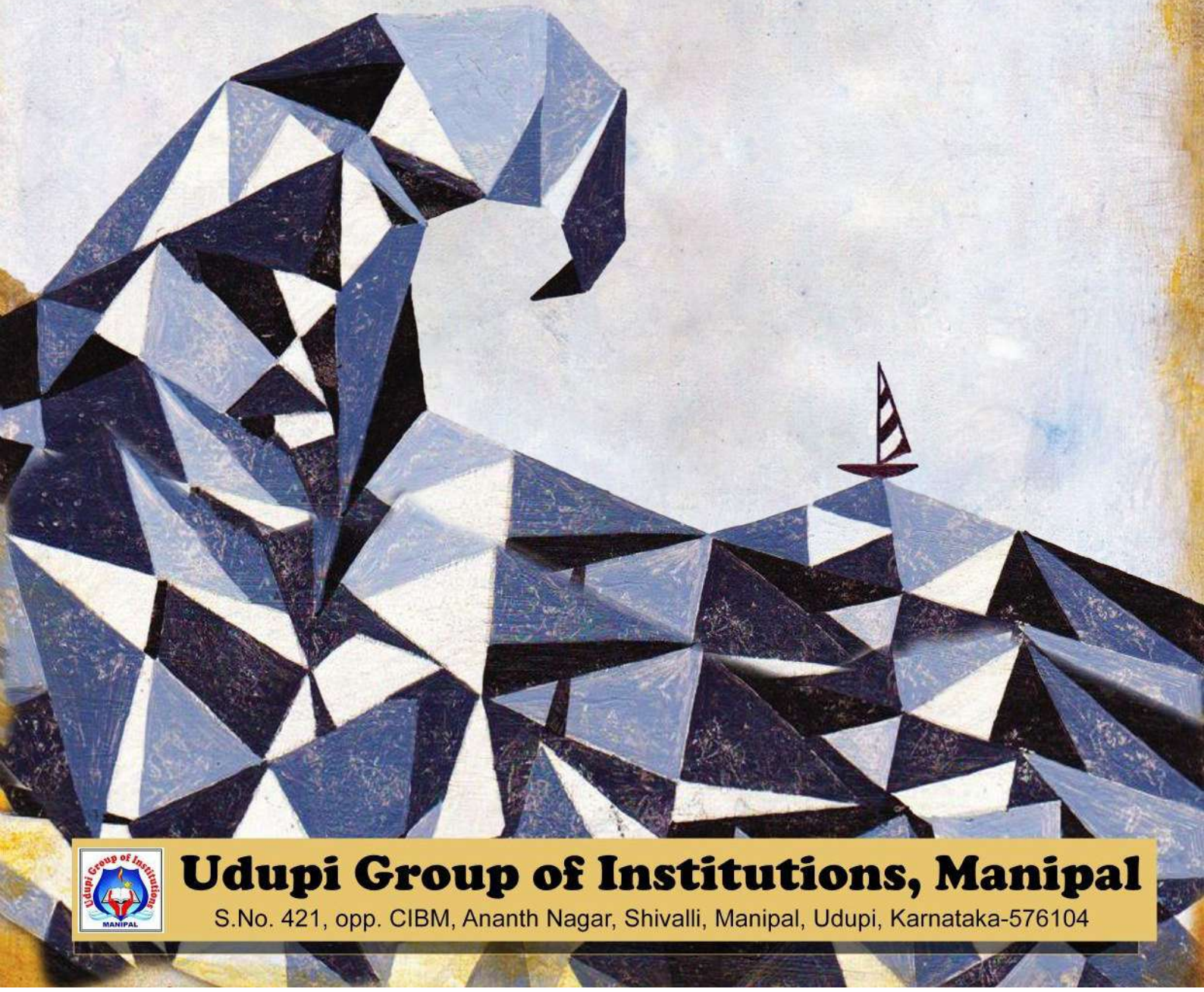


MIRROR

“AN INSIGHT INTO THE CAMPUS ”

MAGAZINE



Udupi Group of Institutions, Manipal

S.No. 421, opp. CIBM, Ananth Nagar, Shivalli, Manipal, Udupi, Karnataka-576104

ABOUT UDUPI- MANIPAL

Udupi District is an administrative subdivision in the state of Karnataka, India. It is situated in the Canara Coastal region which is an hour's drive from Mangalore the financial capital of coastal Karnataka. There are 7 taluks, 233 villages and 21 towns in Udupi district.

Udupi is known as the temple town for its pilgrimage centres, scenic beauty, literary activities, traditions and cultural heritage. Some of the famous tourist attractions of Udupi which are there on the world map are the archaeologically important Krishna Temple, St.Mary's Island and Mookambika Temple. Being a coastal region the city of Udupi has many famous beaches such as Marawanthe, Malpe, Kaup and Padubidre. Udupi is also a prominent producer of cashew nuts and exporter of flowers such as roses and jasmines.

The food processing industry of Udupi has grown immensely in recent times. It is well supported by the fisheries industry of the coastal region.

Manipal is an educational hub located at 5 kms away from the city of Udupi. The name Manipal is derived from the word 'Munn' and 'Palla' anglicised to Manipal. 'Munn' means Mud and 'Palla' means lake in Tulu language. Students from different parts of India and other countries are studying at various institutions of Manipal. This combination of students has given rise to an evident global culture to this city. Some of the tourist attractions of Manipal are Manipal Lake, End Point Park, Planetarium, Museum of Anatomy and Pathology, Hasta Shilpa Heritage Village and many more.



PHYSIOTHERAPY **COMMERCE**
BUSINESS ADMINISTRATION
HOTEL MANAGEMENT

CYBER SECURITY

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ARTIFICIAL INTELLIGENCE

COMMERCE

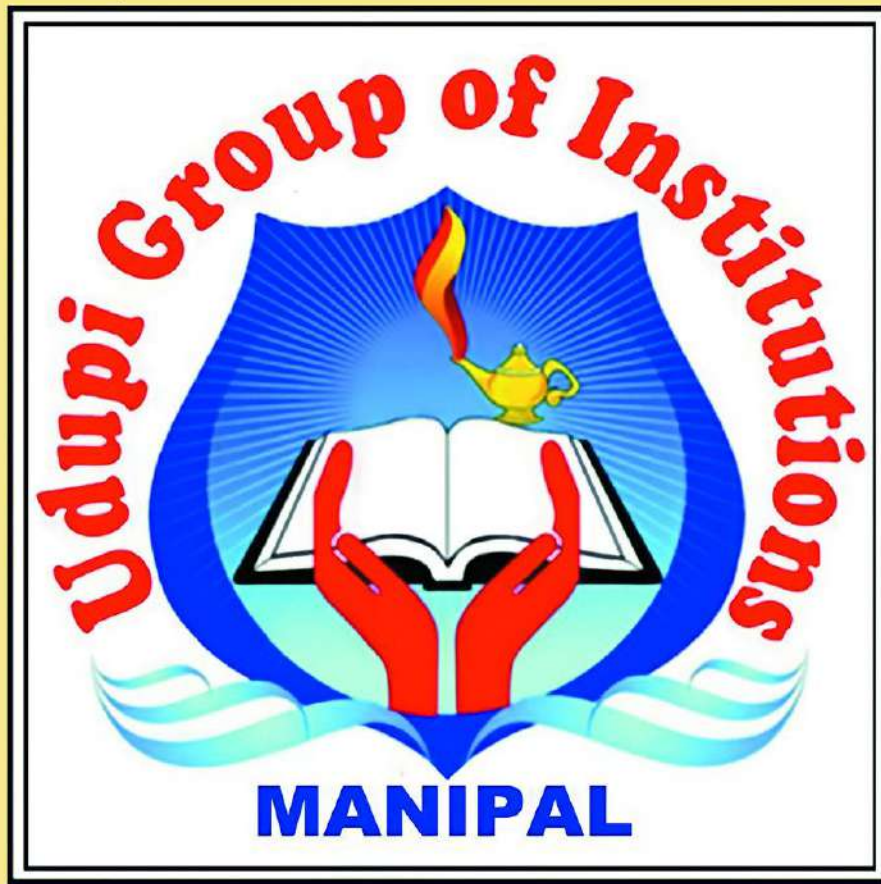
NURSING

MEDICAL LAB TECHNOLOGY

MEDICAL IMAGING TECHNOLOGY

BIG DATA

FASHION DESIGN



FOOD TECHNOLOGY

AVIATION

CA COACHING

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AVIATION

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AVIATION

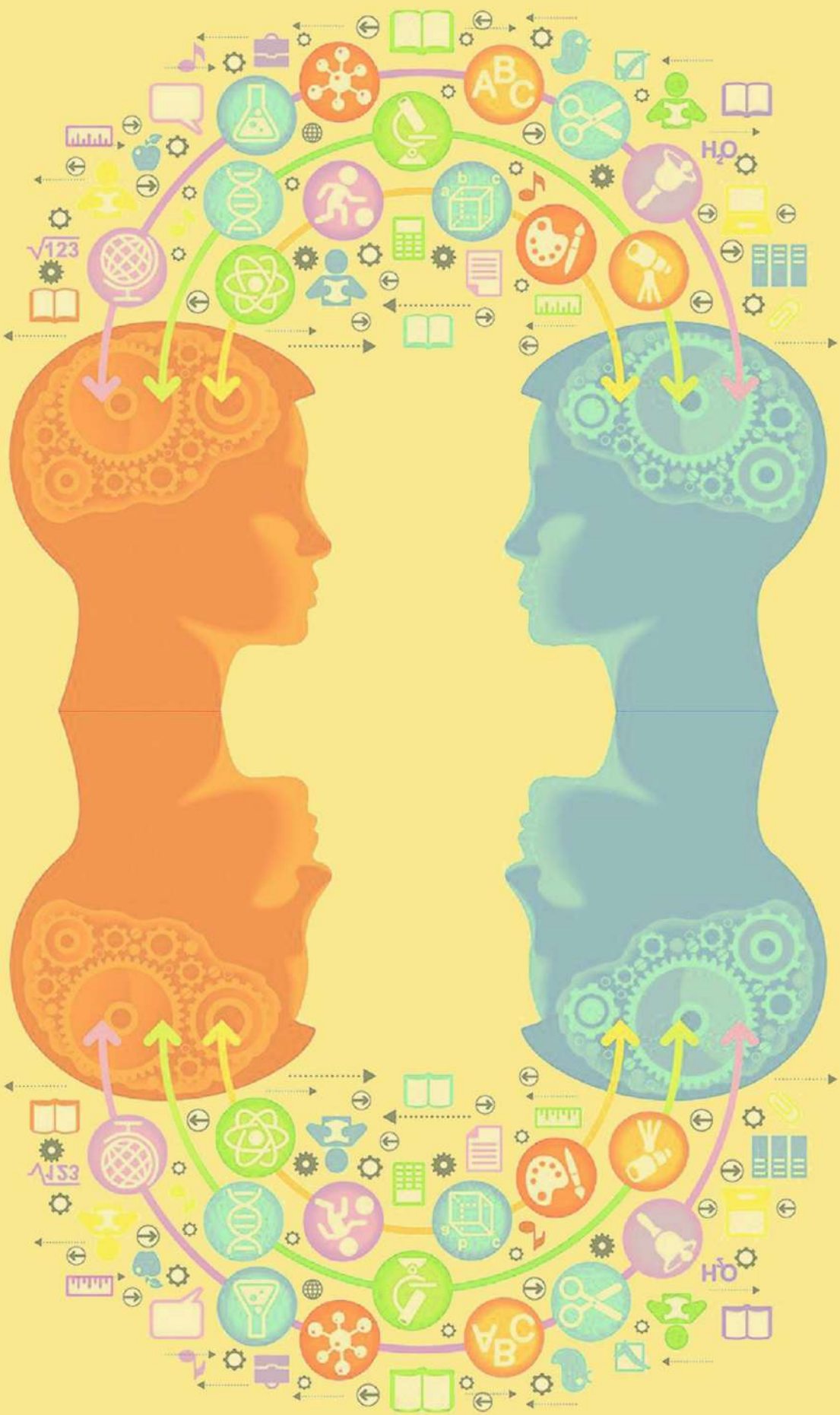
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III G.N.M.



Liziya
III G.N.M

FROM THE EDITORIAL BOARD



Mrs. Arpitha Shetty
Editor-in-Chief

"Mirror"- A reflection of our inner talents.

The college magazine "Mirror" is a platform for the presentation of our academic as well as other achievements. It also showcases the literary brushstrokes of our talented young minds. The magazine presents a bird's eye view of the aims and goals of our esteemed institution. The thoughts and feelings expressed by our talented students are lovingly displayed in the magazine.

Education is the movement from darkness to light. Each and everyone is blessed with a talent. May this talent shine forth in all its brilliance. We have proudly entered our 20th year and at this juncture we are very honoured to place the "Mirror" before you. Being the chief editor, I take this opportunity to thank each and everyone who has supported in compiling this annual magazine.



Dr. Kshama Shashidhar
Editor

I am thrilled that our college magazine is going to illuminate the minds of all its readers. One of the hallmarks of a good institution is the progressive and creative thoughts of its students which also subtly display their inherent talents. As such one can observe the deep thought processes of our students in their various articles, write-ups, poems and illustrations. I congratulate each and every one involved in the blooming of the college magazine. I hope our future students will reach even greater heights with the motivation that they may get from the present students. Wishing all the best to the students in every way and in every field.



Mr. Prashanth G. Naik
Design Director

ಇಂದಿನ ಸ್ಪರ್ಧಾತ್ಮಕ ಜಗತ್ತಿನಲ್ಲಿ ಉತ್ತಮ ವಿದ್ಯಾಭ್ಯಾಸವನ್ನು ಪೂರೈಸಿರುವ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಉದ್ಯೋಗದಲ್ಲಿ ವಿಪುಲವಾದ ಅವಕಾಶಗಳಿವೆ. ಪಿಯುಸಿ ವಿದ್ಯಾಭ್ಯಾಸ ಪೂರೈಸಿದ ನಂತರ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಮುಂದಿನ ವಿದ್ಯಾಭ್ಯಾಸದ ಆಯ್ಕೆಯಲ್ಲಿ ಗೊಂದಲ ಇರುವುದನ್ನು ನಾವು ಕಾಣುತ್ತೇವೆ. ಅನೇಕ ವಿದ್ಯಾರ್ಥಿಗಳು ಪಿಯುಸಿ ಶಿಕ್ಷಣದ ನಂತರ ಹೋಟೆಲ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್, ನರ್ಸಿಂಗ್, ಫಿಸಿಯೋಥೆರಪಿ, ಲ್ಯಾಬ್ ಟೆಕ್ನಾಲಜಿ ಮತ್ತು ಎವಿಯೇಶನ್ ಇನ್ನು ಮುಂತಾದ ಅನೇಕ ವೃತ್ತಿಪರ ಪದವಿಗಳನ್ನು ಆಯ್ಕೆ ಮಾಡಿಕೊಂಡು ಅದರಲ್ಲಿ ವಿದ್ಯಾಭ್ಯಾಸ ಪೂರೈಸಿದ ನಂತರ ದೇಶ-ವಿದೇಶಗಳಲ್ಲಿ ಉತ್ತಮ ಉದ್ಯೋಗ ಪಡೆಯುವುದನ್ನು ನಾವು ಕಾಣಬಹುದಾಗಿದೆ.

FROM THE ADMINISTRATOR'S DESK



Mr. Shinod T.R.
Administrative Officer
Udipi Group of Institutions
Manipal

“Education is the most powerful weapon which you can use to change the world”

– Nelson Mandela.

Success comes to those who work hard and it stays with those who don't rest on past laurels. Udipi Group of Institutions, Manipal started its journey in the year 2002 with the aim of ensuring students overall development along with intellectual excellence. Udipi Group of Institutions, Manipal is an amalgamation of competent teachers, state of the art infrastructure and efficient management. The objective of the institution is to provide the students a balance of academics, sports, arts and social opportunities in a safe and supportive environment. "MIRROR" our college magazine kindles the imagination of our learners. This content of the magazine is swaying from serious thinking to playful inventiveness of two thousand students of our college who are brimming with a zeal for life and empowering themselves with skills and creativity. I appreciate every student who shared the joy of participation in co-curricular and extra-curricular activities along with their commitment to curriculum.

Congratulations to the editorial team who shaped this magazine and to all those who are instrumental in bringing out this commendable piece of work. I extend best wishes for the success of this endeavor.

MESSAGE FROM THE DEAN (ACADEMICS)

Dr. Indira Kumari
Dean Academics
Udipi Group of Institutions
Manipal



Valuing creativity and pursuing for innovation are the two key elements of a great educational system. Our college magazine is the best combination of these two skills. It brings out the creative energies of the pure academic community and beautifies the essence of the students imagination in the most best way. It's with great pride that I would mention that the magazine of our college is a true "MIRROR" of the hard work of students and the faculty group. The magazine gives a total overview of the academic and co-curricular activities of the institution. I wish the reader gets information and literary satisfaction from this piece of work which is a great deal of time and hard work from the editorial board.

I take this wonderful opportunity to congratulate the editorial board for bringing out the magazine which in itself is an achievement.

MESSAGE FROM THE VICE-PRINCIPAL



Mr. Sharath Alva
Vice-Principal
UCPS
Udupi Group of Institutions
Manipal

Today we are living in a fast changing complex society which presents before us opportunities as well as challenges. Each and every student possesses an innate skill to express himself/herself artistically. However, carrier and curriculum takes most of the students' time in educational life. An opportunity to write for "MIRROR"- the college magazine is a platform to bring out the best in every field. I hope all my students enjoyed doing this work and I wish many more such reflective mirrors to come out in future. The efforts of the editorial board and students in bringing out the college magazine is highly appreciated.



Mr. Vijay B. R. Shetty
Associate Professor
Udupi Group of Institutions
Manipal

The college magazine "MIRROR" is a historical document of the growth of the college. It informs the future generation of the students about the tradition built-up of their college. The valuable publication is a unique opportunity for the students to show their creative talents. Along with academic studies students are encouraged to participate in games, athletics, arts, crafts, dramatics and various other extra and co-curricular activities conducted throughout the academic year. These make the years in college interesting and worth remembering and this college magazine is the window to the activities of the college.



Mrs. Sudha Prabhu
Assistant Professor
Udupi Group of Institutions
Manipal

For the past few years at Udupi Group of Institutions, Manipal, we are consciously observing the needs of society and emphasizing on offering education and training to students to face real life challenges. We strongly believe that the matured approach we follow to educate the students especially from rural areas to generate "quality citizen" is the greatest contribution to nation building at the time we are celebrating Azadi Ka Amrit Mahostav. Given this, it gives me immense pleasure to release the college annual magazine "MIRROR" which reflects the quality education and exhaustive training given to students based on latest developments in the field of education. The magazine also details about the students' achievements in the field of sports, cultural events, societal responsibilities, various camps held etc. I take this opportunity to congratulate the whole editorial team for the efforts they have put in to publish this "MIRROR" which I believe will turn into a window for the reader. Finally, I thank all the outgoing students for being part of this incredible journey; enjoy your life and good luck with your career

MESSAGE FROM THE WELL WISHERS



Mr. B. Raveendra Shetty
Senior Journalist
Mangalore

From KG to PG, the educational institutions of coastal Karnataka are globally renowned for providing quality education. Udupi Group of Institutions, Manipal is one such institution. Here, factors like infrastructure, latest technology, professionalism, commitment and discipline are very conducive to the all-round development of the students. As a result, I have observed that the students who have taken up professional courses here are employed in top positions across the nation and abroad. May this institution continue to be a guiding light for many more students. I take this opportunity to wish all the students a bright future. Jai Hind.



Mrs. Sheela M. Padmashali
Entrepreneur
Karkala, Udupi.

The aim of education is the knowledge, not of facts but of values - William S. Burroughs.

Apart from knowledge and education an institute should also focus on inculcating moral values in its students. Udupi Group of Institutions is one such institution that has released many professionally successful individuals into the global world over the years. Its professionally trained staff team and its dedication towards the institution has resulted in the growth of the students and the institution. I wish stupendous success to the students and may they touch great heights in future. Succeeding in life is easy as long as you believe in yourself. Trust yourself and success will come along.



Mr. Nagaraja Shetty
Physical Director
Sarswathi Vidyalaya PU College, Gangolli.

Manipal is renowned for its quality education over the years. Udupi Group of Institutions is located in one such prominent place. The institution has always aimed at providing quality education to its students through their continuous efforts and dedication. The institution focuses not only on their education but also tries to improve the calibre of the students. It gives me great joy to see the growth of the institution over the years without compromising on the quality of education. I wish a bright future to the institution and its students.

A FEW OF OUR ALUMNI

Being a student of Udupi Group of Institutions, I gradually realised that the college has been able to merge my personal growth with professional traits in a very considerable manner. The management and the teachers concerned played a pivotal role in this which in turn helped me to take bold decisions regarding my career. My sincere thanks go to the entire team of this wonderful and student friendly college which has given me the confidence to move on in life unmindful of any constraints that I may have to face in future.



Mahesh.K.Karkera
B.Sc.Hospitality Science
Batch: 2004-07
Self Employed at Edmonton, Canada.

I think attending Udupi Group of Institutions was the best time span of my life. The best thing about this Institution is the environment of students from different states as given me a much better understanding of different cultures.

Ms. Ashika
B.Sc. Fashion Design
Batch 2017-2020
Industrial Engineer
Best Sellers Apparels Pvt.Ltd,
Manipal



I would like to share my experience in pursuing my B.Sc Interior Design & Decoration degree from Udupi Group of Institutions. The excellent teaching faculty and supportive environment for the academic excellence is prevalent here. I have improved my skills and knowledge in this institution and it is very good to select a professional course to secure better job opportunities.

Mr. Ajin Kumar
B.Sc. Interior Design & Decoration
Batch 2 017-2020
Junior Designer
Joby Joseph Interior Design, Bangalore



Besides academic success, some of my fond memories are the time spent with friends and involvement in the inhouse competitions. Everyone was always so welcoming and friendly. I certainly made some friends for life time in Udupi Group of Institutions.

Ms. Chaya Shetty
B.Sc. Interior Design & Decoration
Batch 2017-2020
Junior Interior Designer
Atom Interiors
Bangaluru



I still remember the day when I visited the college for my admission with a doubt of pursuing my degree in Hotel Management as it was not common for boys in those times. Our principal was so supportive and briefly explained to me and my mother the opportunities in the Hotel Management, I was encouraged to opt this course. The entire faculties are dedicated and helped me not only in studies but also in extra-curricular activities.

Ms.Avanthika Sanil
B.Sc.Hospitality Science
Batch: 2009-2012
Al Nasr Leisureland
Sales & Marketing Manager
Dubai, U.A.E



A FEW OF OUR ALUMNI

It was a wonderful experience at Udupi Group of Institutions with an excellent exposure provided by all concerned across the various platforms. The faculty is very supportive and encourages students to push boundaries to rise above expectations. It targets for an overall development of every student, be it education, culture or even practical exposure to business and industrial environment. The international tour to Dubai was a fantastic experience in itself. It has given me memories that I can cherish forever.

Mr. Sujith
B.B.A. & AHM
Batch 2017-2020
Guest Relation Executive
Kempegowda International Airport, Bengaluru



Udupi Group of Institutions has a fantastic reputation for its academics. Alongside the incredible cultural variety, I believe it is the best place where I developed academically as a young adult.

Ms. Akarsha
B.Sc. Fashion Design
Batch 2016-2019
Content QC, Myntra
Bangaluru



Time just flies away. It looks like just yesterday I had graduated from Udupi Institute of Hotel & Tourism Science. I entered this esteemed Institution to pursue my desired course with determination, aspiration and dreams. This college gave me a strong foundation on which I built my career with an extremely professional approach towards a demanding profession. I admire the dedication of the entire team of the college. I will always be a proud student of this great institute of repute.

Mr. Lawrence Suman Barboza
B.Sc. Hospitality Science
Batch: 2007-2010
Restaurant Manager,
Apparel, Qatar WLL,
Doha, Qatar



Our teachers since the beginning of the graduation explained me about the job opportunities in Hotel Management, which was very helpful to shape my career today. I would like to thank all my teachers for their support during my course of studies. My college days are the happiest & fun days of my life and I cherish every moment of them.

Mr. Nikhil Vijayakumar
B. Sc. Nursing
Batch 2006 -2010
Staff Nurse in Health Service Executive
Mayo University Hospital
Republic of Ireland



It was an honour and matter of pride that I completed my hotel management graduation from Udupi Institute of Hotel and Tourism Science, Manipal. My college days are unforgettable and in fact those days are most happiest and fruitful days in my life. The support of the faculty members not only helped me to score good marks but also helped me to overcome the flaws for being a good human being. I am thankful to all the faculty members of the college for the continuous effort and support.

Mr. Prasad Shetty
B.Sc Hospitality Science
Batch 2006-2009
Operation Manager
Golden Eats Restaurant
Dubai



I cherish the memories, the favorite past times I had in my college life. I look forward to keep in touch with my college always while I am away. Udupi Institute of Hotel and Tourism Science has provided me a wonderful environment and opportunity to learn and grow myself academically as well as helped me to place myself successfully in the corporate world .

Mr. Vinod Vittal Prabhikar
B.Sc. Hospitality Science
Batch 2008-2011
Butler Services Manager
Jude Mountain Resort
St. Lucia, West Indies



ANNUAL REPORT

Udupi Group of Institutions, Manipal was established in the year 2002 with the aim of providing opportunities for students seeking professional courses. The institutions are affiliated to Mangalore University- Mangaluru, Rajiv Gandhi University of Health Sciences, KSDNEB, Bengaluru, recognized by INC, KNC and approved by the Government as per the course and the statutory body requirements. The college for the past two decades has been successful in transforming students into perfect professionals by providing hands-on training with disciplined class room teaching and practical exposure by industrial training. Udupi Group of Institutions offers professional courses such as B.Sc. Hospitality Science, B.Sc. Food Technology, B.Sc. Interior Design & Decoration, B.Sc. Fashion Design, Bachelor of Business Administration (B.B.A), Bachelor of Commerce (B.Com), Bachelor of Computer Application (BCA), Aviation Hospitality Management, Supply Chain & Logistics Management courses and Chartered Accountant (CA) coaching through Udupi College of Professional Studies. B.Sc., M.Sc. and P.C.B.Sc. Nursing courses through Udupi College of Nursing. General Nursing (GNM) course through Udupi School of Nursing, Bachelor of Physiotherapy (B.P.T) through Udupi College of Physiotherapy and B.Sc. Medical Lab. Technology, B.Sc. Cardiac Care Technology, B.Sc. Respiratory Care Technology, B.Sc. Medical Imaging Technology through Udupi College of Allied Health Sciences. The college has students from all over Karnataka and other states. The institute has a team of dedicated teaching and non-teaching staff members who have been toiling hard for the academic growth of students and their all-round development.

☆ ACADEMIC ACCOMPLISHMENTS

Excellence in academics is the hallmark of a good institution. It is an honor to mention that final year students who have appeared for University examinations during the academic year 2019-20 have secured overall pass percentage of 89% with 117 distinctions. Students of 3rd and 4th year B.Sc. Nursing, 1st year Post Basic B.Sc. Nursing have secured 100% results in the Rajiv Gandhi University of Health Sciences examination held during the academic year 2019-2020.

☆ STUDENTS ACHIEVEMENTS

- Ms. Ashlin D'Silva secured 1st Rank in Mangalore University B.Sc Fashion Design Degree Examinations held during 2016-19.
- Ms. Sana Iyear B.Com secured 1st Place in Selection Trial in National Level for category-45 Female Kumite (Fight) held on 5th December 2019 at Indoor Sports Complex, Mangalore University, Mangala Gangothri. She secured 3rd Place in All India Inter-University Karate Championship for Women 2019-20 in National Level for Category-45 Karate held from 6th to 10th January 2020 at Sathyabama Institute of Science and Technology, Chennai. 1st Place in Karnataka Karate Do Sports Association in State Level for Category -50 Female Kumite (Fight) held on 13th, 14th and 15th December 2019 at Brahmashree Narayan Guru SevaSangha, Moodbidri, D.K. Secured Gold Medal in female individual Kumite (fight) – 50kg category under 21 State Level Karate Championship 2021 held on 25th and 26th September 2021 in District Indoor Stadium, Gadag, Karnataka organized by Sports Authority of Karnataka in association with Akhila Karnataka Sports Karate Association.
- Exuberance 2020 - A State Level Inter-collegiate Management Fest was held on 6th February 2020 at Shree Devi College, Mangalore. Mr. Shreerag and Ms. Vanessa Afonso of B.B.A secured 1st Prize in Flying Wings-Green Airport Model Making Competition and Ms. Arshi secured 2nd Prize in Debate Competition.

- Students have participated in “Whiz Quiz 2020” organized by the Department of Business Administration, Sahyadri College of Engineering & Management. Students of III year B.B.A Mr. Sreesaj J, Mr. Sujith K have secured I Place, Mr. Austin Fernandes, Mr. Joyson D’ Souza, Mr. Lonel Perera have secured II Place, Mr. Akash, Mr. Mohammed Shahil, Mr. Rakshak have secured III Place and Ms. Swethlana Noronna, Ms. Nazareth Steffi have secured IV Place in the same. Ms. Rachel D’ Souza of B.B.A has secured 2 nd Place in Stress Interview Competition at the ‘YUVVANA FEST 2020’-Intercollegiate Competition held by Moti Mahal College of Hotel Management, Mangalore on 14th February 2020 Mr. Sumukh from III B.Com secured 2 nd prize in National Level Knowledge Quiz Competition organized by Centre for Post Graduate Studies & Research of Alva’s College, Moodubidire.

☆ **CAMPUS EVENTS AND ACTIVITIES**

- A Drawing competition was conducted by “Kalasahithya” - Art & Literature Club of our institution on 17th January 2020.
- Traditional Cooking Competition was also conducted on 7th February 2020 by the same club.
- A training program on “Digital Marketing” by Mr. Mayur Hatwar, Digital Marketing & Soft Skills Trainer, Pune, Maharashtra, was held on 5th March 2020.
- A seminar on “Revenue Management” by Mr. Adarsh Amin, Revenue Executive, Oakwood Premier Prestige, Bangalore was held on 7th February 2020.
- A seminar on “Personal Effectiveness” by H.G. Atul Krishnadas from ISKCON was held on 11th February 2020.
- Drug Abuse Awareness- Prevention Control programme was held in association with Lions Club & Leo Club, Brahmagiri Udupi and Dr.A.V.Baliga Memorial Hospital, Doddanagudde, Udupi on 29th February 2020.
- Soft Skill Training Programme was held in association with Ramakrishna Hegde Skill Development Centre, Udupi (A unit of Konkan Rail Academy) on 2nd and 3rd March 2020.
- Seminar on “Life Style Changes for Creative People” was held on 7th March 2020 organised by “Sanjeevini”-Health Club of our Institution.
- Vijaya Karnataka organised the “Pakashale Queen” contest in our institution on 12th and 13th March 2020 .
- “Prerana”-Social Club of our Institution served Breakfast and Lunch to needy people during Covid-19 lockdown period.
- A webinar on “How to Search for a Job Post Covid-19” by Mr.Karthik Dev, Job Search Strategist was conducted for final year students on 05th August 2020.
- The inauguration of NSS unit of our institution an orientation programme was held for NSS volunteers on 24th June 2021.
- Covid-19 vaccination camp for staff and students was held on 2 nd July 2021 at VaikuntaBaliga College of Law, Udupi.
- “Kalasahitya” -Art & Literature Club of our institution conducted a drawing competition on the occasion of “Azad KaAmritMahostav” on 15 th August 2021.
- ‘NSS Shramadana’ campus cleaning activity was held at Govt. Composite High School, RajivNagara, Manipal on 15 th August 2021.
- A Chess competition was conducted by Sudeva- Sports Club on 30th August 2021.
- Essay writing (English, Hindi, Kannada and Malayalam) competition was conducted by “Kalasahithya” –Art & Literature Club on 21th August 2021
- Core Body Fitness Training programme was conducted by “Sanjeevani”- Health Club of our institution on 27th August 2021, Mr. Sathish Naik was invited as the fitness trainer
- Live Virtual “Talents Day-2021” was organized by “Kalanikethan” premiered on YouTube platform on 28th August 2021

- Graduation Ceremony for nursing students was held on 22 nd December 2020. As many as 125 graduates from the School and College of Nursing celebrated their success on this day.
- As a part of observation of International Nurses Day celebration, we have conducted an E-poster competition for nursing students on 12th June 2021, based on the theme of & Nurses and Covid-19& Students participated enthusiastically and we have received a total of 13 E-posters for this competition.
- We also organized a video competition on behalf of World No - Tobacco Day on 31st May 2021 in order to create awareness about the cessation of tobacco. Students participated enthusiastically and won prizes.
- Department of fashion design organised a fashion show "FASHION FESTA" on Saturday 23rd October 2021 at 2PM in college campus. Students of fashion design exhibited their final collected of costumes.
- A inter- house Rangoli competition was organised in college premises on 28th October 2021 at 2PM.
- Inter- house cricket & throw ball matches were conducted by "Sudeva" sports club of our institution on 30th October 2021
- College Annual Sports Day was conducted on 2nd November 2021 at Mahatma Gandhi District Stadium, Ajjarkadu, Udupi. At this event, Ms. Sana was felicitated for her excellency in Martial Arts.



FACULTY PARTICIPATION AND ACHIEVEMENTS

- Mr. K.S. Sherigar secured & "Lifetime Achievement Award" which is presented for the meritorious contribution in the field of design in AK- Interior Design Wow Awards-2020 at The Taj Gateway Mangalore on Friday, 7th February 2020
- Mrs. Alka Manoj participated in "VK Paaka Shaale Queen Competition" organize by Vijaya Karnataka held on 12 th March 2020 at our institution. She won second prize in Coastal region and selected for state level
- Mr. Vijay B.R. Shetty, was the judge for cooking competition held at Hubballi-Dharwad Buntara Sangha on 05 th January 2020 held at R.N.Shetty Auditorium, Hubballi.
- Mr. Sharath Alva and Mr. Vijay B.R. Shetty delivered a special lecture on Table Etiquette & Food Presentation in the Department of PG in Food Science & Nutrition at Alvas College, Moodbidire on 10th February 2020.
- Mrs. Arpitha Shetty was the guest of honour for "Samskrithika Kalarava" organised by Kodavuru Samskrutika Mithra Balaga on 26th February 2020. and also participated as a guest in the TV programme 'Lock Down Kathe Vyathe' telecasted by Namma TV Channel, Mangaluru on 18 th June 2020.
- Mrs. Alka Manoj, lecturer conducted a webinar in association with 'Cultor' exclusive club for top tier creative talent, on the topic 'How to build a portfolio that creates an impact' on 13th May 2021.

☆ **HOSTEL**

The hostel offers comfortable stay for students within the campus during their course of study. The hostel is clean and comfortable and each room is provided with adequate facilities for study and stay. The academic year went uneventful but it will remain as the most memorable academic year because of the lessons it taught us. It was a kind of an innovation for the students, teachers and the institution that the process of teaching-learning can continue without physically being present in the class room.

☆ **LIBRARY**

Institution has a spacious and well equipped library with around 13353 books from various Indian and foreign authors which caters to the needs of students from different streams. The institution also provides E-Library facility for Students' reference. Journals, magazines and newspapers are also available for the students' in the library.

CENTRAL LIBRARY

Library as a Learning Resource Centre

A well-equipped library is an essential and integral component of any education system, especially of higher education. Without a proper information and knowledge infrastructure, no education system can sustain and achieve its stated goals and objectives. Library is a hub of all activities of education.

The institution has a spacious and well equipped library with around 13353 books from various Indian and foreign authors which caters to the needs of students from different streams. Journals, magazines and newspapers are also available in the library to enrich the knowledge of students in the current scenario.

Total No. of Volumes: 13353

Total No. of Titles: 3350

E-LIBRARY

The institution library is equipped with all the requirements for the digital access of the information by the students. The library also has access to many pdf versions of the text books.



TEACHING STAFF



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M.Sc.
Administrative Officer/
Assistant Professor



Dr. Indira Kumari
M.Sc, Ph.D.
Dean Academics



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M.Sc, M.Phil.
Principal



Mr. Sharath Alva
B.H.S, M.B.A, P.G.D.H.R.M
Vice-Principal



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B.H.M, M.A
Associate Professor



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B.H.M, M.T.M
Associate Professor



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M.Sc.
Associate Professor



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Assistant Professor



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M.Com, M.B.A
Assistant Professor



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M.Sc.
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Lecturer



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M.Tech.
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D'Souza
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M.Com
Lecturer



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Lecturer



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M.B.A
Lecturer /Admission
Counsellor



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M.L.I.Sc.
Librarian



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M.L.I.Sc.
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Lecturer



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TEACHING STAFF



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Ms. Triveni
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Ms. Sushma
B.Sc.
Assistant Lecturer



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D.H.M.
F & B Lab Instructor

GUEST FACULTY



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M.B.B.S, M.D
Professor



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Professor



Mr. Ananthaya Acharya
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Ms. Prerana Radhakrishna
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M.Com
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Ms. Latha P.
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Ms. Anuradha Shenoy
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Mr. Akshay Shetty
B.Com
Accountant



Mr. Reiju Alex
D.H.M.C.T
Admission Counsellor



Mr. Raghavendra Rao
Hostel Warden/
Transport Supervisor



Ms. Sumalatha
Hostel Warden



Ms. Deekshitha
Hostel Warden



Mr. Mohanraj
Maintenance Manager



Mr. Avinash Shetty
Assistant Chef



Mr. Gunesh
Office Staff



Mr. Shivananda
Office Staff



Mr. Divakar Sheftigar
Office Staff



Ms. Anitha P.
Office Staff



Ms. Mohini
Lab Assistant



Ms. Sowmya
Lab Assistant



Mr. Prasanna Kamath
Lab Assistant



Ms. Sunitha
Lab Assistant



Mr. Prashanth Poojary
Maintenance Personnel



Mr. Vasanth L. P.
Transport Staff



Mr. Prajwal
Transport Staff



Mr. Monappa Gowda
Transport Staff



Mr. Amjadh Khan
Transport Staff



Mr. Sathish B.
Transport Staff



Mr. Arun Kumar
Transport Staff



Mr. Ashokan C. T.
Transport Staff



Mr. Sathish
Transport Staff



Mr. Laxman Yallappa Koll
Transport Staff



Mr. Vishwanathan
Cook



Mr. Dinesh
Cook



Mr. Gopal
Cook



Mr. Vasu
Kitchen Assistant



Mr. Prashanth
Cook



Mr. Edwin Lobo
Housekeeping Staff



Mr. Umesh Bola
Security Personnel



Mr. Thammayya
Housekeeping Staff



Mr. Narayana
Housekeeping Staff



Mr. Harish Bangera
Housekeeping Staff



Mr. Bhoja
Housekeeping Staff



Ms. Vasanthi
Housekeeping Staff



Ms. Lakshmi
Housekeeping Staff



Ms. Seetha
Housekeeping Staff



Ms. Meenakshi
Housekeeping Staff



Ms. Janaki
Housekeeping Staff

**B.Sc. Interior Design & Decoration
BATCH 2018-2021**



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Ms. Al Safa
Mohammed Arif



Ms. Rudba



Mr. Shiekh Aves



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Shetty



Mr. Ashwin



Mr. Sandeep
Madhukar Achari



Ms. Shruthi Achar

**B.Sc. Fashion Design
BATCH 2018-2021**



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Laxminarayan Hegde



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Ms. Prathiksha



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Ms. Reshmi Paul



Ms. Sahana R.



Ms. Sowmya M.



Ms. Swapna N. V.



Ms. Vidhyashree



Mr. Vinayaka K.



Ms. Vishma



Ms. Lavanya

Bachelor of Business Administration
 &
Aviation & Hospitality Management
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Ms. Abygail Gomes



Mr. Anas Ali



Ms. Ankitha



Ms. Arshi Ashraf Ali



Ms. Ashiyana Amiruddin Sheikh



Mr. Chethan



Ms. Christymol B.P.



