಗದ ಉಳಿವಿಗೆ.



## ಪಯಣ

ಪ್ರೀತಿ

ವಾಣಿಜ್ಯ ಉಪನ್ಯಾಸಕರು



ಹೊಸದೊಂದು ಕನಸಿನೊಂದಿಗೆ ಜೀವನದ ಪಯಣ...  
ಪ್ರತಿ ಕ್ಷಣವು ಪ್ರತಿ ತಿರುವು ಎಂದೆಂದೂ ನವ - ನವೀನ....

ಸಾಗುವ ದಾರಿಯಲಿ ಕಲ್ಲು - ಮುಳ್ಳುಗಳ ತೊಡಕು...  
ಸಾವರಿಸಿ ಸಾಗಿದಾಗ ಸುಂದರವಾಗುವುದು ಬದುಕು...

ಸಾಗಿ ಬಂದ ದಾರಿಯ ಅವಲೋಕನ ತೆರೆಯುವುದು ಹೊಸತನದ ಅವಕಾಶ...  
ಭಲದಿ ಮುಂದುವರಿದರೇ ತೆರೆಯುವುದು ಕಲ್ಪನೆಯ ನೀಲಾಕಾಶ...

ಪಯಣ ಎನ್ನುವ ವಿಶಿಷ್ಟದ ಜೊತೆಗೆ ಸಾಗುವ ಹಲವರು  
ತಮ್ಮ ನಿಲ್ದಾಣದಲ್ಲಿ ಇಳಿದು ತಮ್ಮದೇ ದಾರಿಯಲಿ ಸಾಗುವರು...

ಯಾರಿಗೂ ಕಾಂಪದೇ ಯಾರ ಹಂಗಿಲ್ಲದೇ ನಡೆದರೆ ನಿನ್ನ ಪಥದಲ್ಲಿ...  
ಚಿರಸ್ಥಾಯಿಯಾಗುವುದು ನಿನ್ನೆಸರು ಇತಿಹಾಸದ ಪುಟದಲ್ಲಿ....



## ಮನುಜನಾಗು ಮೊದಲು

ಮಹಮ್ಮದ್ ಸಂತೀರ್ ಕೆ ಎಸ್  
ವಾಣಿಜ್ಯ ಉಪನ್ಯಾಸಕರು



ಹೆಸರಿರುವವರೆಗೂ ನೆನಪಿಸುವಂತಹ ಮನುಜನಾಗಬೇಡ  
ಉಸಿರಿಲ್ಲದಿದ್ದರೂ ನೆನಪಿಸುವಂತಹ ಮನುಜನಾಗು,  
ನೋವು ಮಾಡುವಂತಹ ಮನುಜನಾಗಬೇಡ  
ನಕ್ಕು ನಲಿಸುವಂತಹ ಮನುಜನಾಗು  
ತಪ್ಪನ್ನು ಕಂಡು ಸಂತೋಷಪಡುವಂತಹ ಮನುಜನಾಗಬೇಡ  
ತಪ್ಪನ್ನು ತಿದ್ದಿ ಕೊಡುವಂತಹ ಮನುಜನಾಗು  
ಮಾತಿನಲ್ಲಿ ಜಗಳವಾಡುವಂತಹ ಮನುಜನಾಗಬೇಡ  
ಮಾತಿನಲ್ಲಿ ಮುಗುಳು ನಗಿಸುವಂತಹ ಮನುಜನಾಗು



## ಮರೆವು

ಇಬ್ರಾಹೀಂ  
ದೈಹಿಕ ಶಿಕ್ಷಕರು



ಮರೆಯಬೇಕಿದೆ ಕೆಲವೊಂದು  
ಅಂದು ಅಣ್ಣ ತಮ್ಮಂದಿರ ಜೊತೆಗಾಡಿದ ಜಗಳ  
ತಂಗಿಯ ಜಡೆಹಿಡಿದು ಎರೆದಾಡಿದ ಜಗಳ  
ಅಮ್ಮನೊಂದಿಗೆ ಕೋಪಿಸಿಕೊಂಡ ಕ್ಷಣಗಳ

ಮರೆಯಬೇಕಿದೆ ಕೆಲವೊಂದು  
ಸ್ನೇಹಿತರೊಂದಿಗೆ ಕಳೆದ ಕಹಿ ಘಟನೆಗಳ  
ನೆರೆಹೊರೆಯವರೊಂದಿಗಿನ ಮನಸ್ಥಾಪಗಳ  
ಊರವರೊಂದಿಗಿನ ವೈರಾಗ್ಯಗಳ

ಮರೆಯಬೇಕಿದೆ ಕೆಲವೊಂದು  
ಬದುಕಿನಲ್ಲಿ ಕಳೆದುಹೋದ ಕೆಲ ನಿಮಿಷ  
ಜೊತೆಗಿದ್ದವರ ಬದಲಾವಣೆಯ ನಿಮಿಷ  
ಸರ್ವಸ್ವವೆಂದುಕೊಂಡವರ ಅಗಲಿಕೆಯ ನಿಮಿಷ

ಮರೆಯಬಾರದು ಕೆಲವೊಂದು  
ಅಣ್ಣತಮ್ಮಂದಿರ ಜೊತೆ ನಲಿದಾಡಿದ ಕ್ಷಣ  
ತಂಗಿಯ ವಿವಾಹ ದಿನ ಅತ್ತ ಕ್ಷಣ  
ಅಮ್ಮನ ಮಡಿಲಲ್ಲಿ ಮಲಗಿ ನಕ್ಕ ಕ್ಷಣ



## ಪಠ

ಅಬ್ದುಲ್ ಸಮೀರ್  
ಕನ್ನಡ ಉಪನ್ಯಾಸಕರು



ಕನಸುಗಳನ್ನು ಹೊತ್ತು ಸಾಗುತ್ತಿದೆ ಜೀವನವೆಂಬ ಕಡಲು  
ನನಸಾಗಿಸಲು ಹಪಹಪಿಸುತ್ತಿದೆ ಈ ಒಡಲು

ತನ್ನ ಗುರಿಯನ್ನು ನೆನೆದು  
ಅದರೊಳಗಿನ ವೇದನೆಯನ್ನು ನೆನೆದು

ಸುಖ ದುಃಖಗಳ ಈ ಪಯಣದಲ್ಲಿ  
ಎಲ್ಲವನ್ನೂ ಸಹಿಸುವ ಶಕ್ತಿ ಇರಬೇಕು ಈ ಮನದಲ್ಲಿ

ಸಾಧಿಸುವ ಪಥದಲ್ಲಿ ಕಲ್ಲು ಮುಳ್ಳುಗಳು ಸಹಜ  
ಅದನ್ನು ತಾಳ್ಮೆಯಿಂದ ಎದುರಿಸುವವನೇ ಮನುಷ್ಯ

ಪಥದಲ್ಲಿ ಮರೆಯಬಾರದು ಮಾನವೀಯ ಮೌಲ್ಯ  
ಮರೆತರೆ ಸಾಧನೆಯೇ ಅಪಮೌಲ್ಯ

ಪಥದಲ್ಲಿ ಇರಬೇಕು ಮನುಷ್ಯಮತ  
ಆಲೋಚನೆಯಲ್ಲಿರಬೇಕು ವಿಶ್ವಪಥ  
ಅದುವೇ ಸ್ವರ್ಗಕ್ಕಿರುವ ಪಥ

ನುಡಿದಂತೆ ನಡೆಯಬೇಕು,ನಡೆಯುವಂತೆ ನುಡಿಯಬೇಕು  
ಗುರುಹಿರಿಯರು ಹೇಳಿಕೊಟ್ಟ ಪಥದಲ್ಲಿ ಸಾಗಬೇಕು

ನಮ್ಮ ಪಥದಲ್ಲಿ ಇರಬಾರದು ಅಸಮಾನತೆಯ ವಿಷ  
ಸಮತೆ,ಸಮಾನತೆಯ ಮೂಲಕ ರೂಪಿಸಬೇಕು ಭವಿಷ್ಯ

ಸಾಧನೆಯ,ಸಾಧಕರ ಪಥದಲ್ಲಿ ನಾವುಗಳು ಬೆರೆಯಬೇಕು  
ಅವರಂತೆಯೇ ಜೀವನದಲ್ಲಿ ಸಾಧನೆಯನ್ನು ಮಾಡಬೇಕು.



## ನುಡಿ ಮುತ್ತುಗಳು

ಹರ್ಷಿಣಿ

ಕಂಪ್ಯೂಟರ್ ಅಪ್ಲಿಕೇಶನ್ ವಿಭಾಗ



ಕ್ರಿಯೆ ಇಲ್ಲದ ದೃಷ್ಟಿಕೋನ ಬರೀ ಕನಸಾಗಿ ಉಳಿಯುತ್ತದೆ. ದೃಷ್ಟಿಕೋನವಿಲ್ಲದ ಕ್ರಿಯೆಯಿಂದ ಸಮಯ ವ್ಯರ್ಥವಾಗುತ್ತದೆ. ದೃಷ್ಟಿಕೋನ ಮತ್ತು ಕ್ರಿಯೆ ಒಟ್ಟಾದರೆ ಇಡೀ ಜಗತ್ತನ್ನೇ ಬದಲಾಯಿಸಬಹುದು.

- ಸುಧಾ ಮೂರ್ತಿ

ಪ್ರತಿಯೊಂದು ನೋವು ಒಂದು ಪಾಠ ಕಲಿಸುತ್ತದೆ. ಪ್ರತಿಯೊಂದು ಪಾಠ ವ್ಯಕ್ತಿಯನ್ನು ಬದಲಿಸುತ್ತದೆ

- ಎ ಪಿ ಜೆ ಅಬ್ದುಲ್ ಕಲಾಂ

ಅಲ್ಪ ನಾನು ಎಂದು ಕುಗ್ಗಿ ಮುದುಗ ಬೇಡವೋ ಅಲ್ಲವೆ. ಅನಂತದಿಂದ ಗುಣಿಸಿಕೊ ನೀನೇ ಅನಂತವಾಗುವೆ.

- ಕುವೆಂಪು

ಹಣ ಎಂದರೆ ಉಪ್ಪು ಇದ್ದಂತೆ, ತುಸುವೇ ನಾಲಿಗೆಯ ಮೇಲಿರಿಸಿಕೊಂಡರೆ ರುಚಿ ಹೆಚ್ಚಾಗಿ ತಿಂದರೆ ದಾಹ

- ಕೋಟ ಶಿವರಾಮ ಕಾರಂತ



ಆಧ್ಯಾತ್ಮಿಕತೆಯು ನೀವು ಏನು ಮಾಡುತ್ತೀರಿ ಮತ್ತು ಹೇಗೆ ಮಾಡುತ್ತೀರಿ ಎಂಬುದರಲ್ಲಿ ಆಡಗಿದೆ ಮತ್ತು ಅದರಿಂದ ನೀವು ಯಾವ ಫಲಿತಾಂಶವನ್ನು ಪಡೆಯುತ್ತೀರಿ ಎಂಬುದರಲ್ಲಿ ಅಲ್ಲ.

- ಕಪಿಲ್ ದೇವ್

ನೀವು ಭಯಪಡದಿದ್ದರೆ ಜೀವನ ಆದ್ಭುತವಾಗಿರುತ್ತದೆ. ಇದಕ್ಕೆ ಬೇಕಾಗಿರುವುದು ಧೈರ್ಯ, ಕಲ್ಪನೆ ... ಮತ್ತು ಸ್ವಲ್ಪ ಹಿಟ್ಟು

- ಚಾರ್ಲಿ ಚಾಪ್ಲಿನ್

ನೀವು ಜಗತ್ತಿನಲ್ಲಿ ನೋಡಲು ಬಯಸುವ ಬದಲಾವಣೆ ಮೊದಲು ನೀವೇ ಆಗಬೇಕು. ನೀವೇ ಆಗಿ ಆ ಬದಲಾವಣೆ.

- ಮಹಾತ್ಮಾ ಗಾಂಧೀಜಿ

ದಿನದಲ್ಲಿ ಒಮ್ಮೆಯಾದರೂ ನಿಮ್ಮೊಂದಿಗೆ ಮಾತನಾಡಿ. ಇಲ್ಲವಾದಲ್ಲಿ ವಿಶ್ವದ ಅತ್ಯುತ್ತಮ ವ್ಯಕ್ತಿಯನ್ನು ಭೇಟಿಯಾಗುವ ಅವಕಾಶದಿಂದ ವಂಚಿತರಾಗುತ್ತೀರಿ.

- ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ

(ಸಂಗ್ರಹ)



ಪ್ರತಿಫಲ ಅವೇಕ್ಷೆಯಿಲ್ಲದೆ ಕೇವಲ ಆತ್ಮ ತೃಪ್ತಿಗಾಗಿ ಕೆಲಸ ಮಾಡಿದಾಗ,  
ಮೋಸ ಹೋದಾಗಲೂ ದುಃಖವಾಗುವುದಿಲ್ಲ. - ಡಿ.ವಿ.ಜಿ



ನಮ್ಮ ಮಾತಿಗೆ ಅರ್ಥ ಬರಬೇಕಾದರೆ ಮಾತನಾಡುವಷ್ಟೇ ಮಾತನಾಡದೆ  
ಇರುವುದೂ ಅಗತ್ಯ. - ಪೂರ್ಣಚಂದ್ರ ತೇಜಸ್ವಿ



ಕೂರಬೇಡಿ, ನಿಲ್ಲಬೇಡಿ, ಇಳಿಯಬೇಡಿ, ಏರುತ್ತಾ ಇರಿ,  
- ಮಾಸ್ತಿ ವೆಂಕಟೇಶ್ ಅಯ್ಯಂಗಾರ್



ಗೆಲುವಿನ ಖಚಿತತೆಯಿಲ್ಲದೆ ಸೋಲಿನ ಎಚ್ಚರವಿರಬೇಕು,  
- ಪಿ. ಲಂಕೇಶ್



ಸಾಧಿಸೆ ಸಾಧಿಸುತ್ತೇನೆ ಎಂಬ ಕಿಚ್ಚಿನ ಮನಸ್ಸಿನ ಮುಂದೆ ಯಾವುದೇ  
ಅಡೆತಡೆ ನಿಲ್ಲಲಾರದು. - ಡಾ|| ಎ. ಪಿ. ಜಿ. ಅಬ್ದುಲ್ ಕಲಾಂ



## ತಾಯಿ ಯಾರು?

ಕೆ. ಸಲ್ಮಾ ಐಫಾ  
U05PA22C0015  
ಪ್ರಥಮ ಬಿ.ಕಾಂ



ನ್ಯಾಯ, ಧರ್ಮ, ಮತ್ತು ನೀತಿಗಳಿಗೆ ಹೆಸರುವಾಸಿ ಬೇಲೂರಿನ ರಾಜ. ಒಂದು ದಿನ ತನ್ನ ಸಭೆಗೆ ಇಬ್ಬರು ಒಂದು ಒಂದು ದೂರನ್ನು ನೀಡಲು ರಾಜನು ದಿಗ್ಭಾಂತನಾದನು. ತಾಯಿ ಯಾರು? ಎಂಬ ಜಗಳದಲ್ಲಿ ಮಗುವನ್ನು ಹಿಡಿದು ಇಬ್ಬರು ಮಹಿಳೆಯರು ಜಗಳವಾಡುತ್ತಿದ್ದರು.

ಮೊದಲ ಮಹಿಳೆ ಮಗುವನ್ನು ಹಿಡಕೊಂಡು 'ತನ್ನ ಮಗು ಇದು' ಎಂದರೆ, ಎರಡನೆಯ ತಾಯಿ "ಇಲ್ಲ, ಇಲ್ಲ ಇದು ನನ್ನ ಮಗು ಇವಳ ಮಗು ಕೆಳದಿನಗಳ ಹಿಂದೆ ತೀರಿಕೊಂಡಾಗ. ತನ್ನ ಮಗುವನ್ನು ಎಳೆಕೊಂಡು ಹೋದಳು. ದಯೆಗೆ ಹೆಸರಾದ ನೀವು ನನ್ನ ಮಗುವನ್ನು ಮರಳಿ ತನಗೆ ದಯಪಾಲಿಸಬೇಕೆಂದು ಕಳಕಳಿಯಿಂದ ಬೇಡಿಕೊಳ್ಳುವೆನೆಂದಳು".

ಮಗುವಿನಲ್ಲಿ ನಿನ್ನ ತಾಯಿ ಯಾರೆಂದು ಕೇಳುವ ಹಾಗಿಲ್ಲ ಯಾಕೆಂದರೆ ಅದು ಮೊಲೆಹಾಲನ್ನು ಕುಡಿಯುವ ಹಸುಗೂಸಾಗಿತ್ತು. ಇದು ಅಲ್ಲಿ ನೆರೆತ ಎಲ್ಲರನ್ನು ಚಿಂತೆಗೀಡು ಮಾಡಲು ರಾಜನು ಒಂದು ತೀರ್ಪನ್ನು ನೀಡಿದನು. ಅಲ್ಲಿದ್ದ ಸಕಲರು ಬೆಚ್ಚಿಬಿದ್ದರು. ಮಗುವಿನ ತಾಯಿ ಅತ್ತುಬಿಟ್ಟಳು. ಅದೇನಾಗಿತ್ತೆಂದರೆ 'ಮಗುವನ್ನು ಇಬ್ಬಾಗ ಮಾಡಿ ಇಬ್ಬರಿಗೆ ಹಂಚಿಬಿಡೆಂದು' ತನ್ನ ಸೇವಕರಿಗೆ ರಾಜನಿತ್ತ ಆಜ್ಞೆಯಾಗಿತ್ತು. ಇದನ್ನು ಕೇಳಿದ ಮಗುವಿನ ನಿಜತಾಯಿ ಸೇವಕನ ಕಾಲನ್ನು ಹಿಡಕೊಂಡು 'ತನ್ನ ಮಗುವನ್ನು ಸಾಯಿಸಬೇಡ ಆ ಮಗು ಎಲ್ಲಾದರೂ ಯಾರ ಮಡಿಲಲ್ಲಾದರು ಬದುಕಲಿ ಬಿಡೆಂದು' ಬೇಡಿದಳು. ಇನ್ನೊಂದು ಕಡೆಯಲ್ಲಿ ಮಗುವಿನ ಸಾಕುತಾಯಿ ತನಗೆ ಅದರಲ್ಲಿ ಯಾವುದೇ ಪಾಲಿಲ್ಲ ಅನ್ನುವಹಾಗೆ ನಿಂತಿದ್ದಳು. ಇದನ್ನು ಕಂಡ ರಾಜನು. ತಾನು ನಿಜವಾದ ತಾಯಿಯನ್ನು ಪರೀಕ್ಷಿಸಲು ಬೇಕಾಗಿ ಈ ಸವಾಲನ್ನು ಒಡ್ಡಿದೆ. ಒಂಭತ್ತು ತಿಂಗಳು ಹೆತ್ತು ಹೊತ್ತು ತಾಯಿಗೆ ಮಾತ್ರ ಮಕ್ಕಳ ಮೇಲೆ ನಿಜವಾದ ಪ್ರೀತಿ ವಾತ್ಸಲ್ಯ ತುಂಬಿರಲು ಸಾಧ್ಯ; ಬಾಯಿಮಾತಿಗಾಗಿ ತಾಯಿ ಎಂದವರೆಲ್ಲ ತಾಯಿಯಾಗಲು ಸಾಧ್ಯವಿಲ್ಲ, ಎಂಬ ನೀತಿಯ ಜೊತೆಗೆ ಮಗುವನ್ನು ಅಪಹರಿಸಿದ ಕಾರಣಕ್ಕಾಗಿ ಇನ್ನೊಬ್ಬಳನ್ನು ಸೆರೆಗೆ ಹಾಕಬೇಕೆಂಬ ತೀರ್ಪಿನೊಂದಿಗೆ, ಮಗು ತನ್ನ ತಾಯಿ ಮಡಿಲು ಸೇರಿತು.

## ಪ್ರಕೃತಿಯ ಖೆರಗು

ಫಿಹೀರ್ ಹುಸೈನ್

U05PA22C0006

ಪ್ರಥಮ ಬಿ.ಕಾಂ



ಪ್ರಕೃತಿ ಇಲ್ಲದಿದ್ದರೆ ನಾವು ಬದುಕಿರುತ್ತಿರಲಿಲ್ಲ. ಮಾನವಕುಲವು ಪ್ರಕೃತಿಯ ಮೇಲೆ ಅವಲಂಬಿತವಾಗಿದೆ. ನಾವು ಉಸಿರಾಡಲು ಆಮ್ಲಜನಕವನ್ನು ಸಸ್ಯಗಳು ಮತ್ತು ಮರಗಳಿಂದ ಪಡೆಯುತ್ತೇವೆ. ನಮ್ಮ ಉಸಿರಾಟದ ವ್ಯವಸ್ಥೆಯು ಪ್ರಕೃತಿಯಿಂದ ನಿಯಂತ್ರಿಸಲ್ಪಡುತ್ತದೆ. ಇಷ್ಟೇ ಅಲ್ಲ, ಪ್ರಕೃತಿಯು ಕೆಲವು ಮಾಂತ್ರಿಕ ಗುಣಪಡಿಸುವ ಶಕ್ತಿಯನ್ನು ಹೊಂದಿದೆ. ಇದು ವಿವಿಧ ಕಾಯಿಲೆಗಳಿಂದ ಬಳಲುತ್ತಿರುವ ರೋಗಿಗಳಿಗೆ ವೇಗವಾಗಿ ಚೇತರಿಸಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ನಿಸರ್ಗದ ಮಡಿಲಲ್ಲಿ ಕಳೆಯುವ ಪ್ರತಿ ನಿಮಿಷವೂ ಉಲ್ಲಾಸದಾಯಕ ಮತ್ತು ನವಚೈತನ್ಯವನ್ನು ನೀಡುತ್ತದೆ.

