### MAR AUGUSTHINOSE COLLEGE, RAMAPURAM





# THE VARNIKA

0



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## **ST. AUGUSTINE**





## OUR PATRON



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SRAVAN STUDENT EDITOR









GEO STUDENT EDITOR



THERESA STUDENT EDITOR Dear friends,

Success is not just about talent or intelligence; it is about perseverance, the right attitude, and a commitment to continuous learning. As Dr. A.P.J. Abdul Kalam once said, "Dream, dream, dream. Dreams transform into thoughts, and thoughts result in action." Every great achievement begins with a thought, and it is through hard work and determination that dreams turn into reality.

In this fast-changing world, knowledge alone is not enough. We must cultivate wisdom, empathy, and a sense of responsibility toward society. Each of you has the power to make a difference—through your ideas, actions, and contributions to the world around you. Always strive for excellence, not just for personal success but for the greater good.

This magazine is a testament to the creativity, dedication, and intellectual spirit of our students and faculty. I appreciate the efforts of all who have contributed to its success. May it continue to inspire and encourage meaningful thoughts and expressions.

Wishing you all success and growth in every endeavor.

Fr. Berchmans Kunnumpuram

Manager



MESSAGE



# MESSAGE

ith immense pride and enthusiasm, I extend my warmest greetings to all as we unveil this edition of our college magazine. This publication stands as a testament to our students' and faculty's creativity, intellect, and achievements, reflecting the vibrant academic and cultural environment that defines our institution.

Education is not merely about acquiring knowledge. It is also about fostering curiosity, nurturing talents, and shaping character. Our college has always been committed to providing a holistic learning experience - one that encourages academic excellence while instilling values of integrity, perseverance, and social responsibility.

This year has been one of remarkable achievements and accolades for our college. We proudly secured an 'A' Grade in NAAC accreditation in the first cycle, a milestone that underscores our commitment to excellence. Additionally, The College was ranked within the 100-150 band in the Kerala Institutional Ranking Framework by the Kerala State Higher Education Council. We also had the privilege of hosting the prestigious INSPIRE Science Camp, funded by the Department of Science and Technology (DST), along with national seminars for college teachers and students. Events such as MACSPECTRA and TINTECHS provided invaluable learning experiences for higher secondary students, while CASILDA and THEJUS 2K25 offered our students dynamic platforms to showcase their talents. These accomplishments reaffirm our dedication to holistic education.

On the academic front, our students have made us proud by securing 15 university ranks. In addition, we emerged as the top-ranking self-financing college in the University Arts Festival, further cementing our reputation for excellence in academics and extracurricular activities.

This magazine is a vibrant platform for students to express their thoughts, showcase their literary and artistic talents, and celebrate their achievements. It is truly heartening to witness the dedication and effort that have gone into curating this collection of insightful articles, creative expressions, and memorable experiences.

As you turn the pages you will witness a kaleidoscopic panoramic vision of Mar Augusthinose College. I encourage you to immerse yourself in the stories, poems, research insights, and reflections that embody the brilliance of our college community. May this edition inspire you, motivate you, and ignite a passion for learning and creativity.

I extend my sincere appreciation to the editorial team, contributors, and everyone involved in bringing this magazine to life. Your efforts in making this publication a success are truly commendable.

I wish you all continued success in your academic and personal endeavors.

Jai Mar Augusthinose. Be Proud of Mar Augusthinose

Students Council



DOYAL AUGUSTINE CHAIRMAN

**JOONA MARIA** VICE CHAIRPERSON





ANUGRAHA (GENERAL SECRETARY)



SHERIN (ARTS CLUB SECRETARY)



**AMRUTHA** (MAGAZINE EDITOR)



AKASH (UUC)



RIJO (UUC)



ANNIE (LADY REP 1)



SANJO (2 ND PG REP)



**ANEETA** (LADY REP 2)



ALPHONS(1 ST UG REP)



JOEL (3RD UG REP)



ALBIN (2 ND UG REP)



SRAVANCHANDRAN (1ST PG REP)w



**ABIN** (SPORTS SEC)

## Editorial



വിരുമാം, അതിന്റെ വിലഅറിമുന്നവർ കാണ് സ്വന്തം ആമുധമാഖി മാറുന്നത്. ജീവി തമെന്നത് ഒരു മാത്രമാണ്. അതിൽ 'വിരുഖവും പരാരുഖവും', മെക്കോർക്കുന്ന അനുഭവങ്ങമെള നനുപായെ ജീവിതത്തിൽപ്രതിധ്വനിക്കുന്നുമുണ്ട് .അതേപോലെ നാം നേരിടുന്ന മവല്ലുവിളികൾക്കും. മെകുവരിക്കുന്ന നേട്ടങ്ങൾക്കും ജീവിതത്തിൽ സമാനപ്രാധാന്യമുണ്ട്. എല്ലാത്തിലുമുപരി തള രാതെ. പാതിവഴിഖിൽ ഉപേക്ഷിക്കാതെ മുന്നോട്ടു പോവുക എന്നതാണ് ജീവിതത്തിന്റെ പ്രധാന സവിഭശഷത.

ക്കാനം വെളിച്ചമാണെന്നും. വിദ്യാഭ്യാസം ആ വെളിച്ചത്തിന്റെ ഭാഗമാതണന്നും. അറിവ് എന്നത് സ്വാതന്ത്ര്യമാണെന്നും നമ്മെ പഠിഷി കുന്നവരാണ് നമ്പുടെ അധ്യാപകർ. അറിവിന്റെ മാർഗത്തിൽ മുന്നേറുമ്പോൾ ഓരോ പഠനാനു ഭവങ്ങളും നമുക്കുമുന്നിൽ പുതിയവഴികൾ തുറ നുനൽകുന്നു. വിങ്യാം നേടിയത് മാത്രമേല്ല. അതി നാഖി പരിശ്രമിച്ചതും. പരാഴുയങ്ങളിൽ നിന്ന് ജ്യിക്കാൻ പഠിച്ചതും ഓർക്കുക - എന്നതും വിദ്യാ ഭ്യാസം നമ്മെ ഓർമിഷിക്കുന്നു. ഈ മാഗസിൻ അത്തരമൊരു അനുഭവങ്ങളുടെ പ്രതിഹാണം കൂടിയാണ്. ഓരോ പേൺിനു പിന്നിലും ഒട്ടനവധി ആളുകളുടെ പരിശ്രമങ്ങളുണ്ട്. അവയ്ക്കു പിന്നിൽ ഒരുപാട് തിരുത്തലുകളും തിരിച്ചറിവുകളുമുണ്ട്.

•ആഗ്രഹിങ്കുന്നവർങ്കു വഴികൾ ഉണ്ടാകും. ആല സൃമുളളവർക്ക് മറുപടികൾ മാത്രം. ഈ മാഗസിൻ, ആഗ്രഹങ്കൾ സാക്ഷാത്കരിക്കുന്നവർക്കാച്ചുളള ഒരു മേദിയാണ്. നമ്മുടെ വിദ്യാർത്തി സമൂഹത്തിന്റെ കഴിവുകളും സൃഷ്ടികളുമൊന്നിച്ചുകൊണ്ട് മനോഹ മൊഖ ഒരു ദൃശ്യാവിഷ്കാരമാണ് ഇതിന്റെ ഉളളടക്കം. ഒരു എഡിറ്റർ എന്ന നില്മിലും. നിങ്ങളുമെ കൂട്ടുകാരി എന്നനിലമിലും. ആ സ്നേഹസമാനം ഞാൻ നിങ്ങളിലേക്ക് സമർപ്പിക്കുന്നു. ഈ മാഗസിൻ ഒരു അഭിമാനചിഹ്നമാമും പ്രചോദനസ്രോതസ്ലാമും തുടരമെട്ട!

> എന്ന്. മാഗസിൻ എഡിറ്റർ. **അമ്യത ബാബു**



Celabrating a career of dedication: Dr.Joy Jacob's leadership and achievements at mac

It is with great pleasure and pride that our esteemed Principal, Dr. Joy Jacob who has been instrumental in shaping the academic excellence of Mar Augustinose College Ramapuram, Steps down from his post with his exceptional leadership skills, vision, and dedication, he has taken the institution to unprecedented heights.

Over the past five years, his unwavering commitments to institution's growth and development are immeasurable. His contributions to academic excellence has been remarkable and appreciable. Under his guidance, the college has achieved the prestigious NAAC Accreditation with an A Grade in the academic year 2023-24. His leadership has also enabled the college to consistently secure top ranks at the university level, with many students achieving outstanding success. He has provided unwavering support and guidance to both faculty members and students, empowering them to reach new heights. His mentorship and leadership have inspired a culture of excellence, fostering a community of scholars who strive for academic distinction.

His achievements have been recognized and celebrated, including the prestigious Best Principal Award in 2015. This honor is a testament to his exceptional teaching skills, dedication, and passion for education. We are deeply grateful to joy sir's tireless efforts, visionary leadership, and unwavering commitment to academic excellence.

- Question: As you prepare to retire, beyond just happiness, what emotions are you experiencing at thismoment?
- Answer: I am truly content at this moment. Retiring fills me with a deep sense of accomplishment because I know I have given my absolute best to this college. Every moment has been spent with intention and purpose, and my efforts have been wholehearted and unwavering. There are no regrets only a profound sense of fulfillment and pride in what I have achieved. This feels less like a farewell and more like a celebration of a meaningful journey, paving the way for an exciting new chapter.
- Question: What inspired you to pursue a career in education?
- Answer: Not because of inspiration it was my dream to enter the educational field. after completing my masters, I choose to follow my passion instead of exploring other career paths.Determined to become a teacher, I attended interviews and, with my second interview, I secured a job, at St. Thomas College, Pala. I worked 25 years as a teacher there, and later the principal at Devamatha College Kuravilangadu for 4 more years. Theseyears have been the most fulfilling and rewarding chapters of my professional life.
- Question: what has been your proudest achievement as the principal at MAC?
- Answer: One of my most fulfilling and proudest moments as the Principal at MAC was achieving an A grade in the NAAC Accreditation. Alongside this milestone, the college also received several other notable recognitions, including KIRF, NIRF, and UGC recognition too.
- Question: What have been the major challenges you faced during your tenure as the Principal of MAC College?
- Answer: Fortunately, I did not faced any significant difficulties during my term as the Principal of MAC College. One of the key reasons for this was the dedication and commitment of the faculty members, who were hardworking and fully devoted to the institution's success. Similarly, the students played an essential role in fostering a positive environment in this college. They were diligent, respectful, and cooperative. Unlike some institutions, where students may create challenges by going against administration or the institution's values. However, compared to other institutions, the students here showed remarkable discipline and a strong sense of responsibility. They are good at academics, extracurricular activities like arts, sports etc.
- Question: Sir, looking back on your career, what do you consider as you're the most significant achievement as a principal or as a teacher?
- Answer: As a teacher, I take great pride in shaping the character of thousands of students. Just last week, a student I taught back in 2000 came to visit me. It means a lot to know that my students shall remember me

even after so many years. One of the proudest milestones in my career came when I received a letter from St. Thomas College, pala, after I came out from that college, regarding a student survey was conducted, where they requested the principal to have all teachers resign and let the students choose whom to reappoint. Out of 70 to 75 teachers, only 16 were selected again, and I was fortunate to be one of them. That was truly the best recognition I could receive as a teacher. That's the proudest moment because students recognized me as a teacher, not as a principal. Teaching has always been my greatest happiness. It's was my passion. Principal is an administrative position. I couldn't teach much at MAC College. But the limited opportunities to step into the classroom felt like a significant loss perhaps.

- Question: what inspired you to pursue a career in education, and what motivates you to continue making a difference?
- Answer: As I early said, teaching was my passion, so that I chose teaching. When I completed my BA, I started teaching students through tuition, and they said, you have grace for teaching. That truly inspired me. After completing BA, I took a year to reflect on my future and then decided to pursue MA. The positive feedback from my students gave me the courage and conviction to choose teaching as my career.When I became the principal, I didn't focus on making comparisons with other principals or bringing unnecessary changes to the college. Instead, I tried to achieve what the college was lacking, such as securing UGC recognition and undergoing NAAC assessments. These were not easy tasks, but they were necessary for the institution's growth. I dedicated myself to filling these gaps and worked hard over the years to bring about meaningful improvements.
- Question: Were there any personal sacrifices you had to make to fulfill your duties as principal?
- Answer: Yes, absolutely. There were many sacrifices I had to make. One of the most difficult situation was missing numerous family gatherings and functions hosted by friends. My responsibilities as principal often kept me tied up, leaving me little time for personal engagements. Through it all, my greatest support was my wife. Her unwavering presence and understanding made everything possible. She attended events and represented me at places where I couldn't be present, ensuring that our absence didn't raise questions or disrupt relationships. Without her support and dedication, it would have been incredibly challenging to balancemy duties with the personal sacrifices they required. She truly was my pillar of strength during those demanding times.

Question: As you retire, what are your future plans?

- Answer: My plan is to dedicate myself to agriculture, something I have always loved and continue to enjoy. Even now, I spend more than an hour every evening tending to my crops.Everything we need for our home i harvested right in our own backyard. That self-sufficiency and connection to the earth are what I cherish the most.
- Question: From being professor to the principal of many colleges how did you balance your personal and professional life?
- Answer: Balancing my personal and professional life as I transitioned from professor to principal was not easy, but I believe in the results of my commitment. The greatest reward for my dedication has been seeing my children grow and achieve so much in life that is something I hold closest to my heart.
- Question: As you retire, what message do you want to leave for the students and faculty?
- Answer: My message is to continue striving for excellence and making the college proud. We are blessed with countless opportunities embrace them, explore them, and make the most of what is available to you.Organize more programs, create a vibrant and dynamic atmosphere on campus, and keep the energy alive. During my time at MAC, I made it a priority to promote a variety of programs, and together with my dedicated faculty, we achieved remarkable results among the students. I encourage you to carry this legacy forward, build on what we've accomplished, and continue pushing boundaries to bring even greater success to the college.
- Question: What is your biggest takeaway from Mar Augusthinose College?
- Answer: My greatest takeaway from Mar Augusthinose College is the wealth of experiences I gained during my time here both from the students and the faculty. The vibrant energy of seeing so many faces every day is something I will deeply miss. Interacting with the students brought so much joy to my life, and I know this will be one of the hardest things to let go off when I am at home. There is no doubt in my mind that I will feel this absence profoundly. Being around the students every day often brought out the child in me, filling my days with laughter, curiosity, and a sense of connection.

Thank you so much sir for spending the precious time with us.

Presented by: Nikhitha Theres Rajut



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# UNION REPORT 2024-25

The College Union for the academic year 2024–2025 was established following a successful election held on 3rd September 2024. Since its inception, the Union has actively contributed to student engagement through various events and initiatives that promote extracurricular activities and student welfare.

College Union Members

Chairman: Doyal Augustine

Vice Chairperson:Joona Maria

General Secretary: Anugraha Mariyam Biju

Arts Secretary:Sherin Benny

Sports Secretary: Abin Biju

Magazine Editor:Amrutha Babu

UUC : Akash Parthasaradhi

UUC : Rijo Roys

Lady Representative : Annie Joben

Lady Representative: Anitta Unni

2nd Year PG Representative: Sanjo Thomas

1st Year PG Representative: Sravanchandran T.J

3rd Year UG Representative : Joel C Paul

2nd Year UG Representative: Albin Michael Joseph

1st Year UG Representative: Alphons Binoy

#### UNION INAUGRATION

The union inaugrationwas held on 29th October 2024, with renowned actor Vishnu Unnikrishnan as the Chief Guest. He delivered an inspiring address on the importance of leadership, followed by cultural performances and speeches from dignitaries.

#### **ONAM CELEBRATION**

The Union organized a vibrant Onam celebration on 13th September 2024, featuring traditional performances, including a chenda Melam by Sree Badhra Chenda Melam. The event was inaugurated by Very Rev. Fr. Berchmans Kunnumpuram and Principal Dr. Joy Jacob. The day concluded with exciting activities such as Uriyadiand cultural programs.

#### CHRISTMAS CELEBRATION

The Christmas celebration conducted on 19th December 2024 carol singing, cultural performances, and a special address by faculty members. Competitions like crib-making, carol competitions, and Christmas tree decoration were held on 18th December, with enthusiastic student participation.

#### ARTS DAY

The Arts Festival spanned three days from 21st–23rd January 2025, featuring various competitions:

Day 1 (21st January): Literary events (essay writing, poetry).

Day 2 (22nd January): Continuation of literary events.

Day 3 (23rd January): On-stage performances including music, dance, and drama.

The event showcased students' artistic talents and creativity.

#### **SPORTS DAY**

The Annual Sports Meet was held on 30th January 2025, with track and field events, relay races, and traditional games. The competitions spanned five days, with students competing under different house teams. The event was inaugurated by Fr. Berchmans Kunnumpuramand Dr. Joy Jacob. Winners were honored with medals and trophies, fostering sportsmanship and teamwork.

#### VALENTINE'S DAY CELEBRATION

A musical entertainment event was organized on 14th February 2025, with the college decorated beautifully by the college Union. The program was well received, adding a lively and celebratory atmosphere to the campus.

#### ETHNIC DAY

Ethnic Day celebrated the cultural diversity the college on 28th February 2025 . The morning session honoured former students who achieved academic excellence. The afternoon featured a dance program portraying the evolution of Indian cinema, highlighting its past and future.

#### **COLLEGE DAY – RIVERA 2K25**

The College Day celebration, Rivera 2K25 conducted on 12th February 2025, was a grand event featuring Chief Guest Maria Philip, who delivered an inspiring speech. Gabri and his team energized the audience with DJ and rap performances.

#### **Key Highlights:**

- A memento was presented to Principal Dr. Joy Jacob for his contributions to Mar Augusthinose College.
- Star Attendee Award was presented to 'Ashen' for 100% attendance.
- Various cultural performances by students added to the event's success.

Anugraha Mariya mBiju

**General Secretary** 

## ARTS CLUB ANNUAL REPORT 2024-25

#### Armaadam: A Vibrant Onam Celebration at Mar Augusthinose College



The Arts Club of Mar Augusthinose College, Ramapuram, organized a vibrant Onam Celebration, Armaadam, on September 13, 2025, at the college's Open Space. The event brought together students, faculty, and staff to commemorate this cherished festival.

Rev. Fr. Berchmans Kunnumpuram Kunnumpuram delivered a heartfelt message, emphasizing the cultural significance and spirit of Onam. Dr.