Ms. Deeksha Shetty



Ms. Deekshitha



Mr. Elton Charles Rebello



Ms. Fathima Afreena



Ms. Harshitha



Mr. Hashim Mohamed Taha



Ms. K.N.Sushma



Mr. Mohammed Safan



Mr. Malcom Savio Rodrigues



Mr. Mohammed Aftab



Mr. Mohammad Alfaz Raees



Mr. Mohammed Riyam Akram



Mr. Nishanth A. Devadiga



Ms. Nishmitha



Ms. Nymisha Suresh Shetty



Mr. Pratheek S. Amin



Ms. Princiya Joshmitha Kairanna



Ms. Reema Rosal



Ms. Riya



Mr. Rohith Shetty



Ms. Ruhi



Mr. Sachin Kumar



Ms. Saniya Shariff



Ms. Shahana K



Ms. Shainy Soni D'Silva



Mr. Sheik Mohammed Hafeel



Mr. Sheik Sahil



Ms. Sweedle Castelino



Mr. Uttam U. Hegde



Mr. Vignesh



Mr. Muhammed Marshooq T.

**Bachelor of Commerce
&
Aviation & Hospitality Management
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Crasta



Ms. Ashwini
Poojary



Ms. Ashwitha



Ms. Chaithra



Ms. Chandhini



Ms. Dhanya



Mr. Faheem
Ahmed



Mr. Fardeen F.
Mehtab



Mr. Gautham



Ms. Gouthami



Ms. K. S. Jayashilpa



Mr. K.S. Sharat



Mr. K.V. Sagar



Ms. Lakshitha



Ms. Lisha Hegde



Mr. Mohammed
Nawaz



Mr. Mohammad
Ramiz



Mr. Mohammed
Suhaib



Ms. Nayana Achary



Ms. Nayana Shetty



Ms. Nisha



Ms. Pallavi



Ms. Pavithra S Shetty



Mr. Prajwal S
Shetty



Ms. Primal Britto



Mr. Raghavendra
Bhat



Mr. Rakesh



Ms. Rama



Mr. Ranjith



Ms. S. Raksha



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Ms. Shahna
Faiyyaz Ahmed



Mr. Shivashankar
Rao



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Mr. Shreyanka



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Ms. Shwetha R.



Ms. Shwetha



Mr. Sumukha K.



Ms. Sunaina
Banu



Ms. Swathi



Mr. Sharan R.
Hegde

Bachelor of Commerce
&
Aviation & Hospitality Management
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Ms. Vijetha



Ms. Vikitha
Poojary



Mr. Yakshith R.



Ms. Safa

B.Sc. Food Technology
BATCH 2018-2021



Mr. Abhishek
Manoj



Mr. Abhisheka



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Ms. Crizil Chinnu
Joseph



Mr. Jinto Santhosh



Ms. Keerthana B



Mr. Kirana



Mr. Lishan
D'Souza



Ms. Nishmitha



Mr. Rithesh
Poojary



Mr. Sanjay



Ms. Shravika Vijay
Shetty



Mr. Shrikanth
Karkera



Mr. Srinivasa



Mr. Tom Mathew



Mr. Vijeeth

B.Sc. Hospitality Science
&
Aviation & Hospitality Management
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Mr. Abhishek



Mr. Abhishek



Mr. Aboobacker
Sidhik



Mr. Acharya Sandesh
Sadashiv



Mr. Adarsh A



Mr. Ajith Sajan



Mr. Akshay K



Mr. Akshay Kumar



Mr. Akshay



Mr. Albin
Thomas



Mr. Anandhu A.

B.Sc. Hospitality Science
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BATCH 2018-2021



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Umesh Kumar



Mr. Anil Kumar



Mr. Aniruddh



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Poojary



Mr. Annappa



Mr. Anoop J P



Mr. Anurag K V



Mr. Anush



Mr. Ashith Hegde



Mr. Ashok Naik
K



Mr. Aswanth Raj A



Mr. Avinash



Mr. Charan C



Mr. Christon
Dsouza



Mr. Clivio James
Fernandes



Mr. Danice
Jesudas Gangera



Mr. Deekshith



Mr. Dhanush
Shetty



Mr. Ganesh



Mr. Ganesha R.



Mr. Gautham



Mr. Gireesh K K



Mr. Gowtham



Mr. Harsha



Mr. Harsha



Mr. Imran Nazir



Mr. Jamshad PK



Mr. Jeo Abraham



Mr. Jestead Thomas



Mr. Jibin P V



Mr. Karthik D.



Mr. Kiran



Mr. Kiran T. V.



Mr. Kishan



Mr. Machindra



Mr. Mohammad
Rilwan



Mr. Manaswith A
kotian



Mr. Manish kumar
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Mr. Manish R
Shetty



Mr. Megharaja



Mr. Nagaraja

B.Sc. Hospitality Science
&
Aviation & Hospitality Management
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Krishnan R.



Mr. Nithish
Achary



Mr. Nithin



Mr. Nithish



Mr. Parthiv N P



Mr. Paul Dalton
Kotian



Mr. Prajwal
Lanet Dsouza



Mr. Prajwal P
Kotian



Mr. Prashvil S Kumar



Mr. Prathviraj
Hegde



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Naik



Mr. Prinson
Prithesh Baretto



Mr. Pujari Ritesh
Gopal



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K M



Mr. Rakshath



Mr. Ranjith
Kumar



Mr. Ravi



Mr. Ribin Tomy



Mr. Robin Deosta



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Ms. Rohini



Mr. Rohit Nihal



Mr. Roshan



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Mr. Saviyo
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Mr. Shetty
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Mr. Souhardh



Ms. Srajan



Mr. Sudeep
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&
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Mr. Vikrama



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Mr. Navan



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Ms. Sheri Johnson



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Ms. Sushmitha



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Mr. Kiran Kumar



Ms. Triveni



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Naik



G.N.M.

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Moolya



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R. Kulal



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Mr. Harshith



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Naik



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Ms. Isha Gomes



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Ms. Kalpana



Ms. Laxmi



Ms. Liziya



Ms. Mamatha A.D.



Ms. Manya D.B.



Ms. Navya



Ms. Navya Naik



Ms. Navya



Ms. Nikitha



Ms. Niveditha



Ms. Pavithra



Ms. Pavithra



Ms. Poornima



Ms. Pratheeksha



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Ms. Reshma



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Ms. Sushma



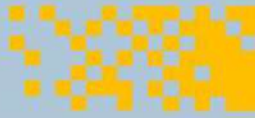
Ms. Supriya



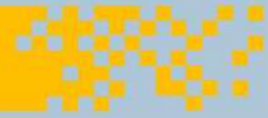
Ms. Sushmitha
T.S.



Ms. Vishala



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BATCH 2021



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Mr. Sanjay

B.Sc. I.D&D



Ms. Shruthi Achar



Mr. Akash

B.Sc. F.D



Ms. Reshmi Paul



Ms. B.H. Ashwini

B.B.A



Mr. Abhinanda Shetty



Ms. Fathima
Afreena

B.Com



Ms. Megha



Mr. Ranjith

B.Sc. Nursing



Ms. Shwetha



Ms. Akshatha

G.N.M



Ms. Liziya



Ms. Inchara

SPORTS DAY



TALENTS DAY



FASHION FIESTA





LAMP LIGHTING



NSS ACTIVITIES

- The National Service Scheme (NSS) unit of Udupi College of Professional Studies (UCPS) was initiated on 29-3-2021 with 51 energetic volunteers which includes students from different courses. Mr. Indra Kumar S. Shetty B. has been appointed as NSS Programme Officer for the academic year 2020-21, Mr. Abdus Subhan from Ist year B.Com. and Ms. Siya from Ist year B.B.A. were selected as NSS Secretaries for the academic year 2020-21
- Inauguration & Online Orientation Programme was conducted on 24-6-2021. Mr. Ravi G, HOD (Statistics) & NSS Programme Officer, Karkala Jnanasudha PU College, Ganit Nagar was the resource person for the programme. The resource person well graced the event by boosting the new volunteers with the knowledge of NSS activities



Appreciation letter and Memento handed over as the token of gratitude to the Resource Person of Orientation Programme

- An Online quiz competition was conducted for the students of our college by NSS Unit on World Environment Day & Yoga Day Celebration using Google form platform on 20-7-2021 at 4.00 PM.
- On Account of World Environmental Day, Pencil Sketches and a awareness videos were created by our NSS students.

☆ Activities done by Volunteers:



Pencil Sketch done by our N.S.S student Neha S. (Ist year B.B.A.) on the occasion of "WORLD ENVIRONMENT DAY"



Pencil Sketch done by NSS student Deeksha Rao (Ist year B.Sc. H.S.) on "COVID AWARENES"



- Report on “Clean India” Activity at Malpe Beach: On celebration of “Azadi ka Amrut Mahotsava” a Clean India” campaign of beach cleaning was conducted at Malpe Beach on 17-10-2021, 9.00 AM. It was organized jointly by Ministry of Youth Affairs and Sports, Nehru Yuva Kendra Udipi, District Administration Udipi, Zilla Panchayath Udipi, NCC, NSS, Bharath Scouts and Guides & Other Organisations. Volunteers of our NSS Unit had actively participated in this event and collected the plastic waste from the seashore and disposed off. The certificate of participation were given to the volunteers.



Mr. Indra Kumar Shetty
NSS Programme Officer /
Lecturer

- NSS Unit volunteers actively participated in Independence Day Celebration at CIBM, Manipal on 15th August , 2021



- NSS volunteers cleaned the premises of Government Composite High School, Rajeev Nagar, Manipal during 'Shramadana Activity' carried out on 15th August 2021 by NSS unit of our institution.



ವಿಜಯ ಕರ್ನಾಟಕ



ಉಡುಪಿ ಗ್ರೂಪ್ ಆಫ್ ಇನ್ ಸ್ಟಿಟ್ಯೂಟ್ ಸಮೂಹ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆ ಸಹ ಸಂಸ್ಥೆಯಾದ ಉಡುಪಿ ಇನ್ ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಹೋಟೆಲ್ ಆಂಡ್ ಟೂರಿಸಂ ಸೈನ್ಸ್ ಮನೆಪಾಲರ ವ್ಯಾಪ್ತಿಯ ಯೋಜನೆಯ ಪ್ರಮುಖವಾದ ಅಂಗವಾಗಿ ಸ್ವಲ್ಪ ಕಾರ್ಯಕ್ರಮ ರಾಜೀವ ನಗರನಗರ ಸಂಯುಕ್ತ ಪ್ರೌಢಶಾಲೆಯಲ್ಲಿ ನಡೆಯಿತು. ಕಾಲೇಜಿನ ವೈಸ್ ಚಾನ್ಸಲರ್ ಶರತ್ ಆರ್ ಎನ್ ಎಸ್ ಯೋಜನಾಧಿಕಾರಿ ಇಂದ್ರಕುಮಾರ್, ಉಪನ್ಯಾಸಕರಾದ ವಿಜಯ್ ಬಿ ಆರ್, ಶೆಟ್ಟಿ ರಾಜೇಶ್ ವರ್ಗೀಸ್, ಶುಭರತ್ ಹಾಗೂ ನಿತ್ಯಾ ಉಪಸ್ಥಿತರಿದ್ದರು. ವ್ಯಾಪ್ತಿಯ ಸೇವಾ ಯೋಜನೆಯ ಎಲ್ಲ ಸ್ತರದ ಸೇವಕ ವಿನ್ಯಾಸಗಳು ಶಾಲಾ ಆವರಣ ಸ್ವಲ್ಪ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು.

Article published in the daily Kannada newspaper "Vijaya Karnataka"

ಉಡುಪಿ ಸಮೂಹ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳಲ್ಲಿ ವನಮಹೋತ್ಸವ ಆಚರಣೆ

ಉಡುಪಿ ಮನೆಪಾಲರಲ್ಲಿರುವ ಉಡುಪಿ ಶಿಕ್ಷಣ ಸಮೂಹ ಸಂಸ್ಥೆಗಳ ಉಡುಪಿ ಇನ್ ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಹೋಟೆಲ್ ಆಂಡ್ ಟೂರಿಸಂ ಸೈನ್ಸ್ ರಾಷ್ಟ್ರೀಯ ಯೋಜನೆಯ ಅಂಗವಾಗಿ ಸ್ವಲ್ಪ ಕಾರ್ಯಕ್ರಮ ರಾಜೀವ ನಗರ ಸಂಯುಕ್ತ ಪ್ರೌಢಶಾಲೆಯಲ್ಲಿ ನಡೆಯಿತು. ಕಾಲೇಜಿನ ವೈಸ್ ಚಾನ್ಸಲರ್ ಶರತ್ ಆರ್ ಎನ್ ಎಸ್ ಯೋಜನಾಧಿಕಾರಿ ಇಂದ್ರಕುಮಾರ್ ಹಾಗೂ ನಿತ್ಯಾ ಉಪಸ್ಥಿತರಿದ್ದರು.



ವಿಶ್ವ ಕಾರಣ ಭೋಗಿ ರಾಜೀವ ನಗರ ಸಂಯುಕ್ತ ಪ್ರೌಢ ಶಾಲೆಯಲ್ಲಿ ನಡೆಯಿತು. ಕಾಲೇಜಿನ ವೈಸ್ ಚಾನ್ಸಲರ್ ಶರತ್ ಆರ್ ಎನ್ ಎಸ್ ಯೋಜನಾಧಿಕಾರಿ ಇಂದ್ರಕುಮಾರ್ ಹಾಗೂ ನಿತ್ಯಾ ಉಪಸ್ಥಿತರಿದ್ದರು.

Article about NSS Activity in the daily Kannada newspaper "Vijaya Karnataka"

- Report on Gandhi Jayanthi & Lal Bahadur Shastri Birthday Celebration & Vanamahotsava Celebration in Govt. Composite High School, RajeevNagar, Manipal

ಉಡುಪಿ ಸಮೂಹ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳು - ವನಮಹೋತ್ಸವ ಆಚರಣೆ

ಉಡುಪಿ: ಮನೆಪಾಲದಲ್ಲಿರುವ ಉಡುಪಿ ಸಮೂಹ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳ ಉಡುಪಿ ಕಾಲೇಜ್ ಆಫ್ ಪ್ರೊಫೆಷನಲ್ ಸ್ಟಡೀಸ್ ನ ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ ಘಟಕವು ಸರಕಾರಿ ಸಂಯುಕ್ತ ಪ್ರೌಢಶಾಲೆ ರಾಜೀವ ನಗರ ಮನೆಪಾಲದಲ್ಲಿ ಗಾಂಧೀಜಿ ಮತ್ತು ಲಾಲ್ ಬಹದ್ದೂರ್ ಶಾಸ್ತ್ರಿ ಜಯಂತಿ ಆಚರಣೆಯ ಜೊತೆ ವನಮಹೋತ್ಸವ ಕಾರ್ಯಕ್ರಮವನ್ನು ಹಮ್ಮಿಕೊಂಡಿತ್ತು. ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಪ್ರೌಢಶಾಲೆಯ ಮುಖ್ಯೋಪಾಧ್ಯಾಯರಾದ ಶ್ರೀ ಬಾಲಕೃಷ್ಣ ಪಿ. ಅವರು ಮಾತನಾಡಿ ಗಾಂಧೀಜಿ ಮತ್ತು ಶಾಸ್ತ್ರಿಜಿಯವರ ಕೊಡುಗೆ ದೇಶಕ್ಕೆ ಅನನ್ಯವಾಗಿದೆ ಎಂದರು. ಕಾಲೇಜಿನ ಉಪ ಪ್ರಾಂಶುಪಾಲರು ಮತ್ತು ಕಾರ್ಯಕ್ರಮದ ಅಧ್ಯಕ್ಷರಾದ ಶ್ರೀ ಶರತ್ ಆಳ್ವ ಮಾತನಾಡಿ ವನಮಹೋತ್ಸವ ಕಾರ್ಯಕ್ರಮದ ಅಗತ್ಯತೆಯನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ತಿಳಿಸಿದರು. ಕಾರ್ಯಕ್ರಮದ ಪ್ರಯುಕ್ತ ಪ್ರೌಢ ಶಾಲೆಯ ಮಕ್ಕಳಿಗೆ ಭಾಷಣ, ಚಿತ್ರಕಲೆ ಮತ್ತು ಪ್ರಬಂಧ ಸ್ಪರ್ಧೆಗಳನ್ನು ಏರ್ಪಡಿಸಿ ವಿಜೇತರಿಗೆ ಬಹುಮಾನ ವಿತರಿಸಲಾಯಿತು. ಎನ್‌ಎಸ್‌ಎಸ್ ಘಟಕದ ಸಂಯೋಜನಾಧಿಕಾರಿ ಶ್ರೀ ಇಂದ್ರಕುಮಾರ್ ಶೆಟ್ಟಿ ಕಾರ್ಯಕ್ರಮ ಸ್ವಾಗತಿಸಿ, ಕಾರ್ಯದರ್ಶಿ ಕುಮಾರಿ ಸಿಯಾ ವಂದಿಸಿದರು ಹಾಗೂ ಉಪನ್ಯಾಸಕಿ ಸ್ನೇಹ ಪೈ ನಿರೂಪಿಸಿದರು. ಎನ್‌ಎಸ್‌ಎಸ್ ಘಟಕದ ಕಾರ್ಯದರ್ಶಿ ಅಬ್ದುಸ್ ಸುಬಾನ್, ಸ್ವಯಂಸೇವಕರು, ಹಾಗೂ ಶಾಲೆ ಮತ್ತು ಕಾಲೇಜಿನ ಶಿಕ್ಷಕ-ಶಿಕ್ಷಕೇತರ ಸಿಬ್ಬಂದಿಗಳು ಉಪಸ್ಥಿತರಿದ್ದರು.



ARTICLES

CONTRIBUTION OF TECHNOLOGY TO EDUCATION

Technology gives us many facilities, one of them is being the ability to gain knowledge. With technology we can learn or do almost anything. Education is a necessity to gain knowledge and get success in life. Technology does not mean games and watching videos only. It also provides us e-books, learning sessions, important research data, gadgets that we can use to interact with others etc. Classrooms are also getting smarter with the use of latest technologies like smart boards, projectors, visual enhancements etc..

A pandemic caused by a virus known as the novel COVID-19 forces our government to close all schools and colleges for an indefinite time, leaving the fate of students like us in the dark. In a situation like this technology came as a rescuer for us, today technology enables us to study without going to school. Various sources and applications help us in different forms. Applications like Google Classroom for assignments, YouTube for education lessons, Zoom app for live interactions and doubt clearance, and many other applications which schools are using to proved a blessing for e their students in a time of countrywide lockdown.

Overall, technology is the central and inalienable part of most of the sectors of society. The scope of “Educational Technology” is huge as the students and teachers are empowered to increase their efficiency in learning and teaching respectively.

SHRAVYA
II B.Sc. Food Technology



GENETICALLY MODIFIED FOODS AND THEIR IMPACT ON HUMAN HEALTH

Genetically modified food (GM) has become the subject of discussion in academic, research, media, and scientific circles. It basically means food that has been made either for animals or human beings using the recent technology in biotechnology, genetic engineering, recombinant DNA technology, or basically the gene technology (Thieman & Palladino , 2009). The main characteristic which has greatly contributed to the popularity of GM foods is the fact that it contains the desired characteristics like the required nutrition content. On the negative side it has become a matter of concern, due to the fact that various researches that are being conducted on it. However, the fact that there is no research that has been conducted to prove that GM foods have adverse effects on human beings complicates the issue even further. Since there are theoretical adverse effects associated with genetically modified food, it has become increasingly difficult for people to make the right food choices. It is true that there are numerous benefits and risks tied to the consumption of genetically modified foods but the main question is, should they be eaten and if so should labelling be necessary? The question of whether genetically modified food should be eaten or not is a difficult one and which has led to a lot of controversies. However, before making major conclusions, it is important to consider the benefits of the same. To begin with, as highlighted in the introductory part, these foods are considered to be more nutritious than the foods that are found in the market. Through the process of genetic engineering, it is possible to add some particular nutrients to foods and make them rich. There are various researches that are being conducted to ensure that nutritional enhancement becomes a reality. In addition, some improvements have been recorded, especially in countries where grain like rice contains vitamin as an added nutrient. Apart from enriching some food crops, genetic engineering is also used to remove some allergens present in some food.

By so doing, the large numbers of people who are not able to benefit from such foods due to allergy are able to consume them without any adverse effects. Therefore, putting into consideration the innumerable benefits of genetically modified food, abstaining from eating such foods deprives one from its health benefits. Before dwelling so much on the benefits of genetically modified food, it is important to check out some of the adverse effects of the same. Various studies indicate that there is minimal research concerning the adverse effects of genetically modified food. In relation to health, the effect of genetically modified food is an area that has not been seriously researched.

However, even after putting that into consideration, there are still some of the known risks that are associated with genetically modified food. For instance, a lot of children are seriously affected by allergens. Consumption of such foods therefore becomes a serious risk, which can cause various health problems (State Government of Victoria, 2010). Studies of Whitman (2000) indicate that in a study that was conducted to investigate the effects of genetically modified potatoes, results indicated that there is a probability of developing some problems after consuming such foods. That being the case, it is very important to put such issues into consideration before deciding on whether or not to consume genetically modified food. Nevertheless, critics stated that the gene which was introduced into the potatoes was only meant to test the methodology, and they were not to be consumed by animals or human beings. Most scientists maintain that the biggest problem associated with genetically modified food is only an allergy problem. In view of the fact that every government is concerned with the health of its people, it is important to put into consideration the input of the government in relation to the same problem. Some foods, and introducing some nutrients of such foods may lead to the creation of some new. Although all governments in the whole world are concerned, the response is dependent

on the economic, political, and social factors in each country. In a country like Japan, the government made it a law to test all the genetically modified food, although initially, it was done on a voluntary basis. Since both types of food are found in the market, the preference for normal food as when compared to the genetically modified food is increase. In a country like Europe, the government requires that genetically modified food be labelled, although information illustrates that the public has lost trust in the regulatory measures of the government. In countries where genetically modified food is banned, smuggling takes place resulting in it finding its way into different countries. A country like the United States has established three bodies to regulate genetically modified foods and contains many regulatory laws not only concerning the consumption of genetically modified food but also ways of growing such foods. Having considered all the benefits and risks of genetically modified food, it is evident that the benefits may, by far, outweigh the risks associated with consumption. Apart from that, risks that are associated with the same have not been proved scientifically. Allergic reactions are also the main cause of the alarm and since there are improvements in the field of biotechnology, such risks can be prevented if genetically modified food can be tested for allergens and toxicity before they are released into the market. If appropriate measures can therefore be taken, genetically modified food can pose no or minimal risk. Labelling genetically modified food is also an issue that has raised considerable debates since some maintain that the food should be labelled while other groups think otherwise. According to Whitman (2000), a certain agribusiness company maintains that labelling of genetically modified food should be done on a voluntary basis, depending on the demand of the consumers. However, groups that stand up and speak up for the interests of the consumers maintain that it is important for the consumers to know the contents of what they eat. Hence according to this group food should be labelled. Although in the United States, there is a law that states that labelling

is important and mandatory. This is due to the fact that the FDA maintains that genetically modified whole foods are almost similar to natural foods. In addition, the agency maintains that if labelling is to be adopted, then all the food laws on labelling ought to be changed.

The importance of labelling any food to save genetically modified food does not require any further emphasis. However, it is important to consider the costs associated with labelling or the reasons that make it be a contentious issue. Labelling leads to an increase in cost and the consumers are required to cover the extra cost. Taking into consideration the economic situation in most countries, it is important to consider whether it is really necessary to add an extra cost. Apart from that, manufacturing companies are required to undergo restructuring if labelling is adopted.

This is due to the fact that the processing of the genetically modified food should be separated from the processing of natural foods. Farmers will also be required to separate genetically modified food from natural food while in the farms and also during storage before they are taken to the factory. All the processes add an extra cost, and more often than not, it is the consumers who take responsibility for the extra cost. Apart from cost, there are other technicalities that are involved in labelling that complicate the situation even further. For instance, the acceptable limit of contamination is also a contentious issue since some groups are for 1%, while others are for 0%.

In addition, it is not even possible to detect very low levels of contamination due to a lack of resources. Scientists and researchers have not come into a conclusion regarding the level of contamination that can be detected (Whitman, 2000). If labelling would not involve other complications and issues, then no one would go to the extent of opposing the process. However, the process is not only costly but also there are so many issues that are involved.

For instance, it is important to educate the public on food labels so that they can be able to

differentiate genetically modified food from normal food. Labelling should also be done in a clear and simple language that members of the public can understand. It is not easy to resolve contentious issues regarding genetically modified foods. Nevertheless, it is important to point out that though there are potential risks associated with their consumption, the benefit of the same may by far outweigh the risks. In addition, genetically modified food has resulted from the current development in biotechnology, and further development can result even in safer and higher quality foods.

Abstaining from eating such foods will not only deprive human beings of the benefit they may reap from the same but may also slow the ongoing research. Labelling is important and necessary because consumers should know the content of the food they choose to purchase.

LOYAL CORDOZA
II B.COM



WHY GOD MADE TEACHERS

When God made teachers
He gave us special friend
To help us understand his world
And truly comprehend
The beauty and the wonder of
Everything that we see
And become a better person
With his discovery.

When God made teachers
He gave us special guides
To show us ways to grow
So we can all decide
How to live and what is wrong
To lead us so that we can lead
And learn how to be strong

Why God made teachers
In his wisdom and his grace
Was to help us learn to make our world
A better and wiser place!



KEERTI S.K.
I GNM

FAST FOOD

Food is an important part of any culture and society around the globe. Until the last century, most people used to eat fresh, home-cooked food. Eating was a process that required certain preparations. However, we see that people prefer to eat fast food such as pizza, hamburgers or fried chicken. These fast-food restaurants have become common in our streets, and they are visited by people of all ages. The popularity of these restaurants has increased internationally. There are many reasons why fast food has become popular. Let us see some of its serious effects on humans and society in general.

The basic question is, what made fast food so popular this last century? One answer would be that the change of lifestyles in modern times. Due to their jobs, they do not have time to cook for their children or even themselves. As a consequence, they find it easier to order from these fast food restaurants rather than cooking. This is why they favour fast food over their own cooked food. Another cause for fast food usage can be long working hours leading people to eat outside their homes. There are many fast-food businesses in our cities. Some of them are McDonald's, Burger King, Pizza Hut, etc. We can make a long list with hundreds of names from these restaurants. During the last couple of years, we saw a lot of advertisements and promotions for those restaurants. A question remains as to why infective food consumption is promoted. The answer is that fast food is easy to cook. It does not take a long time to cook, and it is easily available in your hands. The shareholders of these businesses have their own goals, that is to make profits from these restaurants. Above, we have seen the causes that may have led to the flourishing of the fast-food industry. But what is more important is the effects it has on society and human beings. The major effect that fast food has on human beings is that it can put your health in danger. First, we must say that fast food can cause vitamin deficiencies that may, in

turn, help to cause diseases. Obesity is one of the consequences of fast food on the human body. Obesity comes because fast food is the factor that enriches the body with fats. So people will become less healthy, less effective, and less productive, and this is the conclusion of obesity (Adams, 2007, pp. 155).

Another serious effect of the popularity of fast food is the loss of the family tradition of eating together. Earlier the family used to eat together, and had an opportunity to talk to each other about the daily happenings in the family. Fast food also has an effect on the family income. Fast food is more expensive and less healthy than home cooked food.

In conclusion, it can be said that fast food has been born out of the modern way of living in our societies. Unfortunately, the effects it has on the human body and health are not positive. It also has other negative effects on the income of a family. It would be best if people avoid fast food and limit its consumption.

LOYAL CORDOZA
II B.COM



SOUL'S VOICE

Even though being wronged
I was happy
Cause right now
That was my peace
I heard your voice
In empty heart
It's in the heart
Always in the heart
I felt your song everywhere
I felt you in everything
I still taste the past
But I will never be that me again
With a wild spirit, Soft heart and a sweet soul
For me your music becomes love
That I searched for

VINUTHA
I B.P.T



HAPPINESS

Happiness is something which we can't describe in words. It can only be felt from someone's expression of a smile. Likewise, happiness is a signal or identification of good and prosperous life. Happiness is very simple to feel and difficult to describe. There is no one hard and fast definition for the term happiness. Happiness differs from person to person; different people have different perceptions and conceptions of being happy. Whatever that may be, happiness is an essential feature of human life. Without it, life holds no meaning at all. It is not possible at all for a person to live their lives devoid of joy and happiness. Moreover, happiness comes from within and no one can steal your happiness. Every day we see and meet people who look happy from the outside but deep down they are broken and are sad from the inside. For many people, money is the main cause of happiness or grief. But this is not right. Money can buy you food, luxurious house, healthy lifestyle, servants and many more facilities but money can't buy you happiness. And if money can buy happiness then the rich would be the happiest people on earth. But, we see a contrary image of the rich as they are sad, fearful, anxious, stressed, and suffering from various problems. In addition, though they have money yet they lack in social life. Also, the rich feel insecure because they feel everyone is after their money. So to safeguard their money they hire security. While the condition of the poor is just the opposite. They do not have money but they are happy with and stress-free from these problems. As we now know that we can't buy happiness with money because it is something that you feel from within. Happiness is basically a state of mind. It is not possible at all for a person to live his life devoid of joy and happiness. To be happy and positive we need to be always in a happy mood. Happiness is more than a good feeling or a yellow smiley face. It's the feeling of truly enjoying your life, and the desire to make the very best of it.

Happiness is the "secret sauce" that can help us be and do our best. The best way to reach any goal is to begin with small, specific actions. After doing these for a while, they become habits — things that fit into your daily schedule without you thinking about it too much. Achieving small, specific goals can add up to big happiness. Thus the state of being happy largely depends upon what a particular person wants from life. It depends upon a person's desires and goals in life. Above all and in most cases, indulging in the things that one loves the most becomes the key to a happy life. Hence, love and happiness are directly linked. Without love, happiness does not persist. Likewise, without happiness, love does not persist. The key to happiness lies in doing what one loves. A lot of people end up having a remorseful life, filled with regrets; this happens because they settle for something that they do not genuinely like. Irrespective of what the society imposes on us, we must indulge in only that which makes us feel happy and joyous. There is no hard and fast method of staying happy. One cannot remain satisfied all the time. We all have our depressing and sorrowful episodes. But life also gives us moments of joy and happiness. To me, happiness is the feeling of truly enjoying my life, and the desire to make the very best of it. Happiness is something that we all strive for, yet many of us find it challenging to grasp and even harder to keep. Especially during these difficult economic times, happiness seems to be linked to the next week's pay check, a new job, or a distant raise. Money alone cannot buy you happiness. A happy life has more to do with the people around us, how we live our lives, the way we spend our time, and how we perceive ourselves and understand our life experiences.

MENTHA D'SOUZA
II B COM



HARD WORK AND SUCCESS

Hard work is the key to success is a well known saying. Hard work and success go hand in hand. Many inspirational fables are there to prove this fact. Instances from the lives of Gandhiji and Edison show that hard work ultimately pays off. All the successful people of the world have one common reason for their success and it is their hard work. When one has put in all their efforts and done sincere hardwork then one is sure of the results. After that even if the results are not upto one's expectations, the person feels contented. They say luck also favors those who work hard. Honest hard work has the power to exalt men and bestow them with glory.

It is an undoubted fact that hard work is the key to success. You cannot achieve anything without hard work. If you want to do well in your studies, you have to work hard, if you wish to be the best athlete in your school, you must run the fastest among all the students and if you wish to be remembered best student, you must put in your best of efforts. Right through the ages we find that great men and women in the world over have worked hard to achieve success. Edison, who invented the electric bulb worked twenty one hours a day, Florence Nightingale, who revolutionized modern nursing, supervised her staff during the day and did extensive research on medicine during the night.

The word "rest" did not exist in Mahatma Gandhi's dictionary. Indira Gandhi worked tirelessly for our nation. Even popular film stars, sportsmen, models and pop singers of today have had to work their way up. Their success was not given to them on silver platters. So if you want to fulfil your ambitions, work hard and do not be frightened of failure. Failure is nothing but an opportunity for you to try again though it may be a bit harder the next time.

No matter how hard you work for success if your thought is saturated with the fear of failure, it will kill your effort, neutralize your endeavours

and make success impossible. Successful people are not gifted they just work hard and then succeed on purpose. We need to work hard as well as smart to achieve success in our lives. Success is a powerful thing and everyone wants it. The problem in obtaining success, is that one must be willing to work hard, be courageous and be smart for it and not be afraid of failure.

NAMITHA
H B.COM



THE VALUE OF SHARING

There once was a farmer who grew the most excellent wheat. Every season he won the award for the best wheat in his country.

A wise woman came to him to ask him about his success. He told her that the key was sharing his best seed with his neighbors so that they could plant the seeds as well.

The wise woman asked, "How can you share your best seeds with your neighbors when they compete with you every year?"

"That's simple", the farmers replied. "The wind spreads the pollen from everyone's wheat and carries it from field to field. If my neighbors grew inferior wheat, cross-pollination would degrade everyone's wheat including mine."

"If I'm to grow the best wheat, I must help my neighbors grow the best wheat as well"

This is not only an excellent advice for growing the best crops but also great advice for how to live your life.

If you want to live a meaningful and happy life, help others and find happiness.

The value of your life is measured by the lives you touch with love, kindness, respect and hope.

GOURI PARVATHY. S
I B.SC. NURSING



PERSONALITY PSYCHOLOGY AND ZEN BUDDHISM

Zen Buddhism has been a topic of interest to westerners for a very long time. Zen Buddhism is a movement that occurred in the 1960s and involves monks, their feats and their monasticism, and the study of doctrines. However, Zen Buddhism is also a social and religious aspect that pertains to the everyday beliefs and customs of the followers in addition to the rituals and traditions followed by believers of the religion. Buddhism basically originated from India and later spread to China, where the early form of Zen initiated and developed and was more commonly known as Chan. Zazen is the Japanese name for the meditation posture in which Buddha is said to have achieved enlightenment beneath the Bodhi tree and Bodh Gaya. Zen Buddhism adheres to the Eightfold Path and the four noble Truths which were taught by Lord Buddha. The primary practice of Zen Buddhism involves "sitting in zazen" which is a type of meditation, in which the meditator is seated with a straight posture with the hands placed on the lap so that the palms face upwards and the thumbs touch each other lightly. In this way, the practice of meditation is assumed and the meditator understands the nature of the self and begins to learn how to avoid attachments, which is believed to be the root cause of all suffering in Buddhism. The tradition of Zen Buddhism focuses on direct communication between the teacher and the student so that the teacher plays a central role in guiding the students to meditate and perform rituals appropriately. The meditation practice of Zen Buddhism involves the use of 'Koans' which are questions and stories for the students of Zen Buddhism and cannot be comprehended by them easily. The prime purpose of the Koans is to exhaust the logical activity of the human mind to break the conventional perception of reality. Through the Koan mediation and interview

techniques, the Zen masters stimulate the students to come closer to truth regarding the dependant origination of the self. Zen masters assign a Koan to the student following which the student is seated with the Koan in the Zazen or mediation to comprehend the Koan

During each interview, students are expected to present their understanding of the Koan to their master. However, this presentation is not through verbal communication, rather it occurs through some kind of physical movement. It depends on the teacher to gauge whether the student is successful in the Koan interview and has the authority to reject the presentation of the student. The successful solving of the Koan implies that the student has achieved an awakening and a level of consciousness.

Zen Buddhism does not emphasize the use and reliance on religious texts and verbal discourses and believes that these things only lead to outward answers rather than the inward quest of the self. The practice of meditation for internal awakening is believed to be the quintessence of the religion and adheres to the basic doctrine of Buddhism that the true nature of an individual is within the individual and this can be attained through mindfulness and mediation which ultimately lead to the enlightenment of an individual.

ANTHONY VINOD NAZARETH
II B.COM



SAVE ENVIRONMENT

Environment means the natural Surroundings and the conditions in which we live. It constitutes of agriculture sector, water, air, sunlight, soil, trees and animals, etc. day by day our environment is getting seriously affected. It is important to save it as life of living beings is completely dependent on it. There are many issues causing damage to the environment. The major environmental issues include pollution, deforestation, over population and human activities detrimental to it. Pollution is one of the major threats to the environment. It occurs due to release of harmful substances in the air, water and ground.

Effects:

The environmental issues mentioned above effect it and seriously results in loss of Biodiversity, Ozone Layer depletion and Global Warming.

Preventive Measures:

We should take necessary steps to protect environment.

- Deforestation should be prohibited we need to plant more trees and conserve forests which improves quality of air and reduce global warming.
- Use of plastic should be avoided as they are non-biodegradable. It will take hundreds of years for plastic to decompose.
- Industrial wastes discharged from factories should not be dumped into lakes and oceans. They should be recycled to prevent environmental degradation.

It is the responsibility of every individual to save our environment from these contaminating agents. Let us join together to stop its further degradation. Humans injured can be cured in a short time but if nature injured it takes an extraordinarily long time to heal.

SHUBHUM
I GNM



MY LOCKDOWN EXPERIENCE

My experience of lockdown as a student has had it's ups and downs as you can imagine . Being confined to our homes with no outside social interaction with follow humans was tough and went against our human nature. Nothing comapared to going to the university and experiencing full student life of interacting with friends and lecturers . While a goal of global pandemic has brought this all to a host, I have been lucky enough to have a family that continued to support me during these uncertain times. They allowed me the time and space that I needed to study independently .

My knowledge and experience helped me to keep my health in check. I had the confidence and energy to to implement my own home routine while juggling with my studies. However, over time, I found way to deal with the pressure. I realised that lockdown gave me more time to do things I loved. Hobbies that had been previously swamped by school work started to rekindle. I started baking, drawing and writing again and felt free for the first time in months. With all this said ,I have kept a positive head and always looked towards the current challenges of lockdown as an adopting and learning experience that I am faced with. Take time to revisit the things your love, and remember that all of this will even heally pass. All we can do right now is to stay at home and look forward to better future . As a motto goes "ALWAYS HAVE TO LEARN, TO TRY AND FAIL, BUT MOST OF ALL, KEEPING REAL".

AMRUTA NAIK
I GNM



ASPIRE

Hope or ambition to achieve something is to aspire.

Eighty percent of community college freshmen aspire to get a bachelor's degree or aspire higher. But fewer than a sixth of them reach their goal. It's easy to wish but difficult to achieve.

Human beings are the puppet of desires. These desires make human beings ready for action. But to aspire for something without any planning makes a man day dream only.

Life always gives opportunities while a man who dreams only misses this chance.

By walking you will reach somewhere. By standing you will reach nowhere. This is a truth of life. Take one thought and push your whole energy to change the thought into the real action. Success will surely come later or sooner.

SHUBHUM
I GNM



CARPE DIEM

Is a Latin phrase used to urge someone to make the most of the present time and give little thought to the future.

This Latin phrase means to seize the day live in the moment just forget about your past and stop day dreaming about your future. That is the only way you can live a happy life without stress.

Enjoy the present and don't worry about the future as if it's a beautiful day. So forget tomorrow's test.

It is an aphorism found in the Roman Horace's Odes and is a phrase that has been used in English since the early 1800s.

ANJUJI
I B.SC. NURSING



REALITY

I would like to share an unsaid reality which we never talk about. It is about obsession. I never said positivity is bad but our culture is mainly obsessed with unrealistic positive expectations. It is always about being richer, being healthier and some other things which come by.

But when you stop and really think about it, all the life advice you hear is actually fixating on what you lack. It only points out the imperfections, failures and emphasis is on them for you.

Everyone wants you to believe that key to good life is a nicer job, best car etc.

But in reality it only depends on how you act on these over expectations. In my opinion be what you dream of, don't let the world tell you what you want to be. Not everyone can get rich and fame. Stop following the social dilemma, rules and regulations which will make you happy in life. Accept what you will succeed in the end in your own way...