ಪ್ರಕೃತಿಯು ನಮ್ಮನ್ನು ರಕ್ಷಿಸುವ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೊಂದಿದ್ದರೆ, ಅದು ಇಡೀ ಮನುಕುಲವನ್ನು ನಾಶಮಾಡುವಷ್ಟು ಶಕ್ತಿಯುತವಾಗಿದೆ. ನಾವು ಆರೋಗ್ಯಕರವಾದ ಆಹಾರ ಮತ್ತು ನೀರು ಕುಡಿಯುವ ಮೂಲಕ ನಮ್ಮ ಆರೋಗ್ಯಕರ ಜೀವನಶೈಲಿಯನ್ನು ಪೂರೈಸುತ್ತೇವೆ, ಅದು ಪ್ರಕೃತಿ ನಮಗೆ ನೀಡುವ ವರದಾನವಾಗಿದೆ.

ಪ್ರಕೃತಿಯು ಕೇವಲ ಜೀವಿಗಳಿಂದ ಕೂಡಿರುವುದಲ್ಲ. ಬದಲಾಗಿ ಇತರ ನಿರ್ಜೀವ ಭೌತಿಕ ಘಟಕಗಳನ್ನು ಒಳಗೊಂಡಿದೆ. ಇವುಗಳಲ್ಲಿ ವಾತಾವರಣ, ಹವಾಮಾನ, ನೀರು ಮತ್ತು ಪ್ರಕೃತಿಯ ಸೌಂದರ್ಯದಂತಹ ಅಮೂರ್ತ ಅಂಶಗಳೂ ಸೇರಿವೆ. ಪ್ರಕೃತಿಯು ಸ್ವಯಂಪ್ರೇರಿತವಾಗಿ ಉದ್ಭವಿಸಲಿಲ್ಲ; ಆದ್ದರಿಂದ ನಾವು ನಿಖರವಾದ ಟೈಮ್ಸ್ ಅನ್ನು ಗಮನಿಸಿದರೆ, ಅದು ತತಕ್ಕೋಟಿ ವರ್ಷಗಳ ಪ್ರಗತಿ ಮತ್ತು ವಿಕಾಸವನ್ನು ಒಳಗೊಂಡಿದೆ.

ಪ್ರಕೃತಿಯು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಸಾಮಾಜಿಕ, ಮಾನಸಿಕ, ಆರ್ಥಿಕ ಮತ್ತು ರಾಜಕೀಯ ಮೌಲ್ಯವನ್ನು ಹೊಂದಿದೆ. ಪರ್ವತಗಳು ನಮ್ಮನ್ನು ರಕ್ಷಿಸುತ್ತವೆ, ನದಿಗಳು ನಮ್ಮನ್ನು ಪೋಷಿಸುತ್ತವೆ, ಸಸ್ಯಗಳು ನಮಗೆ

ಬದುಕಲು ಆಹಾರವನ್ನು ನೀಡುತ್ತವೆ, ಭೂಮಿಯು ನಮ್ಮನ್ನು ಪೋಷಿಸುತ್ತದೆ. ವಾಸ್ತವವಾಗಿ, ಪ್ರಕೃತಿಯ ಪ್ರತಿಯೊಂದು ಜೀವಿಯು ಮಾನವನಿಗೆ ತುಂಬಾ ಉಪಯುಕ್ತವಾಗುವಂತೆ ರೂಪುಗೊಂಡಿದೆ.

ಪ್ರಕೃತಿ ಸಂರಕ್ಷಣೆಯು ಪ್ರಕೃತಿಯನ್ನು ಕಳೆದುಕೊಳ್ಳದಂತೆ ರಕ್ಷಿಸಲು ಪ್ರಮುಖ ಮಾನವ ಪ್ರಯತ್ನಗಳೆಂದು ಅರಿಯಬಹುದು. ಇದು ಮಾನವಕುಲದ ಚಿಂತನೆಯನ್ನು ಸೂಚಿಸುತ್ತದೆ. ಅಲ್ಲಿ ಅವನು ಪ್ರಕೃತಿಯ ಸುರಕ್ಷತೆ ಮತ್ತು ಉಳಿವಿನ ಬಗ್ಗೆ ಕಾಳಜಿ ವಹಿಸುತ್ತಾನೆ.

ನಮ್ಮ ಪರಿಸರ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ನೈಸರ್ಗಿಕ ಚಕ್ರವು ಬಹಳ ಅವಶ್ಯಕವಾಗಿದೆ. ಪರಿಸರ ವ್ಯವಸ್ಥೆಗಳು ಜೈವಿಕ ಅಥವಾ ಜೀವಿಕ ಭಾಗಗಳನ್ನು ಹಾಗೆಯೇ ಅಜೀವಿಕ ಅಂಶಗಳು ಅಥವಾ ನಿರ್ಜೀವ ಭಾಗಗಳನ್ನು ಒಳಗೊಂಡಿರುತ್ತವೆ. ಜೈವಿಕ ಅಂಶಗಳಲ್ಲಿ ಸಸ್ಯಗಳು, ಪ್ರಾಣಿಗಳು ಮತ್ತು ಇತರ ಜೀವಿಗಳು ಸೇರಿವೆ. ಅಜೀವಿಕ ಅಂಶಗಳು ಬಂಡೆಗಳು, ತಾಪಮಾನ ಮತ್ತು ಆರ್ದ್ರತೆಯನ್ನು ಒಳಗೊಂಡಿವೆ. ಇವೆಲ್ಲದರ ಒಟ್ಟಾರೆ ರಕ್ಷಣೆ ನಮ್ಮೆಲ್ಲರ ಆದ್ಯ ಕರ್ತವ್ಯ ಎಂಬುದಂತೂ ಸದಾ ನೆನಪಲ್ಲಿರಿಸಿ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗ ಬೇಕಿದೆ.



## ರಾಷ್ಟ್ರೀಯ ಛಾಪ್ಪೆಕ್ಯತೆ

ಅಲಿ ಬಿಷ

U05PA22C0029

ಪ್ರಥಮ ಬಿ.ಕಾಂ



“ದೇಶ ನನ್ನದು, ನಾಡು ನನ್ನದು, ಎನ್ನದ ಮಾನವನೆದೆ ಸುಡುಗಾಡು” ಎಂದು ರಾಷ್ಟ್ರಕವಿ ಕುವೆಂಪುರವರು ಕವಿತೆಯೊಂದರಲ್ಲಿ ಹಾಡಿದ್ದಾರೆ. ರಾಷ್ಟ್ರದ ಬಗ್ಗೆ ಪ್ರೀತಿ, ಅಭಿಮಾನವಿರದ ಮಾನವನ ಹೃದಯ ಸುಡುಗಾಡು ಎಂಬುವುದು ಇದರ ಅರ್ಥ. ಅಂದರೆ ದೇಶದ ಉತ್ತಮ ಭವಿಷ್ಯಕ್ಕೆ ನಾವೆಲ್ಲರೂ ಒಂದೇ ಎಂಬ ಭಾವನೆಯ ಬೆಳವಣಿಗೆ ಅತ್ಯಗತ್ಯ. ಭಾರತವು ಹಳ್ಳಿಗಳಿಂದ ಕೂಡಿದ ವಿಶಾಲವಾದ ದೇಶ. ಇದು ವಿವಿಧ ಭಾಷೆ, ಜಾತಿ, ಮತ, ಧರ್ಮ ಹಾಗೂ ಸಂಸ್ಕೃತಿಗಳ ವಿಭಿನ್ನತೆಗಳಿಂದ ಕೂಡಿದ ಪ್ರದೇಶ. ಇದು ಬಹು ಪುರಾತನ ಕಾಲದಿಂದಲೂ ಮನುಷ್ಯರ ನಡುವೆ ಏಕತೆಯನ್ನು ಮೆರೆದಿದೆ. ಆದರೆ ಇಂದು ನಾವು ಜಾತಿ, ಮತ, ಪಂಥವನ್ನು ನೋಡಿ ತಮ್ಮ ತಮ್ಮ ನಡುವೆ ಜಗಳವಾಡಿ ಬಿರುಕು ಉಂಟುಮಾಡುತ್ತಿದ್ದಾರೆ. ಒಗ್ಗಟ್ಟಿನಿಂದ ಪರಸ್ಪರ ಗೌರವ ಭಾವ ಬೆಳೆಸಿಕೊಳ್ಳುವುದೇ ರಾಷ್ಟ್ರೀಯ ಛಾಪ್ಪೆಕ್ಯತೆ. ರಾಷ್ಟ್ರೀಯ ಛಾಪ್ಪೆಕ್ಯತೆಯ ಭಾವನೆ ಪ್ರತಿಯೊಬ್ಬ ಪ್ರಜೆಯಲ್ಲಿ ಬೆಳೆಯಬೇಕು. ಅದಕ್ಕಾಗಿ ಬಾಲ್ಯದಿಂದಲೇ ಮಕ್ಕಳ ಮನಸ್ಸಿನಲ್ಲಿ ಈ ಗುಣ ರಕ್ತಗತವಾಗಿ ಬೆಳೆಯಲು ಹತ್ತವರು ಪ್ರೋತ್ಸಾಹಿಸಬೇಕು.

ಭಾರತದ ಜೀವನಾಡಿಯಾಗಿರುವ ರಾಷ್ಟ್ರದ್ವಜ, ರಾಷ್ಟ್ರಗೀತೆ, ರಾಷ್ಟ್ರಮುದ್ರೆ ನಾವೆಲ್ಲರೂ ಒಂದೇ ಎಂಬ ಹೆಮ್ಮೆಯನ್ನು ಮೂಡಿಸುತ್ತದೆ. ರಾಷ್ಟ್ರದ್ವಜ ದೇಶದ ಬಗ್ಗೆ ಪ್ರೀತಿ ಹಾಗೂ ಹೆಮ್ಮೆಯನ್ನು ಮನದಲ್ಲಿ ಮೂಡಿಸಿದಂತೆ, ಧಾರ್ಮಿಕ ಹಬ್ಬಗಳು ಹಾಗೂ ಧರ್ಮ ಸಂಸ್ಥಾಪಕರ ಹುಟ್ಟು ಹಬ್ಬಗಳ ನಾವು ಸಮಾನರು ಎಂಬ ಭಾವನೆಯನ್ನೂ, ಪ್ರೀತಿಯನ್ನೂ ಹಂಚಿಕೊಳ್ಳಲು ಸಹಕರಿಸುತ್ತದೆ. ಮಹಾತ್ಮರು ರಾಷ್ಟ್ರಕ್ಕೆ ಸಲ್ಲಿಸಿದ ಸೇವೆಯ ಕುರಿತು ಎಲ್ಲರಲ್ಲೂ ತಿಳುವಳಿಕೆ ಮೂಡಿಸಬೇಕು. ಶಾಂತಿಯ ಸಂದೇಶ ಸಾರಿದ ಗಾಂಧೀಜಿಯವರ ಸತ್ಯ, ನ್ಯಾಯ, ಅಹಿಂಸೆ, ಏಕತೆಯ ತತ್ವಗಳು ನಮಗೆ ಮಾರ್ಗದರ್ಶನ ನೀಡಬಲ್ಲದು. ಗಾಂಧೀಜಿಯವರ ತತ್ವದಂತೆ ನಾವೆಲ್ಲರೂ ಸಮಾಧಾನದ ಜೀವನ ನಡೆಸಿ ಸರಕಾರದ ನಿಯಮಗಳನ್ನು ಪಾಲಿಸಿ ಭಾರತದ ಪ್ರಗತಿಗೋಸ್ಕರ ದುಡಿಯೋಣ ಮತ್ತು ರಾಷ್ಟ್ರೀಯ ಛಾಪ್ಪೆಕ್ಯತೆಯನ್ನು ಜಗತ್ತಿಗೆ ಸಾರೋಣ.





# हिन्दी विभाग



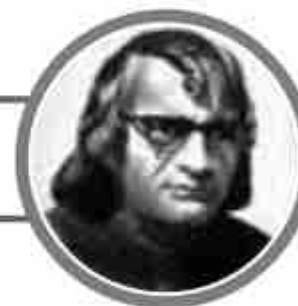
“मन एक भीरु शत्रु है जो सदैव पीठ के पीछे से वार करता है।”  
- मुंशी प्रेमचंद



“कोई भी मार्ग छोड़ा जा सकता है, बदला जा सकता है :  
पथ-भ्रष्ट होना कुछ नहीं होता, अगर लक्ष्य-भ्रष्ट न हुआ।” - अज्ञेय



“चक्र! ऐसा जीवन तो बिडंबना है,  
जिसके लिये रात-दिन लड़ना पड़े!” - जयशंकर प्रसाद



“हिंदी हमारे राष्ट्र की अभिव्यक्ति का सरलतम स्रोत है।”  
- सुमित्रानन्दन पंत



“अपने सत्कर्म द्वारा एक विस्तृत क्षेत्र में मनुष्य की सद्गुणियों के  
आकर्षण का एक शक्ति केन्द्र हो जाता” - रामचंद्र शुक्ल

## जान से प्यारी

नूरजहाँ बेगम एस ए  
हिन्दी सहायक प्राध्यापिका  
विभागाध्यक्ष (एच.एस.एस. विभाग)



मेरी जान भी तुम हो।  
मेरी जिंदगी भी तुम हो।  
मेरी बंदगी भी तुम हो।  
मेरी सांसे भी तुम हो।  
लब मेरे हैं, उसकी मुस्कान तुम हो।  
बातें मेरी हैं, उसके अल्फाज तुम हो।  
आंखे मेरी हैं, रौशनी तुम हो।  
रोशनी में दिखते भी तुम हो।  
उसमें छिपे ख्वाब भी तुम हो।  
दिल मेरा है, उसकी धड़कन तुम हो।  
धड़कते दिल की आवाज़ भी तुम हो।  
नफ़्स मेरे हैं, उसके ज़र्रे ज़र्रे में तुम हो।  
मन मेरा है, उसकी प्रारंभिक कड़ी तुम हो।  
मौत का मीठा एहसास भी तुम हो।



मेरी जमीन और आसमान भी तुम हो।  
उठते कदम और बदलते मौसम भी तुम हो।  
मेरी इबादत भी तुम हो।  
दुनिया की हर खुशी भी तुम हो।  
बस इतना कहेंगे हम,  
मेरी जान हो, मेरी जान से भी प्यारे हो।

## सोशल मीडिया

खदीजा सिहाना

U05PA22S0017

प्रथम एफ.एन.डी.



आजकल मिडिया के जमाने में ऐसा कोई भी नहीं होगा जो सोशल मीडिया का उपयोग ना करता होगा। बच्चों से लेकर बूढ़ों तक सोशल मीडिया का स्वाद मिल चुका है। जो वो कभी नहीं छोड़ना चाहेंगे। सोशल मीडिया हम सब की जीवन में एक महत्वपूर्ण विषय वस्तु बन चुकी है। विद्यार्थियों के जीवन में सोशल मीडिया का भाग ही कुछ और है।

हम सब को इस की लत लग चुकी है। हमारा एक दिन भी ऐसा नहीं जाता जो हम ने कभी सोशल मीडिया का उपयोग ना करते हों। सुबह उठने से लेकर रात सोने तक हम उसका प्रयोग करते ही है। हम सोशल मीडिया पर इतना निर्भर हो चुके हैं कि, सुबह उठते ही सबसे पहले हम, मुझे मेसेज किसने किया? कितने लोगों ने मुझे आज लैक्स दिए? किस-किसने मेरे विडियो पे कमेंट किया? यही सब हमारे दिमाग में घूमता रहता है। सोशल मीडिया के फायदे भी हैं और नुकसान भी हैं। अच्छाई को छोड़कर उसके नुकसान की तरफ ही बहुत खींचे जा रहे है। हम लोग सारे दिन इन्स्टाग्राम, मूवीस, गाने, और बहुत सारी एप्स को देखते ही रहते हैं। हमारा आधा दिन ऐसे ही बरबाद करते हैं। अगर हम



उस समय को अच्छे काम में उपयोग करके हम खुद कुछ रचनात्मक काम करें तो हम भी पैसा कमा सकते हैं, और बुद्धि को बढ़ा सकते हैं। बहुत सारे विषयों के बारे में बैठे-बैठे ही बहुत कुछ ज्ञान प्राप्त कर सकते हैं। सोशल मीडिया का प्रयोग हमें सही तरीके से करना है। विद्यार्थी आज कल कुछ भी अगर जानकारी हासिल करना चाहते हैं तो किताबें पढ़ने से ज्यादा अंतर्जाल का प्रयोग करते हैं, और जो विषय उस से मिलता है उसे सही समझ लेते हैं। मगर सभी विषय सही नहीं होते। जितना उन्होंने ज्ञान अंतर्जाल से किया, क्या वो सही है या नहीं उन्हें जांच लेना चाहिए।

पूरे होशों हवास में रहकर सोशल मीडिया का उपयोग करना चाहिए। बहुत बार हम अपने पैसे भी अपने खाते से धोका घड़ी करने वाले विक्रेताओं से नुकसान कर लेते हैं। बहुत सारे ऐसे ठगने वाले लोग हैं कि, किसी भी तरह से हमें उनके जाल से बचना चाहिए। कोरोना के समय अगर सोशल मीडिया ना होता तो शायद लोग, जीते जी मरजाते। सोशल मीडिया ही सिर्फ एक ऐसा था, जिस से हम अपने लोगो से बात कर सकते थे। अपना समय गुजार सकते थे। बहुत कुछ सीखा और अपने जिंदगी का जीने का सहारा बनाया। उस समय कितने क्लास ऑनलाइन चले। जो कोई भी इसके बारे में न जानता था, सभी ने अंतर्जाल और बहुत सारे ऐप के बारे में जाना और अपने जिंदगी को आज तक भी उसीनके द्वारा चला रहे हैं और बहुत कुछ आगे बढ़ चुके हैं। पहले पाठशाला में मोबाइलों का प्रयोग नहीं होता था। मगर करीना महामारी के बाद इसका प्रयोग इतना होने लगा कि बिना मोबाइल के छात्रों का काम चल ही नहीं सकता। इस प्रकार सोशल मीडिया अच्छा भी है, और बुरा भी है। सिर्फ प्रयोग करना किस प्रकार है उसे जान लेना सभी के लिए उचित है।

### **निष्कर्ष:**

अंत में यही कह सकते हैं कि उपयोग करते समय इसको गलत प्रयोग ना करके अच्छे हैं कि, हम इसका सही से प्रयोग करें। हम ज्यादा से ज्यादा यह ध्यान में रखने की कोशिश करें कि, इसके प्रयोग से कोई नुकसान ना हो, इसके अच्छाई का भरपूर फायदा उठाये और अपने भविष्य को उज्ज्वल बनाये।

## स्त्री शिक्षा

अहमद साहिल

U05PA2256031

प्रथम बी.सी.ए



“यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः”

इस उपयुक्त संस्कृत के श्लोक के अनुसार, स्त्री की पूजा जहाँ होती है वहाँ भगवानों का निवास होता है। मगर इस बात को लोगों ने झुठला दिया और स्त्री को मिलने वाला गौरव और शिक्षा दोनों उस से छिन गई है।

### नारी शिक्षा:

नारी को शिक्षा मिलना बहुत जरूरी है। क्योंकि रोज़ मर्रा की जिंदगी को गुजारने के लिए शिक्षा बहुत जरूरी है। अगर नारी को शिक्षा नहीं मिले तो नारी अपनी जिंदगी घर के काम काजों में, ग्रहस्ती की देख भाल करने में और बच्चे पैदा करने में ही बिता सकती है। अगर नारी को अच्छी तरह से शिक्षा



दिया जाए तो वह अपनी जिंदगी अजादी से गुजार सकती है और अपनी जिंदगी खुद जी सकती है। बिना किसी पे अवलंबित होके जी सकती है। हर जगह अधिक पुरुषों को ही शिक्षा के लिए प्रधानता मिलती है नारी को नहीं। इसी कारण नारी शिक्षा का बिकास इतना नहीं हो पाया है। क्योंकि, यह समाज पुरुष प्रधान है। पुरुषों को ही प्रमुखता मिलती है। ज्यादातर नारी को शिक्षा का मोका नहीं मिलता है। इसलिए घर में बूढ़े लोग लड़कियों को छोटी ही उमर में शादी कर देते हैं और उनका भविष्य खतम कर देते हैं। नारी सिर्फ कामसूत्र के ख्वाइशों को पूरा करने में ही सारी जिंदगी गुजार देती है। बिना शिक्षा के।

अगर हम स्त्री को सही तरह से शिक्षा देंगे, तो वह बहुत अगो जा सकती है। एक नारी को शिक्षा देना मतलब सारे घर को, सारे दुनिया को शिक्षा देना। वह अपना भविष्य बहुत उज्ज्वल बना सकती है। नारी को हमे घर में बैठाने से अच्छा है, हम उन्हें शिक्षा दे और उनके इच्छा के अनुसार जीने दें। नारी को भी इस दुनिया में पूरा हक है जीने का स्वंत्र रूप से, मन चाहे रूप से जीने का।

