



MANGALA

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CANARA COLLEGE

Managed by Canara High School Association, Mangaluru
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Principal

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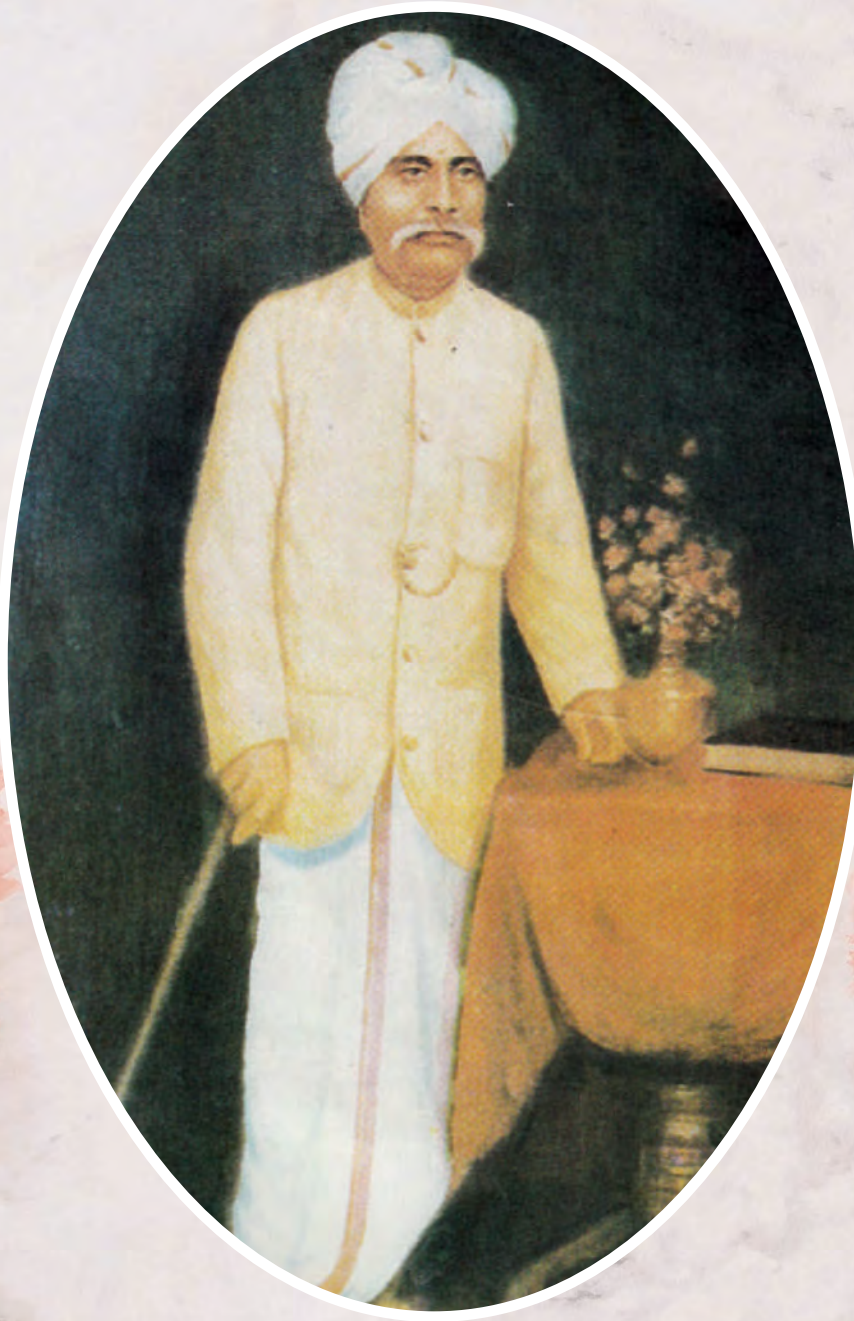
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OUR FOUNDER



**Ammembal Subba Rao Pai
(1852-1909)**



Canara Milestones

Where there is no struggle there is no strength; every step towards a cause requires sacrifice, struggle and the tireless exertion and passion of a dedicated individual. These words justly portray our visionary Sri. Ammembal Subba Rao Pai, an incredibly pragmatic personality who was instrumental in rendering valuable headship to the stalwart foundation of CANARA institutions in Mangalore. Sri Ammembal Subba Rao Pai laid a strong foundation with the strongest desire and instinct to develop a concern for fellow human beings with a view to make changes to remove hardship and to work with a sense of service and dedication. The CANARA edifice is thus standing on the founding principles of progressive leadership and remarkable adaptability to the changing environment.

On 19 November 1852, a legend Ammembal Subba Rao Pai was born. This star went ahead and created a universe of its own which emanates radiance in the form of talented individuals and shall continue to emanate this radiance for time immemorial. It all started with the inception of Canara Bank which is undoubtedly one of the prime banking institutions of the country. There was no looking back after this. Canara family just began growing exponentially with the establishment of the Canara Educational Institutions viz., Canara Girls' High School and Canara College. Each venture was an evolutionary step and a milestone in itself.

Canara college has emerged to be a prestigious institution owned and run by the Canara High School Association, Mangalore. Started in the year 1973, the course has now been

recognised and identified as a premier institution on account of excellent teaching faculty and remarkable results in the semester examinations. It has to its credit, the honour of having secured more than 100 ranks and many more laurels and accolades. The journey continues at the same pace. The students move out of the portals of this edifice of learning moulded into promising and responsible citizens.

The foundation stone of Canara college building was laid on 12th July, 1972 by Dr.A.R Pai, Senior Life member of the college committee. The college is indebted to its past President, Late U. Gopal Krishna Nayak, who was instrumental in the construction of the new building for the three High Schools, Junior College and the present Under Graduate College as well. The building was declared open by Mr. Holck Larsen of Larsen & Toubro Ltd.

The college aims not merely to provide university education but also equips the students to triumphantly conquer challenges in life's journey. The college lays great stress on the development of character and discipline among the young students so that they are shaped to be worthy citizens of our country. Today we can proudly say that canara college is a name to reckon with in the district of Dakshina Kannada. Some leaders are born while a majority have emerged as leaders at Canara. With these leadership skills, Canarites have spread their wings far and wide into almost all the dimensions of society. No field is left untouched and unexplored.

Canara has thus instilled the core values in every student. The Pancha Sheela - Shraddaha (faith), Jiinasa (Love of knowledge), Shakthi (strength), Sayyama (self-control) and Seva Nishte (service) are deeply rooted in the hearts of Canarites.

Moving ahead the College is all set to reach the zenith of core curriculum aiming to provide quality post graduation education to deserving aspirants in the near future. As the saying goes, "The foundation of every state lies in the education of its youth", Canara college has been preparing students to be educationally strong and culturally vibrant with an undertaking to work with dedication towards preserving and strengthening the integrity of the Nation. The faculty is committed to grooming candidates into quality individuals bestowed with knowledge and ethics thereby promoting innovation and service to society. Further the college is progressing towards the realisation of a worthy goal of attaining an autonomous eminence which shall certainly be another feather in the glorious cap of our Alma - Mater. Let us all be proud to be associated with Canara.

Pillars of Canara Management Committee



Sri. M. Anappa Pai
President



Sri M. Padmanabha Pai
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Sri. Ranganath Bhat
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Member



Sri. Srikanth Pai Kasturi
Member



Sri. M M Kamath
Member



Message

The lofty ideals of our Founding Father Sri Ammembal Subraya Pai with four teachers starting Canara High School in 1891 is the beginning of the revolution in the field of Education in Mangalore.

Generous contribution, selfless service and dedicated teachers over the years have built this Canara Group of institutions which is educating more than ten thousand students from LKG to Post Graduate level in the field of Science, Commerce, Arts and Engineering streams.

Canara Senior college established in the year 1973 is one such jewel in the Crown of the Canara Group.

As the current president of Canara High School Association, it is my pleasure to wish all of you the best in bringing out the annual magazine for the year 2020 - 2021, the 48th edition of "Mangala".

With warm regards

Sri M. Annappa Pai
President



Message

I am very happy that Canara college is coming out with college magazine this year.

Now that the days of the pandemic seems to be distancing away, we hope that normalcy comes back soon and the college will again be a hub of activity. With the plans of the National Education Policy to be put into effect soon, the field of education will see a metamorphosis. The Student will have a plethora of choices to choose from. It becomes very important for all the stakeholders like the Management, Faculty, Universities and students to be ready to accept and take into stride the various changes that come for the good of education.

My best wishes to the Principal, Faculty and the students for a very successful year ahead. My compliments to those bringing out this annual magazine.

M Ranganath Bhat
Honorary Secretary



Message

It's an ecstatic feeling to write for yet another issue of our college magazine. This year has been the most challenging one with a tremendous transition to Hybrid learning. The College magazine is a brief insight into the activities – curricular, co-curricular and extra-curricular organised throughout the year despite the pandemic impediment.

A balance between education and play, learning and leisure, obedience and freedom, safety and autonomy is necessary for productive learning and enhancing the quality of educational life of the students and this magazine is one such platform to bring in the balance and present a platform to the students as well as the faculty to showcase their talent.

It is our endeavour to move on the path of truth, love, selfless service while imparting quality education to students. I compliment and wish luck to the students, the staff and the Principal who have strived to bring out this distinguished magazine.

Sri. Maroor Sudhir Pai
Correspondent



Message

I am elated to place before you the college magazine after assuming charge of the principal for the academic year 2020-21. True to our theme 'Together we can and we will', 'Mangala' our College Magazine kindles the imagination of our learners and gives an insight into the imagination and creativity of our students and faculty members.

The annual magazine presents a portrait of the institution. The academic year 2020-21 has been an extraordinary challenge due to COVID-19. The pandemic created an opportunity to rethink various strategies for higher education in the form of digital learning. The campus was digitally vibrant without physical presence of the students. Our faculty members enriched their knowledge by enrolling in various professional development courses. The crisis inspired creativity and transformation for a strong and sustainable future.

I feel privileged to be a part of this reputed temple of learning that houses the stakeholders who thrive to maintain the dynamic spirit of learning and discovering through such endeavours. The college is firm in its resolve to provide support to academic events and publication of literary writings and has achieved an appreciable status by securing laurels in university examinations, NSS and cultural events, CA, CS and other competitive exams.

The magazine has made an earnest attempt in this direction and it has motivated students to read and write more. Striving for a vibrant and dynamic academic atmosphere is a wholesome and holistic exercise to mould the students to become notable change-makers of the society. The focus should be on not only 'what is taught' but also 'the way it is taught'. Our persistent efforts must be to leverage the intellectual and emotional capabilities of students, encourage free and spirited exchange of ideas to celebrate diversity, while ensuring inclusivity. It should be our collective endeavour to promote an inspirational, motivational, value-based academic and inclusive environment.

I express my appreciation to all the contributors for their write-up which holds mirror to creativity and performance through the course of the year. It is their willingness to share knowledge, concerns and special insights with fellow beings that has made this magazine possible. I applaud the editorial team for the hard work and dedication they have invested in realizing this goal, and wish my dear students success in all future endeavours.

As we are moving to the fourth cycle of NAAC Assessment and Accreditation, with the collective efforts of all our stakeholders we were able to prepare and submit our Self Study Report marching towards our continuous journey in sustaining, enhancing and assuring quality. We eagerly look forward to smoothly and successfully complete this process with the on-site peer team visit by the NAAC.

My best wishes to the editorial board for their meticulous work in bringing out this magazine 'Mangala' 2020-21.

Thank you all.

Dr. Premalatha V.
Principal

Teaching Staff

**"A teacher takes a hand, opens a mind,
touches a heart and shapes the future"**



Dr. Premalatha V.
Principal



Dr. Bhuvana Ramachandran
Head, Dept. of English



Ms. Pramod Kumar P.S.
Dept. of English



Mrs. Rithika S Das
Dept. of English



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Head, Dept. of Kannada



Mrs. Thara Kumari
Dept. of Kannada



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Head, Dept. of Hindi



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Dept. of Hindi



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Head, Dept. of Sanskrit

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Dept. of Economics



Mrs. Savitha G.
Dept. of Economics



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Dr. Ashakiran Pakkala
Head, Dept. of Physics



Mrs. Sukhalatha
Dept. of Physics



Dr. Yashodhara
Dept. of Physics



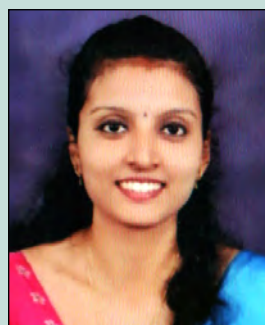
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Dept. of Mathematics

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Head, Dept. of Botany



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Dept. of Botany



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Dept. of Botany



Mrs. Sushama C.
Dept. of Zoology



Mrs. Pushpanjali S.
Dept. of Zoology



Mrs. Dejamma A.
Head, Dept. of Commerce



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Dept. of Commerce



Mrs. Seema Prabhu S.
Dept. of Commerce



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Dept. of Commerce



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Dept. of Commerce



Mr. Karthik Kamath
Dept. of Commerce



Mrs. Pushpalatha
H.O.D., Dept. of
Business Administration



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Dept. of Business
Administration



Mrs. Laxmi Hegde
Dept. of Business
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Mr. Hardik Chauhan
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Administration

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Mr Aswil Karkera
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Dept. of
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Mrs. Prathima Baliga
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Mrs. Adithi Nayak
Dept. of Computer Science



Mrs. Rajyalaxmi
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Mrs. Vijetha Bhat
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Mrs. Shailaja Kumary
Dept. of Computer Science



Mr. Avinash
Director of
Physical Education



Mrs. Aparna Kamath
Head., PG Dept. of
Commerce



Miss Megha Kamath
PG Dept. of
Commerce



Mrs. Archana Kamath
PG Dept. of
Commerce



Mrs. Ashajyothi
PG Dept. of
Commerce

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Mr Akhil
B.Sc. 10th Rank, Mangalore University

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Librarian



Mrs. Shruthi G
Library Assistant



Ms. Namratha
Library Clerk

Students' Welfare Council



Vaishnavi V Shet
President



Manvi Mrinal
Vice President



Shree Durgaprasad
Secretary



Anushree
Joint Secretary

Administrative Staff



Mr. Sridhar-Prabhu
First Division Clerk



Mrs. Shanthi
First Division Clerk



Mrs. Vidya Kini
Sec. Division Clerk



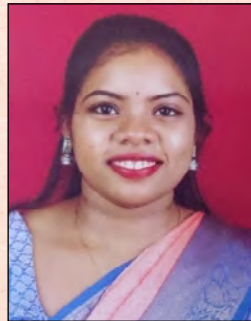
Mrs. Radhika
Sec. Division Clerk



Mr. Krishnananda D
Sec. Division Clerk



Mrs. Amitha Poojari
Lab Instructor



Ms. Meghana B A
Lab Instructor



Mr. Dinesh
Attender



Mrs. Parvathi K
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Mr. Venkappa Naik
Attender



Krishna M
Peon



Mrs. Pushpalatha Pai
Attender



Gajanana Kini K
Attender



Mr. Sudesh-Kumar
Attender



Mr. Ramesh
Attender



Mrs. Bharathi Shenoy
Attender



Mr. Prashanth Kumar
Attender



Mrs. Mohini Ramesh
Peon

INTERNAL QUALITY ASSURANCE CELL (IQAC)

1. Training Session on "Filling Annual Performance-Based Self-Appraisal Form"

Development of a culture that recognizes the significance of quality is vital to any HEI. Self-appraising of the performance is the annual exercise to reflect the individual accomplishments with the institutional goals and expectations.

With the introduction of revised framework of Performance-Based Self-Appraisal Form and also as requested by the faculty members, the Internal Quality Assurance Cell (IQAC) of the College organized a Training Session on "Filling Annual Performance-Based Self-Appraisal Form for Teaching Faculty" on June 13, 2020 at the 9:30 AM in the College Seminar Hall. IQAC Coordinator Mr. Hardik P. Chauhan facilitated the session.

IQAC Coordinator Dr. Premalatha V., shared the rationale and distinctiveness of the revised framework.

Mr. Hardik P. Chauhan facilitating the session explained the entire framework, guidelines to be considered while filling in the inputs in each metric across the criterion. They were also informed about the criterion-wise and metric-wise weightages, procedure of appraisal, data verification process and the timelines set for the entire process. Further, a set of instructions were also provided to the faculty members while interacting and attending to their queries. Dr. Bhuvana Ramachandran, Head, Dept. of English proposed the vote of thanks.

Training Session on "Filling Annual Performance-Based Self-Appraisal Form for Faculty"

Sandhya B. Mam JUNE 12, 2020 y)

Dear all, as requested by some of the staff members, a meeting is convened tomorrow at 9.30 am in the seminar hall to discuss about the PBAS. Interested staff may attend the same.

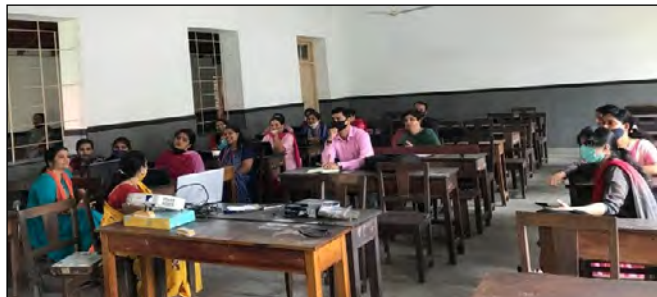
4:23 PM

Meeting with iqac 4:51 PM



2. WORKSHOP ON VIRTUAL CLASSROOM TEACHING

Virtual Class Coordination Committee organized a Workshop on Virtual Classroom Teaching on August 24, 2020. Ms. Pushpanjali S., Convener, B. Sc. Programme, Ms. Anasuya Bhagvath, Member: B. Com. Programme, Ms. Vijetha Bhat, Member,



Session On Video Editing Using Laptop

BCA Programme, Ms. Priyanka, Member, BBA Programme, Ms. Aparna Kamath, Member, M. Com. Programme demonstrated recording videos, editing videos and, connectivity, settings etc., to the teaching staff.



Session On Video Editing Applications Using Smart Phones

3. Training Programme on "Conduct of Virtual Class through Google Meet with G-Suite"

With the growing use of virtual mode of teaching-learning process, educators are in the predicament with a feeling of being thrown into new territory of online classes and are unsure about how to navigate the unfamiliar world of virtual learning.

With a view to further accustom the faculty on the appropriate use of Google Meet with G-Suite, a hands-on training for the conduct of virtual class using above platform was organized by the Internal Quality Assurance Cell (IQAC) on September 26, 2020 at 10:00 AM in the College Seminar Hall. Our Alumnus Mr. Atul Bhat, Assistant Professor, Dept. of Physics, Poorna Prajna College, Udupi was the key facilitator for the session.

Mr. Atul Bhat in his hands-on session gave step-by-step guide and detailed insights on how to use Google meet, explained its features, various add-

ons available and its usage, special features of G-Suite, need for having an organized system and structure for appropriately storing and retrieving the learning contents, and so on.... The teachers practically followed the demonstration using their smartphones or laptops so as to understand it better.

The training session was then followed by seeking clarifications by the faculty members.

Principal Dr. Premalatha V., appreciated and thanked Mr. Atul for having trained the teachers in a very simple and understanding manner.

Dr. AshakiranPakkala, Head, Dept. of Physics welcomed and introduced the Alumni Resource Person and also proposed the vote of thanks. The Virtual Class Coordination Committee coordinated the session.



4. CREATION OF DEPARTMENT WISE YOUTUBE CHANNEL AND UPLOADING OF VIDEOS

Virtual Class Coordination Committee organized a two-day workshop on Creation of Department wise YouTube channel and uploading of videos on October 16 and 17, 2020 for all the teaching staff. Ms. Pushpanjali S., Convener, B. Sc.

Programme, Ms. Anasuya Bhagvath, Member: B. Com. Programme, Ms. Vijetha Bhat, Member, BCA Programme, Ms. Priyanka, Member, BBA Programme, Ms. Aparna Kamath, Member, M. Com. Programme coordinated the session.

5. Observance of Vigilance Awareness 2020

In consonance with the directions of Central Vigilance Commission through Department of Collegiate Education, Vigilance Awareness 2020 with its central theme "Vigilant India, Prosperous India" was observed by the College on Thursday, October 29, 2020 at 3:30 PM in the College Seminar Hall.

Mr. Pavan Kumar B., Senior Branch Manager, Kodical Branch, Bank of India, Mangaluru was the Alumni Chief Guest. He in his address remarked that "Effective and pro-active vigilance machinery can contribute towards improving the quality of governance in all spheres of life. There is a greater need to uphold the spirit of vigilance as it is vital for the nation's prosperity. It is therefore very much imperative that vigilant citizens become equal partners in building a New India, a Self-Reliant India and a Prosperous India. He also called upon the teachers to educate the students about being vigilant at all the times."

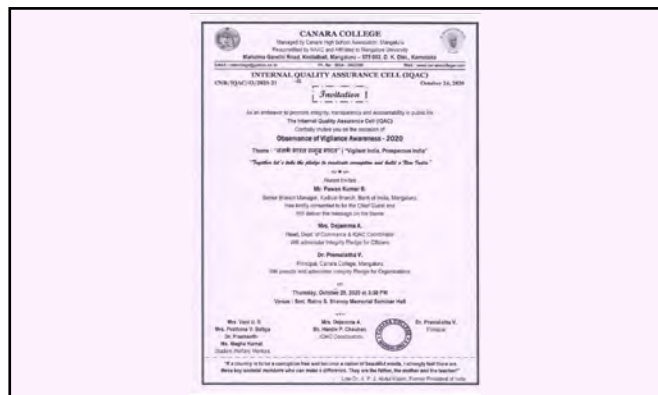
Ms. Dejjamma A., Head, Dept. of Commerce and IQAC Coordinator administered the Pledge of Integrity for Citizens.

Dr. Premalatha V., Principal, administered the Pledge of Integrity for Organizations and delivered

the presidential address. In her address she remarked that "Observance of Vigilance Awareness across the nation will certainly inspire the people to rededicate themselves for the new work culture of transparency, responsibility and accountability. As responsible stakeholders of the system, we must all uphold high ethical values, which will help in developing a sustainable culture of honesty and integrity. In this direction, let us all renew, reaffirm and commit to collectively work towards making our nation more vigilant and prosperous in the years to come."

Ms. Prathima V. Baliga, Faculty, Dept. of Computer Science and Applications and Student Welfare Mentor welcomed the guest and gathering. Mr. Hardik P. Chauhan, Faculty, Dept. of Business Administration and IQAC Coordinator, gave more insights on the significance of the day. Ms. Megha Kamat, Faculty, Dept. of PG Commerce and Student Welfare Mentor proposed the vote of thanks. Message of the Hon. President and Vice President of India and Commissioner of Chief Vigilance Commission were read out during the occasion. Ms. Kavyashree K., Faculty, Dept. of Commerce compered the programme. The occasion concluded with respectfully signing the National Anthem.

Photographs of Observance of Vigilance Awareness 2020





6. Founder's Day Celebration 2020

Founder's Day 2020 with its theme for the occasion "Embracing the Legacy : Celebrating the Greatness of Ordinary Life" was celebrated by the College on Thursday, November 19, 2020 at 8:45 AM in the College premises. The celebration began with offering floral tributes to the Founder. This was then followed by the formal gathering.

Ms. Anila, Principal, Canara Evening College, Mangaluru and Proud Alumna of the College graced the occasion. Addressing on the theme of the occasion "Embracing the Legacy : Celebrating the Greatness of Ordinary Life" she said - "It is indeed a momentous day for the Canara Family as we celebrate the 168th birthday of our revered Founder Late Sri Ammembal Subba Rao Pai. It is the day when a thought, a philosophy and a vision was transformed into concrete reality and a day earmarked to celebrate our history and reconnect with the continuing journey of the institution. Recalling the Vision statement of the Institution she called upon all to collectively strive towards its accomplishment as a real tribute to our Founder. At the same time, we could not possibly have the Institution we have today without such farsighted vision. That is his prodigious legacy, a legacy which we all embrace and honor today and celebrate the greatness of extraordinary contributions made by him through his simple, ordinary yet a very meaningful and purposeful life."

Dr. Premalatha V., Principal, in her presidential address said - "Founder's Day gives an occasion

for the entire Canara family to reflect not only the humble beginnings made by our Founder but also on the significant development accomplished thereon. This event in the year tends to remind us that we do not serve the community in isolation. We do it collectively as an Institution – an Institution that has grown tall by leaps and bounds, stood the test of time and which has an illustrious history created by a man far ahead of his times. On this special day, let's take a pledge to further solidify our resolve to strive towards excellence in all spheres of individual and collective activity so that the community at large constantly rises to higher levels of endeavor and achievement."

Ms. Dejamma A., Head, Dept. of Commerce and IQAC Coordinator welcomed the gathering. Ms. Anila, Principal, Canara Evening College and Alumni Invitee hoisted the College Flag. Mr. Hardik P. Chauhan, Faculty, Dept. of Business Administration and IQAC Coordinator, gave more insights on the significance of the day. Dr. Prashanth, Head, Dept. of Economics and Student Welfare Mentor proposed the vote of thanks. Ms. Sushma R. Shetty, Faculty, Dept. of Commerce and Staff Welfare Secretary compered the programme. Ms. Vani U. S., Ms. Prathima V. Baliga and Ms. Megha Kamat,

Student Welfare Mentors, teaching and non-teaching staff members and students were present during the occasion. The programme concluded with the National Anthem.

Photographs of Founder's Day Celebration 2020



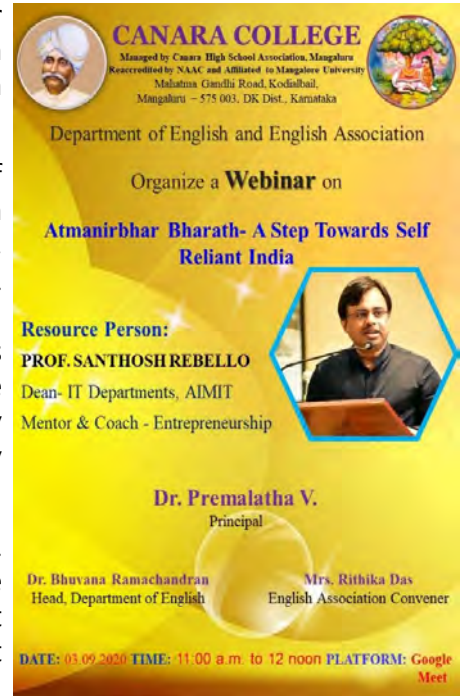
ENGLISH DEPARTMENT AND ENGLISH ASSOCIATION

1. A SESSION ON ATMANIRBHAR BHARAT ABHIYAN

The Department of English organized a webinar on Atmanirbhar Bharat Abhiyan (self-reliant India) on August 07, 2020. Prof. Santhosh Rebello, Dean, St. Aloysius Institute of Management and Information Technology (AIMIT) was the resource person.

The resource person in his address, discussed the key features of Atmanirbhar Bharat Mission. He expressed his views on how the 'Youth of Today' can make our country self-reliant. He briefed them on Startups, its opportunities and also how they could contribute to the country. He highlighted on the New Education Policy (NEP) and appreciated the Prime Minister for taking such an initiative. His discussion was focused on NEP as a key role factor in creating Atmanirbhar Bharat. He acknowledged and valued the efforts and the contributions made by the Founder of Canara Institutions, Sri Ammembal Subba Rao Pai. Sixty students and eight faculty members participated in the webinar.

Dr. Premalata V. Principal, delivered the presided over the programme. Dr. Bhuvana Ramchandran Head, Department of English gave the welcome address. Mr. Pramod Kumar, Assistant Professor, Department of English, proposed the vote of thanks. Ms. Rithika S Das, Assistant Professor, Department of English, compered the programme.



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Recognized by NAAC and Affiliated to Mangalore University
Malatya Gindla Road, Kodinhal, Mangalore - 575 003, DK Dist., Karnataka

Department of English and English Association

Organize a **Webinar** on

Atmanirbhar Bharat- A Step Towards Self Reliant India

Resource Person:
PROF. SANTHOSHREBELLO
Dean- IT Departments, AIMIT
Mentor & Coach - Entrepreneurship

Dr. Premalatha V.
Principal

Dr. Bhuvana Ramchandran
Head, Department of English

Mrs. Rithika Das
English Association Convener

DATE: 03.09.2020 TIME: 11.00 a.m. to 12 noon PLATFORM: Google Meet

THE DEPARTMENT OF KANNADA

1. NATIONAL LEVEL WEBINAR ON PRASTUTA SANDARBHADALLI PADVI TARAGATIGALA KANNADA PATYA BODHANeya SAVAALUGALU

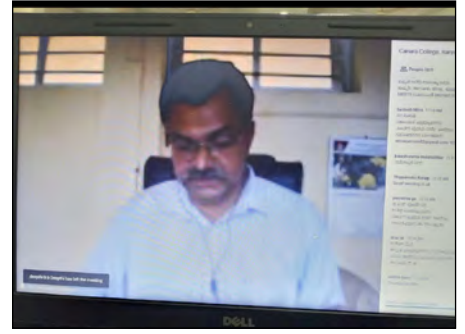
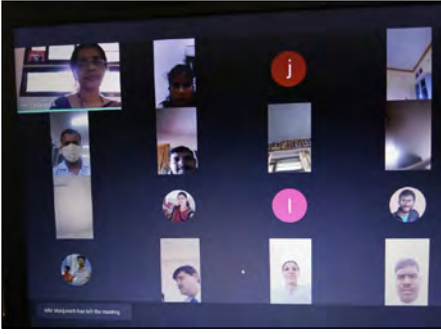
The Department of Kannada in association with IQAC, organized a Webinar on Prastuta Sandarbhadalli Padavi Taragatigala Kannada Patya Bodhaneya Savaalugalu August 18, 2020. Dr. Varadaraja Chandragiri, Principal of Government First Grade College, Bettampadi, Puttur was the resource person.

Dr. Varadaraja Chandragiri said, "Kannada lecturers ought to take up the challenge of use of modern technology and deliver online teaching, thereby infuse a sense of confidence among the students and also bridge the gap with them. The faculty should acquire English knowledge skills so as to pass it on to the students and enable them

to imbibe multiple skills by which they would immensely benefit particularly during exposure to the outside world."

Ms. Vani U.S., Head, Department of Kannada introduced the resource person. Dr. Premalatha, Principal, delivered the key note address. Ms. Dejjamma A., IQAC Coordinator delivered the vote of thanks. Ms. Seema Prabhu, Assistant Professor, Department of commerce and Mr. Rithesh, III B. Sc technically assisted the session. . Mr. Hardik P. Chauhan, IQAC Coordinator and Ms. Thara Kumari were present. There are 207 Teachers and research scholars and 138 students registered for the webinar.





2. INTERNATIONAL LEVEL WEBINAR ON VACHANA SAHITYA – ANANYATE

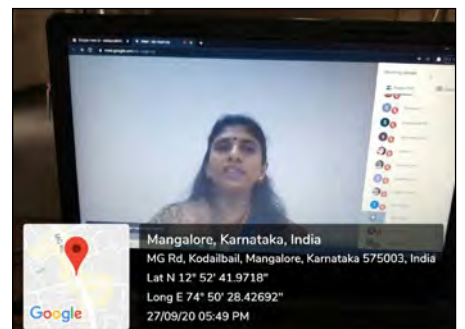
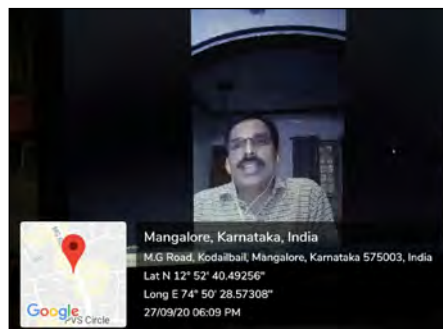
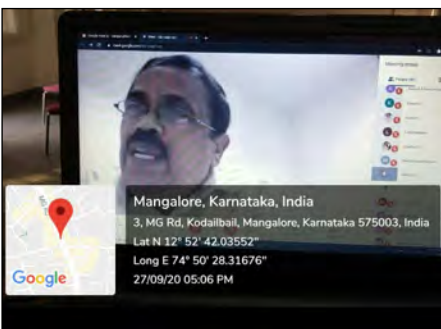
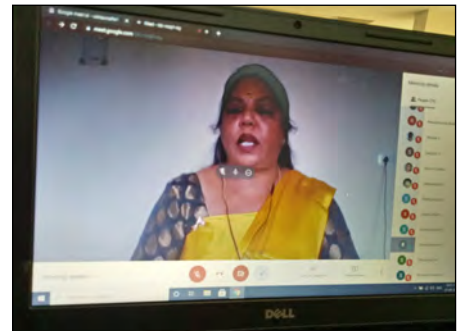
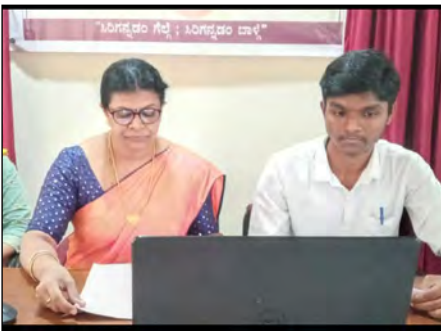
The Department of Kannada Organized an International Webinar on VachanaSahitya – Ananyate in association with Siddamangala Seva Kendra, Bengaluru and BasavaBalaga, Muscut on September 27, 2020. CA M. Vaman Kamath, Alternate Treasurer, Canara High School Association, Mangaluru was the inaugurator of the webinar.

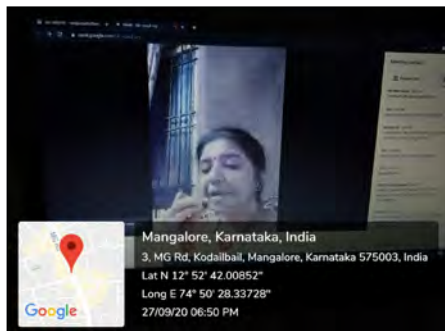
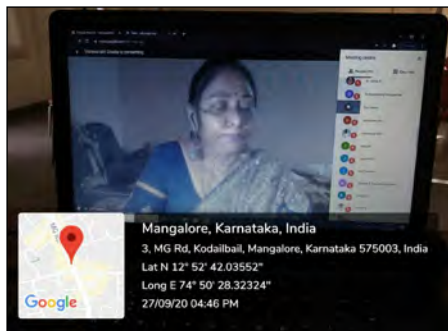
In his inaugural speech he said that "Vachana Sahitya is different from other branches of Kannada Literature, because its richness lies in welfare of all human beings. The writings of 'Sharana' are remarkable one, to overcome the sufferings of man in the world."

Dr. Sheeladevi S. Malimutt, Programme Director, Associate Professor, BMS Woman's College Bengaluru was the Keynote Speaker of the webinar. Resource person Mr. N.C. Shivaprakash, General Manager, Telecommunication Department, Aflag Group of companies, Muscut, spoke on 'Vachana Sahitya -Navarasa Nele'. Ms. Usha Shivashankar,

Active Member, BasavaBalagaMuscut, spoke on the topic Vachana Sahitya –Ananyate. Dr. Dhanjaya Kumble, Asst, Professor, S.V.P. Kannada AdhyayanaSamsthe, Mangalore University gave valuable insight into Vachana Sahitya-Akashatatva Nele.