SHAMITHA
I BPT



THE VALUE OF TIME

To realize the value of ONE YEAR

Ask a student who failed in his exam

To realize the value of ONE MONTH

Ask a person who is bedridden

To realize the value of ONE DAY

Ask the person who was born on February 29th

To realize the value of ONE HOUR

Ask the best friends who are waiting to meet after a long time

the value of ONE MINUTE

Ask a person who had missed their train

To realize the value of ONE SECOND

Ask a person who had won a silver medal in Olympics

HARSHIYA BANU
I BPT



STUDENT LIFE

Student life is the golden period of life. It is the happiest period of life. A student is free from care and worry. He or she should make the best use of student life. Life is what we make it.

Mahathma Ghandhi, the make of modern India has said that the youths are the salt of the nation. Youth is the season of hope, energy and entertainment. Life is a flower of which love is the honey. It will be useful to them in their future life.

Student life is the exact period when he starts to form his opinions. He should aim at becoming an ideal student. He should first know the value of discipline. An ideal student is the backbone of a country. Discipline is the backbone of a country. Students are the worth of a nation.

Students should think about their duties. They should set good examples to the future generation. They should realize that life is a continuous struggle and they should make the best use of their student life.

COLLECTED BY:
PRATHEEKSHAH KOTIAN
1 BPT



ADDING ONE ZERO

Zero zipped and zoomed,
Rolled around her red-walled room...
Zero screamed a shout
From her orange zero's snout
What did zero say?
Here's a math tip for today
Adding makes most numbers going
But never when you add zero
Add a zero?
Your number always stays the same.

FREETI
1 GNM



WINDOW OF LIES.

Seekers seek yet not simply find.
The doors not hidden, for there never was.
Dive through deceit and lies you'll find
A window dark and deep as night
Delight not for only pain awaits
Lies beget lies and truth not once
The window reveals not truth, but oneself.
And no way out, you have none.
The light always comes through,
A crack is enough
Hide from it now,
You've made your bed.
Run and run, your only choice
But you'll still be caught,
There's no escape,
So make it fast and make it count.

JILU THOMAS
1 AHS



FATHER

A dad is a person
Who loves you and is kind
And often does he know
What you have on your mind
He's someone who listens,
Suggests and defends
A dad can be one
Of your very best friends!
He's proud of your triumphs,
But when things go wrong,
A dad can be patient
And helpful and strong
In all that you do
There's always a place for him
Deep in your heart
And each year that passes
You're even more glad
More grateful and proud
Just to call him your dad!
Thank you Dad
For listening and caring for
Fiving and sharing...



HARSHIYA BANU
1 BPT

COMMON MEDICAL PLANTS AND THEIR USES

At least 175 plants in North America alone are currently available for medical purposes, In this article, we will explore 10 of the most common medicinal plants and their uses.

1. Ginseng :- Ginseng is found in hardwood forests and takes us a minimum of five years to reach maturity. It is most widely used in medicines for stimulating and increasing energy levels.
2. Echinacea :- Is typically found in prairies due to their resistance to drought. The plant also has a history of effective use for treating sores, burns, and stings.
3. Bloodroot :- This plant which is found in Eastern woodlands, for many years, bloodroot can be used to treat canes, the size is of tumours.
4. Milk thistle :- It is most often found in the Mediterranean climates, it is composed of all stems with dense flower. It is commonly used for all the types of treatment of liver.
5. Sage :- Sage is a unique plant which can grow in places with very little soil, such as stony areas or dry banks. It is used to help prevent excessive salivation.
6. Witch Hazel :- This versatile shrub can grow in moist or dry areas and is composed of total green leaves and flowers. It can be used in eye drop, and treat problems.
7. Chamomile :- Often it is found in pastures, it has a long, thin stem and has tiny flowers that resemble a daisy. It is used in the treatment of digestive system and for the treatment of toothache.
8. Aloe vera :- This plant is used in the treatment of burns and wounds.
9. Tea Tree :- This shrub is generally found in swamps and contains green leaves and wispy white flowers. It also utilized for stimulating the immune system and for helping to treat chronic fatigue syndrome.
10. Slippery Elm :- This plant is found in rich soil and on rocky hill sides. It has oval leaves and small clusters of reddish flowers. In some cases this medicinal plants can be toxic. It is used in treating wounds, boils, ulcers and skin inflammation. If taken orally it is supposed to heal sore throats, diarrhea and stomach ache.

GEOMETRY

Geometry Geometry

Give us all the shapes you see...

Circles, Squares, Primes, Spheres,

Shapes that look like rabbit ears...

Shapes of grapes and apes and apes,

Hiding out behind the drapes,

Time to make a great escape,

When shapes are forming into apes.

Geometry Geometry

Gives us all the shapes you see...

Circles, Squares, Primes, Spheres,

Shapes that look like rabbit ears...

Shapes of Scrapes

Shapes of Plates,

Naming, Using,

All these shapes,

Circles, Squares, Polygons,

And all the squares shapes

You've ever drawn...

JEEVITHA
1 G.N.M



MATHEMATICS

Mathematics is a game and playing with ideas Mathematics is generally a fundamental science of self-evident things.

Mathematics is an art of saying many things in many ways.

Rigor is to mathematician what morality is to man; it is not possible that without numbers anything will be either achieved or known.

Mathematics is an indispensable instrument of all physical researches

God exists since mathematics is consistent and devil exists since we cannot prove otherwise.

PREETI
1ST GNM



AMAZING FACTS

1. A wearable wristband containing a thermoelectric generator can convert body heat into enough electricity to power an LED. In the future, the technology may be able to power smartwatches.
2. According to paper published in Geoscience Frontiers, Earth's mass extinction happens once every 27.5M years.
3. All credit cards everywhere are the same size: 85.6mmx53.98mm
4. India Vaccinated 86 Lakh people on 21st June. This is more than the population of 96 countries around the world.
5. The Rudraksha fruit is actually bright blue in color. When it dries, it takes the form of Rudraksh we use. The dried fruit, known as the bead, possesses electrical and electromagnetic properties accounting for their innumerable healing power.
6. Crocodiles do not die of old age, because they do not age biologically. Instead, they die of either starvation or a disease.
7. If you make ice cubes with tap water, they will be white, and if you use boiled water, it will be transparent.
8. If you're near a nuclear blast, you'll die with no pain because the explosion will kill you faster than your brain detects pain.
9. All polar bears are left handed.
10. You can't kill yourself by holding your breath.

DEEKSITHJ.G
II B.SC..FT



SPORTS QUIZ

1. In which country is located the "National Football Museum" which keeps the FIFA collection?
Ans: England
2. Who was the first Indian woman to get an Olympic medal?
Ans: Karnam Malleshwari
3. Which is the National sports of Bhutan?
Ans: Archery
4. Who won the first T20 World Cup?
Ans: India
5. Which country is going to host the 2024 summer Olympics?
Ans: France
6. Who was awarded with Rajiv Gandhi Khel Ratna Award, 2019?
Ans: Bajrang Punia
7. With what is the term "googly" associated?
Ans: Cricket
8. The ASIAD is held after every ____ years?
Ans: 4 years
9. For which sport is Anup Kumar famous?
Ans. Kabaddi
10. Who is known as "Captain Cool"?
Ans. Mahendra Singh Dhoni
11. Which country won the gold medal in men's hockey at the 2018 Asian games?
Ans. Japan



SHIVRAJ
III B.SC NURSING

However, you don't really know most of those thousands of people. Yet, they would be easily accessible by asking your friends or family members to introduce them to you.

Of course, this theory also considers that, of your 100 personal connections, none might have a mutual connection with the 10,000. However, this is not the case in the real world. You must also consider that it's quite likely for many of your acquaintances to be, in fact, connected to more than 100 people. So, this would balance it all.

Six degrees of separation and networking

This concept is closely related to that of networking. Thus, it's a professional and business practice based on the creation of a solid and useful network of contacts. In addition, because networking is a fairly effective way to get a job; then, it's highly encouraged among university students hoping to integrate into the job force.

At this point, the six degrees of separation theory comes into play. It's a way to establish interesting and profitable professional relationships.

Think of another example: the doorman of a hotel knows the owner of the hotel. And they, in turn, know the owner of another, more prestigious hotel. He or she, in turn, knows a senior government official who happens to know the president.

As you can see, through only five connections, you have gone from the hotel doorman to the president. Note that, such connections don't necessarily have to be too close or intimate. In fact, in most cases, they won't be. Further, you don't need intimate connections in order to establish a relationship with a mutual acquaintance.

Having the skills to establish a relationship with anyone in a seemingly simple way is incredibly useful for professional opportunities. Also, it's sort of entertaining to think about how many relationships you might need to be able to reach just about anyone in the world.

MS. PRAJNA MAYADI V.
LECTURER



THE MYSTERY OF THE BERMUDA TRIANGLE

Bermuda Triangle is a large area in the Atlantic Ocean between Florida, Puerto Rico and Bermuda. This region is notorious for its mysterious phenomenon. Huge number of ships and planes have disappeared here. Its second name is "The Devil's Triangle". All those mysterious disappearances happened under unknown and unexplained circumstances. Some of the planes and ships have never been found. There have been many theories about why it all occurs in that area starting from waterspouts to alien and even sea monsters. But those were only theories. Reports go back to 1945 when five American torpedo bombers and a plane that was sent out to find them were disappeared without a trace. Since that day another 75 aircrafts and several 100 ships have been lost. The latest tragedy happened in 2015 when the cargo ship "El Faro" disappeared in this region. These were small incidents as well. A luxury cabin cruiser – Witch craft that belonged to Burrack who owns a popular hotel as well, went along the shore of Miami along with his father in 1967. After sometime the shore guard got a call from Burrack who said that his vessel hit something. When the guard arrived at the place twenty minutes later, no one could be found. But finally, the mystery behind the Bermuda Triangle may have been solved. A team of American scientists from the University of Colorado analyses satellite weather images of this notorious area and noticed a series of unusual hexagonal clouds on them. The meteorologists theorized that these clouds may act like air bombs. These believed it is the main cause of deadly blasts of air, which exceeds 170 miles per hour and these can generate 45 feet length waves. No ship and no aircraft can survive in this condition. Scientists all over the globe are figuring out the reason for this.

PRAJNA
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Article collected form bright Side



DRAWINGS & PAINTINGS



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SIX DEGREES OF SEPARATION

Six degrees of separation is the idea that all people on average are six, or fewer, social connections away from each other. As a result, a chain of "friend of a friend" statements can be made to connect any two people in a maximum of six steps.

It was popularized in John Guare's 1990 play Six Degrees of Separation.

Do you know SixDegrees.com was the first social network site which allowed the user to create a profile and connect? In a world of 7 billion people, it seems hard to believe that the Six Degrees of Separation theory contends that we are all connected to each other by six or fewer acquaintances. Going by the numbers, the idea looks pretty plausible.

Assume that you know 50 people or have 50 friends and these 50 friends of yours know 50 others who are not your friends, and so on. The math says that in 6 steps you would be connected with 50⁶, or 15.62 billion people.

Six Degrees of Separation Theory :

In 1929, Hungarian author Frigyes Karinthy published a volume of short stories named "Everything is Different". In one of his stories titled Chains, he said that with growing communication and travel, the friendship network would grow irrespective of the distance between two humans and with a growing social network, the social distance would shrink immensely. All the people on the planet could be connected to one another by 5 or fewer people.

This theory captivated millions of mathematicians, sociologists, and physicists and also laid the founding stone of the first online social network. Soon several "small world" projects were conducted. The small world experiment comprised experiments conducted by Stanley Milgram, examining the average path length for social networks of people in the United States.

These experiments suggested that humans are connected to each other through a network, connected to each other by the shortest path. In 2005, Samy Kamkar wrote a small piece of code for his my space account. Whenever anyone visited Samy's profile, it copied his picture and tag line on his home page saying "Samy is my hero" and also copied the code. Within 20 hours, this code was on more than 1 million myspace user profiles. It is considered one of the fastest growing web viruses of all times. Though mostly harmless, Samy was caught by the United States Secret Service and was prohibited from using the Internet for three years. The point is that within a span of few hours, a simple XSS webworm was shared among more than 1 million users, proving that the world was getting smaller and further studies and research on small world projects need to be escalated.

The real breakthrough came with the college game of "Six degrees of Kevin Bacon" where college students linked other Hollywood co-stars to Kevin Bacon in six or fewer steps. The huge volume of data collected in the game gave scientists and researchers immense information to process and proceed and gave them opportunities to prove the concept of six degrees of separation.

The way it works :

Of course, the six degrees of separation theory has a formula and it establishes the average number of people that every person may know.

According to the theory, each person in the world knows about 100 people among friends, family, and co-workers –although in principle, it may be difficult to list a hundred people we know.

Still, you could have a quick look at the list of friends in any of your social network to realize that it isn't only possible but quite common. Well, if each one of your 100 acquaintances is connected somehow to another 100 people, then, the number would increase to 10,000 in just the second link in the chain

ಹಳ್ಳಿಯ ಜೀವನ

ಶಾಲೆಯಿಂದ ಹೊರಬರುತ್ತಿದ್ದಂತೆ ಜೋರಾಗಿ ಮಳೆ ಸುರಿಯಲಾರಂಭಿಸಿತು ಮಕ್ಕಳೆಲ್ಲ ಜಾತಕ ಪಕ್ಷಿಯಂತೆ ಕಾಯುತ್ತಾ ಕುಳಿತಂತಿತ್ತು. ಮಳೆಯಲ್ಲಿ ನೆನೆಯುತ್ತಾ ನೀರನ್ನು ಎರಚುತ್ತಾ ಆಟವಾಡುತ್ತಿದ್ದರು. ಮಳೆಗೆ ಹೆದರದ, ಗಾಬರಿ ಗೊಳ್ಳದ ಅವರ ಆಟವನ್ನು ಗಮನಿಸಿದ ಹಿರಿಯರು ತಮಗೂ ಬಾಲ್ಯ ಮರುಕಳಿಸಿದರೆ...? ಎಂಬ ಆಸೆಯನ್ನು ಹೊತ್ತಂತಿದ್ದರು. ಇದೆಲ್ಲಾ ಹಳ್ಳಿಯ ಮುಕ್ತ ವಾತಾವರಣದ ಗಳಿಗೆಗಳಾದರೆ ಆದರೆ ನಗರದಲ್ಲಿ ಸ್ಕೂಲ್ ಬಿಡುತ್ತಿದ್ದಂತೆ ವಾಹನಗಳನ್ನು ಹಿಡಿದು ಕಣ್ಣಡೆ ಕಟ್ಟಿದ ಕುದುರೆಯಂತೆ ನೇರವಾಗಿ ಮನೆಯ ಕಡೆಗೆ ಹೋಗುವ ಪದ್ಧತಿ ಮಳೆಯಲ್ಲಿ ನೆನೆಯದರೆ ಶೀತ, ಜ್ವರ ಬರುತ್ತದೆ ಎಂಬ ಭಯ ಬೇರೆ ಒಟ್ಟಿನಲ್ಲಿ ಎಲ್ಲಾ ವಿಧದಿಂದಲೂ ನಿರ್ಬಂಧಿತ ವಾದ ಬದುಕುವುದು ಬಾಲ್ಯ ಬಾಲ್ಯವೇ... ಆದರೂ ಬಾಲ್ಯ ಜೀವನದ ಎರಡು ಮುಖಗಳಾಗಿ ಎದ್ದು ನಿಲ್ಲುತ್ತವೆ.

ಮಳೆಗಾಲದ ನೀರಿಗಾಗಿ ಕಾದು ಕಾಗದದ ದೋಣಿ ಮಾಡುವುದು ಏನಿಲ್ಲವೆಂದರೂ ಎಳೆಯೊಂದನ್ನು ಬಿಟ್ಟು ಹರಿಯುವ ನೀರಿನ ಅಂದಿಗೆ ಓಲಾಡುತ್ತಾ ಸಾಗುವ ಅಂದವನ್ನು ನೋಡುವುದೇ ಬೇರೆ. ಹಳ್ಳಿಯ ಜೀವನವೆಂದರೆ ಮಣ್ಣಿನೊಂದಿಗೆ ಬೆರೆಯುವಿಕೆ. ತಾವು ಸವಿದು ಮಕ್ಕಳೊಂದಿಗೆ ಸವಿಯನ್ನು ಉಣಬಡಿಸುವುದು ಹಳ್ಳಿಗರ ಬದುಕಾಗಿದೆ. ನಗರ ಜೀವನಕ್ಕೆ ಒಗ್ಗಿಕೊಂಡ ಇಂದಿನ ನಗರ ವಾಸಿಗಳ ಬದುಕು ಇದಕ್ಕಿಂತ ಭಿನ್ನ. ಮಳೆಯಲ್ಲಿ ನೆನೆಯದರೆ ಶೀತ, ಕೆಮ್ಮು ಇತ್ಯಾದಿಗಳ ಭಯ. ಎಲ್ಲೋ ಬಿರುಗಾಳಿ ಎದ್ದು ಇನ್ನೆಲ್ಲೋ ಮಳೆ ಬಿದ್ದರೆ ಮತ್ತೆಲ್ಲೋ ಇರುವವರಿಗೆ ಅನಾರೋಗ್ಯದಿಂದ ಕವಿ ವಾಣಿಯಂತೆ ಓದು-ಬರಹ, ಟಿವಿ, ಮೊಬೈಲು ಗಳೇ ಎಲ್ಲಾ. ಅದು ಇಲ್ಲದಿದ್ದರೆ ಬಾಳೆ ಶೂನ್ಯ ಎಂಬ ಪ್ರಪಂಚ, ಒದ್ದಾಟ ಬೇರೆ. ನೆಲದಲ್ಲಿ ಇಟ್ಟರೆ ಇರುವೆ ತಾಕಿತು, ಮೇಲೆ ಇಟ್ಟರೆ ಕಾಗೆ ಕಚ್ಚಿತು ಎಂಬಂತೆ ಹೆತ್ತವರ ಅತಿ ಮುದ್ದು ಇದಕ್ಕೆ ಹೊರತಾಗಿ ಹಳ್ಳಿ ಸಂಸ್ಕೃತಿಯನ್ನು ಗೌರವಿಸುವ ಮಂದಿ ಅನುಸರಿಸುವ ಜನರು ಈಗಲೂ ಇರ್ತಾರೆ. ಆದರೆ ಅವರಿಗೆ ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ಅಂತಹ ಮುಕ್ತ ವಾತಾವರಣ ನೀಡುವುದಕ್ಕೆ ಹಲವಾರು ತೊಡಕುಗಳಿವೆ. ಅಸಾಯಕತೆ ಎದುರಾಗುತ್ತದೆ. ಇದಕ್ಕೆ ಕಾರಣ ಉದ್ಯೋಗ, ವಿಸ್ತಾರವಾದ ಸ್ಥಳವಕಾಶದ ಕೊರತೆ ವಿಭಕ್ತ ಕುಟುಂಬ ಇತ್ಯಾದಿಗಳ ಆಗಿರಬಹುದು. ಮಳೆಗಾಲದ ಸುಂದರ ಪ್ರಕೃತಿಯನ್ನು, ಸೊಗಸಾದ ವಾತಾವರಣವನ್ನು ಅನುಭವಿಸುವುದು ಬಹಳ ಹಿತಕರ. ಅಮ್ಮನ ಕೈ ಅಡುಗೆಯ ಬಿಸಿಯಾದ ರುಚಿಯಾದ ತಿನಿಸುಗಳನ್ನು ಸವೆಯುತ್ತ ಮಳೆಯನ್ನು ಆಸ್ವಾದಿಸುವುದು ಅದ್ಭುತವೆನಿಸುತ್ತದೆ. ಅಮ್ಮನಿಗೆ ಅರಿವಾಗದಂತೆ ಮಳೆನೀರಿಗೆ ಕೈಯೊಡ್ಡಿ, ಒಮ್ಮೊಮ್ಮೆ ಕಾರಣ ಹುಡುಕಿ ಮಳೆಗೆ ಓಡಿ ಒಳಗೆ ಬಂದು ಸೇರುವುದು, ಮಳೆಗೆ ನೆನೆಯಬೇಡ ಎಂಬ ಗದರಿಕೆಗೆ ಕೊಂಕು ನೆಪ ಹೇಳುವುದು ಇತ್ಯಾದಿ ಇತ್ಯಾದಿಗಳನ್ನು

ನೆನೆಯುವುದೇ ಹಿತ. ಆದರೆ ನಗರಗಳಲ್ಲಿ ಹರಿಯುವ ನೀರಿನ ಹರಿವೆ ವಿಚಿತ್ರ... ನೆನೆಯದರೆ ಅಸಹ್ಯ! ಇದಕ್ಕಿದೆ ಪರಿಹಾರ... ಮರ ಗಿಡಗಳನ್ನು ಬೆಳೆಸಬೇಕು. ನಗರಗಳಲ್ಲೂ ಸಾಧ್ಯವಿದ್ದರೆ ಹಸಿರು ಪರಿಸರಕ್ಕೆ ಜೀವ ನೀಡಬೇಕು. ನೈಸರ್ಗಿಕ ಸಮತೋಲನ ಕಾಪಾಡಬೇಕು. ನಗರಗಳ ತ್ಯಾಜ್ಯ ನದಿ ಸೇರದಂತೆ ತಡೆಯಬೇಕು. ನಾವು ಅಂತಹ ಕಾರ್ಯಕ್ಕೆ ಕೈಜೋಡಿಸಿದರೆ ಹಳ್ಳಿಯ ನದಿ ಸ್ವಚ್ಛವಾಗಿರಬಹುದು ನಗರ ಪ್ರದೇಶದಲ್ಲಿ ನದಿಗಳಿದ್ದರೆ ಸ್ವಚ್ಛವಾಗಬಹುದು. ಸ್ವಲ್ಪಮಟ್ಟಿಗೆ ಹಿರಿಯರ ಬಾಲ್ಯ ಮರುಕಳಿಸಬಹುದು.



SHRINIVASA
I GNM

ನಗೆ-ಹನಿಗಳು

ಈಶ್ವರ:-ಪಾರ್ವತಿ...ಪಾರ್ವತಿ, ಎಲ್ಲಿ ನನ್ನ ತ್ರಿಶೂಲ...?

ಪಾರ್ವತಿ:-ನನ್ನ ಏನ್ ಗೊತ್ತು? ಕೇಳಿ ನಿಮ್ಮ ಪುತ್ರ ಗಣೇಶನ, ಅವನೇ ತಗೊಂಡು ಹೋದ

ಈಶ್ವರ:-ಯಾಕಂತೆ

ಪಾರ್ವತಿ:-ಯಾರೋ ನೈವೇದ್ಯಕ್ಕೆ 'ಮ್ಯಾಗಿ' ಇಟ್ಟಿದ್ದಾರಂತೆ

ತಿಮ್ಮ:-ಮಗನೇ ಅಲ್ಲಪ್ಪ ಕಾಲಿಗೆ ಹಾವು ಕಚ್ಚಿ ಇನ್ನೂ ಐದು ನಿಮಿಷ ಆಗಲಿಲ್ಲ. ಅಷ್ಟರಲ್ಲಿ ಹೇಗೆ ಸತ್ತ?

ಗುಂಡ:-ತಲೆಗೆ ವಿಷ ಇರುತ್ತೋ ಏನೋ ಅಂತ ಕುತ್ತಿಗೆಗೆ ಜೋರಾಗಿ ಹಗ್ಗ ಬಿಗಿದಿದ್ದಿ.

ಶಾಲೆಯಲ್ಲಿ ಪಾಠ ಮಾಡುತ್ತಿದ್ದ ಮೇಷ್ಟ್ರು ಗುಂಡನನ್ನು ಕೇಳಿದ್ದರು

ಮೇಷ್ಟ್ರು:- ಗುಂಡ, ಕರಡಿ ಮೈ ತುಂಬಾ ಕೂದಲು ಏಕೆ ಇರುತ್ತೆ ಹೇಳು?

ಗುಂಡ:-ಕಾಡಲ್ಲಿ ಕಟಿಂಗ್ ಶಾಪ್ ಎಲ್ಲಿ ಇರುತ್ತೆ ಸರ್

ಟೀಚರ್:-ನಿಮ್ಮ ಮಗ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಫೇಲ್ ಆಗಿದ್ದಾನೆ.

Eng=20, Math=15, Hindi=18, Phy=13,
chem=15, bio=17, total=98.

ತಾಯಿ:- ಟೋಟಲ್ ನಲ್ಲಿ ಒಳ್ಳೆ ಅಂಕ ತೆಗೆದಿದ್ದಾನೆ. ಈ subject ಟೀಚರ್ ಯಾರು.



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ARTICLES

ಅಮರ ಸ್ನೇಹ

ಪೌರಾಣಿಕ ಕಥೆಯಲ್ಲಿ, ಕೃಷ್ಣ ಮತ್ತು ಸುಧಾಮರದು ಒಂದು ಅದ್ಭುತವಾದ ಸುಂದರವಾದ ಕಥೆ. ಹೇಗೆಂದರೆ, ಕೃಷ್ಣ ಮತ್ತು ಸುಧಾಮ ಬಾಲ್ಯದ ಸ್ನೇಹಿತರು. ಗುರುಕುಲದಲ್ಲಿ ವಿದ್ಯಾಭ್ಯಾಸ ಪಡೆಯುವಾಗ ತುಂಬಾ ಆತ್ಮೀಯ ಸ್ನೇಹಿತರಾಗುತ್ತಾರೆ. ಅವರಿಬ್ಬರ ಸ್ನೇಹ ಎಷ್ಟರ ಮಟ್ಟಿಗೆ ಗಾಢವಾಗಿ ಬೆಳೆದಿತ್ತು ಅಂದರೆ ಕೃಷ್ಣನಿಗೆ ಹಸಿವಾದಾಗ ಸುಧಾಮನು ತಾನು ತಿನ್ನದೆ ಕೃಷ್ಣನಿಗೆ ತಿನ್ನಿಸುತ್ತಾನೆ.

ಮುಂದೆ ಕೃಷ್ಣನು ದ್ವಾರಕೆಯ ರಾಜನಾಗುತ್ತಾನೆ. ಸುಧಾಮನ ಕೃಷ್ಣನ ಹುಡುಕಿಕೊಂಡು ದ್ವಾರಕೆಗೆ ಬರುತ್ತಾನೆ ಆದರೆ ಅಲ್ಲಿದ್ದ ದ್ವಾರಪಾಲಕರು ಸುಧಾಮನನ್ನು ಅಲ್ಲಿಯೇ ತಡೆಯುತ್ತಾರೆ ಮತ್ತು ಸುಧಾಮನನ್ನು ಹಾಸ್ಯ ಮಾಡುತ್ತಾರೆ. ನಂತರ ಅಲ್ಲಿಗೆ ಬಂದ ಪ್ರಧಾನಮಂತ್ರಿ ದ್ವಾರಪಾಲಕರಿಗೆ ಕೃಷ್ಣರಿಗೆ ಸಂದೇಶ ತಲುಪಿಸಿ ಅವರು ಅನುಮತಿ ಕೊಟ್ಟರೆ ಇವರನ್ನು ಎಂದು ಹೇಳುತ್ತಾರೆ. ದ್ವಾರಪಾಲಕ ಶ್ರೀಕೃಷ್ಣನ ಅನುಮತಿ ಪಡೆಯಲು ಹೋಗುತ್ತಾನೆ ಆದರೆ ಅಲ್ಲಿದ್ದ ಜನ ಸುಧಾಮನ ಬಟ್ಟೆ ಮತ್ತು ಅವನ ಸ್ಥಿತಿ ನೋಡಿ ಇವನು ಭಗವಂತ ಶ್ರೀಕೃಷ್ಣನ ಗೆಲೆಯನತೆ ಎಂದು ಸುಧಾಮನನ್ನು ಹಿಯಾಳಿಸುತ್ತಾರೆ. ಆ ಅವಮಾನ ತಾಳಲಾರದೆ ಸುಧಾಮ ಅಲ್ಲಿಂದ ಹೊರಟು ಹೋಗುತ್ತಾನೆ. ದ್ವಾರಪಾಲಕರಿಂದ ಸಂದೇಶ ಪಡೆದ ಕೃಷ್ಣನಿಗೆ ಎಲ್ಲಿಲ್ಲದ ಸಂತೋಷ, ಕೃಷ್ಣನ ಆ ಸಂತೋಷಕ್ಕೆ ಪಾರವೇ ಇರಲಿಲ್ಲ. ಬರಿಗಾಲಲ್ಲೇ ಸುಧಾಮನನ್ನು ನೋಡಲು ಕಾತುರನಾಗಿ ಓಡೋಡಿ ಬರುತ್ತಾನೆ. ಕೃಷ್ಣನಿಗೆ ತನ್ನ ಹೆಗಲ ಮೇಲಿನ ವಸ್ತ್ರ ಕೆಳಗೆ ಬಿದ್ದರು ಅದನ್ನು ಗಮನಿಸದೆ ಓಡೋಡಿ ಬರುತ್ತಾನೆ. ಓಡೋಡಿ ಬರುತ್ತಿರುವ ಕೃಷ್ಣನನ್ನು ನೋಡಿದ ಜನರು ಮೂಕಸ್ತಬ್ಧರಾಗಿ ಬಿಡುತ್ತಾರೆ. ಎಲ್ಲರೂ ಒಂದು ಕ್ಷಣ ಆಶ್ಚರ್ಯಚಕಿತರಾಗಿ ಬಿಡುತ್ತಾರೆ. ಸುಧಾಮನನ್ನು ಕಂಡು ಕೃಷ್ಣನ ಕಣ್ಣಲ್ಲಿ ಆನಂದಭಾಷ್ಮ ಸುರಿಯಲಾರಂಭಿಸುತ್ತದೆ. ಕೃಷ್ಣ ತನ್ನೆರಡೂ ಬಾಹುಗಳಿಂದ ಸುಧಾಮನನ್ನು ಬಿಗಿಯಾಗಿ ತಬ್ಬಿಕೊಳ್ಳುತ್ತಾನೆ.

ಸುಧಾಮ ಕೃಷ್ಣನಿಗಾಗಿ ತಂದಿದ್ದ ಅವಲಕ್ಕಿ ನೆಲದ ಮೇಲೆ ಬಿದ್ದಿರುತ್ತದೆ. ಅದನ್ನು ಕಂಡ ಕೃಷ್ಣ ಆ ಅವಲಕ್ಕಿಯನ್ನು ಹೆಕ್ಕಿಕೊಂಡು ತಿನ್ನುತ್ತಾನೆ. ಇದೆಲ್ಲವನ್ನು ಕಂಡ ಜನರು ಸಿಡಿಲು ಬಡಿದವರ ಹಾಗೆ ನಿಂತು ಕಾಣುತ್ತಿರುತ್ತಾರೆ. ಆಗ ಕೃಷ್ಣ ಸುಧಾಮನನ್ನು ಅರಮನೆಗೆ ಕರೆದುಕೊಂಡು ಹೋಗಿ ಚೆನ್ನಾಗಿ ಉಪಚಾರ ಮಾಡಿ, ಕೃಷ್ಣನು ಒಂದಿಷ್ಟು ಧನ, ಕನಕಗಳನ್ನು ಕೊಟ್ಟು ತುಂಬಾ ಆಧರದಿಂದ ಬೀಳ್ಕೊಡುತ್ತಾನೆ.

ಇವೆಲ್ಲವನ್ನೂ ನೋಡುತ್ತಾ ಇದ್ದ ರುಕ್ಮಿಣಿ ಕೃಷ್ಣನನ್ನು ಕೇಳುತ್ತಾನೆ. ಕೃಷ್ಣ, ನಿನಗೆ ಆ ಸುಧಾಮನ ಮೇಲೆ ಯಾಕೆ ಅಷ್ಟೊಂದು ಪ್ರೀತಿ..? ಅವನು ಒಬ್ಬ ಬಡ ಬ್ರಾಹ್ಮಣ ಅಷ್ಟೇ. ಅವನಲ್ಲಿ ನಿನಗೆ ಕೊಡಲಿಕ್ಕೆ ಏನೂ ಇಲ್ಲ ಯಾಕೆ ನಿಮಗೆ ಅವರೆಂದರೆ ಅಷ್ಟೊಂದು ಪ್ರೀತಿ. ?

ನಿಮ್ಮ ಎಲ್ಲಾ ಸ್ನೇಹಿತರಿಗಿಂತ ಅವನನ್ನು ಯಾಕೆ ಹೆಚ್ಚು ಪ್ರೀತಿಸುತ್ತೀರಾ..? ಅಂತಹದ್ದು ಏನಿದೆ ಅವನಲ್ಲಿ? ನಿಮ್ಮ ಊಟಕ್ಕಾಗಿ ಅಷ್ಟೊಂದು ಭಕ್ತ ಭೋಜನಗಳು ಇದ್ದರೂ ನೀವು ನೆಲದ ಮೇಲೆ ಬಿದ್ದಿರುವ ಅವಲಕ್ಕಿ ತಿಂದಿರಿ. ಅಂತಹದ್ದು ಏನಿತ್ತು ಆ ಅವಲಕ್ಕಿಯಲ್ಲಿ..? ಎಂದು ಕೇಳುತ್ತಾಳೆ. ಅದಕ್ಕೆ ಶ್ರೀಕೃಷ್ಣ ತುಂಬಾ ಸುಂದರವಾಗಿ ಉತ್ತರಿಸುತ್ತಾರೆ. ಅವನ ಮೇಲೆ ಯಾಕೆ ಅಷ್ಟೊಂದು ಪ್ರೀತಿ ಎಂದು ಕೇಳಿದೆಯಲ್ಲವೇ ರುಕ್ಮಿಣಿ, ಹೇಳುತ್ತೇನೆ ಕೇಳು.. ಸುಧಾಮನ ಪ್ರೀತಿಗೆ ಸಮನಾದ ಪ್ರೀತಿ ಕೊಡುವ ಸ್ನೇಹಿತ ಈ ಭೂಮಿಯ ಮೇಲೆ ಯಾರೂ ಇಲ್ಲ. ತಾನು ಹಸಿದಿದ್ದರು ತಾನು ಉಪವಾಸವಿದ್ದು ನನ್ನ ಹೊಟ್ಟೆ ತುಂಬಿಸಿದವ ಅವನು. ಅವನ ಉಸಿರಿನ ಕಣಕಣದಲ್ಲಿ ಕೂಡ ನಾನಿದ್ದೇನೆ. ಅವನು ಯಾವತ್ತೂ ಹೆಸರುಗಳಿಕೆಗಾಗಿ ಏನನ್ನು ಕೊಟ್ಟವನಲ್ಲ. ಎಲ್ಲರಿಗೂ ನಾನು ಅವರನ್ನು ಹೃದಯದಲ್ಲಿ ಇರುವ ಪ್ರೀತಿ ಆದರೆ ಸುಧಾಮನಿಗೆ ಅವನ ಹೃದಯವೇ ನಾನಾಗಿರುವೆ. ನೀನು ಕೇಳಿದೆಯಲ್ಲವೇ ರುಕ್ಮಿಣಿ, ನೆಲದ ಮೇಲೆ ಬಿದ್ದಿರುವ ಆ ಅವಲಕ್ಕಿ ತಿನ್ನುವ ಅವಶ್ಯಕತೆ ಏನು ಇತ್ತು ಎಂದು ನಿನಗೆ ಅದು ಕೇವಲ ಅವಲಕ್ಕಿ ಯಾಗಿ ಮಾತ್ರ ಕಾಣಿಸಿತು ಆದರೆ ನನಗೆ ಅವಲಕ್ಕಿಯಲ್ಲಿ ನನ್ನ ಸುಧಾಮನ ಪ್ರೀತಿ, ಸ್ನೇಹ ಕಾಣಿಸಿತು. ಅದಕ್ಕೆ ನನಗೆ ಭಕ್ತ ಭೋಜನ ಗಳಿಗಿಂತ ಆ ಅವಲಕ್ಕಿಯೇ ಶ್ರೇಷ್ಠವಾಗಿ ಕಾಣಿಸಿತು. ಕೃಷ್ಣನ ಮಾತುಗಳನ್ನು ಕೇಳಿಸಿಕೊಳ್ಳುತ್ತಾ ರುಕ್ಮಿಣಿಗೆ ಕೃಷ್ಣ ಸುಧಾಮರ ಸ್ನೇಹ ಎಂತಹದ್ದು ಎಂದು ಅರಿವಾಯಿತು.

" ಸ್ನೇಹ ಎಂಬ ಪದಕ್ಕೆ ತನ್ನದೇ ಆದ ಗೌರವವಿರುತ್ತದೆ. ಸ್ನೇಹ ಎನ್ನುವುದು ಕೇವಲ ಎರಡು ಅಕ್ಷರ ಮಾತ್ರವಲ್ಲ. ಪ್ರಪಂಚದ ಎಲ್ಲಾ ಬಂಧವನ್ನು ಮೀರಿದ ಅನುಬಂಧ. ಸ್ನೇಹಕ್ಕೆ ಯಾವುದೇ ರೀತಿಯ ಆಸ್ತಿ, ಅಂತಸ್ತು, ಮೇಲು, ಕೀಳು, ಜಾತಿ, ಬಡವ, ಶ್ರೀಮಂತ ಎನ್ನುವ ಯಾವುದೇ ಬೇದ ಇರುವುದಿಲ್ಲ. ಸ್ನೇಹದಲ್ಲಿ ಮುಖ್ಯವಾಗಿ ಇರಬೇಕಾಗಿರುವುದು ನಂಬಿಕೆ, ವಿಶ್ವಾಸ ಹಾಗೂ ಪ್ರೀತಿ ಮಾತ್ರ. ಸ್ನೇಹ ಎನ್ನುವುದು ಇಂದು ನಿನ್ನೆಯ ವಿಚಾರವಲ್ಲ ಅದಕ್ಕೆ ತನ್ನದೇ ಆದ ಇತಿಹಾಸವಿದೆ.

ಅದಕ್ಕೆ ಗೆಲಿತನ ಅಂದೊಡನೆ ಎಲ್ಲರಿಗಿಂತ ಮೊದಲಿಗೆ ನೆನಪಿಗೆ ಬರುವುದು ಕೃಷ್ಣ ಸುಧಾಮರ ಸ್ನೇಹ. ಸ್ನೇಹ ಕೇವಲ ಹೃದಯದಿಂದ ಹುಟ್ಟುವ ಒಂದು ಭಾಂದವ್ಯ. ಅದು ಒಂದು ಪವಿತ್ರವಾದ ಸಂಬಂಧ. ಅಲ್ಲಿ ಯಾವುದೇ ತರಹದ ದೊಡ್ಡವರು ಚಿಕ್ಕವರು ಎನ್ನುವ ಅಂಶ ಬರುವುದಿಲ್ಲ.....