एक नारी सिर्फ घर चलाने के लिए नहीं जन्मी है। वह और भी बहुत कुछ कर सकती है। बस उन्हें मौका मिलना चाहियो। जब भगवान ने ही मनुष्य को जन्म देते समय कोई अंतर नहीं किया और जन्म विधियाँ समान है, तो नारी और पुरुष में अंतर क्यों है। यह समाज की ढकोसली सोच है। जिसे सब कुछ उलट पलट करने में तुले हैं।

नारी अगर पढ़ लिख लेगी तो भविष्य में अगर उसके साथ कोई भी दुर्घटना हो जाए तो अपनी जिंदगी को खुद सवार सकती है। जन्म लेते ही पिता के हाथों, बाद में भाइयों के हाथों, बाद पति के, बाद बच्चों के हाथों पलना पड़ता है। उनके जिम्मेदारी पर रहना पड़ता है। हर बात पे उन्ही पर निर्भर रहना पड़ता है। अगर नारी खुद पढ़लिख के अपने कदमों पे खड़ी होगी तब किसी पे आधारित जीवन की आवश्यकता नहीं रहेगी।

### निष्कर्ष

आज-कल की दुनिया में नारी का शिक्षित होना बहुत जरूरी है। इस दुनिया में सभी समान है। नारी को पढ़ाओ, देश को आगे बढ़ाओ।



## छात्र जीवन

मोहम्मद अयमन बशीर  
Reg. No.: U05PA22M0068  
प्रथम बी.बी.ए. (ए विभाग)



पुस्तकों के साथ सपने लेकर चलते हैं हम,  
छात्र जीवन की धूम में नये सपने उगाते हैं हम।

पढ़ाई के दरिया में खोये रहते हैं हम,  
अध्ययन के पीछे खोये रहते हैं हम।

गहरी सोच का सागर है यह छात्र जीवन,  
परीक्षाओं की लहरों में बहकर चलते हैं हम।

निराशाओं में भी, हवा में उड़ते हैं हम,  
हार से नयी जीत चढ़ते हैं हम।

यह छात्र जीवन एक अद्भुत सफ़र है,  
हर कठिनाईयों को समेटते हैं हम।

यहाँ दोस्ती की झुंड मजबूती से जुड़ी है,  
पढ़ाई के अलावा यादें भी बुनते हैं हम।

छात्र जीवन की ये कहानी हमारी,  
जीवन के पाठ पढ़कर चलते रहते हैं हम।

## दोस्ती

खदीजत सानिया

U05PA21S0096

द्वितीय बी.एस.सी., एफ.एन.डी



दोस्तों की दोस्ती भी क्या चीज़ है।  
खट्टी-मीठी, ये यारी बड़ी लज़ीज़ है।  
दोस्त बिन दुनिया अधूरी है।  
हर दोस्त की ये दोस्ती बड़ी अज़ीज़ है।

वो बारिश की मस्ती में बरसता वह शोर,  
वो कागज़ की नावों में बहाने की होड़।  
वो हाथ बदलती पतंगों की डोर,  
वो बिजली के जाने पर हो-हो का शोर।  
हर दिल की यादें ये बड़ी करीब हैं।  
दोस्तों की दोस्ती भी क्या अजीब है।



वो क्लासेस की बैंकिंग कर कैंटीन में जाना।  
वो चाय की चुस्की और गप्पे लड़ाना।  
वो असाइन्मेंट की लास्ट डेट का आना।  
कैसे भी कर उसका सबमिट करना।  
कुछ पाने और खोने की ये रीत है  
दोस्ती भी क्या चीज़ है।  
हँसाती-रूलाती है दोस्ती।  
सताती-मनाती है दोस्ती।  
कूँए में धक्का मारती भी है दोस्ती।  
फिर बचाने के लिए खुद चले आती है दोस्ती।  
मुस्कुराती-खिल खिलाती है दोस्ती।  
गुदगुदाती-गुनगुनाती है दोस्ती।  
हर दिल में यही गीत है बसती।  
दोस्तों की दोस्ती भी क्या चीज़ है रुलाती।

माँ

जिज्ञान

U05PA22S0024

प्रथम बी सी ए



अपने बच्चे की देख - रेख करते-करते  
माँ खुद को भूल जाती है।  
अपने आँचल से छाव देती है  
जब भी धूप आती है।  
माँ तो जन्नत का फूल है।  
प्यार करना उसका वसूल है।  
दुनिया की मोहब्बत फिजूल है।  
माँ की हर दुआ कबूल है।  
घूटने से रेंगते - रेंगते  
कब पैरों पर खड़ा हुआ।  
तेरी ममता की छाव में  
जाने कब मैं बड़ा हुआ।  
मैं ही मैं हूँ हर जगहा।  
माँ प्यार ये तेरा कैसा है,  
कितना भी हो जाऊँ बड़ा  
माँ मैं आज भी तेरा बच्चा हूँ।  
हजारों परेशानियाँ हैं जिंदगी में,  
सारे घम भूलजाता हूँ,  
तेरी गोद में सर रख के माँ।



## ये रिश्ता तेरा मेरा

शेख सफवान

U05PA21M0077

द्वितीय बी बी ए (ए)



ये कैसा रिश्ता है तेरा मेरा..  
कभी खट्टा तो कभी मीठा..  
ये कैसा रिश्ता है तेरा मेरा..  
कभी खट्टा तो कभी मीठा..

कभी जो तुमरा यूँ मुस्काना..  
और कभी तुम्हारा यूँ रूठ जाना...

कभी कहते हो, बिना हमारे जी ना सकोगे तुम..  
फिर कहते हो काट लेंगे जिंदगी हमारे बिना तुम..

ये कैसा रिश्ता है तेरा मेरा...  
दुनिया करलें लाख कोशिश, न जुदा होंगे हम..  
ये रिश्ता है तेरा मेरा, न खफा होंगे हम।





**മലയാളം  
വിഭാഗം**



'സേതുന്ന് എന്നും ഒരാളോടെ ഇഷ്ട്ടംണ്ടായിരുന്നുള്ളൂ... സേതുനോട് മാത്രം... - എം.ടി. വാസുദേവൻ നായർ



പേരറിയാത്തൊരു പെൺകിടാവേ, നിന്റെ നേരറിയുന്നു ഞാൻ പാടുന്നു - ഒ.എൻ.വി. കുറുപ്പ്



ഗതികിട്ടാത്തതാമവൾ തന്നാത്താവിനൊരു യന്ത്രം പോലെയഴിച്ചെടുത്തു ഞാനതി സൂക്ഷം വേറൊരുടലിൽ ചേർക്കാവൂ - ആറ്റൂർ രവിവർമ്മ



ചൂടാതെ പോയ് നീ, നിനക്കായ് ഞാൻ ചോര ചാറിച്ചുവപ്പിച്ചൊരെൻ പനീർപ്പൂവുകൾ - ബാലചന്ദ്രൻ ചുള്ളിക്കാട്



നിൽപിലും നടപ്പിലും നോട്ടത്തിലും എന്നിലൂടെ എത്തിനോക്കുന്നു, എന്ത്! - അഷിത

# മഴപെയ്യുന്നത്..

നജ്ല മറിയം  
അസി. പ്രൊഫസർ  
മലയാളം വിഭാഗം



ഞങ്ങളെക്കുറിച്ചോർക്കുന്ന ഒരേയൊരാളേ ഇപ്പോൾ ഭൂമിയിൽ കാണുകയുള്ളൂ. അത് നീയാണ്. ഞങ്ങൾ പോലും ഞങ്ങളെ മറന്നുപോയിരിക്കുന്നു.

ഇലാമയോട് ഗൂഗിളിയെക്കുറിച്ചുള്ള ഓർമ്മപ്പെടുത്തലിന് മറുപടി പറയുകയായിരുന്നു ഉമ്മുക്കുൽസു.

തന്നെയും ഗൂഗിളിയേയും ചേർത്ത് ഞങ്ങളെന്ന് മറ്റുള്ളവർക്ക് പ്രയോഗിക്കാൻമാത്രമുള്ള സമയങ്ങൾ ഞങ്ങൾ ഉണ്ടാക്കിയില്ലല്ലോയെന്ന് ഉമ്മുക്കുൽസു അതിശയിച്ചു.

സിഗരറ്റിന്റെ മണമുള്ള കാറ്റ്, തുടവഴിയിൽ നിന്നിറങ്ങി അത് മേൽക്കൂരയിലാത്ത മുത്രപ്പുരയുടെ ഗന്ധത്തിലേക്ക് ലയിച്ചു. ആൺ പെൺഭേദമില്ലാത്ത ആ മുത്രപ്പുരയിൽ ലിംഗവ്യത്യാസമില്ലാതെ ഒഴുകുന്ന മഞ്ഞയും വെള്ളയും സ്വർണ്ണനിറവുമായ മുത്രം ഒരു ചെറിയ ഓട്ടയിലൂടെ അടുത്ത പറമ്പിലേക്കിറങ്ങിപ്പോയി.

ഗൂഗിളി തനിച്ച്രിക്കാൻ അവിടെയാണ്. അവന്റെ മെലിഞ്ഞ കൈയിൽ എരിഞ്ഞുതീരുന്ന ബീഡിക്കുറ്റികൾ അവിടെതന്നെ കളയും. അവസാനത്തെ കനൽ കാൽകൊണ്ട് എരിച്ചുകളയാതെ അവിടെ ഉപേക്ഷിച്ചും പോരും. പിന്നെ എപ്പോഴോ എങ്ങനെയോ അത് കെട്ടുപോവും. അവസാനം ബീഡിക്കുറ്റികൾ നിറഞ്ഞ് അവിടെയൊരു കുമ്പാരം തീർന്നു.

ഒമ്പതു വയസ്സുകാർ ബീഡി വലിക്കാൻ പാടുണ്ടോ എന്ന് വല്ലുത്തയോട് ചോദിച്ചപ്പോൾ വീട്ടിൽ ഏത് നേരവും ചുരുട്ടുമായിരിക്കുന്ന ഉപ്പയെ വല്ലുമ്മ പീത്തവിളിച്ചു.

തന്റെ ഉപ്പയും ബീഡി വലിക്കുമെന്നാണ് ഗൂഗിളി പറയുന്നത്. അവന്റെ ഉപ്പ മരിച്ചതാണ്. വായെടുത്താല് ഓൻ നുണയെ പറയുള്ളു. സ്വാതിയാണ് പറഞ്ഞത്. അതിനെ കൂറിച്ച് ഗൂഗിളിയോട് ചോദിക്കാനും തോന്നിയില്ല. എന്റെ വീടിനും ബീഡിയുടെ മണമായിരുന്നു.

അവൾ മുട്ടിന്മേൽ മുഖം ചേർത്ത് വച്ചു. ആ മണം ഓർത്തെടുത്തു... പോയകാലത്തെ ഓരോ മണവും മുകളിലേക്ക് കയറിവരുന്നു. മണങ്ങളിൽ തെളിയുന്ന കാലബോധമുണ്ട്. മൂക്ക് പൊത്താൻ തോന്നിക്കുന്നതാണേലും, വലിച്ചടുക്കാൻ തോന്നിക്കുന്നതാണെങ്കിലും ഇപ്പോഴും ഓർമ്മകളിലെ ഓരോ മണത്തിനും അതേ ചുറ്..



ഉമ്മുക്കുൽസു ഓടല്ലേ. ഇത് വേണ്ട. നമുക്ക് പീടിക കെട്ടി കളിക്കാം... ഗൂഗിളി കാലു വേദനിച്ച് വരമ്പിൽ ഇരുന്നു.

ഗുഗ്ളി.എൻറെ പിന്നാലെ വാ.ഓടുമ്പോൾ വരമ്പൊക്കെ പിന്നാലോടുന്നുണ്ട്. പുള്ളി നോക്ക്. എന്ത് വേഗത്തിലാ...ആകാശവും ചുറ്റുമതിലും... കാണുന്നോരൊക്കെയും ഓടുവാൻ ഇരിക്കല്ലേ.വാ..

വേഗതയിലാതെ...ചലിക്കാതിരുന്നത് ഒന്നുമാത്രമെ ഉണ്ടായിരുന്നുള്ളൂ...ഗുഗ്ളി

അവൻ കുൽസുവിന്റെ കാൽ വേഗതയിലേക്ക് കണ്ണ് തറപ്പിച്ചു. അവളുടെ ഓട്ടക്കൈത്തിരി ന്നു വേദനയിൽ തലക്കറങ്ങിയേടെത്തുന്നും തിരികേ വരാൻ അവൻ കണ്ണിറുക്കിയിട്ടില്ല. തുറക്കുമ്പോൾ ഉമ്മുക്കുൽസു പല്ലൊക്കെക്കാട്ടി മുകോടടുത്ത് ചിരിക്കുവാൻ.

പോ ശൈത്താനേ...കുൽസുവിനെ തള്ളി തന്റെ അടക്കപോലത്തെ മൊട്ടത്തല തിരുമ്പി ഗുഗ്ളി.പിറകേക്കൊത്തു...

ക്ലാസിലെ പരീക്ഷക്കൊക്കെ മൊട്ടകിട്ടുന്ന ഗുഗ്ളി.വല്ലപ്പോഴും ക്ലാസിൽ വരുന്ന ഗുഗ്ളി... ക്വല്ലന്റെ ഭ്രാന്ത് മനസ്സിലായില്ലേലും കേട്ടിരിക്കുന്ന ഗുഗ്ളി ഉരുണ്ട ഗുഗ്ളിമുട്ടായിയുടെ ആകൃതിയിലുള്ളതലയാണ് അവൻ.

അവന്റെ ബാപ്പ അതില് മൂടി വരാൻ സമ്മതിച്ചിട്ടില്ല. താനൻ പൊറ്റ കെട്ടിനിക്കണ വല്ലാത്തൊരു തലയായിരുന്നു അത്. അതോണ്ടാണ് എപ്പോഴും മൊട്ടയടുപ്പിക്കുന്നതെന്ന് ഇടക്കവൻ പറഞ്ഞിട്ടുണ്ട്. ഇരുപത്തഞ്ച് പൈസക്ക് കിട്ടണ ഗുഗ്ളിമിറായി. പണക്കാർ പിള്ളേർ മാത്രം വാങ്ങുന്ന മിറായിയാണ്. മൊട്ടത്തല കാണുമ്പോഴൊക്കെ ഗുഗ്ളിതിന്നണ സ്കൂളിലെ പിള്ളേരൊക്കെ അവനെ ഗുഗ്ളിന് വിളിക്കാൻ തുടങ്ങി. പിന്നീട് അവന്റെ പേര് ആർക്കും വേണ്ടാതായി. കളിയാക്കാനല്ലാതെ അവന്റെ പേരിന് എന്തു പ്രസക്തി. അവസാനദിവസം വരെ അവനോടാരും അത് നിനക്കിഷ്ടമോണ്ടോ എന്ന് ചോദിച്ചിട്ടില്ല.

സുരേന്ദ്രൻ മാഷ് കണക്ക് പഠിപ്പിക്കുകയായിരുന്നു.സ്വാതിയാണ് പറഞ്ഞത്.

മാഷേ.എലി ചത്തത് പോലെ നാറുന്നെന്ന്.

മാഷ് മൂക്ക് ഒന്നുടെ ആഞ്ഞ് വലിച്ചു. അപ്പോഴേക്കും നാറ്റം ക്ലാസ് മൊത്തം പരന്നിരുന്നു. നാറ്റം കിട്ടാത്തവനും കിട്ടിയവനും ഏറ്റെടുത്തു. എലി ചത്തമണമല്ല. തീട്ടത്തിന്റെ മണമാണെന്ന്... എല്ലാരും അയ്യേനും പറഞ്ഞ് ബെഞ്ചില് നിന്നും എണീറ്റ് പിന്നാക്കം കൊട്ടി ഞാനല്ല എന്ന് തെളിയിച്ചോണ്ടിരുന്നു. പലരും മൂക്ക്പൊത്തി ക്ലാസിൽ നിന്നും ഇറങ്ങിയോടി...സുരേന്ദ്രൻ മാഷ് അവസാന ബെഞ്ചിന്റെ അരികിലേക്ക് നടന്നു. ഗുഗ്ളി ഒന്നുടെ ആഞ്ഞ് ബെഞ്ചിലേക്കിരുന്നു. അവന്റെ ഉടുപ്പും നെറ്റിയുമൊക്കെ വിയർത്ത് നനഞ്ഞിരുന്നു. മാഷ് എഴുന്നേൽക്കാൻ പറഞ്ഞിട്ടും അവൻ പേടിച്ച് അവിടെത്തന്നെ ഇരിക്കുകയാണ്.

ഗുഗ്ളി.എഴുന്നേൽക്ക്. സാരൂല.

മാഷ് അവന്റെ പെവിയിൽ മന്ത്രിച്ചു. എന്നിട്ട് തോളിൽ പിടിച്ച് മെല്ലെ മാറ്റിനിർത്തി...

സ്കൂളിലെ ചേച്ചി വന്ന് ബെഞ്ച് കഴുകാനായി പുറത്തേക്കിട്ടു...എന്ത് ചെയ്യണമെന്നറിയാത്ത അവനെ മുതപുരയുടെ അടുത്തേക്ക് മാറ്റിനിറുത്തി ചേച്ചി വെള്ളമൊഴിച്ചുകൊടുത്തു... അപ്പോഴേക്കും മാഷ് വിളിപ്പിച്ച് അവന്റെ ഉമ്മ വന്നിരുന്നു...ബാഗ് എടുത്ത് നൽകുമ്പോഴാണ്

അസാബി ടീച്ചർ അതിൽ ഒരു പൊതി കണ്ടെടുത്തത്. ഒന്നും പറയാതെ അത് ടീച്ചർ പിന്നിലേക്ക് പിടിച്ച് ബാഗ് ഗുൾളിക്ക് നേരെ നീട്ടി. കണ്ടെടുത്ത വെള്ളപ്പൊതിയിൽ എന്തായിരുന്നെന്നറിയാൻ മുപ്പത് ചെറുതലകൾ ബോർഡ് കൊണ്ട് മറച്ചുകെട്ടിയ ഓഫീസ് മുറിയിലേക്ക് ഏന്തിവലിഞ്ഞു. ബീഡിയാണെന്ന് പലരും അടക്കം പറഞ്ഞു. രഹസ്യം പിടികൊടുക്കാതെ ആ ഉമ്മയും ഗുൾളിയും തിരിഞ്ഞ് നടന്നിരുന്നു.

പിറ്റേ ദിവസം ഗുൾളിവരുമ്പോൾ എല്ലാവരും അവനെ നോക്കി ചിരിച്ചു. തലകുനിഞ്ഞ് കുനിഞ്ഞ് ഭൂമിയോളം മുട്ടിനിൽക്കുന്ന അവന്റെ തല പൊളിഞ്ഞ് വീഴ്ചമോ എന്ന് തോന്നിപ്പോയി. ഉരുണ്ടപാത്രത്തിലെ വെള്ളത്തിൽ ശ്വാസം കിട്ടാതെ പിടയുന്ന മീനിന്റെ വെമ്പലുമായിരുന്നു ഗുൾളിയുടെ മനസ്സിൽ. വിറച്ച് കൊണ്ടുപിടിച്ച സ്നേഹം പെൻസിലും കൂറേനേരം പരസ്പരം കടിച്ചു നേരമായി. നീണ്ട മണിമുഴങ്ങി... ആരേയും നോക്കാതെ അവൻ ഇടവഴിയിലേക്കൊടി. തന്റെ ട്രസററിലെ കുഞ്ഞ് പോക്കറ്റിൽ നിന്ന് തപ്പിയെടുത്ത ബീഡികൊള്ളിയിലേക്ക് തീപ്പെട്ടി ഉറച്ച് കൊടുത്ത് ആകാശം നോക്കി നീണ്ട നേരത്തേക്കായി പുകച്ചുരുളുകളെയുണ്ടാക്കി പറത്തിവിട്ടു. പുകച്ചുരുളുകളൊക്കെ നീലാകാശത്തിന്റെ മേഘഅറകളായി മാറുന്നത് അവൻ നോക്കിനിന്നു. ഇനിയത് മഴയായി പെയ്യിറങ്ങും. ഇടിയും മിന്നലും കൂട്ട് വരും. വെള്ളം ആകാശത്തിൽ പെന്തിട്ടാണ് മഴപെയ്യുന്നതെന്നതൊക്കെ അസാബി ടീച്ചറുടെ നുണയാണ്. അവന്റെ തുടയിലേക്ക് ഒരു മിന്നൽ പെട്ടെന്ന് വെട്ടിക്കയറി.

എന്താണ് സംഭവിച്ചതെന്നറിയാൻ ചുവന്ന്നീറുന്ന തുടപൊത്തി ഗുൾളി പിന്നിലോട്ട് നോക്കി. അറബിമാഷും അസാബി ടീച്ചറും സുരേന്ദ്രൻ മാഷും മുപ്പത് തലകളും എല്ലാവരുമുണ്ട്. ഇത്തവണ മുപ്പതുതലകളും തന്നെ നോക്കി കൂക്കിവിളിച്ചു. ചിലർ അർദ്ധഭാരം കണ്ട് നിന്നു.

ഗുൾളിയുടെ ഉമ്മ വീണ്ടും വന്നു. ബാഗ് തോളിലേക്കിടുമ്പോൾ തുക്ക് മണിയോട് ചേർന്നു നിന്ന് അവനെ നോക്കി നിന്ന. എനിക്കായ് നിറയുന്ന കണ്ണ് തന്ന് ഗുൾളി പുറത്തേക്കിറങ്ങി. അവന്റെ മെലിഞ്ഞ കൈയും പിടിച്ച് ഉമ്മ റോഡിലേക്ക് കയറിപ്പോയി.... അവർ മേഘച്ചുരുളുകളായി പുകവലയത്തിലേക്ക് ചുരുങ്ങിത്തീർന്നു.