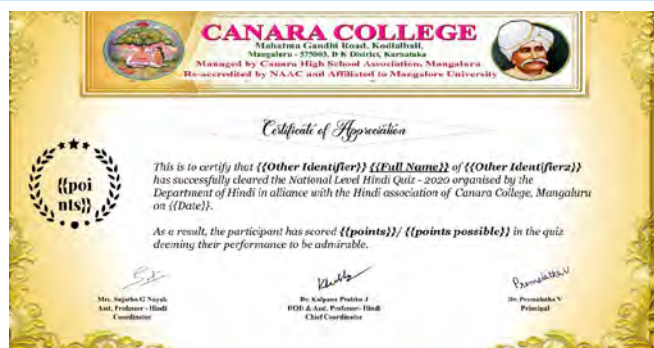
Dr. Premalatha, Principal, in her presidential address she spoke about the importance of Vachana Sahitya. Prof. Jayashree M. Odeyar, President, Siddamangala Seva Kendra, Bengaluru was present. Ms. Vani U.S., Head, Department of Kannada welcomed and introduced the resource persons. Ms. Varshini and Ms. Sudheeksa R. students from Canara College sung Vachanas. Ms. Tharakumari, Associate Professor, Department of Kannada proposed the vote of thanks. Ms. Seema Prabhu, Assistant Professor, Department of Commerce and Mr. Rithesh, III B. Sc provided technical assistance. there were 150 members registered and actively participated in the webinar. Mr. Parashurama U. Student of Canara College, compered the webinar.





1. NATIONAL LEVEL HINDI QUIZ FOR TEACHERS

On account Hindi Day celebration, the department of Hindi of Canara College, Mangaluru conducted a national level virtual quiz competition for language teachers from September 10 to September 25, 2020. The participants were allowed to join in the quiz competition through Google Doc. 156 teachers actively participated in this competition. Participants who scored above 50% received a participation e-certificate.



2. NATIONAL LEVEL HINDI QUIZ FOR STUDENTS



On account Hindi Day celebration, the department of Hindi of Canara College, Mangaluru conducted a national level virtual quiz competition for students from September 10 to September 30, 2020. The participants were allowed to join in the quiz competition through Google Doc. 256 students actively participated in this competition. Participants who scored above 40% received a participation e-certificate.

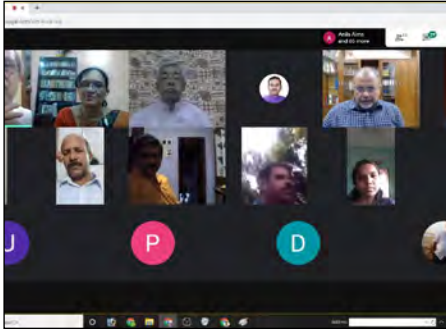
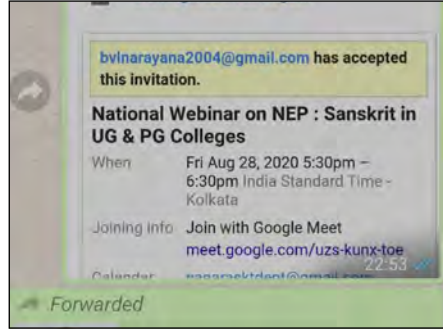
1. A Virtual National Webinar

The Department of Sanskrit and Internal Quality Assurance Cell (IQAC), Canara College, Mangaluru organized a national level webinar - New Education Policy: Sanskrit in UG & PG Colleges on August 28, 2020.

Padmashree Dr. Chamu. Krishna Shastry, Trustee of Samskrit Promotion Foundation, New Delhi was the resource person. He said, "The Union Cabinet's New Education Policy (NEP) recommends the establishment of an Indian Institute of Translation and Interpretation (IITI) while simultaneously placing a premium on Sanskrit and other Indian languages. The policy's key element is that Sanskrit will be "mainstreamed" in school - including as one of the three language options in the three-language formula - and in higher education. The teaching and learning of Indian languages must be

integrated into all levels of schooling and higher education. For languages to remain relevant and dynamic, a continual stream of high-quality education is required."

C.A.M. Vaman Kamath, the alternative treasurer of Canara high school association was the chief guest. M. Ranganatha Bhat, the Honorary Secretary, Canara High School Association presided over the programme. Dr. Premalatha V, Principal of Canara College, welcomed the gathering. Ms. Dejjamma the IQAC coordinator, and Head, Department of Commerce introduced the guests. Mr. Hardik P. Chauhan, IQAC coordinator, delivered the vote of thanks. Dr. Shantala Vishwas, Head, Department of Sanskrit, compered the programme.



2. INTERNATIONAL WEBINAR - SAMSKRIT, SANSKRITI AND SAMSKARAM: A MEANS TO PERFECTION IN LIFE

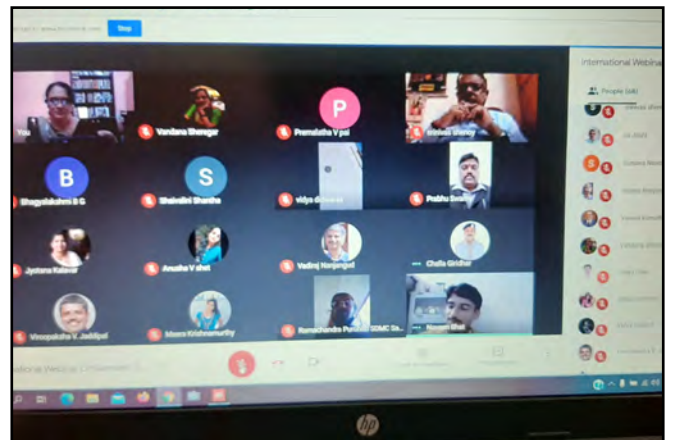
The Department of Sanskrit and Internal Quality Assurance Cell (IQAC), Canara College, Mangaluru organized a webinar - Relation Of Samskrit, Sanskriti And Samskaram: A means to Perfection in Life on September 15, 2020.

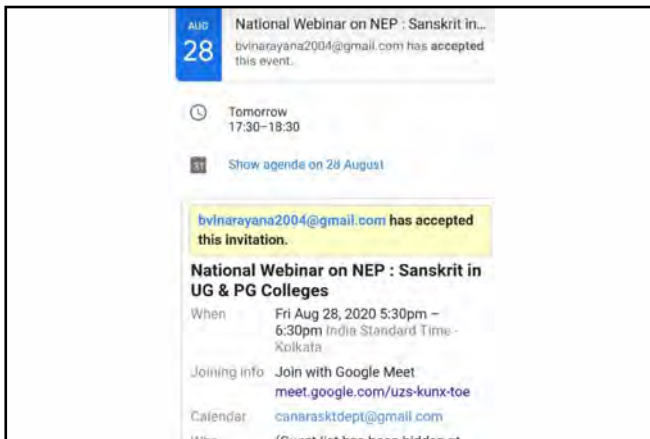
Dr. Naveen Bhat, Assistant Professor at Amrita Darshanam, Amrita Vishwa Vidyapeetham, Coimbatore was the resource person. He said, "language does play an important role in developing the culture of the nation (Sanskriti) and Samskaram of the citizens. Sanskrit is not just a language; it is a way of living. It is a path to achieve inner peace together through culture and values leading to perfection in life."

The Keynote speaker of the session Prof. Viroopaksha V. Jeddipal, D.Litt, formerly ICCR Visiting Professor, UGM, Indonesia, and Secretary,

MSRVP, Ujjain, Madhya Pradesh P, said, "Sanskrit language is the mother of civilization, culture and human values which encompasses the wealth of the whole world. It is indeed a perfect harmonizer that balances the body, mind and soul."

Sri Bastypurushotham Shenoy, governing council member, Canara High School Association, Mangalore presided over the programme. C.A.M. Vaman Kamath, alternative treasurer, Canara High School Association, graced the occasion. Principal Dr. Premalatha V., introduced the guests. Dr. Shantala Vishwas, Head, Department of Sanskrit, gave the introductory speech. Ms. Dejjamma, IQAC coordinator, and Head, Department of Commerce, proposed the vote of thanks. Dr. Shantala Vishwas and Mr. Hardik P. Chauhan, coordinated the programme.

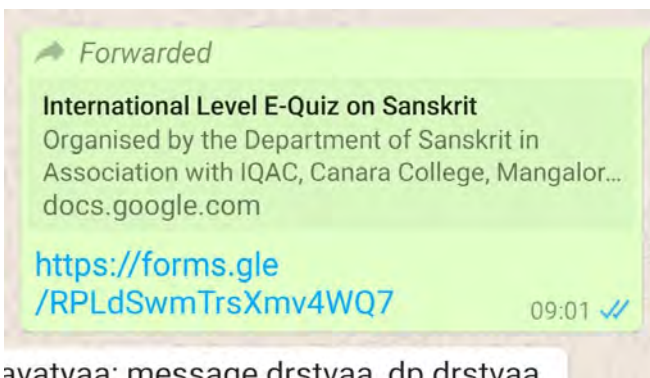




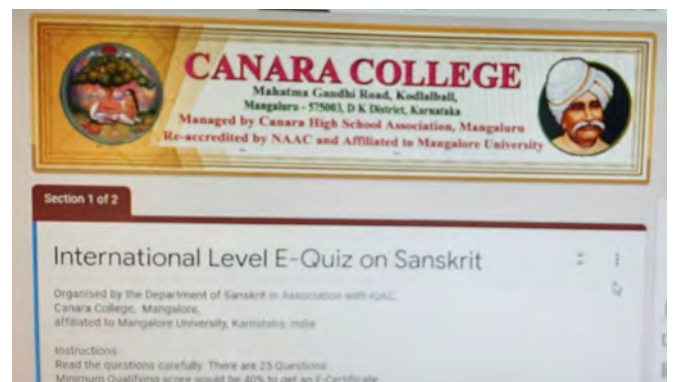
3. International Level E-Quiz on Sanskrit

The Department of Sanskrit and Internal Quality Assurance Cell (IQAC), Canara College, Mangaluru organized an International Level E-Quiz on Sanskrit on September 15, 2020. 320 students and teaching

fraternity actively participated in this competition. Participants who scored above 40% received a participation e-certificate



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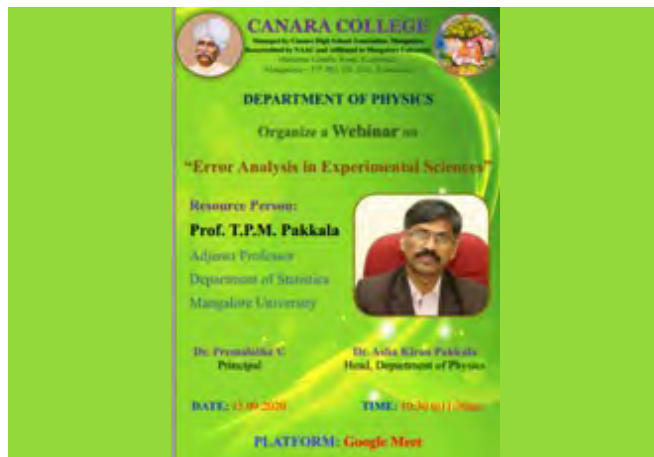
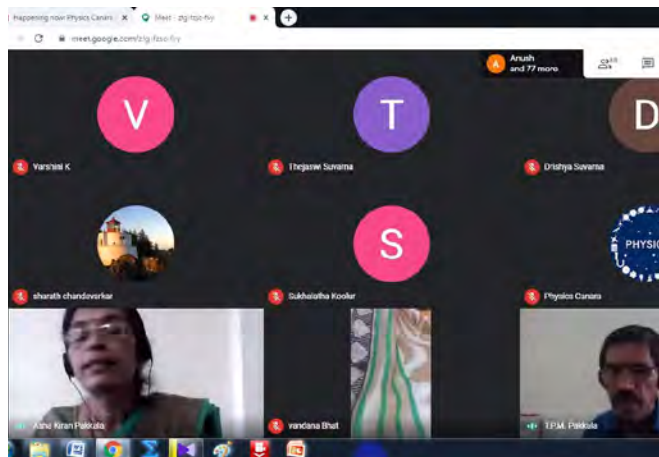
DEPARTMENT OF PHYSICS

1. Webinar on Error Analysis in Experimental Sciences

Department of Physics conducted one day webinar on Error Analysis in Experimental Sciences Information on September 15, 2020. Prof. T.P.M. Pakkala, Adjunct Professor, Mangalore University was the resource person.

Nearly 100 participants participated in this webinar through the Google Meet. At the end of the program

feedback was taken and certificate of participation was issued to all participants. Yashodhara I and Dr. Raveesha P M. were the webinar moderators. The whole program was conducted under the guidance of Dr. Asha Kiran Pakkala, Head, Department of Physics and Ms. Sukhalatha, Assistant professor, Department of Physics.



DEPARTMENT OF MATHEMATICS

1. TWO-DAY NATIONAL LEVEL VIRTUAL SEMINAR COMPETITION

The Department of Mathematics organized a two-day national level virtual seminar competition on November 10 and 11, 2020. Mr. Mohan, Assistant Professor, Principal Dr. Permalatha V, Ms. Keerthi, Assistant Professor, Department of Mathematics were the judges of the competition. Topics like Cryptography, Matrix, Differentiation Equations, Index Numbers, Graph Theory made the virtual seminar more meaningful, informative, and interesting. 20 students of various colleges actively participated. The participants were presented

e-participation certificate and the winners were awarded with books related Mathematics.

2. FIVE-DAY NATIONAL LEVEL QUIZ COMPETITION

The Department of Mathematics organized five-day national level quiz competition for students from September 9 to 13, 2020. The competition was conducted through Google Forms. There were 462 participants and which included students of Abu Dhabi, Uganda and Bangladesh. Participants who scored 60% and above presented e-participation certificate.



DEPARTMENT OF COMPUTER SCIENCE

1. Virtual Parent Teachers Meeting 2020

The Department of Computer Science organized a virtual meeting for the Parents of I BCA students in the college seminar hall. Dr. Premalatha Pai, Principal, presided over the programme. Ms. Jayabharathi K.P. Head, Department of Computer Science introduced examination, college and department rules and regulations. Ms. Prathima Baliga welcomed the gathering and Ms. Shailaja Kumary delivered the vote of thanks. Ms. Babitha S, Academic advisor of I BCA compered the programme. 37 students' parents and guardians attended the meeting.



DEPARTMENT OF COMMERCE

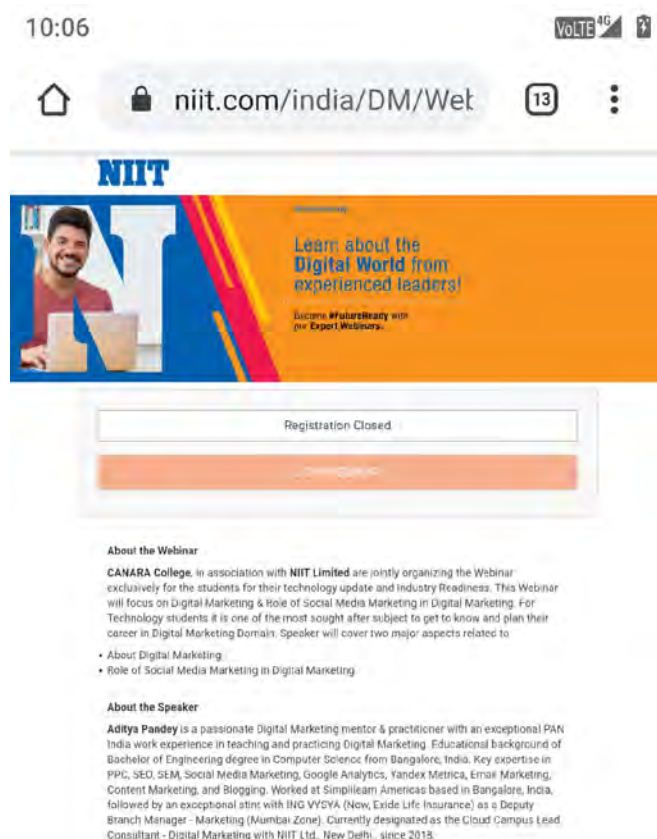
1. Webinar on Digital Marketing

Digital Marketing has become the most potential marketing tool in today's digital age. Department of Commerce, Canara College, Mangaluru and NIIT Limited jointly organized a webinar on Digital Marketing on June 19, 2020 through Zoom Platform. The webinar focused on Digital Marketing and Role of social media marketing in digital marketing.

The resource person was Mr. Adithya Pandey, Cloud Campus Lead Consultant- Digital Marketing, NIIT Ltd., New Delhi. He said "Marketing is no longer about making cold calls, spreading flyers and shaking hands while exchanging business cards. While those things are still essential, a significant part must also include a digital marketing strategy. When put into simple terms, these are marketing strategies that include action steps for your digital marketing plan. When you develop these strategies, you're doing so to achieve marketing goals. The best marketing strategies include carefully selected Internet marketing channels that involve owned, earned and paid media." He gave a detailed picture of digital marketing, the role of various social media marketing and various avenues in digital marketing domain. A total of 41 students attended and interacted in this webinar.

Ms. Seema Prabhu S., Assistant Professor of Commerce introduced the resource person and welcome the gathered. Ms. Smitha M., Assistant

Professor of Commerce delivered the vote of thanks. Ms. Madhumitha, compered the programme.



2. Webinar On Students' Attitude in Uncertainty

The Department of Commerce organized a webinar - Students' Attitude in Uncertainty on August 28, 2020 in the college Seminar Hall.

Dr. Nayana, Associate Professor in Commerce, Govt. First Grade College, Balmatta was the resource person. She opined, "These times are difficult for all of us, especially students who are struggling with multiple priorities and career goals. They are surrounded by multiple stressors, including uncertain transition, new way of learning, personal and social connections and changing nature of our relationships."



Dr. Premalatha V Pai presided over the programme. Ms. Dejamma A, Head, Department of Commerce briefed about the webinar. 55 B. Com students benefitted from this Webinar. Ms. Usha Nayak, Assistant Professor, Department of Commerce welcomed the gathering. Ms. Vinoda Nayak, Assistant Professor, Department of Commerce delivered the vote of thanks. Ms. Bindiya Shet of III B Com compered and Ms. Kavya Shree, Assistant Professor, Department of Commerce, coordinated the programme.



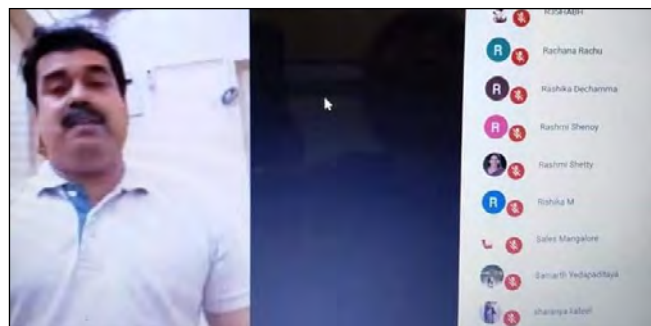
3. Webinar On Meditation and Yoga-Connecting Body and Mind

The Department of Commerce organized a Webinar on Meditation and Yoga-Connecting Body and Mind for the students of Canara College on August 31, 2020. Dr. Jnaneshwar Nayak, Yoga Consultant Pathanjali Chikitsalaya, Bejai, Mangalore was the resource person.

The programme was organized on the Google Meet platform. The resource person went on to

demonstrate a few useful asanas while explaining their importance in our daily lives. 40 students of Canara College, Mangaluru actively participated in this webinar.

Under the guidance of Ms. Dejamma, Head, Department of Commerce, Ms. Usha Nayak, Ms. Vinoda Nayak and Ms. Kavyashree, faculty, Department of Commerce, coordinated the session



4. Webinar Management Strategies Depicted in Indian Ethos and Its Relevance in Modern Business World

The Department of Commerce organized a webinar - Management Strategies Depicted in Indian Ethos and Its Relevance in Modern Business World on October 05, 2020 at 10.30 a.m. through Google meet. The resource person Sri Sharad VihariDasa, founder trustee, BhakthiVedantha Academy for Cultural and Character Education, Mangaluru, addressed the first year B.Com. students and narrated various incidents in the Ramayana and the Mahabharatha. He also spoke about the numerous

management lessons that can be learnt from ancient Indian epics.

Sri. BastyPurshotham Shenoy, member, CHS Association graced the occasion. Ms. Dejjamma A., Head, Department of Commerce gave the introductory speech. Dr. Premalatha V., Principal, presided over the function. Ms. Swathi Nayak welcomed the dignitaries, Mr. AshwilKarkera proposed the vote of thanks and Ms. Kavyashree K. compered the programme.



5. Webinar on Career Opportunities in Banking & Financial Institutions

The role of banking is becoming increasingly important in today's times. People are turning to banks to secure their money and deposit valuables. Along with it, EMI-based purchases, loans, accounting, internet banking, phone banking, wallets, remote payments, and other services being offered by banks are finding increasing takers. The financial sector is also growing hand-in-hand with the banking sector. People are turning towards accountants for handling their businesses, filing tax returns, and financial planning. They are also searching for more work opportunities in industries needing professionals to manage their finances. As a result, this growing industry has been ever in need of talent and expertise.

To provide insight into this Department of Commerce, Canara College, Mangaluru and NIIT Limited jointly organized a webinar on "Career Opportunities in Banking & Financial Institutions" on October 06, 2020 through Zoom Platform. The webinar focused on career opportunities in Banking and Financial Institutions.

The resource persons Mr. Niranjana T. Mohite

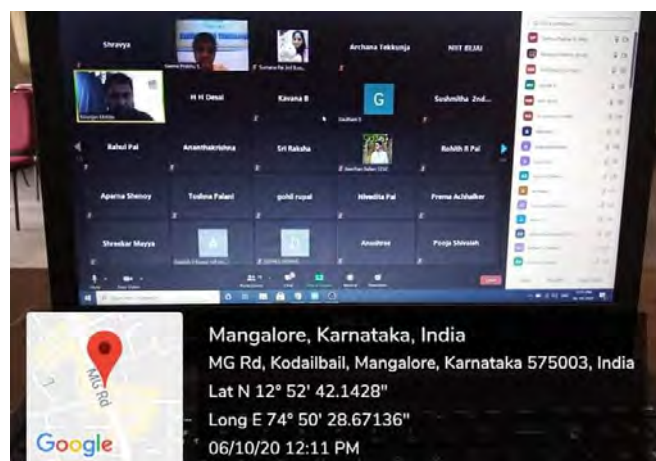
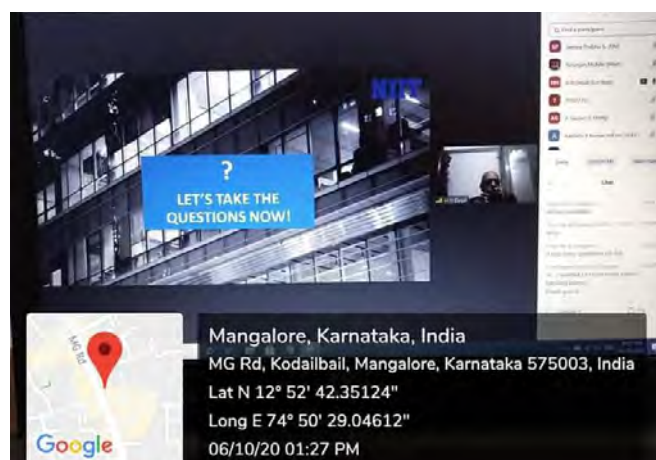
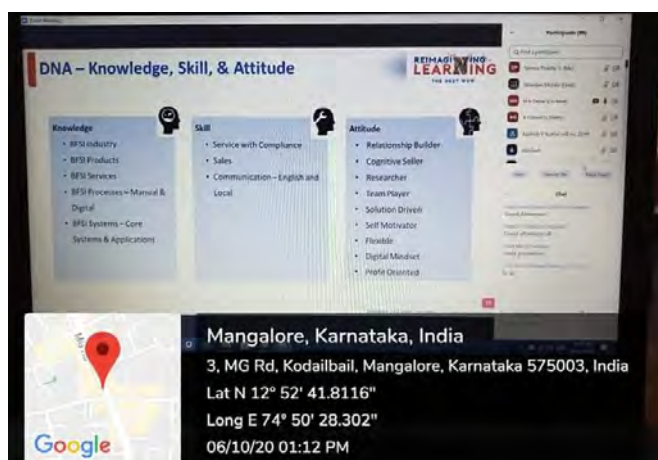
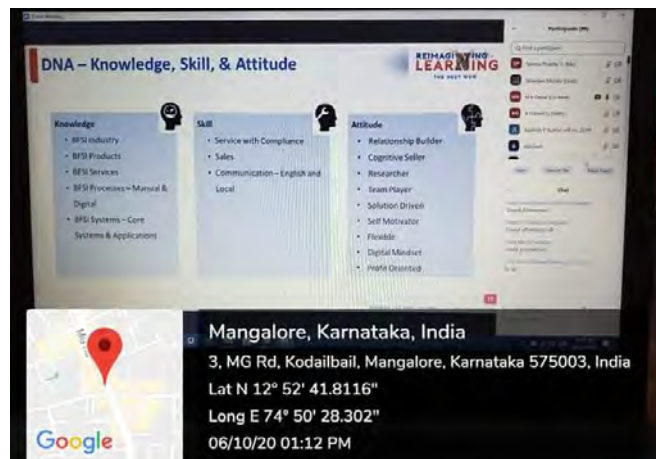
and Mr. Narayanan, Regional Lead for West and South for BFSI Vertical of NIIT gave an overview of banking and finance sector. They also explained the requirements for the jobs in the banking and finance sector, the challenges and job satisfaction, along with the easy availability of a number of bank courses for a job.

Ms. Dejjamma A. Head, Department of Commerce gave the introductory remarks. Ms. Seema Prabhu S., Assistant Professor of Commerce introduced the resource person and welcome the gathered. Ms. Smitha M., Assistant Professor of Commerce delivered vote of thanks. Ms. Sumana, compered the programme. A total of 122 students actively participated in this webinar

Outcomes of the Activity:

This webinar created awareness among the participants the career and job opportunities in BFSI and the requirements for the job, the courses available in India and abroad.

Staff Convener: Ms. Seema Prabhu S.



6. International Webinar on Exposure to Global Career & Work Life

Department of Commerce, Canara College, Mangaluru organized an international webinar on Exposure to Global Career & Work Life on October 10, 2020 through Google meet and You Tube. GowrishBaligaBantwal, Audit Senior, EY- Edinburgh, United Kingdom, alumnus of the college was the resource person.

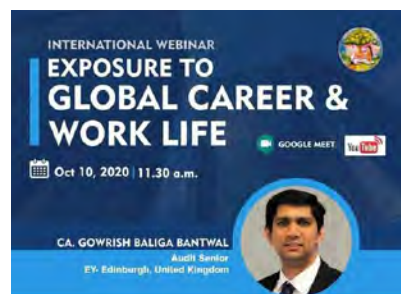
He spoke about the importance of multidisciplinary education and lifelong learning. He elaborated on

how industry and academic partnerships affect students; how technological advancement can ensure efficiency among students; and how real-world experiences and classroom learning can match to produce students with excellent skill-set. He stressed upon the career dilemmas that most people face. He also touched upon the importance of money in one's career, skill sets required for the future, how difficult it is to start something of your

own, and the importance of managing one's career and personal life and highlighted ways to excel in various stages of one's professional life.

Sri Bastypurushotham Shenoy, Executive Committee Member, CHS Association was the guest of honour. Dr. Premalatha V., Principal of the college presided over the function. Ms. Dejjamma A. Head,

Department of Commerce gave the introductory remarks. Ms. Seema Prabhu S., Assistant Professor of Commerce introduced the resource person and welcomed the gathered. Ms. Kavyashree K., Assistant Professor of Commerce delivered vote of thanks. Ms. Bindiya Shet, compeered the programme. A total of 184 delegates actively participated in this webinar.



Organized by
Department of Commerce
CANARA COLLEGE
Mangaluru

Dr. Premalatha V. Principal
Dejjamma A. HOD
Seema Prabhu S. Kavyashree K. Co-Moderators



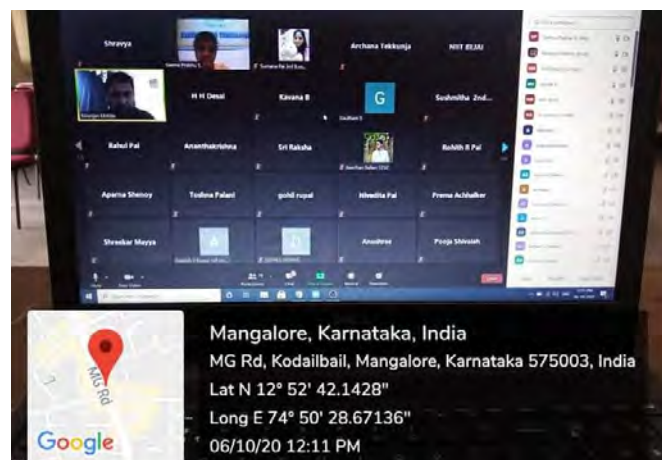
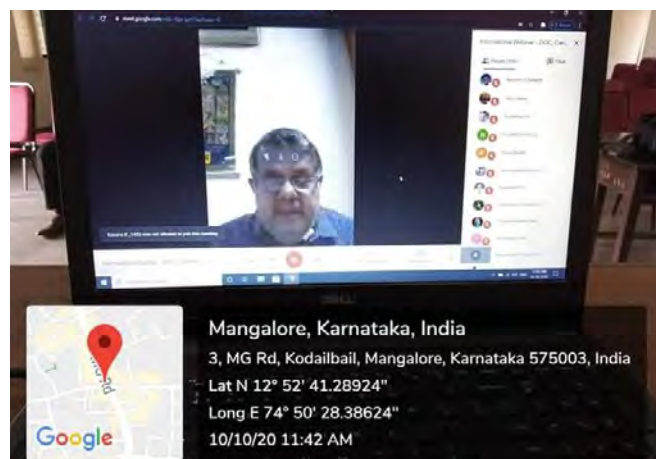
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7. Webinar on Introduction to Securities Market

The Department of Commerce in association with Metropolitan Stock Exchange of India Ltd. organized a webinar on Introduction to Securities Market on November 18, 2020.

Sri. Khaja Mohideen, Vice President, MSE of India Ltd spoke on the various investment opportunities available in the Securities Market. Smt. Rajani Agadi Kori, Deputy General Manager, Securities and Exchange Board of India, spoke on the various policy initiatives by SEBI for the benefits of investors. Sri. C. S. Harisha, Regional Head, Central Depository Services Limited, Karnataka, spoke on the services provided by CDSL.

65 final B.com students benefitted from this webinar. Ms. Dejjamma A., Head, the Department of Commerce and IQAC Co-Ordinator briefed about the objectives of the webinar and introduced the resource persons of the session. Ms. Ashalatha, Assistant Professor, Department of Commerce coordinated the session.



DEPARTMENT OF BUSINESS ADMINISTRATION

1. Class-Wise Parent Teachers' Virtual Meet – First Year BBA

Amid the ongoing COVID-19 pandemic, a virtual meeting of the Parent and Teachers' was organized through Google meet on Monday, December 08, 2020 at 6:00 P.M.

Dr. Premalatha V., Principal, highlighted the initiatives taken by the college and the efforts put in by the teachers to reach out the students especially during this prevalent situation of COVID-19 pandemic. She also urged the parents to ensure that their ward regularly attends the online / virtual classes and stays in tune with the academics.

The Academic Class Mentor Mr. Hardik P. Chauhan updated the parents about the status of academics, lessons covered across the courses, initiatives and activities undertaken by the department right from the commencement of the academic year, information about the scheduled First IAE, students' attendance to online / virtual classes.

37 parents attended the meeting and the course faculty members participated in this meeting. A total of 46 participants attended the meeting.

2. Monetizing Digital Skills- A Way to Become Self Reliant

The Department of Business Administration organised a university level webinar Monetizing Digital Skills- A Way to Become Self Reliant on October 28, 2020. Ms. Akshata Nayak, blogger, freelance content writer, Bangalore, was the resource person. Ms. Pushpalatha, Head, Department of

Business Administration introduced and welcomed the guest and gathering. The Principal Dr. Premalatha V presided over the programme. Ms. Priyanka, Faculty, BBA Department compered the programme.

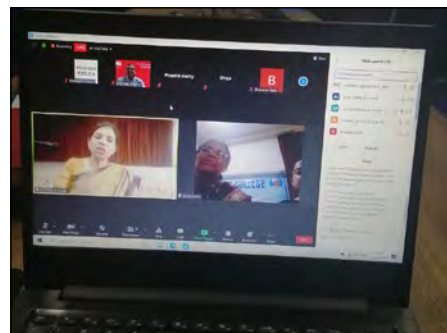
CENTRE FOR PG STUDIES IN COMMERCE

1. State Level Webinar on The Topic Transformative Education and NEP – 2020

The Centre for PG Studies in Commerce Organised a state level webinar on Transformative Education and NEP on September 15, 2020 at college seminar hall. Resource Person Dr. Flossy D'Souza, Professor, St. Ann's College of Education, (autonomous), Rosario Church Road, Mangalore spoke about the importance of new education policy and opined that the new National Education Policy (NEP) is the foundation of a 'new India'. She also highlighted how NEP will bring sweeping changes in school

and higher education.

Shri Basti Purushothama Shenoy, Member of Governing Council of Canara College, Mangalore, was the guest of honour and Principal Dr. Premalatha V. Pai, presided over the inaugural session. Ms. Aparna Kamath, Head, The Centre for PG Studies in Commerce was the moderator of the webinar. Ms. MeghaKamat, Convener of the webinar and Ms. Asha Jyothi were present. 22 members participated and received E certificates of the webinar.

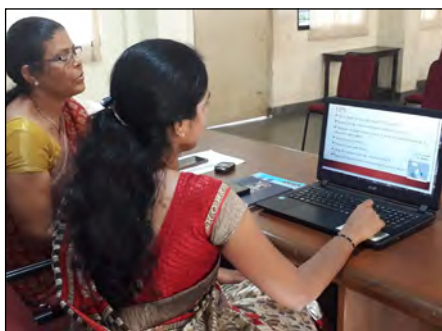


2. A Webinar Was Organized on The Topic Path to Success for All Final Year M. Com Students.

Centre for PG Studies in Commerce Organised a state level webinar on Path to Success on September 25, 2020 at college seminar hall. Resource Person Dhanya Shree, Assistant Professor, Department of BBA, helped the NET/SET seeking aspirants and helped them realize the heights they can achieve if only they kept persevering and putting proper

effort.

Principal Dr. Premalatha V. Pai, delivered the keynote address. Ms. Aparna Kamath, Head, Centre for PG Studies in Commerce, Ms. Asha Jyothi, convener of the webinar, and the faculty member Ms. MeghaKamat were present. 21 faculty members actively participated in the webinar.



3. Webinar On Career Choices and Planning During Recession

Centre for PG Studies in Commerce in association with T.I.M. E Mangalore organised a webinar on Career Choices and Planning During Recession on October 16, 2020 at II M.Com Class Room Canara College, Mangaluru.

Mr. Ganesh Hebbar, Centre Director, TIME Mangalore and Udupi, spoke about various opening in banking sector and the facilities and

perks available in a Bank Clerical Job.

Principal Dr. Premalatha V. Pai, delivered the keynote address. Ms. Aparna Kamath, Head, Centre for PG Studies in Commerce, Ms. Asha Jyothi, convener of the webinar, and the faculty member Ms. MeghaKamat were present. 22 students actively participated in the webinar.

4. Webinar on Capital Market Awareness, Introduction to Mutual Fund & Financial Planning as part of Investor Education Program (IEP) on behalf of BSE-IPF

As a part of Investor Awareness Program, Centre for PG Studies in Commerce in association with Lotus Knowlwealth organised a webinar on Capital Market Awareness, Introduction to Mutual Fund & Financial Planning on November 27, 2020.