Joy Jacob was felicitated for his contributions to the college community.

Staff Coordinators Mr. Sumesh C N (Department of Commerce) and Ms. Sheeba Thomas (Department of English) ensured the event's seamless execution. Student Representative Sherin Benny played a pivotal role in facilitating coordination between the organizing committee and participants.

The festivities featured traditional performances, including colorful dances, melodious music, and vibrant decorations, showcasing Kerala's rich cultural heritage. The event fostered a sense of unity and pride among

attendees, making it a memorable celebration. The event also included exciting Onam competitions, such as:

Pookalam competition: Students showcased their creativity by designing intricate flower arrangements, adding to the festive atmosphere.

Onapattu competition: Participants sang traditional Onam songs, filling the air with joy and nostalgia.

The event fostered a sense of unity and pride among attendees, making it a memorable celebration.

#### Dance Team Secures Third Prize at Splendore

The Arts Club of Mar Augusthinose College, Ramapuram, has yet another reason to celebrate. Our talented dance team has achieved a remarkable feat by securing the third prize at the prestigious event "Splendore," organized by Rajagiri College of Social Sciences, Kalamasserion December 11,2024 Adding to this achievement,Gouri V Nair, a talented solo performer, has won the second prize for her outstanding performance epic Expressions. Her mesmerizing act left the



audience spellbound, and her win is a testament to her hard work and dedication. The college extends its warmest congratulations to the winners and appreciates the efforts of all participants. This achievement is a reflection of the college commitment to fostering artistic talent and providing a platform for students to showcase their skills.

#### **Team Members:**

- 1. Gouri V Nair (3rd Year BCom)
- 2. Parvathy K S (3rd Year BCA)
- 3. Karthi Sajeev (3rd Year BCA)
- 4. Neeraja B Nair (2nd Year BCA)
- 5. Meenakshi Thankachan (2nd Year BCA)
- 6. Avanthika (1st Year BCA)

#### Augusthinose College Arts and Literary Fest: A Celebration of Talentand Creativity

Mar Augusthinose College recently hosted a spectacular Arts and Literary Fest, showcasing the diverse talents of over 300 students. The two-day event took place on January 22-23, 2025, in the college auditorium and various other venues, offering a rich cultural experience for all participants.

The fest commenced with an inaugural ceremony, marked by the lighting of the lamp and a warm welcome speech by Sherin Benny, Arts Club Secretary. Dr. Joy Jacob, the college Principal, graced the occasion as the chief guest, emphasizing the significance of art and literature in society. Throughout the fest, students participated in a wide range of events, including light music, Mohiniyattam, mime, and more. The celebrations provided a unique platform for students to showcase their talents, appreciate different cultures, and forge lasting memories. The success of the Arts and Literary Fest was largely due to the collective efforts of the students, faculty, and guests. Mr. Doyal Augustine , Student Council Chairman, expressed his gratitude to all involved, acknowledging the significance of the event in promoting art and literature. This event reinforces the importance of art and literature in our lives, providing a platform for students to express themselves creatively and celebrate their talents.

#### Hey Santa: A Joyful Christmas Celebration\*

Mar Augusthinose College Arts Club hosted a festive Christmas Celebration, Hey Santa, on December 19, 2024. The event featured competitions in card making, Christmas tree and crib making, and carol singing. Rev. Fr. Berchmans Kunnumpuram delivered a heartfelt Christmas message, while Dr. Joy Jacob and Smt. Siji Jacob offered felicitations. Student Representative Joona Maria Shaji also addressed the gathering. The event showcased cultural performances, including dance routines and musical performances. Doyal Augustine, Chairman of the Student Council, delivered the vote of thanks, concluding the event. The celebration embodied the spirit of Christmas, spreading love, joy, and peace throughout the college community.

#### Old is Gold: A Musical Tribute to Timeless Malayalam Classics

The Arts Club of Mar Augusthinose College, Ramapuram, hosted a music competition, Old is Gold: on December 16, 2024, at the college auditorium. The event celebrated the enduring charm of old Malayalam songs. Principal Dr. Joy Jacob inaugurated the event, while Doyal Augustine and Joona Maria Shaji efficiently led the proceedings. The competition featured talented students performing iconic Malayalam songs from yesteryears, mesmerizing the audience with their vocal skills. The event was a nostalgic journey, revisiting the golden era of Malayalam music. The Arts Club's initiative was a testament to the college's commitment to promoting cultural heritage and artistic expression. The Old is Gold; music competition will be remembered for its soulful performances and the nostalgic charm of timeless Malayalam classics.

#### Chandrageetham: A Musical Tribute to P. Jayachandran

The Arts Club of Mar Augusthinose College, Ramapuram, organized a musical event, Chandrageetham, on January 13, 2025, at the college auditorium. The event was held to commemorate the legendary Malayalam cine singer P. Jayachandran. Principal Dr. Joy Jacob inaugurated the event, while Ms. Sheeba Thomas introduced the program. Doyal Augustine and Joona Maria shaji efficiently led the proceedings. The event featured melodious renditions of P. Jayachandran's iconic songs, paying tribute to his enduring legacy in Malayalam music. The college community came together to celebrate the singer's contributions, reliving the magic of his timeless classics. The Arts Club's initiative was a fitting tribute to the legendary singer, and the event will be remembered for its soulful music and nostalgic charm.

#### Thejus 2025: A Resounding Success

The Mar Augusthinose College community came together to host a spectacular cultural fiesta, Thejes 2025, on February 28, 2025, at St. Augustine's Forane Church Parish Hall, Ramapuram. The event, organized by Mar Augusthinose College, showcased the incredible talents of our students, who enthralled the audience with mesmerizing performances in music and dance Under the guidance of our Principal, Dr. Joy Jacob, and the exceptional direction of Jithin Vakkachan, Show Director, the students delivered atruly unforgettable experience. Thejes 2025 was a testament to the college's commitment to fostering artistic talent and providing a platform for our students to shine. We extend our heartfelt appreciation to all participants, organizers, and attendees who made this event a resounding success.





## TALENT GALORE: MAC STUDENTS EXCEL AT UNIVERSITY YOUTH FESTIVAL

We the people of India, the Inter-Collegiate University Youth Festival event took place at Maharaja's College in Ernakulam from 26th February to 3rd March 2024. The festival brought together talented students from various colleges, providing them with a platform to showcase their skills and compete in a wide range of artistic and cultural events.

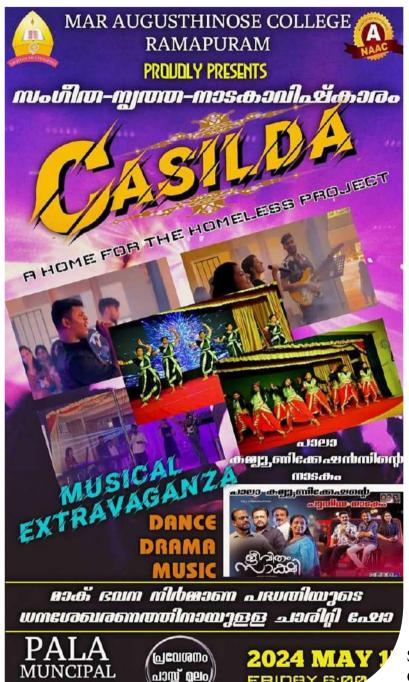
The festival witnessed the active participation of 52 students from Mar Augusthinose College under the guidance of Mr. Sumesh C N from the Department of Commerce and Ms. Sheeba Thomas from the Department of English. These students exhibited their talents in diverse categories, including dance, light music, poster design, cartooning, mime, speech, and poetry writing. The enthusiasm and spirit displayed by the participants added vibrancy to the festival.

Among the participants from Mar Augusthinose College, Sravanchandran T J, a secondyear BCom student, emerged as a notable achiever. He secured the third prize in the Cartooning event, showcasing his exceptional artistic skills. His success added to the pride and recognition garnered by the college during the festival.

Krishnaveni MAHRM received the first place with an A Grade in Hindi Short Story Writing, while Sravanchandran TJ received the second place with an A Grade for two events, Cartooning and On-the-Spot Painting, respectively. The following students also secured an A grade in various events:



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Geethu V: Kavithaaparayanam

Parvathy KS: Bharatanatyam, Folk dance

Neeraja B Nair: Mohiniyattam, Kuchuppudi

Gautham and team won an A Grade for Mime

Casilda: Musical А Extravaganza for a Noble Cause

On the 17th of May, 2024, Mar Augusthinose College hosted a heartwarming charity event named Casilda at the Municipal Town hall in Pala. This event was organized as part of the college's outreach programme, with the noble aim of collecting funds to build houses for the homeless. Casilda was a testament to the compassion and community spirit of the students and faculty of Mar Augusthinose College. The event featured captivating musical shows, energetic dance performances, and a compelling "Ieevitham drama titled

Saakshi," presented by Pala Communications. The evening was filled with various performances,

including musical shows and dance performances, which were enthusiastically presented by the talented students of the college. These performances were warmly received by the audience and significantly contributed to the event's success. These performances were designed to entertain the public and raise awareness and funds for the charitable cause. The programme was initiated by Dr. Jacob, whose vision and dedication laid the groundwork for the successful event. Leadership was provided by Rev. Fr. Joseph Alencherry, whose guidance ensured that the event ran smoothly and achieved its objectives. The programme received substantial support from

FRIDRY 6:0

several key individuals, including Ms. Sheeba Thomas,Sumesh CN,and Thomson K Augustine.They played crucial roles in organizing and executing the event, contributing their time and effort to ensure its success. A significant highlight of the event was a heartfelt message delivered by Rev.Fr. Bekumans Kunnumpuram,

which resonated deeply with the attendees. His words underscored the importance of community support and compassion in addressing the issue of homelessness. The event was graced by the presence of dignitaries from various fields who came to show their support and enjoy the performances. Casilda was not only a cultural showcase but also а beacon of hope for the homeless. The funds raised from the event will be directed towards building houses for those in need, providing them with a secure and stable living environment. The event reflected the core values of Mar Augusthinose College, emphasizing community service and social responsibility. Mar Augusthinose College extends its gratitude to all participants, supporters, and attendees who contributed to the success of Casilda. The college



remains committed to making a positive impact on society through such charitable initiatives.

## BIOTECHNOLOGY ASSOCIATION INAUGURATION REPORT

The Biotechnology Association "OPERON" inaugurated its activities for the academic year 2024-25 on October 10, 2025.

The inaugural session commenced at 10:00 a.m. in the college seminar hall. Rev. Fr. Berchmans Kunnumpuram, the college Manager, presided over the meeting. Dr. Eby Chacko, Consultant Dermatologist & Cosmetologist at Skinpase Clinic Pala & Caritas Hospital Kottayam, formally inaugurated the activities of "OPERON" for the academic year 2024-25.

Dr. Joy Jacob, Principal, delivered the keynote address. Ms. Siji Jacob, Vice Principal, and Dr. Sajesh Kumar N K, Head of the Department, were felicitated during the session, which concluded at 11:00 a.m.



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As part of the inauguration, Operon conducted a seminar on October 10, 2025, at 11:15 a.m. in the college seminar hall. Dr. Eby Chacko delivered a talk on "Skin Care in Youngsters." The seminar concluded at 1:00 p.m.

#### **Biotechnology Day - Report**

Operon, the Biotechnology Association, celebrated "Biotechnology Day 2025" on March 8, 2025. The program commenced with an inaugural session at 10:00 a.m. in the auditorium. Rev. Fr.Abraham Kakkaniyil, the Asst. Vicar,St.Augustine Forona Church, Ramapuram inaugurated the program. Dr. Joy Jacob, the Principal, delivered the keynote address, while Dr. Sajesh Kumar N K, the Head of the Department, felicitated the program.

Ms. Devi Varsha Babu, the best outgoing student of the department for the year 2025, was awarded by Rev. Fr.Abraham Kakkaniyil, the Asst. Vicar St.Augustine Forona Church, Ramapuram The inaugural session concluded at 11:00 a.m.

Following a tea break, coinciding with International Women's Day, the Biotechnology Association celebrated the occasion with a special message from Women's Cell Coordinator, Ms. Manesh Mathew. This was followed by a quiz related to Women's Day.

After a short break students engaged in various cultural activities and competitions, which concluded at 04:00 p.m.

#### National Seminar "BioNexus" Report

The Biotechnology Association organized a National Seminar, "BioNexus," on January 8, 2025. The seminar, themed "Biotechnology Breakthroughs Across Domains," drew participants from various colleges.

#### **Inaugural Session**

The event commenced at 10:30 a.m. with the inaugural session, presided over by Principal Dr. Joy Jacob. Dr. Guruvayoorappan C, Associate Professor of Cancer Research at the Regional Cancer Center, Trivandrum, inaugurated the seminar.

#### **Technical Sessions**

*The technical sessions began at 10:45 a.m. with three expert speakers:* 

1. Dr. Guruvayoorappan C presented on "Molecular and Cellular Basis of Cancer: An Overview," providing in-depth insights into cancer biology.

2. Dr. Umer Ali, Post-Doctoral Fellow at the Department of Pathogen Biology, RGCB, spoke on "Expanding Horizons of Virology: The Past, Present, and Future."

3. Dr. Girilal M, Former HOD of the Department of Food Technology, Saintgits College of Engineering, Pathamuttam, addressed "Food Safety: A Key Factor in Preventing Public Health Crises."

#### **Valedictory Function**

The technical sessions concluded with a valedictory function, where all participating students received certificates.





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# DEPARTMENT OF ELECTRONICS REPORT- KCS QUIZ COMPETITION OCTOBER 2024

Mr. K.C SHANMUKHAN was a former faculty of Dept. of Electronics. He was a source of inspiration to teachers as well as students. He joined KSEB in 1972. In 2002 at the time of his retirement he was chief engineer. The same year he joined Mar. Augusthinose College Ramapuram as a teacher. He was a treasure house of knowledge. He actively participated in all the activities of the college and was a role-model for many. On 30th October 2006 he passed away. The department of electronics conducts a quiz competition in his name every year to honour this great teacher.

The 19th K.C SHANMUKHAN MEMORIAL QUIZ COMPETITION 2024 was held on 22ND october 2024 at 10:00 A.M at college seminar hall. Mr.kishore,Mrs. Regina Sebastian (Asst.Professors, Dept.of Electronics) were the coordinators. 25 teams from various schools registered for the competition. All the teams competed in the preliminary round from which four teams were selected for the final round ...Mr. Kishore (Asst.Professor, Dept.of Electronics) was the quiz master.Winners of the competition were:

First Prize- Adhil Sony, Augustine Biju(St. Augustine's H.S.S Ramapuram)

Second Prize- Laurel Doji, Alan Saji(St. Augustine's H.S.S Ramapuram)

-Bhavusha Bhuvesh, Paul zac shan (MDSHSS Kottayam)

Consolation Prize-Ashwin R Nair, Aheen christy (Chavara CMI Public school, Amanakara)

College Manager Rev.Fr Berchmans Kunnumpuram distributed KC Shanmukhan memorial ever rolling trophy, cash prize of RS.3000/and certificates to first prize winners and certificates and cash prize of RS.1600/ to second prize winners during the prize distribution ceremony and was conducted just after the quiz competition. College principal Dr.Joy Jacob, Vice Principal Mrs.Siji Jacob, Dept.Head Shri. Abhilash V,Student Coordinators Anand S,Jeswin P K spoke a few words in the prize distribution ceremony.

The program came to an end at 1 pm with College Anthem.



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## ANNUAL REPORT OF MACCSA(MAR AUGUSTHINOSE COLLEGE COMPUTER SCIENCE ASSOCIATION)



The MACCSA inaugural ceremony was held in the college auditorium on Wednesday 23rd October 2024. Our chief guest Dr. Sr. Jinsi Jose, Head. Dept of Data Science, St. Joseph College, Moolamattom inaugurated MACCSA. Our manager distributed prizes for MAC-QUIZBRAIN 2023 winners Jiss Abraham and Mariya Basil. After the formal inauguration, seminar on the topic "From Data to Insights: Strategies and Techniques" was presented by Sr. Jinsi Jose.



ZEST 25 (Association Day) was conducted on 1st February 2025 in the college auditorium. The cultural programme started after the principal's message with a dance performance by Le Shuffle Dojo Dance Company. Variety programmes – Dances, Songs, Mime and Skit – were presented by the department students



### REPORT ON THE INAUGURATION OF THE MANAGEMENT ASSOCIATION

#### Flash 2024

The much-anticipated inauguration of the Management Association, titled "Flash 2024," was held at the college auditorium on September 11, 2024. This event marked the beginning of a new chapter for aspiring management enthusiasts. The program was graced by the presence of esteemed guest Mr. Jebi K John, Managing Director of Qatar Tech., as well as the participation of the college principal, Dr. Joy Jacob, Rev. Fr. Berchmans Kunnumpuram the Manager, and the Head of Department (HOD) Miss Lincy Antony. There was an alumni talk by two prestigious alumnis of Mar Augusthinose College, Ramapuram. They are, Mr. Eldhos Peter (Senior Manager, South Indian Bank Ltd.) and Jeffin Bijoy (Fashion photographer and Photo journalist). Their words provide valuable insights to the students. Event Commencement:

The event commenced promptly at 1:30 PM, as students and faculty members filled the auditorium with an atmosphere of enthusiasm and anticipation. The auditorium was beautifully decorated with banners and posters depicting the theme of Flash 2024, which was all about innovation and agility in the field of management.

Welcome Address: The event began with a warm welcome address by Miss Dhanya S Namboothiri, faculty coordinator of Management Association, who expressed her excitement about the formation of the Management Association. She emphasized the importance of fostering leadership and management skills among students, preparing them for the challenges of the corporate world. Guest Speaker: Mr. Jebi K John the guest of honors, took the stage to share his valuable insights and experiences. He delivered an inspiring speech that centered on the theme of adaptability and innovation in the ever-evolving business landscape. Mr. Jebi K John shared his journey from being a management enthusiast to becoming the Managing Director of a successful company. His anecdotes and wisdom left the audience deeply motivated.

Inauguration Ceremony:Following the guest speaker's address, a ceremonial lamp lighting marked the official inauguration of the Management Association - Flash 2024. The management team ,along with Mr. Jebi K John, Dr. Jacob and Rev. Fr. Berchmans Kunnumpurath, were participated in the lamp lighting ceremony. This moment symbolized the beginning of a journey toward excellence in management. Felicitation and Acknowledgments:The event organisers took the opportunity to acknowledge the support and presence of all HOD and faculty members. They expressed their gratitude to Mr. Jebi K John for takingtime out of his busy schedule to be a part of the inauguration.