## സോഷ്യൽ മീഡിയയും വിദ്യാർത്ഥികളും

ആയിഷത്ത് മുഹസിന. ബി

U05PA22S0018

ബി. എസ്. സി, എഫ്. എൽ. ഡി ഫസ്റ്റ് ഇയർ



ഇന്ന് വിദ്യാർത്ഥികളെ ഏറെ സ്വാധീനിക്കുന്ന ഒന്നാണ് മാധ്യമങ്ങൾ. പഠനങ്ങൾക്കും, വിനോദങ്ങൾക്കും, ലോകവിവരങ്ങൾക്കായും നാം മാധ്യമങ്ങളെയാണ് ആശ്രയിക്കാറുള്ളത്. അതുകൊണ്ടുതന്നെ ഇതിന് നല്ല വശവും ചീത്ത വശവും ഉണ്ട്. മാധ്യമങ്ങൾ നമ്മുടെ നിത്യജീവിതത്തിലെ ഒഴിച്ചുകൂടാൻ പറ്റാത്ത ഒന്നായതിനാൽ തന്നെ അതിനെ ശരിയായ രീതിയിൽ ഉപയോഗപ്പെടുത്താൻ ശ്രദ്ധിക്കണം. വിദ്യാർത്ഥികൾ ഇന്ന് ഏറ്റവും കൂടുതലായി ഉപയോഗിക്കുന്ന മാധ്യമം സോഷ്യൽ മീഡിയകളാണ്. നമുക്ക് ഇതിലൂടെ ലോകവിവരങ്ങൾ ഒരു നിമിഷം കൊണ്ട് തന്നെ സ്വന്തമാക്കാം. ഇത് ശരിയായ രീതിയിൽ ഉപയോഗപ്പെടുത്തിയാൽ തന്നെ നമുക്ക് പല അറിവുകളും എളുപ്പത്തിൽ സ്വന്തമാക്കാൻ സാധിക്കും. അതുപോലെ തന്നെ ഇതിന്റെ തെറ്റായ രീതിയിലുള്ള ഉപയോഗം പല അപകട സന്ദർഭങ്ങളിലും എത്തിച്ചേക്കാം. മാധ്യമങ്ങളിൽ ഇപ്പോൾ പ്രചാരം കുറഞ്ഞുകൊണ്ടിരിക്കുന്ന ഒന്നാണ് പത്രം.



വിദ്യാർത്ഥികൾക്കിടയിൽ ഇപ്പോൾ പരതം വരുന്ന വളരെ ചുരുക്കമാണ്. പണ്ട് കാലത്തെ പ്രധാന മാധ്യമം പത്രം ആയിരുന്നു പത്രം വരുന്ന നമ്മുടെ അറിവ് വർദ്ധിപ്പിക്കുന്നതോടൊപ്പം തന്നെ വായനാശീലവും വാക്സന്തയും വർദ്ധിപ്പിക്കാൻ സഹായിക്കുന്നു. ഇന്നത്തെ വിദ്യാർത്ഥികളിൽ സമയക്കുറവ് മൂലം പത്രം വരുന്ന വളരെ കുറവാണ്. പ്രധാനമായും സോഷ്യൽ മീഡിയയുടെ വരവിന് ശേഷം സോഷ്യൽ മീഡിയയിലൂടെ എല്ലാ വിവരങ്ങളും എളുപ്പത്തിൽ ശബ്ദ രൂപത്തിലും, വീഡിയോ രൂപത്തിലും, ഡോക്യുമെന്റ് രൂപത്തിലും നമ്മുടെ കയ്യിൽ ലഭിക്കുന്നു. കൊറോണ ലോക്ക് ഡൗൺ സമയത്തിലാണ് സോഷ്യൽ മീഡിയ ഉപയോഗം വർദ്ധിച്ചത്. വിദ്യാലയങ്ങൾ അടച്ചുപൂട്ടിയതോടെ വിദ്യാർത്ഥികളുടെ പഠനത്തിന് മുകക്കം വന്നു. ഇത് പരിഹരിക്കാനായി സർക്കാർ പുതിയൊരു രീതിയിൽ മാധ്യമം ഉപയോഗിച്ചു കൊണ്ടുള്ള പഠനനരീതിയുമായി രംഗത്ത് വന്നു. അതിനായി ടെലിവിഷൻ, മൊബൈൽ ഫോൺ എന്നീ മാധ്യമങ്ങൾ അവർ ഉപയോഗപ്പെടുത്തി.

ഇതുപോലെ പല സന്ദർഭങ്ങളിലും മാധ്യമങ്ങൾ വളരെ ഉപകാരപ്രദമാണ്. ആ സമയത്ത് മാധ്യമങ്ങളുടെ സഹായം വിദ്യാർത്ഥികൾക്ക് ഏറെ പ്രധാനപ്പെട്ടതായിരുന്നു. അതുപോലെ തന്നെ ഇന്ന് നമ്മൾ സ്ഥിരമായി കാണാറുള്ള പല വാർത്തകളും മാധ്യമങ്ങളുടെ തെറ്റായ ഉപയോഗം മൂലമോ സോഷ്യൽ മീഡിയയുടെ അമിത ഉപയോഗ ഫലമോ ആയി സംഭവിക്കുന്നതാണ്. ഉദാഹരണത്തിന് ഓൺലൈൻ ചാറ്റിങ് വഴി വഞ്ചിക്കപ്പെടുന്ന വിദ്യാർത്ഥികൾ അല്ലെങ്കിൽ അവരുടെ ഓൺലൈൻ ഗെയിമിലൂടെ പണം നഷ്ടപ്പെട്ടു എന്നിങ്ങനെയുള്ള വാർത്തകൾ. ഇതുപോലെ മാധ്യമങ്ങൾ വഴിയുള്ള ദോഷങ്ങളും അനവധിയാണ്. മാധ്യമങ്ങൾ വഴിയുണ്ടാകുന്ന ദോഷവശങ്ങൾ തടയാനായുള്ള ഏറ്റവും നല്ല മാർഗ്ഗം മാധ്യമങ്ങളെ നല്ല കാര്യങ്ങൾക്കായി സൂക്ഷിച്ച് കൈകാര്യം ചെയ്യുക എന്നതാണ്. അങ്ങനെ ചെയ്യുന്നതിലൂടെ തന്നെ പകുതി പ്രശ്നങ്ങളും അവസാനിക്കും.



# ഇത്തിശ്കണ്ണി

ഷാലദ് എലീന തോംസൺ

U05PA21S0093

ബി. എസ്. സി എഫ്. എൻ. ഡി, സൈക്കിൾ ഡ്രൈവർ



കെട്ടിടങ്ങൾക്കൊണ്ടും ആളുകൾക്കൊണ്ടും നിറഞ്ഞ തിരക്കുപിടിച്ച ഒരു നഗരം. ആ നഗരത്തിന്റെ നടുവിലായി മനോഹരമായ ഒരു മാവുണ്ട്. ഏകദേശം അഞ്ഞൂറ് വർഷം പഴക്കമുള്ള ഒരു മുത്തശ്ശി മാവ്. മുത്തശ്ശി മാവ് എല്ലാവർക്കും വളരെ പ്രിയപ്പെട്ടതായിരുന്നു. ആ നഗരത്തെ ഏറ്റവും സുന്ദരമാക്കി തീർത്തത് അവളുടെ സാന്നിധ്യമാണ്.



ഒരു ദിവസം മുത്തശ്ശിമാവിന് പുതിയ കൂട്ടുകാരിയെ കിട്ടി. ഇത്തിശ്കണ്ണി എന്നാണ് പേര്. സ്വന്തം ശരീരത്തോട് പറ്റിപ്പിടിച്ചിരുന്ന ഇത്തിളിനോട് പ്രത്യേക വാത്സല്യവും സ്നേഹവുമായിരുന്നു. മാവിന് മാവിന്റെ ഉള്ളിൽനിന്നും മൂലകങ്ങൾ വലിച്ചെടുത്ത് ഇത്തിശ്കണ്ണി വളരാൻ തുടങ്ങി. അവളുടെ വളർച്ച കണ്ട് മാവ് ഒത്തിരി സന്തോഷിച്ചു. ദിവസം മൂന്നോട്ട് പോകുംതോറും മുത്തശ്ശിമാവിന്റെ ആരോഗ്യം മോശമാകാൻ തുടങ്ങി. ഉണങ്ങിവരണ്ട മാവ് പിന്നിടാൻ തിരിച്ചറിഞ്ഞത് തന്റെ ശരീരത്തിൽ നിന്നും മൂലകങ്ങൾ വലിച്ചെടുത്താണ് തന്നെ ഇല്ലാതാക്കിയതെന്ന്. സത്യങ്ങൾ തിരിച്ചറിയാൻ വൈകിയതുകൊണ്ട് തന്നെ ഇത്തിളിന്റെ കയ്യിൽനിന്നും മാവിന് രക്ഷപ്പെടാനായില്ല. പഞ്ച മുത്തശ്ശിമാവ് മരണത്തിനു കീഴടങ്ങി.

നമ്മുടെ നിഷ്പക്ഷതയെ ചൂഷണം ചെയ്യുന്ന അനേകം ആളുകൾ ഉണ്ട്. സുഹൃത്തുക്കൾ, പരിചിതർ, അപരിചിതർ അങ്ങനെ നിരവധി മനുഷ്യർ. തന്നെ ഇല്ലാതാക്കുകയാണെന്നറിഞ്ഞിട്ടും സ്നേഹത്തിനുമുന്നിൽ തോറ്റുകൊടുക്കുകയാണ് നമ്മളിൽ പലരും. ഒരു ചെറിയ ഇത്തിശ്കണ്ണി കാരണം മാവിന്റെ ജീവിതം നശിച്ചു. അവളുടെ സ്വപ്നങ്ങൾ സന്തോഷങ്ങൾ ആ നാടിന്റെ സൗന്ദര്യം അങ്ങനെ എന്താലോമാണ് ഇല്ലാതാക്കിയത്. ഓർക്കുക നമ്മുടെ ജീവിതത്തിൽ കണ്ടുമുട്ടുന്നവരെല്ലാം നല്ലവരായിരിക്കണമെന്നില്ല. ഏതൊരു നാണയത്തിനും ഇരുവശങ്ങൾ ഉണ്ട് എന്നുപറയുന്നത് പോലെ നമ്മൾ നല്ലതായിരിക്കണമെന്നും മോശമാകണമെന്നും ആഗ്രഹിക്കുന്നവർ ഉണ്ട്. ഒരിക്കലും ഒരു പുസ്തകം ആകാതിരിക്കുക. പുത്തോട്ടത്തിനുചുറ്റും വേലിക്കെട്ടുന്നപോലെ നമുക്ക് ചുറ്റും വേലിക്കെട്ടുക. നമ്മൾ ഒരിക്കലും ആരുടേയും ജീവിതത്തിൽ ഒരു ഇത്തിശ്കണ്ണിയാകാതിരിക്കുക. ഒരിത്തിശ്കണ്ണിയെയും നമ്മുടെ ജീവിതത്തിൽ പ്രവേശിപ്പിക്കരുത്. വഞ്ചിക്കപ്പെട്ടതിന്റെ കഥകൾ പറയാനാകരുത്. നമ്മുടെ നാവുകൾ സംസാരിക്കേണ്ടത്. നഷ്ടപ്പെട്ടതിന് വേണ്ടിയാവരുത്. ഇനി കണ്ണിരൊഴുകേണ്ടത്.....



'അല്ലാഹുവിന്റെ ഖജനാവിൽ മാത്രം ആണ് സമയം ഉള്ളത്. അനന്തമായ സമയം'  
- വൈക്കം മുഹമ്മദ് ബഷീർ



എന്നെ ആരും അനുഗമിക്കരുത്. ഞാൻ എന്നുമെന്നും  
എന്നെത്തന്നെയാണ് അനുഗമിച്ചത്... - കമല സുറയ്യ



'ബന്ധങ്ങളിൽ നിന്ന് പിന്നാക്കം നടക്കുന്ന നിമിഷങ്ങളെയെല്ലാം മരണം എന്നു വിളിക്കാമെങ്കിൽ ഓരോ ആളും എത്രയോ രൂപണ മരിക്കുന്നു. - കെ.ആർ. മീൻ



ഈ ലോകത്തിൽ ദുഃഖവും സന്തോഷവും ഉണ്ടോ മാഷേ? ജീവിതമേയുള്ളൂ - എം. മുകുന്ദൻ



മണ്ണെണ്ണച്ചിമ്മിനിയിലെ വെളിച്ചത്തിൽ ഊണും ഉറക്കവും ഇണചേരലും ശീലിച്ചവർ മലർന്ന് മാനുഷതക്ക് നോക്കിക്കിടക്കുന്നു - സാറാ ജോസഫ്

# തിരിച്ചറിവ്

ആയിഷത്ത് മുഹസീന. ബി

U05PA22S0018

ബി എസ്. സി, എഫ്. എൻ. ഡി, ഫസ്റ്റ് ഇയർ



കീറിപ്പിണിഞ്ഞ വസ്ത്രവും എണ്ണമയമില്ലാത്ത പാറിപ്പറക്കുന്ന മുടിയും കരിപുരണ്ട കൈകാലുകളും മുഖത്തെ കണ്ണീരിന്റെ ഉണങ്ങിയ പാടും ക്ഷീണത്തോടെയുള്ള നടത്തവും കണ്ണിലെ വിഷാദഭാവവും അവളുടെ വിഷമത്തെ വിളിച്ചോതുന്നു. അവളുടെ കാലുകൾ നടക്കുമ്പോഴും ഇടവുന്നുണ്ടായിരുന്നു. നീറങ്ങൾ പിണങ്ങിപ്പോയ വസ്ത്രത്തിനിടയിലൂടെ അവളുടെ ശരീരത്തിലെ അസ്ഥികളുടെ എണ്ണമെടുക്കാം. അവളുടെ കൂടെ എപ്പോഴും തോലുമായുള്ള ഒരു ചാവറാലി പട്ടിയും ഉണ്ട്. വെയിലേറ്റു വാടി കരിഞ്ഞു വീഴാൻ പോകുന്ന പുഷ്പത്തെ പോലെ അവളെ തോന്നി. അവളുടെ കണ്ണുകൾ എന്തിനോ വേണ്ടി പ്രതീക്ഷയോടെ ചുറ്റും തിരഞ്ഞു. എല്ലാവരും അവരവരുടേതായ ലോകത്ത് തിരക്കിലാണ്. അവൾ അവിടെയുള്ള ആളുകളിലേക്ക് മുഴുവൻ കണ്ണോടിച്ചു. ആരും അവളെ ശ്രദ്ധിക്കുന്നില്ല. അതികഠിനമായ വിശ്വാസവും അവളെ ഓരോരുത്തരുടെയും മുന്നിൽ കൈകുപ്പി നിൽക്കാൻ പ്രേരിപ്പിച്ചത്. അവൾ ഒരു നേരത്തെ ഭക്ഷണത്തിനായി യാചിച്ചു. ചിലർ ശ്രദ്ധിച്ചതേയില്ല. ചിലർ വെറുപ്പോടെ ആട്ടിയകറ്റി. ചിലരാകട്ടെ പഴി പറഞ്ഞു. അങ്ങനെ വേറിട്ടു നിൽക്കുന്ന ഓരോരോ ആൾക്കാരും കണ്ണുകളിൽ നിരാശ പടരാൻ തുടങ്ങുമ്പോഴാണ് അടുത്തുള്ള ഹോട്ടലിലെ ചവറു കൂട്ട കണ്ണിൽ പെട്ടത്. അവൾ ചവറുകൂട്ട ലക്ഷ്യമാക്കി നടന്നു. അല്ല, ഓടുകയാണ് ചെയ്തത്. അതിനിടയിൽ ആരെങ്കിലും തട്ടി താഴെ വീണു. അവൾ അതൊന്നും കാര്യമാക്കാതെ വീണ്ടും എഴുന്നേറ്റു ഓടി. അവളുടെ ശ്രദ്ധ മുഴുവൻ ചവറുകൂട്ടയിലേക്ക് തട്ടിയിടുന്ന ഭക്ഷണാവശിഷ്ടങ്ങളിലായിരുന്നു. അതിൽ നിന്നും ആരോ തിന്നു ബാക്കി വച്ച ഭക്ഷണാവശിഷ്ടങ്ങൾ അവൾക്കു കിട്ടി. അവൾ അതും കൊണ്ട് പിറകുവശത്തേക്ക് നീങ്ങി. ലഭിച്ച ഭക്ഷണാവശിഷ്ടങ്ങൾ അവർ ആർത്തിയോടെ ഭാഗം വച്ചു തിന്നു. അൽപ്പ നേരം കഴിഞ്ഞ് അവൾ അവിടെക്കിടന്നു മയങ്ങി.



അവളുടെ അരികിൽ തന്നെ ആ ചാവാലിപ്പട്ടിയും ഉറക്കത്തിൽ അവളുടെ ചുണ്ടിൽ പൂഞ്ചിരി വിരിയുന്നുണ്ട്. അവളിലേക്ക് എണെങ്കിലും വരാൻ പോകുന്ന ഒരു നല്ല കാലത്തിനെ കുറിച്ചുള്ള സ്വപ്നങ്ങളായിരിക്കാം കാണുന്നുണ്ടാവുക. അതാവും പൂഞ്ചിരിക്ക് പിന്നിൽ. സ്വപ്നത്തിലവൾ വർണ്ണശലഭത്തെ പോലെ പൂവുകൾ തോറും പാറിനടന്നു ഭരൻ നുകരുകയായിരിക്കും.

ആരോരുമില്ലാത്ത ഒറ്റപ്പെട്ട അലക്ഷ്യമായുള്ള ജീവിതം എത്ര ദുസ്സഹകരമാണ്. എന്നിട്ടും അവർ ജീവിക്കുന്നു. അവരുടെ ജീവൻ വേണ്ടി ഭക്ഷണം തിരയുന്നു. പ്രണയ നൈരാശ്യം മൂലം ആത്മഹത്യയെ ഏക വഴിയായിക്കണ്ട ഞാൻ എന്തൊരു മണ്ടനാണ്. എനിക്ക് ഒന്നിനും ഒരു കുറവുമില്ല. നല്ല ഒരു ജോലി, മാതാപിതാക്കൾക്ക് താമസിക്കാൻ വീട് എന്നിട്ടും ഞാൻ എന്തൊരു വിഡ്ഢിത്തമാണ് ഈ ചെയ്യുന്നത്. അവൾ എണെമ്പന്നു തട്ടി വീണില്ലായിരുന്നെങ്കിൽ തീർച്ചയായും ഞാൻ ഈ ലോകത്ത് നിന്ന് വിടപറഞ്ഞേനെ. ചിന്തകൾ മുറിഞ്ഞതിന്റെ ദേഷ്യത്തിൽ വഴക്ക് പറയാനാണ് പിറകെ പോയത്. പക്ഷെ, അവൾ എനിക്കിവിടെ നിന്നൊരു പുനർജന്മമാണ്. തന്നത്, എത്രയോ സ്വത്തും സമ്പാദ്യവും ഉള്ള ആൾക്കാർ ചെയ്യാൻ വിഷമത്തിന്റെ പേരിൽ എന്തൊക്കെയാ ചെയ്യുന്നത്.

അവരെല്ലാം ഒരു നിമിഷമെങ്കിലും തെരുവിലെ പട്ടിണി പാവങ്ങളുടെ ജീവിതത്തിലേക്ക് ഒന്നെത്തി നോക്കിയാൽ. മാത്രം മതി തന്നെ സങ്കടമൊന്നും ഒന്നുമില്ലെന്ന് തിരിച്ചറിയാൻ, അതൊക്കെ വെച്ചു നോക്കിയാൽ നാമെല്ലാം എത്രയോ ഭാഗ്യവാന്മാരാണ്. നമുക്ക് എന്തൊക്കെ സൗഭാഗ്യങ്ങളാണുള്ളത്. ഈ ലോകത്തിലെ ഏറ്റവും വലിയ വികാരമെന്താണെന്ന് ചോദിച്ചാൽ അതിന് ഒറ്റ ഉത്തരമേ ഉള്ളൂ. വിശപ്പ്. നാമെല്ലാം ധൂർത്തടിക്കുന്ന കാശിനു അവർക്കായി നമ്മളാൽ കഴിയുന്ന സഹായം ചെയ്തു കൊടുത്താൽ, അവരിൽ വിടരുന്ന പൂഞ്ചിരി കണ്ടാൽ, അത് കാണുന്ന നമ്മുടെ വയറും മനസ്സും ഒരു പോലെ നിറയും. നിഷ്പക്ഷമായ പൂഞ്ചിരിയോടെ ഉറങ്ങുന്ന അവളുടെ സ്വപ്നങ്ങൾക്ക് നിറമേകണം. അവൾക്ക് ചിറക് മുളപ്പിക്കണം. ഒരു ചിത്രശലഭത്തെ പോലെ പറന്നു നടക്കണം. ആരെയും ഭയക്കാതെ. ഓരോരോ പൂവിലെയും രേൻ നുകരണം. അതിന് പിന്നിലെ കരുത്താകാൻ എനിക്ക് സാധിക്കും. അയാൾ ഉറച്ച കാൽവെപ്പോടെ മുന്നോട്ടു നീങ്ങി.....