Resource person Ms SrikantaLahariSagi, highlighted the significant aspects of investing in stock markets in the present scenario. She imparted knowledge

regarding the different investment avenues. She also stressed on the benefits of investing early investing.

Ms. Aparna Kamath, Head, Centre for PG Studies in Commerce welcomed and Ms MeghaKamat, Faculty, proposed the Vote of thanks. 22 II M Com students actively participated in the webinar.

COMMERCE ASSOCIATION

1. QFIESTA- National Level Online Quiz Competition Organised by Commerce Association on Account of Independence Day

Commerce Association conducted QFIESTA – a national level online quiz competition on August 14 and 15, 2020 through Quizizz App.

The online Quiz Qualifiers round was held on August 15, 2020 at 4:00 PM. There were 135 participants from across the nation. 60 participants were qualified in the quiz qualifiers round. On August 16th, 2020 at 6:00 PM 10 qualified participants participated in the grand finale of the quiz competition.

Place	Name of the Prize Winner	Name of the College
First	Poornananda Acharya	St. Aloysius College (Autonomous), Mangaluru
Second	Sanjay R Shetty	Father Mullers College, Mangaluru

Mr. Neil J. Goradia and Mr. Shrihari of II. B. Com were the quiz masters of the competition. Ms. Anasuya Bhagvath and Ms. Lavina S Noronha coordinated the competition.

2. Apocalypse - A Two Day Interclass Virtual Fest for Students of Canara College

Commerce Association organized a two-day inter-class fest on August 16 and 17 for the second- and third-year students of the college. The theme of Apocalypse 2020 was 'Hunt for the Best.' Apocalypse 2020 included various events such as Best Manager, Risk Management (PR and Human Resource), Marketing and Finance.

Prof. Dejjamma, Head, Department of Commerce inaugurated the virtual competition on August

CANARA COLLEGE
MG Road, Kodaibai, Mangaluru-575003
Reaccredited by NAAC and Affiliated to Mangalore University

PRESENTS

QFIESTA
ONLINE QUIZ COMPETITION
ORGANIZED BY COMMERCE ASSOCIATION ON OCCASION OF INDEPENDENCE DAY

August 14th and 15th - 2020
Celebrated on the online platform 'Quizizz'

General Guidelines:

- The questions will be based on Indian History and Current Affairs.
- The Winner and Runner-up will receive a cash prize and certificate.
- E-certificates for all participants.
- Open for all UG students.
- No registration fee.

Staff Conveners:
Mrs. Anasuya Bhagvath
Mrs. Lavina Noronha

Student Conveners:
Shrihari V.M. - 989661123
Neil Goradia - 8452339913

Registrations close on August 13th, 2020.
REGISTER NOW

16. Principal, Dr. Premlatha V. presided over the programme. Valedictory ceremony was held on August 17, 2020 at 5 PM on virtual platform. Ms. Krithika read the report of activities of the two-day fest. Mr. Abhishek announced the winners of various events and the winners were honoured with cash and certificates. All the participants received e-participation certificates from the organisers of the competition.

Event	Name of the student	
Best Manager	MaithriSharma II B com D	I Prize (Rs.500)
Risk Management	Vaishnavi III B Com C Shri Hari	I Prize (RS.350) II Prize (250)
Finance	Neel J Goradia II B Com B Sampreeth	I Prize (350) II Prize (250)

Nishanth Shenoy of III B Com A and Gaurav Prabhu of II B Com D were the student Conveners of the virtual fest. Ms. Anasuya Bhagvath and Ms. Lavina Noronha the fest



KONKANI BHASHA VIDYARTHI MANDAL

1.KONKANI MANYATA DIVAS 2020

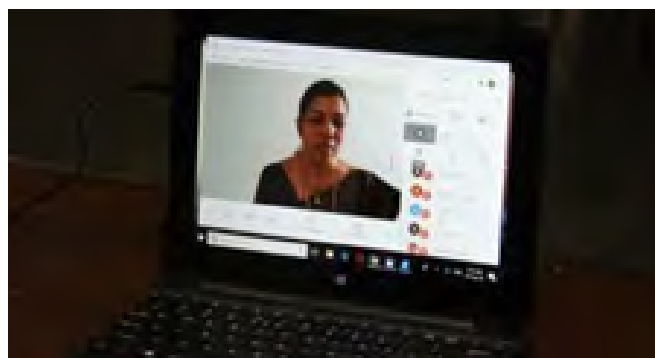
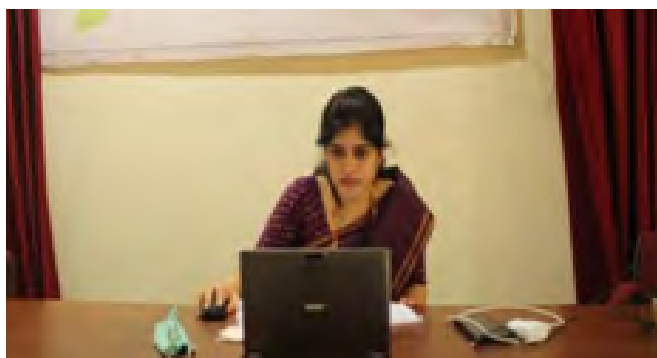
Konkani Bhasha Vidyarthi Mandal celebrated Konkani Manyata Divas-2020 on August 20, 2020 through Google meet platform. Ms. Sheela Bhandarkar, Mysore was the chief guest.

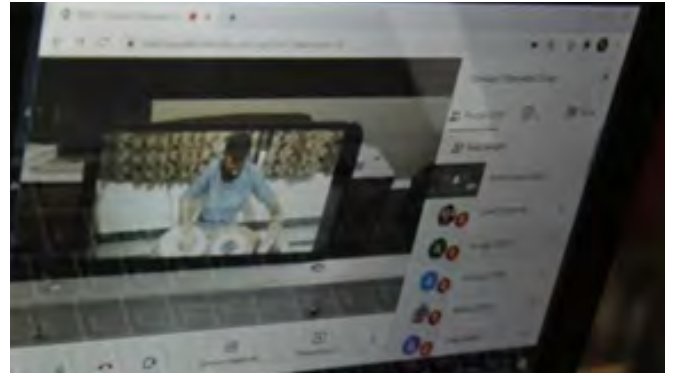
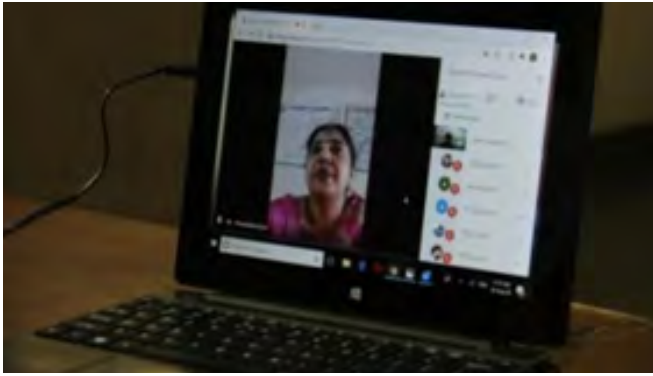
Ms. Bhandarkar stressed on the learning of Konkani Language at College level. She said "Konkani is one of the 22 scheduled languages, mentioned in the 8th schedule of the Indian Constitution and we

need to be proud of it."

The program was presided by Principal Dr. Premalatha Pai V.20 members of Konkani Bhasha Vidyarthi Mandal actively participated in this session.

Ms. Swathi Nayak, Convenor, Konkani Bhasha Vidyarthi Mandal coordinated the programme





NATIONAL SERVICE SCHEME

1. WEBINAR ON CELEBRATING NATURE: AN ENVIRONMENTAL CONSCIOUS INTERFACE FOR A SUSTAINABLE FUTURE

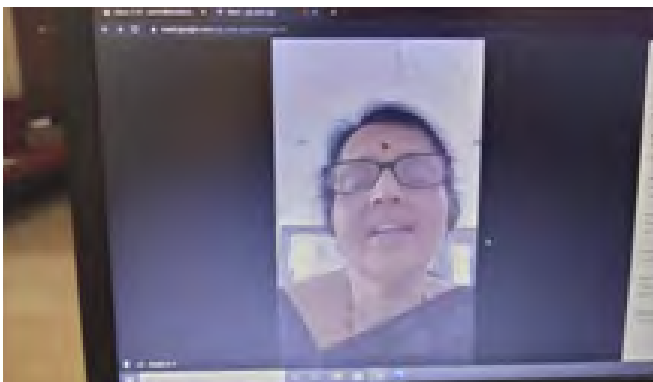
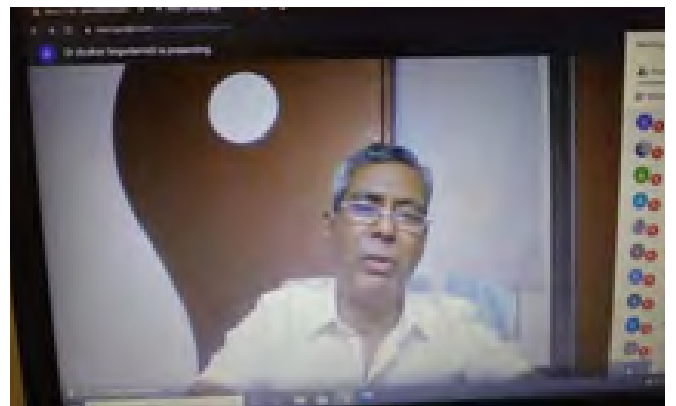
On the occasion of World Environment Day, NSS Units, IQAC of Canara College, Mangaluru and Mangalore University organised a webinar through Google Meet on Celebrating Nature: An Environmental Conscious Interface for a Sustainable Future on June 06, 2020.

Dr. Gananatha Shetty Yekkar, State NSS Officer & Ex – Officio, Joint Secretary to Govt. of Karnataka inaugurated the webinar.

Key Resource Person Dr. B. Divakar, Project Director at Mahatma Gandhi National Council of Rural Education – MHRD, Hyderabad highlighted the importance of environment day and role of NSS

Programme Officers and Volunteers in preparing strategy / plan to save our environment.

Dr. Nagarathna K. A., NSS Co- Ordinator, Mangalore University was the chief guest. Principal Dr. K.V.Malini presided over the programme. NSS Programme Officer Ms. Seema Prabhu S., welcomed the gathering. Dr. Premalatha V., IQAC Coordinator delivered the vote of thanks. President of Students' Council Ms. Bindiya Shet compeered the programme. 273 delegates from across the country attended the webinar. Programmes of planting saplings were held and NSS Volunteers planted 121 saplings near their locality.



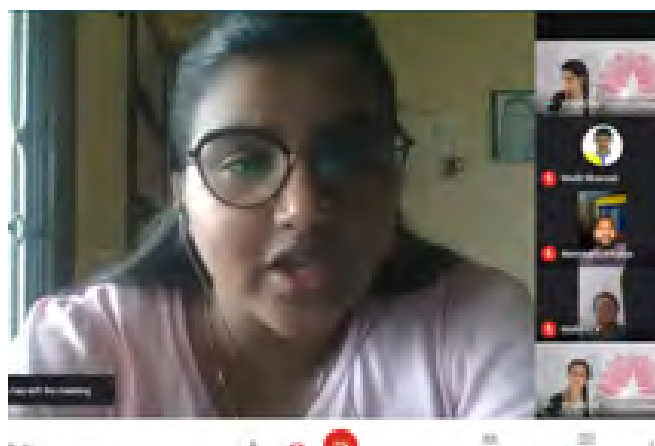
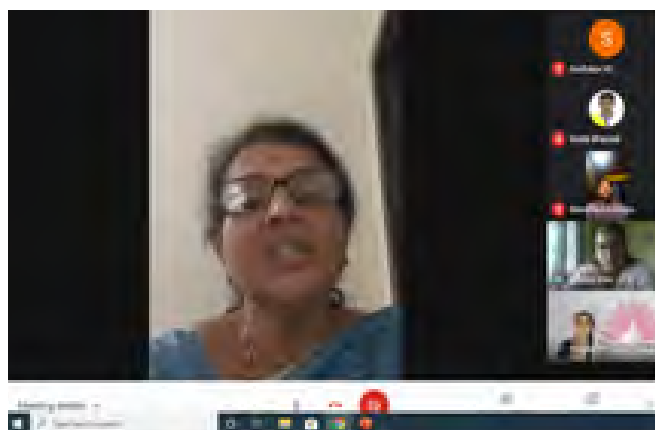
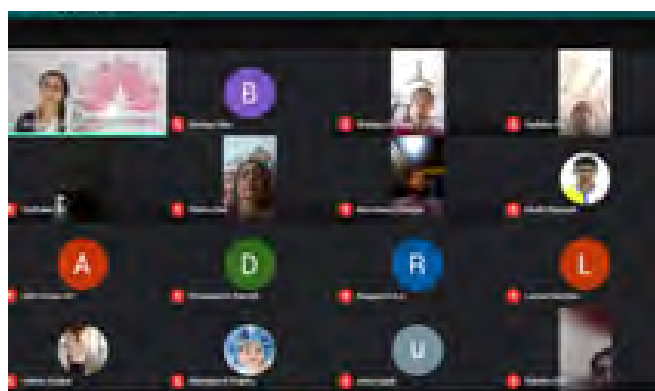
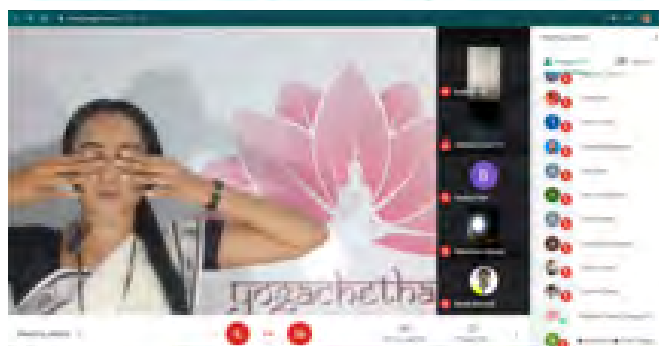
2 . National Webinar on Importance of Yoga During Covid 19 Pandemic & Suggested Practices

On the occasion of the sixth International Yoga Day, NSS Units of Canara College, organised a webinar through Google Meet on the theme - Importance of Yoga during COVID-19 Pandemic and Suggested Practices on June 29, 2020.

Smt. Chethana Badekar, Academic Director, Yogachethana®, College of Yoga and Research, Mangalore, Karnataka was the resource person. She said "Experts noted that Yoga is one of the most successful ways to maintain a calm state of mind during periods of anxiety and stress. practising yoga can significantly boost immunity and avoid

depression. Yoga helps the global community set new goals for itself so we can come out stronger, adding that simple asana and pranayama can stimulate "production of happy hormones". She demonstrated a simple breathing exercise, that takes almost no time, requires no equipment and can be done anywhere.

Principal Dr. K.V. Malini presided over the programme. NSS Programme Officer Ms. Seema Prabhu S., welcomed the gathering. Ms. Bindiya Shet, President of Students' Council, compeered the programme. 92 delegates from across the country participated in the webinar.

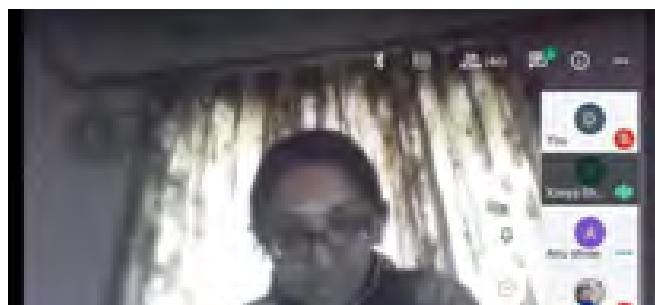
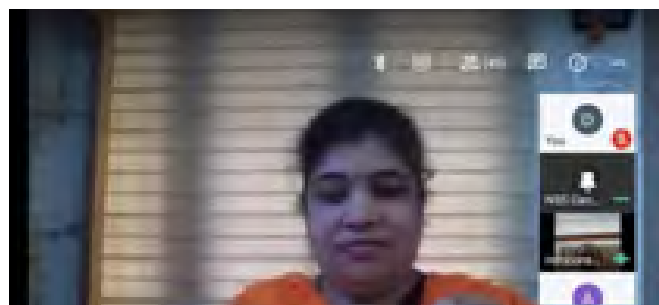
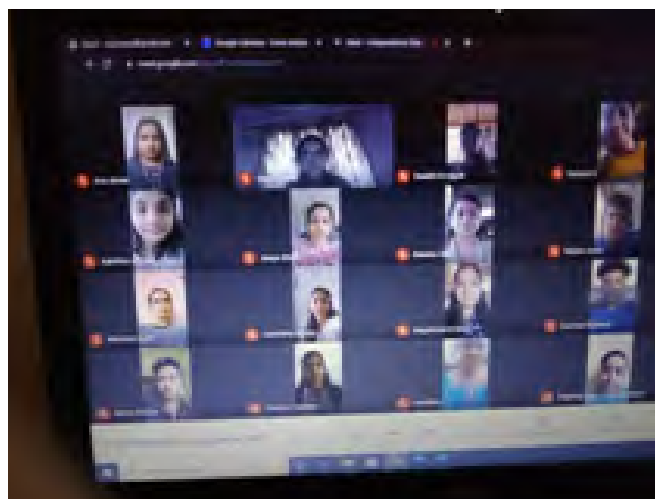
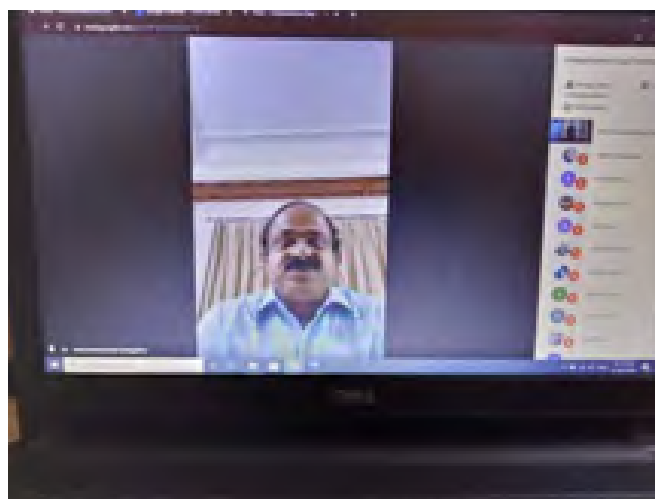


3. Entrepreneurship Webinar on Atmanirbhar- Think Local, Act Global

To inspire the aspiring entrepreneurs, NSS Units of Canara College, Mangaluru organised a webinar -'Atmanirbhar- Think Local, Act Global' on August 15, 2020. Mr. MahabalaKottary, proprietor, M.M. Construction, Managaluru was the resource person. In his insightful session he explained various schemes of Government of India for starting up

own enterprise. He gave a call to the students to be an entrepreneur rather than an employee.

NSS Programme Officer Ms. Seema Prabhu S., welcomed the gathering. Ms. Kavyashree K. proposed the vote of thanks. Ms. PremaAcchalker compered the programme. A total of 48 NSS Volunteers attended this webinar.

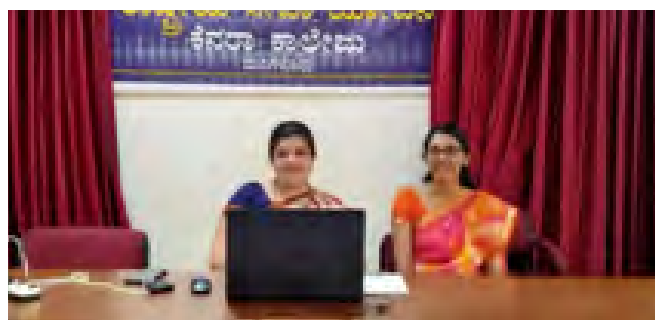
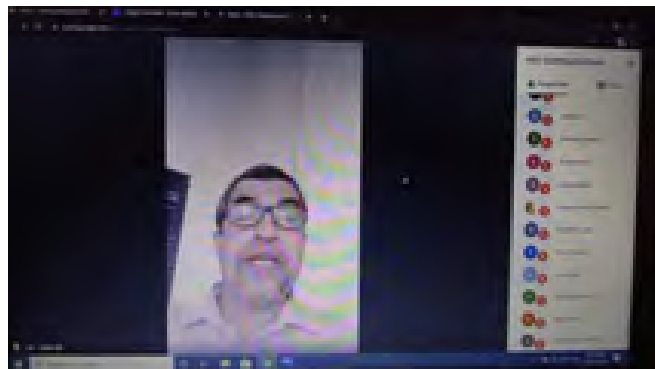


4. Commemoration of Sadbhavana Day- 2020

NSS Units observed the Sadbhavana Diwas on August 20, 2020 on account of birth anniversary of Prime Minister Late Rajiv Gandhi. The resource person Mr. Hydarali, Assistant Professor of Commerce and NSS Programme Officer of Government First Grade College, Bantwal addressed the participants and explained the background of Sadbhavana Day celebration. He requested the students to live in peace, affection and communal harmony and also

highlighted the importance of national integration.

The NSS Volunteers took the oath of Sadbhavana Diwas and College Principal Dr. Premalatha V., administered the oath. The programme was attended by 86 NSS volunteers. Ms. Seema Prabhu S., NSS Programme Officer introduced the guest and Ms. Kavyashree delivered the vote of thanks. The programme was compeered by Mr. Akshay, NSS Volunteer.



5. Campus Cleaning Drive - 2020 At Canara College Under the Initiative Swacch Bharat Abhiyan by NSS Volunteers

NSS units of the college organized a Campus Cleaning drive on August 25, 2020. The main objective of the drive was to clean the campus by removing the weeds and maintaining cleanliness in the campus. 22 NSS volunteers along with Ms. Seema Prabhu S. and Ms. Kavyashree K., NSS Programme officers actively participated

in this activity. Students also cleaned the botanical garden of the college. This cleaning drive made students learn that it is our responsibility to keep the surroundings clean. This makes them think twice before littering in the grounds.



6. Campus Cleaning Drive - 2020 At Canara College Under the Initiative Swacch Bharat Abhiyan by NSS Volunteers

NSS units of the college organized a Campus Cleaning drive on August 27, 2020. The main objective of the drive was to clean the campus by removing the weeds and maintaining cleanliness in the campus. 25 NSS volunteers along with Ms. Seema Prabhu S. and Ms. Kavyashree K., NSS

Programme officers actively participated in this activity. Students also cleaned the garden area of the college. This cleaning drive made students learn that it is our responsibility to keep the surroundings clean. This makes them think twice before littering in the grounds.






7. Fit India Movement Campaign - 2020

NSS Volunteers and Programme Officers of Canara College, Mangaluru actively participated and supported Fit India Movement Campaign -2020 on August 28, 2020. In compliance with this movement, a webinar on "Fitness! A way of Life" was organised.

Mr. Devi Prasad, CoVID 19 Nodal Officer (D.K.) and NSS Programme Officer, Government First Grade College, Siddakatte inaugurated the webinar and congratulated the NSS units of the college. The resource person Ms. Namaratha Pai, Fitness Trainer, Mangaluru and proud alumna of the college spoke

on the importance of fitness in life.

The programme was attended by 58 NSS volunteers. Ms. Seema Prabhu S., NSS Programme Officer briefed the participants about the "Fit India Freedom Run" and introduced the guest and Ms. Kavyashree delivered vote of thank. The programme was compeered by Ms. Annapoorna Pai, NSS Volunteer. As a part of FIT INDIA MOVEMENT, the NSS Volunteers involved in plog run, Yoga, Cycling, Dance, Walk and other physical activities till October 2, 2020.

**MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE**
MANGALURU- 575 003

Organises

Fit India Campaign

(A quality initiative by IQAC)

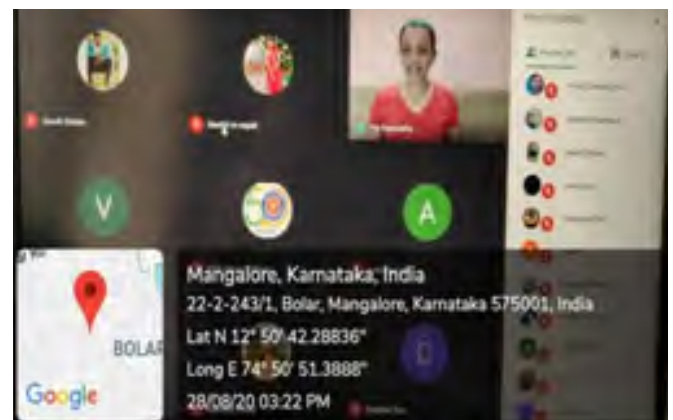
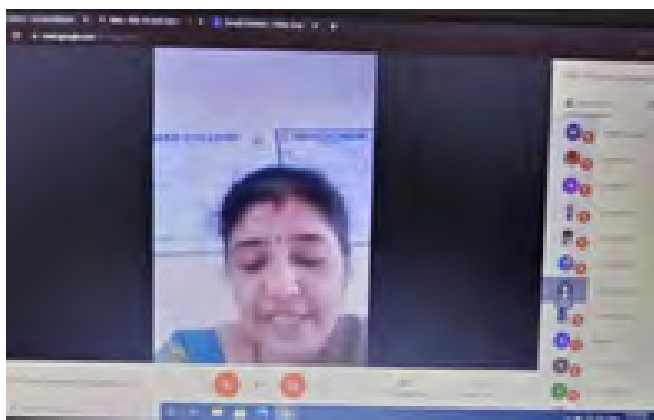
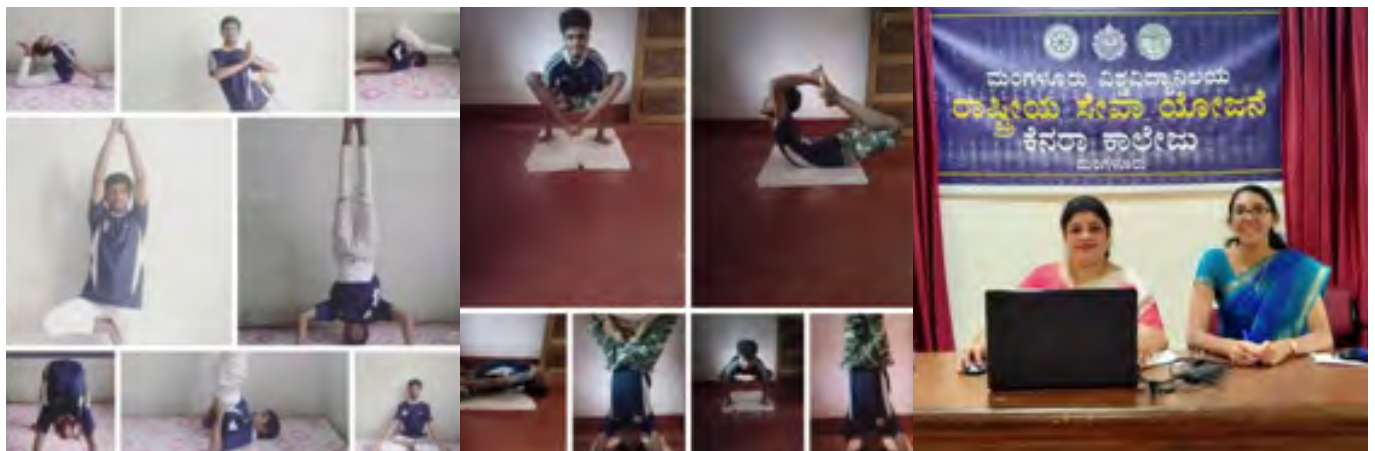
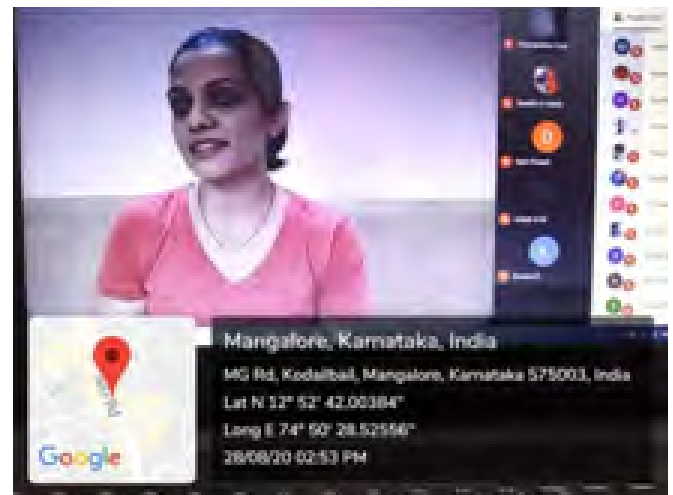
President:
DR. PREMALATHA V.
Principal, Canara College, Mangaluru

Inaugurator:
MR. DEVI PRASAD
CoVID 19 Nodal Officer (B.K) & NSS PD, GFBC, Siddakatte

Key Resource Person:
MS. NAMRATHA PAI
Fitness Trainer, Mangaluru

Please join with us on Friday August 28, 2020 at 2.30 p.m.
Meeting ID: <https://meet.google.com/tfe-mppj-dtm>

All are cordially invited
Principal, NSS Programme Officers & NSS Volunteers



8. Campus Cleaning Drive - 2020 At Canara College Under the Initiative Swacch Bharat Abhiyan by Staff and NSS Volunteers- On the Occasion of Teachers Day

On the occasion of Teachers Day, the faculty members and NSS units conducted a Campus Cleaning Drive on September 05, 2020. 32 NSS

volunteers cleaned the Botanical Garden of the college. 30 Faculty Members actively participated in this cleaning drive.



9. Commemoration Of 51st Year NSS Day Celebration-2020

NSS Units of Canara College celebrated 51st Year NSS Day on September 23 and 24, 2020. On September 23, 2020 CoVID Warriors of Canara College, Mangaluru were felicitated. The guest of honour of the programme was Dr. Nagarathana K.A., Co Ordinator, National Service Scheme, Mangalore University. She appreciated the various social activities under taken by the NSS units. She highlighted the significance of NSS day celebration. She spoke about the role of NSS in personality development. NSS volunteers who worked as corona warriors during the pandemic were felicitated. NSS Programme Officer Ms. Seema Prabhu S., administered the oath to newly elected

office bearers of NSS Units 2020-21.

Ms. Dejamma A., Head, Department of Commerce was the chief guest. Dr. Premalatha V., Principal of the College presided over the programme. She appreciated the NSS Volunteers for their active participation in the community service during pandemic.

On September 24, 2020 Principal of the College Dr. Premalatha V. unfurled NSS flag. Ms. Seema Prabhu S. and Ms. Kavyashree K.K., NSS Programme Officers coordinated the programme. 35 NSS Volunteers and 45 staff members participated in this programme.



NSS DAY CELEBRATION

President:

DR. PREMALATHA V.

Principal, Canara College, Mangalore

Guest of Honour & Felicitation to CoVID 19

Warriors by:

DR. NAGARATHNA K. A.

NSS Co- Ordinator, Mangalore University

Chief Guest:

MRS. DEJAMMA A.

Head, Commerce Department, Canara College, Mangalore

Please join with us on Wednesday **September 23, 2020** at **2.30 p.m.**

All are cordially invited

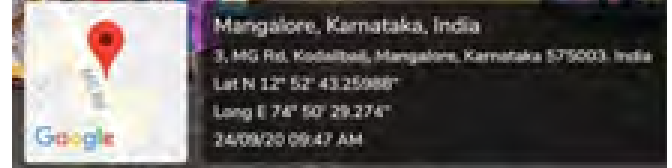
Seema Prabhu S. & Kavyashree K.

NSS Programme Officers

Dr. Premalatha V.

Principal

& NSS Volunteers



10. Community Pledge - Covid 19 Health and Safety

To create awareness about the Standard Operating Procedures to be followed during the COVID 19 Pandemic, all faculty members of Canara College, Mangaluru took the COVID-19 Health & Safety pledge on October 08, 2020. Ms. Dejamma A., IQAC Coordinator administered the pledge



to 36 staff members who were present at the venue. The NSS units put up posters with customised messages on college premises. These included Covid awareness messages such as "wearing masks, washing hands and maintaining social-distancing".



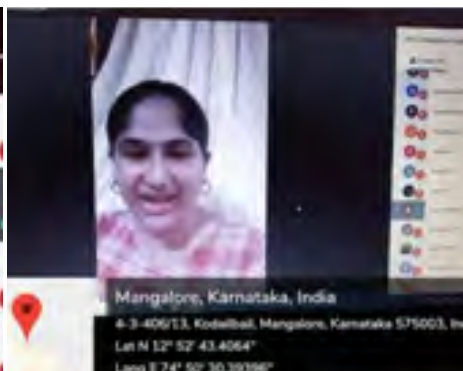
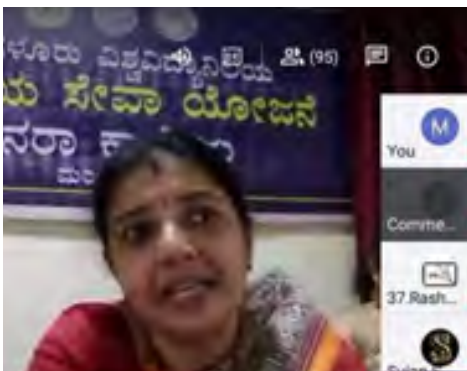
11. Orientation Programme - 2020 to First Year NSS Volunteers

An orientation programme for the newly enrolled NSS volunteers was organised on October 14, 2020. The main objective of the programme was to orient the newly enrolled volunteers about the scope and purpose of the National Service Scheme. Dr. Sheeladevi S. Malimath, Associate Professor, Department of Kannada, BMS College for Women, Bengaluru and best NSS Programme Officer Awardee from GOK was the resource person.

Dr. Sheeladevi congratulated the volunteers for choosing NSS and oriented the NSS volunteers on the activities of the National Service Scheme; he also enlightened them on being an NSS volunteer how to provide service to society.

The chief guest of the programme Ms. Dejamma A., Head, Department of Commerce shared her experience as NSS Officer for the past four years and called the students to make use of the opportunities available in NSS.

Principal Dr. Premalatha V., presided over the programme. NSS Programme Officer (Unit 1) Ms. Seema Prabhu S. introduced the guest to the audience. Ms. Kavyashree K., NSS PO (Unit2) administered the oath to the volunteers. Mr. Parashuram, NSS Volunteer, proposed the vote of thanks. Mr. Ananath Krishna, NSS Volunteer, compered the programme. A total of 137 Volunteers participated in this programme through Google Meet.





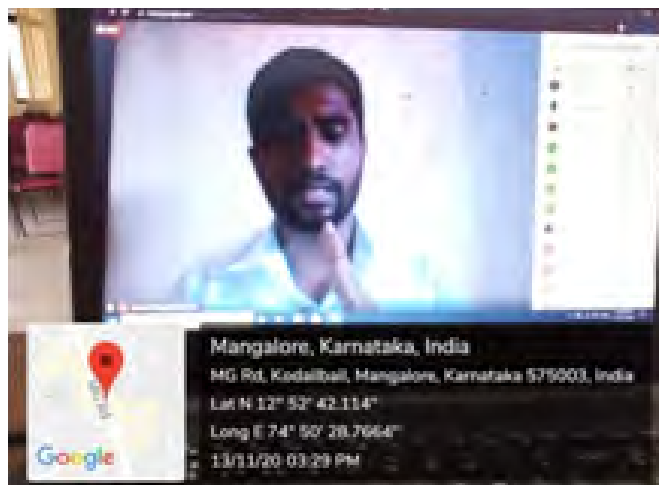
12. Workshop on Life Skills

The NSS units of the college organised a workshop on Life Skills in association with the Department of Youth empowerment & Sports, D.K. NIMHANS, Bengaluru and YuvaSpandana Kendra, Mangaluru on November 13, 2020 for the all first-year volunteers. The workshop aimed at building self-confidence, encourage critical thinking, foster independence and help participants to communicate more effectively.