#### Flash 2K25: A Celebration of Cultural Excellence and Fashion Flair

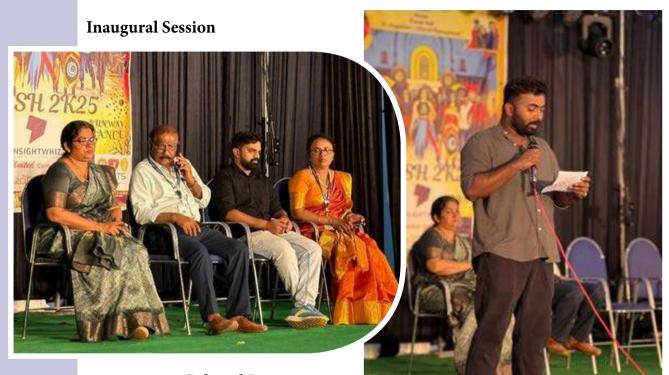
The Department of Management Studies at Mar Augusthinose College, Ramapuram, proudly hosted Flash 2K25, a cultural day celebration exclusively for management students, accompanied by a fashion show that brought together students from the entire college. This vibrant event, held on 31st January 2025, aimed to foster a sense of community, creativity, and selfexpression among students. The cultural day festivities provided a platform for management students to showcase their talents, while the fashion show, "Runway Radiance," conducted by Magic Tails Fashion India under the guidance of Mr. Amal Mohan, Managing Director, offered a unique opportunity for students to strut their stuff on the ramp.

Inaugural ceremony: The inaugural session of Flash 2K25 was graced by the presence of Dr. Joy Jacob, Principal, Mar Augusthinose College, who officially inaugurated the event. He was accompanied by Mrs. Siji Jacob, Vice Principal, and Mrs. Linsy Antony, Head of the Department of Management Studies, along with other dignitaries. Cultural Day Celebrations: Management Day The morning session of Flash 2K25 commenced with the Management Day celebrations, an exclusive event for students of the Department of Management Studies. This cultural extravaganza showcased the diverse talents of management students, providing a platform for them to demonstrate their skills and creativity. The Management Day celebrations featured thrilling dance and music performances that showcased the students' talents. The students' energetic dance movements and melodious voices kept the audience engaged and entertained. The entire program was coordinated by the Department of Management Studies. Fashion Show: "Runway Radiance" The highlight of Flash 2K25 was the fashion show, "Runway Radiance," which took place in the afternoon session. The event was conducted by Magic Tails Fashion India, a renowned fashion organization, under the leadership of Mr. Amal Mohan, Managing Director. The fashion show featured students from various departments of the college, who walked the ramp with confidence and poise. The fashion show was preceded by an audition process, which took place on 15th January 2025. Approximately 80 students participated in the audition, showcasing their modelling skills and talent. The audition was judged by an esteemed panel, consisting of Anna Chacko, Actress and Model; Ritu Sarangi, Managing Director, Trivandrum Fashion Model; and Anu Athul John, CEO, Amrutha Fashion Hub. After a rigorous selection process, 26 students were selected to participate in the fashion show. The selected students underwent training and preparation to hone their modeling skills and prepare for the fashion show. The training sessions were conducted by experienced professionals from Magic Tails Fashion India, who provided guidance and mentorship to the students.

Organising Team: The success of Flash 2K25 was made possible by the collective efforts of the organising team, which consisted of: Mrs. Dhanya S. Namboodiri (Management Association President) Faculty members Student coordinators Non-teaching staff Their tireless efforts and dedication ensured the smooth execution of the event. Flash 2K25 was a resounding success, providing a platform for students to showcase their talents, creativity, and self-expression. The event was a celebration of cultural excellence and fashion flair, bringing together students from various departments of the college. We look forward to hosting similar events in the future, providing opportunities for students to showcase their talents to showcase their talents to showcase their students to showcase their students for students for students of the college. We look forward to hosting similar events in the future, providing opportunities for students to showcase their talents and creativity



#### Flash 2K25: A Visual Journey



**Cultural Programs** 







## Fashion Show







### REPORT ON TINTECHS SEMINAR



The two-day seminar, "TINTECHS," organized by the Department of Commerce, Management Studies, and English of Mar Augusthinose College, Ramapuram, on November 14th and 15th, 2024, was a remarkable initiative aimed at equipping plus two students with knowledge and insights into entrepreneurship, innovation, and diverse academic and career opportunities. The seminar took place at the college auditorium, witnessing the enthusiastic participation of 100 students from various institutions. The event was designed to foster a spirit of creativity, innovation, and entrepreneurial thinking among young students. With expertled sessions and interactive discussions, TINTECHS provided a platform to broaden the horizons of participants, empowering them to explore new possibilities in commerce, management, and humanities.

Day 1: November 14, 2024



Inaugural Session

The inaugural session, held from 10:00 AM to 11:00 AM, was marked by a series of addresses by distinguished guests and academicians.Welcome Speech by Dr. Joy Jacob, Principal of Mar Augusthinose College, Ramapuram, extended a warm welcome to the participants, faculty, and guests, emphasizing the importance of entrepreneurship and innovation in today's competitive world.Presidential Address by Rev. Fr. Berchmans Kunnumpuram, Manager of the college, delivered the presidential address, underlining the institution's commitment to fostering an entrepreneurial spirit among students.Inaugural Address by The official inauguration was led by Rev. Dr. James John Mangalath, Director of SJCET Pala, who encouraged students to embrace innovation as a tool for success.Felicitation by Sri. Sabu Mathew, Principal of St. Augustine's HSS, Ramapuram, extended his best



wishes and congratulated the organizers for conducting such a valuable seminar.Vote of Thanks: Rev. Dr. Bobby John, Assistant Professor at Mar Augusthinose College, expressed gratitude to all dignitaries and participants for their presence.

Session II: "Moulding the Mind: The Fuel to Entrepreneurial Innovation"

From 11:15 AM to 12:30 PM, Sri. Lorance Mathew, Assistant District Industries Officer, Kottayam, delivered an insightful session on entrepreneurial innovation. He emphasized the significance of cultivating a growth mindset and taking calculated risks in business ventures.

Session III: "Innovation and Creativity in Entrepreneurship"

From 1:15 PM to 2:45 PM, Samson Thomas, MBA, Dean of Corporate Affairs at Marian International Institute of Management, spoke about the role of creativity in entrepreneurship. He shared inspiring case studies of successful entrepreneurs who leveraged innovation to build successful businesses.

Session IV: "Innovative Idea Writing in Entrepreneurship"

The final session of the day, from 3:00 PM to 3:45 PM, focused on idea generation and business proposal writing. The interactive workshop guided students in structuring and presenting their innovative ideas effectively. Day 2: November 15, 2024

Session V: "Opportunities and Challenges in Entrepreneurial Innovation"

The second day commenced at 10:00 AM with a session led by Tony Joseph, Managing Director of Shine Home Styles, Ernakulam. He shared real-life challenges faced by entrepreneurs and strategies to overcome them.

Session VI: "Diverse Avenues in Commerce and Humanities"

From 11:15 AM to 12:45 PM, Dr. T. M. Joseph, Principal of Mount Carmel College, Kothamangalam, conducted an enlightening session on career opportunities in commerce and humanities, highlighting emerging fields and the importance of interdisciplinary learning.

Presentation of Selected Innovative Idea Writing

From 1:45 PM to 2:45 PM, selected participants had the opportunity to present their innovative business ideas to a panel of experts, including Dr. Sajeshkumar N. K. and Abhilash V. The feedback and discussions that followed encouraged students to refine and develop their ideas further.

### Alumni Meet and 25<sup>th</sup> Anniversary Celebration of 1996-99 Batch



he Alumni Association of Mar **L** Augusthinose College, Ramapuram, organized a memorable Alumni Meet on 27th July 2024 at the college auditorium. The event was specially dedicated to honoring the students and staff of the 1996-99 batch, commemorating 25 years since their graduation. The gathering witnessed enthusiastic participation from alumni, faculty, and dignitaries.

The program commenced at 2:30 PM with a prayer led by Ms. Sandhya R. Nair, setting a solemn and nostalgic tone for the event. This was followed by a warm welcome speech delivered by Mr. Sanju Nedumkunnel, President of the Alumni Association, who extended heartfelt greetings to all attendees.

Rev. Fr. Berchmans Kunnumpuram, Manager of Mar Augusthinose College, delivered the presidential address, emphasizing the importance of alumni engagement in the growth and development of the institution. The formal inauguration was conducted by Dr. Joy Jacob, Principal of Mar Augusthinose College, who appreciated the contributions of the alumni and encouraged their continued support.

Mr. Arun K Abraham, Secretary of the Alumni Association, presented the association's report, highlighting past activities and future plans to strengthen alumni relations. The highlight of the event was the cake-cutting ceremony, symbolizing the silver jubilee milestone, followed by the distribution of mementos to the esteemed faculty who served during the 1996-99 period, including former Principal Dr. Joseph V.J.

Dr. Joseph V.J., former Principal of Mar Augusthinose College, delivered a touching felicitation speech, reminiscing about the college's growth over the years and the significant role of alumni in shaping its legacy. Subsequently, mementos were distributed to the 1996-99 batch students in recognition of their achievements and contributions.

Further felicitation speeches were deliv-

ered by prominent alumni members, Mr. Avarachan John (BCA 1996-99) and Mr. Deepu Scaria (BBA 1996-99), who shared their experiences and expressed gratitude towards their alma mater. The event also included an election for alumni association representatives, ensuring continued leadership and active participation in future initiatives.

The event saw an overwhelming response, with around 100 alumni joining the meeting. Notably, approximately 50 students from the second batch participated, further strengthening the spirit of camaraderie and nostalgia.

The vote of thanks was delivered by Mr. Jaison C.S. (BSc. Electronics 1996-99), who expressed appreciation to all dignitaries, faculty, and alumni for their presence and support in making the event successful. The program concluded with an engaging experience-sharing session by alumni, followed by refreshments, allowing for informal interactions and networking.

The Alumni Meet of 2024 was a resounding success, reinforcing the strong bond between Mar Augusthinose College and its



Rank Holders' Meet and Inauguration of Pearl Jubilee Celebrations

alumni while celebrating a remarkable journey of 25 years.

On 28th February 2025, the Alumni Association of Mar Augusthinose College organized a grand Rank Holders' Meet to mark the beginning of the Pearl Jubilee celebrations. The college honored 110 rank holders who secured first, second, and third ranks since its inception in 1995, further enhancing its academic reputation.

Following the victory celebration ceremony, a two-hour-long cultural extravaganza was staged, featuring a mesmerizing musical feast and dance performances showcasing the diverse cultural art forms from various states of India.

The function was presided over by College Manager Rev. Fr. Berkmans Kunnumpuram. The Pearl Jubilee celebrations were officially inaugurated by Dr. K.C. Sunny, former Vice Chancellor of the National University of Advanced Legal Studies. Dr. Bismi Gopalakrishnan, Registrar of MG University, delivered an insightful keynote address. The gathering was also graced by Ramapuram Grama Panchayat President Lisamma Mathachan and Vice President Sunny Porunnakott, who extended their greetings.

A notable moment in the event was the felicitation of Rinsi Cyriac, who was recognized as the best village officer in Kottayam District. Additionally, the college took the opportunity to honor those who achieved outstanding academic results at the university and college levels.

Several dignitaries, including Principal Dr. Joy Jacob, Vice Principals Fr. Joseph Alencheril and Siji Jacob, College Chairman Doyel Augustine, and Ajay Isaac, the representative of rank winners, delivered speeches, appreciating the achievements of the students and alumni.

The Rank Holders' Meet and the Pearl Jubilee celebrations stood as a testament to the college's dedication to academic excellence and cultural enrichment. The event concluded on a high note, leaving behind a legacy of inspiration and pride for the institution and its alumni.

### THE NATIONAL SEMINAR ON "RECENT DEVELOPMENTS IN SYNTHETIC BIOLOGY: SOCIAL AND ETHICAL IMPLICATIONS"

The National Seminar on "Recent Developments in Synthetic Biology: Social and Ethical Implications" was held on the 4th and 5th of July, 2024, at Mar Augusthinose College, Ramapuram. Sponsored by the Indian Institute of Science and Religion, New Delhi, the event provided a platform for experts, scholars, and students to explore the advancements in synthetic biology, its societal impact, and ethical dilemmas. The seminar honored the legacy of Rev. Dr. K.M. Mathew Koyippally, a pioneering scientist.

Inauguration of the National Seminar by Dr. K. K. Jose, Director School of Mathematics and Statistics, MG University Kottayam



The seminar aimed to examine theological perspectives on synthetic biology, analyze ethical concerns including safety and equity, foster interdisciplinary collaboration among experts, enhance public awareness regarding synthetic biology, and acknowledge the contributions of late Prof. Mathew Koyapallil, SJ. The sessions covered various aspects, starting with religious and ethical perspectives, where Rev. Dr. Job Kozhamthadam explored theological concerns, comparing synthetic biology to "playing God," while discussing ethical considerations such as genetic modification, cloning, and biosecurity. Dr. Anju T.R. focused on the ethical framework, emphasizing responsible innovation in medicine, agriculture, and industry, highlighting environmental risks, social inequality, and genetic privacy.

Dr. Radhakrishnan E.K. addressed safety, risks, and regulation, discussing biosecurity, containment strategies, and environmental monitoring, along with concerns over synthetic biology's potential misuse in bioterrorism. Prof. Dr. ScariaKanniyakonil presented religious responses to synthetic biology, debating perspectives on gene editing and human dignity, with concerns about modifying life forms beyond divine intention. Rev. Dr. S. Ignacimuthu, S.J., explored human genetic engineering and ethical implications, analyzing



genome editing technologies like CRISPR, weighing genetic enhancements versus therapeutic applications.

#### Speakers in various sessions

The seminar successfully facilitated meaningful discussions on the promises and risks of synthetic biology. Participants gained insights into its ethical, religious, and scientific dimensions. The need for global regulations, responsible research, and interdisciplinary collaboration emphasized. The event was underscored the importance of balancing innovation with ethical stewardship, ensuring synthetic biology advances responsibly for societal benefit.

### MAC SPECTRA 2024

THE ALL KERALA MULTIFACETED FEST for the Senior Secondary students is a testament to the vibrant energy and creative prowess of senior Secondary students. It is the maiden venture of Mar Augusthinose College Ramapuram. Unlike the normal run of college fests, MAC SPECTRA reaches out to senior Secondary students. The event brings together young minds from various schools to showcase their talents and compete in a plethora of captivating competitions with attractive cash prizes and the allureof the ever-rolling trophy instituted by MAC's former Principal, Prof. Mathew T Matheikal. MAC SPECTRA is a symbol of excellence and camaraderie among the youth.

The grand celebration of knowledge and talent, MAC Spectra(An All Kerala Senior Secondary Fest 2024) systematically executed in Mar Augusthinose College on 18/10/2024. The winners of this fest St. Augusthine's H.S.S Ramapuram awarded Prof. Mathew T. Matheikal Ever rolling Trophy.

#### **Competitions organized**

1. 'Technova'to enhance creative ideation among students.It is coordinated by Computer Science Department in collaboration with Electronics Department.

2. 'Bioquest' a memory challenge competition regulated by Department of Biotechnology.

3. 'Spellathon'a game to investigate English language skills and proficiency managed by Dept. of English.

- 4. 'Corporate Conquest, arranged by Dept.of Management Studies.
- 5. 'Write to fly'a content writing competition structured by Dept.of Social Work.
- 6. 'Treasure Hunt' organized by Dept.of Commerce.
- 7. 'Fives Foot ball'

Winners of each contest awarded with first prizeofRs.4,000/-,secondprizeofRs. 2,000/and third prizeof Rs.1,000/-except for the competition'Treasure Hunt' with first prize of Rs. 6,000/- Sponsored by Mr. Devnath G. MAC Alumni.

The MAC SPECTRA commenced with an Inaugural Ceremony at 10 AM in the Auditorium.

College Principal Dr. Joy Jacob welcomed the "Mass gathering" of Higher Secondary student participants and delegates in the Auditorium.

College Manager Rev. Fr. Berchmans Kunnumpuram presided over the meeting. Rev. Fr. Recollected the memories of Abel a famous Nobel prize winner in Mathematicswho done his research at the age of adolescence.

He encouraged the students to do investigation and research at the early phaseof life time.

Pala diocese cooperate secretary Rev. Fr. George Pullukala inaugurated MAC Spectra by lighting the lamp of knowledge & talent. He appreciated the students for their active participation and the college for organizing the event.

College Vice Principal& Program coordinator Mrs. Siji Jacob described general guidelines regarding each competition and expressed warmest wishes for competitions filled with sportsman spirit.

MAC student volunteers guided the competitors to their respective contest location and all the competitions started exactly at 10.45 am.

During his presidential address Rev. Fr. Mentioned about the relevance of teaching &learning Japanese Language and revealed the plans to implement it in our campus. He also expressed his sincere thanks to allteachersfromvariousschools who took special interest to bring their students to this MAC Spectra.

Principal Dr. Joy Jacob congratulated all winners and reminded them to take a proper right decision regarding highereducation after +2 without considering peer pressure and trend.

College Principal announced the overall championship - St. Augustine's HSS Ramapuram and the winner students received the Prof. Mathew Matheikal Trophy with big applause.

The meeting came to an end at 4pm followed by a photo session.



#### MAR AUGUSTHINOSE COLLEGE RAMAPURAM DEPARTMENT OF SCIENCE AND TECHNOLOGY (DST) INSPIRE INTERNSHIP SCIENCE CAMP 2024

**Department of Science and Technology (DST)** sponsored **Inspire Internship Science Camp** was held from **23.09.2024 to 27.09.2024** at Mar Augusthinose College, Ramapuram, Kottayam Dt, Kerala 686576, a NAAC accredited 'A' grade college, affiliated with MG University Kottayam. At the outset itself, we take this opportunity to thank **The Department of Science and Technology** for sanctioning this much coveted INSPIRE Internship programme to our college, a college set against a georgic milieu. It is the first camp ever conducted in a rural community, the Ramapuram village.