# രഹസ്യം

മറിയം വഹ

U05PA22S0070

ഫസ്റ്റ് ബി. എസ്. സി. എഫ്. എൻ. ഡി



ഇന്നാണ് ആ ദിവസം. ഒരുപാട് സ്വപ്നങ്ങളുമായി കോളേജ് മുറ്റത്ത് മുല്ലപ്പൂക്കൾ വിരിയുന്ന ദിനം. ഞാൻ പാർവതി, ഒപ്പാൽമോളജി പഠിക്കാനായി തിരുവനന്തപുരത്തുള്ള ഒരു പ്രമുഖ കോളേജിന്റെ മുറ്റത്താണ് ഞാനിപ്പോൾ പറഞ്ഞ ഞാനെന്ന മുല്ലനിൽക്കുന്നത്.

ഇതിൽ കഥ പറയുന്നത് മാത്രമാണ് ഞാൻ. നായിക ഞാനല്ല. തിരുവനന്തപുരത്ത് മെഡിക്കൽ കോളേജിലെ ഒന്നാം വർഷ ബിരുദ ക്ലാസിലേക്ക് ഞാൻ നടന്നു. വഴിയിൽ നോക്കി നിൽക്കുന്ന സീനിയേഴ്സിനെ കണ്ടപ്പോൾ പേടി തോന്നിയെങ്കിലും ഒട്ടും ധൈര്യം കൈവിടാതെ തന്നെ എന്റെ ലക്ഷ്യത്തിലേക്ക് നടന്നു. ക്ലാസിൽ എത്തി ചുറ്റും ഒന്ന് കണ്ണോടിച്ചു നോക്കി. പലരെയും കൂട്ടംകൂട്ടമായാണ് ഞാൻ കണ്ടത്. ഒരേ സ്കൂളിൽ പഠിച്ചു വന്നവരായിരിക്കാം. അതിനിടയിൽ ഒരു സുന്ദരി തനിച്ചിരിക്കുന്നത് ഞാൻ കണ്ടു. അവൾ മറ്റുള്ളവരോട് ആദ്യമായി കാണുന്നത് കൊണ്ടുള്ള മടിയിൽ സംസാരിക്കാത്തതാണെന്നു തോന്നി. ഞാൻ അവളുടെ അടുത്ത് ചെന്നു. പരിചയപ്പെട്ടു. 'ഞാൻ നൈന'. അങ്ങനെ നമ്മൾ നല്ല കൂട്ടായി. ഞാൻ അവളെപ്പറ്റിയും അവൾ എന്നെപ്പറ്റിയും പരസ്പരം ചോദിച്ചറിഞ്ഞു. ഒരുപാട് സംസാരിക്കുന്നവൾ. ആർക്കും ഇഷ്ടപ്പെട്ടു പോകുന്ന സ്വഭാവം.

അങ്ങനെ ദിനങ്ങൾ കടന്നുപോകവെ ഞങ്ങളുടെ സൗഹൃദം വളർന്നു. മറ്റുള്ളവരോടും നല്ല കൂട്ടായി. ക്ലാസ്സിൽ ഞാൻ ആദ്യം കയറിയപ്പോൾ കണ്ട അന്തരീക്ഷമല്ല ഇപ്പോൾ. എല്ലാവരും ഒന്നാണ്. ഞാനും നൈനയും ഷൈനും റാഷിദും റീനയും കൂടി ഒരു പ്രത്യേകതരം കമ്പനിയായിരുന്നു. പോകെപ്പോകവേ സെമസ്റ്റർ എക്സാമും ആവലാതിയുമായി ഞങ്ങൾ അങ്ങനെ ഞങ്ങളുടെ ചോരത്തിളപ്പിന്റെ പ്രായം ആസ്വദിച്ചു. റിസൾട്ട് വന്നപ്പോൾ നൈനക്ക് യൂണിവേഴ്സിറ്റി റാങ്കുണ്ട്. അഡ്വാപകർക്കെല്ലാം അവൾ ഏറെ പ്രിയപ്പെട്ടവളായി മാറി.

കോളേജിലെ അസോസിയേഷൻ അംഗമാകാൻ വേണ്ടി നോട്ടീസ് വന്നപ്പോൾ അവൾ ആദ്യം തന്നെ ചാരിറ്റി അസോസിയേഷനിൽ പേരു നൽകി. അതിനുവേണ്ടി അവൾക്കാരോടും ആലോചിക്കേണ്ട കാര്യം പോലുമില്ലായിരുന്നു. പിന്നീടുള്ള അവളുടെ പ്രവർത്തികൾ ഞങ്ങൾക്കവളോടുള്ള ബഹുമാനത്തെ ഉയർത്തുന്നതായിരുന്നു. അവൾ തന്നെ മുൻകൈയെടുത്ത് ഒരു അനാഥമന്ദിരത്തിലേക്ക് കോളേജിൽ നിന്നും ഫണ്ട് ശേഖരിച്ച് നൽകുകയും ക്യാൻസർ സെന്ററിലേക്ക് വേണ്ട സഹായങ്ങൾ അവളുടെ നേതൃത്വത്തിൽ എത്തിച്ചു കൊടുക്കുകയും ചെയ്തു. ഈ സംഭവം കൊണ്ട് കോളേജിൽ ഒട്ടുമിക്കവരുടെയും കണ്ണിലുണ്ണിതന്നെയായി മാറിയവൾ.

ഞങ്ങൾ ഒരിക്കൽ കാന്റീനിൽ ഭക്ഷണം കഴിച്ചു കൊണ്ടിരിക്കുമ്പോൾ ഷൈൻ പറഞ്ഞു. 'എന്നാലും നൈന. നിന്നെ കണ്ടപ്പോൾ കരുതിയില്ലാതോ നീ ഇത്രയേറെ സ്വഭാവ ഗുണങ്ങളുള്ളവളാണെന്ന്. അതെയതെ. കണ്ടാൽ പൂച്ചക്കുട്ടി. ഉള്ളിലോ? എന്ന് റീനയും കൂട്ടിച്ചേർത്തു. ഞാൻ ഇങ്ങനെയൊന്നും ആയിരുന്നില്ലാ എന്ന് നൈന വെറുതെയൊന്നു

ചിരിച്ചുകൊണ്ടു പറഞ്ഞു. അപ്പോൾ റാഷി 'പിന്നെങ്ങനെയായിരുന്നു' എന്ന് ചോദിച്ചു. 'അതെന്നിക്കുറിയില്ല എന്തായാലും ഞാൻ ഇങ്ങനെ ആയിരുന്നില്ല. എന്നെ സ്നേഹിക്കുന്നവൻ എന്നെ ഇത്രയേറെ മാറ്റിയെടുത്തു. ഇത് കേട്ടപ്പോൾ റാഷിയുടെ മുഖം മാറിയിൽ ഞാനും ഷൈനും ശ്രദ്ധിച്ചു. ആരാണെന്നത് റാഷിക്ക് അറിയാമെന്നുണ്ടെന്ന് അവന്റെ മുഖം കണ്ടാലറിയാം. പക്ഷേ അവൻ മൗനമായിരുന്നു. 'ആരാടീ മോളെ അവൻ. ഞാൻ ചോദിച്ചു. 'അത് തൽക്കാലം രഹസ്യമായിരിക്കട്ടെ പറുട്ടി' എന്നവൾ എന്നെ നോക്കി കണ്ടോന്നു ചിന്തി മറുപടി നൽകി. അങ്ങനെ ഞങ്ങൾ ഒരു വർഷം പൂർത്തിയാക്കി. അതിനുശേഷം വേനൽക്കാല അവധി കഴിഞ്ഞ് ഏറെ സന്തോഷത്തോടെ എല്ലാവരെയും കാണാമെന്നുള്ള പ്രതീക്ഷയിൽ ഞാൻ ക്യാമ്പിലെത്തിയപ്പോൾ നന്നെ ഒഴികെ ബാക്കി എല്ലാവരും ഉണ്ട്. ഞങ്ങളെല്ലാവരും ഒന്നിച്ചിരുന്ന് അവൾക്ക് വിളിച്ചപ്പോൾ അവൾ ഇനി വരില്ലെന്നു പറഞ്ഞു. ഞങ്ങൾ എല്ലാവർക്കും ദുഃഖം തോന്നിയെങ്കിലും റാഷിയുടെ മുഖത്ത് പരിഭ്രാന്തി ആയിരുന്നു. കാരണം ചോദിച്ചപ്പോൾ അവൾ അവളുടെ സ്നേഹിതന്റെ കൂടെ പോവുകയാണെന്നറിയിച്ചു. നിന്നെ അതിനുമുമ്പ് ഞങ്ങൾക്കൊന്ന് കാണണം' റാഷി ഉറച്ച സ്വരത്തിൽ പറഞ്ഞു. അവളോട് ലൊക്കേഷൻ അയക്കാൻ പറഞ്ഞു. ഞങ്ങൾ ഒരു ടാക്സി പിടിച്ച് അവൾ അയച്ചത് പ്രകാരമുള്ള ലൊക്കേഷനിലേക്ക് ഡ്രൈവറോട് പോകാൻ പറഞ്ഞു കുറച്ചു സമയം കഴിഞ്ഞപ്പോൾ റീജിയണൽ ക്യാൻസർ സെന്ററിന്റെ മുന്നിൽ വണ്ടി നിന്നു. 'ചേട്ടാ ഇവിടെ?' സംശയത്തോടെ ഷൈൻ ചോദിച്ചു. 'ഇതാണ് ലൊക്കേഷൻ പ്രകാരമുള്ള സ്ഥലം. മറുപടി പറഞ്ഞു. ഞങ്ങൾ മുന്നിലോട്ട് നടന്നു അതിനകത്ത് ഞങ്ങൾ കണ്ടു. പറക്കുമുറ്റത്ത കുഞ്ഞുങ്ങൾ മുതൽ വൃദ്ധർ വരെ. ഞങ്ങൾ മുന്നോട്ട് നടന്ന് ഒരു കിടക്കക്ക് അരികിലെത്തി. നല്ല പരിചയമുള്ള മുഖം കണ്ടു. 'നൈന??'. ഞങ്ങൾ ആശ്ചര്യപ്പെട്ടു. തലയിലെ മുടിയെല്ലാം വടിച്ചിരിക്കുന്നു. ആകെ മെലിഞ്ഞിരിക്കുന്നു. ഞങ്ങളെ കണ്ടതും എന്നുമുള്ള പുഞ്ചിരി മങ്ങിയ രീതിയിൽ അവൾ ഞങ്ങൾക്ക് തന്നു. 'ഞാൻ പറഞ്ഞ രഹസ്യം കാമുകൻ പിടിച്ചത് എന്റെ തലയ്ക്കൊ, നേരിയ ചിരിയോടെ അവൾ പറഞ്ഞു. ഞങ്ങൾക്ക് അവളെ കാണാൻ കഴിയുന്നുണ്ടായിരുന്നില്ല. അവളുടെ കൂടെ കുറച്ചുസമയം ചെലവഴിച്ച് ഞങ്ങളെ കുന്നു. അങ്ങനെ കുറച്ചുനാളുകൾക്ക് ശേഷം ആ വാർത്ത ഞങ്ങളെ തേടിയെത്തി. 'നൈന പോയി'.

വർഷം 2033. തിരുവനന്തപുരം കോളേജിലെ ചാരിറ്റി അസോസിയേഷൻ കൂട്ടികളുടെ നേതൃത്വത്തിൽ കാൻസർ സെന്റർ ഉദ്ഘാടനം ഡോ.റാഷിദ് ഉദ്ഘാടനം ചെയ്യുന്നു. കൂടാതെ പാവു എന്ന പാർവതിയായ ഞാനും ഓഫീസ് മോളെജിസ്റ്റ് ഷൈനും പ്രൊഫസർ റീനയും കൂടെയുണ്ട്. ഡോ. റാഷിദ് നൈനയുടെ ഓർമ്മയിൽ ഇന്നും തനിച്ച് ജീവിക്കുന്നു. ക്യാൻസർ രോഗികൾക്കൊരു താങ്ങായി, തണലായി.



# പ്രകൃതി

മുനീറ

എച്ച്.എസ്.എസ് ഡിപ്പാർട്ട്മെന്റ്  
ഇംഗ്ലീഷ് അധ്യാപിക



മനസ്സിൽ സൂര്യ ചിന്തകൾ

ഭാരമായ ജീവിതത്തോളം.

എല്ലാം മറന്നൊന്ന് നിന്നിലണയാൻ കൊതിച്ച്

ആശ്വാസമായി നീ എന്ന വാക്ക്.

മാഞ്ച് പോവും നൊമ്പരം ദൂരെ

വിശാലമായ പ്രകൃതി

അതിലൊഴുകുന്ന ജലനിധി

അതീരില്ലാതൊഴുകുമ്പോൾ

മനസ്സിലൊരു സൂര്യ ചിന്ത എന്നിലും

എന്നെ കൈതലോടി നിന്നിലേക്ക് മാടി വിളിക്കാമോ

സ്വയമറിയാതെ നിന്നിലൊഴുകാൻ വെമ്പി

എല്ലാം മറന്ന് അലിഞ്ഞ് പോവാം.

പ്രകൃതി...നമുക്കൊന്ന് പ്രണയിക്കാം.



## വസന്തം വന്നണഞ്ഞു

അമാനി അംറീൻ

UOPA22S0090

ഫസ്റ്റ് ബി.സി. എ



ഓർമ്മിക്കാനുണ്ടെന്നിരിക്കുന്നൊരു ബാല്യം,  
ഓർമ്മയിൽ തങ്ങി നിൽക്കുന്നൊരാ ബാല്യം,  
ഓത്തുപള്ളിയിൽ ഞാൻ പോയൊരു കാലം,  
ഓർമ്മത്താൽ നിർവൃതിയിലാകുമീ കാലം,  
ഓമനിച്ചാമനിച്ചാർത്തു പള്ളിയിലേക്ക്,  
ഓരോ ചുവടും ഞാൻ വെച്ചൊരു കാലം,  
ഓർമ്മതൻ ഓളങ്ങൾ മനതാരിൽ നിറയുമ്പോൾ,  
ഓർമ്മതൻ വീഥിയിൽ പുളകിതയായി നിൽപ്പു...  
ഇന്നെന്നിൽ വന്നണഞ്ഞല്ലോ വസന്തം...  
ഇന്നെന്നിക്കാഴ്ചപ്പാനായ വസന്തം.....



The image features a decorative floral border. At the top and bottom are large, detailed line drawings of flowers with many petals. In the center, a thin-lined hexagonal frame is partially decorated with floral sprigs at its top-left and bottom-right vertices. Inside this frame, the text "Tulu Section" is written in a cursive script.

*Tulu  
Section*



## ಆಸೆ

ಇತಾಶ್ರೀ ಎಂ  
ವಾಣಿಜ್ಯ ಉಪನ್ಯಾಸಕರು



ನಮ್ಮ ಇನಿತ್ತ ಕಾಲಘಟ್ಟೋಡ್ ನರಮಾನ್ಯನ ಆಸೆ ಪನ್ನಿನವು ತುದೆತ ನೀರ್ ಇತ್ತಿಲೆಕ್ಕ. ದಾಯಪಂಡ ಗುವೆಲ್ವ ನೀರಾಂಡಲ ಆಜು ಆಂಡ ತುದೆತ ನೀರ್ ಯಾವೊಗ್ಗಾ ಉರ್ಕಾರೊಂದೇ ಉಪ್ಪುಂಡು. ಅವು ಏಪೋಗ್ಗಾ ಆಜಂದ್. ಅಂಚೆನೇ ನರಮಾನ್ಯನ ಆಸೆ ಏಪೊಲ ಎಚ್ಚೆನೇ ಅಪಿನತ್ತಂದೇ ಕಮ್ಮಿ ಆಪುಜೆ. ಈ ವಿಸ್ತೆದ ಬಗ್ಗೆ ಚಿಂತನೆ ಮನ್ನಿನ ಅನಿವಾರ್ಯ ತೋಜುಂಡು. ದಾಯಪಂಡ ಜನಕುಲು ಆಸೆದ ಪಿರಾವು ಪೋದು ಜೀವ ದೆತೊನ್ನ ಏತೋ ಉದಾಹರಣೆಲು ಉಂಡು. ಅಂಚ ಪಂಡ್ ಆಸೆನೇ ಉಪ್ಪೆರೆ ಬಲ್ಲಿ ಪಂಡ್ ಅತ್ತ. ಆಸೆನೇ ಇಚ್ಛಾಂದಿನಾಯೆ ಪಿರಾಕ್ ಸನ್ಯಾಸಿಲೆಕ್ಕ.

ಕೆನ್ನ ಬಾಲೆಡ್ ಪತ್ತದ್ ಪ್ರಾಯದಕುಲೆ ಮುಟ್ಟು ಆಸೆ ಪನ್ನಿ ಪದೊಕು ನಮುನೆ ನಮುನೆದ ಬಣ್ಣೊ ಬರಿತ ಇಲ್ಲಡ್ ಪೊಸ ಕಾರ್ ಬತ್ತಂಡ ಮನದಾನಿಯೇ ತನ್ನ ಇಲ್ಲಡ್ ಆಯಿಡ್ ಮಲ್ಲ ಕಾರ್ ಬರ್ಪುನ ಸೋಜಿಗೊ. ಪರ್ಸ್ ಗಟ್ಟಿತ್ತಿನಾಯೆಗ್ ಇತ್ತೊದ ಕಾಲೊಡು ಬೆಲೆ ಕೊರ್ಪಿನ ಪರಿಸ್ಥಿತಿ. ಕಂಟೆಲ್ಡ್ ಉರಿಬಲ್ಲ ದಲೆಕಾ ಬಂಗಾರ್ ಪಾಡ್ನಾಯೆನ್ ಲೆತ್ತ್ ಪಾತೆರ್ವರ್ ಅತ್ತಂದೆ ಪಾಪದಾಯೆನ್ ತತ್ತದ್ಲಾ ಪಿರತೂವಯರ್. ಅವತ್ತಂದೆ ಜನಕುಲು ತೂವರೆ ಮೋಡಾದ್ ಬಂಗಾರ್ ದೆತೊನಕುಲ್ಲಾ ಉಲ್ಲಾ. ಇತ್ತೆ ಸತ್ಕೊಡು ಬೆಂದ್ಬು ತಿಕ್ಕುನ ಕಾಸ್ ಓಡೆಗ್ಗಾ ಯಾವಂದ್ ಪಂಡ್ ಏತೋ ಜನ ಸಾದಿತತ್ತಿನವ್ವಾ ಉಂಡು. ಅಂಚೆನೆ ಪಿರ ಬರಿಯೆರೆ ಭಾರಿ ಬಂಗಲಾ ಉಂಡು. ಉಂದು ಮಾತ ಕಾಲಕಲ್ಗಿ ಅತ್ತಂದೇ ಬೇಕೆ ದಾಲ ಅತ್ತ. ಅಂಚಾದ್ ಉಪ್ಪುನಗ ನಮ ಆಸೆನ್ ಒಂತೆ ಕಮ್ಮಿ ಮಂತ್. ಸಾದಿತಂತ್ತಂದೆ ಪೋರ್ಲುಡೇ ಇತ್ತದ್ ನಮ್ಮ ಬದ್ಕನ್ ಬಂಗಾರ ಮನ್ನುಗ.



## ತುಳುನಾಡ್

ಮುನೀರ ಎ  
ಆಂಗ್ಲ ಭಾಷಾ ಉಪನ್ಯಾಸಕರು



ಇತ್ತಂಡ್ ಒಂಜೆ ಕಾಲ..  
ಮಾತೆಲ್ ಒಂಜೆ ಪಂದ್ ಪಂಡಿನ ಕಾಲ..  
ಮದೆ ಆದ್ ಪೊತುಂಡ್ ಆ ಸಾಮರಸ್ಯ..  
ಇನಿ ಮಾತೆರೆಗ್ಲಾ ಮುಖ್ಯ ಅಕ್ಲೆನ ವ್ಯವಸಾಯ....

ಪ್ರೀತಿ ಪ್ರೇಮೊಗ್ ನನೊಂಜೆ ಪುದರ್..  
ಮಾತಾ ಧರ್ಮ ದಕುಲು ಇತ್ತೆರ್..  
ಆನಿ ಎಡ್ಲೆಡ್ ಇತ್ತಂಡ್ ನಮ್ಮ ತುಳುನಾಡ್..  
ಕಥೆಲು ಸೇರ್ವ್ ಪಾತೆರ್ನ ಆ ಕಾಲ ಇತ್ತೇ ಪೋಂಡು..

ಭೂತ ಕೋಲ ಆವೊಂದು ಇತ್ತಂಡ್..  
ಪರ್ಬ, ಊರುಸಾಲ ಇತ್ತಂಡ್..  
ಜಾತಿ ಭೇದ ಮಾತ್ರ ಇಜ್ಜಂಡ್ ಆನಿ..  
ಅಂಡ ಆ ಜಾತಿ ಭೇದನೇ ಮಾತೆರ್ನ ತರೆಟ್ ಉಂಡು ಇನಿ...

ತುಳುನಾಡ್‌ದ ಸೊಬಗ್ ಪೋಂಡು..  
ನಮ್ಮಕುಲ್ ಗಲಾಟೆ ಮಲ್ಪುವೆರ್ ಧರ್ಮದ ಪುದರ್‌ಡ್..  
ಕಾಲ ಮದೆ ಅತಿಜೆ, ನನಲ ಸರಿ ಮಳ್ಳೋಲಿ..  
ಮಾತೆಲ್ ಸೇರ್ವ್ ಕಟ್ಟುಗ ಪೊಸ ತುಳುನಾಡ್‌ನ್..  
ಒಟ್ಟು ಸೇರ್ವ್ ಬದ್ಕಗ ದುಂಬುದ ಮೋಕೆದ ಬದ್ಕನ್.....