:: ಕೃಷ್ಣಾರ್ಪಣಮಸ್ತು ::

ತೇಜಸ್ ಮಂಜುನಾಥ್ ನಾಯ್ಕ,
B.Sc.Food Technology



**ಭಾರತೀಯ ಸಂಸ್ಕೃತಿ ವಿಶ್ವ ಗುರುವಾಗಿ
ಮಾರ್ಪಾಡಾಗಿದೆಯೇ...?**

ಭಾರತದಲ್ಲಿ ನಾಗರಿಕತೆಯು ಸುಮಾರು 4000-5000 ವರ್ಷಗಳ ಹಿಂದೆ ಆರಂಭವಾಯಿತು. ಪುರಾತನ ಇತಿಹಾಸ ಅನನ್ಯ ಭೌಗೋಳಿಕ ರಚನೆ, ವೈವಿಧ್ಯಮಯ ಜನಸಮುದಾಯ, ವಿಭಿನ್ನ ಸಂಪ್ರದಾಯಗಳು, ಆಚರಣೆಗಳು ಪ್ರಾಚೀನ ಪರಂಪರೆ ಹಾಗೂ ನೆರೆಹೊರೆಯ ರಾಷ್ಟ್ರಗಳ ಪ್ರಭಾವಗಳು ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯನ್ನು ರೂಪಿಸಿವೆ. ಸಿಂಧೂ ಕಣಿವೆ ನಾಗರಿಕತೆಯಿಂದ ಆರಂಭಗೊಂಡ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿ ವೇದಗಳ ಕಾಲದಲ್ಲಿ ಅಸಾಧಾರಣ ವಿಕಸನ ಕಂಡಿತು. ಇದಾದ ನಂತರ ಬೌದ್ಧ ಧರ್ಮದ ಉನ್ನತಿ ಮತ್ತು ಅವನತಿ, ಮುಸ್ಲಿಂ ಆಳ್ವಿಕೆಗೆ ಭಾರತ ಅಧೀನವಾದದ್ದು ಯುರೋಪಿಯನ್ನರ ವಸಾಹತು ಆಳ್ವಿಕೆ ಸಂದರ್ಭದಲ್ಲಿ ಮತ್ತಷ್ಟು ವೈವಿಧ್ಯಮಯವಾಯಿತು. ಭಾರತದ ಶ್ರೇಷ್ಠ ಧಾರ್ಮಿಕ ಆಚರಣೆಗಳು ಭಾಷೆಗಳು ಪದ್ಧತಿ ಮತ್ತು ಸಂಪ್ರದಾಯಗಳ ಸಂಯೋಜನೆಯಾಗಿರುವ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿ ವಿಶ್ವದ ಇನ್ನಿತರ ಸಂಸ್ಕೃತಿಗಳ ಮೇಲೂ ತನ್ನ ಪ್ರಭಾವ ಬೀರಿದೆ..

ಧರ್ಮ:-ಹಿಂದೂ ,ಬೌದ್ಧ ,ಜೈನ ಮತ್ತು ಸಿಖ್ ಧರ್ಮಗಳಿಗೆ ಭಾರತ ಜನ್ಮ ಭೂಮಿ. ವಿಶ್ವದಲ್ಲಿ ಅಬ್ರಾಹಂ ಧರ್ಮಗಳ ನಂತರ ಅತ್ಯಂತ ಮಹತ್ವದ ಸ್ಥಾನ ಭಾರತೀಯ ಧರ್ಮವಾಗಿದೆ. ಇಂದು ಹಿಂದೂ ಧರ್ಮ ವಿಶ್ವದಲ್ಲೇ ಮೂರನೇ ಅತಿ ದೊಡ್ಡ ಧರ್ಮವಾಗಿದ್ದು, ಬೌದ್ಧಧರ್ಮ ನಾಲ್ಕನೇ ಸ್ಥಾನದಲ್ಲಿದೆ. ಈ ಎರಡು ಧರ್ಮದ ಒಟ್ಟು ಅನುಯಾಯಿಗಳು 1.4 ಶತಕೋಟಿಯನ್ನೂ ಮೀರುತ್ತಾರೆ. ಬೌದ್ಧಧರ್ಮೀಯರು ಕೇವಲ ಭಾರತದಲ್ಲಷ್ಟೇ ಅಲ್ಲದೆ ವಿಶ್ವದ ನಾನಾ ಭಾಗಗಳಲ್ಲಿ ತಮ್ಮದೇ ಪ್ರಭಾವವನ್ನು ಬೀರಿದ್ದಾರೆ. ವಿಶ್ವದೆಲ್ಲೆಡೆ ಇರುವ ಕ್ರೈಸ್ತ, ಜೋರಾಸ್ಟ್ರಿಯನ್ ಮತಗಳ ಅನುಯಾಯಿಗಳ ಸಂಖ್ಯೆ ವಿರಳವಾದರೂ ಮತಗಳು ತಮ್ಮದೇ ಆದ ವರ್ಚಸ್ಸನ್ನು ಹೊಂದಿದೆ. ಭಾರತೀಯರ ಬದುಕಿನಲ್ಲಿ ಧರ್ಮ ಮಹತ್ವದ ಪಾತ್ರ ವಹಿಸಿದ್ದರು, ಅನ್ಯ ನಂಬಿಕೆಗಳಿಗೆ ತಾವು ಸಹಿಷ್ಣುಗಳು ಎಂಬ ಸ್ವಯಂ ಘೋಷಣೆಯೊಂದಿಗೆ ನಾಸ್ತಿಕರು ಮತ್ತು ಆಜ್ಞೇಯತವಾದಿಗಳು ಕೂಡ ಒಟ್ಟಿಗೆ ಬದುಕುತ್ತಿದ್ದಾರೆ.

ಸಮಾಜ:-

- **ಸ್ಕೂಲ ಪರಿಚಯ:**

ದೇವರು ಅಥವಾ ಯಾವುದೇ ಅತೀತ ಶಕ್ತಿ ಬದುಕನ್ನು ನಿರ್ಧರಿಸುತ್ತದೆ ಎಂದು ನಂಬಿಕೆ. ಮೇಕರ್ ರ ಅಭಿಮತ ಇಲ್ಲಿನ ಮಕ್ಕಳಿಗೆ ಬಾಲ್ಯದಿಂದಲೇ ಅವರ ಕರ್ತವ್ಯ ಮತ್ತು ಸ್ಥಾನಮಾನ ತಿಳಿಸಿಕೊಡುವ ಕಾರ್ಯ ಆರಂಭವಾಗುತ್ತದೆ.

ಭಾರತೀಯ ಸಾಂಭಾರ ಪದಾರ್ಥ ಮತ್ತು ಗಿಡಮೂಲಿಕೆಗಳು ಐತಿಹಾಸಿಕವಾಗಿ ಅತಿಹೆಚ್ಚು ಬೇಡಿಕೆ ಹೊಂದಿದ ವ್ಯಾಪಾರದ ಸರಕುಗಳ ಆಗಿವೆ.

ಅಂಬರ ಪದಾರ್ಥಗಳ ವೈವಾಟು ವ್ಯಾಪಾರಿಗಳ ಏಳಿಗೆಗೆ ಕಾರಣವಾಯಿತಲ್ಲದೆ ಅವರು ಪ್ರಬಲವಾಗಲು ಅವಕಾಶ ನೀಡಿತು.

ಇಷ್ಟೇ ಅಲ್ಲದೆ ವಾಸ್ಕೋಡಗಾಮ ಮತ್ತು ಸೂಪರ್ ಕೊಲಂಬಸ್ ರಂತಹ ಯುರೋಪಿನ ಅನ್ವೇಷಣೆಕಾರರು ಭಾರತದೊಂದಿಗೆ ಹೊಸ ವ್ಯಾಪಾರಿ ಮಾರ್ಗಗಳನ್ನು ಅನ್ವೇಷಿಸಲು ಪ್ರೇರಣೆ ನೀಡಿತು. ಇದು ಮುಂದೆ ಅನ್ವೇಷಣ ಯುಗಕ್ಕೊಂದು ನಾಂದಿಯಾಯಿತು.

- **ಕೌಟುಂಬಿಕ ವ್ಯವಸ್ಥೆ:-**

ಭಾರತ ಹಲವು ಶತಮಾನಗಳಿಂದ ಅವಿಭಕ್ತ ಕುಟುಂಬ ವ್ಯವಸ್ಥೆ ಎಂಬ ರೂಢಿಗತ ಸಂಪ್ರದಾಯವನ್ನು ವಾಲಿಸಿಕೊಂಡು ಬಂದಿದೆ ತಂದೆ-ತಾಯಿ ಅವರ ಮಕ್ಕಳು, ಮಕ್ಕಳ ಪತ್ನಿಯರು, ಮೊಮ್ಮಕ್ಕಳು, ಮರಿಮಕ್ಕಳು....

ಪೀಳಿಗೆಗಳು ಹೀಗೆ ಬೆಳೆಯುತ್ತಾ ಹೋಗುವ ಈ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ಒಂದೇ ಕುಟುಂಬದಲ್ಲಿ ಹಲವು ಪೀಳಿಗೆಯ ಜನ ಒಟ್ಟಿಗೇ ವಾಸಿಸುತ್ತಾರೆ . ಕುಟುಂಬದ ಅತ್ಯಂತ ಹಿರಿಯ ವ್ಯಕ್ತಿ ಸಾಮಾನ್ಯವಾಗಿ ಪುರುಷ ಈ ಅವಿಭಕ್ತ ಕುಟುಂಬದ ಮುಖ್ಯಸ್ಥ. ನಿಯೋಜಿತ ವಿವಾಹ, ಭಾರತೀಯ ಸಮಾಜದಲ್ಲಿ ಶತಶತಮಾನಗಳಿಂದಲೂ ಅಸ್ತಿತ್ವದಲ್ಲಿರುವ ಸಂಪ್ರದಾಯ. ವಧು-ವರರ ಪೋಷಕರು ಮತ್ತು ಕುಟುಂಬದ ಗೌರವಾನ್ವಿತ ವ್ಯಕ್ತಿಗಳು ಈ ವಿವಾಹವನ್ನು ನಿಶ್ಚಯಿಸುತ್ತಾರೆ ಆದರೂ ವಧು-ವರರ ಅಭಿಪ್ರಾಯವನ್ನೂ ಕೇಳಲಾಗುತ್ತದೆ. ಜಾತಿ ಮತ್ತು ಜಾತಕ ಹೊಂದಾಣಿಕೆ ಮುಂತಾದ ವಿಚಾರಗಳು ಒಪ್ಪಿಗೆಯಾದ ನಂತರವಷ್ಟೇ ನಿಯೋಜಿತ ವಿವಾಹಗಳು ನಿರ್ಧಾರವಾಗುತ್ತವೆ.

ಈ ವಿದ್ಯಮಾನದ ಅರ್ಥವನ್ನು ಆಧರಿಸಿ ಈ ಅಭಿಪ್ರಾಯಗಳನ್ನು ವರ್ಗೀಕರಿಸಬಹುದು. ಹೆಚ್ಚುತ್ತಿರುವ ವಿಚ್ಛೇದನದ ಪ್ರಮಾಣ ಸಾಮಾಜಿಕ ಅಧಃಪತನ ಮುನ್ನೂಚನೆ ಎನಿಸಿದರೆ ಆಧುನಿಕರು ಸ್ತ್ರೀ ಸಬಲೀಕರಣದ ಹೊಸ ಹೆಜ್ಜೆ ಎಂದು ವಾದಿಸುತ್ತಾರೆ.

ನಮಸ್ತೆ:-

ನಮಸ್ತೆ, ನಮಸ್ಕಾರ ಅಥವಾ ನಮಸ್ಕಾರಂ ಎನ್ನುವ ಪದಗಳು ವಿನಯಪೂರ್ವಕ ಅಥವಾ ಗೌರವ ಸಂಬೋಧನೆಯ ಪ್ರತೀಕಗಳಾಗಿವೆ. ಭಾರತ ಉಪಖಂಡದ ಜನರ ಆಡುಮಾತಿನಲ್ಲಿ ಬಳಕೆಯಾಗುತ್ತಿವೆ. ಹಿಂದೂ, ಕ್ರೈಸ್ತ, ಜೈನ ಮತ್ತು ಬೌದ್ಧ ಸಂಪ್ರದಾಯಕ್ಕೆ ಸೇರಿದ ಭಾರತ ಮತ್ತು ನೇಪಾಳದ ಜನಪದಗಳನ್ನು ಅತ್ಯಂತ ಸರ್ವೇ ಸಾಮಾನ್ಯವಾಗಿ ಬಳಸುತ್ತಾರೆ."ನನ್ನಲ್ಲಿರುವ ಪ್ರಕಾಶ ನಿನ್ನಲ್ಲಿರುವ ಪ್ರತಿಭೆಯನ್ನು ಬೆಳಗುತ್ತದೆ". ಎಂಬ ಅರ್ಥದಲ್ಲಿ ಯೋಗ ಶಿಕ್ಷಕ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳ ಮಧ್ಯೆ ನಮಸ್ತೆ ಪದ ವಿನಿಮಯವಾಗುತ್ತದೆ. "ನಾನು ನಿನಗೆ ಬಾಗುತ್ತೇನೆ ಅಥವಾ ಶರಣಾಗುತ್ತೇನೆ"ಎಂಬುದೇ ಇದರ ಪದಶಃ ಅರ್ಥ. ತಲೆಬಾಗು, ಪ್ರಣಾಮ ,ಪೂಜ್ಯ, ವಂದನೇ ಮತ್ತು ಗೌರವ ಎಂಬ ಅರ್ಥ ಕೊಡುವ ನಮಸ್ಕಾರ 'ನಮಸ್' ಎಂಬ ಸಂಸ್ಕೃತ ಪದದಿಂದ ನಿಷ್ಪನ್ನ ಹೊಂದಿದೆ.

ಆಹಾರ ಪದ್ಧತಿ:-

ವಿಭಿನ್ನ ಗಿಡಮೂಲಿಕೆ ಮತ್ತು ಸಾಂಭಾರ ಪದಾರ್ಥಗಳ ಸುಸಂಸ್ಕೃತ ಮತ್ತು ಚತುರ ಬಳಕೆಯನ್ನು ಆಧರಿಸಿ ವೈವಿಧ್ಯಮಯ ಭಾರತೀಯ ಆಹಾರ ಪದ್ಧತಿಯ ವೈಶಿಷ್ಟ್ಯಗಳು ನಿರ್ಧಾರವಾಗಿದೆ. ಇತಿಹಾಸದುದ್ದಕ್ಕೂ ಭಾರತಕ್ಕೆ ಆಗಮಿಸಿದ ಪರ್ಶಿಯನ್ನರು, ಮೊಗಲರು ಮತ್ತು ಯುರೋಪಿನ ಸೇರಿದಂತೆ ಹಲವು ಸಂಸ್ಕೃತಿಗಳ ಗಾಢ ಪ್ರಭಾವಕ್ಕೆ ಭಾರತೀಯ ಪಾಕಶಾಸ್ತ್ರ ಪದ್ಧತಿಯೂ ಬಳಕೆಯಾಗಿದೆ. ತಂದೂರ್ (ಕೆಂಡದಲ್ಲಿ ಸುಟ್ಟು ಇಲ್ಲವೇ ಬೇಯಿಸಿದ ಭಕ್ಷ್ಯಗಳು) ಆಹಾರ ಪದ್ಧತಿಯ ಜನ್ಮ ಸ್ಥಾನ

ಕೇಂದ್ರ ಏಷ್ಯಾ ಆದರೂ ಭಾರತೀಯ ಆಹಾರ ಸಾಮಗ್ರಿಗಳನ್ನು ಸೇರಿಸಿ ಸಿದ್ಧಪಡಿಸಿದ ಹೆಚ್ಚು ಕಂಟಿಕ ರೀತಿಯ ತಂದೂರಿ ಆಹಾರಗಳು ವ್ಯಾಪಕ ಜನಪ್ರಿಯತೆ ಗಳಿಸಿವೆ. ಇಡೀ ವಿಶ್ವದಲ್ಲೇ ಅತ್ಯಂತ ಜನಪ್ರಿಯತೆ ಗಳಿಸಿರುವುದರಲ್ಲಿ ಭಾರತೀಯ ಪಾಕಶಾಸ್ತ್ರ ಪದ್ಧತಿಯೂ ಒಂದು. ಭಾರತೀಯ ಸಾಂಭಾರ ಪದಾರ್ಥ ಮತ್ತು ಗಿಡಮೂಲಿಕೆಗಳು ಐತಿಹಾಸಿಕವಾಗಿ ಅತಿಹೆಚ್ಚು ಬೇಡಿಕೆ ಹೊಂದಿದ ವ್ಯಾಪಾರದ ಸರಕುಗಳ ಆಗಿವೆ. ಅಂಬರ ಪದಾರ್ಥಗಳ ವೈವಾಟು ವ್ಯಾಪಾರಿಗಳ ಏಳಿಗೆಗೆ ಕಾರಣವಾಯಿತಲ್ಲದೆ ಅವರು ಪ್ರಬಲವಾಗಲು ಅವಕಾಶ ನೀಡಿತು. ಇಷ್ಟೇ ಅಲ್ಲದೆ ವಾಸ್ಕೋಡಗಾಮ ಮತ್ತು ಸೂಪರ್ ಕೊಂಬಸ್ ರಂತಹ ಯುರೋಪಿನ ಅನ್ವೇಷಣೆಕಾರರು ಭಾರತದೊಂದಿಗೆ ಹೊಸ ವ್ಯಾಪಾರಿ ಮಾರ್ಗಗಳನ್ನು ಅನ್ವೇಷಿಸಲು ಪ್ರೇರಣೆ ನೀಡಿತು. ಇದು ಮುಂದೆ ಅನ್ವೇಷಣ ಯುಗಕ್ಕೊಂದು ನಾಂದಿಯಾಯಿತು.

ಉಡುಗೆ-ತೊಡುಗೆ:-

ಸೀರೆ ಭಾರತೀಯ ಮಹಿಳೆಯರ ಸಾಂಪ್ರದಾಯಿಕ ಉಡುಗೆ. ಹೊತ್ತಿನಮೇಲೆ ಇದರ ಜೊತೆಗೆ ಗಾಘ್ರ ಜೋರಿ (ಲೆಹಂಗಾ)ವನ್ನು ಕೂಡ ಸಾಕಷ್ಟು ಮಹಿಳೆಯರು ಬಳಸುತ್ತಾರೆ. ದೋತಿ ,ಪಂಚೆ ವೆಷ್ಟಿ ಅಥವಾ ಕುರ್ತಾ ಪುರುಷರ ಸಾಂಪ್ರದಾಯಿಕ ತೊಡುಗೆಗಳು.

ಭಾರತ ಉಪಖಂಡ ಮತ್ತು ಪಾಶ್ಚಿಮಾತ್ಯ ಉಡುಗೆ-ತೊಡುಗೆ ಮಿಳಿತಗೊಂಡು ಇಂದು ಬಸ್ಪಾಂಡ್ ವಸ್ತ್ರ ಶೈಲಿ ರೂಪಗೊಂಡಿದೆ ಚೂಡಿದಾರ, ದುಪಟ್ಟ ,ಕುರ್ತಾ ,ಮುಂಡು, ನೆರಿಯಾತುಂ, ಶೇರ್ವಾನಿ, ಉತ್ತರಿಯ ಗಳು ಭಾರತದ ಇತರೆ ವೇಷಭೂಷಣಗಳು.

ವಿಹಾರ ಮತ್ತು ಕ್ರೀಡೆ:-

ವಿಹಾರ ಮತ್ತು ಕ್ರೀಡಾ ಕ್ಷೇತ್ರದಲ್ಲಿ ಭಾರತದ ಹಲವಾರು ಕ್ರೀಡೆಗಳು ವಿಹಾಸನ ಹೊಂದಿದೆ ಎಂದು ಕರೆಯುವ ಪೌರಸ್ತ್ಯ ಆಧುನಿಕ ಮಾರ್ಷಿಯಲ್ ಆರ್ಟ್ಸ್‌ಎಂಬುದು ಭಾರತದ ಪ್ರಾಚೀನ ಕ್ರೀಡೆಯೆಂದು ಸಮರ ಕಲೆಗಳು ವಿದೇಶಗಳಿಗೆ ಪ್ರಸಾರವಾಗಿ ಅಲ್ಲಿ ವಿವಿಧ ಮಾರ್ಪಾಡುಗಳಿಗೆ ಒಳಗಾಗುತ್ತಿವೆ ಎಂಬುದು ಕೆಲವರ ನಂಬಿಕೆ. ಬಹುತೇಕ ಭಾಗಗಳಲ್ಲಿ ವಿಶೇಷವಾಗಿ ಗ್ರಾಮೀಣ ಭಾಗಗಳಲ್ಲಿ ಆಡುವ ಕಬಡ್ಡಿ ಮತ್ತು ಗಿಲ್ಲಿ ದಾಂಡು ಸಾಂಪ್ರದಾಯಿಕ ದೇಶೀಯ ಕ್ರೀಡೆಗಳು . ಬ್ರಿಟಿಷರ ಆಳ್ವಿಕೆಯ ಕಾಲದಲ್ಲಿ ಭಾರತಕ್ಕೆ ಪರಿಚಯಿಸಲಾದ ಫೀಲ್ಡ್ ಹಾಕಿ, ಫುಟ್ಬಾಲ್ ಹಾಗೂ ವಿಶೇಷವಾಗಿ ಕ್ರಿಕೆಟ್ ಮುಂತಾದ ಕೆಲವು ಕ್ರೀಡೆಗಳು ಈಗ ಸಾಕಷ್ಟು ಜನಪ್ರಿಯವಾಗಿವೆ ಇಲ್ಲಿನ ಜನಪ್ರಿಯ ಕ್ರೀಡೆ, ಚದುರಂಗ, ಹಾವು ಏಣಿ ಆಟ ,ಇಸ್ಪೀಟ್ ಆಟ ,ಕೇರಂ ,ಬ್ಯಾಡ್ಮಿಂಟನ್ ಆಟಗಳು ಜನಪ್ರಿಯ ಒಳಾಂಗಣ ಮತ್ತು ಹೊರಾಂಗಣ ಕ್ರೀಡೆಗಳು. ವಿಶ್ವಪ್ರಸಿದ್ಧ ಚೆಸ್ ಕ್ರೀಡೆ ಇದು ಭಾರತದಲ್ಲಿ ಶಕ್ತಿಯುತ ಮತ್ತು ವೇಗೋತ್ಕರ್ಷ ವಾದ ಕ್ರೀಡೆಗಳು ಕೂಡ ಭಾರತದಲ್ಲಿ ಪ್ರವರ್ಧಮಾನಕ್ಕೆ ಬಂದಿದೆ ಬಳಸುತ್ತಿದ್ದರು ಕಾಲದಲ್ಲಿ ಮತ್ತು ಪಗಡೆಯಾಟದಲ್ಲಿ ಉಪಯೋಗಿಸಲಾಗುತ್ತಿದ್ದು

ಎಲ್ಲದಕ್ಕೂ ಪ್ರಾಚೀನ ಭಾರತದಲ್ಲಿ ಬಳಸಲಾಗುತ್ತಿತ್ತು. ಪ್ರಾಚೀನ ಭಾರತದಲ್ಲಿ ಜನರು ದ್ವಿಚಕ್ರ ರಥದ ಓಟ ,ಬಿಲ್ಲು, ಕುದುರೆ ಸವಾರಿ, ಯುದ್ಧತಂತ್ರಗಳು ,ಕುಸ್ತಿ, ಭಾರ ಎತ್ತುವ ಸ್ಪರ್ಧೆ, ಬೇಟೆ ,ಈಜು ಮತ್ತು ಓಟದ ಸ್ಪರ್ಧೆ ಮುಂತಾದ ಕ್ರೀಡೆಗಳಲ್ಲಿ ಸ್ಪರ್ಧಿಸುತ್ತಿದ್ದರು.

ಚಲನಚಿತ್ರ:-

ಭಾರತದಲ್ಲಿ ಮುಂಬೈ ಮೂಲದ ಹಿಂದಿ ಚಿತ್ರೋದ್ಯಮ ಬಾಲಿವುಡ್ ಎಂಬ ಅನೌಪಚಾರಿಕ ಹೆಸರಿನಲ್ಲಿ ಜನಪ್ರಿಯವಾಗಿವೆ. ಮತ್ತು ಇತರ ಸಿನಿಮಾ ಕೇಂದ್ರಗಳು ವಿಸ್ತರವಾದ ಭಾರತೀಯ ಸಿನಿಮಾ ಉದ್ಯಮವನ್ನು ಮತ್ತಷ್ಟು ವೈವಿಧ್ಯಮಯ ಗೊಳಿಸಿವೆ ಭಾರತೀಯ ಹೆಸರುಗಳು ಉದ್ಯಮಗಳಿಗೆ ಮಾಡಲಾಗುತ್ತಿದೆ ಎಂದು ತಿಳಿಯುತ್ತದೆ...

ಧನ್ಯ ಪೂಜಾರಿ
II B.Com.



ಕವನ

ಸ್ನೇಹ.....
ಮನಸೆಂಬ ಮಂದಿರದಲ್ಲಿ
ಕನಸೆಂಬ ಸಾಗರದಲ್ಲಿ
ನೆನಪು ಎಂಬ ಅಲೆಗಳಲ್ಲಿ
ಹುಣ್ಣೆಮೆ ಚಂದ್ರನಂತೆ ಇರಲಿ
ನನ್ನ ನಿನ್ನ ಸ್ನೇಹ.....

ಸಂತೋಷ.....
ಕಲ್ಪನೆಯೊಂದು ಮರೆಯಾಗದಿರಲಿ
ಕನಸೆಂದು ಬಳಿಯಲ್ಲಿ ಇರಲಿ
ಗುರಿಯೊಂದು ದಾರಿಯಲ್ಲಿ ಇರಲಿ
ನನ್ನ ನೆನಪೆಂದು ನಿನ್ನ ಜೊತೆಯಲ್ಲಿರಲಿ
ನದಾ ಸಂತೋಷ ನಿನ್ನೊಂದಿಗೆ ಇರಲಿ.....

ಉತ್ತರ....
ಜೀವನದ ಉತ್ತರಗಳ ಹುಡುಕಾಟದಲ್ಲಿ
ನನ್ನನ್ನು ನಾನೇ ಮರೆತೆ
ಉತ್ತರಗಳು ಸಿಗುವ ಸಂದರ್ಭದಲ್ಲಿ
ಭೂಮಿಯಿಂದಲೇ ನಾ ಹೊರಟೆ.....

ಸುರಕ್ಷಾ
IGNM



ವೇಗದೊಂದಿಗೆ ಬದಲಾಗುತ್ತಿರುವ ಜಗತ್ತು?

ನಮ್ಮ ಜಗತ್ತು ಯಾಂತ್ರೀಕರಣ, ಕೈಗಾರಿಕೀಕರಣ ಮತ್ತು ಉದ್ಯೋಗೀಕರಣ ಮುಂತಾದ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಗಣನೀಯವಾಗಿ ಅಭಿವೃದ್ಧಿಗೊಂಡಿದೆ ಮತ್ತು ಅಭಿವೃದ್ಧಿಗೊಳ್ಳುತ್ತಿದೆ. ಅಂತೆಯೇ ಅತ್ಯಂತ ಸ್ಪರ್ಧಾತ್ಮಕವಾಗಿದೆ, ಅತಿ ವೇಗದಿಂದ ಮುನ್ನಡೆಯುತ್ತಿದೆ. ಅತ್ಯಂತ ಬುದ್ಧಿವಂತ ಪ್ರಾಣಿಯಾದ ಮನುಷ್ಯ ಜಗತ್ತಿನ ಕಾರಣೀಕರ್ತ. ತಾಳ್ಮೆ ಕಳೆದುಕೊಂಡು ಎಲ್ಲವನ್ನೂ ವೇಗವಾಗಿ ತನ್ನದಾಗಿಸಿಕೊಳ್ಳಬೇಕೆಂದು ಹಟಕ್ಕೆ ಬಿದ್ದು ವೇಗದ ಪರಿಣಾಮಕ್ಕೆ ಬಲಿಯಾಗುತ್ತಿದ್ದಾನೆ. ಕಾಲಚಕ್ರ ಬಹುವೇಗವಾಗಿ ತಿರುಗುತ್ತಿದೆ. ಇದರ ಪರಿಣಾಮವಾಗಿ ಅತ್ಯಂತ ಶೀಘ್ರಗತಿಯಲ್ಲಿ ಜಗತ್ತು ಬದಲಾಗುತ್ತಿದೆ. ಹಿಂದಿನ ಜಗತ್ತು ಇಂದಿನಂತಿರಲಿಲ್ಲ ಅದು ಪೂರ್ಣವಾಗಿ ಭಿನ್ನವಾಗಿತ್ತು. ಶಿಲಾಯುಗದಿಂದ ಪ್ರಾರಂಭವಾದ ಜಗತ್ತು ಇಂದು 21ನೇ ಶತಮಾನದಲ್ಲಿ ಮುನ್ನಡೆಯುತ್ತಿದೆ. ಹಿಂದಿನ ಜಗತ್ತಿನ ಮಾನವ ನಿಧಾನವಾಗಿ ಒಂದೊಂದೇ ವಿಷಯಗಳನ್ನು ಅವಿಷ್ಕಾರ ಮಾಡುತ್ತಾ ಅಭಿವೃದ್ಧಿಯ ಪಥದಡೆಗೆ ಸಾಗುತ್ತಿದ್ದಾನೆ. ಮೊದಲು ಗೆಡ್ಡೆಗೇಣಸು ಹಸಿಯಾದ ಮಾಂಸವನ್ನು ತಿನ್ನುತ್ತಿದ್ದ. ನಂತರ ಬೆಂಕಿಯನ್ನು ಕಂಡುಹಿಡಿದು ಅವುಗಳನ್ನು ಬೇಯಿಸಿ ತಿನ್ನಲು ಪ್ರಾರಂಭಿಸಿದ. ನಿಧಾನವಾಗಿ ಸನ್ನೆಯ ಮೂಲಕ ಸಂವಾದಿಸುತ್ತಿದ್ದ ನಂತರ ಅವರು ಭಾಷಾ ನಾಗರಿಕತೆಗೆ ಬಂದರು. ಅನೇಕ ಉಪಕರಣಗಳನ್ನು ಕಲ್ಪಿಸಿದ ತಯಾರಿಸಿ ತಮ್ಮ ದಿನನಿತ್ಯದ ಅನೇಕ ಕೆಲಸಗಳನ್ನು ಅವುಗಳ ಸಹಾಯದಿಂದ ಮಾಡಿದರು. ಒಂದು ನಿರ್ದಿಷ್ಟವಾದ ಸ್ಥಳದಲ್ಲಿ ನಿಲ್ಲದೆ ಅಲೆಮಾರಿಗಳಾಗಿದ್ದರು ನಂತರ ಒಂದು ಸ್ಥಳದಲ್ಲಿ ನಿರ್ದಿಷ್ಟ ಮನೆಯೊಂದನ್ನು ನಿರ್ಮಿಸಿ ಒಂದೆಡೆ ನೆಲೆಯೂರಿದರು. ಕೇವಲ ಗೆಡ್ಡೆಗೇಣಸು ಮಾಂಸದಂತಹ ಪದಾರ್ಥಗಳನ್ನು ಸೇವಿಸುತ್ತಿದ್ದ ಅವರು ವ್ಯವಸಾಯ ಪ್ರಾರಂಭಿಸಿದರು. ಭತ್ತ ಮತ್ತು ಗೋಧಿಗಳಂತಹ ಬೆಳೆಗಳನ್ನು ಬೆಳೆದರು ಹಾಗೆಯೇ ಇನ್ನೂ ಅನೇಕ ತರಹದ ಬೆಳೆಗಳನ್ನು ಬೆಳೆದು ತಮ್ಮ ಸಮೂಹದೊಂದಿಗೆ ತಾವು ಬೆಳೆದ ಬೆಳೆಗಳನ್ನು ಅವರಿಗೆ ಬೇಕಾದಷ್ಟನ್ನು ಇಟ್ಟುಕೊಂಡು ಉಳಿದಿದ್ದನ್ನು ಅಗತ್ಯ ಇರುವವರಿಗೆ ನೀಡಿ ಮತ್ತು ತಮಗೆ ಬೇಕಾಗಿರುವುದನ್ನು ಪಡೆಯುತ್ತಿದ್ದರು. ಇದರ ಮೂಲಕ ವಸ್ತು ವಿನಿಮಯ ಪದ್ಧತಿಯನ್ನು ಜಾರಿಗೆ ತಂದರು. ಹೀಗೆಯೇ ಒಂದು ಯುಗ ಅನೇಕ ಬದಲಾವಣೆಗಳಿಗೆ ಒಳಗಾಗಿ ಮಾರ್ಪಾಡಾಗುತ್ತದೆ. ಮಣ್ಣಿನಿಂದ ತಯಾರಿಸಿದ ಉಪಕರಣಗಳನ್ನು ಬಿಟ್ಟು ಲೋಹಗಳ ಬಳಕೆಯನ್ನು ಪ್ರಾರಂಭಿಸಿದರು. ಎಲ್ಲಾ ಬದಲಾವಣೆಗಳು ಅತ್ಯಂತ ಕ್ಷಿಪ್ರಗತಿಯಲ್ಲಿ ಸಾಗದೆ ನಿಧಾನವೇ ಪ್ರಧಾನ ಎನ್ನುವ ರೀತಿಯಲ್ಲಿ ನಿಧಾನವಾಗಿ ಜಗತ್ತನ್ನು ಬದಲಾವಣೆಗೆ ಒಳಪಡಿಸಿತ್ತು. ಹಿಂದೆ ಮಾನವ ಸಂಘ ಜೀವಿಯಾಗಿದ್ದ. ಈಗಲೂ ಕೂಡ ಮನುಷ್ಯ ಸಂಘಜೀವಿ ಆದರೆ ಕೆಲವರು ಮಾತ್ರ ತಾವು ಹೊರತಾಗಿ ಇದ್ದೇವೆ ಎಂದು ಭಾವಿಸಿದ್ದಾರೆ.

ಸಂಘಜೀವಿಯಾದ ಮಾನವನಿಗೆ ತನ್ನ ಸಂಬಂಧದಬಗ್ಗೆ ಬಹುವಾಗಿ ಒಲವಿತ್ತು, ಗೌರವವಿತ್ತು, ಪ್ರೀತಿ ಇತ್ತು ಹಾಗೆಯೇ ಅನನ್ಯತೆಯು ಬಹುಮುಖ್ಯವಾದ ಮೌಲ್ಯವಾಗಿತ್ತು. ತನ್ನೆಲ್ಲ ಸಂಬಂಧಗಳಿಗೆ ಗೌರವ ಆದರ ಪ್ರೀತಿ ನೀಡುತ್ತಾ ಪರಸ್ಪರ ಒಗ್ಗಟ್ಟಿನಿಂದ ಅನನ್ಯತೆಯಿಂದ ಮನೆಯಲ್ಲಿ ವಿಶೇಷ ಕಾರ್ಯಕ್ರಮವಿದ್ದರೆ ಎಲ್ಲಾ ಸದಸ್ಯರು ಸೇರಿ ಅತ್ಯಂತ ಲವಲವಿಕೆಯಿಂದ ಅದನ್ನು ನಡೆಸುತ್ತಿದ್ದರು. ಅತ್ಯಂತ ವಿಶೇಷ ಸಂದರ್ಭದಲ್ಲಿ ಮಹಿಳಾ ಸದಸ್ಯರೆಲ್ಲರೂ ಸೇರಿ ತಯಾರಿಸುತ್ತಿದ್ದ ಯೋಜನೆಗಳನ್ನು ಸ್ವೀಕರಿಸುತ್ತಿದ್ದರು ಆದರೆ ಇವೆಲ್ಲವೂ ಇಂದು ತನ್ನ ಮಹತ್ವವನ್ನು ಕಳೆದುಕೊಂಡಿದೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಈ ಸಂಪ್ರದಾಯಗಳೆಲ್ಲ ಮಾಯವಾಗಿದೆ. ಯಾವುದಾದರೂ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಅನೇಕ ಮಂದಿ ಒಂದೆಡೆ ನಿಂತು ಸಂವಾದಿಸುತ್ತಿದ್ದಾರೆ ಎಂದರೆ ಅದು ಜಗತ್ತಿನ ಮತ್ತೊಂದು ಅದ್ಭುತವೇ ಸರಿ. ಜನರೆಲ್ಲರೂ ಒಂದಲ್ಲ ಒಂದು ಕಾರ್ಯದಲ್ಲಿ ಕಾರ್ಯನಿರತವಾಗಿದ್ದು ಈ ಸಂಭ್ರಮಗಳಲ್ಲಿ ಭಾಗಿಯಾಗುವುದಿಲ್ಲ. ಅದಕ್ಕೆ ಅವರಿಗೆ ಸಮಯವಿಲ್ಲ. ಒಂದು ವೇಳೆ ಕರುಣಾಮಯಿಯಾಗಿ ಸಮಯವೇ ಬಂದು ಅವಕಾಶ ನೀಡಿದರೂ ಈ ಜನರು ಅದನ್ನು ಅನುಭವಿಸಲು ಸಿದ್ಧರಿಲ್ಲದೆ ಸದಾ ಕಾಲಿಗೆ ಚಕ್ರ ಕಟ್ಟಿದಂತೆ ತಿರುಗುತ್ತಿರುತ್ತಾರೆ. ಪ್ರತಿನಿತ್ಯ ಮನೆಮಂದಿಯಲ್ಲಾ ಒಂದೆಡೆ ಕುಳಿತು ಮಾತನಾಡಲು ಸಮಯವಿಲ್ಲದಷ್ಟು. ತಂದೆ ತಾಯಿಯ ಯೋಗಕ್ಷೇಮ ವಿಚಾರಿಸಲು ಸಾಧ್ಯವಾಗದಷ್ಟು ಕಾರ್ಯನಿರತರಾಗಿದ್ದಾರೆ. ಕಾರ್ಯನಿರತ ಪ್ರಪಂಚದ ಮಧ್ಯದಲ್ಲಿ ಜಗತ್ತು ಬದಲಾಗುತ್ತಾ ಹೋದಂತೆ ಸಂಬಂಧಗಳು ಬದಲಾಗದಿದ್ದರೂ ಅದರ ಮೌಲ್ಯಗಳು ಸಾಕಷ್ಟು ಬದಲಾವಣೆಗಳನ್ನು ಹೊಂದಿವೆ. ಹಿಂದೆ ಅಜ್ಜಿಯ ಕತೆಗಳು ಮಕ್ಕಳನ್ನು ಬೇರೊಂದು ಲೋಕಕ್ಕೆ ಕರೆದು ಬದುಕಿನ ಮೌಲ್ಯಗಳನ್ನು ಮನಮುಟ್ಟುವಂತೆ ತಿಳಿಸಿಕೊಡುತ್ತಿದ್ದವು. ಅಜ್ಜನ ಕೂಸುಮರಿ ಆಟ ಮಕ್ಕಳಿಗೆ ಇಂದು ನೆನಪು ಮಾತ್ರ. ಅಮ್ಮನ ಕೈರುಚಿ ಮಕ್ಕಳನ್ನು ಬಲಿಷ್ಠರಾಗಿ ಗುಣವಂತರಾಗಿ ಸಮಾಜಕ್ಕೆ ಅದರ ಕಟ್ಟುಪಾಡಿಗೆ ಹೊಂದಿಕೊಂಡು ಯಾರಿಗೂ ತೊಂದರೆ ಕೊಡದೆ ಎಲ್ಲರೊಂದಿಗೆ ಪ್ರೀತಿ ವಾತ್ಸಲ್ಯದಿಂದ ಬದುಕನ್ನು ಕಲಿಸಿಕೊಡುತ್ತಿದ್ದರು. ಇವೆಲ್ಲವೂ ಇಂದಿಗೆ ಕಣ್ಮರೆಯಾಗಿವೆ. ಇಂದಿನ ಯುಗದಲ್ಲಿ ವೇಗದೊಂದಿಗೆ ಎಲ್ಲವೂ ಬದಲಾವಣೆಯಾಗಿ ಕಥೆ ಹೇಳಲು ಅಜ್ಜಿ ಇಲ್ಲ. ಆಟಗಳನ್ನು ಕಲಿಸಲು ಅಜ್ಜನೂ ಇಲ್ಲ. ಏಕೆಂದರೆ ಮಕ್ಕಳು ಅಜ್ಜಿ ಮತ್ತು ಅಜ್ಜನನ್ನು ಕಂಡಿರುವುದು ಗೋಡೆ ಮೇಲೆ ನೇತುಹಾಕಿರುವ ಭಾವಚಿತ್ರದಲ್ಲಿ ಮಾತ್ರ. ಇಂದಿನ ಮಕ್ಕಳು ತಮ್ಮ ಅಜ್ಜಿಯೊಡನೆ ಬೆರೆಯಲು ಸಾಧ್ಯವಾಗದಿರುವುದಕ್ಕೆ ಕಾರಣ ಅವರ ತಂದೆ ತಾಯಿ ಅವರ ತಂದೆ ತಾಯಿಯನ್ನು ವೃದ್ಧಾಶ್ರಮಕ್ಕೆ ಕಳಿಸಿರುವುದು. ಕೆಲವರು ತಮ್ಮ ಬದುಕನ್ನು ನಿಲ್ಲಿಸಿರುವುದು ಇರಬಹುದು. ಇಂದಿನ ತಂದೆತಾಯಿಗಳು ಅವರ ಅಜ್ಜಿ-ಅಜ್ಜಿಯೊಡನೆ ಬೆಳೆದರೆ ಅವರು ಹಾಳಾಗುತ್ತಾರೆ ತಮ್ಮ ಭವಿಷ್ಯ ರೂಪಿಸಿಕೊಳ್ಳಲು ವಿಫಲರಾಗುತ್ತಾರೆ ಎಂದು ಅಭಿಪ್ರಾಯಪಡುತ್ತಾರೆ.