Upon receiving the sanction order from the DST, wide publicity about the programme was given through the news papers. We convened a Press cum channel meet at Palai to publicize the camp throughout Kerala. We also convened a meeting of Higher Secondary Principals in Kottayam district to conscientize them of the significance of INSPIRE science camp. In addition, the college deputed different teams of faculty members to various Higher Secondary schools in Kottayam and neighbouring districts. More than 50 schools were visited by the faculty. In each school, the authorities assembled XI class students with 97% and above marks in their X class to make them aware of the importance of DST sponsored Inspire Internship Programme. The prepared brochures and postures on INSPIRE were distributed among the students. The college also composed and released a **THEME SONG** for the DST INSPIRE Science camp. Later we submitted the theme song to the DST for their suggestion. We are indeed elated to announce that the DST has taken up our theme song for all its future INSPIRE camps. We also interacted with managements of all higher secondary schools so as to motivate their students to participate in this programme. We also made available the online application in the DST format to all the eligible candidates for registration.

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In response to our wide publicity in the media and interaction with students of Class XI, 170 students, who fulfilled the eligibility criterion stipulated by DST, submitted their applications in the DST format showing their interest in joining this programme. We prepared a short list of the received applications on the basis of their class X marks. The first 150 eligible short-listed candidates were intimated about their selection to the camp through their mobile. The remaining eligible candidates in the short list were wait listed and intimated the same to the candidates through their mobile. A list of selected candidates, wait listed candidates and the procedures to be followed during the entire camp was also sent to the managements of various schools. We also formed the WhatsApp groups of both the candidates and their parents to send them instructions from time to time.

Meanwhile, the Principal of the College Dr. Joy Jacob and the Programme Coordinator Dr. Sajeshkumar N.K assembled the faculty members of all the Science Departments of the college to discuss the conduct of DST sponsored Inspire Internship Science Camp. In this meeting various committees were formed for the smooth running of the programme. The Principal and the Coordinator decided to select 12 best students of the institution as Student Mentors, who would guide and lead the camp interns during the camp.

We communicated with the Academic Mentors selected for the camp and approved by the DST over mobile and through their email IDs and invited them to interact with the participants as mentors in the forenoon academic sessions. **8 mentors** responded positively to be present for the different sessions from 23/9 to 27.09.2024. **Out of the 9 sessions, two sessions were earmarked for Institutional Visit.** 

#### INAUGURAL SESSION

The official inauguration of the 5-day INSPIRE Internship Science Camp commenced at 9:30 am. In the meeting presided over by the college Manager, **Rev. Fr. Berchmans Kunnumpuram**, the chief guest **Dr. Babu K Joseph**, the former Vice Chancellor of CUSAT (Cochin University of Science and Technology) delivered the key note address and **Mar Joseph Kallarangattu**, the Bishop of Palai, officially inaugurated the camp by lighting the lamp. **The Principal** welcomed the gathering and the Coordinator explained to the interns about DST and INSPIRE. He briefly enlightened the interns about the funding agency, DST, and its aim in promoting and igniting deep curiosity for STEM Subjects. He explicated the difference between an IT professional and an academician with some examples. Vice Principal **Ms Siji Jacob** felicitated the gathering and Vice Principal **Rev. Fr. Joseph Alenchery** proposed the vote of thanks. The inaugural session commenced with the **DST-INSPIRE Theme Song** composed by the college and ended at 11:00 AM with the

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The mentors who handled different academic sessions were: Dr. R. Ramaraj, Prof Dr. T. J Pandian, Prof Dr. K. Kumaraswamy, Dr. M. Lakshamanan, Prof Dr. C.R. Dhanya, Prof. Dr. K.N. Raghavan and Prof Dr. G. Ambika. The college also arranged eminent and erudite personal, besides the mentors, from varied realms of knowledge to interact with the camp interns between 6:00 PM & 7:30 PM followed by the pre dinner session to assess the day's activities and discuss the following day's procedures. The evening interactive sessions were engaged by Dr. Ebin Deny Raj Dean, IIIT Kottayam, Prof. Dr. Beena Mathew, Dean School of Chemical Sciences, MG University, Kottayam, Dr. George Varghese Njarakunnel, the former Manager, Dr. Stany Thomas, Member, Kerala Public Service Commission, Dr. Joseph Thadathil, Syncellus, Diocese of Pala, Dr Prof. V.P Devassia, Principal St Joseph's Engineering College, Pala and Dr. Betty Varghese, Gynecologist, Mar Sleeva Medicity, Pala.

In the evening on 25.09.2024 the interns had the rare opportunity to watch the stars and constellations through high density microscopes. **The Break-Through Science Society, Kottayam Chapter: Learning Science through Experiments**, came to the campus with their sophisticated equipments for Sky Watch. This novel venture was a new experience to the interns.

On 26.09.2024 all the interns were taken on INSTITUTIONAL VISIT to the **IIIT Kottayam**, an institute 10 KM away from the college. The interns were accompanied by student mentors and faculty members. They reached the venue at 10 am. The IIIT authorities conducted the interns on a tour of the campus and especially their highly sophisticated and modernized laboratories. After the tour of the campus the registrar of IIIT addressed the interns in the central hall briefing them about the programmes conducted at IIIT, prospectus in Science and the process of admission to IITs, IIITs and NITs. No interns of the camp had ever visited an IIIT or IIT in their life. The fantabulous experience at IIIT further triggered their interest to pursue programmes in science and seek careers in engineering and technology.



Valedictory session

#### VALEDICTORY SESSION

The Valedictory session kicked off at 4:30 pm on 27.09.2024. In the meeting presided over by our Manager, Rev. Fr. Berchmans Kunnumpuram, Prof.Dr. C.T. Aravindkumar, the honourable Vice Chancellor of Mahatma Gandhi University Kottayam, delivered the Valedictory address and Dr. Tamana Arora, Scientist 'C', DST felicitated the gathering. A number of students came up to the stage to express their experience, views and opinions about the 5-day camp. They appreciated the efforts of the organizers for providing excellent mentor sessions, exciting hands on experimentation sessions and very good boarding and lodging facilities throughout the camp.

The students expressed their wish that the camp should be extended to another five days. To the question raised by Dr. Tamanna Arora, the students in unison replied that they do not wish to go back to their respective schools from such a camp that provided them so much knowledge and experience. Dr. Joy Jacob, the Principal welcomed the gathering and Dr. Sajeshkumar N K, the Coordinator proposed the Vote of thanks. The Vice Chancellor distributed the camp certificates, Science Kit and the Prizes for the best 20 innovative projects to the interns.

After completion of the distribution of certificates to the students, the Principal of the College thanked the DST for sanctioning the INSPIRE project to Mar Augusthinose College, and handed over the theme song on DST INSPIRE composed by the college to Dr Tamana Arora and appreciated their gesture in accepting the theme song for DST INSPIRE programmes. Indeed, Mar Augusthinose College is honoured by the DST by this act. The Principal congratulated the Coordinator, Dr. Sajeshkumar N K, the staff of MAC and the student volunteers who had toiled laboriously during these 5 days to make the camp a resounding success. The camp interns, though reluctant to leave the camp departed with high contentment expressing their gratitude to DST and the College for organizing such a camp where the "World of Wonders" was unveiled before them.



## തുമഴ

കാർമുകിൽമിഴിചാരെ കളമൊഴിശബ്ദമായി.. കനവതിൽപെയ്യുമാ കനമെഴുംമഴതന്നിൽ, പതിവായ് നനഞ്ഞൊരാ പകലുകൾഓർക്കവേ പതിയെവിതുമ്പിയോ പഴമൊഴിതിങ്കളും. തനിയെവിരിഞ്ഞാരാ താമരപ്പൂവുതൻ തേനിളംഇതളുകൾ തനിയെകുതിർന്നതോ ? മഴമേഘമണയുമ്പോൾ മാനമാകെകുളിർകാറ്റായ് മാരുതൻഎത്തവേ മാഞ്ഞുവോസന്ധ്യയും ? വർണ്ണങ്ങൾമങ്ങിയും വാനംകലങ്ങിയും വന്നുനിന്നെൻമുമ്പിൽ വർഷംചൊരിയവേ ഉയിരായിഉണർവായി ഉയരുമെൻചിന്തയിൽ ഉറങ്ങാതെചേറുമോ.. ഉന്മേഷ തുമഴ!



**Anjaly M** I MA HRM (2024-'26)

## HABITS

Habits are regular practices or behaviors that we perform automatically. This play significant roles in our daily lives, influencing how we think act and respond to various situations. Habits are formed through repetition and are reinforced by their outcomes, either positive or negative. Habits can be separated into two types:

Good habits: These are constructive the behaviors ,that contribute to personal growth, health, and success, such as exercising, eating healthily, deep learning, or practicing gratitude. Bad habits: These are the things that can hinder progress or have negative consequences, such as procrastination, overeating or smoking.

Habits are like the atoms of our lives. Each one is fundamental unit that contributes to your overall improvement. At first, these tiny routines seem insignificant, but soon build on each other and fuel bigger wins that multiply to a degree that far outweighs the cost of their initial investment. If you want achieve a goals, forget about goals, focus on system instead. What's the difference between systems and goals? Goals are about the results you want to achieve. Systems are about the processes that lead to those results. If you're a coach, your goal might be to win a championship. Your system is the way you recruit players, manage your assistant coaches, and conduct practice.

Goals are good for setting a direction, but systems are best for making progress. A handful of problems arise when you spend too much time thinking about your goals and not enough time designing your systems. Winners and losers have the same goals: Goal setting suffers from a serious case of survivorship bias. We concentrate on the people who end up winning the survivors and mistakenly assume that ambi-

#### **Geo Sunil** II BCA (2023-26)

tious goals led to their success while overlooking all of the people who had the same objective but didn't succeed.



Every candidate wants to get the job. And ,if successful and unsuccessful people share the same goals, then the goal cannot be what differentiates the winners from the losers. The goal had always been there. It was only when they implemented a system of continuous small improvements that they achieved a different outcome.

Achieving a goal is only a momentary change: imagine you have a messy room and you set a goal to clean it. You summon the energy to tidy up, then you will have a clean room for now. But if you maintain the same sloppy, pack rat habits the led to a messy room in the first place, soon you'll be looking at a new pile of clutter and hoping for another burst motivation. Achieving a goal only changes your life for the moment.

Goals restrict your happiness: Once i reach my goal, then i'll be happy." The problem with a goals first mentality is that you're continually putting happiness off until the next milestone. Goals create an "either-or" conflict: either you achieve your goal and are successful or you fail and you are the disappointment. Goals are at odds with long term progress: A goal-oriented mindset can create a "yo-yo" effect. Many runners work hard for months, but as soon as they cross the finish line, they stop training. The race is longer. The race is no longer there to motivate them. True longterm thinking is goal-less thinking. It's not about any single accomplishment

If you're having trouble changing your habits, the problem isn't you. The problem is your system . Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change.



### ജീവന്റെ ഫ്പടികാരം

anno

ആരിവൾ കരുത്തേകുന്നു ... ജന്മഭൂവിന്റെ കുളിർമേയോ... കുളിരരുവിയോ.... താളമയത്തോടെ ആകർഷിച്ചിരിക്കുന്നിയവൾ... മണ്ണിന്നിവളെന്നും ഓമന

കാലമാകുന്ന ഘടികാരത്തിന്റെ മകളായ് പിറന്നീടും, നാടിനോ... നന്ദിക്കോ... കാവലായ് വളർന്നീടും

ജീവജാലങ്ങൾക്കുറവിടമായി നീ ആ...കർഷിച്ചീടും ചില്ലുകണ്ണാടിയാം ഗോപുരമുദ്രപോൽ, പതിച്ചീടും.. കണികകൾ... വരവിനായി കാത്തുനിൽക്കും അവളുടെ പൈതങ്ങൾ..... വൈകിടുന്നു നീ ഇന്നും ... കാഴ്ചയിൽ നീ എന്നും മനോഹരി വൈകാര്യ നിമിഷങ്ങളെ ഉണർത്തീടുവാൻ സ്വപ്നങ്ങളെ ദർശിച്ചീടുവാൻ നീ വെളിച്ചമായിടീലും.... കാലമേ... നിൻമുഖമിന്നും, സുഖ ദുഖ മുണർത്തീടും ഇച്ഛയാൽ നേരിടും നിന്നടെ തെളിവയെ... നീ വന്ന് പിറന്നീടും മണ്ണിന്റെ സുഗന്ധത്തെ

നീയാൻ തഴുകപ്പെടും ഭരിതാഭങ്ങളെ.... മരണമാകുന്ന കാലത്തെ തകർത്തീടും നിശ്വാസ ഗന്ധത്തെ ചെറുത്തീടും നിന്നുടെ മഹിമയോ... നിന്നുടെ ജീവനോ... തെളി നീരായ് ഇന്നിവിടെ പതിച്ചിടും... നീയായ് പൊഴിച്ചീടും കണ്ണീർ കണങ്ങളെ... നന്നുടെ വൈകാര്യപ്രദയെ ഇളത്തിടുന്നു... നിന്നെ വധിച്ചീടും ദുഷ്പ്രവൃത്തികളെ... നീയായ് ചെറുത്തീടിലും... വിദ്യായയാൽ....

ഒഴുകി അലയടിച്ചടുക്കുന്ന സമുദ്രത്തിലോ... നീരുറവകയിലോ...

ജീവജലമായോ... നീയൊരു റാണിയായ് വാഴുമീ അമ്മയാകും ഭൂമിയിൽ...

#### **Gopika Mohanan** III BSc BT (2022-25)



മക്കളെ നിന്റെ വരവിനെ...

ഒത്തിരുനാസ്വദിക്കും മാനവംശം ഇന്നവർ നിന്നലെ അഭംഗിയെ കാണുന്നു... അന്നവർ നിന്നിലെ അഭംഗിയെ കാണുന്നു....

വെള്ളിനൂലൂപോൽ ജ്വലിക്കും.... നിന്നുടെ ആകൃതി ശോളമായ് വന്ന് പതിക്കുന്നീ പരാതാതിയിൽ... കാഴ്ചയിൽ നീ ഒരു ജീവനാകുന്നു... മഴയാക് പെയ്തു നീ... അലിഞ്ഞുചേർന്നീടും ആരിലെന്നറിയാതെ... ആരെയും കൊതിപ്പിക്കുന്നിവൾ ഹൃദയത്തെയോ മിഴിക്കളെയോ അറിഞ്ഞിടുന്നു... പ്രണയമാകുന്നു അരുവരിൽ നീ ഒരു, പുതുമയെ ഉണർത്തിടുക്കിലും... നിന്നുടെ കൂട്ടായ വന്നുചേരുന്ന ഉരുളിമയിൽ, മിന്നിലിന്റെ, താളമയം നിന്നെ അറിയിക്കുന്നു.... ഇളംകാറ്റാൽ തഴുകിവരുന്ന നിന്നെ തുടുത്തറിയുന്ന നിന്നുടെ ആദരങ്ങളെ നീയായ് അറിയിക്കുന്ന.... ഇരുവരുടെ പ്രണയലീലകൾ... നിന്നിലെ പ്രണയത്തെ അറിഞ്ഞിടുന്ന നാൾവരെ... ചേർന്നു കാണുന്ന, ഇരു ഹൃദയങ്ങളെ ...പ്രണയമോ... പ്രണയിതാക്കളോ... ഇവർ... നീയായ് കരുതും വരെ.... നീ എന്നും ജീവനാംശമായി വളർന്നിട്ടും... കാലമാകുന്ന സമയമെ... മുന്നായി... കണ്ടി നിന്നുടെ വരവുകൾ..... സ്വയം.. അറിഞ്ഞീടുകിൽ നിന്നുടെ... ഭംഗിയുടെ നിന്നുടെ ഗോദയെ.... വരും കാലത്തിൽ നീയൊരു... പ്രതിബിംബമായ് മാറുകിൽ... നന്മയെ ഉണർത്തുവാൻ....

## HER SMILE

Johan Jacob II BSc. BT (2023-26)

She smiled at me!! My heart blossomed into a thousand splendid flowers, A million sunsets could never rival the beauty. I saw those lips curve and I'd die to see it a thousand times over For a moment all place and purpose was lost-The overbearing ecstasy of those eyes, how could I not lose myself in them? Like a song put on rewind, my heart plays it over and over. They don't exhaust me, they don't tire me, All that is left is a desire for more. But each time I see her in my heart, Those moments seem to blur away, except for her smile And how my eyes met hers and hers met mine And it keeps me wondering Why is that when I decide to forget When all my heart screams that she can never be mine Why then would such moments come by To remind me that forgetting is impossible That love is like a fire that can't be put out It must burn, burn slowly but steadily Until it dies out, consuming you and everything you are.

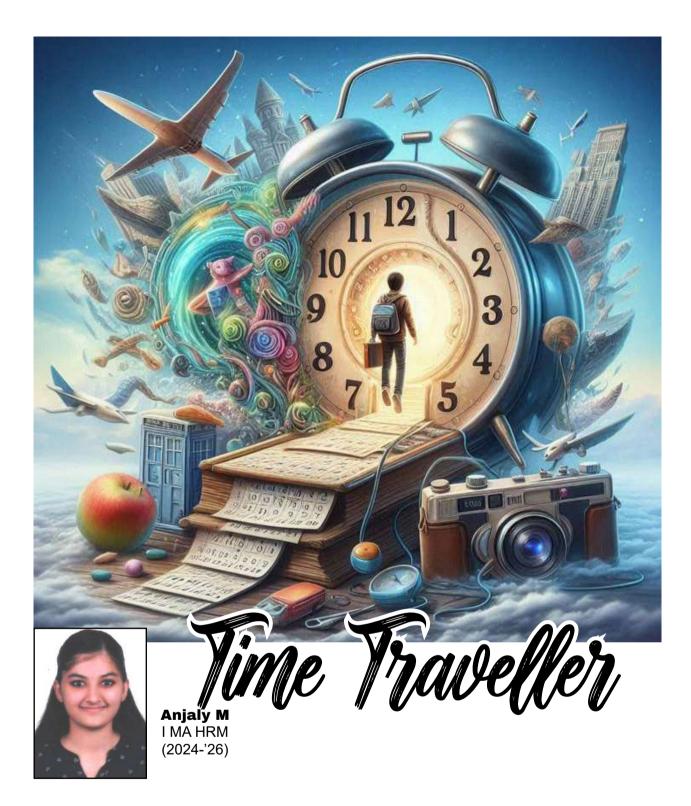


## The Echo of Love

I walk through these streets where echoes stay, Footsteps fading, night and day. Once, laughter filled the air so bright, Now silence hums beneath the light. I loved them all my heart was wide, A home for friends who stood beside. Family warmth, a lover's grace, Each left their mark, time won't erase. Yet seasons shift, and tides must turn, The fire dims but still can burn. One by one, they slipped away. Like autumn leaves in winds of gray. No bitter word, no door was slammed, Just time that wrote with unseen hands. Paths diverged, as fate designed, Leaving me with thoughts confined. But love's not lost, it lingers near, In whispered winds, in every tear. I hold them close in quiet dreams, Where memory glows in silver beams.