## ಆ ಕಾಲೋನೇ ಏತ್ ಪೋರ್ಲು!!!

ಜೈತ್ರ ಎನ್. ಎ.  
ವಾಣಿಜ್ಯ ಉಪನ್ಯಾಸಕರು



ಆ ಕಾಲೋನೇ ಏತ್ ಪೋರ್ಲು ಇತ್ತಂಡ್  
ಬುಲಿತ್ತಂಡಲಾ ಆತ್ ಪೋರ್ಲು ಇತ್ತಂಡ್



ಕೋರಿದ ತತ್ತಿ ಕಂಡ್ ಆಮ್ಲೆಟ್ ಮಲ್ಪುನೆಟ್ ದಾದನ ಒಂಜಿ ಕುಸಿ ಇತ್ತಂಡ್  
ಬರಿತಿಲ್ಲದ ಕುಕ್ಕುದಮರಟಿತ್ತಿನ ಕುಕ್ಕುದ ಮಿತ್ತ ಒಂಜಿ ಕಣ್ಣ್ ಇತ್ತಂಡ್  
ಕಂಡೆ. ಕುಂಟಲ್ಪಂದ್ ನಮಕ್ ಅವು ಬೋಡೆ ಇತ್ತಂಡ್  
ತೋಡುದ ನೀರ್ದ ಗೊಬ್ಬು ಏತ್ ಎಡ್ಡೆ ಇತ್ತಂಡ್  
ಕಂಡದ ಕೆಸರ್ದ ಕಮ್ಮೆನ, ತೆಲಿವಾವೊಂದು ಇತ್ತಂಡ್  
ಪುಲಿತ ಆಡರ್ದ ಪೆಟ್ಸ್, ಬುದ್ಧಿ ಕಲ್ಪಾವೊಂದು ಇತ್ತಂಡ್  
ತಡಿಲ್ ಬರ್ಸ ಬೊಲ್ಲದ ದಿನೊಕುಲು, ಗಮ್ಮತ್ತ ಆವೊಂದಿತ್ತಂಡ್  
ಗೋಲಿ, ಇಲ್ಲಾಟ- ಮುಟ್ಟಾಟ ಪಂದ್ ದಿನ ಎಂಜ ಕರಿಯೊಂದಿತ್ತಂಡ್  
ನೇಮ ಆಟ ಪಂದ್ ನಮ್ಮತನ ನಮಕ್ ತರಿಯೊಂದಿತ್ತಂಡ್



ಆ ಕಾಲ ಏತೊಂಜಿ ಪೋರ್ಲು ಇತ್ತಂಡ್  
ಬುಲಿತ್ತಂಡಲಾ ಆತ್ ನೆಮ್ಮದಿ ಇತ್ತಂಡ್  
ಉಂದೊಂಜಿ ಒವ್ವು ಕಾಲನ ದಾದನ  
ನೆಮ್ಮದಿ ಬುರ್ದು ಬೊಕ್ಕ ಮಾತಲ ಉಂಡ್



## ಮನದಾಳದ್

ಅತ್ತಿತ ಕುಲೈ  
ಕಫೇರಿ ಗುಮಾಸ್ತೆ



ಒರಿಯನ ತೆಲಿಕೆಗ್  
ಕಾರಣ ಆಯೇರೇ ತೂಲೆ...  
ಆಂಡ  
ಒರಿಯನ ಬುಲಿಪುಗ್  
ಏವಲಾ ಕಾರಣ ಆವೋಚೆ



ಎರೆಗ್ಲಾ ಎವಲಾ ಲೆಕ್ಕದ್ ಜಾಸ್ತಿ ಸಲಿಗೆ ಕೊರ್ಬೆ ಬಲ್ಲಿ  
ಸಲಿಗೆ ಕೊರ್ಂಡ ಅಕುಲ್ ನಮ್ಮ ತರತ ಮಿತ್ತ್ ಕುಲೈರ್  
ಅತ್ತಂದೆ ನಮ ಎನ್ನಿಲಕ ಇಪ್ಪಯೇರ್..





*Konkani  
Section*

## ಪೃಥ್ವಿ

ಲವೀನ ಡಿಸೋಜ

ಆಂಗ್ಲ ಭಾಷಾ ಉಪನ್ಯಾಸಕರು



ರಚ್ಚಿ ದೆವಾನ್ ಸೊಬಿತ್ ಸುಂದರ್ ಪೃಥ್ವಿ  
ಜೆಯೆಂವ್ಕ್ ತಾಚ್ಯಾ ಹರ್ಯೆಕ್ ರಚ್ಚಾಂಕ್  
ವಾಪಾರ್ಲ್ಯ ಮನ್ಶಾನ್ ಜಾವುನ್ ಸ್ವಾರ್ಥಿ  
ವಿಸ್ತೊನ್ ಧರ್ತಿ ಬಿಡಾರ್ ಸಗ್ಳಾಂಕ್

ಮನ್ಶಾಚಾ ಸ್ವಾರ್ಥಾಕ್ ಲಾಗೊನ್  
ಅನ್ನೊಗ್ ಜಾಲಾಂ ಆಮ್ಕಾಂ ಬರ್ಗಳ್  
ಮೆಳೆ ವಾರೆಂ, ಉಣ್ ವಾರೆಂ ಆನಿ ಆಪ್ಲೆ  
ಸಗ್ಳೆ ಆಮ್ಚಾ ಕರ್ನಾನ್ ಚಾಲ್ಲಿ ಪರಿಣಾಮ್

ಬೊಟ್ ದಾಕಾಯ್ತಾಂವ್ ಆಮ್ಚಾ ಪುಣಾರ್ಯಾಂಕ್  
ಮ್ಹಣೊನ್ ಕಾರಣ್ ತಾಂಚೆ ಯೋಜನ್  
ಪಾಳುಂಕ್ ಸಕ್ಲೆನಾಂವ್ ಆಮ್ಕೆಂ ಕರ್ತವ್ಯ್  
ಹೆಂಚ್ ದಾಕಾಯ್ತಾ ನ್ಹಯ್ ಗೀ ಆಮ್ಕೆಂ ಉಣೆಪಣ್

ಸರ್ವಾಂ ಎಕಾಮೆಕಾ ಹಾತ್ ಮೆಳೊನ್  
ಪೃಥ್ವಿ ಥಂಯ್ ದಾಕೊಂವ್ಕ್ ಆಮ್ಕೆಂ ಉದಾರ್ಪಣ್  
ಸ್ವಾರ್ಥ್ ಸಾಂಡುನ್ ರಚ್ಚಾ ಆಮ್ಕೆಂ ಥಂಯ್ ಬರೆಂ ಮನ್  
ಪಾಳ್ಚಾ ಆಮ್ಚಿ ಜವಾಬ್ದಾರಿ ವರ್ತ್ಯಾ ಮೊಗಾನ್.



कोलेजांतु गम्मत कोरुका

चैतन्या.डी

असिस्टेंट प्रोफेसर

कॉमर्स एंड मैनेजमेंट विभाग



एया तुमी सक्कड़

कोलेजेक एवका.....कोलेजेक एव्न्.....

गम्मता कोरुका..... गम्मता कोरुका.....

कोलेजान्तु कसा गम्भता.....

कोलेजांतु कसा गम्मता.....

शिवकुन् वैरी एवका.....

शिवकुन् पास जावका.....

लाइक कमा ओचुका.....

एया तुमी सक्कड़

कोलेजेक एवका.....कोलेजेक एब्न्.....

गम्भता कोरुका..... गम्भता कोरुका.....

जयजल्ले चेल्ले चेल्लियॉक

सेलेक्ट कोरुका.....

અમ્મી સેલેક્ટ કોરુણ.....

लैफ सेट कोरुका.....

एया तुमी सक्कड

कोलेजेक एवका.....कोलेजेक एव्.....

गम्मता कोरुका..... गम्मता कोरुका.....



A decorative floral border surrounds the central text. It features large, detailed flowers at the top and bottom corners, and smaller sprigs of flowers and leaves along the left and right sides of a central hexagonal frame.

*Byari  
Section*



## ಅವುಲುಗುಂ ಉಂಡೊರು ಕಿನಾವು



ಸಾರಾ ಮಸ್ತುರುನ್ನೀಸ  
ಕನ್ನಡ ಉಪನ್ಯಾಸಕರು



ಅವುಲೊ ಪೆರೊಂಬೊಮೇ ಕೇಟಾರ್  
ಕಿಡಾವೆಂದ್ ಪೆನ್ನಾ!  
ಪೆನ್ನಾಯೆಂಗಂದೆ ಅವುಲು ಕಿಡಾವಲ್ಲೇ?  
ಅವುಲೆ ಪೆತ್ತವುಲು ಪೆನ್ನಲ್ಲೇ?

ನಡಕೊಗು ತೊಡಂಗಿಯಾಲ್  
ಚೆಲ್ಲೊಗು ತೊಡಂಗಿಯಾರ್  
ಮೆಲ್ಲ ನಡೆ ಉಮ್ಮ ನೀನ್ ಪೆನ್ನಾ  
ಅವುಲುಗಂದೆ ಓಡೊಗ್ ಅವಲೆ?

ಸಾಲೆಗ್ ಪೋವೊಗ್ ತೊಡಂಗಿಯಾಲ್  
ಚೆಲ್ಲೊಗು ತೊಡಂಗಿಯಾರ್  
ತಲ ಕೀಲ್ ಇವ್ವ ನಡಕ್ಕೊನು  
ಅವುಲೆಂದೆ ದುನಿಯಾವು ಕಾಣೊ ತೀರೆ?

ಕೊಮಾರತ್ತಗ್ ಕಾಲ್ ಬೆಚ್ಚಾಲ್  
ಕೇಕೊ ತೊಡಂಗಿಯಾರ್ ಮಂಜೆಲೆಪ್ಪಾ  
ಪೆನ್ನಲ್ಲೆ ಬೆಮ್ಮ ಅವುಲ್ ಬೆಕ್ಕೊಗಾವಲೆ  
ಅವುಲೆಂದೆ ಉಲ್ಲಂಕ್ ಬಾರ ಆವಾಲೆ?

ಮಂಜಲಾಯಿತ್ತ ಪರ್ಷ ಕಲಿಂಚೆತ್ತಿಲ್ಲ  
ಕೇಕೊ ತೊಡಂಜಿಯಾರ್ ಮಕ್ಕ ಇಲ್ಲೆ  
ಅವುಲೆಂದೆ ಉಮ್ಮಾವಲೆ ಚೆಲ್ಲೊಗಾವ  
ಅವ್ವೆ ಸ್ಥಿತಿ ಅರ್ಥಾಕಿರಾರ ಆರಾಯೆಂಗುಂ?

ಪೆತ್ತೆದ್ ತೊಡಂಜತ್ ಮರ್ಕಿರೋಡ್ತೊಲುಂ  
ಪೆನ್ನ ಗ್ ಉಂಡು ಒರೋರು ಕೇಳಿ  
ಪೆನ್ನ ಚೆನ್ನ ಆಕುವಾರ್ ಅವುಲೆ ಕೀಲ್  
ಆಯೆಂಗ ಅವುಲುಗುಂ ಉಂಡು ಕಿನಾವು

ಪೆನ್ನಾಯೆದ್ ತಪ್ಪಲ್ಲ ಅವುಲೆದ್  
ಅಲ್ಲಾಹು ಕೊಡ್ತೊ ಬರಕತ್ತ ಉಮ್ಮ ಅಬ್ಬಗ್  
ಅದ್ ಅರ್ಥಾಕತೆದ್ ಬನ್ನೆ ಕುತ್ತು  
ಅವ್ವೆ ನೋಕ್ಕೋರು ಎಪ್ಪೊಂ ಪೆನ್ನ ಪೆನ್ನ

## ಅಲ್ಲನ

ಮುನೀರ ಎ  
ಆಂಗ್ಲ ಭಾಷಾ ಉಪನ್ಯಾಸಕರು



ಮನಸ್ಸು ತೇಡಿಯೋ ಉಲ್ಲೆದ್  
ಎಂದ್ರೆಂಟ್ ನಕ್ಕುಂ ಪಿಡಿ ಉಲ್ಲೆದ್  
ಚೆಲ್ಲೆಗಾಪಾಂಟ್ ಉಲ್ಲತ್ತಿಲ್  
ಉರಿಂಚೆ ಕರೊಂಚೆ ಪೊಯಿತ್ತ್ ಮನಸ್ಸು ಲ್

ನಾಲ್ಕಾಲ್ತೆ ದುನಿಯಾವು ಚೊಲ್ಲೆದ್  
ತಿರಿಂಚೆ ನಡನ್ನೋ ಉಲ್ಲ ಎಲ್ಲ ಮರನ್ನ  
ಪಡಿಚ್ಚೆ ದೀನುಂ, ಪಡಿಚ್ಚೆ ರಬ್ಬುಂ  
ಪೂರ್ಕಾಕೆದೇ ಆಕಿಯೋ ಉಲ್ಲ

ಮನಿಸ ಆಯ್ ಸ್ವಾರ್ಥಿ  
ನಕ್ಕ ನಂಡೆದೇ ಮೈ ಚೊಲ್ಲೆ ಜಾತಿ  
ಚುತ್ತುಮುತ್ತು ನೋಕ ಒರ್ಕ  
ಮರನ್ನ ಪೋವು ನಾನ್ ಬೆಲಿಯೆ ಚೊಲ್ಲೆ ಪಲಕ

ಮನಸ್ಸು ಅರಿಂಚೆ ಸಹಾಯ ಆಕ  
ಮನಿಸ ಕುಲತ್ರೆ ಒಯತ್ತಿ ನೋಕ  
ಎಂದುಂ ಆಯಿಲ್ಲೆಂಗ್ ಬುಡು  
ಚಿರಿಕೆ ಆಯೆಂಗುಂ ಕೊಡ್ಕು

## ನಂಜಲಿ ಹೆರಿಮ

ನೂರ್ಜಹಾನ್ ಬೇಗಂ ಎಸ್. ಎ.  
ಹಿಂದಿ ಉಪನ್ಯಾಸಕರು



ಚಟ್ಟ ಇಡ್ರೆದ್ಲ ಪಲ ಬಿದ  
ದೀನ್ ಲ್ ಚೆನ್ನೆದ್ ಒನ್ನು  
ನಂಜ ಇಡ್ರೆದ್ ಇನೊನ್ನು  
ಆಯೆಂಗುಂ ಚಟ್ಟ ಇಡ್ರೆದ್ಲ ಪಲ ಬಿದ

ಅವ್ತುಲ್ಕ್ ನಂಕಿಲ್ಲ ಕ್ರಮ  
ಪರ್ತ್ ಬರಂಬು ಇಡ್ರೆದ್ ಬೇರೆಮ  
ಮಾವ್ಲರೆ ಎದುರು ಒನ್ನು  
ದುನಿಯಾವುಗಯಿತ್ ಇನೊನ್ನು

ಬಾಲಕಾರ್ಗ್ ಸ್ವೆಲ್ ಒನ್ನಾವೊಂಬು  
ಬಯಸ್ತಂಗ ಇಟ್ಟೆದ್ ಇನೊನ್ನು  
ಬಲಕಾರ್ತಿಕ್ ಬೇನು ವೆಸ್ಪರ್ನ್  
ಉಮ್ಮಮಾರ್ಗ್ ಆವುಲ್ಲ ಈ ಟರ್ನ್

ಕಾಲೇಜಲ್ ಉಲ್ಲೆದ್ ಎಲ್ಲಾರ್ಗ್ ಒನ್ನು  
ಅದಿಡೊಗಾವುಲ್ಲೆ ನಂಜಲೆ ಪೆನ್ನ ಗೊನ್ನು  
ಯುನಿಫಾರ್ಮ್ ಇಡ್ರೆ ಎಲ್ಲರುಂ ಒನ್ನಾಯಿ ಕಾನೊಗು  
ಆದ್ ಆವುಲ್ಲ ಇಪ್ಪತ ಪೆನ್ನ ಮಕ್ಕಗು

ಮಕ್ಕಗ್ ಬೇನು ಅರಬರ ಚಟ್ಟ  
ದುನಿಯಾವುಗು ಕಾಟೊನು ಅರಬಯರ್  
ನೋಕುರೆ ಕಣ್ಣ್ ಗ್ ಬಯಕೆ ಏರು  
ನಂಜಲೆ ಅಂತ್ಯತ್ತ್ ಗ್ ಬನ್ನ ರೆ ಈ ಚಟ್ಟ

ವೆಸ್ಪರ್ನ್ ಚೆಲ್ಲೆ ಈ ಕೋಲ  
ನಲ್ಲಿದ್ದಲ್ಲ ಬನ್ನ ರೆ ಈ ಮ್ಯಾಲ  
ದೀನ್ ಮರನ್ನೆ ಈ ಮೋಹ  
ಆಖಿರತ್ತ್ ಆವಾಲ ಈ ದಾಹ

ಚಟ್ಟ ಇಡ್ರೆದ್ಲ ಪಲ ಬಿದ  
ದೀನ್ ಲ್ ಚೆನ್ನೆದ್ ಒನ್ನು  
ನಂಜ ಇಡ್ರೆದ್ ಇನೊನ್ನು  
ಆಯೆಂಗುಂ ಚಟ್ಟ ಇಡ್ರೆದ್ಲ ಪಲ ಬಿದ



## ಎಡ್ಡಿಲ್ಲ ಕಾಸ್ ನಂಜ

ರಶೀವಾ ಬಾನು  
ರಾಜ್ಯಶಾಸ್ತ್ರ ಉಪನ್ಯಾಸಕರು



ಕಾಸಿ ಬಂಗಾರ್ ಪೇರ್ಲ್  
ಪೆನ್ನ್ ಅವುಡಮೇ ಬಾಕಿ ಆಯಾಲ್  
ಬಾಯಿಲ್ ಬೆಲಿಯೆ ಪಲಕ  
ಎಡ್ಡಿಲ್ಲ ಕಾಸ್ ನಂಜ ಕಾಕ

ಇಟ್ಟಿಂಗ್ ನುಪ್ಪೊ ಪೋನು ಮೈಯಲ್ಲೆ  
ಇಡ್ತೆದ್ ನಿಂಜಲೆಮೆ ಪೋಳುಗಲ್ಲೆ  
ಬಾಯಿಲ್ ಬೆಲಿಯೆ ಪಲಕ  
ಎಡ್ಡಿಲ್ಲ ಕಾಸ್ ನಂಜ ಕಾಕ

ಮಂಜಿಲ ಇಕ್ಕಟ್ಟ್ ಸಾಗರ್ ಹಾಲ್  
ನಂಜಲೊ ಸೈಡ್ ತಲ್ ಯಾರ ಆಲ್  
ಬಾಯಿಲ್ ಬೆಲಿಯೆ ಪಲಕ  
ಎಡ್ಡಿಲ್ಲ ಕಾಸ್ ನಂಜ ಕಾಕ

ಇಕ್ಕೊನು ಪುದೆನ್ನ ಬಿಲಿ ಗೌಜಿಲ್  
ಗೌಜಿ ಇಕ್ಕಟ್ಟ್ ತಾಲತ್ತೆ ಜಾಪುಲ್  
ಬಾಯಿಲ್ ಬೆಲಿಯೆ ಪಲಕ  
ಎಡ್ಡಿಲ್ಲ ಕಾಸ್ ನಂಜ ಕಾಕ



ಇತ್ತೆಲ್ಲ ಆಕಂಡೆ ಎ ಕಾಕ  
ಇದೆಂದೆ ಕಾಸಿಲ್ಲಾಂಟ್ ಆವ್ರ ಒರ್ಕ  
ಬಾಯಿಲ್ ಬೆಲಿಯೆ ಪಲಕ  
ಎಡ್ಡಿಲ್ಲ ಕಾಸ್ ನಂಜ ಕಾಕ

ಕಾಸಿ ಬಂಗಾರ್ ಪೇರ್ಲ್  
ಪೆನ್ನ್ ಅವುಡಮೇ ಬಾಕಿ ಆಯಾಲ್  
ಬಾಯಿಲ್ ಬೆಲಿಯೆ ಪಲಕ  
ಎಡ್ಡಿಲ್ಲ ಕಾಸ್ ನಂಜ ಕಾಕ

## ಮನುಷ್ಯತ್ವ

ಮೊಹಮ್ಮದ್ ಬಾಕಿಮಾರ್  
ಕಛೇರಿ ಗುಮಾಸ್ತ



ಎಲ್ಲರೂ ಒರೇ ಪೋಲ ಬಿಂಬಾರಿಕಂಡ  
ಈ ದುನಿಯಾವು ನೂರು ಸಮನ  
ನೀನ್ ನಲ್ಲಾಯಿಂಗುಂ  
ನಿಂಡೆ ನಲ್ಲಾವೊಗು ಬುಡುಲ್ಲ

ಅವ್ವಾಕಿಯದ್ ಸಮ  
ಅವ್ನ್ ಚೆನ್ನೆದ್ ಸಮ  
ನೀನ್ ಸರಿಲ್ ಪೋಯೆ  
ನೀನೇ ತಪ್ಪಾಯಿ ಪೋಯೆ

ದುನಿಯಾವುಲಿಂಡ್ ಉಲ್ಲೆ  
ಕಾಲಿ ಕಾಸ್ ಉಲ್ಲಂಕ್ ಬೆಲೆ  
ನಿಂಟ ಉಲ್ಲೆ ಮನುಷ್ಯತ್ವ ಗುಣ  
ಉಡಾಯಿ ಪೋವು ಗೌಣ