Dr. Nagarathana K.A., Co Ordinator, NSS, Mangalore University was the chief guest. Mr. Pradeep D' Souza, Assistant Director, Department of Youth empowerment & Sports, D.K wished the programme every success.

The resource person Mr. Shrikanth Poojary Biravu, NIMHANS, Bengaluru conducted various activities like Thinking skills, social skills, and emotional skills. A total of 100 NSS Volunteers actively participated in this workshop. Ms. Seema Prabhu S., NSS Programme Officer introduced the resource person and welcome the gathered. College Principal Dr. Premalatha V., presided over the function. NSS PO Ms. Kavyashree K. delivered the vote of thanks. Ms. Devika, NSS Volunteer compered the workshop.





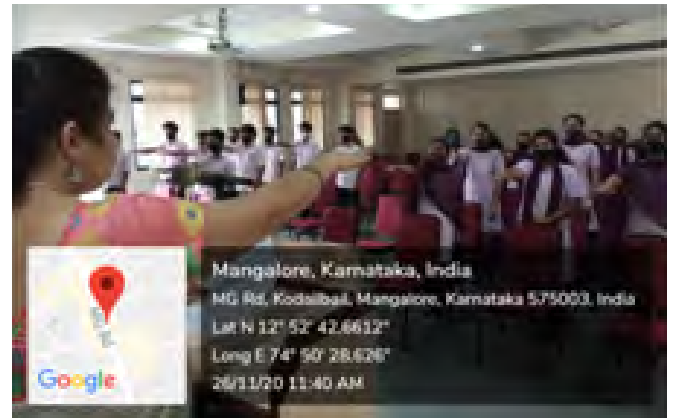
13. Seminar on Importance of the Constitution and its Special Attributes on the occasion of Constitution Day (2020)

Seminar on Importance of the Constitution and its Special Attributes was organised by the NSS Units of the College on the occasion of Constitution Day on November 26, 2020 in the College seminar hall.

Dr. Ganesh Shetty, Assistant Professor of Political Science, Canara College, Mangaluru the chief guest of the function delivered a talk on "Importance of the constitution and its special attributes". He said India is one of the largest liberal democratic state having bulkiest constitution prepared by constituent assembly and enforced on 26th January, 1950. He also pinpointed the preamble, the introductory part of the constitution contain aims and objectives, sources of the constitution, secular nature of the state, fundamental rights of

the citizen, fundamental duties, unified integrated judiciary, directive principles of the state, amendment procedures, three tier system of local self government. He also advised the students to respect the sacred documents like the constitution in everyone's daily life and preserve the democratic fabrics of the country.

Ms. Seema Prabhu S., NSS Programme Officer administered the oath to the Students. Principal Dr. Premalatha V., presided over the programme. Ms. Kavyashree K., delivered vote of thanks. Ms. Madhumitha, Student representative compeered the programme. A total of 36 students attended the programme and all the NSS volunteers took oath in the virtual mode.



14. Awareness Programme on Prevention of HIV/ AIDS

An AIDS awareness programme was organized by NSS Units in association with Red Ribbon Club (RRC), on December 01, 2020. The programme aimed at creating awareness about modes of transmission

of the virus and prevention of AIDS. 38 students participated in this awareness programme. Principal Dr. Premalatha V, NSS officers Ms. Seema Prabhu S. & Ms. Kavyashree K. were present on this occasion.



YOUTH RED CROSS

1. Activity On Occasion of Plastic Free Day

International plastic bag day contributes a step towards educating our future generation about ill effects of plastic use and how to reduce the usage. To join hands with this our College, YRC unit organised plastic bag free day through social media platform on July 3, 2020. In order to create awareness on environmental issues and encourage

positive action for protection of our environment, volunteers of Youth Red Cross prepared a poster and then converted into a video and posted it on social media. Youth Red Cross Program officers Ms. Smitha M and Ms. Roopashri K P. guided and encouraged volunteers to take part in this campaign.

POSTERS:





2. An Awareness Programme on the Importance of Breastfeeding

World Breastfeeding Week is celebrated globally every year from August 1 to 7 to encourage breastfeeding, to promote mothers' rights and to ensure a safe and healthy growth of a child. To raise awareness about the importance of breastfeeding, Youth Red Cross volunteers conducted awareness campaign on August 07, 2020.

As part of awareness programme YRC Volunteers prepared the posters regarding the harmful effects of not feeding on baby and they also included

messages with regard to health benefits of breastfeeding a baby to both mother and baby. All the posters were converted into a video with the voice over by Youth Red Cross Secretary Ms. Neha, who explained about the importance of celebrating worlds breastfeeding week.

10 YRC volunteers enthusiastically participated in this activity by preparing posters and used social media platform to spread awareness with a message among individuals.



An initiative by Volunteers of Youth Red Cross Unit, Canara College, Mangaluru. Awareness on breastfeeding. See More



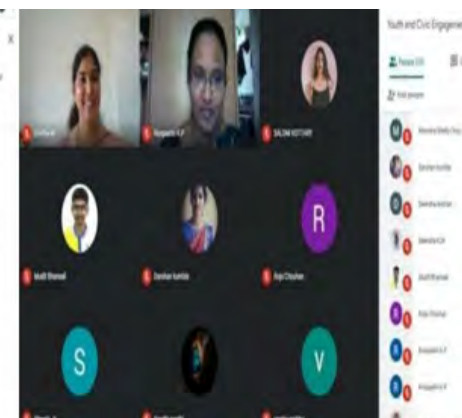
College, Mangaluru. Awareness on breastfeeding. See More



3. Webinar on Youth and Civic Engagement

On account of 74th Independence Day, Youth Red Cross Unit of Canara College, Mangaluru conducted a Webinar on "Youth and civic Engagement". Mr. Pushparaj K, Assistant Professor in Political Science, SDM Law College, Centre for PG Studies and Research in Law, Mangaluru was the resource person. He gave insights into the active participation of the youths in the public life of a community.

Youth Red Cross Programme Officer Ms. Smitha M hosted the webinar. Dr. Premalatha. V. Principal, Canara College welcomed the Chief guest and the participants. 40 volunteers of Youth Red Cross participated in this webinar. Ms. Roopashri.K.P, YRC Programme Officer proposed the vote of thanks. Mr. Hardik P Chauhan, IQOC coordinator was also present.



4. HIV Aids Awareness Programme

Youth Red Cross organised an awareness programme on HIV and AIDS on December 01, 2020. Under the guidance of Youth Red Cross Programme Officers Ms. Smitha M and Ms. Roopashri K. P, students used social media platform to highlight the role of communities in preventing and supporting people with HIV.

YRC volunteers designed a poster regarding the causes, symptoms, and precautions of HIV/AIDS, converted it into videos and that was later posted on social media. 19 volunteers of YRC actively participated in this activity and played an efficient role in spreading awareness regarding the importance of World AIDS day.



WELFARE ASSOCIATIONS

LIBRARY AND INFORMATION CENTRE

1. S. R. RANGANATHAN'S DAY CELEBRATION

Ranganathan's Day was celebrated at Canara College Library on August 12, 2020 to commemorate the birth anniversary of Dr. S R Ranganathan, the Father of Library Science. Dr. Premalatha V, Principal, Canara College, Mangaluru presided over the function and inaugurated the programme



by lighting the lamp. IQAC coordinators Ms. Dejamma and Mr. Hardik Chauhan were present. Ms. Dejammaspoke on the significance of the day. Members of the library committee and library staff were present and paid tribute to Dr. S.R. Ranganathan.



STUDENTS WELFARE COUNCIL

1. Independence Day Celebration 2020

74th Independence Day was celebrated in our college on August 15, 2019 at 9:00 AM in the college quadrangle. The chief guest of the program, Dr. Premalatha V, Principal of the college hoisted the National Flag. She laid stress on the role played by the soldiers of our country and paid tribute to them. She also emphasized citizen of the country should take equal responsibility in the development of the country. Student Welfare Mentors, Ms. Vani U S, Ms. Prathima V Baliga, Dr. Prashanth Bhat and IQAC Coordinator, Ms. Dejamma and Hardik Chauhan were present. Ms. Vani U S welcomed the guest and the gathering, Dr. Prashanth proposed the vote of thanks. Total 75 staff members were present on the occasion.



2. Online Orientation and induction ceremony of First Year Degree Students: AY 2020-21

Online Orientation and induction ceremony of First Year Degree Students for the academic year 2020-21 was held on September 1st 2020, through the youtube link. Sri. M.Ranganatha Bhat, Hon. Secretary of CHS Association presiding over the orientation program said "Students have to inculcate the habit of relentless study & should make use of the facilities provided by the college for their overall personality development".

Dr. Premalatha V, Principal of the College extended her best wishes to the students. Ms. Vani U S, the student welfare mentor administered the oath to

new students to comply with the College moral code of conduct. Dr. Prashanth Bhat, SWM, addressed the students to bring awareness of moral code of conduct and disciplinary requirements of the College. Mr. Ritesh S Kumar, Final outgoing student of 2019-20 shared his experience in the college with his juniors. Ms. Prathima V. Baliga, SWM, read gave an insight into various associations in the college and co-curricular/extra-curricular activities play a role in personality development. Total 315 students watched the video and gained information about rules and regulations of the college.



3. Gandhi Jayanthi Celebration – 2020

Gandhi Jayanthi was celebrated in the college premises on October 2, 2020, by the students welfare council on the occasion of Birth anniversary of father of the nation. Staff members took active participation in the programme. Principal

Dr. Premalatha.V Student welfare mentors Ms. Vani U S Ms. Prathima V Baliga, Dr. Prashanth, IQAC coordinator Mrs Dejamma and Hardik Chauhan were present on the occasion. Total seven faculty members were present on the occasion.



Sharada Pooja Celebration – 2019

Sharadha Pooja was celebrated in the college premises on October 21st, 2020 Monday, by the students welfare council on the occasion of Navaratri festival. Mahapooja was performed by Dr.ManoharJoishi, retd. professor of Botany.



Staff members took active participation in the programme. Principal Dr. Premalatha.V Student welfare mentors Ms. Vani U S Ms. Prathima V Baliga, were present on the occasion.



CAREER GUIDANCE, PLACEMENT AND ENTREPRENEURSHIP DEVELOPMENT CELL

1. Webinar on The Journey of a Woman Entrepreneur organized by Innovation and Entrepreneurship Development Cell

Innovation and Entrepreneurship Development Cell, Canara College, Mangaluru in association with IQAC organized a webinar on The Journey of a Woman Entrepreneur on September 16,2021 from 2.00 pm to 3.00 pm through google meet.Ms. Archana Rajesh Pai, Proprietor, Sandhya Fresh, was the resource person. Principal Dr. Premalatha.V. presided over the programme. Ms. Priyanka,

co-convenor, Innovation and Entrepreneurship Development Cell, welcomed the gathering. Ms. Usha Nayak, convenor, Innovation and Entrepreneurship Development Cell, proposed the vote of thanks.35 participants benefitted from this webinar. Mrs Vinoda V. Nayak and Ms. Priyanka coordinated the session.

HUMAN RIGHTS, EQUAL OPPORTUNITY AND ELECTORAL CELL

1. A Special Talk on Account of Constitutional Day

To create awareness on the Indian Constitution, Human Rights, Equal Opportunity and Electoral Cell celebrated Constitution Day on November 26, 2020 at the college seminar hall. Dr.Ganesh Shetty U, Assistant Professor, Department of

Political Science, was the resource person. The resource person shed light on the Preamble of our Constitution and urged students to preserve the national integrity of our country.



CENTRE FOR WOMEN AND GENDER STUDIES

1. WEBINAR ON WOMEN EMPOWERMENT

The Center for Women and Gender Studies organized a webinar on Women Empowerment on September 14, 2020. Ms. Deepali Shenoy Alias Pallavi Kudva was the resource person of the session.

She said, "Empowerment includes the action of raising the status of women through education, raising awareness, literacy and training. Women's empowerment is all about equipping and allowing women to make life determining decisions through

the different problems in the society. She also added that women empowerment refers to the process of increasing women's access to control over the strategic life's choices that affect them and access to the opportunities that allow them fully to realize their capacities."

Ms. Sushma R Shetty, Ms. Sukhalatha, Ms. Ashajyothu, Convenors, The Center for Women and Gender Studies, coordinated the session.



INTERNAL QUALITY ASSURANCE CELL (IQAC)

1. Environment / Green Audit of the Campus 2019-20

Members of the Audit Committee:

Internal Members	
1.	Dr. Premalatha V. Principal & Chairman
2.	Ms. Dejamma A. Asst. Professor & Head, Dept. of Commerce & IQAC Coordinator
3.	Mr. Hardik P. Chauhan Lecturer, Dept. of Business Administration & IQAC Coordinator
4.	Ms. Aparna Kamath Asst. Professor & Head, P. G. Centre for Commerce
5.	Ms. Sushama C. Asst. Professor & Head, Dept. of Zoology & Convener, Nature Club
6.	Ms. Madhushree Asst. Professor & Head, Dept. of Botany
7.	Ms. Roopashri K. P. Asst. Professor & Head, Dept. of Chemistry
8.	Dr. Yashodhara I. Asst. Professor, Dept. of Physics
9.	Ms. Dhanyashree Asst. Professor, Dept. of Business Administration
10.	Kavya Girish Kumar Acharya Student, III B.Sc. (BZC)
External Members	
11.	Dr. Siddaraju M. N. Asst. Professor of Botany & Dy. Director, Environment Association, University College, Hampankatta, Mangaluru-575 001.
12.	Dr. Prashanth Naik Professor, Dept. of Bio-Sciences, Mangalore University, Mangalagangothri, Konaje-574 199.

Upon constituting the Environment / Green Audit Committee in September 2020, a meet was convened on October 10, 2020 to seek further insights into the process and procedures involved in the conduct of the same. The External Member Dr. Siddaraju M. N., Asst. Professor of Botany and Dy. Director, Environment Association, University College, Hampankatta, Mangaluru was invited. Thereafter, the committee formed different focus

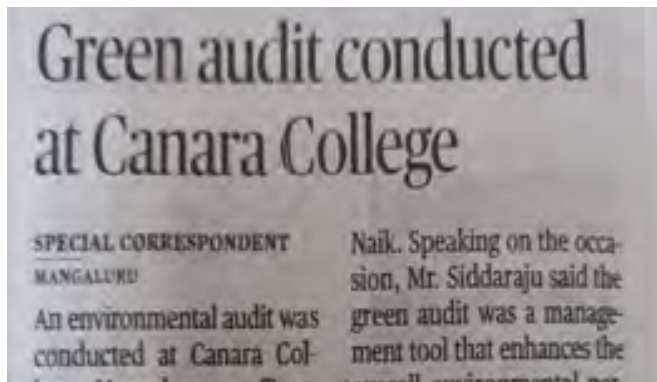
groups along with the student volunteers and a questionnaire for the same was developed. Accordingly, the focus groups coordinated in the collection of data. The data so gathered was compered and a report of the same was prepared.

The External Members visited the campus for the said purpose on December 19, 2020 and

undertook the review of the same. They lauded the Institute for undertaking this initiative. Further, to the process, the Committee revisited the campus on April 27, 2021 to review the developments and follow-up actions initiated. On its review the external members found that adequate measures

and initiatives are taken by the Institute to promote environmental protection measures. They also have recommended short and long-term strategies and initiatives that can be considered for further strengthening sustainability and eco-friendliness on the campus.

Glimpse of Environment / Green Audit of the Campus 2019-20



2. College Visit by the Local Inspection Committee of Mangalore University

The Local Inspection Committee (LIC) of Mangalore University visited the college on Friday, January 22, 2021. The committee interacted with the principal and inspected the academic and administrative aspects of the college, its resources, and facilities in connection with the renewal and extension of university affiliation.

The Local Inspection Committee comprised of the following Peer Team Members:

Dr. M. S. Talawar - Chairman

Dr. Chandru Hegde - Member

Prof. Sangappa - Member Coordinator



3. Academic and Administrative Audit 2019-20

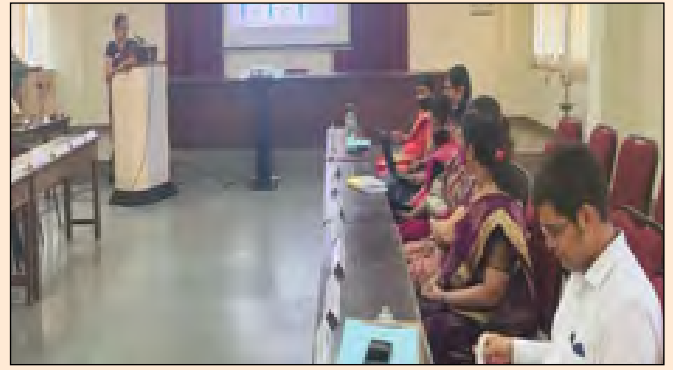
As a quality assurance initiative, the Academic and Administrative Audit (AAA) was held on Tuesday, March 30, 2021, in the college. The entire day's activity flow was carried out as per the schedule, which had the presentation by the Head of Institution, the presentation of the IQAC, the departmental presentation by the heads of departments, the visit to randomly selected departments and document verification, the meeting and document verification in the administrative office, the meeting and interaction with the statutory cells/committees, and the visit and review of the physical facilities. The Exit Meeting was held at 4:00 PM in the college

seminar hall. Upon appraising the preparations, the Audit Peer Team members lauded the Institute for undergoing the AAA process. They shared their observations, highlighting the strengths of the institute, and expressed feedback on the areas of further improvement. The members also conveyed their best wishes for the ensuing NAAC A & A process.

Mr. Hardik P. Chauhan, IQAC Coordinator, delivered the welcome address, and Ms. Dejjamma A. proposed the vote of thanks. The meeting adjourned with respectfully signing the National Anthem.

Glimpse of Academic and Administrative Audit (AAA)







DEPARTMENT OF KANNADA

1. Introduction To Theatre: Acting & Mime Workshop

The Department of Kannada in association with Journey Theatre Group Mangaluru organised Introduction to Theatre: Acting and Mime Workshop for the students of Canara College on March 20, 2021 in the college seminar hall.

Mr. Sridhar Prabhu, Drama Artist & Administrative Staff, Canara College, Mangaluru inaugurated the programme. In his inaugural speech he opined, "A passion for acting and entertaining is a necessary attribute, and a successful actor should possess the confidence necessary to depict their role convincingly and connect with viewers in a play. They require physicality in order to portray a character's feelings, motivations, and intentions through both physical movement and words."

"In our theatre classes, we go to new worlds, take on the identities of people from other eras and countries, and get an understanding of alternative

perspectives and ways of thinking. Investigating these topics can help us develop the necessary skills for being creative and innovative. In an ever-changing environment, it is critical to have a creative and inventive mindset in order to think 'beyond the box' and generate novel and exciting ideas and solutions.", said Bhavya Shetty, Vice President, Journey Theatre Group Mangaluru.

Principal Dr. Premalatha V presided over the inaugural session. Then, Vani U. S, Head, Department of Kannada, gave the introductory speech and highlighted the significance of the workshop. Ms. Dejamma and Mr. Hardhik P. Chauhan, IQAC coordinators, were present. Anatha Krishna welcomed the gathering, and Deepa proposed the vote of thanks. Bharath K.K., the programmer, and a total of 20 students actively participated in the workshop.



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BASIC SCIENCE

DEPARTMENT OF CHEMISTRY

1. VIRTUAL PTA Meeting

The Science departments organised a virtual meeting for the parents of I BSc, II BSc, and III BSc students on December 09, 2020.

I BSc. [PCM, PMC, BZC]:

The VIRTUAL PTA Meeting of I BSc. [PCM, PMC, BZC] was held on December 09, 2020 from 10:00 a.m.–11:00 a.m.

Science programme Ms. Sandhya B. introduced the faculty of science and language departments and the guidelines for science departments in the current pandemic situation. She described the rules regarding college and departmental rules and regulations.

Dr. Premalatha Pai, Principal, presided over the programme. She briefed about the importance of virtual classes during the COVID-19 Pandemic. Ms. Roopashri K.P., Faculty, Department of Chemistry, informed the college and university examinations rules. Ms. Keerthi, Department of Mathematics, explained the various Association activities.

Ms. Thara Kumari, Faculty, Department of Kannada, compered the program. Mr. Pramod Kumar P.S., Department of English, welcomed the gathering. Mr. Manohar Acharya, Faculty, Department of Botany, proposed the vote of thanks. Parents of 80 students attended the programme. Science faculty members and language staff members were present.



II BSc. [BZC] & III [BZC]

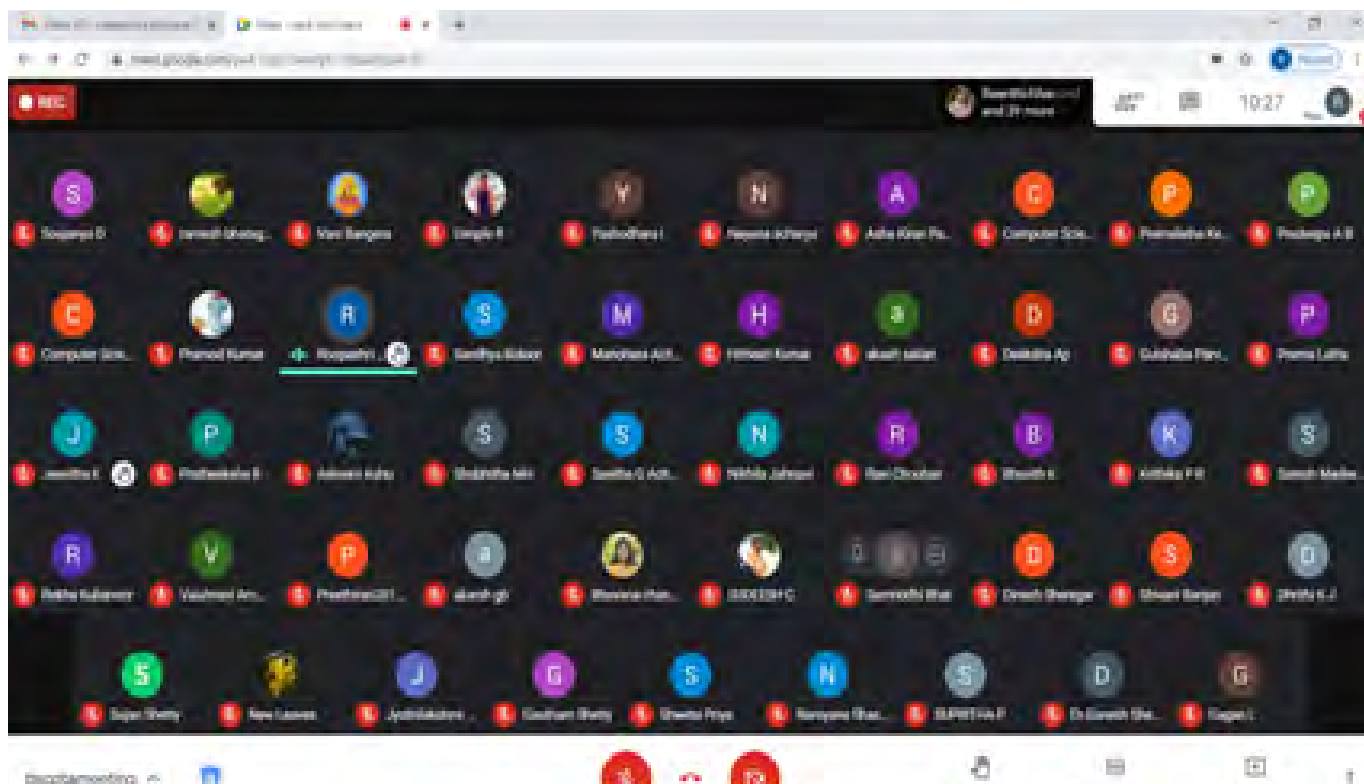
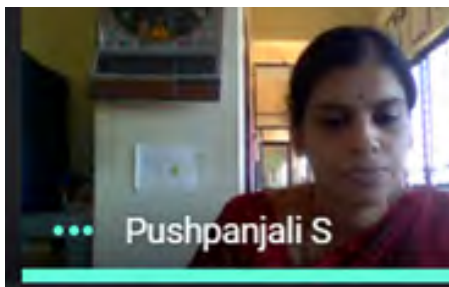
II BSc. [BZC] and III [BZC] Virtual PTA Meeting was held on December 09, 2020 between 11:30 AM - 12:30 p.m. Science programme Ms. Sandhya B. introduced the faculty of science and language departments and read the guidelines for science departments in the current pandemic situation.

Dr. Premalatha Pai, Principal, presided over the programme. Dr. Premalatha Pai, Principal, presided over the programme. She briefed about the importance of virtual classes during the COVID-19 Pandemic.

Ms. Sushama. C., Head of the Department of Zoology, informed the college and university

Ms. Roopashri K.P., Department of Chemistry, compered the program. Ms. Madhushree,

thanks. A total of 55 parents attended the session. Science faculty members and language staff members were present.



II BSc. [PCM] & II [PMC]

The II BSc. [PCM] & II [PMC] examinations were held on December 9, 2020, from 2 PM to 3 PM.

Ms. Jayabharathi K.P., Head, Department of Computer Science, informed about the college and university examinations rules.

Dr. Premalatha Pai, Principal, presided over the programme. Dr. Premalatha Pai, Principal, presided over the programme. She briefed about the importance of virtual classes during the COVID-19 Pandemic.

Ms. Sushama. C., Head of the Department of Zoology, informed the college and university examinations rules. Ms. Keerthi, Department of Mathematics, explained the various Association activities.

Ms. Rajyalaxmi, the Department of Computer Science, compered the program. Dr. Kalpana Prabhu, Head, Department of Hindi, welcomed the gathering. Dr. ShanthalaVishwas, Head, Department of Sanskrit, proposed the vote of thanks. Dr. Yashodhara, I., Department of Physics, coordinated the session. A total of 47parents

attended the programme. Science faculty members and language staff members were present on this occasion.

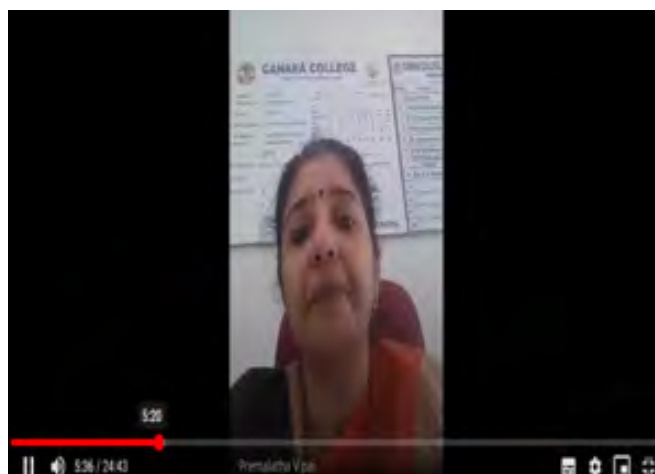
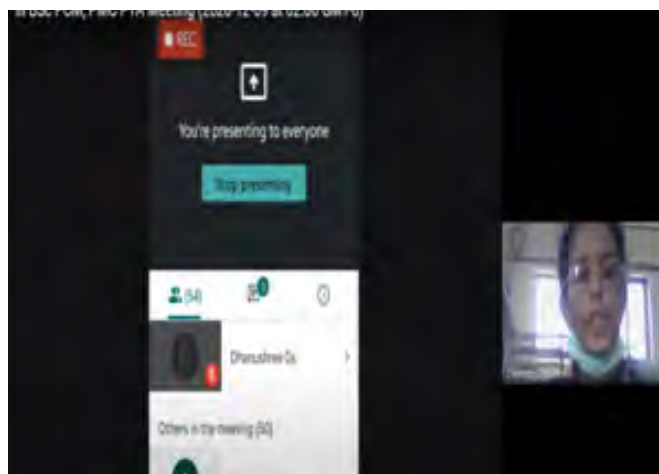
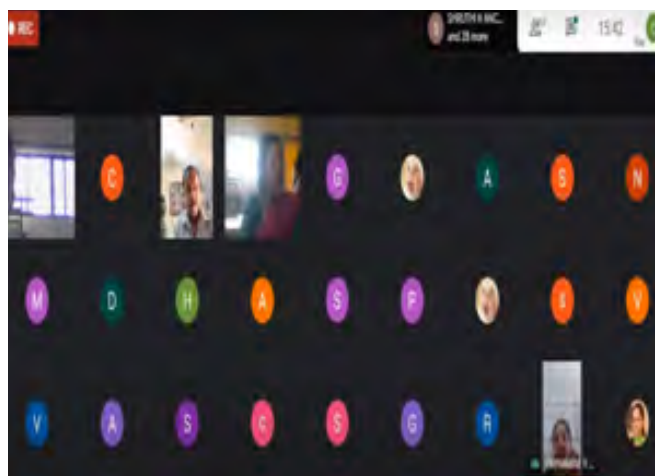
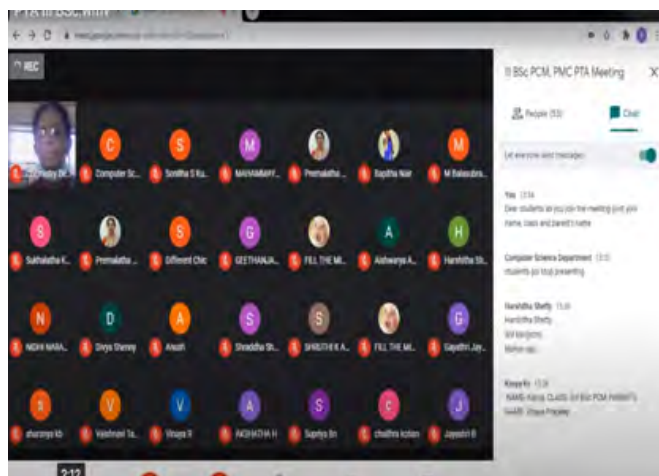
III BSc. PCM &PMC :3.30 P.M. – 4.30 P.M.

The III BSc. [PCM] & III [PMC] was held on December 09, 2020 from 3.30 p.m. to 4.30 p.m.

Dr. Asha Kiran Pakkala, Head of the Department of Physics, informed about the college and university examinations rules.

Dr. Premalatha Pai, Principal, presided over the programme. Dr. Premalatha Pai, Principal, presided over the programme. She briefed about the importance of virtual classes during the COVID-19 Pandemic.

Ms. Soujanya, D., Academic Mentor, III PCM, Department of Chemistry, prepared the program. Ms. Shailaja Kumary T.G, Academic Mentor, III PMC, Department of Computer Science, welcomed the gathering. Ms. Sukalatha, faculty, Department of Physics, proposed the vote of thanks. Dr. Raveesh, Department of Physics, coordinated the session. A total of 70parents attended the programme.



DEPARTMENT OF COMPUTER SCIENCE & COMPUTER APPLICATION

The Department of Computer Science conducted a virtual meeting for the parents of I BCA students on December 07, 2020 in the seminar hall.

Ms. Jayabharathi K.P., Head, Department of Computer Science, explained the University Examination rules, college and department rules and regulations. She briefed about the online teaching methodologies applied by the teaching

faculties. She also briefed about the first internal online examination and instructed them to regularly watch the virtual sessions and submit the assignments on time.

Principal Dr. Premalatha Pai, presided over the programme. Ms. Prathima Baliga welcomed the gathering. Ms. Shailaja Kumary proposed the vote of thanks. Ms. Babitha S., academic advisor of I BCA, compered the program.

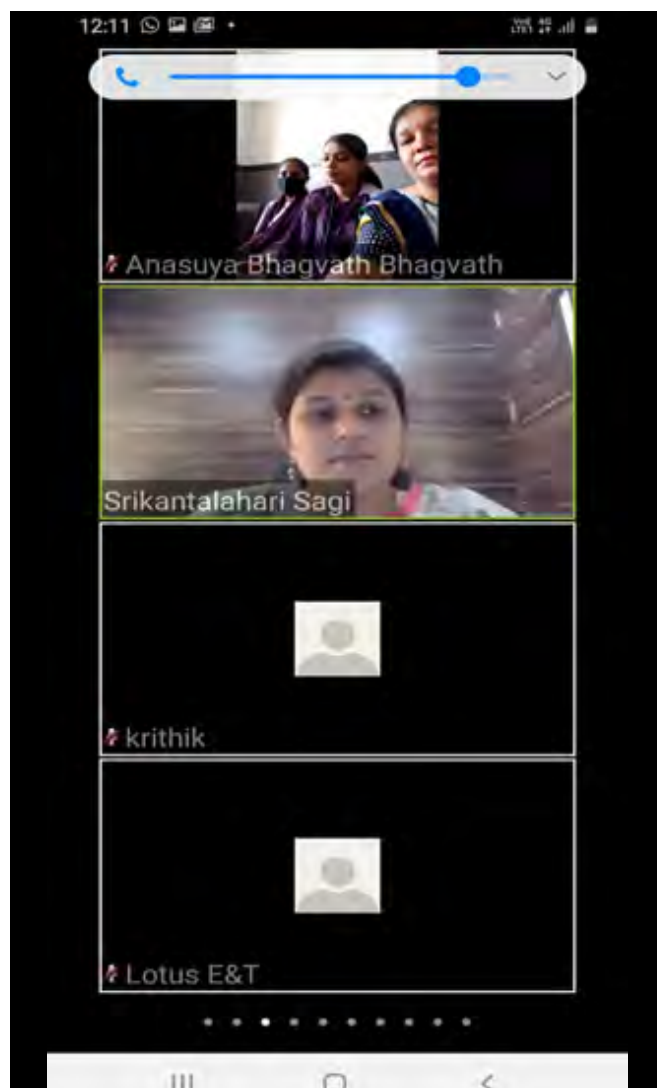


DEPARTMENT OF COMMERCE

1. Report on Investment Awareness Programme

The department of Commerce, in association with the Bombay Stock Exchange, organised a webinar on investment awareness for second-year B.com B students. Ms. SrikanthaLahari was the resource person. In her insightful session, she highlighted personal money management, real return, inflation, debt, equity, and modes of

investment. A movie clip on how one must keep on investing was shown to the students. It was a fruitful session and well appreciated by the students. A total of 58 students participated in this webinar. Ms. Anasuya Bhagvath, Assistant Professor, Department of Commerce, coordinated the session.



2. Aptitude Test

To equip our final B.Com. and BBA students for post-graduation and job market, Department of Commerce conducted an aptitude test on March 8 and 9, 2021 in collaboration with NIIT, Bejai, Mangaluru.

Ms. Pavithra, Ms. Raksha, and Mr. Kumar of NIIT conducted this test. A total of 196 students took the aptitude test. Ms. Seema Prabhu S., Assistant Professor of Commerce, Canara College, organised this activity.



3. Inauguration Of the Workshop on Preparation for UGC NET/KSET Examination (SESSION 1)

The Department of Commerce, in association with IQAC, organised a virtual workshop on "Preparation for the UGC NET/KSET Examination" for the staff and post-graduation department students of the college on May 6, 2021. The inaugural session of the Virtual Workshop was held from 10.15am to 11.00am.