Amrutha Babu II BCA (2023-26)



The sky is decorated with stars, twinkling. The trees on either side of the road stretches"like maps to reach heaven. The only soul awake in the street was Reena, surrounded by "total emptiness. "Reena is wearing an old fashioned European skirt and shirt, and wore a long sweater"over it. She had a black handbag and a pink hat. Her outfit is almost like a European"lady, but she was not. She is a middle aged Indian housewife, who have got a weird wish"or desire."The road was covered with withered leaves, like the withered flowers on a coffin. Reena"walked through the street, figuring out the way forward. She is going to the lab of "Professor Karan, to ask him for a help which is itself silly,



weird and also everyone wish"to be a "dream come true" moment which is illusionary."Reena reached the lab. It was a big lab, which looks like a Bungalow in ghost movies."She opened the gate of the Bungalow like lab. It opened with a creepy sound. It was dark"but moonlit. She stepped into the Bungalow and knocked at the door. Then Professor"Karan, a tall man with black pants, blue shirt and a long white coat; with a thin moustache and uncombed hair, opened the door and welcomed her inside. It was a big "hall with lots of research materials like test tubes, chemicals, etc."She observed the hall. Then she saw a door at the corner of the hall. She went close to it and slowly opened it."It was the door towards a magical room named as "Time Travellers Beware." The room"contains many pathways and a machine with many clocks.""It's the time machine", said Professor Karan.""Did this machine can fulfill my desire to went back to time, or even years?", asked"Reena."Professor Karan thought for a while and said,""Yes, it can. But you need to choose one path from the pathways in front of the time"machine carefully. Once you chose a path then there is not a chance to return"."Reena stood there confused. She was almost in a state of dilemma.""What are you thinking of Reena. Choose any of the path in front of you. Don't waste the"time. Hurry up!!""The professor is shouting. But Reena stood there motionless. She wants to choose all"the paths at the same time but that's not possible. So she observed the paths stretching"to various phases of her life."Her eyes got stuck primarily at the second path."The second path leads to her childhood. The most happiest phase in one's life. Reena"thought of her childhood for a while."Reena was a talkative little girl who was always very cheerful and full of energy. She was"a girl who asks so many questions to the elders of her family, sometimes questions that "have no any exact answer and explanation or either having answers like,

"that's none of "your business"." Once Reena asked her mother, " Amma, why the colour of milk is white even if the cow"is black in colour?""Reena's mother said to her, "Reenutti, I have told you a hundred times that don't ask"such stupid questions to me. Go and ask to your father.""Reena smiled at her mother and went to her father."Once Reena asked her father, "Acha, why do people die?""Her father looked at her and not even utter a single word. But, Reena was happy that he"didn't shouted at her."She always asks too many questions but neither one received proper answer."But, Reena was a cutie pie in her family and everyone liked her.""Professor, I have decided. I'm choosing the second path.""Reena said to the Professor. He asked her, "Are you sure?"" Then she became confused and said, "I want some more time"."She looked the paths again. Then her eye stuck at the third path which leads to her"puberty phase."Reena thought of her adolescent phase. She was the smartest student of her class. She"was the favourite student of most of the teachers of her school. She was not only good"in studies, but also in the co - curricular activities like, dance, music, drawing, etc."Puberty or adolescent phase provided her with good friends and life experiences. One"such experience is that,"One day, one of her uncles gifted her a golden coloured watch. That was the first time"she was seeing a watch. The next day she wore it to the school. When her friends saw"the watch everyone admired it and said "Reena have got such a sweet uncle. What a"beautiful watch this is. You are lucky to have such loving relatives"."Now, when she is at the midst of time and times; past and present, she understood that"the watch was a kind of realization to her; the realization of the importance of time in"one's life. Time doesn't wait for anyone; its always the rosy retrospection waiting, "smiling."" Professor, I'm choosing the third path".""Are you sure? Is this the final choice?", asked Professor Karan."" May be some more time"."" Hurry up Reena. It's already late"." The time machine strikes fifty

units."Reena's attention went to the fourth path, which is of the young phase."The flowery phase of every person's life is the young age. It shows the value of time. It's" the phase of trying and trying, to achieve something better in life."Reena's thoughts got grip on her college days. Making connections, murmuring gossips, "masking insecurities with a smile on the coloured lips, and matching with situations" that's too odd to match with. Then her mind travelled on to the first day of her job as a"trainee teacher and at the same time to her wedding day. The one asking what's next?"And the other asking what should be the next."Several memories loomed in her mind like the transparent and crystal clear lake;"reflecting past and present in a single frame. Reena felt dizzy. Her body seems"weightless. She was ready for the flight; the flight to embrace her whole life once more."She observed the paths, the infinite memories that is waiting her to come again and "explore. Then, only then she noticed the first path. The path that was too dark but"attractive, quite but warm. The path leading to the ultimate place where everyone can"find the ultimate solace, the place that keeps us secure and free from the outer reality."It was the mother's womb."People are craving for such a place to relax, to realize and to restart their journey. Reena"too want a place like that, for restarting her life and explore the thrills again.""Professor, I have decided. I am choosing the first pathway."""Sure?"""Yes."""Alright. Just close your eyes and move towards the path you have selected slowly and "calmly. You will reach the destiny soon."""Ok Professor.""Reena closed her eyes and moved forward.""Reena... Reena... wake up.. it's too late already .... wake up..""Reena opened her eyes. She saw the face of her husband."" So ... that was only a dream !!""-Anjaly M"1st MAHRM



## The beauty of flaws

**Durga R** I BCA (2024-28)

Eight-year-old Ganga loved classical dance. Ever since she first saw a Bharatanatyam performance, she had dreamed of learning it herself. So, on the day of her Vidyarambha-her initiation into the arts-she stepped into her very first dance class, eyes wide with excitement.

The air smelled of fresh flowers and sandalwood sticks, and the rhythmic beats of nattuvangam echoed in the studio. But what fascinated Ganga the most was her teacher-her long black hair tied neatly in a braid, her gleaming earrings connected by a delicate chain, and her expressive, kajal-lined eyes. Ganga was in awe.

At the end of the class, her teacher smiled and said, "Okay, Ganga, you've got a long way to go. Pack up some energy, and don t forget to come every weekend, alright?" Ganga smiled and nodded eagerly before running to her mother.

A Year of Hard Work

Many weekends passed. Ganga had been attending classes for a year now, and though she was a slow learner, she adored dance more than anything. Every night, she practiced the adavus in front of her mirror, correcting her postures, imitating her teacher's grace.

She dreamed of the day when her teacher would smile at her and say, "Well done, Ganga!" She watched how the teacher praised other students-her eyes lighting up when

someone performed perfectly. Ganga wanted that moment for herself.

So she worked harder. She spent hours in front of the mirror trying to perfect each mudra. She mimicked her teacher's expressions, hoping one day she would receive the same admiration she saw others getting.

But no matter how much she tried, her movements lacked the sharpness and energy her teacher wanted.

"Ganga, you have to put more power into your steps," the teacher would say. "You re too soft, too slow."

Each time, Ganga nodded eagerly, swallowing her disappointment.

Then one day, everything changed.

During practice, the teacher suddenly burst into laughter. Confused, Ganga looked around-only to see her classmates giggling too.

"Ganga, you're not holding the Pataka mudra correctly," the teacher said, still smiling. "Straighten your fingers."

Ganga furrowed her brows and tried with all her strength. But no matter how hard she tried, her fingers wouldn't fully straighten.

"I... I can t!" she finally admitted, looking up at her teacher.

The teacher chuckled. "Oh my! Look at her fingers they're

like Lord Narasimha s claws!"

The whole class started to laugh at her. Someone even mimicked how her fingers looked, and others joined in.

Ganga's face burned with embarrassment. She looked down at her hands, suddenly aware of something she had never noticed before-her fingers were different. They were slightly bent, not as straight as everyone else's.

The teacher, still amused, walked over and took her hands, trying to stretch her fingers into the correct position. The more they tried, the more painful it became. Soon, other students joined in, then even a few parents, all trying to "fix" her fingers.

Her hands hurt, but the ache in her heart was far worse.

She had worked so hard. She had prac-

ticed so much. And yet, instead of praise, all she received was laughter.

That night, she avoided her parents, afraid they too would see her fingers and laugh. She kept her secret buried, but she told one person-her older sister.

Ganga sat cross-legged on the bed, staring at her hands. "/don't want to go back," she whispered. "What if they keep laughing why after all these time they only noticed it now?"

Her sister took Ganga's hands gently. "Does dancing make you happy?"

Ganga hesitated, then nodded.

"Then why should your fingers stop you?" her sister said with a smile. "You re not just your fingers, Ganga. Dance is about expression, about feeling. It s about you."

"But I want my teacher to be proud of me," Ganga admitted, her voice trembling.

Her sister squeezed her hand. "Then show her that your dance is more than perfect fingers. Show her your passion."

Ganga wiped her tears. It wasn't easy, but the next weekend, with her sister's words in her heart, she walked back into class.

Yes, the laughter continued. Yes, the comments didn't stop. But something inside her had changed. She no longer saw her fingers as something to be ashamed of. Instead, she found them unique-something that made her her.

Ten Years Later

Now 18, Ganga had performed on countless stages, danced in competitions all through teachers grace, and even made new friends in school and college. Her fingers were still crooked, her energy still lower than others', but she no longer let those things define her.

One evening, as she prepared for another performance in college fest, she caught her reflection in the mirror. She tied her long black hair, adjusted her earrings, and smiled.

She no longer needed her teacher's validation-she had given herself her own.



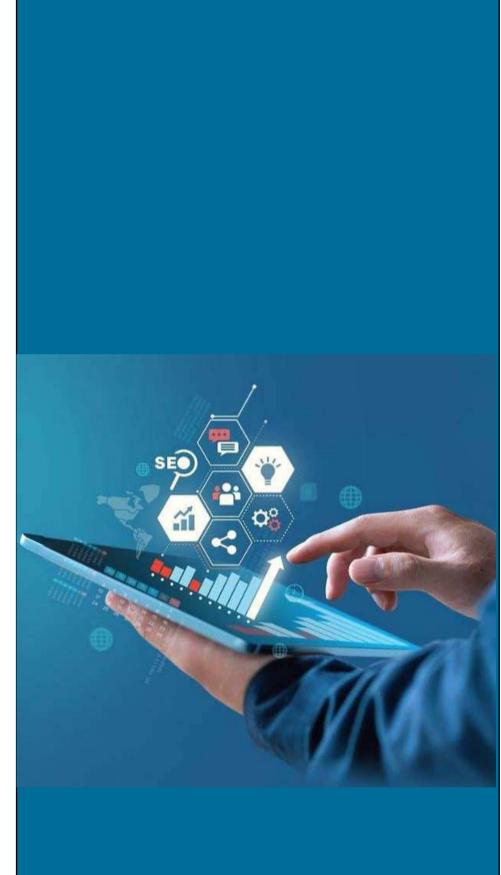
# The Privacy trade-off: Sacrificing privacy for convenience

Digital gadgets have become an inseparable part of our lives with convenience at our fingertips. It makes our daily life more easier and efficient. But behind this simple gadget there is an industrious group that works solely by exploiting our privacy. Which leaves us with a question of if these really do act as a tool delivering a better

life or is actually a fraud in disguise. The internet is so far one of the most impactful inventions that enables real time communication and connects people worldwide, provides an unlimited valley of information on any topic within seconds, provides work-fromhome opportunities and virtual meetings and even simplifies daily tasks like navigation, online shopping or service bookings and so on. But one thing we always overlook due to the convenience it provides is the data it collects for providing us with such personalized experiences, relevant advertisements, relatable content and enhanced services. Many people are naive of the power it holds and considers it trivial. n average person who spends about 3 hours on their phone can yield an abundance of data to the cooperate giants such as their personal identifiers like name, email or phone number, location data, browsing history, social media activity, voice and face recognition and much more. Such data can be put into good use by using AI algorithms to analyze preferences for personalized recommendation or for better healthcare services including use of earable devices to track health problems leading to early detection of potential

problems. But these also provides a space for privacy concerns like data breaches and hacking that can reveal sensitive data steer to identity theft and financial loss or other risks like surveillance by government or cooperation to influence opinions and manipulate user behavior. The single most efficient way to deal with such crises is hefty privacy regulations that require companies to be more transparent and accountable for how they collect, store, and use personal information. Nonetheless, stimulating people of proper usage also plays an equally important role in this case. Encouraging use of secure passwords, VPNs or making proper use of privacy settings can be another stepping stone to ensuring the security of our data. While privacy in this digital age can still remain as a thorny theme due to the benefits it offers and risks it hold, a good part of it can be concealed neatly with proper safety measures. Supporting recent government actions in regards to privacy and

advocating for stricter laws can also play a huge part in it. In the end, it all comes down to proper handling of our own personal data by following the legislation and being upright.





Delna Varghese II BCA (2023-26)



## ATTIUDE

CTwo things define you: Your patience when you have nothing and your attitude when you have everything." -George Bernard Shaw . This quote by George Bernard Shaw is such a powerful reminder of how we handle both tough and good times really shapes who we you are. It's easy to think of ourselves as a certain way when everything's going right, but the real test of our character comes when things get hard or when we find ourselves at the lowest.

A positive attitude can transform setbacks into opportunities, inspire those around us, while a negative attitude often does the opposite, clouding our judgement and holding us back. I say that your attitude is your window to the world. We all start out in life with a good attitude or its more understandable when its compared to a clean mental window. But as you know there comes a point where life starts throwing some dirt at our windows. And here's what happens:

\*Our windows get splattered by criticism from parents and teachers.

\*Our windows get smudged by ridicule from peers.

\*Our windows get smeared by rejection.

\*Our windows get soiled by disappointments.

\*Our windows get clouded by doubt. The problem is the dirt keeps building up, and mostly we do nothing about it. They continue to go through life with a dirty window. They lose their enthusiasm. They get frustrated and depressed. And most tragically, they give up on their dreams all because they failed to clean their attitude window. All we had to do was clean off the window and had to improve our attitude so i could see the world clearly. After removing the grime from the window, a whole new world opened up . For the first time we could see the magnificent possibilities that life had to offer. It's your job to keep your window clean. you always have a choice. You can either leave dirt on your window and look at life through a smeared glass. Or you can clean off the window and see the magnificent possibilities of life. You'll go through life negative and frustrated. You'll be unhappy. There's a better way. When

you choose to take out your squeegee and clean your window, life will be brighter and sunnier. you'll be healthier and happier. You'll set some ambitious goals and begin to achieve the. Your dreams will come alive again. Without a positive attitude, you can't activate the other principles. Your success in life begins and ends with your attitude.



**Sona Meriyam Jose** III BA English (2022-'25)

## Impact of artificial intelligence on Indian Society

The impact technology has in minds of people is not a new phenomenon. It is as old as tales. Technology can be perceived by people in many different ways. People are mostly conditioned and anything that is new to them, they consider as a deviation from the norm. They mostly are vary at first slowly and surely will accept it if it proves to be beneficial to mankind.

In earlier days when people of the primitive societies relied heavily on rock inscription and

other kinds of engravings, they welcomed it to build strong communication channels with others and that changed the whole landscape and gave rise to many other hybrid forms. Some scholars somewhere will come with these inventions to tackle problems, seemingly without solutions.

No face can stop technology and its growth in their ever-evolving world and it definitely has proved its worth. Technology has always been a force to be reckoned with because it knows no limit and it thrives to make people's lives easier and function smoothly. One such invention is Ai which stands for Artificial Intelligence and like there are always two sides to a coin, Ai also comes with its pros and cons. It cannot survive without any negatives for that are how it has always been. The positives for outweigh the negatives through. In Indian society the people aren't always willing to accept the new changes with open arms, sometimes they take their sweet time to jump into that bandwagon. Ultimately people cannot resist changes forever. Now almost everyone has gone cashless and uses Google pay or there automated online banking ways, earlier it was considered as a drastic change.

Similarly, when Ai first come into existence people were truly out of their units thinking that it would soon replace normal labor and people would find themselves without any jobs. That was just hyperbole if I say so myself. Artificial, just like the name suggests it is something manmade. Mankind can always showcase their superiority once it, because the artificiality will be apparent in some cases some works in particular require excessive personal touch and a mission or technology wouldn't be able to provide it. Maybe in the coming decades they can manage to make it 95% with human touch but still the question remains. Will the prompts provided be able to reproduce an exact match? Doubtful but maybe not impossible, we can never say, Never.

Technology is astonishing like that an Ai has helped students and teachers alike. Those students who require help with difficult mathematical problems can always make use of chat gpt and other mediums to simplify the basic concepts to them. Tutors make use of it to prepare their lesson plans on the daily and do it efficiently according to our specifications. There are always chances of an error occurring but you can read and clarify it. The data that is fed into these systems are extensive and covers all spheres of information. Relying completely on these third parties isn't advisable because everyone should process their own comprehensible skills and problem solving capabilities. Ai has at present touched on all fields. You have it, from health care sector to education, research and development, artistic fields, music and the list just goes on.

Time is considered money and you can never get it back,ones lost. Ai very efficiently saves your time from being wasted and that is far sets Ai apart from many other technological advancements. Ai can supply record your voice and your accent, the manner of your speaking can be recognized and altered in humorous ways. If a person addressing a crowd, who has only uttered slivers, it can be captured and turned into a song, poem and what not. Similarly it can come up with scripts, images based on prompts and the inputs you provide.

The images reproduced will almost feel too real but at very close inspection you may find minute changes but still it is very hard to tell. There is a thin line between artificiality and reality. Ai needs to definitely be studied and explored. In today's world you cannot deny the scope of it in India, Kerala recently the police solved a decade old unsold mystery involving a ripple murder case where the culprit was living under a false identity the past picture of his was found on internet which the police fed to Ai and demanded to produce a picture where he looks aged and tried to identify anyone who looked similar to the ai generated one, finally the culprit was caught and punished. Ai is limitless if used wisely.