ವಾಸ್ತವವೇನೆಂದರೆ ಒಂದು ವೇಳೆ ತಮ್ಮ ಮಕ್ಕಳು ಅವರು ಅಜ್ಜ-ಅಜ್ಜಿಯೊಡನೆ ಬೆರೆತರೆ ಅವರು ಎಲ್ಲಿಯೂ ತಮ್ಮ ತಂದೆ-ತಾಯಿಯನ್ನು ಮರೆತುಬಿಡುತ್ತಾರೆ ಅವರ ಬದುಕಿನಲ್ಲಿ ಮಕ್ಕಳಿಗೆ ಸಮಯ ಕೊಡದೆ ಯಂತ್ರವಾಗಿರುತ್ತಾರೆ. ಆಧುನಿಕ ಯುಗವು ಯಂತ್ರಗಳಿಂದ ತುಂಬಿದೆ ಎಷ್ಟರಮಟ್ಟಿಗೆ ಜಗತ್ತು ಯಂತ್ರಮಯವಾಗಿದೆ ಎಂದರೆ ಮಾನವನು ಸಹ ಯಂತ್ರದೊಂದಿಗೆ ಬದುಕಿದ್ದಾನೆ. ಯಂತ್ರದ ರೀತಿಯಲ್ಲಿ ವರ್ತಿಸುತ್ತಿದ್ದಾರೆ.

ವಿಜೇತ್
III B.S.C. F.T



ಬದುಕಿನ ಮುಖವಾಡಗಳು

ಇಡೀ ಜಗತ್ತೇ ಒಂದು ನಾಟಕಶಾಲೆ. ಅದರಲ್ಲಿ ಎಲ್ಲರೂ ನಟರೆ ಅದಕ್ಕೆ ಸೂತ್ರದಾರ ಒಬ್ಬನಿದ್ದಾನೆ ಮುಂತಾಗಿ ಭಾವಿಸಿದಾಗ ನಮ್ಮ ನಮ್ಮ ಸ್ಥಾನ-ಮಾನಗಳು ಏನು ಎಂಬುದು ನಮಗೆ ಅರ್ಥವಾಗುತ್ತದೆ. ಜೀವನವೇ ಒಂದು ನಾಟಕ ರಂಗ ಎಂದಮೇಲೆ ಅದರಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯು ತನ್ನ ಪಾಲಿನ ಪಾತ್ರವನ್ನು ಸಂದರ್ಭೋಚಿತವಾಗಿ ನಿರ್ವಹಿಸುವುದೇ ಅನಿವಾರ್ಯ. ಈ ಜಗತ್ತಿನಲ್ಲಿ ಇತರರನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಕಷ್ಟ ಆದರೆ ಅದಕ್ಕಿಂತ ಕಷ್ಟವೆಂದರೆ ನಮ್ಮನ್ನು ನಾವು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಏಕೆಂದರೆ ಅನೇಕವೇಳೆ ನಮ್ಮನ್ನು ನಾವೇ ಮೋಸಗೊಳಿಸಿಕೊಳ್ಳುತ್ತೇವೆ ಮೋಸಕ್ಕೆ ಒಳಗಾಗುವುದು ಸುಳ್ಳೇನಲ್ಲ. ಪವಾಡವೇ ಇಲ್ಲದೆ ಮನಸ್ಸುಗಳು ಇದ್ದಿದ್ದರೆ ಹೇಗಿರುತ್ತಿತ್ತು? ಬಹುಶಹ ಅದನ್ನು ಕಲ್ಪಿಸಿಕೊಳ್ಳುವುದು ಕಷ್ಟವಾಗುತ್ತದೆ. ಅದೊಂದು ಬರಿಯ ಕಾಲ್ಪನಿಕ ಪ್ರಪಂಚವಾಗಿ ತೋರುತ್ತದೆ. ಆಗ ಪೋಲಿಸಿನವರು ಆಗಲಿ, ನ್ಯಾಯಾಲಯಗಳಾಗಲಿ, ಜೈಲುಗಳಾಗಲಿ ಯಾವುದು ಬೇಕಾ ಗಿರುತ್ತಿರಲಿಲ್ಲ. ಈ ಜಗವೆಲ್ಲಾ ದೇವಾಲಯಗಳಿಂದ ಹೂದೋಟಗಳಿಂ ತುಂಬಿ ತುಳುಕಾಡುತ್ತಿತ್ತು. ಮನಸ್ಸು-ಮನಸ್ಸುಗಳ ಹತ್ತಿರವಾಗಿ ಪ್ರೀತಿ .ಪ್ರೇಮ. ವಿಶ್ವಾಸ ಹೊಳೆ ತುಂಬಿ ಹರಿಯುತ್ತಿತ್ತು. ಎಲ್ಲರ ಮುಖದಲ್ಲಿಯೂ ಮುಖವಾಡಗಳ ಬದಲು ಆನಂದದ ಉತ್ಸಾಹ ಚಿಮ್ಮಿ ಓಕುಳಿಯಾಗುತ್ತಿತ್ತು. ಇವೆಲ್ಲವೂ ಕೈಗೆಟುಕದ ಆಚರಣೆಗೆ ಬಾರದ ಸಂಗತಿಗಳೆಂದೆ ಅನ್ನಿಸುತ್ತದೆ. ಈ ಜಗತ್ತಿನ ಪ್ರತಿಯೊಂದು ಜೀವಂತ ವಸ್ತು ವಿಶೇಷವೂ ಮುಖವಾಡ ಧರಿಸಿ ಬದುಕುವುದು ಕಲೆಯನ್ನು ಮೈಗೂಡಿಸಿಕೊಂಡು ಬೆಳೆದು ಬಂದಿದೆ ಅಂತರಂಗದಲ್ಲಿ ದ್ವೇಷಾಸೂಯೆ ಮಾತ್ಸರ್ಯಗಳನ್ನು ತುಂಬಿಕೊಂಡು ಪ್ರೀತಿ ಪ್ರೇಮಗಳ ವ್ಯಕ್ತಿಗಳು ಇಂದು ಇವುಗಳ ಬಗ್ಗೆ ಅದೆಷ್ಟು ಎಂಬುದನ್ನು ನೆನೆದಾಗ ಆಶ್ಚರ್ಯವಾಗುತ್ತದೆ. ಮನಸ್ಸಿನಲ್ಲಿರುವುದು

ಬೇರೆ ಮುಖದಲ್ಲಿ ತೋರುವುದು ಬೇರೆ ಆದಾಗ ಇಂತಹ ಸಾಧನೆಗೆ ಗುರಿಯಾಗಬೇಕಾಗುತ್ತದೆ. ಇಂತಹುದನ್ನು ಬೇರೊಂದು ರೀತಿಯಲ್ಲಿ ಕರೆದರೆ ತೀರ ಸ್ವೇಚ್ಛೆ ಆಗುತ್ತದೆ. ಆದರೆ ಈ ಮಾತಿನ ಸತ್ಯಾಸತ್ಯತೆ ಎಷ್ಟು ಹಲವು ಬಾರಿ ಅನುಮಾನ ಹುಟ್ಟಿಸುತ್ತದೆ. ಮುಖ ಮನಸ್ಸಿನ ತೋರುಗನ್ನಡಿ ಮನಸ್ಸಿನಲ್ಲಿ ಇರುವುದೆಲ್ಲವನ್ನು ಮನುಷ್ಯ ಮುಖದಲ್ಲಿ ತೋರಿಸುವುದು ಬೇರೆ ರೀತಿಯಲ್ಲಿ ಹೋದಾಗ ಇಂತಹ ಸಾಧನೆಗೆ ಗುರಿಯಾಗಬೇಕಾಗುತ್ತದೆ. ಇಂತಹದ್ದನ್ನು ಬೇರೊಂದು ರೀತಿಯಲ್ಲಿ ಕರೆದರೆ ಬೇರೇನೇ ಅರ್ಥ ಆಗುತ್ತದೆ. ಜಗತ್ತು ಜನ ಎಲ್ಲವೂ ಬೇರೆ ಬೇರೆಯಾಗಿರುತ್ತಿತ್ತು ಕೆಲವರ ವಿಚಾರದಲ್ಲಿ ಕೆಲವೊಂದು ವಿಚಾರಗಳಲ್ಲಿ ಕೆಲವೊಂದು ಸಂದರ್ಭಗಳಲ್ಲಿ ತನ್ನ ಸತ್ಯವನ್ನು ಪ್ರಕಟಿಸಬಹುದು. ಎಷ್ಟೇ ಸತ್ಯವಂತ ಎನಿಸಿದ್ದರು, ಪ್ರಾಮಾಣಿಕ ಎಂದೆನಿಸಿದರೂ ತನ್ನ ಮನಸ್ಸಿನಲ್ಲಿ ಇರುವುದೆಲ್ಲವನ್ನೂ ಮಾತಿನ ಮೂಲಕ ತನ್ನ ಮುಖಮುದ್ರೆಯಲ್ಲಿ ಅನಾವರಣಗೊಳಿಸುತ್ತಾನೆ. ದೇವರು ಮನುಷ್ಯನಿಗೆ ಕೊಟ್ಟ ಮುಖ ಒಂದಾದರೆ, ತನ್ನ ಸಾಮರ್ಥ್ಯದಿಂದ ಮನುಷ್ಯ ಸೃಷ್ಟಿಸಿಕೊಂಡ ಮುಖ ಹಲವು ಆದರೆ ಅವ್ಯಾವು ದೇವರು ಕೊಟ್ಟ ಮುಖವಾಡವಂತೆ ಶಾಶ್ವತವಲ್ಲ ಅವೆಲ್ಲ ಅಗೋಚರ ಬೇಕಾದಾಗ ಕಾಣಿಸಿಕೊಳ್ಳುವ ಸಂಚಾರಿ ಗುಣದಿಂದ ಕೂಡಿರುವಂತಹ ಮುಖಗಳು. ಮುಖವಿದ್ದು ಮುಖ ರೈತರಂತೆ ಬದುಕುತ್ತಿರುವವರು ಇರುವ ಜಗತ್ತಿನಲ್ಲಿ ಒಂದು ಮುಖ ಸಾಲದಂತೆ ಹಲವು ಮುಖಗಳನ್ನು ಧರಿಸಿ ಬದುಕಲು ವೈಪೋಟಿ ನಡೆಸುತ್ತಿರುವುದು ಒಂದೇ ಸೋಜಿಗವೇ ಸರಿ...

ಪೂಜಾ ವಿ ಪುತ್ರನ್
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ರಾಷ್ಟ್ರೀಯ ಭಾವೈಕ್ಯತೆ

ಭಾರತವು ಅನೇಕ ಜನಾಂಗಗಳು, ಪಂಗಡಗಳು ಇರುವಂತ ಒಂದುವಿಶಾಲ ದೇಶ. ಇಲ್ಲಿ ವಿವಿಧ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿ, ಧರ್ಮ,ಜಾತಿಗಳ ಜನರುತಮ್ಮ ವಿವಿಧತೆಯನ್ನು ಮರೆತು ನಾವೆಲ್ಲರು ಭಾರತೀಯರು ಎಂಬ ರಾಷ್ಟ್ರೀಯ ಮನೋಭಾವನೆಯನ್ನು ಹೊಂದಿರುವುದೇ ರಾಷ್ಟ್ರೀಯ ಭಾವೈಕ್ಯತೆ...ಭಾರತವು ಪ್ರಜಾಪ್ರಭುತ್ವ ತಳಹದಿಯ ಮೇಲೆ ರೂಪಿತವಾಗಿರುವ ಒಂದು ಜಾತ್ಯತೀತ ರಾಷ್ಟ್ರೀಯವಾಗಿದ್ದು ಪ್ರತಿಯೊಂದು ಧರ್ಮಿಯರು ತಮ್ಮ ಸಂಪ್ರದಾಯ ಪದ್ಧತಿಯನ್ನು ಆಚರಿಸಲು ಅವಕಾಶವಿದೆ.. ಭಾರತವು ವಿವಿಧ ಧರ್ಮ ಭಾಷೆ ಬುಡಕಟ್ಟು ಜನಾಂಗಗಳನ್ನು ಹೊಂದಿದ್ದು ದೇಶದ ಯಾವುದೇ ಮೂಲೆಗೆ ಹೋದರೂ ಅಲ್ಲಿ ವೈವಿಧ್ಯತೆಯನ್ನು ಕಾಣುತ್ತೇವೆ. ಏಕೆಂದರೆ ಭಾರತೀಯ ನಾಗರಿಕತೆಯು ಯಾವಾಗಲೂ ಧಾರ್ಮಿಕ ಹಾಗೂ ನೈತಿಕ ತಳಹದಿಯ ಮೇಲೆ ಚಲಿಸುತ್ತಿದೆ. ದೇಶದ ಎಲ್ಲ ಭಾಗಗಳಲ್ಲಿಯೂ ಸಾಂಸ್ಕೃತಿಕ ಮತ್ತು ಜೀವನ ಮಾರ್ಗದ ಒಗ್ಗಟ್ಟು ಹಾಗೂ ದೃಷ್ಟಿಕೋನವು ಧರ್ಮನಂಬಿಕೆ ಮತ್ತು ಆಚರಣೆಗಳಲ್ಲಿ ವಿಶಾಲ ವೈವಿಧ್ಯತೆಯನ್ನು ಹೊಂದಿದೆ.

ಆದರೂ ನಮ್ಮಲ್ಲಿ ನಾವು ಭಾರತೀಯರು ಎಂಬ ಬಲವಾದ ಬೇರಿದೆ. ನಮ್ಮ ದೇಶದ ರಾಷ್ಟ್ರಗೀತೆ, ರಾಷ್ಟ್ರಭಾಷೆ, ರಾಷ್ಟ್ರಧ್ವಜವು ನಮ್ಮ ಏಕತೆಯ ಸಂಕೇತವಾಗಿದೆ ಅಲ್ಲದೇ ಒಂದೇಮಾತರಂ, ಸಾರ್ವಜನಿಕಸಂಘಟನೆ, ಜನಗಣಮನಅಧಿನಾಯಕ ಅಂತಹ ದೇಶಭಕ್ತಿಗೀತೆಗಳು ನಮ್ಮಲ್ಲಿ ದೇಶಪ್ರೇಮ ಅಭಿಮಾನವನ್ನು ಹುಟ್ಟಿಸುತ್ತದೆ. ಇಡೀ ದೇಶವೇ ವೈವಿಧ್ಯಮಯವಾದ ಸಾಂಸ್ಕೃತಿಕ ಆಚರಣೆಯಲ್ಲಿ ಇರುವಾಗ ನಾವು ಒಂದೇ ಮನೆಯವರಂತೆ ಕೂಡಿಬಾಳುತ್ತಿರುವುದು ಇಡೀಜಗತ್ತಿಗೆ ಮಾದರಿಯಾಗಿದೆ ಎಂದು ಹೇಳಬಹುದು. ಇತ್ತೀಚಿಗೆ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯು ಪ್ರಗತಿ ಹಾಗೂ ಬದಲಾವಣೆಯ ಹಂತದಲ್ಲಿದೆ. ವಿಜ್ಞಾನ-ತಂತ್ರಜ್ಞಾನದ ಅಭಿವೃದ್ಧಿಯ ಗಾಳಿಯು ಇಡೀ ವಿಶ್ವವನ್ನೇ ನಡುಗಿಸುತ್ತಿದೆ. ಆದರೆ ಭಾರತೀಯರಾದ ನಾವು ಮಾತ್ರ ನಮ್ಮ ನೆರೆಹೊರೆಯ ರಾಷ್ಟ್ರಗಳೊಂದಿಗೆ ಪ್ರೀತಿ ಹಾಗೂ ಸೌಹಾರ್ದತೆಯಿಂದ ನಡೆದುಕೊಳ್ಳುತ್ತಾ ನಮ್ಮ ದೇಶದ ಏಕತೆಯನ್ನು ಎತ್ತಿಹಿಡಿದಿದ್ದೇವೆ

SUCHITHRA B.M.
IGNM



ನಾಗಾರಾಧನೆ

ತುಳು ಭೂಮಿಯ ಒಡೆಯ ಆರಾಧ್ಯದೈವ ಕಣ್ಣಿಗೆ ಕಾಣುವ ದೇವ ಪರುಶುರಾಮ ರಾಜನಿಂದ ಪಡೆದ ಭೂಮಿ ಉಪ್ಪಿನಕೋಟಿಯಾಗಿತ್ತು. ಇಲ್ಲಿನ ಫಲವತ್ತತೆ ಮತ್ತು ಸಮೃದ್ಧಿ ಮತ್ತು ಸಿಹಿ ನೀರಿಗಾಗಿ ಸರ್ಪರಾಜನಾದ ವಾಸುಕಿಯನ್ನು ಪರುಶುರಾಮ ಬೇಡುತ್ತಾನೆ. ಪರುಶುರಾಮನ ಪ್ರಾರ್ಥನೆಗೆ ಒಲಿದ ನಾಗಗಳು ಭೂಮಿಗೆ ಕನ್ನ ಕೊರೆದು ಸಿಹಿ ನೀರನ್ನು ಮೇಲೆ ತರುತ್ತವೆ. ಅಡಿಯಲ್ಲಿರುವ ಮೆಕ್ಕಲು ಮಣ್ಣನ್ನು ಅಡಿಮೇಲು ಮಾಡಿಬಿಡುತ್ತವೆ. ತುಳುನಾಡನ್ನು ಕಟ್ಟುವಾಗ ಉಪ್ಪಿನ ಮೇಲೆ ಹರಿದಾಡಿದ ನಾಗಗಳ ದೇಹ ಉಪ್ಪಿನಿಂದ ಗಾಯಗಲಾಗುತ್ತವೆ, ಅದರಿಂದ ಉರಿ ತಡೆಯಲಾಗದ ನಾಗಗಳು ಹೊರಳಾಡುತ್ತವೆ. ಆ ಭಾಗದಲ್ಲಿ ತುಳುವರು ಗಾಯವಾದ ನಾಗನಿಗೆ ಅರಿಶಿಣ ಹಚ್ಚಿ ಕೆಂದಾಳೆ ಸಿಹಿ ನೀರಿನಿಂದ ಶುಶ್ರುಷೆಯನ್ನು ಮಾಡುತ್ತಾರೆ. ನಾಗನಿಗೆ ಇಷ್ಟವಾದ ಈ ಆರೈಕೆ ಮುಂದೆ ತುಳುನಾಡಿನಲ್ಲಿ ತಂಬಿಲ ಅನ್ನುವ ಆರಾಧನೆ ಆಗುತ್ತದೆ. ತುಳುನಾಡನ್ನು ಸಮೃದ್ಧಗೊಳಿಸಿದ ದೇವತೆಗಳಿಗೆ ತುಳುನಾಡಿನಲ್ಲಿ ವಿಶೇಷ ಪೂಜೆ ಪಡೆದುಕೊಳ್ಳುವಂತೆ ಹರಸುತ್ತಾನೆ. ಪರುಶುರಾಮ ಸಮೃದ್ಧಿ, ಆರೋಗ್ಯ ಅಧಿಪತಿ ನಾಗನನ್ನು ಕುಟುಂಬ ಸಮೇತ ಪೂಜಿಸುವ ತುಳುನಾಡಿನಲ್ಲಿ ಸಂಬಂಧ ಪಡೆದು ಹೋಗುವ ಈ ಕಾಲದಲ್ಲಿ ನಾಗದೇವರು ನಮ್ಮೆಲ್ಲರನ್ನು ಕುಟುಂಬ ಸಮೇತರಾಗಿ ವರ್ಷದಲ್ಲಿ ಒಂದುಗೂಡಿಸುವ ದೇವರು ಹೌದು. ತುಳುನಾಡಿನಲ್ಲಿ ಅದೆಷ್ಟೇ ದೊಡ್ಡ

ದೇವಸ್ಥಾನ ಇದ್ದರೂ ಅದರಲ್ಲಿ ನಾಗಬನವಿಲ್ಲದೆ ಪರಿಪೂರ್ಣವಾಗುವುದಿಲ್ಲ. ಮನೆಯಲ್ಲಿ ಅದೆಷ್ಟು ದೊಡ್ಡ ಭೂತವಿರಲಿ ನಾಗನಿಗೆ ತಂಬಿಲ ನೀಡದೆ ಭೂತವನ್ನು ಆರಾಧಿಸುವ ಕ್ರಮ ಇಲ್ಲ. ತುಳು ನಾಡಿಗೆ ನಾಗ ದೇವರೇ ಅಧಿಪತಿ. ಇತರ 33ಕೋಟಿ ದೇವರನ್ನು ನಂಬಿ ಏನನ್ನು ಪಡೆಯಬಹುದು, ತುಳುನಾಡಿನಲ್ಲಿ ನಾಗದೇವರನ್ನು ಆರಾಧಿಸುವುದರಲ್ಲಿ ಪಡೆಯಬಹುದು. ನಾಗದೇವರ ಈ ಪಾವನ ಪುಣ್ಯಭೂಮಿಗೆ ಅಧಿಪತಿ ಆಗಿರುವುದರಿಂದ ಬರಗಾಲ ಬಂದಿಲ್ಲ ಎನ್ನುವುದು ಇಲ್ಲಿನ ವಿಶೇಷ. ಉತ್ತಮ ಮಳೆ ಬೆಳೆ ನಾಗದೇವತೆ ಮುಖ್ಯವಾದುದರಿಂದ ತುಳುನಾಡಿನ ಕೃಷಿಕರ ಗದ್ದೆಯಲ್ಲಿ ನಾಗಬನಗಳನ್ನು ಕಾಣಬಹುದು. ವಿಶೇಷ ಸೃಷ್ಟಿಯ ತುಳುನಾಡಿನಲ್ಲಿ ನಾಗ ದೇವನೇ ಪ್ರಧಾನ ನಂಬಿಕೆ ಮತ್ತು ಬುದ್ಧಿವಂತಿಕೆ ಸ್ಥಳ ಕರಾವಳಿ ಇಲ್ಲಿನ ಜನರ ಮೇಲೆ ಆಳವಾಗಿ ಬೇರೂರಿದೆ. ನಾಗನ ಶಾಪ ಯಾವ ಜನ್ಮಕ್ಕೂ ಪರಿಹಾರವಿಲ್ಲ ಎನ್ನುವ ಮಾತು ಕರಾವಳಿಯಲ್ಲಿರುವುದರಿಂದ ನಾಗಾರಾಧನೆ ಮಾಡುತ್ತಾರೆ.

ಪೂಜಾ ವಿ ಪುತ್ರನ್
I.B.COM



ಹೆಚ್ಚುತ್ತಿರುವ ವೃದ್ಧಾಶ್ರಮಗಳು

ಕಾಲ ಬದಲಾದಂತೆ ಮನುಷ್ಯರ ಯೋಚನೆಗಳು ಬದಲಾಗುತ್ತಿವೆ. ಒಂದು ಕಾಲದಲ್ಲಿ ತಂದೆ ತಾಯಿಯೇ ದೇವರು ಎನ್ನುತ್ತಿದ್ದರು ಆದರೆ ಈಗ ದೊಡ್ಡ ತಲೆನೋವು ಎಂದು ಅವರನ್ನು ಆಶ್ರಮಕ್ಕೆ ಸೇರಿಸುತ್ತಿದ್ದಾರೆ. ತಂದೆ-ತಾಯಿಯರು ಮಕ್ಕಳು ಸಣ್ಣವಿರುವಾಗಿನಿಂದ ಬೆಳೆದು ದೊಡ್ಡವರಾಗಿ ಸ್ವಾವಲಂಬಿಯಾಗಿ ಜೀವನ ನಡೆಸುವವರೆಗೂ ಆರೈಕೆ ಮಾಡುತ್ತಾರೆ. "ಹೆತ್ತವರಿಗೆ ಹೆಗ್ಗಣ ಮುದ್ದು" ಎಂಬಂತೆ ಅಪಾರ ಪ್ರೀತಿಯನ್ನು ತೋರಿಸುತ್ತಾರೆ. ಮಕ್ಕಳ ಏಳಿಗೆಗಾಗಿ ಹಗಲಿರುಳು ದುಡಿಯುತ್ತಾರೆ. ನಾವು ತಿನ್ನುವ ಒಂದೊಂದು ತುತ್ತು ಅವರ ಪರಿಶ್ರಮದ ಫಲ. ತಾವು ಹಸಿವಿನಲ್ಲಿದ್ದರೂ ಚಿಂತಿಸದೆ ತಮ್ಮ ಮಕ್ಕಳ ಹಸಿವನ್ನು ನೀಗಿಸಲು ಪ್ರಯತ್ನಿಸುತ್ತಾರೆ. ತಾವು ಅಕ್ಷರ ಜ್ಞಾನವಿಲ್ಲದೆ ಪಟ್ಟ ಕಷ್ಟ ನಮ್ಮ ಮಕ್ಕಳು ಪಡಬಾರದು ಎಂದು ಕಷ್ಟವಾದರೂ ಸರಿಯೇ ಮಕ್ಕಳನ್ನು ವಿದ್ಯಾವಂತರನ್ನಾಗಿ ಮಾಡಬೇಕು ಎಂಬುದು ಅವರ ಹಂಬಲವಾಗಿರುತ್ತದೆ. ಅಂದು ನಮ್ಮ ಹುಟ್ಟಿನಿಂದ ಹಿಡಿದು ಇಲ್ಲಿಯವರೆಗೆ ಸದಾ ನಮ್ಮ ನೆರಳಾಗಿ ಕಾಯುತ್ತಿದ್ದಾರೆ. ಮನೆಯೇ ಮೊದಲ ಪಾಠಶಾಲೆ ತಾಯಿಯೇ ಮೊದಲ ಗುರು ಎಂಬ ಮಾತಿನಲ್ಲಿ ಬೆಳೆದ ಮನೆಪೋಷಕರ ಬಗ್ಗೆ ತಿಳಿಸಿದ್ದಾರೆ. ನಮ್ಮ ಮನೆಯ ಮೊದಲ ಪಾಠಶಾಲೆ. ಅದುವೇ ದೇವಾಲಯ ಆ ದೇವಾಲಯದಲ್ಲಿರುವ ತಂದೆ-ತಾಯಿಯೇ ನಮ್ಮ ದೇವರು.

ನಾವು ಭಕ್ತರಂತೆ ದೇವರಿಗೆ ಭಕ್ತರೇ ಮಕ್ಕಳು. ಅಂದು ನಮ್ಮ ಕೈ ಬೆರಳು ಹಿಡಿದು ನಡೆಸಿದವರು ಇಂದಿಗೂ ಜೀವನದಲ್ಲಿ ಎಲ್ಲಾ ಎಡವಿ ಬೀಳಬಾರದೆಂದು ಜೋಪಾನವಾಗಿ ನೋಡಿಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ. ಆದರೆ ಮಕ್ಕಳು ದೊಡ್ಡವರಾಗುತ್ತಿದ್ದಂತೆ ಪೋಷಕರ ಮಾತಿಗೆ ಉಡಾಘೆಯನ್ನು ತೋರಿಸುವುದು, ಅವರ ವಿರುದ್ಧವಾಗಿ ನಿಲ್ಲುವುದು ಅವರ ಮನಸ್ಸಿಗೆ ತುಂಬಾ ಬೇಸರವಾಗುತ್ತದೆ. ಮುಂದೆ ಆಸ್ತಿ ಪಾಲಿಗಾಗಿ ಮನೆಯಲ್ಲಿ ಕಲಹ ನಂತರ ತಂದೆ-ತಾಯಿಯರು ದುಡಿಯಲು ಅಶಕ್ತರಾದ ಆಗ ಅವರ ಸೇವೆ ಮಾಡಬೇಕಾಗುತ್ತದೆ ಅದಕ್ಕೆ ಸಮಯವಿಲ್ಲವೆಂದು ವೃದ್ಧಾಶ್ರಮಕ್ಕೆ ಸೇರಿಸುತ್ತಾರೆ. ಅಂದು ತನಗೆ ಹೊರೆಯಾದರೂ ಪರವಾಗಿಲ್ಲ ಎಲ್ಲವೂ ಮಕ್ಕಳಿಗಾಗಿ ಎಂದು ದುಡಿದ ತಂದೆ-ತಾಯಿ ಇಂದು ಮಕ್ಕಳಿಗೆ ಹೊರೆಯಾಗಿ ವೃದ್ಧಾಶ್ರಮದಲ್ಲಿದ್ದಾರೆ. ಆ ವೃದ್ಧಾಶ್ರಮದಲ್ಲಿಯೂ ಸದಾ ಮಕ್ಕಳ ಬಗ್ಗೆ ಯೋಚಿಸುತ್ತಾ ಕಣ್ಣೀರು ಹಾಕುತ್ತಿರುತ್ತಾರೆ. ಎಲ್ಲಾ ಸೌಲಭ್ಯವಿದ್ದರೂ ಏನನ್ನೋ ಕಳೆದುಕೊಂಡವರಂತೆ ಇರುತ್ತಾರೆ. ಅವರು ಮಕ್ಕಳ ಪ್ರೀತಿಗಾಗಿ ಹಂಬಲಿಸುತ್ತಿರುತ್ತಾರೆ. ಅವರ ಬಗ್ಗೆ ಯೋಚಿಸುತ್ತಾ ಮನದಲ್ಲಿ ಕೊರಗುತ್ತಿರುತ್ತಾರೆ. ತಂದೆ-ತಾಯಿ ಇರುವವರಿಗಿಂತ ಅನಾಥರಿಗೆ ಅವರ ಮಹತ್ವ ತಿಳಿದಿರುತ್ತದೆ. ಅವರು ನಾವು ತಂದೆ-ತಾಯಿಯ ಪ್ರೀತಿ ಪಡೆಯಲಾಗದ ನತದೃಷ್ಟರು ಎಂದು ಕೊರಗುತ್ತಿರುತ್ತಾರೆ. ಯಾವುದೇ ವಸ್ತು ಅಥವಾ ವ್ಯಕ್ತಿ ನಮ್ಮ ಬಳಿ ಇದ್ದಾಗಂತೆ ನಮ್ಮ ಜೊತೆ ಇಲ್ಲವೆಂದಾಗ ಅದರ ಬೆಲೆ ತಿಳಿಯುವುದು ಜಾಸ್ತಿ ದುಡ್ಡು ಕೊಟ್ಟು ಪ್ರೀತಿಯನ್ನು ಪಡೆಯಲಾಗುತ್ತಾ? ಅಂದು ಇದ್ದ ಅನಾಥಾಶ್ರಮಗಳು ಇಂದು ವೃದ್ಧಾಶ್ರಮವಾಗಿ ಬದಲಾಗುತ್ತಿವೆ. ಅವಿಭಕ್ತ ಕುಟುಂಬಗಳು ಮರೆಯಾಗಿ ವಿಭಕ್ತ ಕುಟುಂಬಗಳು ಹೆಚ್ಚಾಗುತ್ತಿದೆ. ತಂದೆ-ತಾಯಿಯ ಬಗ್ಗೆ ಇಲ್ಲದ ಗೌರವ, ಮಹತ್ವ ಇಂದು ವೃದ್ಧಾಶ್ರಮಗಳು ಹೆಚ್ಚಾಗಲು ಕಾರಣವಾಗಿದೆ. ತಂದೆ-ತಾಯಿಯೊಂದಿಗೆ ಸ್ನೇಹಿತರಂತೆ ವರ್ತಿಸಿ ಹಾಗೆಯೇ ಗೌರವವನ್ನು ಕೊಡಿ. ವಯಸ್ಸಾದಂತೆ ಅವರು ಮಗುವಿನಂತೆ ಮಗುವನ್ನು ಹೇಗೆ ಆರೈಕೆ ಮಾಡುತ್ತೀರೋ ಹಾಗೆ ಆರೈಕೆ ಮಾಡಬೇಕು. ನಾವು ಹೇಳುವ ವಿಷಯವನ್ನು ಅವರು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುತ್ತಾರೆ. ಆದರೆ ಅರ್ಥೈಸುವ ತಾಳ್ಮೆ ನಮ್ಮಲ್ಲಿರಬೇಕು. ತಂದೆ ತಾಯಿಯ ಋಣ ತೀರಿಸಲಾಗದು ಆದರೆ ಅವರ ಸೇವೆ ಮಾಡುವ ಮೂಲಕ ನಮ್ಮ ಕರ್ತವ್ಯವನ್ನು ನಿರ್ವಹಿಸಬಹುದು. ಪ್ರತಿಯೊಬ್ಬರು ತಂದೆ-ತಾಯಿ ಯನ್ನು ಗೌರವಿಸಿ ಅವರ ಸೇವೆ ಮಾಡಿ, ಕುಟುಂಬದೊಂದಿಗೆ ಋಷಿಯಾಗಿ ಜೀವನ ನಡೆಸಿ.

Chaithra Naik
I GNM



ಕೊರೋನಾ ತಿಳಿಸಿದ ಪಾಠ

ಈ ಕೊರೋನಾ ಅದೆಷ್ಟೋ ಜನರ ಬಂಡವಾಳ ಬಯಲು ಮಾಡಿದೆ ಎಂದರೆ, ನಮಗೆ ಹಿತ್ತೈಷಿಗಳಂತೆ ಕಂಡವರು, ನಿಜವಾಗಿಲೂ ಬೆಣ್ಣೆಯಂತೆ ಮಾತಾಡಿ ಬೇಳೆ ಬೇಯಿಸಿಕೊಳ್ಳುವವರು ಎಂದು ಅರ್ಥ ಮಾಡಿಸಿದೆ. ಜೊತೆಗೆ ಜಾತಿ ಭೇದವೆನ್ನದೆ ಪರೋಪಕಾರವನ್ನು ಪ್ರಕಟ ಪಡಿಸಿದ ಸಜ್ಜನರನ್ನು ತೋರಿಸಿದೆ. ಈ ಒಕ್ಕಣೆಗೊಂದು ಬಲವಾದ ಕಾರಣವಿದೆ. ಅದು ಮೇ ೩ ರ ಬೆಳಿಗ್ಗೆ ಸರಿಯಾಗಿ ೮ ಗಂಟೆಗೆ ನನ್ನ ಕೋವಿಡ್ ಪರೀಕ್ಷೆಯ ವರದಿ ಪಾಸಿಟಿವ್ ಎಂದು ಬರುತ್ತಲೇ, ಅಕ್ಕ-ಪಕ್ಕದ ಮನೆಯವರೆಲ್ಲರೂ ತಮ್ಮ ಮನೆಯ ಕದವನ್ನು ಭದ್ರ ಮಾಡಿಕೊಳ್ಳಲಾರಂಭಿಸಿದರು. "ಹೋಯ್ ಶಾಲಿನಿಯಕ್ಕೆ ಊಟ ಆಯ್ತೆ?, ಇವತ್ ಸೀರಿಯಲ್ ಏನಾಯ್ತೆ?" ಎಂದು ವಿಚಾರಿಸುತ್ತಿದ್ದವರು, ಅಮ್ಮನೊಂದಿಗೆ ಮಾತನಾಡಿದರೂ ಕೊರೋನಾ ಬರುತ್ತದೆ ಎಂಬಂತೆ ಮೂಕರಾಗಲು ಪ್ರಯತ್ನಿಸಿದರು. ಕೊರೋನಾ ಬಂದಿದ್ದು ನನಗಾದರೂ, ನನ್ನೊಂದಿಗಿದ್ದ ಮನೆಯವರನ್ನು ಅನುಮಾನಿಸಲಾರಂಭಿಸಿದರು. "ಇದೊಂದ್ ಗಂಡ್ ಎಲ್ಲಿಂದ ತಂತೇನೋ ಅದನ್ , ನಮ್ಮನ್ ಲಗಾಡಿ ತೆಗಿತ್ " ಎಂದು ಅದೆಷ್ಟೋ ಜನರು ಬೈದುಕೊಂಡರೋ ನಾನರಿಯೆ. ಒಟ್ಟಿನಲ್ಲಿ ಧೈರ್ಯದ ಮಾತುಗಳನ್ನಾಡಿ ನಮ್ಮನ್ನು ಗುಣವಾಗಲು ಪ್ರಚೋದಿಸುವ ಬದಲಾಗಿ, ಗುಸುಗುಸು ಮಾತುಗಳನ್ನು ಆರಂಭಿಸಿ ಪರೋಕ್ಷವಾಗಿ ನಮಗೆ ಧೈರ್ಯಕೆಡುವಂತೆ ಮಾಡುತ್ತಿದ್ದರು. ಇದಿಷ್ಟು ಒಂದೆಡೆಯಾದರೆ, ಪರೋಪಕಾರ ಮಾಡಿದ ಜನರು ಮೇಲ್ಪಂತಿ. ಮುಖಗವಸು ಧರಿಸಿ, ದಿನಸಿ ಸಾಮಾನು, ತರಕಾರಿ, ಹಣ್ಣುಗಳನ್ನು ತಂದುಕೊಟ್ಟು, ಧೈರ್ಯದ ಮಾತುಗಳನ್ನು ಹೇಳಿದ, ಮಾನವೀಯತೆಯನ್ನು ಮೆರೆದವರು ನಮಗೆ ಸ್ಪೂರ್ತಿ. ಹತ್ತಿರದಲ್ಲಿ ಬಂಧುಗಳಿದ್ದರೂ, ಬರದ ಆ ಸಮಯದಲ್ಲಿ, ಅಕ್ಕ-ಪಕ್ಕದ ಕೆಲವು ಬೆರಳೆಣಿಕೆಯಷ್ಟು ಸಜ್ಜನ ಬಂಧುಗಳು ತಾವು ಮಾಡಬಹುದಾದ ಸಹಾಯವನ್ನು ಮಾಡಿದರು. ಒಟ್ಟಿನಲ್ಲಿ ನಾನು ಕಂಡಂತೆ, ಅನುಭವಿಸಿದಂತೆ, ಕೊರೋನಾದಿಂದ ಕಲಿತ ಪಾಠವೇನೆಂದರೆ, ಅದನ್ನು ಈ ಮೂಲಕ ತಿಳಿಯಪಡಿಸುತ್ತಿದ್ದೇನೆ. ಕೊರೋನಾ ಪಾಸಿಟಿವ್ ಬಂದು, ಮನೆಯಲ್ಲೇ ಹೋಂ ಐಸೋಲೇಶನ್ ಅಲ್ಲಿರುವವರು ತಮ್ಮ ಸ್ನೇಹಿತರೋ, ಬಂಧುಗಳೋ, ಅಥವಾ ಮುಖ್ಯವಾಗಿ ನೆರೆಹೊರೆಯವರೋ ಆಗಿದ್ದು, ಅಂತಹವರು

ತಮ್ಮ ಗಮನಕ್ಕೆ ಯಾವುದೋ ಮೂಲದಿಂದ ಗೊತ್ತಾದರೂ, ಅವರಿಗೆ ಕರೆ ಮಾಡಿ ಅವರ ಅರೋಗ್ಯ ವಿಚಾರಿಸಿ. ಅವರಿಗೆ ಗುಣಮುಖ ಆದವರ ಬಗ್ಗೆ ತಿಳಿಸಿ, ಧೈರ್ಯದ ಮಾತುಗಳನ್ನಾಡಿ ಹಾಗೆಯೇ ಅವರೊಂದಿಗೆ ಸದಾ ಸಂಪರ್ಕದಲ್ಲಿರಿ. ಬಹಳ ಮುಖ್ಯವಾಗಿ ಕೊರೋನಾದಿಂದ ಗುಣಮುಖವಾದ ನಂತರ ಅವರನ್ನು ಕೊರೋನಾ ಪೂರ್ವದಲ್ಲಿ ಇದ್ದಂತೆ ಕಾಣಬಾರದು. ಇಂದು ನಮ್ಮ ನೆರೆಹೊರೆಯವರಿಗೆ ಅರಿಯದೆ ಬಂದ ಕೊರೋನಾ ನಾಳೆ ನಮಗೂ ಬರಬಹುದು. ಮನುಷ್ಯ ಮತ್ತೊಬ್ಬ ಮನುಷ್ಯರಿಗೆ ಇಂತಹ ಸಂದರ್ಭದಲ್ಲಿ ಸಹಾಯ ಮಾಡಬೇಕೇ ವಿನಃ ಅವರಿಗೆ ಬಂದ ಕಾಯಿಲೆಯನ್ನು ದೊಡ್ಡ ಪ್ರಮಾದವೆಂಬಂತೆ ಸಮಾಜದ ಮುಂದಿಡುವ ಕೆಲಸ ಮಾಡಬಾರದು. ವೈರಾಣು ಇವತ್ತು ಇರುತ್ತೆ ನಾಳೆ ಹೊಗುತ್ತೆ. ಆದರೆ, ನಮ್ಮ ಗ್ರಾಮದ ವ್ಯಕ್ತಿಗಳು ಸದಾ ನಮ್ಮೊಂದಿಗೆ ಇರುವವರು. ನೆನಪಿರಲಿ...