The workshop was inaugurated by Sri. CA Vaman Kamath, Treasurer, CHS Association. He highlighted that clearing UGC NET is a proud moment. It is not a mere certificate, but a badge of honour that only intelligent people can earn. It is the most obvious way to showcase your educational expertise and outshine everyone. He stressed the point that three months of preparation with commitment, hard work, and dedication would definitely help the student clear the exam.

The Chief Guest, Ms. Anila, Principal, Canara Evening College, focused on the concept of "survival of the fittest." In her words, a person needs to be competent enough in this competent world. Competency and efficiency depend on hard work coupled with basic intelligence, which enables us to achieve it. There are a plethora of opportunities to be unlocked after clearing the UGC NET/KSET exam. Candidates who qualify for the UGC NET become eligible for many posts. It is literally like one exam with many perks.

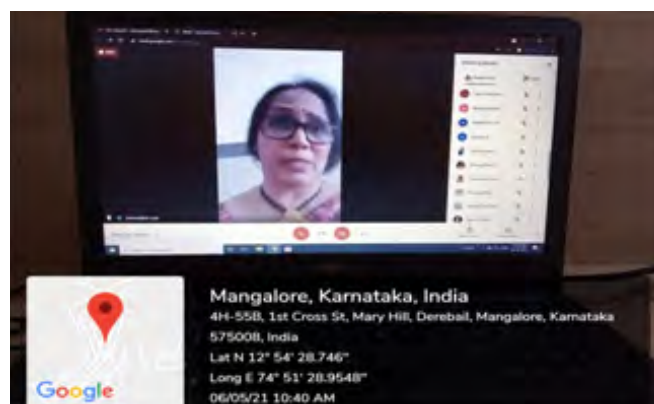
In her presidential remarks, Principal Dr. Premalatha V. said that clearing the UGC NET/KSET examination was the main attraction in students' curriculum vitae when applying for any job. It would give him an upper edge over other applicants and strengthen his chances of selection for the role.

In her welcome address, Ms. Dejamama, Head of the Department of Commerce, emphasised the importance of conducting such a workshop and described the theme of the workshop along with programme details.

The workshop was attended by 43 participants (commerce faculties and PG students). The

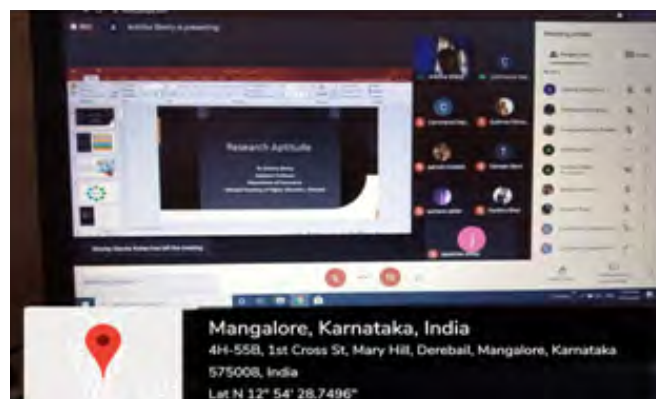
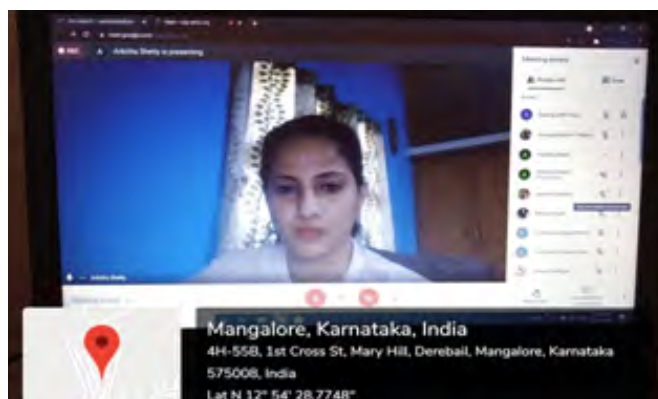
resource person for the first session, Mr. Karthik K. Kamath, clearly explained the tips to clear the NET/SLET examination. He also provided an insight into the syllabus, papers, and units in detail. Ms. Jayashree Shetty compered the programme and Ms. Ashalatha proposed the vote of thanks.

Sessions	Resource Person	Date
Session 1	Mr. Karthik K. Kamath, Department of Business Administration, Canara College	May 06, 2021.
Session -2- Research Aptitude	Dr. Ankitha Shetty, Assistant Professor, Department of Commerce, Manipal Academy of Higher Education, Manipal	May 07, 2021.
Session -3-Banking and Financial Institutions	Ms. Pooja, Assistant Professor, Department of Commerce, St. Aloysius College, and Mangaluru	May 08, 2021.
Session -4- Preparation for Paper II	Mr. Faissal Abdulrazak, Assistant Professor, Department of Commerce, Govt. First College, Haleyangadi,	May 10, 2021.
Session -5- Preparation for Paper II	Ms. Sandhya M, Assistant Professor, Department of Commerce, Govt. First college Kaup	May 11, 2021.

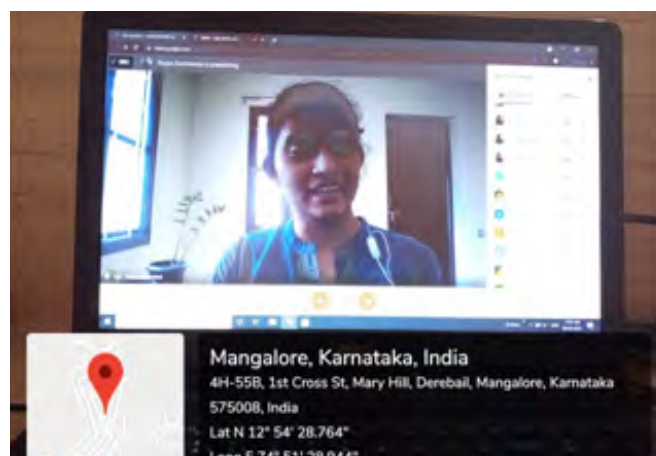


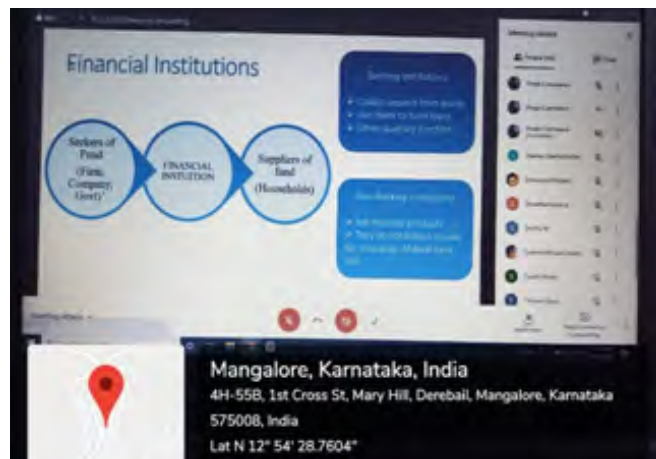
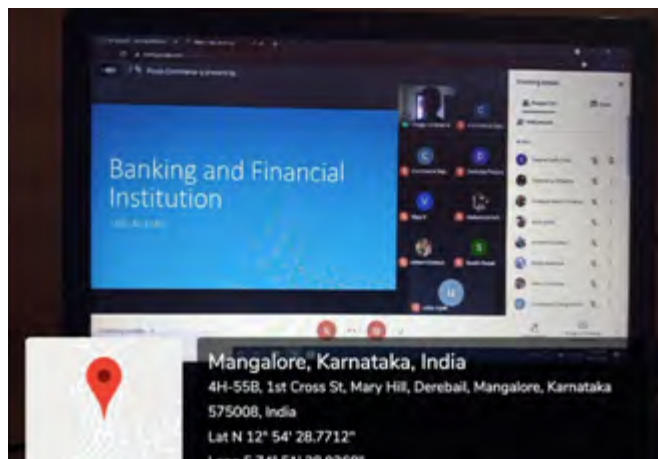


Workshop on Research Aptitude - SESSION 2



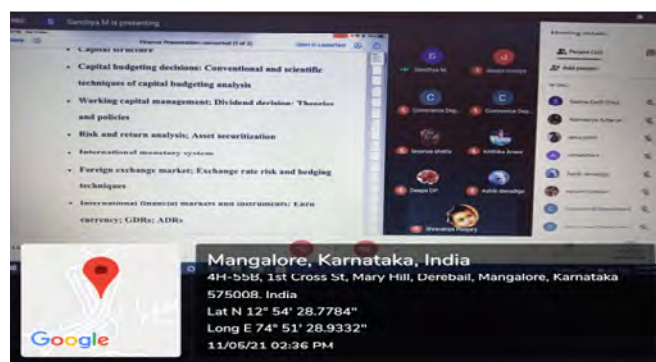
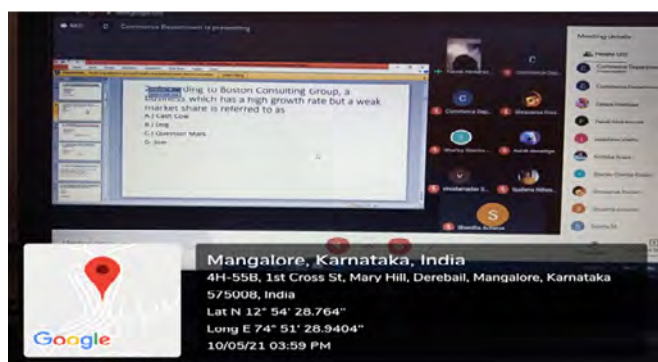
Banking and Financial Institutions – Session 3





Preparation for Paper 2 – Session 4

Preparation for Paper 2 – Session 5



4. Webinar on Financial Market

In virtual mode through Google meet, the Department of Commerce at Canara College, Mangaluru, in collaboration with MSN Institute of Management, Mangaluru, organised a webinar on the financial markets on May 15, 2021.

In her introductory speech, Ms. Dejamma A., Head, Department of Commerce, motivated the students to have hands-on experience in stock markets and at the same time educated them about a few of the career opportunities in NSE.

The resource person Dr. Sharan Kumar Shetty, Associate Professor and member, Governing Council, MSN Institute of Management, Mangaluru was the resource person. He said today, the financial services and the economic sector are highly diversified than ever before. This diversification implies that the individual investors have a wider range of investment instruments to invest in, and there is much greater choice for them to invest their money. In this context it is important to have an idea of the prospects and challenges ahead for the investor.

Every investor has two enemies—rivals they will deal with forever. One is inflation, the other is their own investment behavior. Interestingly enough, you can have a say on only one of those—your investment behavior. It is because inflation is an external factor, but your investment behaviour is internal. What if you can master your investment behaviour to win over the compounding inflation? It is a win-win situation for you as an investor. But it isn't easy to do so. Otherwise, everyone would have done it by now. So, how can you influence your investment behaviour to influence your financial goals?

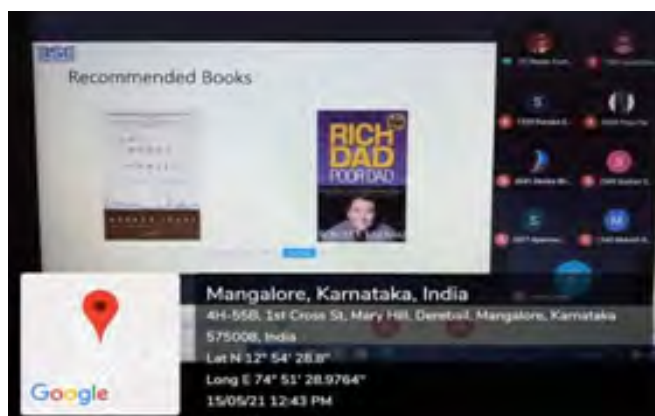
The resource person gave answer to the above questions. At the same time, he informed about the availability of online brokers like Zerodha, Upstocks, 5Paise, etc. for the investors and those brokers usually charge minimum fees to provide bigger services for the benefit of larger set of investors in the country. He enlightened the participants about the employment opportunities available in the financial markets in India.

The presidential remarks were delivered by the principal of the college, Dr. Premalatha V. A total of

100 B.Com. students benefited from this interactive webinar. Ms. Seema Prabhu S., Assistant Professor of Commerce, Canara College, organised this seminar



and welcomed the gathering. Ms. Kavyashree K. proposed the vote of thanks.



5. Webinar on Ensuring the employability of Graduates

The webinar on ensuring the employability of graduates is organised by the Department of Commerce, Canara College, Mangaluru, in association with IQAC on May 27, 2021, from 2.30 pm to 3.30 pm through Google Meet.

The resource person, Ms. Anitha Sadanand, former Principal, Salmiya Indian Model School, Kuwait, was briefed as to who has to ensure employability for the students. Graduates need to be equipped with new, changing, and emerging skills. She explained 21st century skills for a smart career where virtual reality has embraced the world. The future of work is changing, and students need to be equipped with the skills and experience to ensure their

success. She explained the relevance of MOOCs, MERU, NTA, skill education, and online education.

In her presidential remarks, Principal Dr. Premalatha V. stated that employability skills make a person employable. Employability skills are the need of the hour. Personal qualities, values, and ethics add to these. Students need to take initiatives, opportunities, teamwork and leadership qualities.

Ms. Dejamama, Head of the Department of Commerce, coordinated the programme. A total of 82 students participated in this session. Ms. Usha Nayak compered the programme, and Ms. Vinoda V Nayak proposed the vote of thanks.

CANARA COLLEGE
 M. B. Road, Mangalore-575003, Karnataka
 Department of Commerce
 (Quality Initiative under IQAC)
 Organises a Webinar
"Ensuring the Employability of Graduates"
Resource Person
Mrs. Anitha Sadanand
 C.M.Com., L.L.B., M.B.A., SET
 Former Principal, Saini's Indian Model School, Kuvalli
Date: May 27, 2021 | Platform: Google Meet | Time: 3:30 PM
Google Meet Link: <https://meet.google.com/beg-bpde-lms?hs=224>

What is Graduate Employability?

Mangalore, Karnataka, India
 2739, Pinto's Ln, Behind Tandoor Restaurant, Boloor, Kadri,
 Mangalore, Karnataka 575003, India
 Lat N 12° 52' 44.8068"
 Long E 74° 50' 46.3956"
 27/05/21 02:34 PM

21st CENTURY SKILLS FOR CAREER SMART

Mangalore, Karnataka, India
 8-91-4, Kodikal, Mangalore, Karnataka 575006,
 India
 Lat N 12° 54' 10.6308" Long E 74° 49' 25.8456"
 27/05/21 02:54 PM

Finally remember this famous message given by a school principal who survived nazi attack

Mangalore, Karnataka, India
 1-33-2771/1, Ashok Nagar, Mangalore,
 Karnataka 575003, India
 Lat N 12° 54' 4.9572" Long E 74° 49' 36.372"
 27/05/21 03:47 PM

TECHNOLOGY LITERACY

- Ability to understand the technology
- Ability to assess the technology
- Ability to use the technology
- Ability to manage the changes

Mangalore, Karnataka, India
 8-80-2, Kodikal, Mangalore, Karnataka
 575006, India
 Lat N 12° 54' 14.382" Long E 74° 49' 25.8456"
 27/05/21 03:02 PM

Mangalore, Karnataka, India
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 India
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DEPARTMENT OF BUSINESS ADMINISTRATION

1. Class-wise Parent Teachers' Virtual Meet – First year BBA

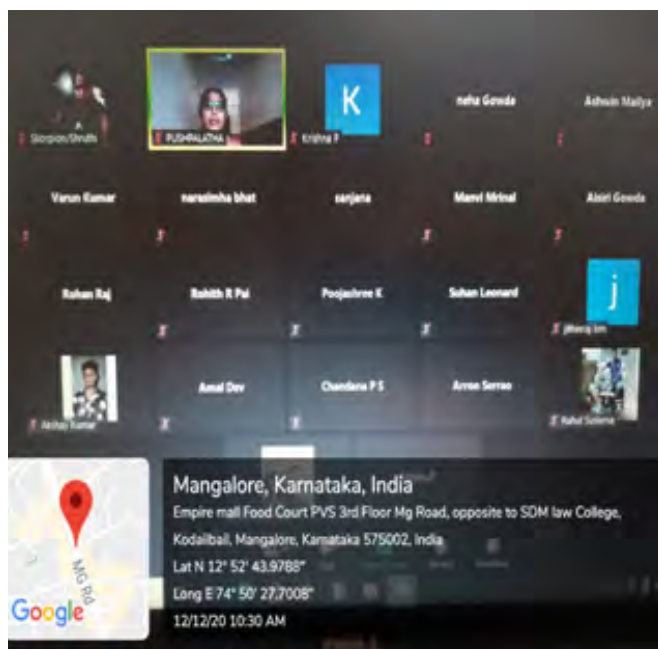
Unlike the regular way of holding the parent teachers' meeting in person due to the prevalent COVID-19 pandemic, a virtual meeting of the Parent and Teachers' was convened through Google meet on Monday, December 08, 2020 at 6:00 P.M.

At the outset, Principal Dr. Premalatha V., in her message, highlighted the initiatives taken by the college and the efforts put in by the teachers to reach out to the students, especially during this prevalent situation of the COVID-19 pandemic. She also urged parents to ensure that their ward regularly attends the online or virtual classes and stays in tune with the academics. Furthermore, in order to assess the learning levels of the students, the first internal assessment examination (IAE) through online mode has been scheduled for December 16, 2020.

The Academic Class Mentor, Mr. Hardik P. Chauhan, updated the parents about the status of academics, lessons covered across the courses, initiatives and activities undertaken by the department right from the commencement of the academic year, information about the scheduled first IAE, student

attendance at online/virtual classes, etc.

The Head of the Department Ms. Pushpalatha in her advisory message said that "students must have clear goals for self, aspire for knowledge with good character and not mere education and thus transform holistically. The prevalent times certainly expects all the stakeholders to collaborate and work collectively to achieve more. As parents it is utmost crucial to consistently monitor and supervise your ward ensuring that they are utilising the available time in the most productive and fruitful manner. Further, as academic mentors and facilitators, the current teaching-learning process is certainly new for everyone. Teachers are figuring out ways and means and are going extra mile out of their comfort zone to adapt themselves in this highly challenging technologically advanced world for the cause of education." This was then followed by interaction and feedback sharing by the parents. The meeting began with the welcome note and concluded with the Vote of thanks proposed by the Academic Class Mentor. A total of 37 parents attended the meeting, and the course faculty members participated in this meeting.



2. II BBA Parents - Teachers Meeting

The Parent-Teacher Virtual Meet of II BBA students was organised on December 09, 2020 to discuss the students' progress and performance. The goal was to build a healthy relationship with the students and parents. The virtual meeting was convened by Ms. Dhanyashree, the academic mentor of the class. She addressed the parents regarding the attendance of students in the online class and the completion of portions. Ms. Pushpalatha, Head of the Department, gave the information about the online exams and the strategy to prepare for them. All the faculty members of BBA were present for



the meeting. A total of 28 parents attended the meeting.

3. Parent Teachers Meeting of III BBA

The Department of Business Administration conducted a parent-teacher meeting of III BBA students on December 10, 2020.

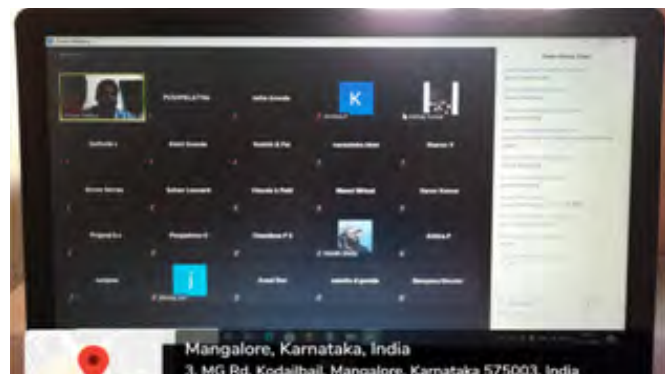
Ms. Pushpalatha, Head of the Department, made

all the parents aware of the online classes, student attendance at the online classes, subjects, contact classes, and the portions covered during the period. Ms. Priyanka, Academic Mentor, III BBA, coordinated the programme.

4. Orientation programme for Internship by Skorpion Consultants

The Department of Business Administration organised a university level webinar on monetizing

digital skills: a way to become self-reliant. It was organised on December 12, 2020.



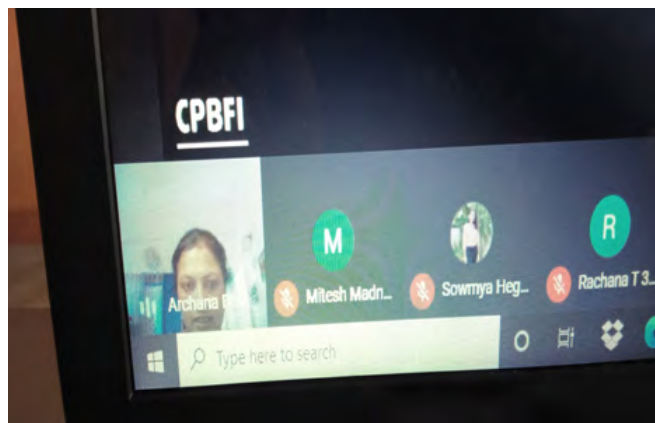
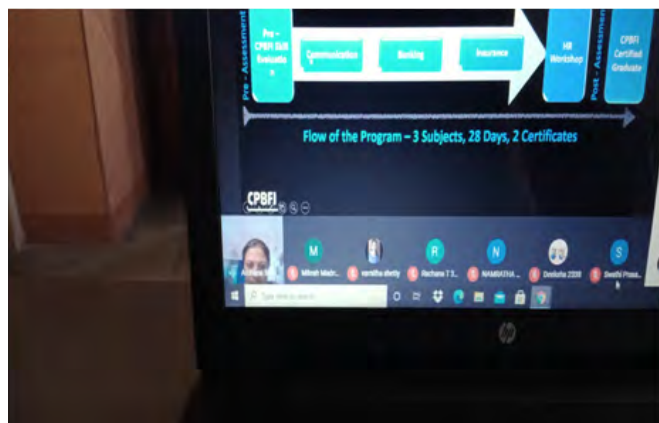
CENTRE FOR PG STUDIES IN COMMERCE

1. Orientation Programme for The Second Batch Of CPBFI

The Centre for PG Studies in Commerce inaugurated the CPBFI (Certificate Programme on Banking, Finance, and Insurance) course for II M.com and III B. Com at the seminar hall on December 11, 2020.

Principal Dr. K. V. Malini presided over the function. Ms. Archana Bhat was the chief guest. Ms. Aparna

Kamath, Head, Centre for PG Studies in Commerce, Dr. Bhavana CPBFI member were present. A total of 40 students from II M.com and III B. Com participated in the programme. Ms. Asha Jyothi Lecturer and staff in-charge of CPBFI coordinated the programme.



2. Virtual Parent –Teacher’s Meet

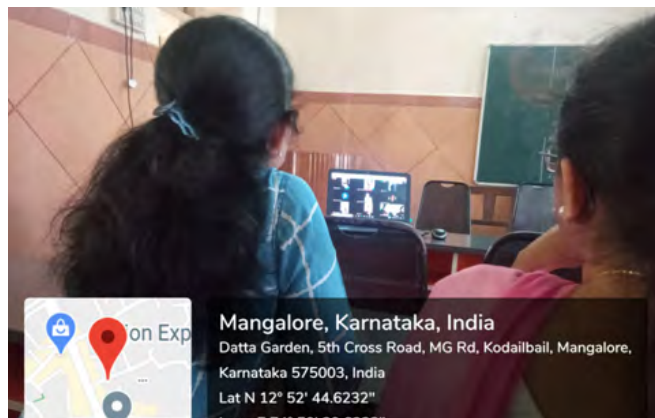
A virtual parent-teacher meet was conducted via Google Meet on Friday, December 18, 2020 at 3:00 P.M. in room No 10. The meeting was directed by the HOD, Ms. Aparna Kamath, welcoming the parents and informing them about the progress of online classes.

The parents were also informed about the online internal assessment examination that was conducted on November 17th, 18th, and 19th, 2020. The parents were briefed about the certificate course being offered by the department.

Ms. Dejamma, IQAC coordinator addressed the parents and stressed upon the importance of the certificate courses offered. She urged parents to encourage their wards to take the maximum benefit of opportunities provided by the department.

The Academic Mentor, Ms. Archana Kamath, and faculty members, Ms. MeghaKamat and Ms. Asha Jyothi, also addressed the parents.

The meeting concluded with a vote of thanks by the Academic Mentor, Ms. Archana Kamath. A total of 18 parents participated in the meeting.

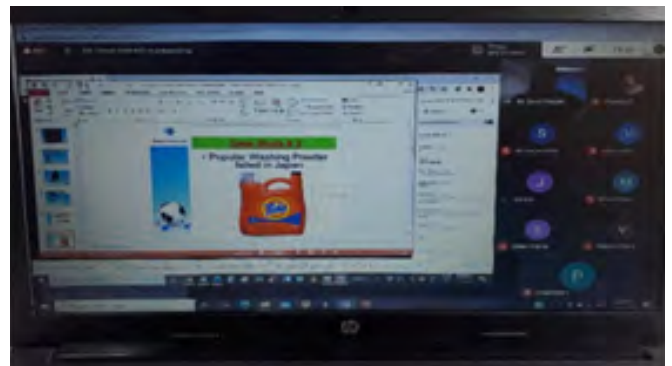
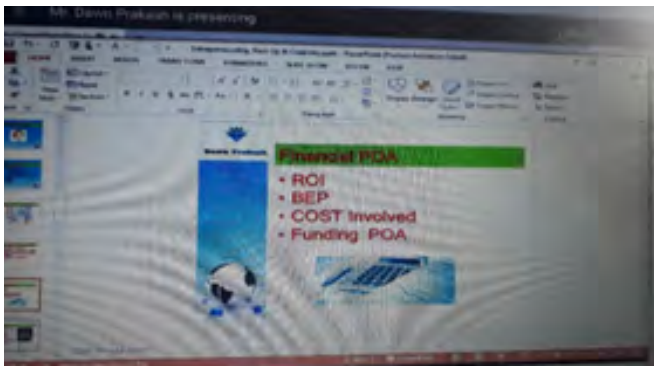
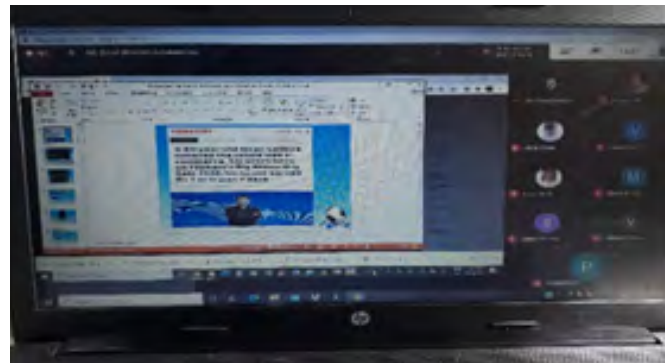
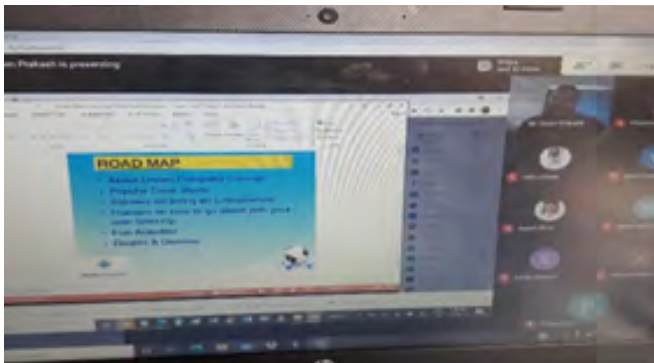


MANAGEMENT ASSOCIATION

1. Online Workshop on Entrepreneurship, Start – Up and Creativity

To develop start-ups and to face the competitive world, the Management Association organised an Online Workshop on “Entrepreneurship, Start-Up, and Creativity” for the students of BBA on January 12, 2021 on Google Platform. The resource person was Prof Dawn Prakash,

Asst Professor and Trainer, SDM PG Centre for Management Studies and Research, Mangaluru. 44 students participated in the workshop. The programme was coordinated by Ms. Laxmi Hegde and Ms. Priyanka, convenors of the Management Association.



2. Workshop on Tips and Tricks of Marketing for today's Dynamic world

The Management Association organized a Workshop on Tips and Tricks of Marketing for today's Dynamic world for the students of BBA on February 2, 2021. Prof. Dawn Prakash, Asst Professor and Trainer, SDM PG centre for Management Studies and Research, Mangaluru was the resource person.

In his session, he highlighted the importance of marketing in today's competitive world. He

discussed examples that work in today's dynamic world, such as new products and services, lead generation, targeting new customers, retaining existing customers, developing brand loyalty, and increasing sales and profit. He elucidated all the tips and tricks in very efficient and effective ways. 28 students participated in the workshop. Ms. Laxmi Hegde and Ms. Priyanka, convenors, Management Association coordinated the programme.



3. Orientation Program of Management Association

The Management Association organised an orientation programme for the members of the association on February 24, 2021. A total of 40 students participated in the programme. The faculty convenors, Ms. Laxmi Hegde and Ms. Priyanka, introduced the aim and achievements of

the association, the procedure for enrolment, the yearly plan of action, and the criteria for allotment of marks, i.e., attendance and internal and external participation. Ms. Manvi Mrinal, a III BBA student, provided information about the inter-class management fest.



4. Debate Competition

To engage the participants in a meaningful debate and to improve confidence in public speaking Debate competition was held on March 3, 2021 at 2:00 P.M. A Total of 37 students participated in this

debate activity. Ms. Laxmi Hegde and Ms. Priyanka, convenors, Management Association coordinated the programme.



5. Management Quiz and Team Building Activity

The Management Association conducted a management quiz and team-building activity on Wednesday, March 10, 2021, in Lecture Hall No. 3. It was a three-stage competition that covered the areas of identification of taglines, logos, and brand ambassadors. A team-building activity was conducted to create positive connections and help

the students develop better communication skills. Twenty-five students participated in this activity. Mr. Shetty Nishanth Shankar of II BBA co-ordinated the activity. Ms. Laxmi Hegde and Ms. Priyanka, convenors of the Management Association, guided the students.



6. Training for I BBA students to participate in Inter-Class Commerce & Management Fest

A training session was conducted on March 17, 2021, in order to foster the students with management skills and to recognise the new hidden capacities among the first-year BBA students. Rounds such as Quiz, Human Resource, Finance, and Mock

Press were introduced to the students. 39 students participated in this session. Ms. Manvi Mrinal and Mr. Karthik Paled of III BBA co-ordinated the activity. Ms. Laxmi Hegde and Ms. Priyanka, convenors of the Management Association, guided the students.



KONKANI BHASHA VIDYARTHI MANDAL

1. Inauguration of Konkani Certificate Course

On February 25, 2021, "Konkanni Parichay", a certificate course for the members of Konkani Bhasha Vidyarthi Mandal, was inaugurated by Dr. Devadasa Pai, Coordinator, PG Department of Studies in Konkani, Mangalore University Evening College.

The programme was organised with the objective of introducing a certificate course in Konkani to the members of KBVM. This foundation level certificate course in Konkani is basically designed to gain

fundamental knowledge of the Konkani language. Resource person, Dr. Pai, briefed the syllabus and highlighted the importance of Konkani language.

Mr. Vinayak Mallya (II B. Com. D) welcomed the gathering. Mr. Amith (II B. Com. A) proposed the vote of thanks and Ms. Aparna Shenoy, II B. Com. A, compered the programme. Ms. Swathi Nayak, convenor, Konkani Bhasha Vidyarthi Mandal, coordinated the programme. 38 members of the association actively participated in the programme.



FINE ARTS ASSOCIATION

1. ORIENTATION PROGRAMME OF FINE ARTS ASSOCIATION

The orientation of Fine arts Association was held on March 3, 2021.

Ms. Thara kumari Professor, Department of Kannada, the chief guest of the session addressed the students about the role of fine arts in everyday life. She said fine arts affect our mood in a positive way and make us feel happier, calmer or even inspired to do something. She cautioned the students about the negative impacts of globalization on our culture and inspired the young minds to always uphold the dignity of our rich culture and heritage which flourished over the years.

Dr. Bhuvana Ramachandran, the co- convener of the association welcomed the gathering. Dr. Asha kiran Pakkala, the convenor of the association briefed



the students about the activities of the association and proposed the vote of thanks. Miss Suma Kote the secretary of the association compered the program. The program witnessed the participation of 41 students.

NATIONAL SERVICE SCHEME

1. Awareness Programme on Prevention of HIV/ AIDS

World AIDS Day is observed on December 01, every year and is dedicated to raising awareness of AIDS caused by the spread of HIV infection. As a part of the campaign, an Awareness Program on the prevention of HIV/AIDS was organised by the NSS Units and the Red Ribbon Club (RRC) at the college campus on December 01, 2020.

Dr. Premalatha V, Principal of the college, addressed the participants. She educated the students about

the spread of AIDS and also showed them how it could be prevented. The topics covered were: Scenario –HIV/AIDS, Prevention and Control, and Virology. The participants appreciated the programme as useful and took a vow to spread the message to prevent and control AIDS so as to protect society from the deadly disease. A total of 38 students participated in this awareness programme.



2. Blood Donation Camp (2021)

A blood donation camp was organised by the NSS units, in association with Lions Club Kankanady, Padil, Mangaluru, and Wenlock District Hospital, Mangaluru, on January 09, 2021. In this camp 32 units of blood was donated by both students and staff members of Canara college.

The formal function was inaugurated by Dr. Nagarathna K.A., NSS Coordinator, Mangalore University. In her inaugural speech, she congratulated the NSS units for celebrating Vivekananda Jayanthi in a meaningful way by organising the Blood Donation Camp amidst of the CoVID 19 pandemic by following all Standard Operating Procedures.

Dr. Sharath Kumar J, Blood Bank Officer, Wenlock District Hospital, Mangaluru and Lion Arundathi Shetty, President of Lions Club Kankanady, Padil, Mangaluru were the guests of honour. They stressed upon the importance of blood donation.




Dr. Premalatha V., Principal, presided over the function. In her presidential remarks, she

congratulated the conveners for taking up such a noble initiative to serve mankind and highlighted the need for donating blood, and also advised students to inculcate good food habits to be healthy and stay fit.


The members of the Lions Club, Mr. Nagesh Kumar, Mr. Ravindra Shetty, Mr. Edwin Walter, Ms. Deepali Kambadakone, Mr. Madhava Ullal, and Mr. Hardik Chauhan, the IQAC Coordinator of the college, graced the occasion. The camp was coordinated by NSS Programme Officers, Ms. Seema Prabhu S. and Ms. Kavyashree K.





**MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
MANGALORE**



BLOOD DONATION CAMP

INAUGURATION
DR. NAGARATHNA K. A.
MS Co-Ordinator, Mangalore University

GUESTS OF HONOR

DR. SHARATH KUMAR RAO J.
Senior Specialist, Blood Bank Officer
Regional Blood Transfusion Center,
Center of Excellence
Mangalore District Hospital, Mangalore

LN. ARUNODATH SHETTY
President
Lions Club, Kankandol, Peeli
Mangalore

LN. NAGESH KUMAR
Regional Minister, Region 5,
Department of 20 Blood Donation Camps
Bendrooratti, Mangalore

PRESIDENT
DR. PREMALATHA K.
Principal, Canara College, Mangalore

JANUARY 09, 2021 AT 9.30 A.M., SEMINAR HALL, CANARA COLLEGE, MANGALORE

ALL ARE CORBALLY INVITED
DEEPA PRABHU S. KAPYASHREE K.
NSS PROGRAMME OFFICERS
and NSS VOLUNTEERS

ಕೆನರಾ ಕಾಲೇಜು: ರಕ್ತದಾನ ಶಿಬಿರ



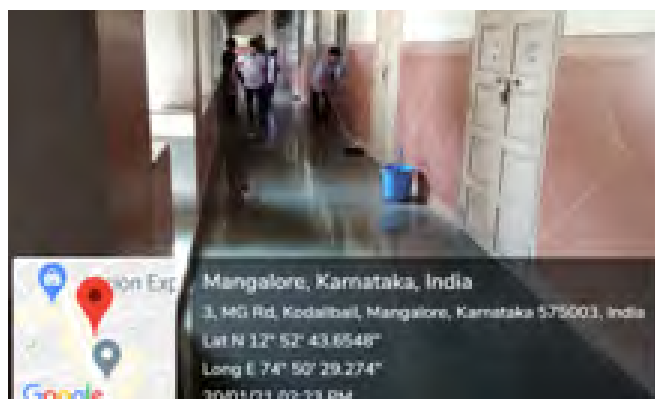
ರಕ್ತದಾನ ಶಿಬಿರದ ಉದ್ಘಾಟನೆ ಕಾರ್ಯಕ್ರಮ

ಮಂಗಳೂರು, ೯.೦೧.೨೦೨೧

ಮಂಗಳೂರು ಮೆಡಿಕಲ್ ಕಾಲೇಜಿನಲ್ಲಿ ರಕ್ತದಾನ ಶಿಬಿರದ ಉದ್ಘಾಟನೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಂಗಳೂರು ಮೆಡಿಕಲ್ ಕಾಲೇಜಿನ ಪ್ರಿನ್ಸಿಪಲ್ ಡಾ. ಪ್ರೆಮಲತಾ ಕೆ. ಮತ್ತು ಮಂಗಳೂರು ಮೆಡಿಕಲ್ ಕಾಲೇಜಿನ ಸಿಬ್ಬಂದಿಗಳು ಹಾಜರಿರಿದ್ದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಂಗಳೂರು ಮೆಡಿಕಲ್ ಕಾಲೇಜಿನ ಸಿಬ್ಬಂದಿಗಳು ರಕ್ತದಾನ ಶಿಬಿರದ ಉದ್ಘಾಟನೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಿದರು.

3. Campus Cleaning Drive - 2021

A campus cleaning drive under the initiative Swachh Bharat Abhiyan was organised by the NSS units on January 20, 2021. The cleaning campaign was organised with the objective of cleaning and maintaining the botanical garden and cleaning the class rooms on the campus. 39 volunteers actively took part in this cleanliness campaign. NSS programme officers, Ms. Seema Prabhu and Ms. Kavyashree K., guided the students.



4. Expert talk on Importance of NSS in Students Life

The NSS units of the college organised an Expert Talk on "The Importance of NSS in Students' Life". The resource person was Mr. Arjun Prakash, Assistant Professor of Commerce, St. Aloysius College (Autonomous), Mangaluru and proud alumnus of the College.

He said "NSS was introduced with the primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. Very appropriately, the motto of NSS is

"NOT ME, BUT YOU". An NSS volunteer places the 'community' before 'self'. This is part of the third dimension of education, namely, value education, which is becoming increasingly important." He advised the volunteers to take part in all the NSS activities and make a valuable contribution to society, besides developing their own personality. In this very interesting interactive programme, a total of 42 NSS volunteers participated with zeal. During the program, the senior volunteers shared their experiences with the juniors and motivated them. The NSS Programme Officers, Ms. Seema Prabhu S. and Ms. Kavyashree K., coordinated this programme.



5. Bengre Beach Cleaning (2021)– An Extension Activity

The NSS units of the college organised a beach cleaning drive in association with NSS Mangalore University, Radio Sarang and Team Bosky Orb on January 26, 2021. 15 NSS volunteers, along with NSS Programme Officer Ms. Seema Prabhu S., collected garbage of all kinds, i.e., plastic tins, polythene bags, bottles, thermocol paper, tetrapacks, diapers,

glass, etc., in bags and disposed of them. The NSS Coordinator, Programme officers and volunteers expressed their happiness at this endeavour and pledged to maintain cleanliness by adopting healthy and environment friendly practices. They also created awareness for the visitors to use the dust bin, not to litter, etc. to reduce waste.



6. Capacity Building Workshop on Life Skills (2021)

The NSS units of the college has conducted a capacity building workshop on Life Skills to the volunteers on January 29, 2021. The resource person was Mr. Ignatius Nevil Noronha, former HOD of Commerce, Canara College, Mangaluru and an entrepreneur.

Various engaging activities were conducted and examples were shared with the students to help

them understand the importance of these key life skills and values. To ensure that the students do not forget this as a one-off session, they were given follow-up exercises to assess their own life skills and the areas that need improvement. 52 NSS volunteers benefited from this workshop. This workshop was coordinated by Ms. Seema Prabhu S. & Ms. Kavyashree K., the NSS Programme Officers.



7. Capacity Building Workshop on Developing Leadership Skills

The NSS units of the college organised a workshop for the first year NSS volunteers to develop their leadership skills. Mr. Santhosh Kumar S., Lecturer at St. Aloysius PU College in Mangaluru and alumnus, addressed the volunteers. He said "Some say great leaders are born, not made. And while there are some born leaders, many more have honed their leadership skills through extensive practice. There is no one-size-fits-all leader. To be an effective leader for a certain group, you will need to understand what qualities the group values. Key leadership skills include communication, team-building, vision and planning, knowing when to take risks, motivating individuals and the group, delegating responsibility, and more." He highlighted the power of positive thinking, the miracle of thinking out of the box. He conducted various activities with the volunteers to teach them the importance

of communication. He advised N.S.S. as the best platform to exhibit their talents and develop their skills. Advisors shared their NSS experiences with the first-year volunteers and also motivated them to utilise the opportunities available in NSS to the fullest extent. 55 NSS volunteers attended the workshop. This workshop was coordinated by Ms. Seema Prabhu S., and Ms. Kavyashree K., the NSS Programme Officers.



8. Anti-Drug Campaign by NSS Volunteers

NSS Units of Canara College, Mangaluru launched an anti-drug campaign on February 17, 2021 to eradicate drug abuse among youth. In this campaign, the NSS Units will continue to spread the message of awareness through various programmes throughout the year. The campaign was inaugurated by Mr. Devi Prasad, Special Officer, Regional Joint Director Office, Department of Collegiate Education, Mangaluru.

In his inaugural speech, he stated that youth are the

largest force in our nation and it must be directed in a positive way for their happy, healthy, and holy living. To have a significant impact on society, the youth can only save themselves by holding a large number of events campaigning for anti-drug messages.

Dr. Premalatha V., College Principal, administered the anti-drug oath to 159 NSS Volunteers. The programme officers, Ms. Seema Prabhu S. and Ms. Kavyashree K., coordinated this programme.



9. Training Programme on NSS Songs Singing -2021

The NSS units of our college organised an NSS Song Training programme on March 03, 2021. The main objective of the programme is to educate the fresh NSS volunteers about the significance of NSS songs and to make them understand their meaning. The senior NSS volunteers taught the

lyrics and the tune to the fresh volunteers. 129 NSS volunteers actively took part in the training session and practised the NSS songs in groups. The NSS Programme Officers, Ms. Seema Prabhu S. and Ms. Kavyashree K., coordinated this training programme.



10. Campus Cleaning Drive - 2021

A half-day campus cleaning drive under the initiative "Swachh Bharat Abhiyan" was organised by the NSS units on March 06, 2021. The cleaning campaign was organised with the objective of cleaning the college garden and

maintaining the botanical garden on the campus. 33 volunteers participated in this cleanliness campaign. The NSS programme officers, Ms. Seema Prabhu and Ms. Kavyashree, guided the students.





11. Training Programme on Health Safety

A training programme on health safety was organised for the volunteers of the National Service Scheme, Rovers Crew and Rangers Team, and the Red Cross units of Canara College on March 12, 2012, Friday in the Seminar Hall by the initiative of the Rover crew and Ranger team. The CSR team from First Neuro Hospital, Mangaluru, trained the volunteers on health risks such as heart attacks,

snake bites, choking, burns, drowning, etc. and also explained the safety methods such as CPR, snake bite medicine, etc. to be followed at the time of such issues. The training was attended by 75 NSS volunteers. The demonstration was done by the students. This activity aims at the quest for excellence.



12. Lasike Utsava

The NSS Units of Canara College, Mangaluru, organised an Awareness Programme on "Lasike Utsava" for their family members and neighbours from April 11 to 14, 2021. It was a great opportunity and pleasing experience for 230 NSS volunteers to

interact and educate people.

The awareness programme was conducted by NSS volunteers under the mentorship of NSS Program Officers, Ms.Seema Prabhu S. and Ms. Kavyashree K.



13. Awareness programme on CoVID 19- Vaccination

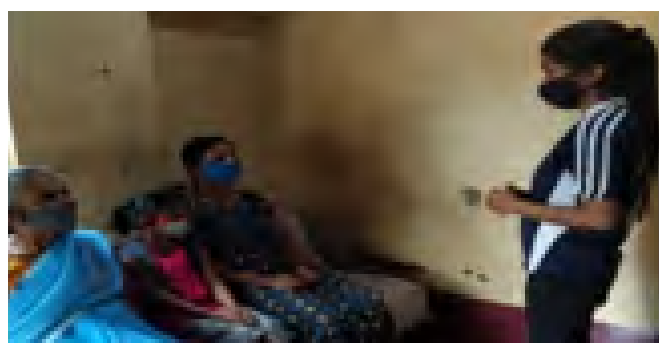
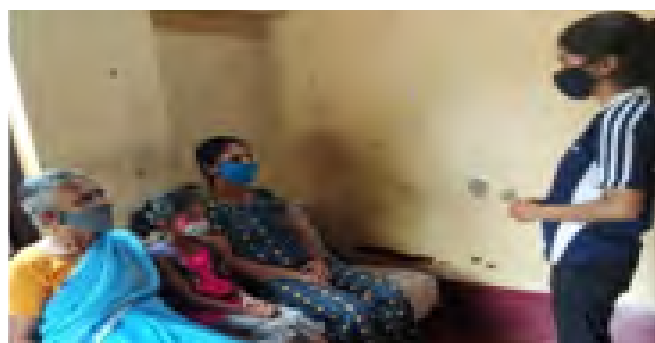
The hesitation towards vaccination with the CoVID-19 vaccine remains a problem worldwide. Lack of clinical trials for the vaccine, fear of vaccine side effects, and rumours of the presence of active viruses in vaccines are some leading obstacles that obstruct the success of the COVID-19 vaccine campaign. Vaccine hesitancy is a major obstacle in the face of the COVID-19 vaccination programmes.

The NSS Units of Canara College, Mangaluru, organised an Awareness Program on "CoVID 19 Vaccination" for their family members and neighbours on May 16, 2021. The volunteers provided health education on "COVID-19 Vaccination Coverage of People Aged above 18 Years". It was a great opportunity and pleasing experience for 82 NSS volunteers to interact and

educate people.

The awareness programme was conducted by NSS

volunteers under the mentorship of NSS Program Officers, Ms.Seema Prabhu S. and Ms. Kavyashree K.



14. Webinar on Mental Wellbeing during Pandemic

Mental health or wellbeing includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life. As the Covid 19 pandemic rapidly sweeps across the world, it is inducing a

considerable degree of fear, worry and concern in the population. Because of physical and social distancing, most of us are stressed and anxious. And this is the right time. We need to educate ourselves on the ways and benefits of mental wellbeing. With this objective, the NSS Units of the college have organised a webinar on "Mental Wellbeing during

a Pandemic" on May 19, 2021 through the Google meet platform.


The webinar was inaugurated by Dr. Sheshappa Amin K., D.K. District NSS Nodal Officer, CoVID 19. In his inaugural address, he advised the volunteers to create awareness about CoVID 19, the SOP to be followed, and to break the myth about Corona. He appreciated the NSS Units of the college for the social work undertaken during the pandemic.

The resource person is Mr. Ankith Kumar, Counselor and Centre in Charge, Sahyadri College Health & Counselling Centre, Mangaluru. The trainer

explained the importance of mental health, ways to improve it, how to handle the stress and how to make healthy choices. He demonstrated the correct ways of breathing to the participants. The webinar was attended and well received by 100 NSS volunteers.

The webinar was presided over by the Principal, Dr. Premalatha V. She gave a call to the volunteers to lead a healthy life so that they could manage their emotional, psychological, and social wellbeing.

The webinar was coordinated by Ms. Seema Prabhu S. and Ms. Kavyashree K., the NSS Programme officers.


MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
CANARA COLLEGE
 MANGALURU- 575 003

Organises

Webinar on "MENTAL WELLBEING DURING PANDEMIC"

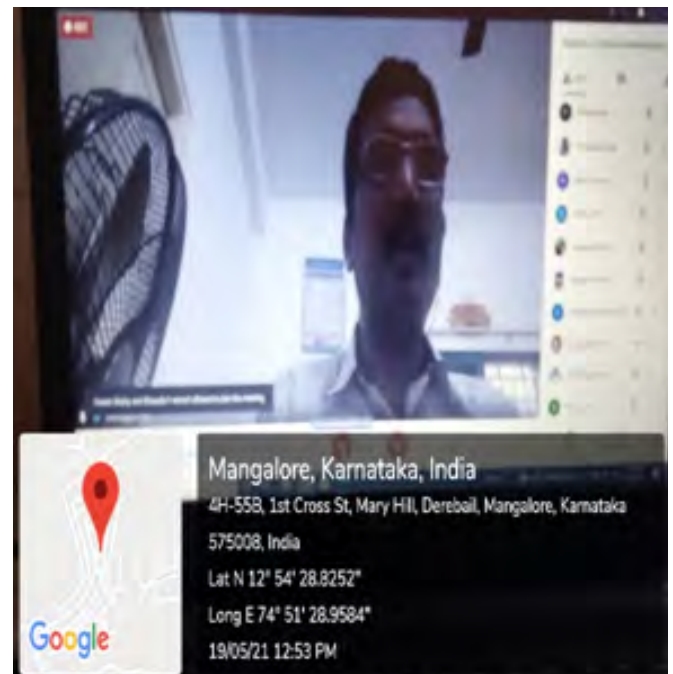
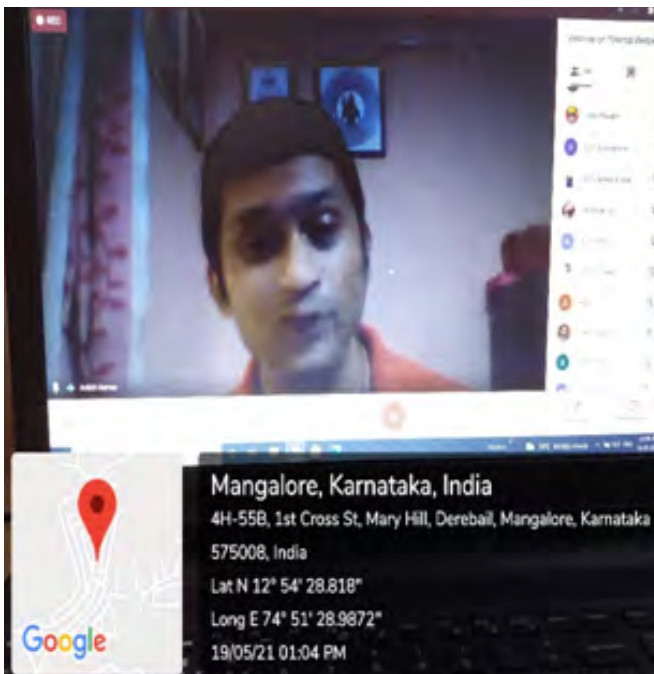
Inaugurator: DR. SHESHAPPA AMIN K. Assistant Professor of Sociology GFG College, Carstreet, Mangaluru & District NSS Nodal Officer CoVID 19(DK)	Resource Person: MR. ANKITH S. KUMAR Counsellor & Centre in Charge Sahyadri College Health & Counselling Centre Sahyadri College of Engineering & Management, Mangaluru
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Please join with us (Google Meet) on
Wednesday May 19, 2021 at 12.45 p.m.
 All are cordially invited

Seema Prabhu S. & Kavyashree K.
 NSS Programme Officers
Dr. Premalatha V.
 Principal
 Volunteers, National Service Scheme Units

‘ಕೊರೊನಾ ಸಂದರ್ಭದಲ್ಲಿ ಮಾನಸಿಕ ಯೋಗಕ್ಕೆ ಮೆ’: ಕಾರ್ಯಾಗಾರ

ಕಾರ್ಯದರ್ಶಿ, ಮೆ: ಮಾನಸಿಕ ಹಾಗೂ ಭೌತಿಕ ಆರೋಗ್ಯವನ್ನು ಉತ್ತಮ ರೀತಿಯಲ್ಲಿ ಕಾಯ್ದುಕೊಂಡು ಬರುವಂತೆ ಸಲಹೆ ಮಾಡಿದರು. ಸಂದರ್ಭದ ವ್ಯಕ್ತಿ ಸಮ್ಮತಿ, ಕಾಲಗತನ ಆರೋಗ್ಯ ಮತ್ತು ಸಮಾಲೋಚನೆ ಕೊಡದ ಸಲಹೆಗಳ ಅಂಶ ಎಸ್. ಕುಮಾರ್, ಸೌಖ್ಯದ ಉದಾಹರಣೆ ಮಾಡುವ ವಿಧಾನವನ್ನು ಪ್ರಾತ್ಯಕ್ಷಿಕೆಯ ಮೂಲಕ ವಿವರಿಸಿದರು. ಕೆನರಾ ಕಾಲೇಜ್ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕಾರ್ಯಾಗಾರದ ಆಯೋಜಕರಾದ ಸೀಮಾ ಪ್ರಭು ಎಸ್. ಪ್ರಸಾದ್‌ನೇತೃತ್ವದ ಸ್ನಾತಕೋತ್ತರ ಮಹಿಳಾ ಮತ್ತು ಪುರುಷ ಮಿಷನ್‌ನ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಆರೋಗ್ಯಕರವಾದ ಹಾಗೂ ಉತ್ತಮ ಸಂವಹನವನ್ನು ಮಾಡುವ ಮೂಲಕ ನರ್ವಹಿಸಿದರು.



15. E- Workshop on Stress Management during Pandemic

"Situations and circumstances are the same, but the approach makes it different." This statement holds very true in today's scenario where everyone is in constant bafflement and riddles, where every moment is a testing moment and where running hands of the clock reminds us that we have to run and bear the loads of responsibilities and live up to the expectations of everyone around. All these situations create and lead to stress and strain in life. In order to help the volunteers, learn to cope with the stress which they face in virtual classrooms or on personal fronts, the NSS units of the college had organised an E-workshop on "Stress Management during Pandemic" in association with the Department of Youth Empowerment & Sports, D.K., NIMHANS, Bengaluru, and Yuva Spandana Kendra, Mangaluru on May 26, 2021.

The chief guest of the E-Workshop was Mr. Srinath B., NSS Programme Officer of Vivekananda College, Puttur. He said our perceptions influence our stress level. If you believe this to be true, then changing your mindset could help you address stress before it affects you. He appreciated the NSS Units of the college for the good social work undertaken during the pandemic.

Mr. Shrikanth Poojary Biravu, of NIMHANS,

Bengaluru, was the resource person. The main highlights of the workshop were: the various types of stress faced by teenagers; stress relaxation therapy that could be followed; and different stress management techniques. He also explained that "stress can be good or bad, but it is our attitude to how we tackle it". Answering the queries of the participants, he mentioned that it is very important to vent out the feelings in front of the person who could give them the best guidance, instead of keeping the knots in the mind.

Addressing the gathering, Principal Dr. Premalatha V. said that stress and anxiety are an integral part of human nature and it is imperative to know how to deal with them and ultimately overcome them.

The webinar was coordinated by Ms. Seema Prabhu S. and Ms. Kavyashree K., the NSS Programme officers. A total of 124 NSS volunteers actively participated in this interactive E-workshop. The E-Workshop concluded with a big smile on the faces of the participants and a promise to deal with stress in a positive way.

"THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER!!!!!"



ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ
ಕೆನರಾ ಕಾಲೇಜು, ಮಂಗಳೂರು

ಯುವ ಸಬಲೀಕರಣ ಮತ್ತು ಸ್ವೀಕೃತ ಇಲಾಖೆ ದಕ್ಷಿಣ ಕನ್ನಡ
ರಾಷ್ಟ್ರೀಯ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ನರವಿಜ್ಞಾನ ಸಂಸ್ಥೆ, ಬೆಂಗಳೂರು
ಯುವ ಸ್ಪಂದನ ಕೇಂದ್ರ, ಮಂಗಳೂರು

ಅಯೋಜಿಸುವ ಇ-ಕಾರ್ಯಾಗಾರ
ಕೋವಿಡ್ ೧೯ ಸಂದರ್ಭದಲ್ಲಿ
ಒತ್ತಡ ನಿರ್ವಹಣೆ

ಮುಖ್ಯ ಅತಿಥಿಗಳು
ಶ್ರೀ ಶ್ರೀನಾಥ ಬಿ.
ನ್ಯಾಷನಲ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಮೈಂಡ್ ಹೆಲ್ತ್, ಬೆಂಗಳೂರು
ವಿಜ್ಞಾನೀಯ ಸಂಶೋಧನೆ ಮತ್ತು ಪ್ರವಚನ
ಸಂವಹನದ ವ್ಯಕ್ತಿ
ಶ್ರೀ ಶ್ರೀಕಾಂತ್ ಪೂಜಾರಿ ಬಿರಾವು
ಕೆನರಾ ಕಾಲೇಜು, ಮಂಗಳೂರು
ರಾಷ್ಟ್ರೀಯ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ನರವಿಜ್ಞಾನ ಸಂಸ್ಥೆ, ಬೆಂಗಳೂರು

26.05.2021 | 12.45 ಮಾಧ್ಯಮ: ಗೂಗಲ್ ಮೀಟ್

ಸರ್ವರಿಗೂ ಅದರದ ಸ್ವಾಗತ

ಸೀಮಾ ಪ್ರಭು ಎಸ್. / ಕಾವ್ಯಶ್ರೀ ಕೆ. **ಡಾ. ಪ್ರಮಲತಾ ವಿ.**
ನ್ಯಾಷನಲ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಮೈಂಡ್ ಹೆಲ್ತ್, ಬೆಂಗಳೂರು
ಕೆನರಾ ಕಾಲೇಜು

YOUTH RED CROSS

1. HIV Aids Awareness Programme

The Youth Red Cross organised an awareness programme on HIV and AIDS on December 01, 2020. Under the guidance of Youth Red Cross Programme Officers Ms. Smitha M and Ms. Roopashri K. P, students used social media platforms to highlight the role of communities in preventing and supporting people with HIV.

YRC volunteers designed a poster regarding the causes, symptoms, and precautions of HIV/AIDS, converted it into a video, and it was later posted on social media. 19 volunteers from YRC actively participated in this activity and played an efficient role in spreading awareness regarding the importance of World AIDS Day.



2. Orientation programme for the volunteers of YRC for the academic year 2020-21

An orientation programme for the Youth Red Cross volunteers was conducted on January 11, 2021 in Room No. 4 by Ms. Smitha M and Ms. Roopashri K.P, the Programme Officers of Youth Red Cross, Canara College, Mangaluru.

In college, volunteers were educated on the concepts and aspects of the YRC unit. The volunteers were educated on the significance of four key

areas for spreading humanitarian ideas and values. Volunteers were given an understanding of their responsibilities in terms of health, care, disaster response, and community preparedness.

The orientation programme was followed by the taking of the pledge by the YRC Volunteers, and 15 of them pledged to follow the motto of Youth Red Cross.



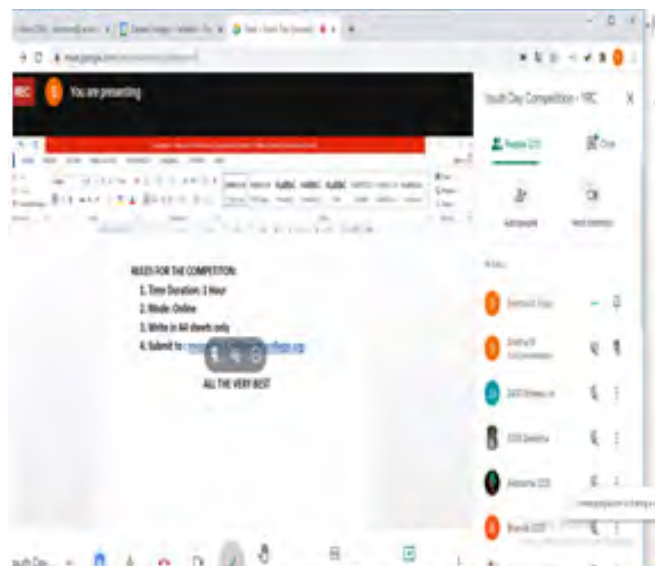
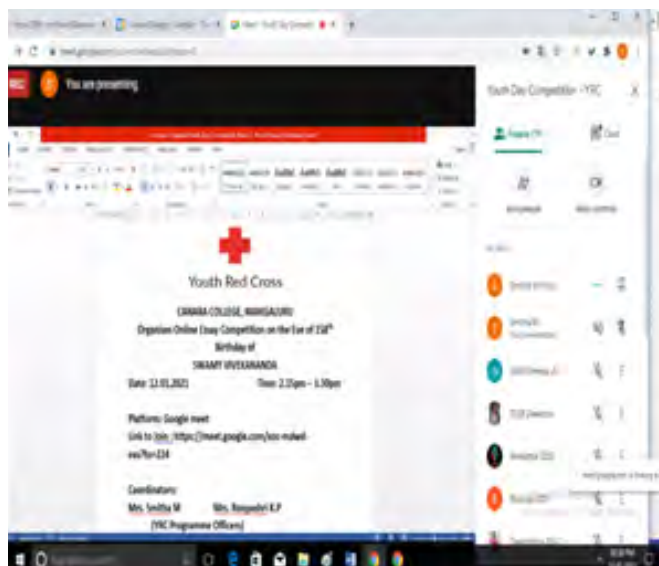
3. Online Essay Competition on the topic Contribution of Technology in Education on occasion of Youth Day Celebration.

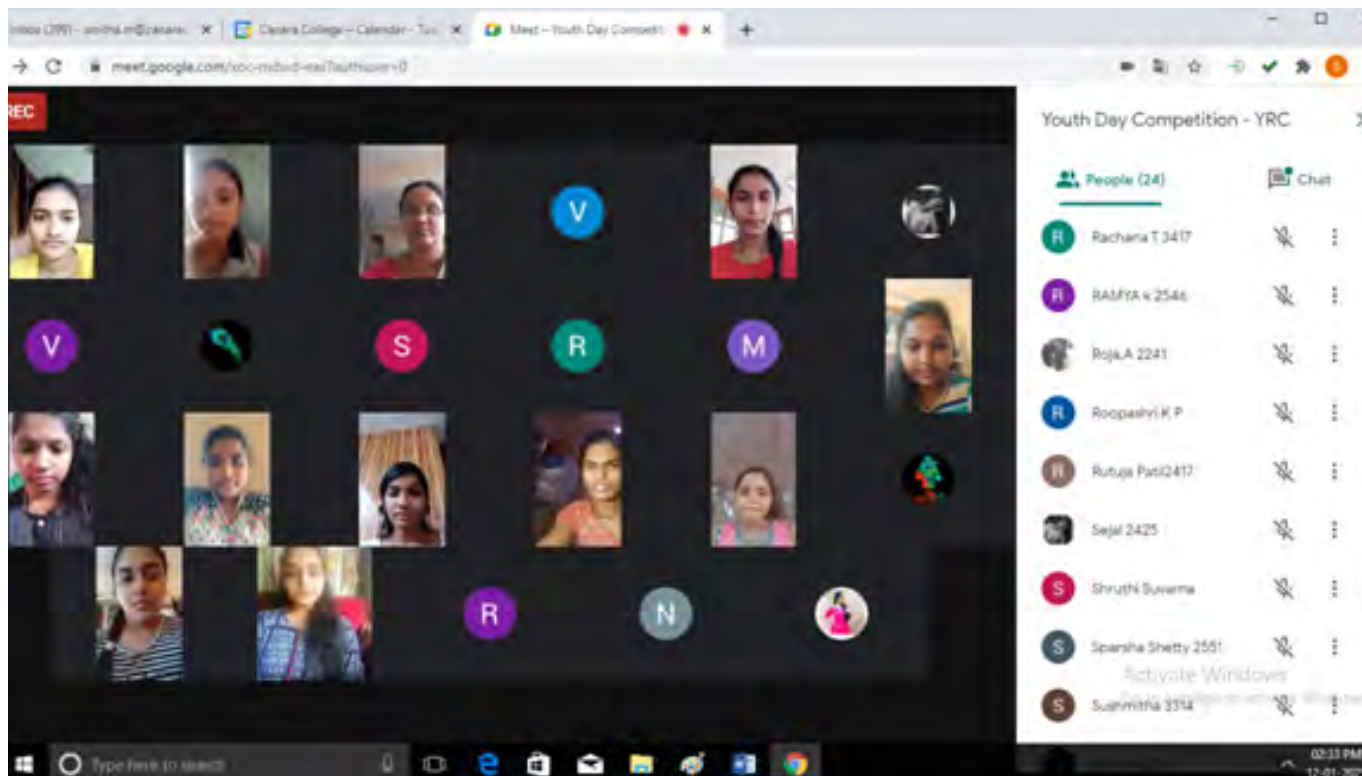
On the occasion of National Youth Day, the Youth Red Cross Unit organised an online essay competition on the topic "Contribution of Technology in Education" on January 12, 2021 through the Google meet platform. This programme was organised to celebrate the 158th birthday of Swamy Vivekananda. 26 students actively participated in this online competition, which imparts knowledge about the use of technology. Ms. Smitha M. and Ms.

Roopashri K.P., YRC Programme Officers, organised this online essay competition.

The winners of this competition are:

1. Roja A. – II B. Com A
2. Swathi K. – II B.Com A
3. Shruthi – I B.Sc (PCM)





4. Quiz Competition on the topic Covid-19 and International Red Cross Society and Environment

Youth Red Cross Programme Officers Ms. Smitha M. and Ms. Roopashri K.P. organised a quiz competition on the topic "Covid-19 and International Red Cross Society and Environment" for the volunteers of YRC on February 24, 2021.

This competition was held for the volunteers in order to check the basic understanding of the volunteers with regard to International Red Cross society, its evolution and function as well as regarding COVID-19 causes and precautions to be taken by individual to eradicate the pandemic.

The quiz consisted of 5 rounds, dividing the volunteers into 3 teams, and a total of 26 students participated in this competition. The best

performers were recognized, and first place was bagged by Team 1, consisting of the following members.

- Sindhu H.S – II B.Sc (BZC)
- Neha – I BCA
- Sparsha Shetty – II B.Com D
- Ramya K. – II B.Com D
- Nandini – I BCA
- Varsha – I BCA

YRC Volunteers Ms. Madhumitha and Ms. Apoorva S. Rao coordinated this quiz competition.



5. Session on Responsibilities of YRC Volunteers

The Youth Red Cross units organised an informative session on Responsibilities of YRC Volunteers on March 09, 2021. Mr. Arjun Prakash, Lecturer, St. Aloysius (Autonomous) College, Mangaluru, was the resource person. In his session, he introduced YRC and its role in solving societal problems. He later briefed about the roles and responsibilities of YRC Volunteers. He gave prominence to practising humanity, impartiality, and voluntary

service without a hidden agenda. He concluded by suggesting the volunteers always be problem solvers in the society and environment in which they live, and also have the presence of mind to identify social issues in a timely manner. 20 Youth Red Cross volunteers benefitted from this session. The session was co-ordinated by Ms. Smitha M. and Ms. Roopashri K.P., who were the officers for the Youth Red Cross Programme.



6. Training on Health Safety

Youth Red Cross Unit in association with Rovers and Rangers Team and NSS unit organised A Training on "Health Safety" on March 12, 2021 in Seminar Hall.

Ms. Preeti Menezes and Sathyaraj, CSR team from First Neuro Hospital trained the students on health risk such as heart attacks, snake bite, choking, burns, drowning etc and also explained the safety methods such as CPR, snake bite medicines,

etc to be followed at the times of such issues. Total 98 students got benefitted from this training session.

The Youth Red Cross Programme officers, Ms. Smitha M. and Ms. Roopashri K.P., the Leaders of Rovers and Rangers, Ms. Dhanyashree and Mr. Ashwil Karkera, and NSS Programme Officers, Ms. Seema Prabhu S. and Ms. Kavyashree, were also present.

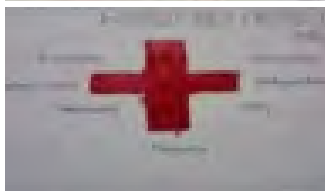
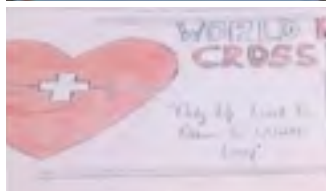
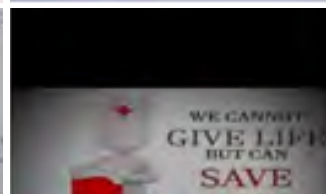
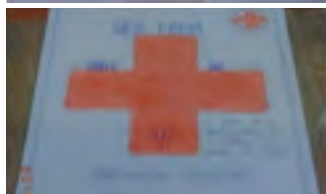
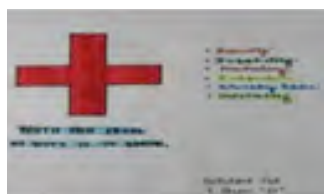


7. Celebration of World Red Cross Day

Canara College Youth Red Cross unit under the guidance of Red Cross Programme Officers Ms. Smitha M and Ms. Roopashri K.P initiated a social networking assignment promoting World Red Cross Day on May 08, 2021.

Student Volunteers of YRC were asked to come up with the posters, which included slogans showing tribute to the humanitarian agency. Students came up with innovative posters with slogans and drawings depicting the purpose of celebrating World Red Cross Day. Later, these posters were converted into a short video which was posted on a social media platform to serve the purpose of educating the general public about the importance

of World Red Cross Day. 14 Youth Red Cross volunteers actively participated in this activity.



ROVERS AND RANGERS

1. ONE GOOD TURN

On account of Founders Day 'ONE GOOD TURN' activity was conducted on February 22, 2021 in the surrounding areas of Kodialbail locality, Mangaluru by the Rovers and Ranger units of the college from 2.00pm to 3.00 pm.

The main purpose of this programme was to create awareness among the students regarding cleanliness and to understand its benefits. Three students of Rovers and Rangers units of Canara college and 10 students of Rovers and Rangers unit of Besant women's college were actively participated in this activity.

Students also picked up the wrappers and plastics scattered on the road. The purpose behind this activity was to create awareness among the students regarding environmental issues, cleanliness, and spread and strengthen the cleanliness drive in all areas of Mangaluru.

Mr. Ashwil Karkera.K, Rover Scout Leader, and Ms.Dhanyashree and Ms. Latha Hebbar,

Ranger Leaders, took the initiative. The local association of Scouts and Guides in Mangaluru appreciated the efforts of students and leaders of Rovers and Rangers for conducting this activity successfully.