Stricter laws should be implanted for anyone who tries to misuse it, because anyone who uses it to defame others cannot be excused.

Ai as we speak is still evolving and with NASA and other scientific associations are always on the hunt for new knowledge and information, Ai will surely come in handy. Ai can create projects on command with effective information and the only drawback it currently faces is that it needs to be thoroughly first-checked for errors.

In here future the creators will manage to overcome this challenges and there new unexplored territories of the world can be explored

# എന്റെ കൂട്ടുകാർ

**Aswin P S** I BCA (2024-28)

ന്ന് നല്ല മഴയുണ്ടായിരുന്നു. അതു കൊണ്ടുതന്നെ രാത്രിയിലെ ചായകു ടിയെന്ന പതിവ് അന്ന് നടന്നില്ല. എന്റെ കൂട്ടുകാരുടെ കൂടെ ചായ കുടിക്കാൻ പോകുന്നതാണ് എനിക്ക് ഏറ്റവും സന്തോ ഷമുള്ള കാര്യം.പ്രണയത്തിനുപോലും അങ്ങനെ ഒരു അനുഭൂതി നൽകുവാൻ സാധിക്കുമോ എന്നുപോലും എനിക്ക് സംശയമാണ്.പക്ഷെ അതിലും,നല്ലതും മോശവും ഉണ്ടല്ലോ. എല്ലാവര്ക്കും സിനിമയിൽ ദൃ ശൃമാകുന്നപോലെയുള്ള സുഹൃത്തുക്കൾ ആവണമെന്നില്ല ചിലപ്പോൾ സു ഹൃത്തുക്കൾ വിളിച്ചാൽ ഫോൺ എടുക്കണം എന്ന് നിർബന്ധമില്ല ,നമുക് വേണ്ടി പണം ചെലവഴിക്കണം എന്നില്ല,എന്നാലും അവർ നമ്മുടെ സുഹൃത്തു ക്കൾ തന്നെ ആയിരിക്കും.ഇതൊക്കെ പറയാൻ കാര്യം എന്തെന്ന് വെച്ചാൽ ഇത് എന്റെയോരു അനുഭവം ആണ്.

ഞങ്ങൾ ചെറുപ്പത്തിൽ സുഹൃത്തുക്കൾ ആയ രണ്ടുപേർ അല്ല .സ്കൂളിൽ വെച്ചും ബസ്സിൽ വെച്ചും എന്തിനു പറയുന്നു വഴിയേ പോയവർ വരെ എന്റെ സു ഹൃത്താണ്.എങ്ങനെയാണ് എന്ന് ഗ്രാഹൃമില്ല.പക്ഷെ ഒരാവശ്യത്തിന് വിളിച്ചാൽ വരാൻ കഴിയുന്ന സാഹചര്യം ആണെങ്കിൽ അവർ വരും.പറഞ്ഞു വന്നത് എന്തെ

The Varnika

ളുടെ കൊച്ചുവാഹനവും അരികെയൊരു പുൽ പ്രേദേശത്ത് പതിച്ചു. ഞാൻ പുറകില്ലായിരുന്ന തുകൊണ്ടു ആദൃമേ വായുവിലൂടെ പറക്കാൻ അവസരം ലഭിച്ചത് എനിക്കായിരുന്നു. അവനു ആ അവസരം പ്രാർത്ഥനയുടെയും ദൈവത്തിന്റെ യും ഇടപെടലുകൾ കാരണം നഷ്ടമായി.ഞാൻ നിലംപതിച്ചു. വീണപ്പോൾ ഞാൻ ആകാശത്തുപ റക്കുന്ന ഒരു പക്ഷിയെ മാത്രേമേ ശ്രദ്ധിച്ചുള്ളു.മ ണിക്കൂറുകൾക്കു ശേഷമാണ് എന്റെ കാലുകൾ കുറച്ചുനാളുകൾ ചലിക്കില്ല എന്ന് ഞാൻ മന സിലാക്കി.ഞാനപ്പോൾ നാട്ടിൽ എത്തിയിരുന്നു. ചുറ്റിനും ആൾക്കാർ. ആ ആശുപത്രി മുറിയിൽ എന്നോടൊപ്പം എന്റെ കൂട്ടുകാർ.അല്പനേരത്തി നു ശേഷം അമ്മവന്നു എന്തൊക്കെയോ പറഞ്ഞു അല്ല വഴക്കുപറഞ്ഞു.ഞാൻ കേട്ടു,കേൾക്കണ്ട ബാധിതയും എന്റെയാണല്ലോ. എന്നാലും അവ രാരും ഞാൻ കാരണമാണ് പോയതെന്നും ഞാൻ ആണ് ഈ യാത്ര തീരുമാനിച്ചതെന്നും മിണ്ടി യില്ല.പക്ഷെ നോയൽ ഒന്ന് മാത്രം പറഞ്ഞു.

'അമ്മേ, ഞാനാണ് വണ്ടി ഓടിച്ചത്, എനി ക്ക് ഒരു നിമിഷത്തെ അബദ്ധം പറ്റി. ക്ഷമിക്ക ണം.' ഞാൻ അത് പ്രേതീഷിച്ചില്ല. സാധാരണ എല്ലാ പ്രേഷണങ്ങൾക്കും എന്നെ തമാശക്കാ ണെങ്കിലും കുറ്റക്കാരനാക്കുന്ന എന്റെ കൂട്ടുകാ രിൽ ഒരാൾ ഇപ്രകാരം എന്റെ അമ്മയോട് മാപ്പ് ചോദിക്കുന്നു. കുറെ കൂട്ടുകാർ വേണം എന്ന് നിർബന്ധമില്ല കൂടെനിൽക്കുന്ന ഒരാൾ മതി തോൽവി ആയാലും വിജയമായാലും ആശ്വ സിക്കാൻ. വീട്ടിൽ ഇരുന്ന് ഞാൻ പലതും ചി ന്തിക്കും അതിൽ പ്രെധാനപ്പെട്ട ചിന്തയാണിത്. 'എന്റെ സൗഹൃദം.'



ന്നാൽ അന്ന് ആ മഴയുള്ള രാത്രിയിൽ പതി വായുണ്ടായിരുന്ന ചായകുടി നടക്കാതിരുന്നത് എന്റെ കാൽ ഒടിഞ്ഞതുകൊണ്ടാണ്.എങ്ങനെ യെന്ന് ചോദിച്ചാൽ സംഗതി ഇത്തിരി താന്തോ ന്നിത്തരമാണ്. വീട്ടിൽ പറഞ്ഞില്ല,പറഞ്ഞാൽ വിടാനുള്ള സാധ്യത മുല്ലപെരിയാർ ഡാമിന്റെ ആയുസ്സിനേക്കാൾ കുറവായിരുന്നു.അതുകൊ ണ്ട് വീട്ടിൽ പറയാതെ വാഗമൺ ട്രിപ്പ്.ഞാൻ അതുവരെ വാഗമൺ കണ്ടിട്ടേയില്ല.കാലത്ത് കോളേജിലേക്ക് പോകുന്ന സമയത്ത് പുറപ്പെ ട്ടു രാത്രിക്കു മുൻപ് എത്തുക എന്നതായിരു ന്നു ലക്ഷ്യം.ഞങ്ങൾ പുറപ്പെട്ടു. വേറൊരു സം ഗതിയെന്തെന്നാൽ വാഗമൺ എന്ന ആശയം പറഞ്ഞത് ഞാൻ ആണ്.അതുകൊണ്ട് ആണ് അവർ മുൻകൈയെടുത്ത് പോകാനും,എന്നെ തീരുമാനിച്ചത്.ഞങ്ങൾ കാണ്ടുപോകാനും എന്ന് പറഞ്ഞാൽ 5 പേരുണ്ട്.

ആദി,അഭി,അലൻ,നോയൽ പിന്നെ ഞാൻ അനി.അനിരുദ്ധ് എന്നാണ് മുഴുവൻ പേര് , എന്നാ ലും അവരും എല്ലാവരും എന്നെ അനിയെന്ന് വിളിക്കുമ്പോൾ എന്നെയും ഇഷ്ടമുള്ള ആളു കൾ നിലനിൽക്കുന്നു എന്ന ചിന്ത എന്റെ തല യിൽ ഉണ്ടാകും. ഞങ്ങൾ 5 പേരും വാഗമൺ ലക്ഷ്യമാക്കി യാത്രക്കായി തയ്യാറായി.ഞങ്ങളു ടെ കൂട്ടത്തിൽ വണ്ടിയുള്ളതു 3 പേർക്കാണ്. എല്ലാവര്ക്കും ലൈസൻസുമുണ്ട് എനിക്കൊഴു കെ,തോറ്റതാ.......

3 ബൈക്കുകളിൽ ഞങ്ങൾ പുറപ്പെട്ടു.യാ ത്രയുടെ തുടക്കം മനോഹരമായിരുന്നു. മനോ ഹരമായ കാഴ്ചകൾ കണ്ടു.പരസ്പരം സംസാ രിച്ചു ചായകുടിച്ചു നല്ല മോരിഞ്ഞ പഴംപൊരി തിന്നാലും തിന്നാലും മതിവരില്ല.എല്ലാം ആന്ധ ദിച്ച് തിരികെ പോരുന്ന വഴി.ഞങ്ങൾ നോയലി ന്റെ ബൈക്കിലാണ്. ഒത്തിരി വേഗമൊന്നുമല്ല എന്നാലും എതിരെ വരുന്ന വാഹനങ്ങൾ വേ ഗതയേറിയതായിരുന്നു. ഞങ്ങളുടെ വാഹനം ചെറുതായിരുന്നതുകൊണ്ടുതന്നെ എതിരെ വന്ന വലിയ വാഹനത്തിന് ഞങ്ങളെ ആക്രമിക്കാൻ ബുദ്ധിമുട്ടുകൾ ഒന്നും ഇല്ലായിരുന്നു.ആ ആച്ഛ നുബാഹുവായ ലോറി ഞങ്ങളെ നിർദാക്ഷിണ്യം പ്രഹരിച്ചു. ഞങ്ങളുടെ നിർഭാഗ്യത്താൽ ഞങ്ങ



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ഞാൻ ആദ്യം ഇവിടെ അല്ലാ യിരുന്നു പഠിച്ചത്.... ഒരു വർഷം മറ്റൊരു കോളേജിൽ പഠിച്ചിട്ട് സാ ഹചര്യങ്ങൾ കാരണം ട്രാൻസ്ഫർ മേടിച്ച് ഇവിടെ വന്നു....

അതൊരു ജൂലൈ മാസമാ ണ്..... ആദ്യം കോളേജിൽ എത്തി യപ്പോൾ ഡിപ്പാർട്ട്മെന്റിൽപോയി ടീച്ചേഴ്സിനെ കണ്ടു.... ക്ലാസ്സ് മി സ്സിനോട് പുതിയ ക്ലാസും പുതിയ കൂട്ടുകാരെയും കാണാൻ ആഗ്രഹം ഉണ്ടെന്ന് സൂചിപ്പിച്ചപ്പോൾ തന്നെ..... മിസ്സ് തന്നെ കുറച്ച് മിനിറ്റുകൾ അയൽ പോലും തിരക്കുകൾ മാ റ്റി വെച്ച് കൂടെ വന്നു.... ക്ലാസിൽ ഉള്ളവരുടെ മുന്നിൽ എന്നെ പരിച യപ്പെടുത്തി.... അന്ന് കോളേജിൽ ജോയിൻ ചെയ്യാൻ വന്നത് ആയി രുന്നു

എന്തോ എന്റെ ഭാഗ്യം കൊ ണ്ട്തിരികെ വീട്ടിൽ പോകുന്ന സമയത്ത് രണ്ടാം സെമസ്റ്റർ പരീ ക്ഷയുടെ ടൈംടേബിൾ വന്നു...മു ന്ന് ദിവസം ക്ലാസ്സ് ഉണ്ടായിരുന്നു കോളേജിലേക്ക് വിളിച്ചപ്പോൾ പ്രിൻസിപ്പൾ സാർ ആയിരുന്നു... സാർ എന്നോട് പറഞ്ഞു.. എക് സാം അല്ലെ... കഴിഞ്ഞിട്ട് ക്ലാസിൽ വന്നാൽ മതി..." . സാർ വളരെ സ്നേഹത്തോടെ ആയിരുന്നു എന്നോട് സംസാരിച്ചതു മൊക്കോ, ഒപ്പം കോളേജിലുള്ള മറ്റ് അധ്യാപകരെയോ സുഹൃത്തുകളെയോ അറിയില്ല.... അതുകൊണ്ട് തന്നെ കോളേജിലേക്ക് വിളിക്കാനെ സാധിക്കുമായിരുന്നുള്ളൂ.

ആദ്യ വർഷം മറ്റൊരു കോളേജിൽ ആയിരുന്നത് കൊണ്ട് എക്സാം അവിടെ തന്നെ ആയിരുന്നു. ഇവിടെ ക്ലാസിൽ വന്നു തുടങ്ങിയത് സെപതംബർ മാസം ആയിരു ന്നു... പിന്നെ ആ വരവും ഒരുപാട് നിൽക്കേണ്ടി വന്നില്ല.... ഓണം ആരുന്നല്ലോ... അതുകൊണ്ട് പിന്നെയും വീട്ടിൽ പോയി.... പ്രധാനപ്പെട്ട കാര്യം അവിടെ ആരുന്നപ്പോൾ അവധി കഴിഞ്ഞ് വന്നതിനുശേഷം വീട്ടിൽ പോകുന്നത് രണ്ട് മൂന്ന് മാസം കഴിഞ്ഞാണ്...... പിന്നെ അതുകൊണ്ട് എന്താ.. ആ പ്രദേശത്ത് അറിയാത്ത ആശുപത്രികൾ കുറ വാണ്... മാസത്തിൽ പത്ത് ദിവസവും അവിടെ, ബാക്കി ദിവ സം ക്ലാസ്സിൽ.. പോരല്ലോ.. നിക്കുന്നതോ ഒരു ഹോസ്റ്റലിൽ ഭക്ഷണമോ വെള്ളമോ ഒന്നും കൊള്ളില്ല, അതൊക്കെ പൊ ട്ടന്നു കരുതാം.... പക്ഷെ, ഒരു ദിവസം എങ്കിലും നനന്നായ് കിട്ടാണെന്ന് കരുതും...

ഇവിടെ വന്ന് കഴിഞ്ഞ് ഒന്ന് രണ്ട് ദിവസം ചെറിയൊരു ബുദ്ധിമുട്ടു ണ്ടായിരുന്നു, ആരെയും പരിചയമില്ല, പിന്നെ ആകെ അറിയാവുന്ന രണ്ടുപേരാണ്, അവർ എന്റെ റൂം മേറ്റ്സും ഹോസ്റ്റലിൽ ഉള്ളവരുമായതുകൊണ്ടാണ്. ഇവ രുടെ കൂടെ അവസാനം വന്നതിന്റെ അതിന്റേതായ ഒരു ചെറിയ കമ്യൂണിക്കേഷൻ പ്രോബ്ലം എന്നെ പോലെ തന്നെ അവർക്കും ഉണ്ടായിരുന്നു. ഒരാഴ്ചയ്ക്കപ്പുറം പോകേണ്ടി വന്നില്ല അതിനു മുൻപ് എല്ലാവരോടും നല്ല കൂട്ടായ്......

പിന്നെ പൊതുവെ സ്റ്റുഡന്റ്സിന്റെ പ്രധാന വില്ലൻ എക് സാം ആണല്ലോ അതിനു മാത്രം ഒരു കുറവില്ലാത്തത് കൊണ്ട് കുഴപ്പം ഇല്ല... ഇതൊക്കെ ആയിട്ട് അങ്ങനെ ഇങ്ങനെയൊക്കെ പോകു മ്പോൾ എത്നിക് ഡേ, കോളേജ് ഡേ, ആർട്സ് ഡേ ഒക്കെ വരും ഓണം, ക്രിസ്തുമസ് ആഘോഷ ങ്ങൾ വരുമ്പോൾ അടിച്ചുപൊളിച്ചു നടക്കും....

ചെറിയ ചെടികളും പൂമരങ്ങ ളും പച്ചക്കറികളും തണൽമരങ്ങളും മരത്തിനു ചുവട്ടിലുള്ള ഇരിപ്പിടങ്ങ ളും കുട്ടികളെ ആകർഷിക്കുന്നതിൽ ഉയർന്ന സ്ഥാനം നേടിയിട്ടുണ്ട്... പുല്ലിനിടയിലൂടെ ഓടി പോകുന്ന പൂച്ചകളും, ചില മരത്തിലുള്ള കൂട്ടി നുള്ളിൽ ഇരിക്കുന്ന പക്ഷികളെയും കാണുമ്പോൾ ആസ്വദിച്ചു നിന്ന് പോകും... രസകരമായ മറ്റൊരു കാഴ്ച കൂടെയുണ്ട് പാർക്ക് ചെയ് തിരിക്കുന്ന വാഹനങ്ങളുടെ കീഴിൽ വെയിൽ കൊള്ളാതെ ആർക്കും ഒരു ശല്യവും ഉണ്ടാക്കാതെ സുഖമായ് ഉറങ്ങുന്ന നായ്ക്കളെയും കാണാ റുണ്ട്, ഇടക്കൊക്കെ ഇവരെ കാണു മ്പോൾ അസൂയ തോന്നാറുമുണ്ട്. കാരണം മറ്റൊന്നും അല്ല ഉറങ്ങുന്ന കണ്ടിട്ടാണ്..

രാവിലെ കോളേജിലേക്ക് കേറുമ്പോൾ ഗേറ്റിൽ സെക്യൂരി റ്റിചേട്ടൻ ഉണ്ടാകും, ഇടക്കൊന്നു നോക്കി പുഞ്ചിരിക്കാറുണ്ട്, അല്ലെ ങ്കിൽ ക്ലാസ്സിൽ കയറാനുള്ള ഓട്ടമാ യിരിക്കും. ഇടക്ക് വല്ലപ്പോഴും ഒരു പാവം വല്യമ്മ അവിടെ ഇരിക്കുന്നു ണ്ടാകും ചിലപ്പോൾ ഒരു നേരത്തെ ആഹാരത്തിനോ അല്ലെങ്കിൽ ചി കിത്സിക്കാനുള്ള രൂപ ഇല്ലാത്തതു കൊണ്ടോ ആവാം ഓരോരുത്തരു ടെ മുന്നിലും കൈ നീട്ടി ഇരിക്കുന്ന ത്. കാണുമ്പോൾ ഞങ്ങളാൽ കഴി യുന്നപോലെ ഉള്ളത് കൊടുത്തു സഹായിക്കാറും ഉണ്ട്. നാളെ ഇതു പോലെ ഒരു അവസ്ഥ നമ്മുക്കും ഉണ്ടാകില്ല എന്ന് പറയാൻ കഴിയി ല്ലല്ലോ... ഒരുകാലത്ത് നമ്മൾ ചെയ്യുന്ന പ്രവർത്തികൾ നമ്മ ളെ സംരക്ഷിക്കാൻ ഉണ്ടാകും.