ಆಯಿಂಗುಂ  
ನೀ ಎಪ್ಪೊಂ ನಲ್ಲಾಯಿತ್ತೆ ಇಕ್ಕ್  
ದುನಿಯಾವುಲು ಕಿಟ್ಟಾತೆ ಬೆಲೆ  
ಆಖಿರತ್ತ ಗ್ ಆವ್ ತನಲ್ ನಿಕ್ಕ್





*Urdu*  
*Section*

## شاعر

*Ms. Noorjahan Begum SA*  
*Assistant Professor (Hindi) & Head*  
*Dept. Humanities & Social Sciences*



اگر تم ہمارے کچھ بھی نہ ہوئے  
دعاؤں میں میری یوں شامل نہ ہوئے

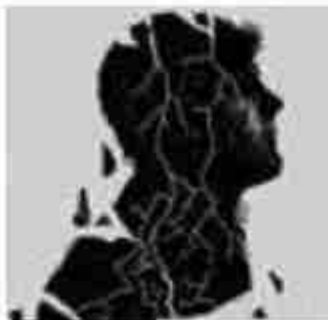
ارے اب تو یقین کرو کہ دعا میری سچ ہے  
کہ اتنے سال بعد تم مجھے حاصل نہ ہوئے۔

مجھے اتنا نہ سنا اے زندگی  
مجھے کونسا تیرے پاس ہی رہنا ہے  
صرف چار دن کی مہمان ہوں تیری  
پھر موت کو گلے لگانا ہے



## شاعر

*Mr. Mohamed Naufal MS*  
*1<sup>st</sup> BBA B*  
*U05PA22M0072*



مجھ پر تنگی ایسی کہ زندگی  
کہ ایک لمحہ ہے ایک صدی مجھ پر  
یہ کہنا تو آسان ہے جی کر دکھاؤ  
تمہیں معلوم ہے کیا گزر رہی مجھ پر

## ہمت کا ایک قدم

Mr. Mohammed Ishaan Shaik

2<sup>nd</sup> BBA (A)

U05PA21M0026



وہ کون سا عقدہ ہے جو وہ ہو نہیں سکتا\*  
ہمت کرے انسان تو کیا ہو نہیں سکتا\*

تم سے نہیں ہوگا ، یہ تمہارے بس کا روگ نہیں ، وہ شکلیں اور ہوتی ہیں جو یہ  
جملے ہر روز کسی نہ کسی طرح سے اپنا کام کرتے ہیں ، اور اس طرح کے تلخ  
سنتے ہیں ، اور یہ جملے انسان کی حوصلہ شکنی اور اس کی ہمت کو توڑنے  
کے لئے کافی ہوتے ہیں ، وہ سوچتا اور سمجھتا ہے کہ شاید میں واقعی ہی ایسا  
نہیں کر سکتا ، ایسے جملے سن کر اپنے کام کو جاری رکھا مشکل ہوتا ہے ،  
لیکن سب سے بہتر وہی ہے جو ایسے تلخ جملے سن کر بھی اپنی منزل تک  
پہنچنے کی کوشش کرتا ہے ، آسمان میں پرواز کرنے اور اپنے خوابوں کو  
پورا کرنے کے لئے جیتا رہتا ہے ،۔ اور آخر میں کامیابی کو اپنا مقدر بنا کر ان  
سب کی منہ بند کر دیتا ہے جو اس طرح کے جملے بولتے ہیں ۔



## **ANNUAL DAY CELEBRATION**

**15<sup>th</sup> June 2023**

PAFGC organized its Annual Day under the Patronage of Mr. Abdulla Ibrahim, Managing trustee. Mr. Yuvaraj Jain, Chairman, Excellent Group of Institutions was invited as the Chief Guest.







## **ANTI-RAGGING AWARENESS PROGRAM**

**09<sup>th</sup> December 2022**

IQAC in association with Anti-Ragging Committee of P.A. First Grade College had organised an "Anti-Ragging Awareness Program". Mr. Sandeep G.S, Police Inspector of Ullal Police Station, Mangaluru was the Chief Guest.







## **AWARENESS PROGRAMME ON ROAD SAFETY**

**16<sup>th</sup> January 2023**

Programme was held at Heavy Vehicle Drivers Training Institute,  
Kamblapadavu, Mangalore.



## **COMMORATION DAY**

**CONSTITUTION DAY : 26<sup>th</sup> November 2022**

Prof. John Valder, Head- Dept of Electrical Engineering, PACE  
was the Chief Guest.



**KOTI KANTA GAAYANA : 29<sup>th</sup> October 2022**

On the eve of 67th Kannada Rajyotsava, PAFGC  
organised 'KotiKanta Gaayana'



**KANNADA RAJYOTSAVA CELEBRATION : 4<sup>th</sup> November 2022**

Dr. Saleemulla Khan, Principal, P.A. College of Pharmacy  
was the Chief Guest



**'NATIONAL INTEGRATION DAY' : 25<sup>th</sup> November 2022**

As a part of 'Raashtriya Aykyaatha Sapthaaha', PAFGC observed  
'National Integration Day'. Dr Wajeedha Bano, Asst. Professor,  
Dept. of Economics, Manglore University, Konaje was the Chief Guest.



**REPUBLIC DAY CELEBRATION : 26<sup>th</sup> January 2023**

PAFGC along with sister institutions celebrated the 74th Republic day.

Mr. Sharfuddeen P K, AGM (Campus) hoisted the national flag.



**WORLD MEDITATION DAY : 22<sup>nd</sup> May 2023**

PAFGC in association with Internal Quality Assurance Cell observed

World Meditation Day and organized a practical session on

"Meditation for Inner Peace" by Principal.





**INDEPENDENCE DAY CELEBRATION : 15<sup>th</sup> August 2023**

PAFGC along the sister institutions of PACE celebrated 76<sup>th</sup> Independence Day.



## COMMERCE AND MANAGEMENT ASSOCIATION

### INVESTMENT AWARENESS PROGRAM FOR FACULTY : 8<sup>th</sup> December 2022

PAFGC in association with IQAC in collaboration with Department of Commerce and Management organized an invited talk on "Investor awareness program". Mr. Naveen Julian Rego, SEBI Registered investment advisor was the resource person.



### Investor Awareness Program for Students : 8<sup>th</sup> December 2022

PAFGC in Association with MUCTA organised an "Investor Awareness Program" for all the second year students of PAFGC.



**INVITED TALK ON "STRUCTURED APPROACH TO STOCK MARKET AND  
FOREX MARKET" : 21st December 2022**

Invited talk by Mr. Mehran Majeed, Founder, Fintriple Capital.



**Orientation on Certified Management Accountant (CMA):  
24<sup>th</sup> November 2022**

Organized an 'Orientation Program' for CMA students.

Ms. Nithya S, Operation Support Associate, ISDC was the resource person.



**SEMINAR ON "UNION BUDGET AND INDIAN ECONOMY" : 11<sup>th</sup> May 2023**

IQAC in association with Commerce and Management Association organized a seminar on Union Budget and Indian Economy". CA. S.S Nayak Past Chairman, ICAI Mangalore was invited as the resource person.



**Name Launch for Commerce and Management Fest : 15<sup>th</sup> May 2023**

Dr. Sayyad Ameen Ahmed, Dean (Student Affairs), PAET and Director-Centre for Management Studies and Research revealed the fest name "Justice League -23".



**"JUSTICE LEAGUE-23" INTRA- COLLEGIATE COMMERCE  
AND MANAGEMENT FEST : 23<sup>rd</sup> May 2023**

Commerce and Management Association organized an Intra - Collegiate  
Commerce and Management Fest 'Justice League -23'.



**FRESHERS' DAY CELEBRATION**

**10<sup>th</sup> December 2022**

Dr. Krishna Prasad, Head, Department of Biotechnology,  
P.A. College of Engineering was the Guest of Honour.



## **CULTURAL FEST**

**COLLAGE COMPETITION : 29<sup>th</sup> April 2023**

Commerce and Management Association conducted Collage Competition.



**WALL DÉCOR COMPETITION : 2<sup>nd</sup> May 2023**

PAFGC in association with Commerce and Management Association conducted "Wall Décor Competition".



**ESSAY, STORY AND POEM WRITING COMPETITIONS: 2<sup>nd</sup> May 2023**

Literary Association of PAFGC conducted Essay, Story and Poem Writing Competition on the topics "Women Empowerment", "Honesty is the best Policy" and "Equality".



**PENCIL SKETCH COMPETITION : 25<sup>th</sup> May 2023**

Womens Cell conducted pencil sketch competition.



**PATRIOTIC AND GENERAL SONG SINGING COMPETITION : 25<sup>th</sup> May 2023**

NSS Unit of PAFGC organized patriotic and general group singing competition.



**PAINTING COMPETITION : 29<sup>th</sup> May 2023**

Youth Red Cross Unit of PAFGC conducted painting competition.



**AUTO SHOW- "REV- EM": 14<sup>th</sup> June 2023**

The final year students of PAFGC organized an auto show "REV- EM".



**CULTURAL FEST 'EUREKA' : 15<sup>th</sup> to 17<sup>th</sup> June 2023**

PAFGC conducted Cultural Fest 'Eureka'.



**EUREKA '23' : 12<sup>th</sup> to 17<sup>th</sup> June 2023**

PAFGC organised Cultural week. It was initiated with name revealing program as EUREKA'23.



## **FACULTY DEVELOPMENT PROGRAM**

**30<sup>th</sup> December 2022 - 2<sup>nd</sup> January 2023**

The Internal Quality Assurance cell of PAFGC organized FDP. Resource person for FDP were Prof. Pushparaj B, Educationist & NLP Practitioner, Dr. Abdul Khader A, Former Principal, Karnataka (Govt) Evening Polytechnic, Mangalore and Dr. Sayyad Ameen Ahmed, Dean Student Affairs, PAET & Director- Centre for Management Studies and Research, P.A. College of Engineering.



## **HAACCP & FOSTAC CERTIFICATION AND TRAINING PROGRAM**

**27<sup>th</sup> & 28<sup>th</sup> April 2023**

Department of Food Nutrition and Dietetics conducted a two days training program on HAACCP & FOSTAC certification for the final year students of Food Technology and Food Nutrition and Dietetics.



## **GREENAURA**

### **WORKSHOP ON CONVERTING SOLID WASTE INTO COMPOST :**

**14<sup>th</sup> March 2023**

IQAC in association with NSS and Environment Cell organized one day workshop and awareness program on converting Kitchen solid waste into compost by using Harmi Pot. Prof. C.V. Pujar, Dept. of Mechanical Engineering, PACE was the resource person.



### **LET'S GET QUIZZICAL; ONLINE QUIZ COMPETITION :**

**24<sup>th</sup> March 2023**

Environmental cell organized an Online Quiz Competition 'Let's Get Quizzical'.



**AN AWARENESS PROGRAM ON "INTERNATIONAL DAY OF MINE AND ASSISTANCE IN MINE ACTION": 4<sup>th</sup> April 2023**

'Greenaura'- Environmental cell conducted an awareness program, with the aim of creating awareness about the dangers of explosive mines and generating support for the efforts aimed at eliminating them.



**BEST OUT OF WASTE COMPETITION : 29<sup>th</sup> June 2023**

'Greenaura' Environment Cell conducted a competition "Best out of Waste" with the aim of creating awareness about recycling and reusing the waste material.



**VANAMAHOTSAVA : 21<sup>st</sup> June 2023**

'Greenaura' Environment Cell celebrated 'Vanamahotsava' with the aim of creating awareness about the importance of planting and its effect on the environment.



**WORLD ENVIRONMENTAL DAY CELEBRATION : 5<sup>th</sup> June 2023**

Greenaura Environmental Cell celebrated World Environmental Day on the theme "BEAT PLASTIC POLLUTION".



## ICC

### Debate Competition : 18<sup>th</sup> May 2023

Internal Complaints Committee conducted a Debate competition to all the students of PAFGC on the theme "Is Education to a Girl child a Boon or burden".



### INVITED TALK ON PREVENTION OF SEXUAL HARASSMENT AT WORKPLACE:

1<sup>st</sup> June 2023

ICC at PAFGC in association with Internal Quality Assurance Cell organized invited talk on Prevention of Sexual Harassment at workplace for female students of the PAFGC. Adv. Imtiyas B, a renowned advocate from Mangalore was the resource person.



## **INCUBATION INNOVATIVE CELL**

**A new initiative to start Institution Innovative Cell : 23<sup>rd</sup> February 2023**

PAFGC Team- Ms. Deepti Udyavar, Ms. Viola, Ms. Nirmal  
had a discussion with Dr. Mamatha, Dean (Incubation & Innovation),  
St. Aloysius College (Autonomous), Mangalore.



### **ONE DAY ORIENTATION PROGRAM ON "SCOPE OF ENTREPRENEURSHIP IN THE CURRENT SCENARIO": 29<sup>th</sup> March 2023**

PAFGC in association with IQAC and IIC organized a one day orientation  
program on "Scope of Entrepreneurship in the Current Scenario".  
Capt. Amar Mascarenhas was the resource persons.



## INDUSTRIAL VISIT

### INDUSTRIAL VISIT TO MUMBAI : 5<sup>th</sup> to 11<sup>th</sup> January 2023

As a part of industrial visit 43 students of 5<sup>th</sup> semester B.Sc. FT and FND along with 3 faculty members visited 'BISLERI INTERNATIONAL PRIVATE LIMITED' mineral water company in Mumbai on 6<sup>th</sup> January 2023.

On 9<sup>th</sup> January 2023, the industrial visit was to 'GOA BREWING CO', Sangolda, Goa and 'REGO FOOD PRODUCTS', Zuarinagar, Goa.



### INDUSTRIAL VISIT TO DELHI AND UTTAR PRADESH: 16<sup>th</sup> to 19<sup>th</sup> January 2023

Final year B.Com. students along with 3 faculty members visited 'Dawar footwear industries', 'M/s. Munshi Ganeshi Lal & Sons' in Agra, Uttar Pradesh and to 'Hero Moto Corp' Delhi.





**INDUSTRIAL VISIT TO HOTEL MOTI MAHAL, MANGALORE: 27<sup>th</sup> April 2023**

As a part of Industrial visit, 35 students of Aviation and Hospitality Management, along with Ms. Reshma K C and Mr. Mohammed Samsheer, Asst. Professors, Dept. of Commerce and Management, visited Hotel Moti Mahal, Mangalore.



**INDUSTRIAL VISIT TO YENENOYA CENTRAL KITCHEN : 25<sup>th</sup> April 2023**

Final year B.Sc. FND & FT students visited Yenepoya Central kitchen.



**INDUSTRIAL VISIT TO DELHI AGRA, JAIPUR : 29<sup>th</sup> May 2023**

Final year BCA students visited along with 2 faculty members visited the industrial and touristic scene in Delhi, Agra and Jaipur.



**IQAC**

**AN INVITED TALK ON NATIONAL EDUCATION POLICY 2020:**

**13<sup>th</sup> January 2023**

PAFGC in association with IQAC organized an invited talk on "National education policy 2020" by Dr. V Ravindrachary, Professor, PG Department of Physics, Mangalore University, Director, College Development Council, and Nodal officer - NEP 2020, Mangalore University.





**ANNUAL MAGAZINE RELEASE : 18<sup>th</sup> January 2023**

PAFGC released "College Chronicle", Annual Magazine of the year 2021-2022.

Dr. B.K Sarojini, Professor & Chairperson, Dept. of Industrial Chemistry,  
Mangalore University was the Chief Guest.





## **IT ASSOCIATION**

### **INVITED TALK ON 'BIG DATA ANALYTICS'**

The Department of Computer Applications In association with IT association, PAFGC conducted an invited talk on "Big Data Analytics" by Dr. Jeevan Pinto, Associate Professor, Department of Computer Application (MCA), St. Aloysius Institute of Management and Technology.



### **TRAINING PROGRAM ON ARTIFICIAL INTELLIGENCE: 21<sup>st</sup> December 2022**

Training session by Ms. Kritika and Ms. Sharon, Qtech solution.



### **CAREER GUIDANCE PROGRAM : 27<sup>th</sup> June 2023**

Department of Computer Applications conducted a career guidance program for the final year students of BCA highlighting the career opportunities in statistical and technical field. Dr. Ismail B, Head-Dept. of Statistics, Yenepoya (Deemed to be University) was the resource person.



### **LITERARY ASSOCIATION**

#### **PATRIOTIC SONG COMPETITION : 25<sup>th</sup> January 2023**

Literary Association of PAFGC conducted Patriotic song competition.



### **FAREWELL PROGRAM**

**13<sup>th</sup> July 2023**

PAFGC organised a farewell program for the final year students, 2021-23 batch in E-Learning Centre



## **PUBLIC SPEAKING CLUB**

**Let's create Ted Talkers - A PSC Initiative: 25<sup>th</sup> January 2023**

Public speaking club of PAFGC conducted Pick and Talk for the members of Public speaking Club.



**TRAINING SESSION ON PUBLIC SPEAKING FOR FACULTY MEMBERS:**

**6<sup>th</sup> January 2023.**

Public Speaking Club of PAFGC conducted a training session on "Organize Your Speech" by Toast Master Faizal Ahmed Ibrahim, Sales Manager, Danat Al Misfaha Trading, Sultanate of Oman.



**CREATING NOESIS FOR STUDENTS : 6<sup>th</sup> January 2023.**

Public Speaking Club in association with Literary Association of PAFGC conducted an invited talk on "Evaluate to Motivate". Toast Master Faizal Ahmed Ibrahim, Sales Manager, Danat Al Misfaha Trading, Sultanate of Oman was the Chief Guest and Resource person.



## MEETINGS

### MEETING WITH ISDC DELEGATE : 23<sup>rd</sup> January 2023

Mr. Sreyas Manoharan, Manager- International Collaboration,  
ISDC visited PAFGC.



### PRINCIPAL MET NEW REGISTRAR (EVALUATION) OF MANGALORE UNIVERSITY : 17<sup>th</sup> February 2023

Dr. Raju Krishna Chalannavar, has taken charge as Registrar (Evaluation)  
of Mangalore University.



**MEETING WITH NUMERO UNO TEAM : 8<sup>th</sup> August 2023**

Mr. Shivabasav Chinivalar, Co-Founder & Managing Director, Numero UNO, the training partners of Mangalore University visited PAFGC and discussed with PAFGC team about their various upskilling programmes offered to the students.

Dr. Surfraz J Hasim, Principal, PAFGC, Mr Mohammed Faizal, Head - CPOD & Ms. Delcy R DSouza, Asst. Professor and Placement Officer were present on the occasion.



**AMBEDKAR JAYANTI CELEBRATION : 27<sup>th</sup> April 2023**

PAFGC in association with IQAC and Human rights Cell organized 'Ambedkar Jayanti'. Dr. Dayanda Naik was the Chief Guest.



## MOU

### MOU WITH YENENOYA HOMEOPATHIC MEDICAL COLLEGE :

**20<sup>th</sup> December 2022**

MOU signed between P.A. First Grade College & Yenepoya Homeopathic Medical College



### MOU WITH GOVT. FIRST GRADE COLLEGE FOR WOMEN, BALMATTA

**: 2<sup>nd</sup> March 2023**

PAFGC and Government First Grade College for Women, Balmatta, Mangalore, signed an MOU.



**MOU WITH ST. ALOYSIUS COLLEGE (AUTONOMOUS): 28<sup>th</sup> February 2023**

PAFGC signed MOU with St. Aloysius College (Autonomous)



**NAAC**

**BRAIN STORMING SESSION ON NAAC PREPARATION : 8<sup>th</sup> February 2023**

Faculty members along with Principal and IQAC coordinator had an effective discussion on preparation for NAAC.



**ONE DAY WORKSHOP ON NAAC PROCESS : 7<sup>th</sup> March 2023**

The internal Quality Assurance cell of PAFGC organized one day workshop on NAAC process for the staff members. Dr. Chandrashekara K, Asst. Professor & IQAC Coordinator, GFGC for Women, Balmatta, Mangaluru was the resource person



## **NUTRITIONORA**

### **A TALK ON PERSONAL HYGIENE : 4<sup>th</sup> November 2022.**

PAFGC organized a talk on personal hygiene by Ms Hana Maryam (3rd year FND) for first year girls.



### **INVITED TALK ON "LANDMARKS IN THE HISTORICAL DEVELOPMENT OF 21<sup>st</sup> CENTURY OF FOOD PROCESSING TECHNOLOGIES" : 17<sup>th</sup> November 2022**

Nutritionra organized an invited talk by Mr. Ashok Kumar. C, Asst. Professor, Dept of P.G. Studies & Research in Food Science, St. Aloysius College (Autonomous), Mangaluru



### **"DIETETIC 4.0-NOURISHING INNOVATION" : 16<sup>th</sup> May 2023**

The department of FND & FT had organized a food fest, Dietetic 4.0- "Nourishing Innovation." Mr. Zamzeer Ahamed and Ms. Jameela Ruhi, Founders of Kunafa world were Invited as the Chief Guests.







**LOGO LAUNCH FOR THE FOOD FEST : 26<sup>th</sup> April 2023**



**Inauguration of Yen- Homeopathy Clinic : 4<sup>th</sup> April 2023**

PAFGC in collaboration with Yenepoya Homeopathic Medical College and Hospital in association with IQAC, NSS, YRC and Nutritionora inaugurated Homeopathy clinic and conducted an awareness program on 'Know yourself before consulting clinic'. Dr. Shiva Prasad K, Principal, Yenepoya Homeopathic Medical College and Hospital, Mangalore was the Chief Guest.