PHOTO COLLAGE

ಕೊಡಿಯಾಲಬೈಲ್: ಸ್ಕೌಟ್-ಗೈಡ್ಸ್ ಸಂಸ್ಥೆಯ ಸಂಸ್ಥಾಪಕರ ಹುಟ್ಟುಹಬ್ಬ ಮತ್ತು ವಿಶ್ವ ಚಿಂತನಾದಿನ ಹಾಗೂ ವಿಶ್ವ ಭ್ರಾತೃತ್ವ ದಿನಾಚರಣೆಯ ಅಂಗವಾಗಿ ಫೆ. 22ರಂದು ಕೆನರಾ ಕಾಲೇಜು, ಬೆಸೆಂಟ್ ಮಹಿಳಾ ಕಾಲೇಜಿನ ರೋಮ್, ರೇಂಜರ್ಸ್ ದಳಗಳ ವಿದ್ಯಾರ್ಥಿಗಳು ಕೊಡಿಯಾಲಬೈಲ್ ವರದಿಪರದಲ್ಲಿ ಸ್ವಚ್ಛತೆ ಕಾರ್ಯ ಮತ್ತು ಶಾಂತಿ ಸಂದೇಶವುಳ್ಳ ಫಲಕಗಳನ್ನು ಪ್ರದರ್ಶಿಸಿದರು. ಕೆನರಾ ಕಾಲೇಜಿನ ರೋಮ್ ಸ್ಕೌಟ್ ನಾಯಕ ಅಶ್ವಿಲ್ ಕರ್ಕೇರ ಕೆ., ರೇಂಜರ್ಸ್ ನಾಯಕಿ ಧನ್ಯಶ್ರೀ ಮತ್ತು ಬೆಸೆಂಟ್ ಮಹಿಳಾ ಕಾಲೇಜಿನ ರೇಂಜರ್ಸ್ ನಾಯಕಿ ಲತಾ ಕಾರ್ಯಕ್ರಮದ ನೇತೃತ್ವ ವಹಿಸಿದ್ದರು.

ಉದಯವಾಣಿ Thu, 25 February 2021
<https://epaper.udayavani.c>



2. Training Programme on Health Safety

A training on health safety was organised for the students of Rovers Crew and Rangers Team, as well as the Red Cross and NSS units of Canara College students on March 12, 2021 Friday, in the Seminar Hall by the initiative of the Rover crew and Ranger team

The CSR team from First Neuro Hospital trained

the students on health risks such as heart attacks, snake bites, choking, burns, drowning, etc. and also explained the safety methods such as CPR, snake bite medicine, etc. to be followed at the time of such issues. The training was attended by 30 students. The demonstration was done by the students. This activity aims at the quest for excellence.



3. Training Programme on Fire Safety

National Safety Day is observed on March 04, 2021 every year to celebrate the base and foundation of the National Safety Council. It aims to raise awareness about safety protocols and measures that need to be undertaken seriously to avoid any type of accident or mis-happening. National Safety Day marks its 50th year and the theme for the 50th anniversary of Glorious National Safety Day is "Learn from Disaster and Prepare for a Safer Future".

On account of this, training on fire safety was organised for the students of Canara College on March 06, 2021 in the college grounds by the initiative of the Rover crew and Ranger team.

Mr. Steevan Pinto and his team from OMPL trained the students on fire safety such as fire hydrant systems, fire extinguishers, and disaster management, and also explained the safety methods to be followed at the time of such a disaster.



STUDENT WELFARE COUNCIL

1. Republic Day Celebration

The Student Welfare Council celebrated the 72nd Republic Day celebration with patriotic fervour on January 26 at the College Quadrangle. Mr. Jagadeesh Shetty, Alumni and Corporator of Mangalore City Corporation, hoisted the Indian tri-colour after receiving the guard of honour. The



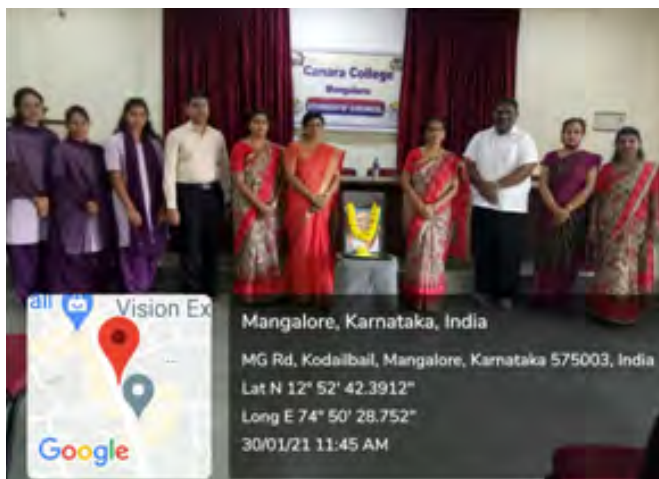
formal programme was presided over by Principal Dr. Premalatha V. On this occasion, student welfare mentors Ms. Vani US, Ms. Prathima Baliga, Dr. Prashanth, as well as staff members and students, were present.



2. Martyrs Day Celebration

Canara College, Mangaluru, observed Martyrs' Day on January 30, 2021, at the College Quadrangle. Satish Bolar, Member, Rotary Club of Mangaluru, was the chief guest of the programme. He addressed the gathering by paying homage to Mahatma Gandhi and all the freedom fighters and valiant men and women of the country who laid

down their lives for the country's freedom. The formal programme was presided over by Principal Dr. Premalatha V. On this occasion, student welfare mentors Ms. Vani US, Ms. Prathima Baliga and Dr. Prashanth, as well as staff members and students, were present.



3. Student Council Inauguration

The inaugural ceremony of the students' council 2022–2021 of Canara College, Mangaluru, was held on February 4, 2021 in the College Seminar Hall. Sri. Raghuveer Sooterpete, alumni and coordinator for Nehru Yuva Kendra Mangaluru, was the chief guest of the programme. Speaking on the occasion, he said that "students have to make the best use of the opportunity during college life, which will help to build leadership qualities in the future."

C.A.Vaman Kamath, Treasurer, Canara High School Association, presided over the function. Principal Dr. Premalatha V, student welfare mentors Ms. Vani

US, Ms. Prathima Baliga, and Dr. Prashanth, along with staff members and students, were present.



4. Leadership program for Student Council

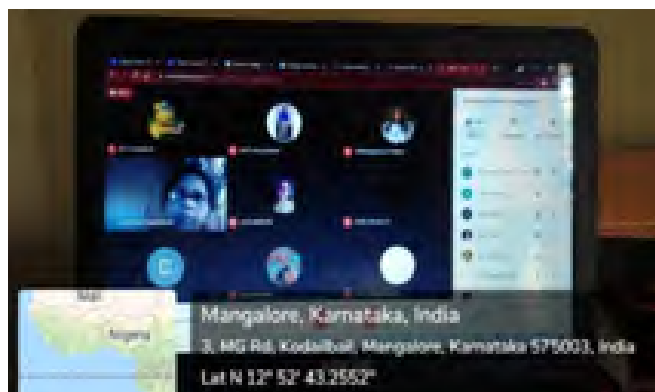


A half-day leadership development programme for the members of the student council will be held on February 5, 2021, at the college seminar hall. Kudpi Aravind Shenoy was the resource person. Dr. Premalatha V. inaugurated the programme. The session covered topics related to defining identities and achieving tasks effectively given by lecturers. The programme was coordinated by student welfare mentors Ms. Vani US, Ms. Prathima Baliga, and Dr. Prashanth.

CONSUMER FORUM

1. ORIENTATION TO CERTIFICATE COURSE ON CONSUMER EDUCATION

The orientation of the Certificate Course on Consumer Education was held on May 22, 2021. The resource person of the session, Ms. Dejamma, Head, Department of Commerce, spoke about the significance of the certificate course. She said, "to promote awareness of consumer rights, complaint procedures, and redressal mechanisms available to consumers, students must make use of this certificate course." Ms. Ashalatha, Ms. Jayashree Shetty, Convenor, Consumer Forum, coordinated the programme.



STAFF WELFARE ASSOCIATION

1. Felicitation to Prof. Thara Kumari

The management and staff welfare association organised a farewell function for Prof. Thara Kumari, Department of Kannada, on March 27, 2021, at the college seminar hall. Dr. Kalpana G. Prabhu, Head, Department of Hindi; Dr. Bhuvana Ramachandran, Head, Department of English; and Ms. Sandhya, Head, Department of Chemistry, shared a heart-touching speech expressing their feelings about the time spent with Prof. Tara Kumari.

Sri CA Vaman Kamath, Treasurer of the CHS association, shared his opinion and spoke to the gathering, stressing the point of teachers' effect

remaining till eternity. Sri CA Vaman Kamath later felicitated Prof. Thara with a small token of gift from the staff and management. Prof. Thara spoke a few words, expressing her gratitude to the management and the entire staff. She promised to spend her retirement years reminiscing about her days at Canara College.

Principal Dr. Premalatha V, presided over the programme. The programme began with a prayer service by Ms. Savitha Acharya, Lecturer, Department of Economics. Ms. Sushma R. Shetty, Staff Secretary, compiled the programme.

HUMAN RIGHTS, EQUAL OPPORTUNITY AND ELECTORAL LITERACY CELL

1. Guest Lecture on account of Maha Parinirvana Day

The Human Rights, Equal Opportunity, and Electoral Literacy Cell celebrated Mahanirvana Day on December 12, 2020, at the college seminar hall. Dr. Ganesh Shetty on this occasion, U, Convenor, Human Rights, Equal Opportunity, and Electoral Literacy Cell, spoke and emphasised

the importance of Dr. Ambedkar being the architect of the constitution as a means of achieving a casteless society. The commemoration of the event was marked by the presence of teaching and non-teaching staff and students from the college.



2. National Voter's Day Celebration

On January 25, 2021, the National Voter's Day Celebration was held. The main purpose of the National Voters' Day celebration is to encourage, facilitate, and maximise enrolment, especially for new voters. Dedicated to the voters of the country, the day is used to spread awareness among voters

and promote informed participation in the electoral process. Dr. Premalatha V. and Dr. Ganesh Shetty, Principals. U., Convenor, Human Rights, Equal Opportunity, and Electoral Literacy Cell, urged students to exercise their franchise with the utmost sincerity and inspire others too to do so.



3. Pick & Speak Competition

The Human Rights, Equal Opportunity, and Electoral Literacy Cell conducted a Pick and Speak competition for the members of the association on March 10, 2021. Students actively participated and spoke on topics like current human rights issues such as women's rights,

child abuse, domestic violence, fake encounters, genocide, violence against women, censorship, etc. Dr. Ganesh Shetty, U, and Ms. Savitha G. Acharya, Convenors, Human Rights, Equal Opportunity, and Electoral Literacy Cell, coordinated the programme.



CENTRE FOR ADVANCED STUDIES IN COMMERCE AND MANAGEMENT

Orientation and Training on MOOC-Swayam /NPTEL

The Centre for Advanced Studies in Commerce and Management organised an orientation and training on MOOC-Swayam/NPTEL for the students of CASMA on March 21, 2021 in Room No 7. Ms. Smitha M. Shetty, Assistant Professor in Commerce,

Canara College, oriented and trained the students. Students of mentee colleges who attended the programme were trained to register for Swayam courses of their choice. Ten members of the association were the beneficiaries.



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- Thripthi .G

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- Aashni

Friendship

- Ananya D.V.

The Rising Sun

- Shrinath Shenoy

APJ Abdul Kalam

- Shakala Narayana Aithal

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- Suhanth

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- Devika A.M.

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Food Wastage

- Adithi Arunkumar

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- B. Vignesh .R. Baliga

Because you are my Friend

- Disha G Prasad

"The Science of today is the Technology of Tomorrow" – Edward Teller

- Annapoorna Shenoy

ಕನ್ನಡ ವಿಭಾಗ

ಬದುಕು ಎಷ್ಟು ವಿಚಿತ್ರ ಅಲ್ಲಾ ?

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ಅವನ್ಯಾರಮ್ಮ ?

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ಜೀವನೋತ್ಸಾಹ

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ಕನ್ನಡ ಭಾಷೆ ಮತ್ತು ಯುವಜನತೆ

ಸ್ವಚ್ಛತೆಯನ್ನು ಕಾಪಾಡುವುದರಲ್ಲಿ ನನ್ನ ಪಾತ್ರ

ಕೋವಿಡ್-೧೯ ನಂತರದ ಸಾಮಾಜಿಕ ಆರ್ಥಿಕ ಸವಾಲುಗಳು

ಕೊರೋನಾ

ನನ್ನ ಅಮ್ಮ

ಕೊರೋನಾ ಎಂಬ ಮಹಾಮಾರಿ

ಸಾಂಕ್ರಾಮಿಕ ಕೊರೋನ ನಮ್ಮ ಶಿಕ್ಷಣ

ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ಉಂಟುಮಾಡಿರುವ ತಲ್ಲಣ

“ಸ್ವಯಂ ಜೊತೆ ಸಮರ”

ಹೆಕ್ಟೋಲಿಸ್‌ನ ಆಂತರಿಕ ಶೋಧ - ಪುಸ್ತಕ ವಿಮರ್ಶೆ

- ಪಿ. ಶ್ರೀವಿದ್ಯಾ

- ಸುನಿಲ್ ಎಂ. ಲಕ್ಷ್ಮಣ

- ಸುನಿಲ್ ಎಂ. ಲಕ್ಷ್ಮಣ

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- ಪ್ರವೀಣ್

- ಅರ್ಪಣಾ

- ಪಿ. ಶ್ರೀವಿದ್ಯಾ

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- ಶ್ವೇತಪ್ರಿಯ

- ಶ್ರೀರಕ್ಷಾ

ಹಿಂದಿ ವಿಭಾಗ

माँ

किताब

स्वच्छ भारत, स्वस्थ भारत

डिप्रेशन - लक्षण और निवारण (अवसाद)

हमारी दोस्ती सबसे प्यारी

- साक्षी

- धनुष

- पायल

- नेहा

- आकांक्षा पी के

पकडना तुम कलम कुछ इस तरह
ज़ुबाँ
भारतीय किसान
शिक्षक
भारत
बेटी समाज की रोशनी
संस्कारों का महत्व
स्मृति
मेरा शहर राजस्थान
कहाँ बोले – कैसे बोले
प्रकृति
मास्क
स्कूल की यादें
बारिश की बूँदें
आजादी

- निवेदिता पै
- स्वाति कामथ
- दीपिका
- राम्या एस भट्ट
- पिंगी कुमारी
- रश्मी एस
- लक्ष्मी
- दीक्षा वि किणी
- संतोश चौदरी
- विद्या
- गानवि
- राजवी
- रश्मी एस
- रश्मी एस
- स्वाति दुर्गेकर

संस्कृत विभाग

46 - 52

संस्कृतभाषायाः महत्त्वम्
भरतनाट्यम्
'शरीरमाद्यं खलु धर्मसाधनम्'
स्वास्थ्यरक्षणम्
प्राथमिकशिक्षणे संस्कृताध्ययनस्य आवश्यकता

- दीप्ति: आर्. राव्
- मेघना राव्
- लक्ष्मी:
- अतुल





ANNUAL REPORT FOR THE YEAR 2020 - 21

Canara College, with a total student strength of 1381, studying in the four under graduate courses-B.Sc, B.Com, BBM and BCA and in the post graduate M.Com. course, is expanding in strength from year to year. 63 Fulltime lecturers including 2 lecturers on redeployment from other colleges and 04 part-time lecturers and 23 non teaching staff are catering to the needs of the students.

With our **Motto**- "Educating for Righteous Life" and with the **Vision**-

"To be an Institute of the highest repute and produce good educated citizens who shall strive and cater to the needs of Mankind" Canara college has been striving towards academic excellence and holistic personality development. We have initiated action to bridge the gap between the institution and industry through various Bridge courses, Certificate courses, Modules on Personality Development, Courses on Life Skills, Courses on Global Competencies and Personal Counseling.

RESULTS OF APRIL/MAY 2019 UNIVERSITY EXAMINATIONS

Due to the pandemic situation University even semester exams were not held. As per the direction from Mangalore University the results were declared on the basis of previous semester and internal exams which has been good with 99% results.

The College LIBRARY AND READING ROOM has the following facilities:

College library has a total of 45,481 books worth Rs.52,58,526.5088 Books were donated by different donors.

- PG library has a total of 560 books worth Rs.2,33,438.00
- College Reading room is receiving 12 dailies and 46 periodicals

In order to inculcate the habit of reading among students, the Dept. of Library and information centre has been awarding Best Library user Award.

CANARA COLLEGE ALUMNI

Many of our Alumni are doing great work in their respective domains and to raise the bar of excellence, they meet regularly and forge several initiatives to strengthen the Association. They participate actively in all the College activities and extend financial assistance.

The office bearers of the Association for the year 2019-2020 are:-

- | | |
|----------------------|---------------------------------------|
| 1. President | – Mr. Praveen Prabhu |
| 2. Vice President | – Ms. Neethi Prakash |
| 3. Secretary | – Mr. Kiran Rao |
| 4. Treasurer | – Mr. Vaikunta Shenoy M |
| 5. Joint Secretaries | – Mr. Suman Kumar &
Ms. Roopa Shet |



IQAC

“Together we can and we will”

“No one can whistle a symphony alone. It takes a whole orchestra to play it.” The rationale of theme is that we can achieve together that what we cannot accomplish individually. By doing so we become more than the sum of our parts. There is strength in togetherness. It focuses on to work together to leap forward toward a shared vision and common goal.

There has been a long history of humankind that those who learned to collaborate and improvise most effectively have managed to prevail. Create, Co-create, Collaborate, Cooperate and Consensus is what will take us forward towards our mission. Together we can achieve our plans and make a difference in this ever changing world striving to accomplish with a real purpose. Let us do what is necessary, do what is possible and prove that together we can achieve even more of the impossible. Let us reinforce to whilst creating footprints for others to follow.

It is very true the way a team plays as a whole determines its success. Further, if we want to go fast, we shall go alone. But if we want to go far, then we all must go together. Success is therefore best when it is shared.

We shall make our best efforts to reflect the true spirit of the proposed theme “Together we can and we will” in all our ensuing endeavors through collaborating and synergistic experiences...

STUDENTS' COUNCIL

Election to Students' Council and Oath taking by the selected representatives was held on February 4, 2021. The SWOs and The Students' Council led by President: Vaishnavi Shet, III B.Com C together with her fellow student office bearers, Vice-President: Durgaprasad, III BSc, Secretary: Manvi Mrinal, III BBA (PMC) and Joint secretary: Anushree, II BSc strived hard to be the voice of the student community fostering the Students' spirit. Through their creative and well thought out online programmes and activities they managed to rally their peers together as one united Canara Family.

Student Welfare Mentors	Student Welfare Council Office Bearers	Post
Mrs. Vani U S	Ms. Vaishnavi Shet, III B Com C	President
Mrs. Prathima V Baliga	Mr. Durgaprasad, III BSc	Vice President
Dr. Prashanth	Ms. Manvi Mrinal, III BBA	Secretary
	Ms. Divyashree, II BSc	Joint Secretary



Students' External Participation and Achievements – 2020-21(Odd Semester)

Sl. No.	Name of the Student	Class	Description of the Achievement	Level of Participation / Achievement	Year of Achievement
1.	Akhil	III BSc	10th Rank	Mangalore University	2021
2.	Bhat Narasimha G Joyston Mario Saldanha	I BBA II BBA	Participated and secured Second Place in Quaesitum (Business Event) at Aloysian Annual Fest, held on 23 rd March, 2021	University Level Intercollegiate Competition	2021

STAFF ACHIEVEMENTS

Here are some of the outstanding achievements of our staff:

Publications: Dr. Kalpana Prabhu, Mrs. Vijetha Bhat, Mr. Manohara Acharya

Resource persons in National and International Seminar/Conferences:

Dr. Kalpana Prabhu , Mrs. Seema Prabhu. S, Mr. Hardik P. Chauhan, Mrs. Babitha S.

Presentation of Papers in National and International Seminar Conferences:

Dr. Kalpana Prabhu, Mrs. Vijetha Bhat, Mrs. Sujatha G. Nayak

Members of BoS and BoE:

Dr. Kalpana Prabhu, Mrs. Sandhya B, Mrs. Jayabharathi KP, Mrs. Seema Prabhu, Mrs. Smitha, Mrs. Ashalatha, Mrs. Sushama and Mrs. Rithika S. Das, Dr. Ganesh Shetty

Participation in National and International Seminar/Conferences:

All the staff members participated as delegates in one or more National and International Seminar/Conferences.

Swayam Courses completed:

Mrs. Usha Nayak, Mrs. Smitha. M, Mrs. Seema Prabhu .S, Vinoda. V Nayak

- Dr. Shanthala Vishwas -Academic council member of Karnatak Sanskrit University, Bangalore
- Dr. Prashanth Bhat - member of Model Curriculum for UG programme of Arts as per New Education Policy as directed by Tumkur University.
- Dr. Ganesh Shetty was nominated as a member of ParthiSubba Yakshagana Kalakshetra by Government of Kerala on 9-7-2020.
- Mrs. Rashmi earned the Badge "Certified Digital Teacher" from ICT Academy
- Mrs. Vijetha Bhat achieved a Certificate of Appreciation for the performance in CLOUD Nxt Gen on June 1, 2020



Conclusion: Due to the pandemic, Annual Sports Day and the other Annual Mega Events like CANFEST and SRUJANA could not be organized.

I sincerely thank Sri M Annappa pai, President, Sri M Ranganath Bhat, Hon. Secretary of CHS Association and Sri Maroor Sudhir Pai, Correspondent of our college and other members of the Governing Council for all the support and guidance rendered.

I whole heartedly thank the parents and the alumni for their valuable suggestions and support which helped us in improving ourselves.

Last but not the least, I express my deep sense of gratitude to the members of the faculty and the administrative staff for their unfailing diligence and devotion.

Finally, I thank the Divine Providence of the Almighty and the grace of our founder Sri Ammembal Subba Rao Pai for bestowing blessings in sustaining the reputation of the esteemed institution.

Thank You

Dr. Premalata V.

Principal, Canara College.





Communication

The word 'Communication' is derived from the Latin word 'communism' which means common, because commonness of understanding is an essential component of all kinds of communication. Communication which has become part of life, has undergone to incredible advancement.

Ancient India had many God men and saints, like Buddha, Mahavira etc. who communicated by travelling and meeting people to spread the message. Later, medieval India saw some improvements. They used drum beaters who would position at one place and send information using a code based on beating of the drum. The man deployed at the next location would pick up this beating noise and relayed like a link in the chain, the information was relayed faster than ancient times. Later, pigeons were trained and used to carry messages. However it had its own set backs. At times, such pigeons were attacked and preyed by vultures.

Then came the telegraph invented by



Morse, it served the mass at far off places to communicate quickly. Then the invention of telephone saw unbelievable advancement in communication. Meanwhile, printing machine was invented and newspaper started being published communicating information.

While the rapid development of transport system helped considerably. While so, the satellite helped Radio and TV networks. More than anything else, the existence of computer witnessed dramatic change in communication. In the mean time, another improvement was made in communication media. It was the emergence of mobile phones. Now apart from talking, short messages are being sent by mobile phones. As these mobile phones became popular, they began to cost less money and most of the people could afford them.

● **Giridhar Kolya**

I B.Com B

Follow Your Soul

No one knows what you need to do more than you do. Cry when you need to, it's relieving. Laugh when you need to, it's healing. Sit alone when you need to; it's necessary. Surround yourself with strangers when you need to; it's eye-opening. Living by needs is not easy, no one said it was. But the fact that you should always remember is this: you are more worthy of being taken care of than anyone around you. And I don't mean the superficial kind of care. I mean the care that your soul needs. Everyone around you is struggling somehow.

Everyone around you is trying to reach a goal, a destination or a dream. Just as you might not expose your worries to the world, no one else has to remember that you are a work in progress. You are not perfect you are not expected to be. Do not allow the fear of falling to stop you from jumping. Do not allow the fear of responsibility to stop you from committing. Do not allow the fear of exposure to stop you from shining.

● **Sanjay Kumar B.G.**

I B.Com B



Maths, Maths, Maths!

Down with old Pythagoras
And down with rotten maths.
Down with Archimedes
And drown him at the baths.
If anyone had to do it
I'd make sure it was me.
First I'd wholly immerse him
Then kick him up a tree.
When he had been disposed of
I'd turn on old pythag.
I'd drag him through a bally bush
And he'd come out like a rag.
Now my pipe dream's over
And I've nothing more to say
Except that maths, still lives on
To be taught another day.

● **Mohammed Shareef**
I B.Com B

First day of school

The first day of school
Can be hard for mom and dad.
Part of you feels excited,
The other part feels sad.
For many years you've held their hand
And have been their loving guide.
Now you know the time has come
To leave them by my side.
But it is only for a little while
As your child will learn and grow,
And at the end of everyday
They will share with you all they know.
So as you walk away
Don't worry anymore.
I'll take care of all those precious gifts,
When you leave them at my door.

● **Thripathi .G**
I B.Com B

Mother

Mother often portrays as a living goddess in the life of her children. She takes all the agony and anguish and replaces it with love and care. She is the one who spends sleepless nights when we are distressed or feeling sick. She is the one who becomes our support in our bitter times and feels ecstatic in our happy times.

It is rightly said that a child learns everything at home first, Mother being our first teacher. She teaches us discipline, how to behave and raises us to be respectful towards elders and courteous towards people younger than us. She displays a perfect example of a role model, thereby teaching us the responsibilities

towards family, society and country. Whenever we are stuck in a difficult situation she is the one who guides us to come out of a confused state of mind and take the correct decision.

There is a special bond between a mother and a child which cannot be busted, no matter how arduous the situation arises.

A mother carries her child in her womb for nine months, therefore, she has a special connection with her child than any other person.

● **AASHNI**
I B.Com B



Friendship

Friendship is love but not in love
Friendship is secret never to be told
Friendship is a shoulder to cry on
Friendship is not having to say sorry but do.
Friendship is not judging no matter what.
Friendship is someone to run to when things are tough.
Friendship is a hand to hold when things are so rough.
Friendship is someone to laugh with, not at you.
Friendship is just knowing they are there
My friend is all of these; hope you have one just like her....
I will be there when you break your knee.
When you are too scared to cry,
I will be there when time passes by
And I hope you will be there too.



● **Ananya D.V.**
I B.Com B

The Rising Sun



The sun is so bright
It gives us wonderful light.
I am very delightful
To see the sun so beautiful.
It looks like a golden ball in the sky
Which rolls up so high.
I love the smile on its face
Which makes me look to the space.
When the thunder shouts loud,
It hides often behind the cloud
I wish, it could be there always
So that I can be happy all days.

● **Shrinath Shenoy**
I B.Com B

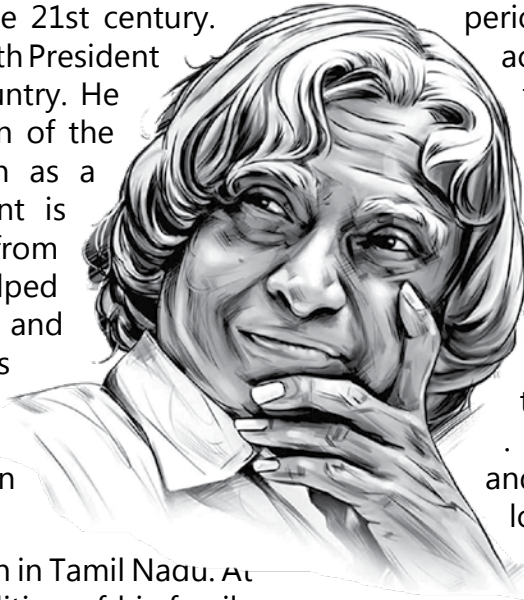


APJ Abdul Kalam

Dr. APJ Abdul Kalam is a famous name in the whole world. He is considered to be one among the greatest scientists of the 21st century.

Even more, he became the 11th President of India and served our country. He was the most valued person of the country as his contribution as a scientist and as a president is beyond compare. Apart from that, he was the one who helped in the development of Agni and Prithvi missiles. And for his contribution to the country, the government awarded him with the highest civilian award.

Dr. APJ Abdul Kalam was born in Tamil Nadu. At that time, the financial condition of his family was poor. So from an early age he started supporting his family financially. But he never gave up education. Along with supporting his family he continued his studies and completed graduation. Above all, he was a member of the Pokhran Nuclear test conducted in 1998.



The great missile man becomes the President of India in 2002. During his presidency period, the army and country achieved many milestones that contributed a lot to the nation. He served the nation with an open heart that's why he was called 'People's President'. After leaving the presidential office at the end of his term, Dr. APJ Abdul Kalam again turned to his old passion of teaching. He worked for many renowned and prestigious institutes of India located across the country. He died while lecturing a group of students in Shillong due to a sudden cardiac arrest in 2015. He was an outstanding scientist and a pioneer engineer who served the nation and died while serving it.

● **Shakala Narayana Aithal**

Save Trees – Save Earth

Trees are our wealth on planet earth. We depend on trees for our sustenance. Life depends on trees for oxygen that keeps us alive. Our food too comes from trees. Trees keep up the ecological tolerance in our ecosystems. Not only man but all life forms are at peril. Do we want to endanger life on our planet? not at all, we want to save our planet and all life forms so we need to protect our trees. We all need to come together and join



hands to save trees around the world and green world is a safe world for all forms of life.

Trees are the backbone of all ecosystems on which the mankind and other living and non-living beings rely. Trees help in maintaining the ecological balance of the earth by emission of oxygen absorption of carbon dioxide.

● **Samridhi,**
I B.Com C



Indians and Tolerance

Indians and Tolerance have always been the best of friends. It's a nation of colours, richness, cultural uniqueness and diversity. No other country has this but our own country has it in abundance.

The true beauty lies in the fact that there is so much tolerance among its citizens that every festival is celebrated with great pomp and grandeur. We see inter-religious harmony; people of different castes and religions wish each other on their respective festivals. They share sweets and with this gesture, happiness prevails. There is so much joy in eating Eid-biryani, getting presents on Christmas or burning crackers on Diwali. These are so pleasurable that we look forward to it every year.

Different dance forms, art, cuisines, languages

exist harmoniously in this nation.

Therefore, there is equality and peace. People feel safe here when compared to many other nations. Everyone may face some setbacks in the course of their lives too. This country has faced its share of it as well. People cry about inequality, poverty and discrimination calling India intolerant but, with so much of love, affection and unity, how can one call it intolerant? Tolerance is abundant in India. Instead of criticizing what we don't have, let us embrace what we do have and spread the message to the world that we are tolerant.

"We must live together as brothers or perish together as fools."

● **Varun Nayak**
I B.Com C

Health and Fitness

Good health is a boon to your body. It helps you physically and mentally. Good health can be maintained by doing regular exercise and maintaining a well balanced diet. It is imperative to eat proper meals at the appropriate time. The key source of being happy is fit and healthy. It helps us to perform our daily chores properly without being lazy or dull. Regular exercise, a proper routine diet, and peace of mind can help one attain good health and fitness. The maintenance of being fit and healthy requires regular physical exercise with a balanced diet. It is very necessary for all to be fit, healthy and free of diseases.

As said, "Respect your body, it's the only one you get". One should always prioritize his or her health. The word 'health' implies the state

of being free from illness and gives the idea of being well. Health and Fitness both go hand in hand. Being healthy has a lot of advantages, and there are ways of being healthy and fit. In simple terms, being healthy and fit means taking good care of the body. A healthy mind endures only in a fit and healthy body. A happy mind and a fit body helps you maintain the energy to achieve success in life. All of us must aim high to achieve good health.

Therefore, fitness leads to good and stress free life. Thus we must concentrate on our health, have good nutritious food, sleep well, and exercise regularly.

● **Sanjana S. Kottary**
I B.Com C





Electric Motors

The rise in economic activity and the burgeoning population have led to a tremendous demand in the transport sector, especially in urban India. By the end of this year India's urban population is expected to grow five folds to a staggering millions while population is expected to grow seven times.

With this tremendous growth, has emerged a very critical issue of keeping air and noise pollution in urban areas under control. The electric vehicle uses electric energy which is stored in batteries that feed the electric motor. Driving an electric vehicle is easier and more relaxing than a traditional one because it has no speed gear and functioning noise. Electric drive systems are virtually non-polluting and extremely energy efficient.



Finally, people have to become more informed about these technologies. The media must play its role in educating the public about alternate fuel vehicles and their advantages.

● **Krithik**
I B.Com C

Life – The Journey to its fullness

Life is the one which no one can express,
Because life is Rajadhani express.
Life twinkles with so many stars,
Go ahead without any wars.
Life starts with divine lights,
Even faces horror full nights.
Live life longer, for brief appear
Each day passing on seems a year.
Make yours and everyone's life worthwhile,
Just spend it with the smile.
Cherish your life and do not take anything for granted.
Never say things that shouldn't be chanted,
There are better things ahead do not leave it behind.
Live life to the fullest potential,
Which is very very essential.

● **Dhanyashree M.K.**
I B.Com C



Technology V/S Human being

Technology is a useful servant, but a dangerous master. Everything seems to be moving much more quickly nowadays. Why throw a grill cheese sandwich on actual grill when you can just toss it into an automatic sandwich maker? Why drive over to the library when you can pull up Wikipedia or do a Google search ? In fact, why open a window when you can check the weather in your phone ? In the 21st century, technology has evolved to accommodate a more convenient lifestyle and meet all the needs that could possibly need fulfilling with the right technology in your home. Technology removes physical activities which result in laziness.

Now a days preparing food has become easier. There is no need of standing in the kitchen all day, anymore. The convenience of microwave and the readymade spices that we get in stores has made our life easy and lazy. Now a days while people wash clothes

they watch TV and fiddle with their phones. At the sametime many children are becoming overweight or obese due to hours of speaking glued to tablets smart phones, laptop and TV. They have lost interest in going to the park and playing games because they can easily play online video games. By making technology the centre of their life many people suffer from poor health as well as poor relationship and low quality thinking.

Technology increases laziness and diminishes physical actions that are crucial for strong and healthy physical development from childhood till adulthood. As technology dominates modern societies people will become lazy physically, socially and mentally in reality. Hence, human beings should restrict the use of technology which is harming or spoiling us in many ways.

● **Megharaj A.**
I B.Com C





Music My Ikigai

I claim music as my Ikigai. The reference for the word 'Ikigai' can be reflected from the book 'Ikigai' where the authors hector Gargia and Frances miracles say that 'Ikigai' is that are thing which pushes go out of your bed. I might have to do a whole lot of things in a day, but that little ogle to listen to music or sing makes me throw myself out of my bed. In the Japanese culture, it is always stressed that it is really very important and beneficial for a person to have an Ikigia a lots of people have listening to music or songs, but it is a pleasure that I am one of many to have an ability to sing and play music.

The love for music can be traced back when I was a kid with age less than 3 or 4 years. My father used to put me to sleep to the melodies of Bhajans sung by Pandit Venkateshkumr with passage of time, the love for bhajans grew immensely which is when I discovered that music was something which should not only be enjoyed but has to be learnt and practice. As a kid, I would always go crazy when there was an alaap at thaan' in a bhajan and tried to imitate the singer with cheeky thoans. When I had newly found love for music, Marathi bhangs were the ones which I was must drawn to which made me come ever closer to music.

What has music taught me ?

1. To be happy all the time

Tommie Emmanuel, a guitarist, who runs a one-man band said in Teed that when a person asks him his profession, he doesn't say he does job of music, instead he says he does the 'job of happiness' Now, with the context to my journey with music, it has always been this way, be it an happy song or a sad song, there is always a happiness that you are singing it.