ಸಂಜಯ್ ಆಚಾರ್ಯ
III B.Sc.Food Technology



ಸಮಾಜ ಮತ್ತು ಇಂದಿನ ಯುವ ಪೀಳಿಗೆ

ಮರದೊಳಗೆ ಅಗ್ನಿ, ಹಾಲೊಳಗೆ ಬೆಣ್ಣೆ, ಆತ್ಮದೊಳಗೆ ಪರಮಾತ್ಮ. ಯುವಜನತೆಯ ಒಳಗೆ ಸಮಾಜದ ಭವಿಷ್ಯ. ಯಾವುದೇ ದೇಶದ ಯುವಪೀಳಿಗೆಯ ಮಾನವ ಸಂಪನ್ಮೂಲ ಒಂದು ಅತಿದೊಡ್ಡ ಉಗ್ರಾಣ, ದೇಶದ ಒಂದು ಭಾಗ. ಸಮಾಜದಲ್ಲಿ ಬೇಕಾಗಿರುವಂತಹ ಬದಲಾವಣೆಯನ್ನು ತರಲು ಸಹಾಯ ಮಾಡುತ್ತಾರೆ. ದೇಶದ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಉದ್ಧಾರದ ಕಡೆ ಯುವಕರ ಕೊಡುಗೆಯ ಶ್ರೇಷ್ಠತೆಯನ್ನು ತೋರಿಸುವ ಉದಾಹರಣೆಗಳು ಬಹಳಷ್ಟಿವೆ. ನಮ್ಮ ಸ್ವಾತಂತ್ರ್ಯದ ಚಳುವಳಿಯಲ್ಲಿ ಭಾಗವಹಿಸಿ ದೇಶಕ್ಕೆ ಸ್ವಾತಂತ್ರ್ಯ ಸಿಗುವಂತೆ ಮಾಡುವುದರಲ್ಲಿ ಭಾರತದ ಯುವಕರು ಒಂದು ದೊಡ್ಡ ಕಾರಣವಾಗಿದ್ದರು. ಈಗಿನ ಅದೆಷ್ಟೋ ಯುವಕರಿಗೆ ನಿರ್ದಿಷ್ಟ ಗುರಿಯೇ ಇಲ್ಲ. ತಾವು ಏಕೆ ಶಾಲಾ-ಕಾಲೇಜುಗಳಿಗೆ ಹೋಗುತ್ತಿದ್ದೇವೆ ಎಂದು ಅವರಿಗೆ ತಿಳಿಯದು, ಗೊತ್ತುಗುರಿಯಿಲ್ಲದೆ ಅವರ ಚಂಚಲ ಮನಸ್ಸು ಅವರನ್ನು ದುಶ್ಚಟಗಳ ದಾಸರಾಗಿ, ಸಮಾಜ ಘಾತುಕ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಿಸುತ್ತದೆ ಎಂಬುದು ವಿಚಿತ್ರವಾಗಿದ್ದರೂ ಒಂದು ರೀತಿಯಲ್ಲಿ ಸತ್ಯವೂ ಹೌದು ಇಂತಹ ಮರ್ಕಟ ಮನಸ್ಸಿನ ಸ್ಥಿತಿ ಉಳ್ಳ ಯುವಜನರಿಗೆ ಸರಿಯಾದ ಮಾರ್ಗದರ್ಶನದ ಪ್ರೋತ್ಸಾಹ ಅತ್ಯಗತ್ಯ. ಬೆಂಕಿಯು ತನ್ನ ಹೊಂಬಣ್ಣದಿಂದ ಹೇಗೆ ಎಲ್ಲರ ಚಿತ್ತವನ್ನು ಸೆಳೆಯುತ್ತದೆಯೋ ಅದೇ ರೀತಿ ಟಿವಿ ಕಾರ್ಯಕ್ರಮಗಳು, ರಿಯಾಲಿಟಿ ಶೋಗಳು, ಸಿನಿಮಾ, ಮೊಬೈಲ್, ಇಂಟರ್ನೆಟ್ ಮತ್ತು ಪಾಶ್ಚಾತ್ಯ ಸಂಸ್ಕೃತಿಯ ತುಡಿತ ಇವೆಲ್ಲವೂ ನಮ್ಮ ಯುವಜನತೆಯನ್ನು ಸುರಕ್ಷಿತ ಕೌಟುಂಬಿಕ ವಲಯದಿಂದ ಆಚೆಗೆ ಕರೆದೊಯ್ದು ಸ್ವಂತಿಕೆಯ ಜಗತ್ತನ್ನು ಸೃಷ್ಟಿಸುತ್ತವೆ. ಇಂದಿನ ಸಾಮಾಜಿಕ ಪರಿಸರದಲ್ಲಿ ಬೆಳೆಯುತ್ತಿರುವ ಯುವಪೀಳಿಗೆ ದುಡ್ಡೇ ದೊಡ್ಡಪ್ಪ, ಹಣವೇ ಮೂಲವೆಂದು ತಿಳಿದಿದ್ದಾರೆ. ಆದರೆ ಅದಕ್ಕೆ ಅನುಗುಣವಾಗಿ ಬರುವ ವಿದ್ಯೆ ಅದರಪ್ಪ ಎಂದು ಮರೆತಿದ್ದಾರೆ. ಅವರ ಪ್ರಕಾರ ದುಡ್ಡೇ ಮೋಜು, ಮೋಜೇ ಜೀವನ ಎಂದು ದುಡ್ಡು ಹಾಗೂ ಮೋಜಿನ ಬೆನ್ನಟ್ಟಿ ವಿದ್ಯೆಯನ್ನು ಕಡೆಗಣಿಸುತ್ತಿದ್ದಾರೆ. ಆದರೆ ವಿದ್ಯೆಯಿಂದ ವಿನಯದಿಂದ ಒಳ್ಳೆಯ ಸ್ಥಾನಮಾನ, ಅದರಿಂದ ಧನವನ್ನು ಧರ್ಮದಿಂದ ಉಪಯೋಗಿಸಿದ್ದಲ್ಲಿ ಸುಖವು ಪ್ರಾಪ್ತವಾಗುತ್ತದೆ. ಭಾರತದಲ್ಲಿರುವ ಅರ್ಧಕ್ಕಿಂತ ಹೆಚ್ಚು ಜನ ಯುವಕರ ಅಗಾಧ ಶಕ್ತಿ ಹಾಗೂ ಉತ್ಸಾಹವೂ ನಿರುಪಯೋಗವಾಗಬಾರದು. ಯುವಜನತೆಯು ತಮ್ಮ ಶಕ್ತಿಯನ್ನು ಸರಿಯಾದ ರೀತಿಯಲ್ಲಿ ಉಪಯೋಗಿಸದೆ ಇದ್ದರೆ ಅವರು ದಾರಿ ತಪ್ಪಬಹುದು ಇಲ್ಲವೇ ಅನಪೇಕ್ಷಿತ ಹಾಗೂ ಸಮಾಜ ವಿರೋಧಿ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಬಹುದು. ವರದಕ್ಷಿಣೆ ಬಾಲ್ಯ ವಿವಾಹ ಹಾಗೂ ಇತರ ದುಷ್ಟ ಪದ್ಧತಿಗಳಿಂದ ಮುಕ್ತವಾದ ಸಮಾಜವನ್ನು ಕಟ್ಟುವಂತಹ ವಿದ್ಯಾಭ್ಯಾಸವನ್ನು ಯುವ ಪೀಳಿಗೆಗೆ ಶಾಲಾ-ಕಾಲೇಜುಗಳು ವಿಶ್ವವಿದ್ಯಾನಿಲಯಗಳು ನೀಡಬೇಕು

.ಅನೇಕ ಸಂಘ-ಸಂಸ್ಥೆಗಳು ಈ ಕೆಟ್ಟ ಪದ್ಧತಿಯನ್ನು ದೂರಮಾಡಲು ಶಮಿಸುತ್ತಿವೆ ಆದರೆ ಯುವಪೀಳಿಗೆ ಕೆಲಸದಲ್ಲಿ ಹೆಚ್ಚು ಸಕ್ರಿಯವಾಗಿ ಭಾಗವಹಿಸಿದರೆ ಅದು ಇನ್ನೂ ಹೆಚ್ಚು ಸುಲಭವಾಗಬಹುದು. ಯುವಪೀಳಿಗೆ ಸುಧಾರಣೆಯ ಕಾರ್ಯ ವಿಧಾನವನ್ನು ಸುಲಭಗೊಳಿಸಬಹುದು ಮತ್ತು ಒಂದು ಹೊಸ ಸಮಾಜದ ವ್ಯವಸ್ಥೆಯನ್ನು ಕಟ್ಟಬಹುದು. ಕೆಲವು ಯುವ ಕೇಂದ್ರಗಳು ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ಕಾಲ್ಪಡಿಗೆಯಂತಹ ಸಾಹಸ ವಿಚಾರಗಳನ್ನು ಏರ್ಪಡಿಸುತ್ತಾರೆ. ಇದರಿಂದ ಪರ್ವತಾರೋಹಣ ಮುಂತಾದ ಕಡೆ ಪಟ್ಟ ಕಷ್ಟಗಳ ಅನುಭವವು ಮುಂದೆ ಅವರ ಜೀವನದ ತೊಂದರೆಗಳನ್ನು ಎದುರಿಸಲು ಸಹಾಯ ಮಾಡುವುದು. ಈ ಎಲ್ಲಾ ಸಮಗ್ರ ಕಾರ್ಯಗಳಿಂದ ಯುವ ಪೀಳಿಗೆಯಿಂದ ಖಂಡಿತವಾಗಿಯೂ ನಮ್ಮ ಸಮಾಜದ ಪ್ರಗತಿಯನ್ನು ಉತ್ತಮವಾಗಿ ಕಂಡುಕೊಳ್ಳಬಹುದು ಇದರಿಂದಾಗಿ ನಮ್ಮ ಸಮಾಜಕ್ಕೆ ದೇಶಕ್ಕೆ ವಿಜಯ ಸಿಗುತ್ತದೆ.

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I.B.COM



ಬಾಲ್ಯ

ವರ್ಷಗಳು ಸರಿದಂತೆ ಬಾಲ್ಯ ಎಷ್ಟು ಚೆನ್ನಾಗಿತ್ತು ಅನಿಸಿಬಿಟ್ಟಿತ್ತು....ಯಾವುದೇ ಜವಾಬ್ದಾರಿ ಇಲ್ಲದ ಕಾಲದಲ್ಲಿ ನಮ್ಮದೇ ಪ್ರಪಂಚ,ಆಗಿನ ವಯಸ್ಸಿಗೆ ಓದುವುದು, ಬರೆಯುವುದು,ಶಾಲೆಗೆ ಹೋಗುವುದು ಒಂದೇ ದೊಡ್ಡ ಹೊರೆ ಅನಿಸಿದ್ದು... ಮದ್ಯದಲ್ಲಿ ಬರುವ ಕೆಲವು ಪರೀಕ್ಷೆಗಳು,ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು,ಕ್ರೀಡಾಕೂಟಗಳು,ಎಲ್ಲ ಮುಗಿದು ಕೊನೆಗೆ ಅಂತಿಮ ಪರೀಕ್ಷೆ...ಈ ಪರೀಕ್ಷೆ ಬರೆಯುವಂತು ಒಂದು ಅಗ್ನಿ ಪರೀಕ್ಷೆ ಅನಿಸಿಬಿಟ್ಟಿತ್ತು....ಕೊನೆಗೆ ಪರೀಕ್ಷೆ ಬರೆದು ಬೇಸಿಗೆ ರಜೆಗೆ ಮನೆಗೆ ಹೋದರೆ ಅಜ್ಜಿ ಮನೆಗೆ ಹೋಗುವುದು ರೂಢಿ ಅಲ್ಲಿ ಅಜ್ಜಿ ನಮ್ಮ ದಾರಿ ಕಾದವರಂತೆ ಇರುತ್ತಿದ್ದರು...ಹೋಗುವಾಗ ಅವರಿಗೆ ತಿಂಡಿ ತೆಗೆದುಕೊಂಡು ಹೋಗಿ ಕೊಟ್ಟರೆ ಅವರ ಮುಖದಲ್ಲಿ ಆಗುವ ಸಂತಸ ನೋಡುವಾಗ ಏನೋ ಒಂದು ರೀತಿಯ ಖುಷಿ ...ಅವರಿಗೆ ತಿಂಡಿ ಬೇಕಿಲ್ಲ ಆದರೂ ಕೂಡ ನಮ್ಮ ಪ್ರೀತಿ ಹಾಗೇ.....ರಾತ್ರಿ ಅಜ್ಜಿಯೊಂದಿಗೆ ಮಲಗಿ ಅಜ್ಜಿ ಹೇಳುವ ಕಥೆ ಕೇಳಿ ನಿದ್ರೆಗೆ ಜಾರಿದ್ದೆ ತಿಳಿಯುತ್ತಿರಲಿಲ್ಲ..ಅಜ್ಜಿಯ ಕೈ ಹಿಡಿದು ನೆರೆ ಕೆರೆ ಮನೆ ತಿರುಗುತ್ತ...ನದಿಯಲ್ಲಿ ಕಾಗದದ ದೋಣಿ ಬಿಟ್ಟಿದ್ದು..ಅಲ್ಲಿರುವ ಚಿಕ್ಕ ಮೀನುಗಳನ್ನು ಹಿಡಿದು ಬಾಟಲಿಯಲ್ಲಿ ಹಾಕಿಟ್ಟು ಪ್ರತಿನಿತ್ಯ ನೋಡಿ ಕುಷಿಪಟ್ಟು ಮೂರ್ನಾಲ್ಕು ದಿನದಲ್ಲಿ ಅದು ಸತ್ತು ಹೋದಾಗ ನೊಂದು ಕೊಂಡು ಅತ್ತದ್ದು.. ಒಂದ...ಎರಡಾ...ಹಾಗೂ ಹೀಗೂ ರಜೆ ಕೂಡ ಮುಗಿದು ಅಜ್ಜಿ ಮನೆಯಿಂದ ವಿದಾಯಾಗೊಂಡು ಬರುವಾಗ ಇಷ್ಟು ಬೇಗ ರಜೆ ಮುಗಿಯಿತಲ್ಲ ಎನ್ನುವ ಬೇಸರ .. ಹಾಗೇ..ಅಜ್ಜಿ ಕೈ ಮುಷ್ಟಿಯಲ್ಲಿ ಅಡಗಿಸಿ ಕೊಡುವ ಹಣ... ಯಾರಿಗೂ ಹೇಳಬೇಡ ಐಸ್ ಕ್ರೀಂ ತಿನ್ನು ಅಥವಾ ಚಾಕೋಲೇಟ್ ತಗೋ ಎಂದು ನಕ್ಕು(ಆ ಬೊಚ್ಚು ಬಾಯಿಯ ನಗು ನಿಷ್ಕಲ್ಮಶ) ಕಳುಹಿಸುತ್ತಿದ್ದಾಗ ಆಗುವ ಖುಷಿಯ ಬೇರೆ..ಪುನಃ ಶಾಲೆಗೆ ಹೋಗುವ ದಿನ... ಶಾಲೆಗೆ ಹೋಗಬೇಕಲ್ಲ ಎನ್ನುವ ಬೇಸರ ಇನ್ನೊಂದು ಕಡೆಯಾದರೆ.....ಅಪ್ಪ ಹೊಸ ಹೊಸ ಪುಸ್ತಕ,ಪೆನ್ , ಬ್ಯಾಗ್,ಕೊಡೆ ತೆಗೆದು ಕೊಡುತ್ತಾರೆ ಎನ್ನುವ ಖುಷಿ ಇನ್ನೊಂದು ಕಡೆ..ಎಲ್ಲ ನೆನಪು ಮಾಡಿಕೊಳ್ಳುವಾಗ ಏನೋ ಒಂದು ರೀತಿಯ ಖುಷಿ ಹಾಗೆಯೇ ಒಂದು ನಿಟ್ಟುಸಿರು...ಹಾಗೇ ಒಮ್ಮೆ ಬಾಲ್ಯ ಎಷ್ಟು ಚಂದ ಅನಿಸಿತು.

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ಬಾಲ್ಯದ ಆಟಗಳು ಮರೆಯಾದವೇ...?

ಎಳವೆಯಲ್ಲಿ ಆಡದ ಆಟಗಳಿಲ್ಲದ ನಾಟಕಗಳಿಲ್ಲ ಒಂದೊಮ್ಮೆ ಹೀಗೆ ಕುಳಿತು ಯೋಚಿಸಿದಾಗ ನನ್ನ ಪ್ರಾಥಮಿಕ ಶಾಲಾ ಸನ್ನಿವೇಶವೊಂದು ನೆನಪಾಯಿತು, ಹರಿಯುವ ನೀರಿನಲ್ಲಿ ಕಾಗದದ ದೋಣಿ ಮಾಡಿ ತೇಲಿ ಬಿಟ್ಟು ಅತ್ಯಂತ ಖುಷಿಪಟ್ಟ ದಿನ. ಆ ಕ್ಷಣ ಅದು ಕಾಗದದ ದೋಣಿ ನೀರಿನಲ್ಲಿ ಒದ್ದೆಯಾದರೆ ಹಾಳಾಗಿ ಬಿಡುವುದು ಎಂಬ ಕಲ್ಪನೆಯೇ ಮಾಯವಾಗಿತ್ತು. ನಾವೇ ದೋಣಿ ನಿರ್ಮಾಣ ಮಾಡಿದಂತೆ ಹೆಮ್ಮೆ ಪಟ್ಟಿದ್ದೆವು ಆ ಸಡಗರವೇ ಬೇರೆ ಇಂದಿನ ಬದುಕು ಬೇರೆ.

ತಂತ್ರಜ್ಞಾನಗಳು ಬೆಳೆದಂತೆ ಅವೇ ಆಧುನಿಕ ಅವಶ್ಯ ವಸ್ತುಗಳು ಆಟಕೆಗಳಾದವು ದೂರದರ್ಶನ, ಮೊಬೈಲ್, ಕಂಪ್ಯೂಟರ್‌ಗಳೇ ಮನರಂಜನಾ ಸಾಧನಗಳ ಆದವು ಹೊರಾಂಗಣ ಆಟಗಳು, ಒಳಾಂಗಣ ಆಟಗಳು ಬೇಡವಾದವು. ನಾವು ಗುರುತಿಸಬಹುದಾದ ಲಗೋರಿ, ಖೋ ಖೋ, ಕಣ್ಣುಮುಚ್ಚಾಲೆ, ಚಿನ್ನಿದಾಂಡು ಮೊದಲಾದ ಆಟಗಳು ಚುರುಕುತನ ಶಿಸ್ತು ಇತ್ಯಾದಿಗಳನ್ನು ಅರಿವಿಲ್ಲದೆಯೇ ಬದುಕಿಗೆ ಸೇರಿಸುತ್ತಿದ್ದೆವು. ಸೃಜನಶೀಲತೆಯ ಕಾಗದದ ಗಾಳಿಪಟ, ದೋಣಿ ತಯಾರಿಕೆ ಮೊದಲಾದವುಗಳ ಕೆಲಸದ ಜ್ಞಾನದ ಜೊತೆಗೆ ಪರಿಸರ ಸ್ನೇಹಿ ಆದರ ಸಾಮಗ್ರಿಗಳಾಗಿರುತ್ತಿದ್ದವು. ಒಮ್ಮೆ ಕೆಟ್ಟು ಹೋದರೆ ಬೇಕಾದ ರೀತಿಯಲ್ಲಿ ತಯಾರಿಸು ಕೌಶಲ್ಯವೂ ಬೆಳೆಯುತ್ತಿದ್ದವು. ಇಂದು ಇಂತಹ ಆಟಗಳೂ ಇಲ್ಲಿ ಇದ್ದರೂ ಅದನ್ನು ಅನುಸರಿಸುವುದಿಲ್ಲ. ಇದರ ಕಾರಣಗಳನ್ನು ಗುರುತಿಸುವುದಾದರೆ ತಂತ್ರಜ್ಞಾನದ ಬೆಳವಣಿಗೆ ಮೊದಲ ಕಾರಣವಾಗುತ್ತದೆ ಎನ್ನಬಹುದು. ಆನಂತರ ನಮ್ಮಲ್ಲಿರುವ ಕೀಳರಿಮೆ, ದೈಹಿಕ ಶ್ರಮದ ಅನಾಸಕ್ತಿ, ನೋಡಿದವರು ಎನ್ನಿಸುತ್ತಾರೆ ಎಂಬ ಭಾವನೆಯೇ ನಮ್ಮೆದುರು ನಿಲ್ಲುತ್ತದೆ. ಪ್ರತಿಷ್ಠೆ ಎನ್ನುವ ವಿಚಾರ ನಮ್ಮನ್ನು ಆವರಿಸಿ ಬಿಡುತ್ತದೆ.

ಈ ರೀತಿಯ ಭಾವನೆಗಳನ್ನು ಬಿಡಬೇಕು. ಸದಾ ಟಿವಿ ಮೊಬೈಲ್ ಗಳ ದಾಸರಾಗದೆ ಆಟವಾಡುತ್ತಾ ಸ್ವಚ್ಛಂದವಾಗಿ ಬೆಳೆಯಬೇಕು. ಇಂದಿನ ಅಗತ್ಯಕ್ಕನುಗುಣವಾಗಿ ಜ್ಞಾನಗಳಿಸುತ್ತಾ

ಆಟಗಳಿಗೆ ಉತ್ತೇಜನ ನೀಡುತ್ತಾ ಸಾಗಿದರೆ ನಮ್ಮ ಹಿಂದಿನ ಪರಂಪರೆ ಉಳಿಯುತ್ತದೆ. ನಮಗೂ ಒಳ್ಳೆಯದಾಗುವುದು ಸಮಾಜಕ್ಕೆ ಹಿತವಾಗುವುದು. ಅವಕಾಶ ಸಿಕ್ಕಾಗ ಆಡೋಣ ಆಡಿ ನಲಿಯೋಣ , ನಲಿಯುತ್ತಾ ನಗುತ್ತಾ ಬಾಳೋಣ, ದೇಶವನ್ನು ಸದೃಢವಾಗಿರಿಸೋಣ ಅಲ್ಲ ವೇ ಗೆಳೆಯರೇ.....

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भारत के नरिमाण में युवाओं की भुमिका

राष्ट्र का नरिमाण मतलब उस राष्ट्र का विकास के आर्थिक परस्थिति में अभिवृद्धि राष्ट्र के विकास में राष्ट्र सबसे महत्वपूर्ण कार्य सभी नागरिकों का एकजुट होकर अपने देश के लिए कुछ कर गुजरने की चाह हमारा राष्ट्र भारत एक युवा देश है। भारत में 2021 के हिसाब से कुल मिला कर 464 मिलीयन [4640,00000] युवा है जो किसी भी देश के विकास लाने में पर्यत्न है।

भारत के नरिमाण के लिए युवाओं को संगठित होकर सक्रम होकर अपने राष्ट्र के प्रति कुछ करतव्य को पूरण करना होगा, इसके लिए उनको अच्छी शिक्षा, उद्योगधंदे आर्थिक अभिवृद्धि समाज इन मूल बनिदु में बदली लानी होगी जब वे अपने क्षमता को अपने तकलि को देश के विकास के जोड़ देंगे तभी देश का विकास होने से कोई रोक नहीं सकता तभी युवा ऊर्जा का सही से दोहन होगा।

पर आज कल युवाओं में बढ़ती शारीरिक क्षमता के साथ उनमें आक्रोश भी बढ़ रहा है। पर ये आक्रोश जरिाधर नहीं है। आजकल बढ़ती भुलायो के संख्या के कारण कही लोग बेरोजगार है इसलिए उनमें आक्रोश बढ़ रहा है। इसलिए नये संसाधन का नरिमाण होना जरूरी है। नभी लोग अपने क्षमता अपनी ताकद का प्रदर्शन कर सकते है।

राष्ट्र नरिमाण को लेकर बहुत सारे महापुरुष ने वचिार कयिा था। एक स्वामी वविकानंद जी भी एक है। उन्हें पता भारत की उन्नी वृद्धिभी संभव है जब भारत के भुवा अपलो तालद आपने शब्द के प्रति समर्पति को तो। इसलिए वविकानंद जी युवाओं को लेकर बहुत वचिार करते थे। वे जानते थे की युवाओं में वो शक्ति है जो भारत का नरिमाण कर सकती है। पर युवा है जो अपने बारे में सोच रहा है। इसलिए वो सदा यही प्रयास करते की आज कल की युवा हर कषेत् र में जैसे सैन्य क्षमता हो या फरि नये नये आवषिकार का शोध करना हो, वो फरि दूसरे कषेत् र जैसे अपने समाज के लिए ही वो बस यह चाहते थे की अपना युवा उपयोगी हो देश के लिए, हमारे देश में संसाधन की कमी नहीं पर उन संसाधन का यही उपयोग नहीं हो रहा। इसलिए वे चहति थे की धुवा शिक्षा के साथ-साथ ताकतवर भी बने, उनका मानना था की सभी लोगों को गीता पाठ के साथ-साथ फुटबॉल खेलना भी आना चाहिये मतलब वो चाहते थे की युवा सुरक्षति के साथ ताकतवर बने।

आज युवा हर कषेत् र में पारंगत है जैसे की सैन्यामला, उच्चशिक्षा व्यवसाय, उद्योगधंदे हर कषेत् र में वो आगे आ रहे है। हाली में जब बाढ आयी थी तब कभी सारे युवा संगठित होकर बाद में पसे हुये लोगों की मदद की उन्हें सुरक्षति जगह जगह पर पहुंचा दयिा ना सिर्फ लोगों को बल्की उन्होंने पशुप्राणी की मदद की जो की आजकल के सारे युवा मलिकर करना चाहिए हाली में आप देख सकते है कोवीड व्हाय रस के कारण परस्थितियों उपलब्ध लग हुयी तभी युवाओं ने अपने हद से जो कर सकते में होने हर प्रयास कयिा, उन्होंने खाना तयार कर के पुलिस के मदत से शादियों तक पहुंचाया जो खाने की कमी महसूस कर रहे थे। हाली में आप जानते होने की कैसे लॉलबिन आतंकवादीयोंने अफगावजिजान में कटेशल मचायी है, अगर हम युव ऊनी संगठित हो, उनमें जब अपने देश के प्रति कुछ कर गुजरने की चाह नरिमाण हो जाये तो कोई भी आतंकवादी शत्रु हमारे भारत भारत का बाल बला नहीं कर सकता अगर ऐसे हो गया अपने युवा अपनी अंदर की ताकद को पहचानले ती वशिद अपना भारत को कोई नहीं रोक सकता। इसलिए मैं आखिर में यही कहना चाहता हूँ म युवा अपने शक्ति को सही गली दे सकते जब उन्हें भी सुवधिा उपलब्ध हो अगर ऐसा हुआ तो अपना देश रामराज्य होने में कोई नहीं शक सकता। और ऐसे गांधीजी का सपना पूरा होगा।

ARTICLES

माँ की ममता

आम के पेड़ पर एक सुरीली नाम के चड़िया रहते थे। उसने खूब सुंदर घोंसला बनाया हुआ था। उस के छोटे-छोटे बच्चे साथ में रहते थे। वह बच्चे अभी उड़ना नहीं जानते थे। इसलिए सुरीली सभी को खाना लाकर खिलाती थी। एक दिन जब बरसात तेज हो रही थी। तभी सुरीली के बच्चों को जोर से भूख लगने लगी। बच्चे खूब जोर से रोने लगे इतना जोर की देखते देखते सभी बच्चे रो रहे थे। सुरीली से अपने बच्चों के रोना अच्छा नहीं लग रहा था। वह उन्हें चुप करा रही थी। कति वह बच्चे भूख से तड़प रहे थे इसलिए वह चुप नहीं हो रहे थे।

सुरीली सोच में पड़ गई इतनी तेज बारिश में खाना कहा से लाऊँ मगर खाना नहीं लाया तो बच्चों की भूख कैसे शांत होंगी। काफी देर सोचने के बाद सुरीली एक लंबी उड़ान भरी और पंडति जी के घर पहुँच गई।

पंडति जी ने प्रसाद में मल्लि चावल दाल और फलों के आंगन में रखा हुआ था। चड़िया ने देखा और बच्चों के लिए अपने मुँह में ढेर सारा चावल रख लिया। और झटपट वहाँ से उड़ गई।

घोंसले में पहुँचकर चड़िया ने सभी बच्चों को चावल का दाना खिलाया। बच्चों का पेट भर गया वह सब चुप हो गई और आपस में खेलने लगे।

मोरल:- संसार में माँ की ममता का कोई जोड़ नहीं है। अपनी जान वपित्त में डालकर भी अपने बच्चों के हित में कार्य करती रहती है।



(संग्रह)
सनिया डोनसाल
द्वितीय बी.एस.सी नर्सिंग
वदिया कॉलेज ऑफ नर्सिंग कापु



Art by-
Mrs. Liji K Oommen
Lecturer

पर्यावरण बचाओ

आज समय की माँग यही है,
पर्यावरण बचाओ।

तब तक जीव है जगत में,
जब तक जग में पानी।
जब तक वायु शुद्ध रहती है,
सौधी मटिटी रानी।
तब तक मानव का जीवन है,
यह सबको समझाओ।

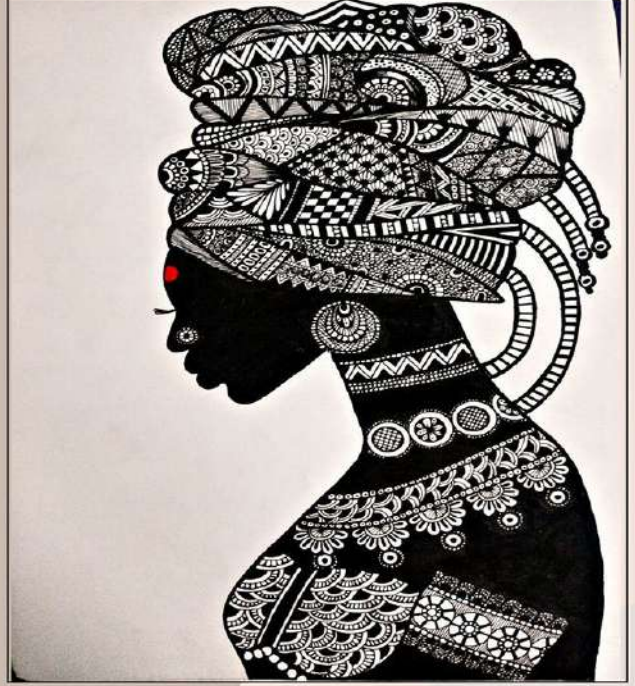
ध्वनि, मटिटी, जलवायु आदि,
जीव जगत के मतिर सभी।
इनकी रक्षा करना,

अब करतव्य हमारा।
शोर और मटिटी का संकट,
दूर करेंगे सारा।

एक वृक्ष यदि कट जाय तो,
ग्यारह वृक्ष लगाओ।
एक वृक्ष हम नति रोपेंगे,
आज शपथ यह खाओ।
आज समय की माँग यही है,
पर्यावरण बचाओ।



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Art by-
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രാജ്യം കെട്ടിപ്പടുക്കുന്നതിൽ യുവജനങ്ങളുടെ പങ്ക്

ലോക സുഖഭോഗങ്ങളുടെ

ഭ്രോത്രകതയിൽ ഈയാം പാറ്റകളെ പോലെ പരക്കെ പാഞ്ഞ് ജീവതം വഴിയോരങ്ങളിൽ തരിപ്പണമാകുന്ന ദൃശ്യങ്ങൾ ഇന്നിന്റെ കാഴ്ചയാണ്. മദ്യത്തിനും മയക്കുമരുന്നിനും പിന്നാലെ ഓടുന്ന യുവമനസ്സുകൾ ഓർക്കുക! രാജ്യം നമ്മുടെ കരങ്ങളിലാണ്, അതിന്റെ വികസനം നമ്മുടെ ഉത്തരവാദിത്വമാണ്.

ജലിച്ചുയരുന്ന മനസ്സും , തുടിക്കുന്ന ഹൃദയവും , ആവേശത്തോടെ കുതിക്കുന്ന യുവജനങ്ങളുടെ കൈകാലുകളും ഇന്നിന്റെ ആവശ്യകതയാണ്. ചടുലതയോടെ രാജ്യത്തിന്റെ ആശയങ്ങളെയും ആവശ്യങ്ങളെയും കണ്ടറിഞ്ഞ് ഒത്തൊരുമയോടെ നാടിനെ കെട്ടിപ്പടുക്കുവാൻ നമുക്ക് സാധിക്കണം.

“ഇരുളിനെ കീറിമുറിച്ചു മിന്നാമിനുങ്ങുപോൽ പ്രശോഭിക്കാ മാനുഷാ നീ”

ഏറെ ഹൃദയസ്पर्ശിയും അതിലേറെ അർത്ഥവത്തുമായ വരികളാണിവ. ഇന്നിന്റെ ലോകമാകുന്ന ഇരുളിമയിൽ അതിനെ കീറിമുറിച്ചു പ്രശോഭിക്കുന്ന മിന്നാമിനുങ്ങുകൾ പോലെയാകണം ഓരോ യുവജനങ്ങളും. ചുറ്റും ഒരുപാട് ചതിക്കുഴികൾ ഉണ്ട്, ചെന്നായ്ക്കളെ പോലെ രാജ്യത്തിന്റെ ഭദ്രതയെ ചൂട്ട് നശിപ്പിക്കാൻ വെമ്പൽകൊള്ളുന്ന ഒരുപാട് മൃഗീയ ജനതയും ഉണ്ട്. ഒരു വാക്കുപോലും തിരിച്ചു പറയാനാകാതെ, ആ ചെന്നായ്ക്കളുടെ കൈകളിൽ ഇരകളായി മാറേണ്ടി വരുന്നവർക്കുമുമ്പിൽ മിന്നാമിനുങ്ങു പോലെ വെളിച്ചമായി ഉയരുവാൻ ഓരോ യുവജനങ്ങൾക്കും കഴിയണം.

പിന്നിട്ട നൂറ്റാണ്ടുകളെ അപേക്ഷിച്ച് ഉയർന്ന വിദ്യാഭ്യാസവും അറിവും വിവേകവും സുഹൃത്തു ബന്ധങ്ങളും ഒക്കെ ഉള്ളവരാണ് നമ്മുടെ യുവജനം. രാജ്യത്തിന്റെ പുരോഗതിക്കും ക്ഷേമത്തിനും വേണ്ടി തിളക്കുന്ന ചോരയുമായി ഇറങ്ങേണ്ടവരാണ് യുവജനങ്ങൾ. ആരാധനാലയങ്ങളിലും സമൂഹത്തിലും വിദ്യാഭ്യാസ സ്ഥാപനങ്ങളിലും ഒക്കെ ഒരുപാട് സംഘടനകൾ യുവജനങ്ങൾക്കായി തുറന്നിട്ടുണ്ട്. ആ വാതിലുകൾ കൊട്ടിയടക്കാതെ നമ്മുടെ രാജ്യത്തിന്റെ പുരോഗതിക്കായി ഓരോ യുവജനങ്ങളും ഇറങ്ങി തിരിക്കണം.

“മനുഷാ നിന്റെ തുടിക്കുന്ന രക്തമാണ് നാമിന്ന് അനുഭവിക്കുന്നതൊക്കെയും” അതെ, അനേകായിരം ജനങ്ങളുടെ വിയർപ്പിന്റെ ഫലമാണ് നാമിന്ന് അനുഭവിക്കുന്ന സുഖങ്ങളൊക്കെയും. നാമിന്ന് സ്വാതന്ത്ര്യത്തോടെ കാലടികൾ വെക്കുന്നുണ്ടെങ്കിൽ അത് നമ്മുടെ പൂർവികർ നമുക്കായി അഹോരാത്രം പ്രയത്നിച്ചതിന്റെ ഫലമാണ്. അതുപോലെ നാളെയുടെ തലമുറ നമ്മുടെ കരങ്ങളിലാണ്. നമ്മളാൽ ആവുവിധം പുരോഗതിക്കായി കുതിക്കാൻ ഓരോ ഇന്ത്യൻ പൗരനും സാധിക്കണം. അതിന് ഉതകുവിധം ജീവിക്കാൻ സാധിക്കാത്ത പക്ഷം “ഞാൻ ഒരു ഇന്ത്യവന് പൗരൻ ആണെന്ന് പറയാൻ അർഹതയില്ല”.

ഇന്ന് അമ്മയുടെ ഉദരത്തിൽ നിന്ന് ജനിച്ചുവീഴുന്ന കുഞ്ഞു മുതൽ “അമ്മ” എന്ന് ഉരുവിടുന്നതിനു മുമ്പേ വിടരുന്നത് ഇലക്ട്രോണിക് ലോകത്തേക്കാണ്. മൊബൈൽ ഫോണുകൾ കളപ്പാട്ടം പോലെ, കൂടപ്പിറപ്പുകളെ പോലെ ആയിത്തീർന്നിരിക്കുന്നു ഇന്നത്തെ സമൂഹത്തിന്. ആഡംബരത്തിനും സുഖഭോഗങ്ങൾക്കും ഊന്നൽ കൊടുത്ത്, കുടുംബത്തെ മറന്ന് എന്തിനുവേണ്ടി എന്നോ ആർക്കുവേണ്ടി എന്നോ അറിയാതെ ജീവിതം കടപുഴകി പോകുന്ന യുവജനജീവിതം ഏറെവേദനാജനകമാണ്. നമ്മുടെ പൂർവികർ നമുക്ക് കാട്ടിത്തന്ന ദീപശിഖയെ കാറ്റിൽപറത്തി നിയന്ത്രണങ്ങളില്ലാതെ എന്തിനോ വേണ്ടി ഓടുന്ന ഒരു കുട്ടം ജനത- ഈ യുവത്വങ്ങളുടെ കൊള്ളരുതായ്മകൾക്ക് ഇരകളാകുന്ന ഒരു കുട്ടം മനുഷ്യരുണ്ട്. സ്വന്തം മക്കളെ ഓർത്ത് വെന്തു നീറുന്ന , കണ്ണീരുപേരി ജീവിക്കുന്ന ഒരുപാട് കുടുംബങ്ങളുടെ മാതൃത്വങ്ങളുണ്ട്. സൗഹൃദങ്ങൾ ഒരിക്കലും സുഖങ്ങൾക്ക് വേണ്ടിയുള്ളതല്ല. ജനിക്കാതെ പോയ കുടപ്പിറപ്പുകൾ ആകണം ഓരോ സൗഹൃദങ്ങളും. വേദനകളിൽ സാന്ത്വനമാകുവാനും , സന്തോഷങ്ങളിൽ ഒപ്പം പുഞ്ചിരി പകരുവാനും അറിവ് പങ്കുവെക്കുവാനും ഏതു ജീവിത സാഹചര്യങ്ങളിലും “ഞാനുണ്ട് കൂടെ” എന്നു പറയുവാനും ഉതകുന്നതാകണം നല്ല സൗഹൃദങ്ങൾ.