ക്ലാസ്സിൽ ചെന്നാൽ രാവിലെ തന്നെ നല്ല ബഹളം ഉണ്ടാകും 'ഇതൊക്കെ ഒരു രസമല്ലേ.....?' മിക്കപ്പോഴും ഇതും കേട്ട് വരുന്ന ടീച്ചേഴ്സിന് തോന്നും ഇതെന്താണ് ചന്ത ആണോ എന്ന്..... അഞ്ചു മിനിറ്റ് ഫ്രീ കിട്ടിയാൽ വലിയ ഡിഫ്രൻസ് ഒന്നും തോന്നില്ല..... എന്നാലും ഇപ്പൊൾ കി ട്ടുന്ന ഈ ടൈം പിന്നീടുള്ള മധുരിക്കുന്ന ഓർമകളാണ്. ഒരു കാര്യം ഇല്ലെങ്കിലും വെറുതെ എന്തെകിലും പറഞ്ഞ് കളിയാകുമ്പോൾ കിട്ടുന്ന ആ ഒരു മന:സുഖo അതൊന്നു വേറെയാണ്. ആകെ ഒരു മണിക്കൂർ വീതമാണ് ക്ലാസ്സ് ഉള്ള ത് അതും തുടങ്ങുമ്പോൾ തൊട്ട് ബെൽ ഇപ്പൊ അടിക്കു ന്നോർത്ത് ഇരിക്കും, ഒരു രസം... വൈകുന്നേരം കോളേജ് വിട്ടാൽ തേനീച്ചകൂട്ടിൽ കല്ലെറിഞ്ഞ അവസ്ഥ ആണ്... പിന്നെ പതിയെ അവിടെയും ഇവിടെയും നിന്ന് ഹോസ്റ്റ ലിലേക്കും വീട്ടിലേക്കും പോകും.

ഞങ്ങൾ ഹോസ്റ്റലിൽ പോകുമ്പോൾ മെയിൻ റോഡി ലൂടെ പോകും വല്ലപ്പോഴും അതും പോകുന്ന വഴിക്കുള്ള ബജ്ജി കടയിൽ കയറാൻ ആണ്. നല്ല വൃത്തിയുള്ള, രു ചിയുള്ള ബജ്ജിയാണ്. സ്നേഹത്തോടെ ആണ് കടയിൽ വരുന്ന ഓരോ കുട്ടികളെയും അദ്ദേഹം കാണുന്നതും സം സരിക്കുന്നതുമൊക്കെ... അങ്ങനെ കലാപരിപടികർക്ക് ശേ ഷം അവിടുന്ന് നേരെ ഹോസ്റ്റലിലേക്ക് പോകും. പിന്നെ മറ്റമൊന്നുല്ലാത്ത പണികളായിട്ട് നടക്കും.

ഇപ്പോ കിട്ടുന്ന ഈ മനോഹരമായ ഓർമ്മകൾ ജീവി തത്തിൽ എന്നും കൂടെയുണ്ടാകും ചിലപ്പോൾ മനസിന്റെ വേദനകളെ മായ്ക്കാനും കഴിവുള്ളവയും ആയേക്കാം.



#### विषय : युव जीवन पर सोशल मीडिया का प्रभाव कुछ बलाई और कुछ बराई

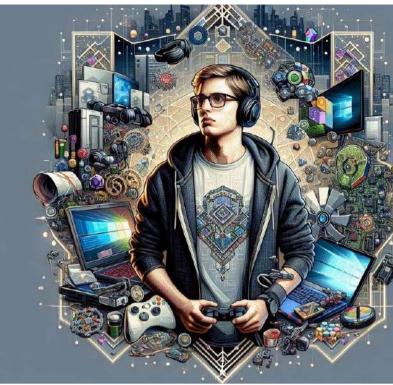


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अपने आपको एक पगचानी बनाना ,अपनी पसंद के अनुसार जीना ये साब कुछ हम सोशल मीडिया पर कर सकती हे हमें कई लोगो को अपने बारे में बताने के लिए, अपने व्यापर के बारे में बताने के लिए, और कई कंपनी को उसकी कंपनी का नौकरी बताने के लिए और कई और बात के लिए सोशल मीडिया की सहारा लेती हे अब सब लोगो ने समझदार जानो के लिए सोशल मीडिया में आती हे| ये तो बहुत सारी ऑनलाइन बुसिनेसस के लिए रह बनती हे| ये तो किसी और का अन्न हे| इससे कई लोग बहुत कमाते हे हमें कुछ नाइ पहचान देती हे| ये तो लोगो का बीच का मध्यान हे, ये तो नाइ रचनाकार, अभिनेत्र, अनहिनेत्रे, कलाकार,अध्यापक और बहुत सारी काम खुलती हे| इसपर हमें नाटक की जर्रूरत हे,

हम अब जी रहे हे इस युग में मकनिक्की का प्रभाव बहुत हे ! हमारी समाज कदम कदम रहे हे और अब सबके पास शोशल मीडिया भी हे | आज की लोग कई एक सोशल मीडिया की बाग़ हे इंस्टाग्राम ,फेसबुक और व्हाट्सप्प सोशल मीडिया की बहुत बड़ी उदाहरण हे| ये सोशल मीडिया लोगों की भलाई केलिए बनाया हे | लेकिन उसको कई स्यढा भुराई भी हे | यह सभ कुछ ने हमें बहुत बड़ी बातों पर बहुत सहारा देती हे | इस सोशल मीडिया से हम इस दुनिया के किसी और देश के भरे में जान जानती हे | ये हमें लोगों से रिश्ता बनाने केलिए मढ़ढ करती हे |

आज कल लोगों की जीवन की हिरसा बन गयी हे ये सोशल मीडिया | लेकिन युवा लोग ने इसे बहुत ज़्यादा उपयोग करती हे | हर एक आत्मी के पास अब सोशल मीडिया हे | यह सोशल मीडिया ले हमको एक पहचान देती हे | इस ने हमें अपनी -अपनी जगह देती हे किसी और देश के लोगों से बात करना



समझती है इसके बिना जीना उस के लिए मुश्किल बन गयी है, सदा समय ये लोग सोशल मीडिया पर है इसके पास अपनी परिवार और दोस्तों के लिए बिताने के लिए वकत भी नहीं सबने एक जानवर की तरह बदल रही है | ये सोशल मीडिया इस युग का युव लॉगो पर बहुत बड़ी प्रभाव है | कुछ तोह भलाई के लिए और कुछ तोह बुराई के लिए इस लॉगो का जीवन भी ये सोशल मीडिया से बाँध है

लोगों की जीवन भी ये सांशल मीडिया से बाध ह | यह सोशल मीडिया हमारे लिए मदत भी है या खतरनाक भी है

ये कैसे उपयोग करना तोह हमारा फैसला है | और मुझे एक बात जरुरी बताना है की तोह सोशल मीडिया जरुरी हमारी जीवन की बहुत बड़ी हिस्सा बन गयी है लेकिन भी हमारे जीवन प्रथम बन नहीं है | यह सोशल मीडिया बहार भी लग है | हम उससे देखना चाहते है | ये सोशल मीडिया को हमें अच्छे बात करने के लिए उपयोग करना है | इससे हमारी समाज के लिए कुछ न कुछ अच्छा होगा चाहिए | यह तोह हम युव लोग ही कर सकती है | हम इस समाज का कल है | यह तोह हम बचाना चाहिए | युवलोग ने इस सोशल मीडिया की प्र्ताव को समाज के लिए एक सूरज जेसे बदलना है|

हमको हम होकर जीने की अधिकार देती हे| अब हमें कुछ करने या सीखने अपने पास वक्त और पैसे नहीं हे तो सोशल मीडिया पर जाओ और वह ये सब समस्या का उतर मिलेगा| सोशल मीडिया मीडिया हमें बहुत मदद करती हे

लेकिन इसके कई सरे बुराई भी है एक नानायें की दो चहरे जैसे | सोशल मीडिया बहुत बुरे लोग भी है वो इस मीडिया से बाकि लोगो को बेवकूफ बनती है , वो पैसा भी मांग लेती है , कई लोग इसके बातो पर फास जाती है ये लोगो की मासूमियत को दुरुपयोग करती है | लोगो की धरना ये है की सब चीज़े सोशल मीडिया पर सही | लेकिन इसपर लगत फेमि भी हो जाती है ये लगत फेमि के कारन कई लॉगो की जान जा चुखी है , मेने पहले भी कहा ये सोशल मीडिया हमें नयी पहचान देती है | लेकिन यह पहचान की पीछे भले लोग भी होंगे मगर बुरे लोग होते आज की ये युव लोग ये सोशल मीडिया प्रभाव में अपनी माँ बाप की जान भी ले लेती है कए पागलपन बन जाती है यह युव लोग सोशल मीडिया को अपनी जीवन





## विदाई का दर्द

**Geethu** V III BSc BT (2022-25)

घर लौडते समय , सहेलियों को कल मिलने का वादा करके विद्यालय से घर के और | घर के ठीक सामने , एक कुर्सी में बैठि है वो || एक चश्मा लगाकर , खिली- खिली मुस्कान होटो पर लाकर , बहुत खुश है वो | जब वो मुझे देखा , उस्का ख़ुशी और बद गया | और मुझसे पूछा , &guot; आ गयी तू ? कैसा था दिन ? बहुत लापरवाई से जवाब दी मैं ने, थकी-थकी| घर आकर, बैग सोफे में छोड़कर चली गयी|| तब भी वोह चमकी आँख मुझे देखता रही| रात होते ही सोने के लिए गया तब भी वो आँखों मुझे देखते रही, एक माँ की ममता की चमक थी उन आँखों में|| मैंने उससे कसकर पकड़ी और आज के खबरे सुनाई| तब भी वो चमक उस्सकी आँखों में जगमगाती लगी|| पर आज वो चमक नजर ही नहीं आ रहा है। घर में सब लोग उस व्यक्ति को देख रहा है. जो कभी भी दूसरे लोगों का प्रभाव महसूस नहीं कर सकती है|| मैं डा है घर के एक हिस्से में वोह चमक ढूँढ़ते-ढूँढ़ते मैंने अपने आपको गवा दी|| वोह आँखे अब कभी भी नहीं खुलेंगे, वो मुस्कान कभी भी नहीं देखेंगी। हाँ! वो लोटे है बिना जीवन के|| उस दर्द भरी विदाई में हिस्सा लेती है, जिससे मैं अपनी ज़िन्दगी में कभी नहीं देख पाएगी। अलविदा दादी माँ!!!

Leya Shaji II BCA B (2023-26)



# JHE POWER OF SELF JOVE

In a world constantly pushing us to chase perfection, self-love stands as a quiet rebellion, a gentle reminder that we are enough just as we are. It is not merely a trendy concept or a fleeting emotion; selflove is a lifelong practice of accepting and valuing oneself, flaws and all.

Self-love begins with the simple act of self-awareness. By understanding our thoughts, emotions, and behaviors, we create space to acknowledge both our strengths and areas for growth. This self-awareness fosters compassion, urging us to treat ourselves with the same kindness we extend to others. It is a journey of replacing harsh self-criticism with affirmations of worthiness.

However, self-love is not selfish. It is about setting boundaries, saying no when necessary, and prioritizing our well-being. By nurturing our mind, body, and soul, we create a healthy foundation to give to others. After all, we cannot pour from an empty cup.

Moreover, self-love is an antidote to comparison. In a society obsessed with social media highlight reels, it's easy to feel inadequate. Yet, self-love allows us to celebrate our uniqueness, reminding us that our value does not diminish simply because someone else shines brightly. It encourages us to embrace our imperfections as part of our authentic selves.

In essence, self-love is a transformative force that enables growth, resilience, and happiness. It equips us to face challenges with grace and to thrive in our own skin. By choosing self-love daily, we choose a life of peace and fulfillment, radiating positivity to those around us.

To love oneself is to embark on a lifelong journey of acceptance, growth, and joy. And while the world may tell us otherwise, let self-love be the voice that says, "You are enough."





# ആകാശമുല്ല

Megha Thomas I<sup>st</sup>MA. HRM (2024-26)

കൊച്ചുവെളുപ്പാൻ കാലത്ത് കോടമഞ്ഞിന്റെ കുളിരും കൊണ്ട് ആനവണ്ടിയിൽ പോണം. പിന്നെ... വഴിവക്കിലെ ചായക്കടയിലെ പഴഞ്ചൻ ബെഞ്ചിലിരുന്ന് ഒരു കാലി ചായ കുടിക്കണം. എന്നിട്ട്... കാതിൽ മൂളുന്ന കാറ്റിന്റെ താളത്തിന് കാതോർക്കണം. അയ്യേ ക്രിഞ്ച്... ക്രിഞ്ച്... ഓഹ് ആണോ എന്നാലേ നീ എണീറ്റ് മാറിക്കെ ഞാൻ പോകട്ടെ. എടാ നിനക്ക്... പോവല്ലേ... പറയട്ടെ പോവല്ലെന്ന്. പിറകെ എണീറ്റ് ഓടുംതോറും അവൻ ദൂരേക്ക് പോയ്കൊണ്ടേയിരുന്നു. ചുറ്റും ഇരുട്ട് നിറയുന്നു വഴിയറിയാതെ ഞാൻ അവിടെ ഒറ്റയ്ക്ക് നിന്നു. റിച്ചു.....

റിച്ചു.....

അകലെ പൊട്ടുപോലെ അവൻ, വീണ്ടും നടന്ന്... ഓടി....

റിച്ചു ഏതോ കുഴിയിൽ വീഴുന്ന പോലെ തോന്നിയിട്ടാണ് ഞെട്ടി എണീറ്റത്

സ്വപ്നം ആയിരുന്നോ...

അല്ല ജീവിതം ആയിരുന്നു

സ്വപ്നമാകാൻ വിധിക്കപ്പെട്ട ജീവിതം. ഇപ്പോഴും ksrtc യിൽ തന്നെയാണ്.

ഗൂഗിൾ മാപ്പിൽ സ്ഥലം എത്താൻ ഒന്നരമണിക്കൂർ കൂടി കാണിക്കു മെസ്സേജുകൾക്കിടയിൽ നിന്ന് ന്നു. എടുത്തു നോക്കാത്ത നൂറു നൂറു എവിടെ യാണെന്ന റൂം മേറ്റ് നിഖിതയുടെ ചോദ്യത്തിന് വയനാട് ആണെന്ന് നമാത്രം മറുപടി നൽകി ഫോൺ ഓഫ് ചെയ്തു. ആരോടും പറഞ്ഞിട്ടല്ല പോന്നത്, ചരട് പൊട്ടിയ പട്ടം പോലെ ദിശയറിയാതെ പറക്കാൻ തുടങ്ങിയിട്ട് കുറെ നാൾ ആയ തുകൊണ്ട് കാണാതാകുമ്പോൾ ആരും അന്വേഷിക്കാറില്ല. എവിടെപ്പോയാലും രണ്ടുദിവസം കൊണ്ട് തിരിച്ചെത്തും എന്ന് വിശ്വാസം, പ്രതീക്ഷ.

ഒരു 10 മിനിറ്റ് ബസ് ഇവിടെ നിർത്തിയിടും ചായ കുടിക്കാൻ ഉള്ളവർക്ക് ഇറങ്ങാം. കണ്ടക്ടറുടെ ശബ്ദമാണ് ചിന്തകളിൽ നിന്ന് ഉണർത്തിയത്. ഒരു ചായക്കടയോട് ചേർത്ത് വണ്ടി നിർത്തിയിട്ടുണ്ട്,പകുതി പേരും ഇറങ്ങിയിട്ടുണ്ട്.

ആ കൂട്ടത്തിൽ അങ്ങ് ഇറങ്ങി. കയ്യിലിരിക്കുന്ന ചായ ഗ്ലാസിലെ പിടി ഒന്നു മുറുക്കി, ആ ചൂട് തട്ടിയ കൈ ഒന്നു മുഖത്തേക്ക് വെച്ചു, ദേഹം തുളച്ചു കയറുന്ന തണുപ്പാണ്. ചുറ്റും മഞ്ഞു മൂടി കിടക്കുന്ന മലനിരകൾ...

വയനാട്, വരാനും കാണാനും ഏറെ കൊതിച്ച നാടാണ്. സ്വപ്നങ്ങളുടെ ക്യാൻവാസിൽ വരച്ചുചേർത്ത വയനാടൻ ചിത്രത്തിന് ഈ കാണുന്ന കാഴ്ചകളെക്കാൾ ഭംഗിയായിരുന്നു. വര ച്ചു ചേർത്ത ചിത്രങ്ങൾക്ക് നിറം നൽകിയവനും ഇപ്പോൾ കൂടെയില്ല. അതുകൊണ്ട്ഇ ആവും ഇന്നീ കാഴ്ചകൾ ഒന്നും തന്നെ excite ചെയ്യിക്കുന്നില്ല. ചുറ്റും ഉള്ളവരൊക്കെ വല്യ സന്തോഷ ത്തിലാണ്. ഒറ്റയ്ക്കും, ഗ്രൂപ്പായും ഒക്കെ ഫോട്ടോസ് എടുത്ത് അവരീ moments ഒക്കെ സേവ് ചെയ്തു വയ്ക്കുന്നു.

ഒന്ന് ചിരിച്ചിട്ട് നാൾഎത്രയായി കാണും... മാസങ്ങളുടെ കണക്കെടുപ്പ് നടത്തേണ്ടി വരും...

അല്ലേലും അച്ഛന് എന്നോട് ഇപ്പോൾ സ്നേഹം ഒന്നുമില്ല ആഗ്രഹിച്ചതെന്തോ വാങ്ങി തരാത്ത പരിഭവം അച്ഛനോട് കാണിക്കുകയാണ് ഒരു കുഞ്ഞ്.