## RECOGNITION AND REWARDS

### FELICITATION TO PRINCIPAL : 28<sup>th</sup> January 2023

Dr. Surfraz J Hasim, Principal, P.A. First Grade College, Mangalore has been felicitated by Mangalore University for his contribution to Educational development of Mangalore University Adopted schools on 28<sup>th</sup> January at Mangala Auditorium, Mangalore University.



### PRINCIPAL WAS FELICITATED ON THE OCCASION OF TEACHER'S DAY : 5<sup>th</sup> September 2022.



**FELICITATION TO ACTING VICE CHANCELLOR OF MANGALORE UNIVERSITY :  
7<sup>th</sup> June 2023**

Principal, PAFGC, along with Dr. Sayyed Ameen Ahmed, Director - Centre for Management Studies & Research and Mr. Mohammed Faizal, Head - Centre for Professional & Organization Development congratulated Dr. Jayaraj Amin, Acting Vice Chancellor of Mangalore University.



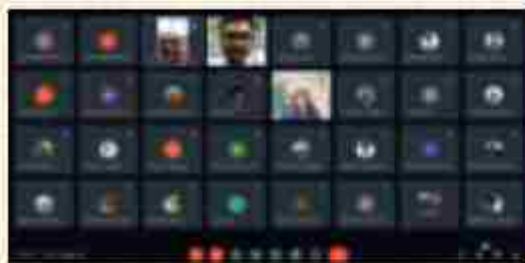
**ALUMNI MEETING : 2<sup>nd</sup> August 2023.**

Alumni meeting was conducted at Srinivas Hotel, Mangaluru.



**ALUMNI MEETING : 8<sup>th</sup> August 2023**

Alumni meeting was conducted on hybrid mode



**GRAND ALUMNI MEET AT PACE AUDITORIUM ON 19<sup>th</sup> AUGUST 2023.**

Mr. K M Haneef, Former Director (Administration), Dr. B K Sarojini, Dr. Rashmi Kodikal, Dr. Wajeeda Bano, Mr. Favaz, Mr. Shakeeb were the Guests.



*"It was like removing layers of crumpled brown paper from an awkwardly shaped parcel, and revealing the attractive present which it contained".*





**ANNUAL SPORTS MEET : 3<sup>rd</sup> & 4<sup>th</sup> January 2023**

PAFGC organized the annual sports day on 3<sup>rd</sup> and 4<sup>th</sup> January 2023.

Mr. Sujith KV, Physical Education Director, Yenepoya (Deemed to be University), Mangalore was the Chief Guest.





### **INTERNATIONAL YOGA DAY : 21<sup>st</sup> June 2023**

PAFGC in association with IQAC and Dept. of Physical Education observed International Yoga Day. Dr. Shri Hari Sukesh, Yoga therapist, Dept. of Human Consciousness and Yogic Science was invited as the resource person.



## **STUDENT'S PARTICIPATION**

### **PARTICIPATION IN INTERACTIVE SESSION ON GST AT KCCI :**

Kanara Chamber of Commerce & Industry, Mangaluru in association with the Office of the Commissioner of Central Excise and Central Tax (GST), Mangaluru conducted an interactive session on the topic 'Recent Changes in GST Laws, Issues of Refunds under GST, E-Invoice Compliance'. Mr. Sheik Safwan, Mr. Ishaan Sheik and Mr. Mohammed Ashiq from 2<sup>nd</sup> year BBA volunteered for the program.



### **Participation in Walkathon : 17<sup>th</sup> December 2022**

Karnataka Digital Economy Mission (DEM), a Govt. of Karnataka initiative towards enabling the 40% of contribution by the digital economy to the overall growth has been spearheading the beyond Bengaluru program through its three clusters- Mysore, Mangaluru, Hubballi, Dharwad & Belgaum. Around 150 staff and students of PAET Institutions actively participated in the Walkathon at Mangaluru





**PARTICIPATION OF OUR STUDENTS IN PADUA VERVE 2022:**

**13<sup>th</sup> December 2022**

Padua College of Commerce and Management organized Padua Verve 2k22



**ACTIVITIES CONDUCTED ON NATIONAL EDUCATION POLICY:**

**23<sup>rd</sup> December 2022**

PAFGC conducted Elocution and Essay Writing competition as an awareness towards National Education Policy



**WORKSHOP ATTENDED : 30<sup>th</sup> November 2022**

KIA in association with the Confederation of Indian Industry (CII), Kanara Chamber of Commerce & Industry (KCCI), Young India (YI), BNI and District Small Industries Association (DSIA), organized the Episode 2 of the BUSINESS IDEAS 101 series, titled "Technology transfer in Food Industry & Build your Brand". The students of B.Sc. Food Technology attended the workshop.



**STUDENTS PARTICIPATED IN ALOYSIAN FEST : 31<sup>st</sup> March 2023**

Students of PAFGC participated in Aloysian Fest- "INITIA 2023" conducted by St. Aloysius College (Autonomous).



## STUDENTS ACHIEVEMENTS

### TALK ON HEALTHY EATING : 11<sup>th</sup> August 2023

Ms. Shalet Elina Thomson, B.Sc. FND final year student of P.A. First Grade College, Mangalore was invited to give a talk on the topic "HEALTHY EATING" in CMSLP School, Ellumpuram, Kottayam district.



Ms. Hana Mariyam, 3<sup>rd</sup> year B.Sc. FND student had bagged third place in Ted talk Competition during INITIA-2023, a fest organized by St. Aloysius College (Autonomous).



Mr. Mohammed Sheik Safwan from 2<sup>nd</sup> year BBA and Ms. Thabsheera from 2<sup>nd</sup> year B.Sc. FT have been selected as the Student Ambassadors for Numero Uno Partners.



### STUDENT OF THE MONTH

PAFGC in association with CPOD selected 'Student of the Month' by conducting various tests at three different levels of aptitude test, General Quiz and Presentation.





**Student of the Month: April 2023**

Ms. Ayesha Fahima from  
3<sup>rd</sup> B.Sc. FND was  
selected as the Student of the month.



**Student of the Month : May 2023**

Mr. Abdul Asmeel  
1<sup>st</sup> year BBA was  
selected as the student of the month.



**Student of Month: June 2023**

Ms. Fathima Hiba from 3<sup>rd</sup> year BBA was selected as the student of the month.



## **TRAINING AND PLACEMENT CELL**

### **MOCK INTERVIEW DRIVE AT PAFGC : 14<sup>th</sup> April 2023**

IQAC, Training & Placement Cell of PAFGC in association with Center for Professional & Organization Development and EXPRESS (India) Ventures Pvt. Ltd conducted Mock Interview Drive for the students of PAFGC.



## **WOMENS CELL**

One day workshop on Culinary Art.

IQAC in association with Women's cell organized one day workshop on Culinary Art for the non-teaching Staff of PAFGC.

Ms. Naseera S, Asst. Professor Dept. of Computer Application, Besant Women's College was the resource person.





**Elocution Competition by Women Cell: 11<sup>th</sup> April 2023**

Womens cell of PAFGC conducted an Elocution Competition on 'National Safe Motherhood Day'.



**PLACEMENT DRIVE BY NANDI TOYOTA : 13<sup>th</sup> April 2023**

Campus recruitment from Nandi Toyota, Bengaluru, in association with Training and Placement cell of PAFGC organized campus recruitment for the post of sales officer. Ms Ayesha Anwar, Mr Nihal A, and Mr Mohammed Midlaj from 3<sup>rd</sup> year BBA were placed into nandi Toyota, Bengaluru.



**Mr. Nihal A**  
3<sup>rd</sup> Year BBA



**Ms. Ayesha Anwar**  
3<sup>rd</sup> Year BBA



**Mr. Mohammed Midlaj**  
3<sup>rd</sup> Year BBA



## **NSS AND YOUTH RED CROSS**

### **AWARENESS PROGRAM ON AIDS, ANTI-DRUG AND TOBACCO :**

**2<sup>nd</sup> December 2022**

PAFGC in association with IQAC, NSS, YRC and Anti-drug committee conducted an invited talk on "Awareness program on AIDS, Anti- Drug and Tobacco" by Dr. Vijayendra V Itagi, Vice-Principal, Professor and Head, Department of Meteria Medica, Yenepoya Homeopathy Medical College and Hospital, Mangalore.



### **DRUGS AND CYBER CRIME AWARENESS PROGRAM : 23<sup>rd</sup> December 2022**

Cyber, Economics & Narcotics Cell, Mangalore Commissionerate in association with IQAC, NSS and YRC conducted an awareness program by Mr. Sathish, Police Inspector, Cyber Crime, Economics & Narcotics Police Station, Urva, Dr. Mahabalesh Shetty, KSEMA & Mr. Nihal Sheikh, Cyber Security Expert.





### **OUT REACH PROGRAM BY NSS : 23<sup>rd</sup> January 2023**

NSS unit of PAFGC conducted an outreach programme on "Scientific Studying Techniques" at Vani Vijaya School, Kodlamogoru, Manjeshwar.



**PARTICIPATION IN WALKATHON : 5<sup>th</sup> March 2023**

NSS Program officers and NSS student volunteers of PAFGC participated in the Walkathon from St. Agnes college to Kadri park which was organized by the "You matter counselling and training center", Mangalore.



**VOTING AWARENESS PROGRAM : 2<sup>nd</sup> May 2023**

NSS & YRC unit of PAFGC conducted a Voting Awareness Program around the campus.



**WORLD NO TOBACCO DAY: VIDEO MAKING COMPETITION: 31<sup>st</sup> May 2023**

NSS and YRC Unit of PAFGC celebrated World No Tobacco Day with the theme of 'Grow Food not Tobacco' and organized a video making competition.



**BLOOD DONATION CAMP : 6<sup>th</sup> June 2023**

On account of World Blood Donor day, Youth Red Cross, NSS Unit & IQAC of PAFGC in association with Red Cross society Blood bank, Government Lady Goschen hospital, Mangalore has organized a blood donation camp.



**ANTI- DRUG AWARENESS CAMPAIGN ON INTERNATIONAL DAY  
AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING : 26<sup>th</sup> June 2023**

On account of International Day against Drug Abuse and Illicit Drug Trafficking all the institutions under P.A. Educational Trust conducted an Anti-drug Awareness Campaign through competitions, Pledge, Procession, placards and balloon release.





## **FACULTY ACHIEVEMENT**

### **PRINCIPAL AS CHIEF GUEST FOR MEN'S DAY CELEBRATION :**

**26<sup>th</sup> November 2022**

Dr. Surfraz J Hasim, Principal, PAFGC was invited as the Chief Guest for the Men's Day celebration at Yenepoya Pharmacy College.



### **PRINCIPAL AS GUEST SPEAKER AT MITE : 01<sup>st</sup> December 2022**

Dr. Surfraz J Hasim, Principal, PAFGC was invited as the Guest Speaker for the Induction program at MITE, Moodabidri.



### **PRINCIPAL AS CHIEF GUEST FOR INTERNATIONAL DAY OF HUMAN SOLIDITY : 20<sup>th</sup> December 2022**

PAFGC students participated in the group song during the celebration of International Day of Human Solidarity at Town Hall, Mangaluru. Dr Surfraz J Hasim, Principal, P A First Grade College, was the Chief Guest of the day.



**PRINCIPAL AS CHIEF GUEST FOR ANNUAL DAY CELEBRATION:**

**22<sup>nd</sup> December 2022**

Dr. Surfraz J Hasim, Principal, PAFGC, was invited as the Chief Guest for the Annual Day Celebrations of Shepherds International School, Managluru



**PRINCIPAL AS GUEST OF HONOUR – INAUGURATION OF  
REHABILITATION CENTRE : 27<sup>th</sup> December 2022**

Dr. Surfraz J Hasim, Principal, PAFGC was invited as the Guest of Honour for the inaugural program of Rehabilitation Centre - Sarva Dharma Sangama by IAN Care Foundation, Moorukaveri, Kinnigoll.



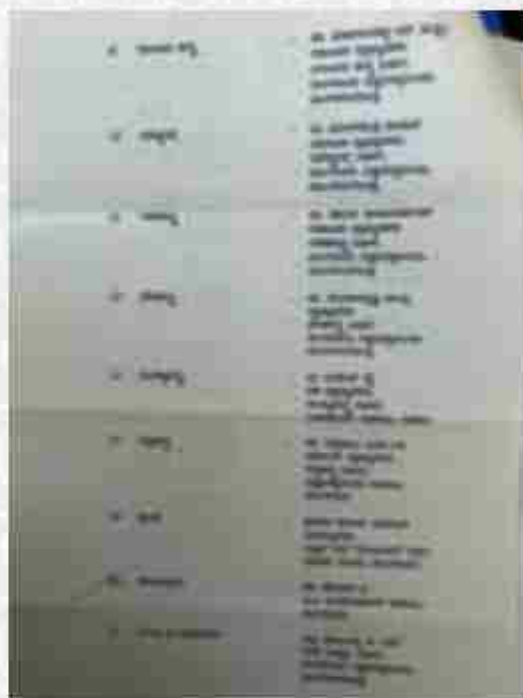
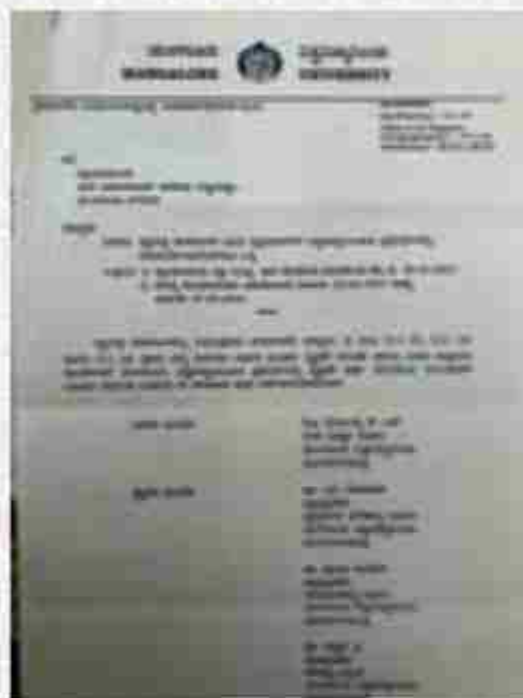
**PRINCIPAL AS CHIEF GUEST AT ASSISI CENTRAL SCHOOL : 28<sup>th</sup> January 2023**

Principal was invited as the Chief Guest for the Parents Orientation program at Assisi Central School, Deralakatte.



### **NOMINATION OF FACULTY TO THE BOARD OF STUDIES.**

Dr. Manjula P, Assistant Professor, Department of HSS has been nominated to the board of Studies (Malayalam) of St. Aloysius College (Autonomous), Mangalore.



### **PRINCIPAL AS CHIEF GUEST AT CHAITHANYA SCHOOL : 4<sup>th</sup> February 2023**

Principal was invited as the Chief Guest for the Career Development program organized by Chaithanya School.





**PRINCIPAL AS CHIEF GUEST AT MADHURA INTERNATIONAL SCHOOL :  
8<sup>th</sup> April 2023**

Principal delivered a talk on "Importance of Education" for the parents of Madhura International School.



**AGNO CUP 2023 OPENING CEREMONY : 10<sup>th</sup> August 2023**

Mr. Ibrahim M, Physical Director & Football Coach, PAFGC invited as the Chief Guest for the opening ceremony of AGNO CUP 2023 at St. Agnes College (Autonomous), Mangaluru.





**PRINCIPAL AS GUEST SPEAKER AT CAAD CENTRE, KASARGOD:**

**18<sup>th</sup> May 2023**

CAAD Centre & PACE Group jointly organized 'Brain Master 2023' a quiz program by a renowned Quiz Master Dr. G.S Pradeep.



## OUTREACH ACTIVITIES

### PRINCIPAL'S SESSION AT MALJA – UL -ISLAM ORPHANAGE SCHOOL :

7<sup>th</sup> December 2022

Dr. Surfraz J Hasim, Principal, conducted a session on Scientific Studying Techniques at Malja-ul - Islam Orphanage School, Pachambalam



### PRINCIPAL AS RESOURCE PERSON AT BENGERE, KASABA :

10<sup>th</sup> February 2023

Principal was invited as the resource person for the session on "How to face exams confidently," for the students of SSLC & PUC at Bengere, Kasaba.





**PRINCIPAL AS RESOURCE PERSON AT MANGALORE UNIVERSITY:**

**28<sup>th</sup> February 2023**

Principal was invited by the Post Graduate Dept. of Travel and Tourism Management, Mangalore University to deliver a session on "Mind Engineering".



**PRINCIPAL AS RESOURCE PERSON AT UNIVERSITY EVENING COLLEGE :**

**11<sup>th</sup> March 2023**

Principal was invited as the resource person for the Valedictory program of Counselling Awareness Week organized by You Matter Counselling & Training Centre in association with Dept. of MBA, University Evening College.



**Principal as Resource Person at Yenepoya Specialty Hospital:**

**26<sup>th</sup> May 2023**

Principal was invited as a Resource Person at Yenepoya Specialty Hospital to conduct session on 'Mind Mapping & Work-life Balance'.



**RESOURCE PERSON AT ISLAHI SCHOOL : 27<sup>th</sup> May 2023**

Principal was invited as a resource Person for Faculty Development Program at Islahi English Medium School, Ullal.



**SPECIAL LECTURE ON MIND MAPPING AT MANGALORE UNIVERSITY :**

**21<sup>st</sup> June 2023**

Principal, PAFGC was invited by Mangalore University to deliver a Special Lecture on Mind Mapping and Hypnosis. Dr. Jayaraj Amin, Hon'ble Vice Chancellor, inaugurated the program.



## **WORKSHOP**

### **PARTICIPATION IN WORKSHOP ON ACCREDITATION AND RANKING :**

**21<sup>st</sup> January 2023**

A workshop was conducted by Mangalore University on Accreditation and Ranking of HEIS, at Mangala auditorium. Dr. Surfraz J Hasim and Ms. Vanishree Y participated in the workshop.



### **PRINCIPAL'S PARTICIPATION AT LAUNCH OF NEW PLATFORM TO UPGRADE SKILLS FOR CAREER DEVELOPMENT BY MANGALORE UNIVERSITY:**

**18<sup>th</sup> March 2023**

The new platform launch was held at Hotel A.J Grand, Mangalore.



### **COUNSELLING SESSION BY ROSHNI NILAYA INTERNS:**

PAFGC provided an opportunity to the M.Sc. Counselling Psychology students of 'School of Social work' to counsel the students of PAFGC as part of their internship program.





**Principal's Visit to Community Centre, Puttur : 8<sup>th</sup> April 2023**  
Principal visited the Community Centre, and appreciated the efforts of the dedicated team in serving the student community.



**VALUE ADDED COURSE : 25<sup>th</sup> May 2023**  
Blue Bird Data Solutions Mangalore visited PAFGC and informed about their Value added courses for the second and final year B.Com and BBA students of PAFGC.



**PARTICIPATION IN THE NATIONAL SEMINAR : 26<sup>th</sup> May 2023**

Karnataka Rajya Mahavidyalaya Shikshak Sangh, Mangalore University Vibhag, in collaboration with Karnataka State Higher Education Council, Mangaluru University and University College jointly organized National Seminar on "Implementation of National Education Policy 2020: Challenges and Way forward Curriculum, Assessment and Outcome". Dr. Surfaz J Hasim, Ms. Ramyashree & Ms. Sruti C K participated in the seminar.



**PAET TEAM PARTICIPATION IN KCCI CONCLAVE: 17<sup>th</sup> June 2023**

KCCI Conclave was held at TMA Pai International Centre, Mangalore.



**WORKSHOP ON NUTRITIONAL AWARENESS AND DIET : 6<sup>th</sup> June 2023**

Students of final year B.Sc. FND, Ms. Aleema Nabeela and Ms. Hana Mariyam conducted one-day workshop programme on Nutritional Awareness and Diet for the students of Government First Grade College, Balmatta which was organised by Internal Quality Assurance Cell.



## GENERAL ACTIVITIES

**PAET Stall at Beary Mela: 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> March 2023**

PAFGC Staff and Students participated in Beary Mela.



## GRADUATION DAY

**P. A. FIRST GRADE COLLEGE AND P.A. POLYTECHNIC CELEBRATED  
THE GRADUATION CEREMONY FOR THE BATCH OF 2020-23  
AT PACE AUDITORIUM ON 19<sup>th</sup> AUGUST 2023.**

Dr. Raju Krishna Chalannavar – Registrar (Evaluation) Mangalore University, Mangalagangothri, Mangaluru was the Chief Guest Mr. Abdulla Ibrahim, Managing Trustee, PAET inaugurated the program. Mr. Abdul Latif, Mr. Muhammed Ameen Ibrahim, Mr. Muhammed Salman Ibrahim, Trustees, PAET, were the Guests of Honour.





*"The country doesn't deserve anything less than success from us.  
Let us aim for success".*









## LIBRARY



## CAMPUS



*"If I waited for perfection, I would never write a word".  
- Margaret Atwood*







**STATEMENT ABOUT OWNERSHIP AND OTHER  
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I, Dr. Surfraz J Hasim hereby declare that the particulars given above are true to the best of my knowledge and belief.

(Sd/-)

**Dr. Surfraz J Hasim**

Principal, P. A. First Grade College, Mangalore - 574 153





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