ജീവിതമാകുന്ന വഞ്ചി തുഴഞ്ഞ് മുന്നേറുമ്പോൾ നമ്മളിൽ ഭാരമേൽപ്പിക്കപ്പെട്ട ഉത്തരവാദിത്വങ്ങളെ കണ്ടില്ലെന്ന് നടിച്ചു പോകുമ്പോൾ ഓർക്കുക “നാമിന്നനുഭവിക്കുന്നതൊക്കെയും നമ്മുടെ പൂർവികരുടെ വിയർപ്പാണ്” എന്ന യാഥാർത്ഥ്യം.

തിളയ്ക്കുന്ന രക്തമുള്ള യുവജനങ്ങളുടെ തുടിക്കുന്ന കരങ്ങളിലാണ് രാജ്യം നിലനിൽക്കുന്നത്. ഒരു നാണയത്തിന്റെ ഇരുവശങ്ങൾ പോലെ, രാജ്യത്തിന്റെ ഭദ്രത ചുട്ടുനശിപ്പിക്കുവാനും ഒപ്പം രാജ്യത്തെ കെട്ടിപ്പടുക്കുവാനും സാധിക്കും. എന്തു വേണം എന്ന് തീരുമാനിക്കേണ്ടത് യുവജനതയാണ്.

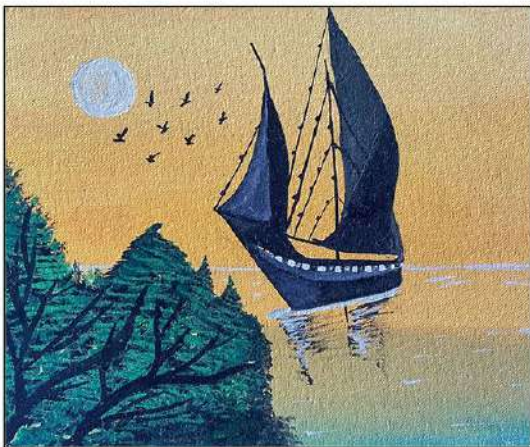
വരും തലമുറയ്ക്കായി നാം കാത്തുസൂക്ഷിക്കേണ്ട മൂല്യങ്ങളുണ്ട്. അവയെ നാം തിരിച്ചറിയണം. ഓരോ ജീവിതങ്ങളും നിഷ്പഫലമാകാനുള്ളതല്ല, മറിച്ച് ഫലങ്ങളാൽ പൂവണിയാൻ ഉള്ളതാണ്. നഷ്ടമാകുന്ന ഓരോ ജീവിതങ്ങളും ഓരോ രക്തസാക്ഷിത്വങ്ങളാണ്.

ഇന്ന് നാമൊന്ന് കണ്ണോടിച്ചാൽ കാണാൻ സാധിക്കും എത്രയോ ജീവിതങ്ങളാണ് ആത്മഹത്യക്ക് ഇറങ്ങിത്തിരിക്കുന്നത്. എത്രയോ ജീവിതങ്ങളാണ് കടിച്ചുകീറുന്ന ചെന്നായ്ക്കൾക്കു മുമ്പിൽ ഇരകളാകുന്നത്. ഇതിനെയെന്നോ നാം രാജ്യത്തിന്റെ പുരോഗതി എന്ന് അഭിസംബോധന ചെയ്യുന്നത്? ഇതിനുവേണ്ടിയാണോ രാജ്യത്തിന്റെ പുരോഗതി യുവത്വങ്ങൾക്കായി സമ്മാനിച്ചിരിക്കുന്നത്? ഇത്തരം ചോദ്യങ്ങൾക്ക് മറുപടി പറയാൻ ബാധ്യസ്ഥരാണ് ഓരോ യുവജനതയും.

സമ്പത്തിനും ഭ്രമാത്മകതക്കും ഈടൽ നൽകി ഓരോരോ സാമ്രാജ്യങ്ങൾ കെട്ടിപ്പടുക്കുമ്പോൾ ഓരോരുത്തരും ജീവിതത്തോട് ചോദിക്കണം, ജീവിതത്തിന്റെ മൂല്യങ്ങളെയും, ഉത്തരവാദിത്വങ്ങളെയും, രാജ്യത്തിന്റെ പുരോഗതിയെയും, കെട്ടിപ്പടുക്കുവാൻ നമുക്ക് സാധിക്കുന്നുണ്ടോ? നഷ്ടമാകേണ്ടതല്ല, കത്തിജ്വലിക്കേണ്ടതാണ് ഓരോ ജീവിതങ്ങളും. പ്രശോഭയോടെ, കർമ്മ ബോധത്തോടെ മുന്നേറാൻ ഓരോ യുവത്വങ്ങൾക്കും സാധിക്കണം. മുദ്രവാക്യങ്ങളും ആർപ്പുവിളികളും ജ്വലിക്കുന്ന രക്തവും ഉയരണം രാജ്യ പുരോഗതിക്കായി. ചെന്നായ്കൾക്കും മരണത്തിനും ഇരകൾ ആകുവാൻ ഉള്ളവരല്ല എന്ന ബോധ്യത്തെ ദൃഢതയോടെ ഏറ്റെടുത്ത് മുന്നേറാം. കർത്തവ്യങ്ങളെ കണ്ടറിഞ്ഞ് തിരിച്ചറിവോടെ പ്രശോഭിക്കാം. അങ്ങിനെ വരുംതലമുറകൾക്ക് നമുക്ക് മാതൃകയാകാം.



Joshinamol Jojo
1st Year BSC Nursing



Art by-
Mrs. Pallavi Subhaschandra
Lecturer



നഷ്ടമാക്കുന്ന മാനുഷിക മൂല്യങ്ങൾ

എല്ലാ മനുഷ്യരിലും മൂല്യങ്ങളുണ്ട്. അത് ജീവിതത്തിലുടനീളം പ്രാവർത്തികമാക്കി കൊണ്ടുപോകുന്നത് അവരുടെ തീരുമാനവും പ്രവർത്തനവുമാണ്. എന്താണ് മാനുഷിക മൂല്യങ്ങൾ?. ഒരു വ്യക്തിയുടെ സാഹചര്യങ്ങൾ, കാര്യങ്ങൾ, വിലയിരുത്തുന്ന ആശയങ്ങളാണ് മൂല്യങ്ങൾ. സ്നേഹം , സത്യസന്ധത, സൗഹൃദം , ബഹുമാനം, ആത്മാർത്ഥത, ഉത്തരവാദിത്വം, നീതീ, ദയ, അച്ചടക്കം, കരുണ ഇവയാണ് മാനുഷികമൂല്യങ്ങൾ ആയി കണക്കാക്കപ്പെടുന്നത്.

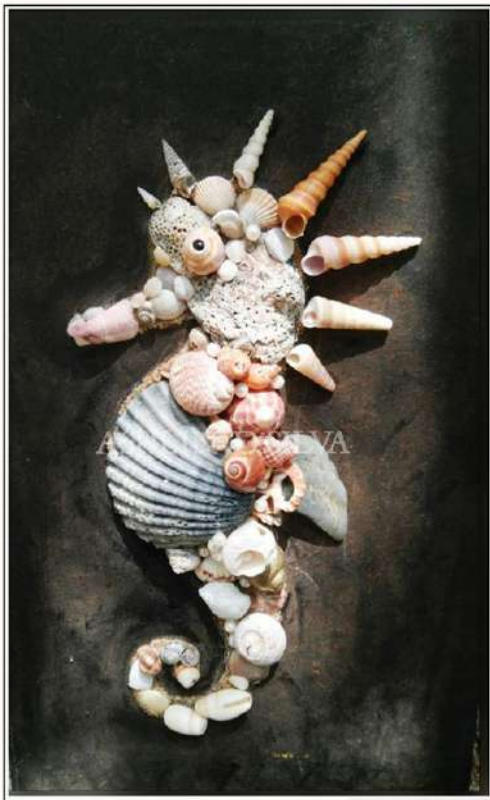
എന്നാൽ ഇന്നത്തെ കാലത്തിന്റെ കുത്തൊഴുക്കിൽ വിദ്യാഭ്യാസവും സാങ്കേതികതയും മുന്നോട്ടു കുതിക്കുമ്പോൾ ഇന്നത്തെ തലമുറ നഷ്ടമാക്കി കളയുന്നത് മാനുഷികമൂല്യങ്ങൾ ആണ്. പണത്തിനും പ്രശസ്തിക്കും ഉന്നമനത്തിനും വേണ്ടി ധാർമികത വിട്ടു പെരുമാറുകയും അധർമ്മികത കൈവരിക്കുകയും ചെയ്യുന്നു. അഹങ്കാരവും സ്വാർത്ഥതയും ജീവിതത്തിന്റെ അലങ്കാര മാലകൾ ആക്കി അണിഞ്ഞിരിക്കുന്നു. തന്മൂലം പിതൃത്വം, മാതൃത്വം, സാഹോദര്യം എന്നിവ നഷ്ടപ്പെട്ട് സ്നേഹത്തിന്റെ പവിത്രതയ്ക്ക് കളങ്കം വന്നിരിക്കുന്നു. ഇതിന് ഉദാഹരണങ്ങൾ നമ്മുടെ ചുറ്റുപാടുകളിലേക്ക് നോക്കിയാൽ തന്നെ കാണാൻ സാധിക്കും. യുദ്ധങ്ങൾ കാണപ്പെടുന്ന ദൈവങ്ങളായ അപ്പനെയും അമ്മയെയും കൊല്ലുന്നു. മാതാപിതാക്കൾ സ്വന്തം മക്കളെ ഉപേക്ഷിക്കുന്നു. മാതാവ് എന്നോ സഹോദരി എന്നോ നോക്കാതെ നിർഭയം നശിപ്പിക്കുന്നു. ഇതെല്ലാം സ്വന്തം സുഖലോലുപതകൾക്കും ഉന്നമനത്തിനും വേണ്ടിയാണെന്ന് മനസ്സിലാക്കാം. പലതും വെട്ടിപ്പിടിക്കാനും മറ്റുള്ളവരെക്കാൾ ഉയരണം എന്നുള്ള സ്വാർത്ഥ മനസ്സോടുകൂടിയുള്ള നെട്ടോട്ടത്തിനിടയിൽ സ്വയം മറന്ന് മിഥ്യങ്ങൾ ജീവിതത്തിന്റെ മുൻനിരയിൽ സ്ഥാനം പിടിച്ചിരിക്കുന്നു. സ്വന്തം മതിൽക്കെട്ടുകൾക്കെതിർ സുഖജീവിതം നയിക്കാൻ ആഗ്രഹിക്കുന്നവരും അതിനു വേണ്ടി പരിശ്രമിക്കുന്നവരും പുതുതലമുറയ്ക്കു ദുരന്ത ഭൂമിയാണ് സമ്മാനിക്കുന്നത്. വിദ്യാഭ്യാസവും പണവും പ്രശസ്തിയും ഉന്നമനവും ഒക്കെ ഇന്നത്തെ കാലത്ത് നമുക്ക് അനിവാര്യമാണെങ്കിലും മാനുഷിക ഗുണം അത് അർത്ഥവത്തായ ജീവിതത്തിന് അതിപ്രാധാന്യമുള്ളതാണ്. മറ്റുള്ളതൊക്കെ നേടിയെടുത്താലും ജീവിതത്തിലെ അടിസ്ഥാനപരമായ മൂല്യങ്ങൾ നഷ്ടമാക്കിയാൽ മനസാക്ഷിയുടെ കണ്ണിലൂടെ ഹൃദയത്തിന്റെ പടിവാതിലൂടെ, ജീവിതം അർത്ഥശൂന്യം ആയിരിക്കും.

ഒരു വ്യക്തിയുടെ ജീവിതത്തെ നയിക്കാനും തീരുമാനങ്ങളെടുക്കാനും മാനുഷികമൂല്യങ്ങൾ സഹായിക്കുന്നു. എല്ലാത്തരം മൂല്യങ്ങളും ഓരോ വ്യക്തിയിലും അന്തർലീനമായിരിക്കുന്നു. അത് ജീവിതത്തിലുടനീളം കാത്തുസൂക്ഷിക്കാനും പ്രാവർത്തികമാക്കാനും കഴിയുന്നവരാണ് ജീവിതത്തെ അർത്ഥമുള്ളത് ആക്കി മാറ്റി ജീവിക്കുന്നത്. അപരന്റെ വേദന തന്റെതാണെന്നു ഉൾക്കൊള്ളാനുള്ള മനസ്, സഹജീവികളെ സഹായിക്കാനും കരുതാനും ഉള്ള മനസ്സ് നമ്മിൽ ഉണ്ടാകണം.

കാലം അതിന്റെ കുതിപ്പിൽ പാഞ്ഞു കൊണ്ടിരിക്കുമ്പോൾ മൂല്യങ്ങളെ നഷ്ടപ്പെടുത്തിക്കളയാതെ ജീവിതത്തിന്റെ മുൻനിരയിൽ അതിനു സ്ഥാനം നൽകിക്കൊണ്ട് ആദർശവും സ്നേഹവുമുള്ള മാതൃകാ ജീവിതം നമുക്ക് ഓരോരുത്തർക്കും, വരുവാനുള്ള തലമുറയ്ക്കും, ഇന്നത്തെ യുഗത്തിനും സമ്മാനിക്കാൻ കഴിയട്ടെ...



Aksa Babu
2nd Year BSC Nursing
UCON



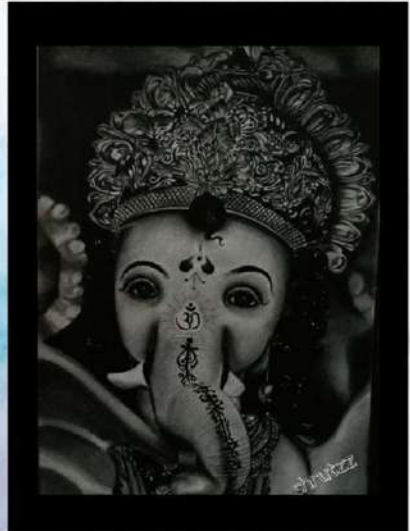
Art by-
Ms. Ashlin D'silva
Lecturer



DRAWINGS & PAINTINGS



SHRUTHI ACHAR
III B.Sc. Interior Design



ASHWITHA
I B.Sc. Fashion Design



SANDEEP ACHARYA
III B.Sc. Interior Design

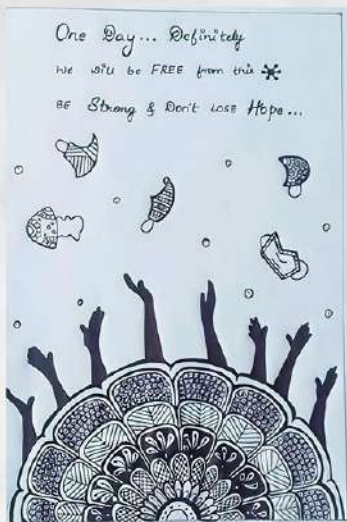


BHAVANA
I B.P.T.



SAMRADDHI S. NAYAK
I B.B.A.





SHRAVYA
II B.Sc Food Technology



UTHARA M.
II B.Sc Nursing



DUWA AMRIN MUSKAN
I B.Sc Food Technology



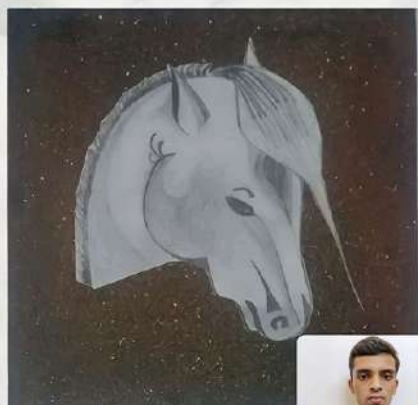
SWAPNA K.S.
I B.Sc Nursing



KEERTHANA
I B.P.T.



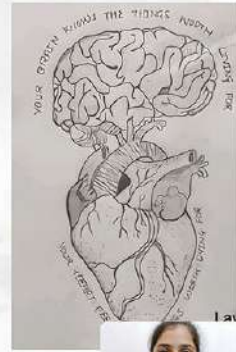
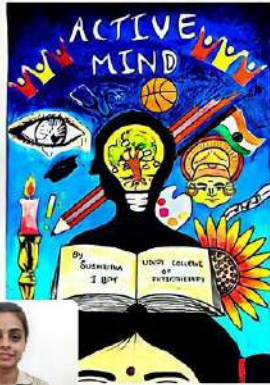
RIYA K.D.
II B.Sc Nursing



JESSON CHRIS BARETTO
I B.P.T.



SALEHAA KOUSAR
I B.P.T.



SUSHRITHA
I B.P.T.



PAVITHRA
II GNM



LAVANYA
I B.P.T.



SHAHARSHA K.V.
I M.L.T.



REJITHA R.
II B.Sc. Nursing



KAVYASHREE
I AHS



K. DIVYA
III B.Sc. Nursing



BENAT BIJU
I B.Sc. Nursing



PRINCIYA
III B.B.A.

Get candid with Anna

Hello fellow students and dear teachers,
My name is Anna Johnykutty, I am a Second year Interior Design Student at UGI. I took the opportunity to conduct an online interview with some of my friends and some Lecturers. I had asked them questions about online classes, what life in the lockdown looks like, and future plans. Lets check out what they had to say!

We are starting off with some of our students, and firstly we have Crizil Chinnu Joseph who I call "Chinju", she is a dear friend of mine. Her and I go way back to 2011 in Sharjah. I shifted schools but we still remained friends, until we met in UGI and our friendship grew. She is a 3rd year Food Technology Student

Okay, so here's my first question for you, how are you doing?

I'm doing good

Now, How are you REALLY doing?

Well....I'm holding up but lockdown wasn't easy. I was literally stuck with my thoughts which didn't really go well. Anxiety did strike me hard, there are days when I just don't want to get out of bed but I'm trying hard and successful mostly in getting out of this phase.

Yeah that makes sense, How has college been? with online classes and all, how are you keeping up? Is it hard?

It's really hard. With the pandemic and everything that's going on I find little to no motivation to concentrate on my studies. The environment around me wasn't at all easy. I'm struggling to keep up the pace with my teachers and at this point it's nearly impossible.

Do you think Online classes are effective? Tell me why / why not?

It is not much effective. However I try no matter with how much determination I enter the class I tend to slip away into social media. I keep ending up browsing some or the other application during class. It's not always possible for me to shut everyone else at home during class. Even though I want to ask some doubts I don't find it easy to approach my teachers. In short there is a lot of distractions and very little student teacher interaction.

Totally! Do you think we should continue online education even after covid ends? Or should we only implement some parts of it; like online submissions of assignments, Online tests etc? Or should we fully cut off any form of Online Learning and make it completely Offline? why?

Implementing some part of it might be helpful like submission of assignments. But overall I would choose offline learning over online any day. A main reason is that during offline classes we get to give our undivided attention to the class and also we can bounce off ideas and concepts with our classmates

Is college life how you always dreamed it would be like? What do you wish was different?

Not at all.....college life was supposed to teach me a lot of social skills. Right now all I'm doing is struggling to keep up with class. No interaction with like minded people and no connections being made!



Please do share an experience or an instance where you laughed the most, if its with Teachers or just your friends, I'd love to know and Im sure the whole campus would too!

There are many....the incident that come to my mind right now is...Once my teachers were busy with examination duty and we all decided to bunk, the next day we all were asked why we didn't attend the class and all of us gave such beautiful stories and thought we did a good job convincing our teacher and she also played along only to later find out that she knew exactly where we all were that day. (I don't even know if I'm supposed to say this here)

Hahahaaa that is hilarious! What do you like about our college?

My teachers and my friends

Same here. What do you not like about our college?(haha let's be honest here)

The fact that there are not many opportunities for students to get to know each other from different batches

Mmm.. yeah I say so too actually. Are you anxious about the future? be it regarding PG or your Career, What are you anxious about?

Yes....both...the uncertainty is a little too much at this point of time

What would you like to tell your juniors who might be going through the same things as you are?(Regarding online learning, course, college life, stress, mental well being, anything at all)

Nothing in life is permanent...not even the bad times and yea this is a random quote that I read over the Internet but do make alit of of sense so hang in there the good times are coming soon you will get through this stronger and more wise!



Crizil "Chinju" Joseph

And now we have some great thoughts I think needs to be shared and get everyone to think about.

I asked Vijeeth of 3rd Year Bsc Food Technology how he was doing. He said, "Not good actually, same story like others Bunch of responsibilities, vanishing Dreams, This online Education system, some work in progress stuff, so on" And I think we can all relate to this, the kind of toll this has taken on us as students is scary.

So Vijeeth, What do you like about our College?

Our lab its the place that's gives me some kind of super human energy haha

Haha I guess you Food Tech students do feel like that with all your chemicals and tools huh? What one thing you do NOT like about our College?

I guess because when we joined, no other batches had to face problems like we FT students did, we faced a bunch of problems but now its all fine though.



Vijeeth

Im sorry about that, You were the first FT Batch so I guess even the management was trying to figure things out. Are you looking forward to College reopening?

Yes!

Why?

Course! I am so Happy to attend college and also looking forward to walk that hell way 1.2-1.5 km with that extra sun's touch, changing 3-4 busses, waiting for friend who already reached college, bunking classes and being chased by lecturers till the boys toilet, to attend forgotten previous semester exams, and to meet my all zombie friends and my beloved lecturers.

Thats does sound so nice, hopefully Lord-willing we will get to experience all that soon!

Now here is how some of our students had replied when I'd asked them if they think that Online Education is effective.

Pawan Raj (3rd Year Bsc.HS): It doesn't get you connected to what you truly wanna learn and the social thing that makes us human is missing.

Prajwal Kotian (3rd Year Bsc.HS): To some extent but practical knowledge is zero. Theory wise online classes are effective.

Shivaraj Shetty (2nd Year Bsc.HS): No, because it is not comfortable as live session and some teachers and students don't have proper network

I would agree too because Internet is a huge Issue, sometime the power goes off and theres nothing you can do but wait for the power to come back on so your wifi works again to attend your classes. And another big one like Pawan mentioned is there seems to be less Human Interaction, its so easy to hide behind your screen by turning off the camera on zoom, and hope that someone else will reply to the questions the lecturer is asking until you are called on.

Next I asked if we should continue online education even after covid ends? why or why not?

Christon (3rd Year Bsc.HS): Yeah after covid ends my request is to keep continue online classes. Keep online submissions of assignments and online test. It will help some students including me.

Rohit Nihal (3rd Year Bsc.HS): From my point of view I would love to have completely offline education, but assignment and things like tat can be done through online.

Ullas Shenoy (3rd Year Bsc.HS): No I don't think we should commence classes online even after covid ends.

Yes, It does make sense to continue with online submissions of assignments instead of writing on paper, Its much more Eco-Friendly as we wont be wasting paper. Offline classes for theory and practicals are a must because it's just so hard if not impossible to do practical subjects online.

Is College life how you dreamed it would be?

Ullas: It's similar to what i dreamt and i wish we were enjoying final year classes and our last days in college not in online class

Yeah, I agree, It sucks college life isn't like we imagined it would be, but I guess this is the new "normal".

Any College Experience you'd like to share?

Christon: Oh I have one experience that I can share it was with my friends, It was during my first part time in Malpe Paradise resort when i was server /waiter i dropped 14 expensive glasses and a jug which was made of glass, loaded with ice cream. When i was about to serve, I fell off the stairs outside the restaurant. The manager came and he thought it was my friend's fault he scolded him and took the payment from him. Then when he asked me who did it I said it was me and he cried in the bus out loud, haha. I cant say the existing price but the glasses cost around 30,000rs.

Shivaraj: Yeah most of the time wd friends but the one teacher who is always keep his touch wd student is vijay sir we laughed we enjoyed we learnt wht is life, wht is industry, he shared his experience and all that time we all enjoyed a lot

Sachin Gowda (3rd Year Bsc.HS): All of Robin sir's classes.

· good actually, same story like others Bunch of responsibilities, vanishing Dreams. This online Education system, some work in progress stuff, so on

Vijeeth

Now for the interview with some Teachers!
I am honestly so melted away by our teacher's responses, We really do have the best lecturers folks!

How are you Ma'am/ Sir?

Rolita Gloria D'Almeida: I am doing well but I can tell that I am a little college sick as I am missing the college time. Hope everything comes to normal again.

Ms.Poojashree: I am really doing well now and due to pandemic lockdown I am missing the college environment where I used to work.

Jesla John: So far so good.

How has it been teaching during the lockdown? with online classes and assignments, Is it hard or are things easier?

Indra Kumar Shetty: It's actually easier compared to offline. More relevant information can be shared. But each student should have proper internet connection. Only then will it be fruitful.

Sneha Vinod Pai: Mixture of both, because adjusting towards the situation, It became necessary to teach our students : we can't neglect them due to pandemic. We have to adjust to new system even if we feel it's difficult, as we love our students we have to make some adjustments and should keep in touch with them atleast through online.

Joseph Robinson Varghese: Teaching is easy online as i have to do a presentation virtually but then i miss the real fun part thats the class environment which is the basic ground for exchange of ideas

Jesla John: For me .I was super excited teaching especially during these lockdown days and this chance came to me unexpectedly. For me I find easy as I started with online classes ..only thing that I couldn't meet anyone in person

Do you think Online classes are effective? Tell me why / why not?

Sneha Pai: Yes.... because.. by simply wasting time in home students can gain some knowledge through online classes...when we opt for dance .. singing .. drawing Classes through online and enjoy .. then why we should say college or school classes through online is not good .. Why not because...as personal contacts with students will not be possible we can't knw the State of mind of students.. we cant encourage them ...and if they are in class and we can make the class more effective than online .. which is more helpful for students.. and they can solve their doubts without fear.. moreover even they adopt some moral values to their life and it's possible only through offline classess

Shilpa Nayak: We can't say like online classes are effective. When we compare with physical classes there are lots of disadvantages. Online classes mainly it depends on how we structure the class, how we make our cls interesting, and how students will attend and participate in the Class.

Harshita: Online teaching especially for professionals courses is not a good option. There is no active session as in the classroom. no good study environment for students. Teachers too dont get motivated.

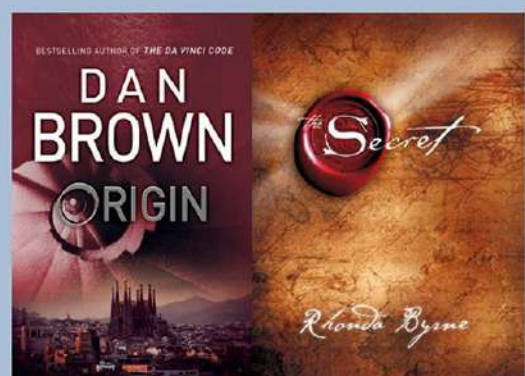
Do you think we should continue online education even after covid ends? Or should we only implement some parts of it; like online submissions of assignments, Online tests etc? Or should we fully cut off any form of Online Learning and make it completely Offline? why?

Sneha Vinod Pai: Offline system is the Best one I opt. As it create some communication with students . It gives chance for teacher Student relationship, we can implement some part of online learning too, if we think about it technology can not be ignored because here in this level even if we doesn't know the importance, when the students go for jobs they should meet this competitive world . So if the students are updated accordingly it will also be useful for them.

Shilpa Nayak: Honestly no, I don't suggest for continuing this online class even after covid ends. Since nursing is a practical oriented course physical presence of students are very important. Students those who are having problem with network they will not be able to attend this class.

Poojashree: I think we have some pros and cons here. I think rather than completely getting off from online education we can implement part of it. We can do online submissions so that we can make our students to learn some technological aspects and submitted documents could be stored for longer time.

Indra Kumar: Online is future. Wherever possible make use of online things. It's cost effective also. Students also can save much amount without purchasing written materials or hard copy materials...



Books recommended by our teachers

Students, This one's for you!

Here is what we would like for you to know

Indra Kumar Shetty

Everything changes. Student should be ready to accept changes. This will make them strong and worthy for their future endeavours... Mental health is distributed for many. Do positive works. Involve in good activities. Watch good movies. Keep communicating with friends and family. Keep involved in any activity, which will automatically heal any stress.

Harshitha Shetty

First of all feel free to speak to your teacher what so ever is your problem. Being stressed is not the option.. we need to find a better way so that your time is not wasted.

Poojashree

I would like to tell that all students aren't having same mental ability, some of them may get stressed so soon. So I would like to tell that as a teacher we will be there with them at any moment at any stage so that we can help them out in their academic problems.

Rolita D'souza

It is not me or you who is the only one facing the problem, but it's everyone, let's overcome it all together.

Sneha Vinod Pai

I suggest everyone to be happy.. Happiness comes only when we have Self Love and Confidence.. This pandemic is the situation where the whole world is facing .. not an individual problem..so let us face it together and let our confidence distract this problem.. Good days are ahead . Let's hope for the best ..then everything happens to be best

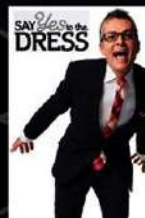
Jesla John

There are students who face some problems especially those who don't have proper network. Because of this they are not able to attend the classes and they loose their attendance. But this is also a time where you have can talk and share if they are facing any issues.

HERE'S SOME MOVIES AND SHOWS RECOMMENDATIONS FROM OUR TEACHERS AND STUDENTS FOR YOU TO WATCH!!

NETFLIX

Top 5 in our college



Other Recommendations



Teachers, This one's for you!

SOME THINGS OUR STUDENTS WOULD LIKE FOR YOU TO KNOW

We are so glad with what teachers are doing they are really trying their best: some people have internet issues, some people have kids at home, they have to work hard have to prepare a ppt and for the ppt they have to look up pictures and all, so we always thank our teachers for what they are doing now.

-Shivraj Shetty (2nd year Bsc. HS)

Its honestly okay to take time for yourself!
-Vijeeth (3rd year FT)

I just love all my lecturers and thanks a lot for trying their best to give their knowledge to us and make us succeed in our life. I just love all of them, they all have been supportive .

-Rathwika K (1st year Bsc HS)

We are so eternally grateful for each and everyone of you, for taking your time, to help us understand and ask us questions even tho most of us shy away from answering, you've chosen to be so patient and kind. We understand it must not be easy for you, We really appreciate your efforts. Thank you so much Ma'ams and Sirs!

-Anna Johnykutty (2nd year Bsc ID&D)

We might do alot of complaining right now. But we do see the amount of hardwork you put in.

We do understand its difficult for you all too just like us even though we don't seem like it. You all are actually trying to give your best and we see that.

-Crizil Joseph(3rd year FT)

NOTHING TO SAY. ONLY THING IS THANK YOU FOR EVERYTHING YOU ALL HAVE DONE!!

-Christon (3rd year Christon Bsc HS)

Thank you for your precious times and completing the syllabus through online

-Ullas Shinoy (3rd year Bsc HS)

HERE IS SOME OF THE HOBBIES OUR STUDENTS HAD PICKED UP OVER THE PAST FEW MONTHS!

Yoga
Makingshort film with Friends
Calligraphy
Trying out new recipes
Video Editing and making reels
Drawing illustration
Digital Marketing
Acting
Portrait drawing

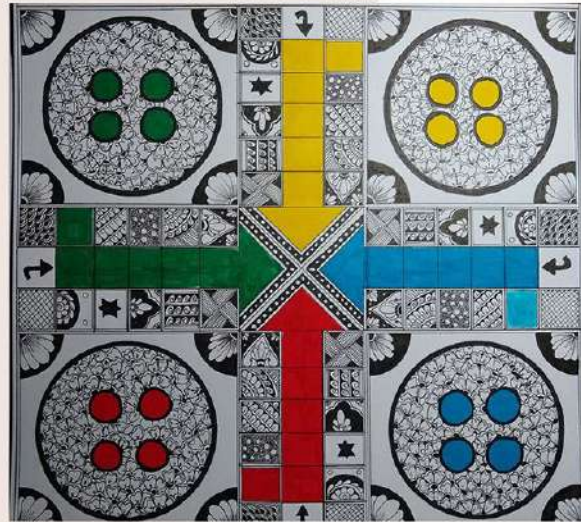
What a bunch of talented, curious folks!

'तो इसीलिए भारत के नरिमाण के लिए, भारत को वकिसीत करने के लिए भारत के आर्थिक परसितयों को बदलाव लाकर अलवृद्ध कोने अपने सैन्य बल को मजबूत बनाये और नये अवषिकार का नरिमाण करने हेतु भारत का हर युवा प्रयास करेगा और हम सफल हो जायेंगे ।

धन्यवाद ।



जय हृदि जय भारत
Adarsh Jadhav, 2Bsc Nursing VCON



Art by-
Mrs. Harshitha Shetty
Lecturer



HOSPITALITY INDUSTRY

“Its not your guests job to remember you, it is your obligation and responsibility to make sure the guest don't have the chance to forget you.” - Patricia Fripp

The idea of hospitality is what lies in the center of the tourism industry. The term Hospitality has been derived from a French word “Hospice” which means “Taking care of the travelers”. In Old times, locals used to let the travelers rest on kitchen floors or other extra spaces during their journey. There were no purpose-built resting facilities for tourists until monasteries decided to build one. This gave birth to lodging services. In the late 1700s, Inns came into being. Inns were nothing but a shelter by the road where travelers can stop to take rest and get some food. They would also take care of traveler's horses while they rest. This is the time when the seeds of the modern hospitality facility were planted. What we see today is the growth of the past two millennia. Here's how the lodging facilities evolved with time.

In the year 1980, the United Nations World Tourism Organization announced the day of September 27 as “World Tourism Day”. UN World Tourism Organization defines tourism as “Activities of persons traveling to and staying in different places for not more than a consecutive year for leisure, business or traveling purpose.”

The inception of traveling is as old as mankind. Our ancient civilizations traveled great lengths in search of food and shelter. Over the period of time, the purpose of traveling changed. The mere act of traveling has now become a giant industry. The tourism industry is a collage of various services like transportation, food, and beverages, lodging, travel agencies, entertainment, etc... Back in the old times, land and water were the only means of transportation. And they were often considered risky. But as the innovations gave birth to more convenient and safer ways of transportation, the tourism industry saw humongous growth in the number of travelers all around the globe. The tourism industry that we see today is the product of evolution in the hospitality sector, Innovations in transportation, advancements in communication technology, etc.

The hotel industry has always contributed largely in terms of revenue for any healthy economy. The modern hotel industry in 1960 valued around \$3 Billion, which crossed the mark of \$25 Billion in the year 1990. These numbers went down due to attacks of 9/11 and recession in the early 2000s. But the industry and its people stood strong and got back its lost pace soon in the new decade. Today, the hotel industry is worth more than \$500 Billion providing jobs to 4.5 million people.



The scope of the hospitality industry comprises of a range of businesses that provide services and facilities such as accommodation, food and beverage, entertainment, gaming and related products.

The term “hospitality” has become accepted over the years as a generic word, which describes the well being of services and facilities related to tourists and travellers.

The hospitality industry is represented in every country in the world and is diverse and complex.



It encompasses a range of free-standing hospitality businesses and is also a component of a wide range of venues whose primary function is not hospitality.

The hospitality industry consists of broad category of fields within the service industry that includes lodging, restaurants, event planning, theme parks, transportation, cruise line, and additional fields within the tourism industry. The hospitality industry is a several billion dollar industry that mostly depends on the availability of leisure time and disposable income.

A hospitality unit such as a restaurant, hotel, or even an amusement park consists of multiple groups

such as facility maintenance, direct operations (servers, housekeepers, porters, kitchen workers, bartenders, etc.), management, marketing and human resources.

The hospitality industry covers a wide range of organizations offering food service and accommodation. The hospitality industry is divided into sectors according to the skill-sets required for the work involved. Sectors include accommodation, food and beverage, meeting and events, gaming, entertainment and recreation, tourism services and visitor information

In hospitality, technology is a complicated problem. For an industry that has historically excelled and set the bar for customer experience, buying technology solutions has not been on the top of the list. Not because hoteliers like to be old fashioned, but because until recently guests really didn't care. Guests do care about the quality of the mattresses; they care about the wear in the carpets. They care about hot water, air conditioning and operational elevators.

But innovation and competitive advantage in guest experience and comfort is not going to come from installing an elevator or hot water. Those innovations were solved a long time ago. On the material side of comfort, innovation has pretty much plateaued. The future of innovation in guest experience is through technology.



B.Sc. HOSPITALITY SCIENCE



FOOD TECHNOLOGY – SCOPE AND FUTURE

Food is the first and the foremost requirement of the people for their survival. It provides nutrients like proteins, carbohydrates, fats minerals and vitamins. It involves cultivation of field crops, horticulture, animal raising and aquaculture. The food processing industry has vital role in the economic development and can trigger improvement in productivity, agriculture and improve the income of farmers. The food industry is the complex network of farmers and diverse businesses that together supply much of the food consumed by the world population. Although there is no formal definition for the term, the food industry covers all aspects of food production and sale. It includes such areas as the raising of crops and livestock, manufacture of farm equipment and agrochemicals, food processing, packaging and labelling, storage, distribution, regulatory frameworks, financing, marketing, retailing, catering, research and development, and education. The food processing industry in India is made up of three groups they are Primary food processors, Informal or Cottage scale industries and Formal or Large scale processing food industries. Industry can also be cross categorized into a number of sectors such as fruits and vegetables processing, grain processing, meat and poultry processing, milk and milk products, fish processing, consumer food industries and bakery products. Food processing is the methods and techniques used to transform raw ingredients into food for human consumption. Food processing takes clean, harvested or slaughtered and butchered components and uses them to produce marketable food products. Sophisticated technologies define modern food production. They include many areas. Agricultural machinery, originally led by the tractor, has practically eliminated human labour in many areas of production. Biotechnology is driving much change, in areas as diverse as agrochemicals, plant breeding, and food processing.

Many other areas of technology are also involved, to the point where it is hard to find an area that does not have a direct impact on the food industry. Computer technology is also a central force, with computer networks and specialized software providing the support infrastructure to allow global movement of the myriad components involved. As consumers grow increasingly removed from food production, the role of product creation, advertising, publicity become the primary vehicles for information about food.



With processed food as the dominant category, marketers have almost infinite possibilities in product creation. Regulation corresponds to the legal terms and restrictions imposed by government authority. Examples of regulation in the food industry include attempts to control such aspects as: standards of production, storage, and distribution; prices; wages; pollution effects; and qualifications and guarantees of employment. To meet the current demand of food materials, the industrial food processing sector has emerged. The food processing sector in the country is mainly handled by the unorganized sectors. About, 42% of the output comes from the unorganized sector, 25% comes from the organized sector and the rest of it comes from the small scale players. The small-scale food processing sector is a major source of employment and adds value to crops by processing. It is a major source of food in the human diet.

The small-scale food processing sector is, however, under increasing threat and competition from the large manufacturers who, through economies of scale and better presentation and marketing.