സ്നേഹം എന്ന വാക്കുമാത്രം ചെവിയിൽ തങ്ങിനിൽക്കുന്നു. ആ മൂന്നു അക്ഷരം ഇല്ലാ യിരുന്നുവെങ്കിൽ ലോകം എത്ര ശൂന്യമായേനെ..

എനിക്ക് സ്നേഹിക്കാൻ അറിയില്ല,

എനിക്കറിയാം....

എനിക്ക് ബന്ധങ്ങളുടെ വില അറിയില്ല... അത് അത്രേ പാടുള്ള ടോപ്പിക്ക് ഒന്നുമല്ല ഞാൻ പഠിപ്പിക്കാം... എന്തിനാ എന്നെ ഇങ്ങനെ സ്നേഹിക്കുന്ന അതിനുമാത്രം സ്പെഷ്യൽ ആണോ ഞാൻ.

യു ആർ മൈ കണ്മണി. മൈ സ്വീറ്റ് ചക്കര മൈ ലവ്വിംഗ് ചീസ് കേക്ക്..

മൈ ബെസ്റ്റ് എവെർ നിധി..

ഓഹ് എന്ത് ചീസി ഡയലോഗ് ആണെടാ...

പ്രേമം ചീസ് പോലെയാണ് അപ്പോൾ ഇത്തിരി ചീസി ആവാം.

ഒർമ്മകളിൽ സ്നേഹത്തിന്റെ കൂടാരം ഒരുക്കിയ ഒരുവന്റെ ചിരി മുഴങ്ങുന്നു. ദേഹം തു ളച്ചുകയറുന്ന തണുപ്പിനെ പോലും ചുട്ട് പൊള്ളിക്കാൻ പാകത്തിന് കണ്ണീർ വീണ്ടും ചാലു തീർത്തു.

യാത്ര തുടരുമ്പോൾ മനസ്സും ഒരു തിരിഞ്ഞു നടത്തത്തിൽ ആയിരുന്നു. ചുറ്റുമുള്ള കാഴ് ചകളൊന്നും കണ്ണിൽ കാണുന്നില്ലാത്ത വിധം ഇന്നോളം ഉള്ള ജീവിതം hd സ്ക്രീനിൽ എന്ന പോലെ തെളിഞ്ഞു നിന്നു.

നിധി എന്ന അനാഥ പെണ്ണിന് സ്നേഹം വെച്ച് നീട്ടിയ റീച്ചാർഡ്.

ഒരു ആയുഷ്കാലത്തേക്കുള്ള ഓർമ്മകളും തന്ന് അവസാനം മരണത്തോളം വേദന തന്ന് ഇറങ്ങിപ്പോയവൻ...

ഇന്നും ആ ദിവസം ഓർക്കുമ്പോൾ നിധിക്ക് വിറച്ചു. ബോധം മറയുന്ന പോലെ തോ ന്നി. പതിവുപോലെ രാവിലെ ഓഫീസിൽ പോകാൻ ഇറങ്ങുമ്പോഴാണ് വയനാട് ഉരുൾപൊട്ടി എന്ന വാർത്ത കേട്ടത്. റിച്ചു എന്ന നമ്പറിലേക്ക് എത്ര തവണ വിളിച്ചു..? റിച്ചു പോയി എന്ന് ഓഫീസ് ഗ്രൂപ്പിൽ ഒരു മെസ്സേജ് കണ്ട് ബോധം മറയുവോളം... അപ്പോഴും ഫോണിൽ നിന്ന് കോൾ പോകുന്നുണ്ടായിരുന്നു.

കൈവിടാതെ ചേർത്തുപിടിച്ചവനാണ്... ഇരുൾ മാത്രം നിറഞ്ഞ ജീവിതത്തിലോട്ട് ഒരു മെഴുകുതിരി വെട്ടവും ആയിട്ട് വന്നവനാണ്... നാളെ കാണാം എന്നു പറഞ്ഞു ഫോൺ വെ ച്ചവൻ ആണ്.. ഇനിയൊരു നാളും കാണാനാവാത്ത ദൂരത്തോളം പോയി മറഞ്ഞത്... അന്ന് കൈവിട്ട ജീവിതമാണിത്... തിരിച്ചു കയറാൻ ആവാത്തവിധം ഓർമ്മകളുടെ ചുഴിയിൽ തന്നെ കറങ്ങിക്കൊണ്ടിരിക്കുന്നു. ഇന്നീ യാത്ര പെട്ടെന്നുള്ള തീരുമാനമായിരുന്നു. അവൻ പറഞ്ഞു കേട്ടു മാത്രം അറിഞ്ഞ നാടിനെ കണ്ടറിയാനുള്ള ആഗ്രഹത്തിൽ ഇറങ്ങിയതാണ്. പക്ഷേ അത് സാധ്യമാകില്ലെന്ന് വീണ്ടും വീണ്ടും ഹൃദയം ഉറപ്പിച്ചു പറയുന്നു. വന്നിറങ്ങിയ സ്ഥലത്തുനി ന്തന്നെ കിട്ടിയ ബസിന് തിരിച്ചു കയറുമ്പോൾ ഒന്നിനും വയ്യാത്ത അവസ്ഥയോർത്ത് നിസ്സ ഹായ ആകുന്നുണ്ട്.

Move On ചെയ്യണമെങ്കിൽ നിധി കൂടി മനസ്സ് വയ്ക്കണം എന്ന് തെറാപ്പിസ്റ്റിന്റെ വാക്കു കൾ മനസ്സിലാവാതെ അല്ല. കാലങ്ങൾക്ക് അപ്പുറം ഒരു വെള്ള കുതിരയുടെ പുറത്തിരുന്നു രാജകുമാരിയെ രക്ഷിക്കാൻ വാളും പരിചയം ആയി പാഞ്ഞു വരുന്ന രാജകുമാരന് അവന്റെ മുഖം ആയിരുന്നു . അങ്ങനെ ഒന്ന് ഇനിയില്ലെന്ന് ഓർക്കുമ്പോൾ നെഞ്ച് കനക്കുന്നു. ഹൃദയ ത്തിൽ ചോര പൊടിയുന്നു.ോ

ഇതെല്ലാം ഉറങ്ങി എണീക്കുമ്പോൾ മറന്നു പോകുന്ന ഒരു ദുസ്വപ്നമായിരുന്നെങ്കിൽ എന്ന് ആഗ്രഹിക്കാത്ത ദിവസങ്ങളില്ല. പക്ഷേ ഇപ്പോഴി മടക്കം അനിവാര്യമാണ്. അവന്റെ കൈക്കുള്ളിൽ ചേർത്ത് പിടിച്ചു ഞാൻ കണ്ട നാടുണ്ട്, ഒരു ഒറ്റ നില വീടുണ്ട്, കോട മൂടിയ മലനിരകൾ ഉണ്ട്....

ഇനിയുള്ള കാലത്തും ഓർത്തു വെയ്ക്കാൻ എനിക്കാ ചിത്രങ്ങൾ മതി. പാതി തകർന്ന വീടും... ഭൂപടത്തിൽ നിന്ന് മാഞ്ഞു പോയാ നാടും സ്വപ്നങ്ങളിൽ പോലും കടന്നു വരാൻ ഇട യാകാതിരിക്കട്ടെ... നിധിക്ക് ജീവിക്കാൻ ഒരു നൂറു ഓർമകളുണ്ട്... നഷ്ടങ്ങളുടെ പട്ടികയിൽ ചേർത്ത് വെയ്ക്കാൻ ഇഷ്ടമില്ലാത്ത ഒരു നഷ്ടവും....



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## College Day



and/



#### Sports Day







### Women's Day







Ms. Archana Dinesh second sem. Msw trainee













Cash &

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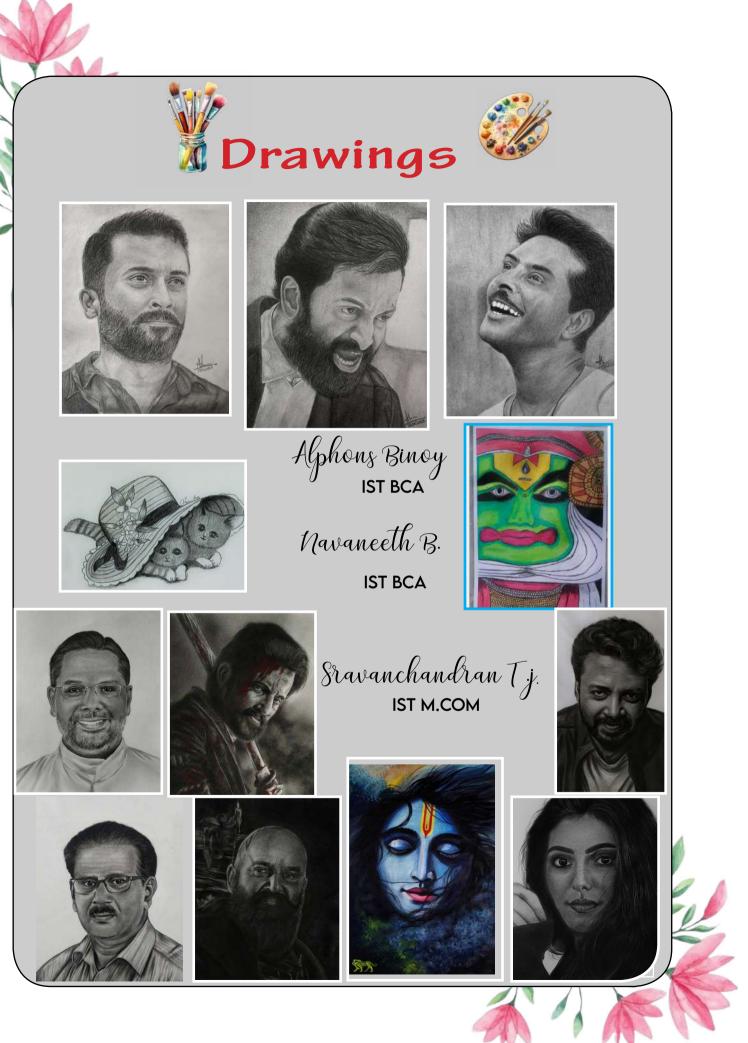
#### **Onam Celebration**

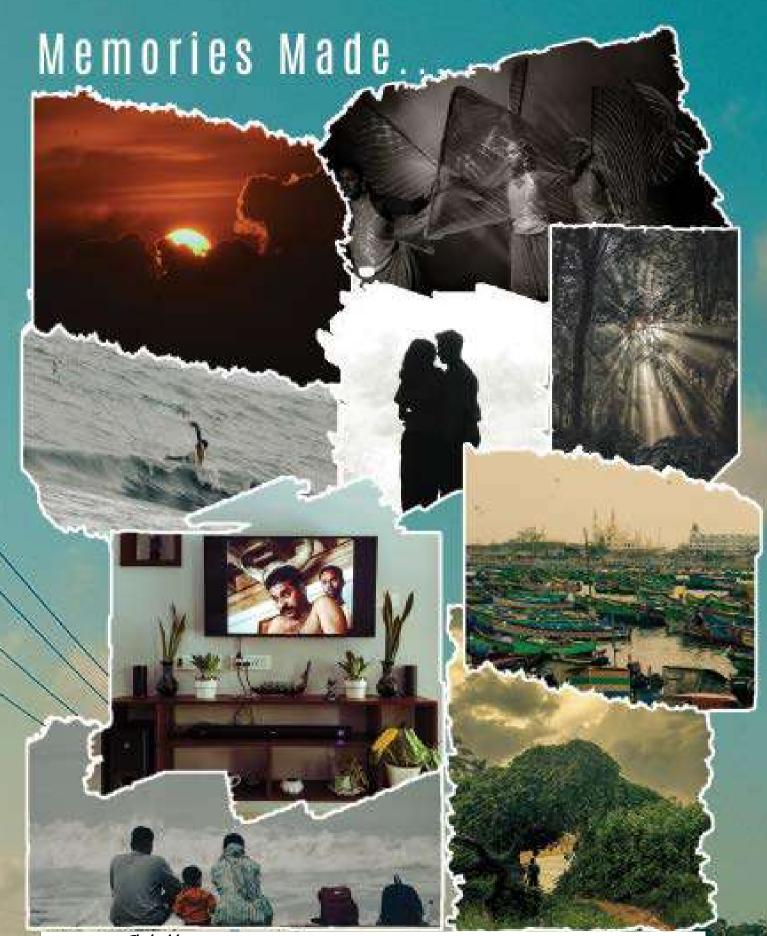


### **Graduation** Day



14.





Clicked by: Abhínav Subhash, Sravan chandran, Krípa Níranjan

# നന്ദി

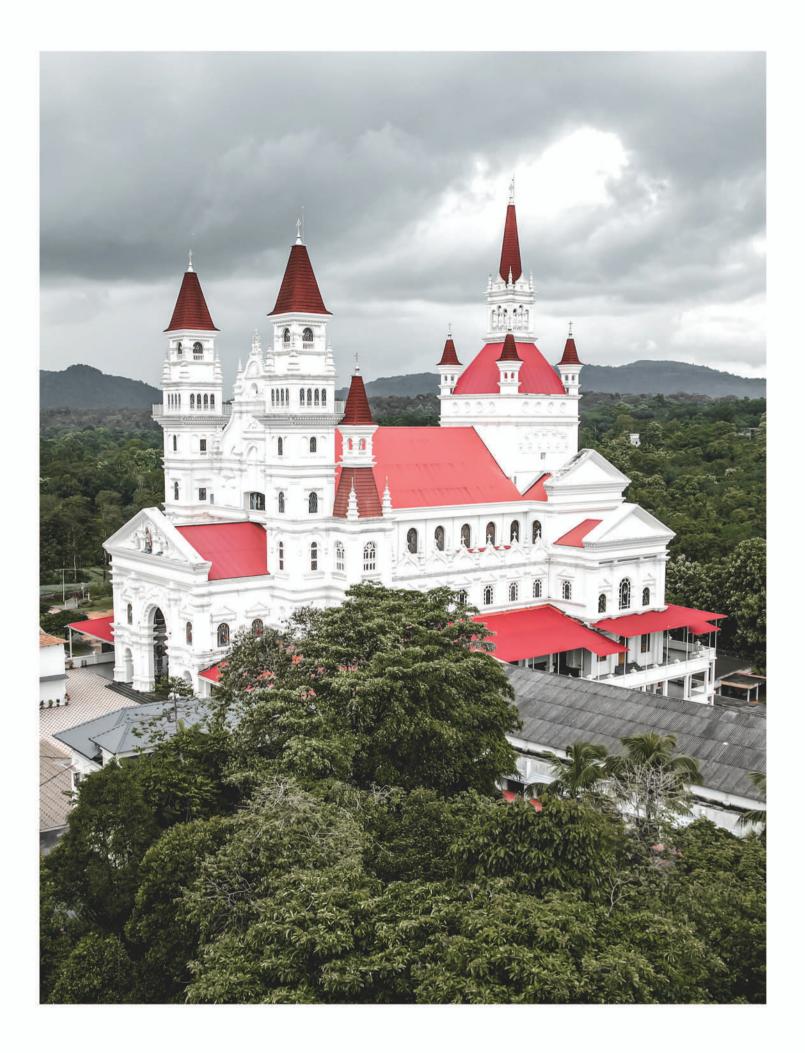
ഒരു സ്വപ്നമായി തുടങ്ങിയ ഈ യാത്ര ഇന്ന് യാഗാർത്ഗ്വമായിരിക്കു കയാണ്. ഈ അവസരത്തിൽ ഇങ്ങനെയൊരു നന്ദി,അതിവിടെ ആവശ്വമാ ണ്.കാരണം,നിങ്ങൾ കണ്ടുവന്ന ഈ ഓരോ താളുകളിലും ഒരുപാട് ആളു കളുടെ കഷ്ടപ്പാടുകളും,നിരവധി പരിശ്രമങ്ങളുമുണ്ട്.

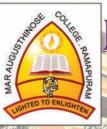
ഒരുപാട് തിരക്കുകളും സമ്മർദ്ദങ്ങളും കടന്നുപോയ ഒരു യാത്രയാ യിരുന്നു ഇത്, എഴുത്തുകളും അതിലുപരി തിരുത്തലകളും നടന്നു. സമ യത്തിന്റെ അഭാവം ഞങ്ങൾ നേരിട്ട മറ്റൊരു പ്രധാന വെല്ലുവിളിയായി രുന്നു. ' നിങ്ങൾ സ്വപ്നം കണ്ടതോ ആഗ്രഹിച്ചതോ ആയ കാര്യങ്ങൾ,അത് ധൈര്യമായിതന്നെ ആരംഭിക്കുക. കാരണം ധൈര്യത്തിന് പ്രത്യേകമായ ഒരു മാന്ത്രികതയും, ശക്തിയും പ്രതിഭയുമുണ്ട്. അങ്ങനെയൊരു ആരംഭം തന്നെയായിരുന്നു ഇതും.

എന്റെ ശക്തിയായി കൂടെ നിന്ന ചില മുഖങ്ങളെ എടുത്തുപറയാൻ ഞാൻ ഈ അവസരം വിനിയോഗിക്കുന്നു. 'മാർ ഌഗസ്തിനോസ് ' കുടുംബ ത്തിന്റെ ഌധികാരിയായ വികാരിയച്ചൻ, നിർദ്ദേശങ്ങളും പ്രചോദനങ്ങളും നൽകിയ പ്രിൻസിഷൽ ജോയി സാർ, ചീഹ് എഡിറ്റർ എന്നതിലുപരി ഈ മാഗസിൻ യാധാർത്ഥ്യമാക്കാൻ എന്നോടൊഷം നിന്ന വൈസ് പ്രിൻസിഷൽ രൂലഞ്ചേരി ഞച്ഛൻ,സ്റ്റുഡൻസ് എഡിറ്റേழ്സ് ടീം, കൈപിടിച്ച ഌധ്യാപകർ, മാഗസിന്റെ ശില്പിയായ സെന്റ് തോമസ് പ്രസ്സും അവിടുത്തെ ഡിസൈനർ, ചേർത്തുപിടിച്ച സുഹൃത്തുക്കൾ, ഇത് വായിച്ച നിങ്ങളോടും അതിനെല്ലാമു പരി സർവ്വേശ്വരനോടും ഒരുപാട് സ്നേഹത്തോടെ കടപ്പാടോടെ ഞാൻ ആ വാക് അറിയിക്കുന്നു..

THANK YOU FROM US ...

നന്ദിംം





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