B.Sc. FOOD TECHNOLOGY





Good packaging lies at the very heart of presentation and thus customer appeal. It is an area of vital importance for small and medium food manufacturers if they are going to continue to compete and expand. With food processing, it is possible to maintain a nutritious and safe food supply for the millions of people that inhabit both urban and rural areas. Improvement in processing efficiency, by increased yield of usable product, is a tangible means of reducing food loss and increasing food supply. Demand for increased convenience of food preparation in the home, institution and restaurant has created a need from processing industries for food ingredients as well as new food forms. India is the world's second largest producer of food next to China, and has the potential of being the biggest with the food and agricultural sector.



The total food production in India is likely to double in the next ten years and there is an opportunity for large investments in food and food processing technologies including high pressure processing (HPP), electrical impedance spectroscopy (EIS), ultrasound, low water activity food, vacuum frying, innovative transduction process to supply safe fresh snack, and false labeling prevention technique. Skills such as food preparation, GMP (Good Manufacturing Practices), QA (Quality Analysis) and handling equipments such as Pasteurizer, Sterilizers, HPP, PEF (Pulse Electric Field) etc., are required especially in areas of Canning, Dairy and Food Processing, Packaging, Frozen Food/Refrigeration and Thermo-Processing.

The consumer product groups like confectionery, Soya-based products, mineral water, high protein foods, soft beverages, alcoholic and non-alcoholic fruit beverages, etc. India produces nearly 16% of the world's total food grain production. It is one of the largest producers of agricultural produce. With a population expected to reach to about 590 million people by 2030 in urban India, India has a huge potential domestic demand for processed foods other than the demand from the exports. There are many socio-economic factors that are driving the demand side of the Indian Food Processing Industry.

The changing consumption patterns, both in tier 1 and tier 2 cities, rising income levels among the middle-class and changing lifestyles, are some of the factors providing the demand side push for the Food Processing Industry. Moreover, the central government has given a priority status to all agro-processing businesses along with the health food and health food supplements is another rapidly rising segment of this industry which is gaining vast popularity.

THE INTERIOR DESIGN INDUSTRY

Interior design professionals provide the owners of homes and many kinds of businesses with functionally successful and aesthetically attractive interior spaces. An interior designer might specialize in working with private residences or with commercial interiors such as hotels, hospitals, retail stores, offices, and dozens of other private and public facilities. In many ways, the interior design profession benefits society by focusing on how space and interior environment should look and function.

The Interior Design industry, is comprised with professionals who are engaged in the planning, designing, decorating the interior spaces. The Confederation of Indian Industry (CII) attributes the growth of interior design to the growth of the Indian real estate industry, a growing population, rising income levels and urbanization. Employment of interior designers is projected to grow 5 percent over the next ten years. Market for interior designing in India is all set to absorb new and aspiring talent. Due to the rising significance of interior design, this profession has become one of the best ever emergent fields in India.

The rising urbanization rate, increasing real estate activities, mushrooming population, surging per capita income, and launch of construction and infrastructure development projects by the government are fueling the expansion of the Indian interior design market. Because of these factors, the market reached \$22 billion revenue in 2020, and it will likely exhibit huge expansion from 2021 to 2030. The COVID-19 pandemic has severely disrupted global trade, operations of financial organizations, industrial establishments, infrastructure companies, households, and businesses. It has also affected engineering and construction projects in India, which has subsequently caused a massive financial setback to construction companies, thereby reducing the need for interior designing services and hampering the progress of the market.



Indian interior design market is categorized into residential and commercial, depending on end use. Between these two, the commercial category is predicted to contribute the higher revenue to the market in 2030. As the work culture of the country changes, commercial establishments and offices are requiring high-end interior designing services. This is, in turn, fueling the demand for professional interior designers who can make the space functional, comfortable, and aligned with the philosophy of the company that will rent the office space. They provide a professional appearance to the establishment, which would be hard to achieve otherwise.

The Indian interior design market is divided into renovation works and new works, based on decoration type. Here, the new work category dominated the market in 2020, and it is predicted to retain its dominance during the forecast period, on account of the burgeoning requirement for houses due to the booming urban population. As people are rapidly shifting to the secondary and tertiary sectors, which are primarily based in urban areas, from the primary sector, for earning their livelihood, the population of urban areas is soaring, which is driving the need for urban housing. Furthermore, the growing corporate sector in Indian metropolises is supporting the market growth.

North India held the largest share in the Indian interior design market in 2020, and this trend is predicted to continue in the forthcoming years. This is attributed to the launch of numerous housing projects by public organizations and private builders and the surging number of corporate offices of multinational and national companies in the region.

The Indian interior design market players are entering into collaborations to offer novel interior designing solutions to clients.



Livspace (Home Interior Designs E-Commerce Pvt. Ltd.), which is a platform for home renovation and design in India and various Southeast Asian countries, and Signify N.V. entered into a partnership. As per the terms and conditions of the collaboration, the lighting products developed by Signify N.V. are now available to the architects and interior designers in India who are designing and renovating homes on Livspace's platform.

Home Interior Designs E-Commerce Pvt. Ltd., Morph Design Co., The KariGhars, Ace Interior, Design Qube, Chaukor Studio, and Lipika Sud Interior Pvt. Ltd. are some of the major Indian interior design market players.

The main reason for the growth of the commercial category is the booming commercial real estate sector in India. As India is experiencing a transition in the work culture, the interiors of the offices are playing an important role. The rapid urbanization in major cities, such as Delhi, Mumbai, Ahmedabad, Bangalore, Chennai, Kolkata, Hyderabad, and Pune, has reshaped the Indian way of life.

Professional interior designers are able to make the space comfortable and aligned with the philosophy of the client's brand. They can come with better ideas on how to best utilize the office space and reflect the nature of work and the working environment.

According to the India Brand Equity Foundation, the Indian real estate sector has witnessed rapid growth in recent times with a rise in the demand for office as well as residential spaces. The reason for the growth is the shift in the work culture and a developing taste for high-end lifestyle in India. This, in turn, is leading to the development of new designer commercial spaces and well-designed, elegant homes, hence helping the Indian interior design market.

In India, real estate investments are increasing. Commercial real estate and co-working spaces are the most popular from the point of investments in the country.

Because the real estate market is expected to expand in the future, interior designing services will be in high demand. For their business and residential environments, people are opting for theme-based designs.



Various themes, such as Mediterranean, European, and ethnic Indian, are becoming increasingly popular nowadays. A skilled interior designer can assist in fusing numerous decorative styles, such as contemporary, modern, classic, Indo-Western, and Western, to produce interiors that are unique, beautiful, and pleasing to the senses.

B.Sc. INTERIOR DESIGN AND DECORATION



FASHION RULES THE WORLD

In the 21st century the style trends of the fashion industry dominate the world more than they ever did, and control not only the way people dress but also trends in home ware design, makeup fashion and people's overall attitudes. Nowadays, fashion is bold and daring, and this reflects a noughties generation that is not afraid to say what they think, or wear what they want. Fashion is not just a means of clothing your body, it is the essence of your personality and beliefs, and designers are well aware of the power they hold.

Fashion influences not only what we wear, but everything we do, say, and even think. This is why fashion does indeed rule the world.

Fashion has always been at the forefront of innovation — from the invention of the sewing machine to the rise of e-commerce. Like tech, fashion is forward-looking and cyclical. The fashion sector is also one of the largest industries in the world, estimated to be worth more than \$3T by the end of the decade. Today, fashion technology is growing at a faster pace than ever.

Robots that sew and cut fabric, AI algorithms that predict style trends, clothes to be worn in virtual reality — an array of innovations show how technology is automating, personalizing, and speeding up the fashion space. Seizing the opportunity to open more revenue streams and business models, fashion companies are partnering with technology providers, snapping up startups, and even building their own tech.

The AI system could enable brands to create personalized clothing for a person based solely on their engagement with visual content.



At a more macro level, it could also allow a brand to recognize broader fashion trends much earlier based on data from its user base.

The data could be used to guide the design of a product or an entire label. As with pretty much every other industry, automation and robotics are coming for fashion manufacturing.

Robo-cutting fabrics has been possible for years, but sewing presents a challenge, as robots have difficulty working with pliable, elastic fabrics. Advances in soft robotics will infiltrate garment-making in the future. The push for sustainability in fashion

Consumers drive brands to go green and do good

“A circular fashion industry is defined as a regenerative system in which garments are circulated for as long as their maximum value is retained, and then returned safely to the biosphere when they are no longer of use.” — Motif

Sustainability has become a crucial emerging trend across sectors, including retail, in the past few years. The push toward eco-friendly shopping is being felt in the apparel sector, as consumers are wising up to the negatives of fast fashion. Socially conscious shoppers are embracing the growing movement of “slow fashion,” which focuses on sustainable materials and transparent, ethical labor and manufacturing.

B.Sc. FASHION DESIGN



Resale and consignment platforms like Depop, thred UP, and Poshmark that allow people to buy and sell used clothes have gained popularity as sustainability becomes more important for consumers.

Reselling extends the life of a garment, delaying (but not preventing) the day it gets thrown away. While a preference for secondhand clothing might lower the demand for new garment production in the long term, it also encourages consumers to buy more, not less.

A shift to more sustainable materials is not the only way the fashion industry is embracing more environmentally-friendly practices. Some startups are developing new kinds of textiles instead. Alternative materials — like plant-based, lab-grown leather — could play a big role in making the fashion industry more sustainable.

The result of all this will be a sector that becomes increasingly streamlined while simultaneously offering more options than ever before. A wave of new manufacturing processes, distribution channels, and even raw materials and fabrics will increasingly allow brands to offer hyper-personalized products and experiences, while also catering to the consumer-led push for sustainability.



INDUSTRY, COMMERCE AND BUSINESS

Business represents organized efforts by an individual or group of individuals engaged in making a living. Business comprises all profit seeking activities and enterprises that provide goods and services necessary to an economic system.

Industry and Commerce

Business activities may be broadly classified into two categories: (i) Industry, and (ii) Commerce. Industry is concerned with the production of goods and materials, while commerce is mainly concerned with their distribution.

Industry

The production side of business activity is referred as industry. It is a business activity, which is related to the raising, producing, processing or manufacturing of products. The products are consumer's goods as well as producer's goods. Consumer goods are goods, which are used finally by consumers .E.g. Food grains, textiles, cosmetics, etc. Producer's goods are the goods used by manufacturers for producing some equipment etc. Expansion of trade and commerce depends on industrial growth. It represents the supply side of market.

The term industry refers to that part of the business activity which is concerned with:

- Extracting materials like coal, iron ore, petroleum(called extractive industry);

- Processing and converting raw materials into finished products like soap, bread, fans, machines, cement (called manufacturing industry); and
- Construction activity like buildings, dams, bridges, roads (called construction industry). Thus, the activities of human beings engaged in extraction, production, processing, construction and fabrication of goods come under industry. In another sense, industry means a group of factories usually specializing in a particular product line. For example, all those factories which produce cotton textiles together constitute cotton textile industry. All the cement factories together constitute cement industry.

Classification of Industries

- There are various types of industries. These are mentioned as follows: -
- **Primary Industry:** Primary industry is concerned with production of goods with the help of nature. It is a nature-oriented industry, which requires very little human effort. e.g. Agriculture, farming, forestry, fishing, horticulture, etc.
- **Genetic Industry:** Genetic industries are engaged in re-production and multiplication of certain species of plants and animals with the object of sale. The main aim is to earn profit from such sale. e.g. plant nurseries, cattle rearing, poultry, cattle breeding etc.
- **Manufacturing Industry:** Manufacturing industries are engaged in transforming raw material into finished product with the help of machines and manpower. The finished goods can be either consumer goods or producer goods. E.g Textiles, chemicals, sugar industry, paper industry etc at another place

- **Construction Industry:**

Construction industries take up the work of construction of buildings, bridges, roads, dams, canals, etc. This industry is different from all other types of industry because in case of other industries goods can be produced at one place and sold at another place at another place

- **Service Industry:**

In modern times service sector plays an important role in the development of the nation and therefore, it is named as service industry. The main industries, which fall under this category, include hotel industry, tourism industry, entertainment industry, etc.

- **Commerce**

While industry is concerned with the production of goods, commerce is concerned with making the same available to those who need them. It embraces all those functions which are essential for maintaining a free and uninterrupted flow of goods. Therefore, the term commerce includes 'trade' and 'aids to trade'.

- **Trade**

The term 'trade' is used to denote buying and selling. Therefore, one who buys and sells is a trader. A trader is a middleman between the producer and the consumer. Trade may be wholesale trade or retail trade. A wholesale trader purchases in large quantities from the producers, and sells in small quantities to the retail traders. A retail trader is one who purchases from the wholesale trader or sometimes directly from the producer, and sells in smaller quantities to the ultimate consumers.

- **E-Commerce**

The internet is now a flourishing industry. With the technology advancing at a fast rate, more and more people are open to computers and internet. Increasingly they are learning to utilize the Internet for their day to day needs.

B.B.A & B.Com



Here E-commerce websites take a front seat, moving out to the millions of people searching for your kind of product or services online. Putting it simply, E-commerce or electronic commerce means buying and selling of goods and services on the internet. Before making any decision in business, it is worth taking into consideration the benefits, the company would reap on implementation of the new strategy of E-commerce.

- **Industry and E-commerce**

E-Commerce or electronic commerce, a subset of E-business, is the purchasing, selling, and exchanging of goods and services over computer networks (such as the internet) through which transactions or terms of sale are performed electronically. In practice, this term and a newer term, E-business, are often used interchangeably. For online retail selling, the term E-tailing is sometimes used. Electronic commerce is the conduct of financial transactions by electronic means. With the huge success of commerce on the internet, E-commerce usually refers to shopping at online stores on the World Wide Web, also known as E-commerce web sites.

- **Business**

A business is an organization where people work together. In a business people work to make and sell products or services for those who are in need of the same. The business owner is the person who hires people for work. A business can earn a profit for the products and services it offers.

- Few types of business
- Service Business
- Manufacturing Business
- Merchandising Business
- Sole Proprietorship
- Partnership
- Corporation
- Multi-National Corporations (MNCs)
- Franchises



Being an entrepreneur

Entrepreneurship is the art of planning, decision-making, and making of critical investments in the face of uncertainty. It is as well as the ability to organize and the drive to diversify and innovate in the organization.

An entrepreneur is somebody who fosters an orchestration of action, obtains the consequential, physical and human resources to commence another endeavor and operationalizes it and is liable for it's prosperity or disappointment. The abilities and skills that an entrepreneur should possess probably include as a matter of first importance, being a pioneer with a game-changing thought or conceivably innovative idea that can prosper in a congested commercial hub. Running a business entails more than simply managing and investing for an entrepreneur; it also entails market innovation and discovery to stay ahead of the curve and become the market leader.



EVOLUTION OF HEALTH CARE AND TECHNOLOGICAL ADVANCES

Health care is the maintenance or improvement of health via the prevention, diagnosis, treatment, amelioration, or cure of disease, illness, injury, and other physical and mental impairments in people.

In the 21st Century, health care systems across the world are focusing policy efforts on improving the quality of healthcare delivered to their population. In contrast, healthcare quality improvement in earlier time periods arose from a series of seemingly unrelated incidents and developments.

Prior to 1800, medicine was a "family affair." Women were expected to take care of illnesses within the family and only on those occasions of very serious, life threatening illnesses were doctors summoned. Called as "domestic medicine," early medical practice was a combination of home remedies and a few scientifically practiced procedures carried out by doctors.

The practice of midwifery i.e., attending women in childbirth and delivering babies, was a common profession for women, since most births took place at home. Until the mid-eighteenth-century medicine was based on the ancient Greek principle of "four humours", blood, phlegm, black bile, and yellow bile. Balance among the humours was the key to health and disease was thought to be caused by too much or too little of the fluids. When needed, people called on "bone-setters" and surgeons, most of whom had no formal training.

In 1854, when the British troops fought in Crimea and the surrounding area to force Russians to leave the Turkish territories of Moldavia and Wallachia, cholera and diarrhea were responsible for a great deal of mortality among the British troops, and the British government sent a group of nurses to accompany Florence Nightingale to Turkey to help care for the soldiers.

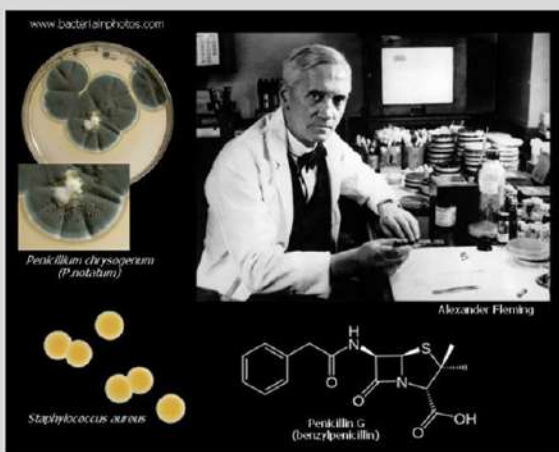
Within six months of the arrival of Florence Nightingale, the death rate from disease dropped from 42.7% to 2.2%. Some of Nightingale's specific improvements were, the reduction of overcrowding (beds had to be spaced three feet apart), provision of ventilation, the removal of horses that were being stabled in the hospital basement, assuring the sewers leading from the hospital were flushed several times a day and disinfecting the latrines/drains. She documented that if improvements had been implemented prior to admitting soldiers to the hospital, thousands of innocent deaths would have been prevented. In 1895 Wilhelm Conrad Rontgen accidentally discovered X-rays in Germany by producing a fast stream of electrons that come to a sudden s



top at a metal plate. His discovery revolutionized the ability to diagnose and Musculo-skeletal disorders and injuries. Historians identify Louis Pasteur as one of the "greatest benefactors to humanity of all time". He was a French chemist who discovered that disease was caused by microorganisms or microbes, which later became known as germ theory. This evidence led to the wide-scale adoption of antiseptic practices by physicians and hospitals. Pasteur's research also led to the development of "pasteurization," which utilizes heat to destroy harmful microbes in perishable food while leaving the food undamaged.

When the first pandemic in the world, called as Influenza Pandemic killed fifty million or 1/5 of the world's population, representing more people that died during World War I.

During this frightful time the quality tools were, quarantine (including ships entering the country), mandatory medical exams for all immigrants entering the country, communication in the form of weekly newsletters that contained information about the latest outbreaks. Mostly importance was given to the use of quarantine and usage of masks while in public. Sir Alexander Fleming, is a scientist who accidentally discovered the “wonder drug”, Penicillin. He was also known as a “sloppy scientist,” where cultures that he worked on were constantly forgotten, and his lab, was normally in a state of great disorder. Once, after returning from a month-long vacation, he observed that mold had developed accidentally on a staphylococcus culture plate and that the mold had created a bacteria-free circle around itself. His experiments led to the discovery of penicillin in 1928. Prior to the discovery of penicillin, death could occur with minor injuries, such as scrapes and from diseases such as strep throat, syphilis and gonorrhoea. By accidentally finding penicillin, he pushed the medical world to a whole new level, saving countless of people who would die of minor injuries.



Medical care in India was impacted by western studies and became more science-solid. Mind-reading exoskeletons, digital tattoos, 3D printed drugs,

RFID (Radio Frequency Identification) implants for recreational purposes: mind-blowing innovations are coming to medicine and healthcare almost every single day. Augmented, virtual, and mixed reality are all technologies opening new worlds for the human senses. While the difference between these technologies might seem arbitrary at first, it greatly determines how they could be used in healthcare. While AR (Augmented Reality) lets users see the real world and projects digital information onto the existing environment, VR (Virtual Reality) shuts out everything else completely and provides an entire simulation, and mixed reality is able to interact with the world while projecting information into it. Thus, AR (Augmented Reality) can be used by surgeons for projecting potentially life-saving information into their eyesight during operations, VR (Virtual Reality) can be used in psychiatry to treat phobias efficiently, and mixed reality is able to bring revolutionary novelties to medical education, or pre-operative surgical planning, among others.

In August 2015, an epilepsy drug called Spritam was approved which is made by 3D printers. It prints out the powdered drug layer by layer to make it dissolve faster than average pills.

3D printing drugs in odd shapes; such as dinosaurs or octopuses are already available to make it easier for kids to take pills. With the development in 3D printing, applying so-called digital tattoos or electronic tattoos on the skin for some days or even weeks became possible. Some researchers use gold nanorods, others graphene or various polymers with rubber backing to apply the tattoo on the skin without causing irritation. These kind of flexible, waterproof materials impervious to stretching and twisting coupled with tiny electrodes are able to record and transmit information about the wearer to smartphones or other connected devices. They could allow healthcare experts to monitor and diagnose critical health conditions such as heart arrhythmia, heart activities of premature babies, sleep disorders and brain activities noninvasively.

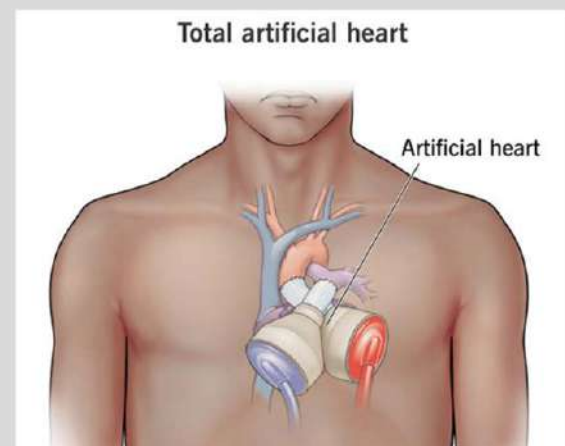
Moreover, by tracking vital signs 24 hours a day, without the need for a charger, it is especially suited for following patients with high risks of stroke. Regarding technological development, there is always a risk for the emergence of so far unknown illnesses and conditions. New types of diseases might appear due to the excessive use of virtual reality solutions, video consoles or smartphones. Examples include virtual post-traumatic stress disorder (v-PTSD), which might be the diagnosis for gamers who participate in large virtual battles wearing VR masks (such as Call of Duty) and experience similar symptoms as those soldiers who fought in real wars. Video-game epilepsy, in fact, is well-documented and the subject of a recent trial which found that video games, in particular, were more likely to provoke seizures in subjects with photosensitive epilepsy than standard television programs, even if the same screen is used for both. But the most common is the so-called 'text neck', the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Research has geared up lately in the area of brain-computer interfaces (BCI).

Dr. Gary Marcus said that brain implants today are where laser eye surgery was decades ago, but the field will advance significantly in the upcoming years. Retinal chips in future will be capable of giving perfect eyesight or the ability to see in the dark, a cochlear implant may grant a perfect hearing or a memory chip bestowing almost limitless memory. Although that's really galactic leaps away, the first neuroprosthetics is already on the market: we can purchase cochlear implants, and retinal implants – the latter was approved in 2013. Implants for people with Parkinson's disease send electrical pulses deep into the brain, activating some of the pathways involved in motor control. Rarer, but also in use, are brain implant therapies for people paralyzed by spinal cord injury or other neurological damage.

A chip inserted into the brain reads electrical signals that are translated by a computer to restore some movement and communication.

Surgical robots are the prodigies of surgery. The most commonly known surgical robot is the da Vinci surgical system, features a magnified 3D high-definition vision system and tiny wristed instruments that bend and rotate far greater than the human hand. With Intuitive's da Vinci, surgeons operate through just a few small incisions and it has been used in over 8.5 million procedures worldwide.

Within this procedure, the surgeon is 100% in control of the robotic system at all times. The robot's added value is to assist the surgeon in suturing, dissecting and retracting tissue. Surgical robots can dramatically increase operations' precision. Professor Zoltan Takats, developed the intelligent surgical knife, iKnife. It works by using an old technology where an electrical current heats tissue to make incisions with minimal blood loss. With the iKnife, a mass spectrometer analyses the vaporised smoke to detect the chemicals in the biological sample.



This means it can identify whether the tissue is malignant in real-time.

The technology is instrumental in detecting cancer in its early stages, thus shifting cancer treatment towards prevention.

A total artificial heart (TAH) is a pump that is placed in the chest to replace damaged heart ventricles and valves. (Ventricles pump blood to the lungs and other parts of the body.)

MEDICAL COURSES



Once the pump has been placed in the chest, a machine called a driver controls the pump outside the body. The pump and driver help blood flow to and from the heart, replacing the function of a healthy heart. A total artificial heart can help improve quality of life and allow a longer life.

To say medical education has not kept pace with changes in the practice of medicine would be an understatement. The significant redesign of medical education is based on the principal theory that all medical students spend the first one or two years of total program learning foundational sciences and the latter years applying that knowledge to clinical practice. It was an appropriate model for the era, formalized during a time when rapidly changing discoveries in physiology and microbiology were revolutionizing the practice of medical education. Ensuring all students of different medical fields keep pace with the changes and apply them in practice is paramount.

Be it films, digital images, or integrated file-sharing systems, radiology has historically been the leader in applying technological advancements to workflow and patient care. That trend shows no slackening.

Perhaps the most innovative technology is one that will be used with pathology, says Eliot Siegel, MD, professor of diagnostic radiology and nuclear medicine. It's liquid biopsy, and it could completely change how one diagnoses cancer. It's a simple blood draw to screen for various biomarkers that indicate cancer and lead to more personalized treatment. Additionally, liquid biopsy could be used with focused ultrasound to gather samples from brain tumours, leading to more accurate diagnoses and staging. Work is also underway to pair liquid biopsy with radiomics - the extraction and analysis of quantitative features from diagnostic images. The goal is creating an imaging biobank to support clinical decision-making. Interest in and hype around artificial intelligence (AI) has swirled in radiology for several years.

Although actual implementation was slow, it's beginning to pick up with MRI, PET, CT, and nuclear medicine. The greatest deep learning advance, however, will be with improved image quality. By processing collected raw data, new AI tools can improve contrast and spatial resolution, allowing for faster scan times, higher quality images, and potential dose reductions. A word of caution is to always investigate and ensure the data used to train the AI system is diverse enough to provide accurate guidance. Technology moves at light speed these days, and the advancement of technology in the medical laboratory is no different. These are some of the most recent impressive developments that have been going on in medical laboratories across the world.

Technology has been on the path to creating artificial organs and life support systems for decades now, with pacemakers being a great example. However, scientists have been making great strides in developing artificial cells that can mimic the effects of real cells found within the human body. These cells are created with tiny, synthetic gel material and are extremely useful for healing wounds and guarding against bacteria.

This is the first big step that will hopefully be able to create blood cells, brain cells and many other components of the human body.

While adhesive bandages do the job well, there are times when a quicker and more permanent solution is necessary.

Scientists are hard at work on an "anti-bleeding gel" that, when applied to a wound not only seals it instantly but starts the clotting process as well. This means that one can stop a dangerous wound in its tracks and start the healing process almost instantly. It is a time of rapid technological advancement and a flood of new technologies is expected to invade the rehabilitation room. Whether through technological or scientific advances, physiotherapy is always looking for new ways to improve patient care. These technology platforms have made therapy more convenient and attractive for patients.

A gait scanner is a specialised mat that detects pressure when a person walks across it.

The information collected by this mat is analysed and used to develop an image of the base of the feet, which will show physiotherapist where to place pressure when we walk, as well as how to move. This information can be used for far more than just issues relating to the feet, as even the slightest deviation in a person's gait can affect the health all through the body. A small pain can radiate from the foot and into the lower leg, or affect how a person walks in such a way that causes them to hunch their back, or tilt their neck. Gait scanners can therefore be used to address issues that to most people would seem completely unrelated to our feet. Blood flow restriction (BFR) therapy is a training and rehabilitation strategy involving the use of cuffs or bands placed around a limb. This partially restricts blood flow to the muscle and occludes venous outflow. It is a new, unconventional way to rehabilitate muscle injuries and weakness, particularly those occurring in the arm or leg. The application is normally paired with low-intensity resistance exercises. This allows the individual to train their muscles without placing excessive weight on the limb, while still reaping similar benefits to conventional strength training. The COVID-19 pandemic led to a boom in telehealth and IT infrastructure investments. Data-driven telemedicine systems, virtual health care systems and connected vital sign monitoring technologies make it easier for patients to consult with providers, regardless of location. Virtual hospitals and health care facilities bring health care services to underserved rural areas and developing nations, while hybrid care models allow existing health care networks to serve patients who can't or won't seek in-person treatment. Informatics can do more than expand access to essential health services, however. It can also help people get the care they need more quickly. Greater health-focused information technology investment is associated with shorter wait times. Whatever technological advances happen, regardless of amazing new machineries, at the end of the day it is humans who are treating other human beings.

SUPPLY CHAIN AND LOGISTICS INDUSTRY

Supply Chain Management is considered as the backbone of the economy as it makes sure for an efficient and economical flow of goods and other commercial sectors. Logistics is one of the most important basic industries for any economic growth. Today each and every organization stands at a forefront because of their effective & efficient supply chain network. It includes the management of the flow of products from the place of origin to the place of consumption. This industry has several integrated processes like material handling, warehousing, packaging, transportation, shipping security, inventory management, supply chain management, procurement, and customs service. The generation today is completely depend on internet, preferring everything to be delivered at their doorstep with minimum time, which is now possible because of Logistics Operations. Logistics industry in India is growing rapidly. It is a vast field with enormous opportunities for talented and energetic future managers in India as well as abroad. The scope of BBA Logistic supply chain Management & logistics is flourishing every day, as the numbers of Retail & FMCG companies are increasing in India. It is also increasing due to rise in supply chain spending faster than the overall economy and company management recognizing the importance of Supply Chain Management (SCM). Efficient adoption of digitalization and a paradigm shift from retail purchases to E-commerce websites have put enormous pressure on the logistics industry. The supply chain management has to be stronger than ever to meet the rising expectations of the millennial consumer – lower cost, zero defects and faster delivery. Flexibility, transparency and traceability in shipments and varying lot sizes are other challenges being faced by the industry. With delivery options like normal, next day and same day openly available to customers, it has

become imperative for companies to change their strategies and collaborate efficiently. Today there are so many colleges & universities offering different type of courses in the same domain. Logistics & Supply chain Management in India aims to make skilled professionals in “New Age Career”. However, outsourcing logistics activities to experienced logistics service providers (LSP), also known as third-party logistics (3PL), will facilitate companies getting efficient and customized logistical support while concentrating on the core competencies. Today, there are many large multi-national LSPs that offer complete supply chain solutions across globe. Apart from core logistics activities such as transportation and warehousing, LSPs also offer value-added services such as customs clearance, freight forwarding, import/export management, inventory management, assembly/installation, packaging and labeling, distribution, after sales support, reverse logistics, etc.

The logistics firms are moving from a traditional set-up to IT integrated operations to reduce the incurring costs and meeting the service demands. The growth of the Indian BBA Logistics sector also depends much on its soft infrastructure like education, training and policy framework as much as the hard infrastructure. All types of business (E-commerce and FMCG) need logistics managers to help with inventory and account receivable. In small businesses may one person in charge of these duties, while large corporations have entire logistics and supply chain management department. Career opportunities in the field of procurement, logistics, operations and supply chain management are vast and lucrative. The question most professionals in this field face today is, Should I get certified? The answer to this question comes down to your personal career objectives and how certification can help you achieve them. Certification courses are an excellent way to enhance your knowledge, expertise and performance in the field of



procurement, logistics, operations and supply chain management. Logistics industry in India is growing rapidly. It is a vast field with enormous opportunities for talented and energetic future managers in India as well as abroad. Bachelor of Business Management and Bachelor of Commerce in Logistics Management - this degree takes 3 years to complete, and by its completion, the student will be competent in the understanding and interpreting of logistics management principles.

The sector's push towards constant skill up-gradation makes it a great option for people looking for a lifetime of professional growth. While it has a rich demand for skills, the sector has no inherent gender bias, offering equal opportunities to women. A degree course in supply management gives the candidates job opportunities not only within the industry, but also in the outside sector as Customer Service Manager, Fulfillment Supervisor, Supply Chain Analyst, Consultant, Transportation Manager, Warehouse Operations Manager, Shipping Coordinator and Export Executive. To support India's fast-paced economy growth logistics industry is very essential. In addition, companies having manufacturing and distribution operations needs trained professionals in Logistics. In short, nearly every size and type of organization requires motivated, well-groomed individuals to become their supply chain leaders of the future.

AVIATION INDUSTRY

What is aviation industry?

The aviation industry encompasses almost all aspects of air travel and the activities that help to facilitate it. This means it includes the entire airline industry, aircraft manufacturing, research companies, military aviation, and much more.

The importance of the modern aviation industry is difficult to overstate, but one of the main reasons for this importance is the globalised nature of the industry, helping to connect different continents, countries and cultures. As a result, global aviation has been key in facilitating efficient travel to distant places, enriching many lives in the process.

The aviation industry has also been a key contributor to global economic prosperity, not only as a result of the tourism industry boosting local economies, but also because it has allowed for improvements to global trade.

Meanwhile, the aviation industry also directly provides millions of jobs for people around the world, with examples including everything from pilots and cabin crew, through to air traffic controllers and aerospace engineers. On top of this, the aviation industry has helped to create many jobs in the wider travel and tourism industry too.

Why Aviation?

The civil aviation industry in India has emerged as one of the fastest growing industries in the country during the last three years. India has become the third largest domestic aviation market in the world and is expected to overtake UK to become the third largest air passenger market by 2024.

A rising proportion of middle-income households, healthy competition amongst Low-Cost Carriers, infrastructure buildup at leading airports and supportive policy framework has given a positive push to the aviation sector. With the entry of national and international airline companies the aviation sector has not only grown but it also created employment opportunities.

Get a career in aviation industry

A career in aviation industry is a dream for many; firstly because of the handsome remuneration and secondly the reputation in the society. Not to mention the career growth and free perks that comes along with aviation jobs. Also, some people like to choose aviation jobs because of their passion to aircrafts and aviation industry.

The first profession that comes to mind when thinking of a career in the aviation industry is that of a Pilot but it is worth knowing that there are a plethora of other career profiles that candidates can pursue in this field. Some of the popular job profiles that candidates can hope to pursue in this field are:

- Aircraft Electrical Installer or Technician
- Pilot
- Air Traffic Controller
- Quality Control Personnel
- Ground Staff
- Aircraft Manufacturing Engineer
- Airport Operations Manager
- Aviation Maintenance Technician
- Flight Steward/Stewardess (Airhostess)
- Air Ticketing Staff
- Cargo agent
- In-Flight Catering

The aviation industry is experiencing rapid growth. The growth is contributing significantly to the growth of the global economy. According to estimates provided by IATA, the total number of passengers will continue to rise in the next two decades and double by the year 2034. Moreover, the number of destinations will continue to increase as nations upgrade their infrastructure and open new routes. As a result it will create new jobs and facilitate international trade and tourism.



BACHELOR OF COMPUTER APPLICATION (B.C.A)



INFORMATION TECHNOLOGY IN MODERN WORLD

Digital technology is driving significant changes across just about every area of our lives. New developments and advancements mean that there are all kinds of jobs in the IT industry, creating opportunities for many different professionals. As this fascinating area continues to grow, we take a detailed exploration of the IT industry and all it can offer. As well as examining the types of jobs available, the skills you'll need.

Perhaps a better term for measuring IT industry is the 'Digital Transformation Market'. Essentially, this refers to the integration of digital technology across areas of businesses. This adoption of technology results in a fundamental change to the organisation and the way they operate. Of course, the word 'digital' itself has many definitions and can refer to all sorts of different areas. For some companies, it means going paperless and introducing software and technology. For others, it means a greater focus on emerging technologies such as cloud computing, big data analytics, and machine learning.

All kinds of sectors are embracing this digital transformation. While industries such as E-Commerce and banking have already taken big strides, E-Learning, health care, and supply chain are all starting to make progress. The IT industry is a broad and varied one, with all sorts of career options available. Given how vast it is, it can sometimes be difficult to narrow down some of the key roles. What's more, as well as many established positions, there are also plenty of emerging ones.

If you want to go into the IT industry, you'll want to start by thinking about some of the types of jobs available.

Technical IT

Technical IT jobs often require a lot of specialist knowledge and focus on the creation and implementation of various technologies.

Popular roles include:

Software developer: Also known as a computer programmer, this job focuses on writing computer code to create and implement new software. It's often a problem-solving role, and software developers work across all kinds of projects.

UX designer: A user experience (UX) designer works to create usable, enjoyable, and accessible products and technology. It requires elements of design, psychology, business, and technical knowledge.

QA analyst: QA analysts are problem-solvers. They test websites and software to check for bugs and problems, documenting their findings as they go. Often, they work closely with developers to deliver a successful project.

Game developer: This role is similar to a software developer, as they design, program, and test games. Games developers can work independently or in large teams.

Creative digital roles

Creative digital roles often centre on delivering content for the end-user. They're usually expressive and more artistic than other areas. Examples include:

Web designer: Web designers are responsible for planning, designing, and creating the layout of a website or web pages. They use code to combine text, graphics, video, and other content to create something appealing to the user.

Copywriter: Copywriters create all kinds of written content for the purpose of selling, educating, persuading, and other reasons. They write articles, advertising content, E-mail marketing, and other forms of media.

Social media manager: As you might expect, this role is focused on digital marketing across social media channels. Professionals in this role work to create campaigns, build relationships with customers and increase brand awareness.

UI designer: These professionals work closely with UX designers. However, user interface (UI) designers focus more on the visual side of customer interaction. They design the various elements that users interact with when using technology.

If you're hoping to get a job in the IT industry, you'll need to have a fairly diverse set of skills and understanding. Many businesses are looking for candidates with a range of both hard and soft skills. Although the technical knowledge needed to do the job is important, the less tangible skills that make good employees (such as communication and problem-solving) are also essential. When it comes to the specialist knowledge you'll need to find a digital job, there are countless skills we could choose. However, here are just a few that might come in useful:

Data analytics: We're all producing huge amounts of data each day, and those who can analyse and interpret it are in high demand.

Coding/programming: Understanding how computers are programmed and being able to write code means you'll always find work in the digital industry.

Social media: Many social media platforms have gone beyond just a place to share pictures. They're now a viable sales and marketing channel, and those who can maximise the potential of social are in high demand.

Blockchain: Blockchain is the technology behind cryptocurrencies like Bitcoin. As an emerging area of expertise, many companies are trying to get on board with this innovative technology.

Content creation: One area that's common to just about every sector of the digital industry is content. Creating the words, images, videos, and audio that help to inform, describe, and sell, is an art form in itself.

The less-teachable skills are those that are common across just about every sector. Employers frequently look for a mix of the following:

Collaboration: In the digital industry, you'll need to work with a diverse range of other professionals. Being able to forge productive relationships that bring out the best in others is highly desirable.

Emotional intelligence: This skill is closely linked to the others in this section. It's the ability to use and manage your emotions in a positive way, as well as to recognise the same in others.

Adaptability: The digital industry moves and changes rapidly. Those who can adjust and adapt with these changes will always be in demand.

Creativity: Ultimately, this is an industry that rewards new ways of thinking. Whether you're creating content, code, or business processes, creativity is a valuable asset to have.

Artificial Intelligence has become the keyword which defines the future and everything that it holds. Not only has Artificial Intelligence taken over traditional methods of computing, but it has also changed the way industries perform. From modernizing healthcare and finance streams to research and manufacturing, everything has changed in the blink of an eye.

Artificial Intelligence has had a positive impact on the way the IT sector works; in other words, there is no denying the fact that it has revolutionized the very essence of the space. Since the IT sector is all about computers, software, and other data transmissions, there is a relatively important role Artificial Intelligence can play in this domain.

Artificial Intelligence is a branch of computer science that aims at turning computers into intelligent machines, which would otherwise not be possible without a human brain. Through the use of algorithms and computer-based training, Artificial Intelligence and Machine Learning can effectively be used to create expert systems that will exhibit intelligent behavior, provide solutions to complicated problems, and further help to develop stimulations equivalent to human intelligence within machines.

IT is a fascinating and rapidly growing sector with plenty of opportunities.

The types of job roles available span all kinds of different areas, meaning that there's something for just about anyone. With the right skills, knowledge, and ambition, you can start your own career in the IT industry.



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