2. To stay calm and patient

In music, composure is the key, you have to

be calm and patient in order to deliver good music. If you get a bit impatient and do things in a hurry, you will either end up with the wrong notes or go off rhythm, same is the case with reality, you lose your calm, you end up losing things and do things you did not mean to do.

3. To not forget the base / Origin

There is saying in Indian Classical music which goes, "harqathienchahejitnabhikaro, but kar 'sa' par hi anahai", which means you might do a lot of changes or 'Harqats' with a song, but at the end you just have to come back to the base, that is 'Sa' or the base note. As is the case with music, so is the case with any given field, you just have to return to your origin. You might explore all possible fields of commerce, but at the end your base is debit and credit. Similarly on a football field, you might chase the ball, dribble, tackle and might as well run all around the field, but at the end go get back to your respective position.

The things that music has educated me with, is no doubt a lengthy list, but I feel the above 3 things were some chief points.

Lastly, being an immense lover of music, I wish to tell 3 key points.

1. Music is not about performing, music is about practicing.
2. Music is not just about 'Sa Re Ga Ma Pa Da Ni', it is much much more than the seven notes.
3. No matter what, never give up on music, if you give up, it is like not giving a return gift to god who has blessed you with ear for music – In other words, when music gives you unconditional love, make sure you love it back.

● **Akshay Bhat .K**

I B.Com B



DRUG ADDICTION IN INDIA



Drug addiction refers to the condition of being addicted to a particular drug. Particularly narcotic drugs. These are generally illegal drugs that effect the mood & behaviour of a person.

Drug addiction is a 'social evil' in India. It is the tragedy of our days that millions of youth, the future citizens of India, fall victims to the habit of taking drugs. These people are on the way to a steady and sure death. It is a social evil that effects the individual as well as the nation as a whole. It is suspected that there is an under band to diminish and destroy the youth of our country to make our nation physically, intellectually, morally weak and invalid forever. Various types of drugs come to the market through the smugglers & dishonest traders and peddlers. At first the student or the youth takes it, out of curiosity and then fly to a dreamland. The intoxication habit of drug

addiction gradually takes over them and they can never shake off this habit. The effect of these dangerous drugs is very fatal. It spoils the stomach, effects the nerves and disturbs the chemical balance of the body of the addicts, they feel weak and shaky. According to an estimate, there are about lakhs of drug addicts in large cities such as Mumbai, Delhi, Kolkata and Bengaluru.

A survey among the university students shows that many students are addicted to drugs. Thus, we find that situation comes to a critical position where the preventive measures cannot be delayed any more.

So, a general caution should be awakening in the government, the guardians and the youth to fight off the evil together.

● **Anupama**
I B.Com B

Let's make India a 'Drug – Free' Country.





My Inspiration as a leader

"Leaders establish the vision for the future and set the strategy for getting there, they cause change. They motivate and inspire others to go in the right direction and they along with everyone else sacrifice to get there."

A leader is a person who leads not by order but by example. He should be humble, yet must have the capacity to get people to do the right things. A good leader's decisions must benefit his followers and should be good for the society. A good leader must be stern and kind. These are the qualities I like in a leader.



A.P.J Abdul Kalam was the eleventh president of our nation. He was born on 15 October, 1931 in Tamil Nadu. He started his career working as a newspaper vendor. He is a devout Muslim but being a liberal minded person who respected other religions.

I like Dr. A.P.J Abdul Kalam because he had all

the qualities of a good leader and then again science has always been my favourite subject. Dr. Kalam work in science has intrigued me a lot especially his work on the ballistic missile. one of his best saying is if a Coventry is to be corruption free and become a nation of beautiful minds. I strongly feel that these are three social members who can make a difference they are father the mother and the teacher" APJ Abdul Kalam.

No better or fitter man than he could play the role of father to the nation and raise the moral values of the esteemed office of the president to new heights. It is these because of these reasons that I have chosen to write about him today.

● **M. Vijesh Acharya**

I B.Com B

Why failure is good for Success

Failure is the path to success is an old saying. It holds true even in today's modern world. Some argue that failure is essential for gaining success in life, while others believe that one can be highly successful without going through a failure phase. This essay will discuss that failing is a trail to achieving success.

Success is the result of good experience in life. The path to success is filled with difficulties and hurdles. Bad experience in life teach many valuable lessons and to be successful it is imperative to learn from the mistakes and

avoid them in future. The most celebrated personalities in the world have failed multiple times. For example, jack ma the owner of the most prominent online shopping website in the world failed many times. He was rejected for the job at KFC, but he didn't lose hope and learned from his mistakes. Today he is one of the healthiest persons on this planet. Therefore, failure is an essential part of an individual's life.

● **Suhanth**

I B.Com B



Peace of Mind

In a world where stress, strain, rush and restlessness abound, peace of mind is of paramount importance. It is a treasure that everyone desires, but only very few know how to gain it and even fewer really do something to get it.

With all the advancement of science, no remedy has yet been found for lack of inner peace, often, even when being in good financial condition and in good health. People have no peace of mind, which only proves that peace of mind does not depend on any scientific or technical progress. The solution has to come from within, not through external means. It is not always possible to change external conditions but, you can certainly change your inner attitude and learn to stop allowing outside influences affect your moods and states of mind.

Peace of mind is not something to be found only on the Himalayas by monks and hermits. It is attainable here and now, wherever you are, irrespective of your external circumstances, since it is an inner state and is independent of circumstances and external condition.

Peace manifests when the incessant inner chatter of the mind slows down when it appears, anxiety, stress, worries, fear mental and emotional restlessness, nervousness and

impatience disappear. It is a state of inner calmness, tranquility and serenity which brings happiness, tolerance, inner poise, inner balance and self-control.

Peace of mind is an acquired skill which requires time, practice and perseverance to develop just like any other skill with the right training and motivation, patience and perseverance you are sure to attain at least some degree of inner peace. Peace of mind will enable you to manifest calmness and tranquility in your daily life and also in difficult and trying situations. It will allow you to display emotional and mental detachment whenever needed and thereby avoid being too affected by other people's words feelings and behavior. It will also enable you to control your reaction and become a happy, patient, tolerant and open-minded human being.

There are various techniques for gaining peace of mind and following and implementing them even for just a few minutes of a day, will make a noticeable difference in your life, and you will soon become aware of positive inner changes within you.

● **Varun Kumar**
I B.Com B





E-Commerce Today

Amazon India, Flipkart, Myntra, Shopclues, Snapdeal.... Familiar aren't they ? will, these are among the well-known e-commerce websites in India.

With the evolution of the world-wide web and the development of the internet, the world has seen many changes in the field of communication and technology over the years. Internet, which is global communication facilities, has been functioning beyond its basic purpose to cater to the needs of its various users spread all over the world. From just being able to get global access to data, to being able to carry out business using internet in the present day, it has come a long way.

The very idea of doing business, or in other words, buying and selling products using

internet for earning money or a living is turned as e-commerce or electronic commerce, over the past 15 to 25 years, the introduction of e-commerce has had major impact on society and the way the business is done on a global scale.



However has certain drawbacks such as inability to personally examine the products, fraud with credit cards, delay in receiving products, poor quality, website fraud etc. it has transformed

traditional shopping beyond recognition. E-commerce which we are witnessing today brings in so much adventure into our lives that it is enjoyed by the whole online community.

● **Ananya J. Rao.**

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Meditation

Meditation is an ancient practice that helps to control our own mind and consequently our own life and discover ourselves. Meditation is said to be a way to recharge our energy level and to calm our mind. If we make a habit of meditating, we feel mentally fresh and we are able to deal with difficult situations more easily. Once Buddha was asked "What have you gained from meditation ?" So he said, "Nothing, however what is lost are anger, anxiety, depression, insecurity and fear of old age and death. In this way meditation can help

us to be better persons. It is good to make it a regular habit as it is not difficult. First we have to choose a good and comfortable place to meditate and then you can sit in a comfortable position and concentrate on your breathing. If you do this for 10 mins. everyday you can improve your concentration and get rid of the negativities. Meditation is one of the best method to lead a peaceful and happy life.

● **Monisha**

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Why the Future should be Female

Our collective cultural thought states that soft domestic tasks are attached to the presence of woman like cooking, cleaning, taking care of the family. No one thinks about her, her dreams, her emotions and feelings. My grand mother remained within the four walls, even my mother was brought up within these walls. Why can't we give her the right to question or do her things on her own ?

For centuries, women have been viewed as the weaker, more vulnerable gender. So why do men hold more power than women? Why does gender inequality persist? the answer is that it's just the way it's always been that's simply not good enough.

But as a strong girl I do not want to lead a life like a maid whose only job is to look after the family and nothing else in my life time and never want to depend on others or beg them to live my life. I do not want my dreams and talents to be perished within those four walls. I want to stand strong in this society, fly like a free bird and live life meaningfully.

These are not just my feelings but every girl wishes to be independent if our feelings throw a bad impression on our elder's traditions and customs how can we be made responsible ? However, what is the use of following these so called customs and traditions ?

I deserve to live a life of Akkamahadevi who centuries back, taught us to lead life without any fear and hesitation.

We should never change our decisions under pressure or for some other reasons. We should stand firm and confident on our decisions and move forward in such a way that all those who tried to put us down, keep their mouth open. Be independent and step towards literacy and education. Only then we will be able to win the real life.

I want every girl to know that her voice can change the world and she can be what she actually wants to be.

● **Devika A.M.**

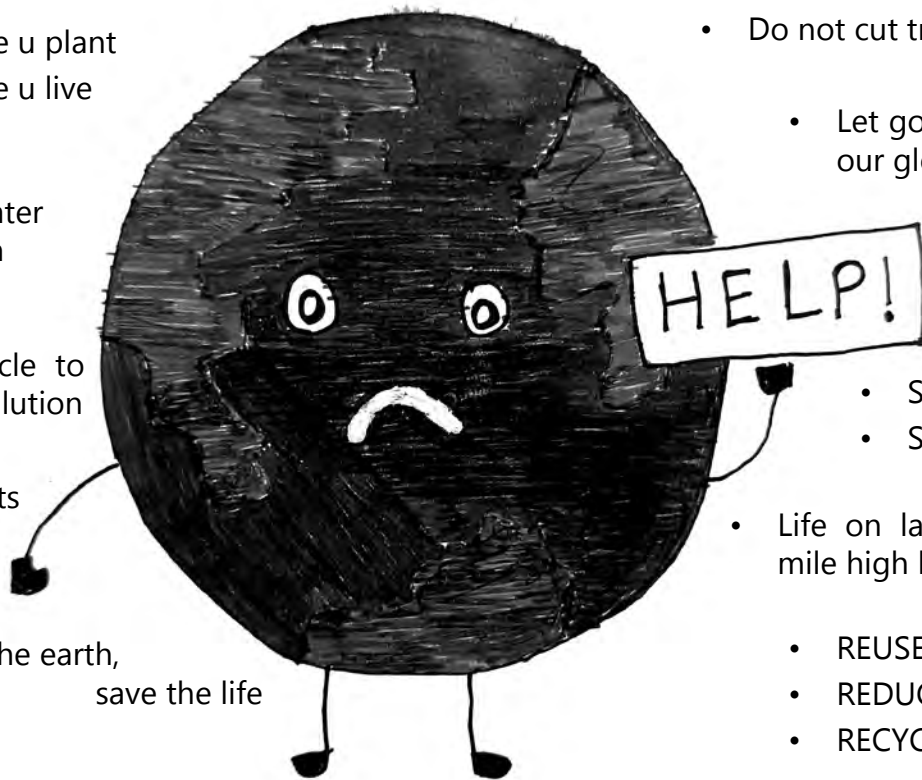
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Save Panet

- No water
No life
No blue
No green
- De forestation
 - Global warming
 - Say no to plastics
- Climate change
 - Think Green
 - Think blue
- Fresh water depletion
- East or west going green is the best
 - More u plant
 - More u live
- Air & water pollution
- Ride a cycle to reduce pollution
- Grow plants
- Save the earth,
save the life
- When you conserve the earth, you conserve life
 - "FORESTS are the lungs of our land purifying the air & giving fresh strength TO OUR PEOPLE"
- Save the planet because it is only 1 we have to live in
- "EARTH DOES NOT BELONG TO US, we belong to the earth"
- Planet is in need of help, we together can help her, save her!
- Reduce Waste
- Do not cut trees
- Let go green to get our globe clean
 - Save animals
 - Save plants
- Life on land before 10-mile high building
 - REUSE
 - REDUCE
 - RECYCLE
- RECYCLING
- System Change
Not Climate Change
- Ocean our Fishing



● **Prathiksha U Anchan**

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FOOD WASTAGE

Food is considered as God & has been worshipped in India. So the question is, why do we waste food when we worship it? Unfortunately we are wasting it without knowing the value of it.

In some parts of the country people cannot afford a single time meal, on the other side wastage of food is increasing day by day. India stands in the seventh place in wastage of food. In marriages, parties & gatherings 15 to 20% of food is being wasted.

When we waste food, it's not only the food that is wasted, all resources that are used for growing, processing, packaging, transporting & marketing the food are also wasted. Most important of all, land & water that is used for growing & producing is also wasted.

Factors leading to the wastage of food are:

- Food produced are not properly stored & hence leads to deterioration of food.
- Lack of storage facilities.
- Lack of transport facilities in some places.
- Food wastage in marriage functions, parties & gatherings.



- 40% of the total food produce is destroyed due to lack of storage & warehouse facilities before it reaches the market.
- Steps to prevent wastage of food:
- Better harvest and storage facilities should be provided.
- Food not fit for human consumption should be reused to feed animals.
- Individual consumers can shop the needed, use better methods to store & recycle leftovers.
- Order smaller portions in the restaurants.

THE SOLUTION STARTS WITH US.

● **Adithi Arunkumar**
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KODIAL TERU

People normally think that Kodial Teru or Mangaluru Rathothsava (car festival) starts from the day of Dwajarahana, but that's not true, it starts 3 days before Dwajarahana that is on Magha Shuddha

Pratipadya that is the first day of Magha Masa of the Hindu calendar. This Rathothsava of Sri

Venkataramana Temple, Mangalore starts on Pratipadya by bringing out the great gigantic Ratha or Teru of the Lord from the Ratha room or what we say in konkani as Terakodke. From this day in the temple, various rituals take place. Lord rides on different vahanas namely Dindi Pallanki, Vajra Tatti, Lalki, Bhangra Pallanki etc. Hagalothsava starts from the day of Dwajarahana. Dwajarahana is the day when the Dwaja (Garuda) is hoisted on the Dwajastambha signifying that Garuda goes to invite all the other Gods for his Lord's Rathothsav. After Dwajarahana Lord on Silver Pallanki (Vajra Tatti) goes to Carstreet Pente known as Hagalothsava. The Lord then returns to the temple after which the Mahanaivedya is done and the people are served. Volunteers come dressed in Pattethodopu or Pattemadi on these 5 days. From the day of Dwajarahana till Avabrithothsava a special Yajna takes place. From Tadige to Panchami the Lord goes to Penteutsavain the night on Hanumanthavahana & Garuda vahana respectively. Then the Gopurothsava, Prakarothsava & Vasanthapooja takes place. On Shashti (San Teru) after Yajna the lord rides the Silver Lalki and goes to Carstreet Pente. At night on this day Gopurothsava takes place first & thereafter the Lord goes Mrigabete on the beautifully decorated Silver Lalki. The Lord then rides the San Teru or Small chariot after which the Prakarothsava and Vasanthapooja takes place.

The next day after San Teru is called as Rathasapthami. On this day in the morning the Patta Devaru Veera Venkatesha's beautiful idol is brought out and various abhishekas are performed. Then the

Lord goes for Yajna. After the Yajna Lord goes out near the Ratha on the beautiful Swarna Pallanki or Bhangra Pallanki. The Lord takes 5 rounds of the Ratha then the Ratharohana takes place after which all the Mahajanams take prasada on the Ratha seeking the Lord's blessings. At night around 11 the Lord's Ratri Pooja takes place on the Ratha itself, then the people pull the chariot till the Swadeshi stores. All the people who wish to give aaratis give it near Swadeshi stores after which the Lord rides on the Ratha back to the temple. The Lord then rides on the Swarna Pallanki and the Prakarothsava and Vasantha Pooja takes place. This day is a very big day for all the Samaj Bhandavas. The next day after Rathasapthami is called as Avabrithothsava where the Lord rides on the Swarna Pallanki and goes on the Thirtha Yatra. The Lord then has a holy bath in the Srinivasa Pathshala Pond after which the Lord rides back to Temple and then the Dwajaavarohana is done. The Lord then goes back to the Garbhagriha and resides back on his Swarna Simhasana. But this does not mark the end of Kodial Teru. Even from the next day on Navami till Pournami many utsavas take place. The End of Kodial Teru is on Magha Shuddha Pournami the day when the huge Ratha is kept back in the Tera Kodke. This marks the end of Kodial Teru of the year. In the above extract I have tried to give a very small glimpse of the famous Kodial Teru or Mangaluru Rathothsava. Shri Krishnarpanamasthu.

● **K. Ashwin Kamath**

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ANIME : A Fascinatingly World

Basically, animes are hand-drawn and computerized animations originated in Japan. Animes are not just some cartoons but they represent different ideologies, cultures, traditions, values, emotions, political and social matters prevalent in the world. Most of the animes are adopted from manga. Animes exhibit a wide variety of art styles that differ between creators and studios.

Shonen animes are my personal favorites. One piece is one of the longest running anime and its manga is the most sold manga in the world. Demon Slayer : Mugen train is the highest grossing movie with an earning of around 500

million dollars world wide. One piece, Naruto and Beach referred to as "The Big Three" in the anime history. Black Clover, Jujutsu Kaisen, Demon Slayer, Boruto, My Hero Academia, Baaki Hanma etc are new generation animes. Parasyte, Attack on Titan, Code Geass, Full metal alchemist brotherhood, Death note, Gintama etc are some anime masterpieces. Most of the ongoing animes air on once in a week. In past few years, there was an exponential growth in anime audience in India. I invite everyone to join me in this fascinating world of anime.

● **B. Vignesh .R. Baliga**
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BECAUSE YOU ARE MY FRIEND

I'll be with you
Whenever you need me,
Because you are my friend.
I'll hold your hand
Whenever you need it held,
Because you are my friend.
I'll wipe away your tears
Whenever you cry,
Because you are my friend.
I'll make you smile
Whenever you feel down,
Because you are my friend.
I'll help you up
Whenever you stumble,
Because you are my friend.
I'll listen to you

When nobody else will,
Because you are my friend.
And when you are rude to me
I'll forgive you,
Because you are my friend.
Oh friend!
You are my crutch,
When I cannot walk.
You are my eyes,
When I cannot see through.
And my ears,
When I cannot hear.
That's why you are my friend.

● **Disha G Prasad**
I B.Com A



“THE SCIENCE OF TODAY IS THE TECHNOLOGY OF TOMORROW” – EDWARD TELLER

Science and Technology is the basis of modern civilization. The age in which we live can rightly be called as the age of science and technology. Science has changed the lives of people to a great extent. In everyday life, we enjoy various benefits of science and technology that have made our life more easy and comfortable .

One of the greatest inventions of Science is Electricity. For our daily comforts, science has given us the electric light, fan, washing machine, refrigerator etc., which helps us in our day - to- day life for cooking our food, washing clothes etc. There was a time when man used to walk long distances to reach different places for trade and other pursuits. But now the miracles of science have made travelling easy. Buses, trains, ships and aeroplanes use advanced technologies and carry us to distant places in a short time. Science and technology also provides us with the means of amusement like radio, television and video that entertains us. The invention of computers has been another major development in the history of mankind. In the field of communication technology, the innovation of mobile phones has revolutionized the society. People can make a call and communicate from anywhere exchanging valuable information. A system of interconnected networks providing almost universal computer access called the internet is the latest gift of science.

Advancement in the field of agriculture, industry, medicine etc., has resulted in great development in the modern world. The research done in growing crops has improved the food production and greatly reduced hunger in the world. There was a time when lakhs of people died due to epidemics like plague, smallpox, malaria, cholera etc. But due to research and new treatment methods involving prevention through immunization, diseases like plague, polio, smallpox etc. have been eradicated. Now scientific instruments can warn us against flood, earthquakes and cyclones which enable us to take prevention measures and prevent loss of life.

Science has thus entered every walk of our life. Man has wisdom, he is misusing this knowledge for destructive purposes. It is truly said that “Technology is a useful servant but a dangerous master”. Deadly scientific weapons like atom bombs and missiles can destroy the whole world in a moment. The misuse of science and technology for destructive purposes has turned it into a curse. The man and his wisdom can only make the difference.

I conclude with Dr A. P. J. Abdul Kalam`s Quote:-
“ Science is a beautiful gift to humanity; we should not distort it”.

● **Annapoorna Shenoy**
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ಬದುಕು ಎಷ್ಟು ವಿಚಿತ್ರ ಅಲ್ಲಾ ?

ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳು ನಡೆಯುತ್ತಾ ಹೋಗುವಂತೆ ವಯಸ್ಸು ಕೂಡಾ ಮುಂದೆ ಹೋಗುತ್ತದೆ ಮನುಷ್ಯನ ಬದುಕೇ ಹೀಗೆ. ಜೀವನದಲ್ಲಿ ಎದುರಾಗುವ ಅದೆಷ್ಟೋ ಸತ್ವ ಪರೀಕ್ಷೆಗಳು ಪಾಸಾಗುತ್ತವೋ ಇಲ್ಲವೋ ಎಂಬ ಸಂಶಯವಿಲ್ಲದೇ ಮುಂದುರಿಯುವುದು ನಮ್ಮ ಕೆಲಸ. ಕೆಲವೊಮ್ಮೆ ಪ್ರೀತಿಗೆ ತಲೆಬಾಗುತ್ತೇವೆ ನೋವಿಗೆ ಕರಗುತ್ತೇವೆ. ಬದುಕು ಎಷ್ಟು ವಿಚಿತ್ರ ಅಲ್ಲಾ ? ಎಂದು ತನ್ನ ಪಾಡಿಗೆ ತಾನು ಆಧ್ಯಾತ್ಮಿಕಿಯಂತೆ ಕವನ ಅಂದುಕೊಳ್ಳುತ್ತಿದ್ದಾಳೆ. ಇದ್ದಕ್ಕಿದ್ದ ಹಾಗೇ ಆಕೆಯ ತಲೆಯಲ್ಲಿ ಅದೇನೋ ಯೋಚನೆ ಬಂದಿರಬೇಕು ಎದ್ದು ಒಳ ನಡೆದ ಆಕೆ ಕೈಗೆತ್ತಿಕೊಂಡದ್ದು ಹಳೆಯ ಒಂದು ಫೋಟೋ.

ನೋಡನೋಡುತ್ತಿದ್ದಂತೆ ಕಣ್ಣುಗಳಲ್ಲಿ ನೀರ ಹನಿ ಹಾಗೇ ಜಿನುಗುತ್ತೊಡಗಿತು. ತುಟಿ ಬಾಡಿ ಹೋಗಿತ್ತು. ಗಂಟಲು ಕಟ್ಟಿದಂತೆ ಭಾಸವಾಗಿತ್ತು. ಫೋಟೋವನ್ನು ಪುಸ್ತಕದ ಎಡೆಯಲ್ಲಿ ಇಟ್ಟು ಕವನ ತನ್ನ ಕೋಣೆಯಿಂದ ಹೊರನಡೆದಳು. ಹೊರಗೆ ತಂಗಾಳಿ ಬೀಸುತ್ತಿದ್ದುದರಿಂದ ಮನಸಿಗೆ ನೆಮ್ಮದಿ ಸಿಗಬಹುದೆಂದು ಜಗಲಿಯ ಕಂಬಕ್ಕೆ ಒರಗಿ ಕುಳಿತಳು.

“ಅರೇ ಮುದ್ದು ಬಂಗಾರಿ ! ಇಲ್ಲಿ ಬಾ, ಈ ಅಪ್ಪನಿಗೆ ಒಂದು ಪಪ್ಪಿ ಕೊಡಲ್ಲಾ? ಅಪ್ಪು ಸಿಟ್ಟಾ ನಿಂಗ್” ? ಎನ್ನುತ್ತಾ ಕೋಪಗೊಂಡ ಪುಟಾಣಿ ಮಗಳ ಮನಸ್ಸು ಕದಿಯಲು ಪ್ರಯತ್ನಿಸುತ್ತಿರುವ ಅಪ್ಪ. ಮೆಲ್ಲನೆ ಓರೆನೋಟದಿಂದ ಅಪ್ಪನತ್ತ ನೋಡಿ ತುಂಟ ನಗು ಬೀರಿ



ಆಕೆ ಓಡಿ ಬಂದು ಅಪ್ಪಿಕೊಂಡಾಗ ಇದ್ದ ಎಲ್ಲಾ ಸಿಟ್ಟು ಒಮ್ಮೆಲೇ ಮಾಯ. ತಂದೆ-ಮಗಳ ಸಂಬಂಧ ಹಾಗೆಯೇ ಪದಗಳಿಗೆ ನಿಲುಕದ್ದು, ಅಂತಹ ಹೃದಯಮಯಿ ತಂದೆಗಳ ಸಾಲಿಗೆ ಸೇರಿದವರು ಶಂಕರಮೂರ್ತಿಯವರು. ತನ್ನ ಮಗಳ ಖುಷಿಯಲ್ಲಿ ತನ್ನ ಖುಷಿಯನ್ನು ಕಾಣುತ್ತಿದ್ದವರು. ಕವನಳ ಪಾಲಿಗೆ ಆದರ್ಶಮಯಿ ಎಂದರೆ ತಪ್ಪಾಗಲಾರದು. ತಾಯಿಯಿಲ್ಲದ ಕವನಳ ಪಾಲಿಗೆ ತಾಯಿಯಾಗಿ ನಿಂತದ್ದು ಶಂಕರಮೂರ್ತಿ. ಹೊಸ ಹೊಸ ನೀತಿ ಕತೆಗಳನ್ನು ಬದುಕಿನ ಅನುಭವಗಳ ಕುರಿತಾದ ಅದೆಷ್ಟೋ ವಿಷಯಗಳನ್ನು ತಂದೆಯ ಬಾಯಿಂದ ಕೇಳಿಯೇ ಬೆಳೆದವಳು ಈ ಕವನ.

ಜೀವನದಲ್ಲಿ ಅದೇನೇ ಕಷ್ಟ ಬಂದರೂ ಅದನ್ನು ನಾವು ಮೆಟ್ಟಿ ನಿಲ್ಲಬೇಕು. ಮನುಷ್ಯನಾದವನಿಗೆ ಕಷ್ಟ ಎಂಬುದು ಬಂದೇ ಬರುತ್ತದೆ. ಹೇಗೆ ಸುಖವನ್ನು ಖುಷಿಯಿಂದ ಅನುಭವಿಸುತ್ತೇವೋ ಹಾಗೆ ಕಷ್ಟವನ್ನು ಸ್ವೀಕರಿಸುವ ಮನಸ್ಸು ಕೂಡಾ ನಮ್ಮಲ್ಲಿರಬೇಕು ಎಂಬುದಾಗಿ ಪದೇ ಪದೇ ಹೇಳುತ್ತಿದ್ದರು. ಕವನಳ ಹುಟ್ಟಿದ ಹಬ್ಬದಂದು ಅವರು ಅದನ್ನು

ಆಚರಿಸುತ್ತಿದ್ದ ರೀತಿಯೇ ಬಹಳ ಸರಳವಾಗಿದ್ದದ್ದು. ಮಗಳ ಹೆಸರಲ್ಲಿ ಬಡ ಮಕ್ಕಳಿಗೆ ಮೂರು ಹೊತ್ತಿನ ಊಟ ಕೊಡುತ್ತಿದ್ದರು. ದೇವರು ನಮ್ಮೊಳಗೆ ಇದ್ದಾನೆ. ನಾವು ಹೇಗೆ ಬದುಕುತ್ತೇವೆ ಎಂಬುದು ಮುಖ್ಯ. ಇನ್ನೊಬ್ಬರ ಕಷ್ಟಕ್ಕೆ ನಾವಾಗದೇ ಹೋದರೆ ನಮ್ಮ ಜೀವನ ವೃಥಾ ಎಂದು ಆಗಾಗ್ಗೆ ಹೇಳುತ್ತಿದ್ದರು. ಪ್ರತಿದಿನ ಅವರ ಮೊಗದಲ್ಲಿ ಒಂದು ಮಂದಹಾಸ ಇದ್ದೇ ಇರುತ್ತಿತ್ತು.

ಕವನ ಹೀಗೆ ತಂದೆಯ ಪ್ರೀತಿ ಹಾಗೂ ಆದರ್ಶಗಳ ಪಾಠದೊಂದಿಗೆ ಬೆಳೆದಿದ್ದಳು. ಅವಳಲ್ಲೂ ಪ್ರೀತಿ ಮಮತೆಗಳು ಎದ್ದು ತಾಂಡವ ವಾಡುತ್ತಿತ್ತು.

ಶಂಕರಮೂರ್ತಿಯವರು ತಮ್ಮ ಪಾಡಿಗೆ ಕುಳಿತು ಪೇಪರ್ ಓದುತ್ತಿದ್ದರು. ಇದ್ದಕ್ಕಿದ್ದಂತೆ ಫೋನ್ ಜೋರಾಗಿ ಬಡಿದುಕೊಳ್ಳಲು ಆರಂಭಿಸಿತು. ಮಲಗಿದ್ದ ಮಗಳಿಗೆ ಎಚ್ಚರ ಆಗಬಾರದೆಂದು ಮೊಬೈಲ್ ತೆಗೆದುಕೊಂಡು ಹೊರ ಬಂದರು. “ಹಲೋ ನಾನು ಡಾಕ್ಟರ್ ಶರ್ಮ, ಆದಷ್ಟು ಬೇಗ ಆಸ್ಪತ್ರೆಗೆ ಬರಬಹುದೇ ? ತುಂಬಾ ಅರ್ಜಿಗಳಾಗಿ ಮಾತಾಡ್ಬೇಕು ನಿಮ್ಮ ಬಳಿ” ಎಂದು ಹೇಳಿ ಕಾಲ್ ಡಿಸ್ಕನೆಕ್ಟ್ ಮಾಡಿದರು. ಕೂಡಲೇ ಆಸ್ಪತ್ರೆಗೆ ತೆರಳಿದ ಶಂಕರಮೂರ್ತಿಯವರ ಮುಂದೆ ಶರ್ಮ ಯಾವುದೋ ಫೈಲ್ ತೆರೆದಿಟ್ಟಿದ್ದರು. “ಮಿಸ್ಟರ್ ಶಂಕರಮೂರ್ತಿ ಅವೇ, ನಂಗೆ ಈ

ವಿಷಯವನ್ನು ನಿಮ್ಮ ಬಳಿ ಹೇಗೆ ಹೇಳ್ಬೇಕು ಅಂತಾ ತಿಳೀತಿಲ್ಲ. ಈ ರಿಪೋರ್ಟ್ ಹೇಳೋ ಪ್ರಕಾರ ನಿಮ್ಮೆ ಬ್ಲಡ್ ಕ್ಯಾನ್ಸರ್ ಇದೆ. ಅದು ಕೂಡಾ ಈಗ ಫೈನಲ್ ಸ್ಟೇಜ್” ಎಂದು ಹೇಳಿ ಶರ್ಮ ಅವರು ಶಂಕರಮೂರ್ತಿಯವರ ಕೈಯನ್ನು ಗಟ್ಟಿ ಹಿಡಿದರು. ಬಹುಶಃ ಶಂಕರಮೂರ್ತಿಯವರಿಗೆ ಅಷ್ಟೇನೂ ಆಘಾತ ಆಗಿರಲಿಲ್ಲ ಅನಿಸುತ್ತೆ, ಹಾಗೆಯೇ ಮುಗುಳ್ಳುಕ್ಕು, “ಹ್ಲೂಂ, ಕೊನೆಗೂ ನನ್ನ ಜೀವನ ಕೊನೆಯ ಹಂತದಲ್ಲಿದೆ ಅನ್ನಿ, ಇನ್ನು ಯಮ ಬಂದು ಪಾಶ ಹಾಕಿ ಎಳೆದೊಯ್ಯುವುದು ಮಾತ್ರ ಬಾಕಿ” ಎಂದರು. ಶರ್ಮ ಅವರಿಗೆ ಇವರ ಮಾತು ವಿಚಿತ್ರ ಅನ್ನಿಸ್ತು. “ಸರಿ ಡಾಕ್ಟರ್, ನಾನಿನ್ನು ಬರುತ್ತೇನೆ. ಆದ್ರೆ ಒಂದು ಸ್ಕಾಲ್ ರಿಕ್ಲೆಸ್ಟ್ ದಯವಿಟ್ಟು ಈ ವಿಷಯ ಮಾತ್ರ ನನ್ನ ಮಗಳಿಗೆ ಗೊತ್ತಾಗೋದು ಬೇಡ, ಇದು ಕೇವಲ ನನ್ನ ನಿಮ್ಮ ನಡುವೆ ಮಾತ್ರ ಇರಲಿ.” ಎಂದು ಹೇಳಿದಾಗ ಭರವಸೆಯ ಆಶ್ವಾಸನೆ ಇತ್ತರು ಡಾ|| ಶರ್ಮ.

ಮಗಳ ಏಳಿಗೆಯ ಕಂಡು ಖುಷಿ ಪಡಬೇಕೆಂದು ಅಂದುಕೊಂಡಿದ್ದ



ಜೀವಕ್ಕೆ ಜೀವನ ಮುಗಿಯುವ ಹಂತದಲ್ಲಿದೆ. ತಾನು ಬದುಕಿರುವ ತನಕ ಮಗಳ ಪಾಲಿಗೆ ಧೈರ್ಯದ ದೀಪವಾಗಬೇಕು ಎಂದು ಅಂದುಕೊಂಡ ಶಂಕರಮೂರ್ತಿಯವಿಗೆ ಬೇಗ ತನ್ನ ದಿನ ಬಂದೇ ಬಿಡುತ್ತದೆ ಎಂಬುದರ ಅರಿವಿರಲಿಲ್ಲ.

ವಿಧಿಯ ಆಟ ಬೇರೆಯೇ ಇರುವಾಗ ನಾವೇನು ಮಾಡಲು ಸಾಧ್ಯ !? ಕವನಳ ಬದುಕಿಗೆ ನಂದಾದೀಪವಾಗಿ ಇದ್ದ ಆಕೆಯ ತಂದೆಯವರು ಮತ್ತೆಂದೂ ಬಾರದ ಲೋಕಕ್ಕೆ ಹೋಗಿಬಿಟ್ಟಿದ್ದರು. ಮನೆಯ ನಂದಾದೀಪ ಆರಿ ಕತ್ತಲಾವರಿಸಿ ಬಿಟ್ಟಿತ್ತು.

“ಕವನಾ ಆಗದಿಂದ ಕೂಗ್ತಾ ಇದ್ದೇನೆ ನಿಂಗೆ ಕೇಳಾನೆ ಇಲ್ಲಾ ? ಯಾವ ಲೋಕದಲ್ಲಿ ಮುಳುಗಿದ್ದೀ ?” ಎನ್ನುತ್ತಾ ಡಾ| ಶರ್ಮ

ಕವನಾಳ ಬೆನ್ನು ತಟ್ಟಿದರು. “ಓ ಇಷ್ಟು ಬೇಗ ಬಂದ್ರಾ ಬಂದೆ ಇರಿ ಕುಡಿಯಲು ಟೀ ತರ್ರೇನೆ” ಅಂತ ಒಳ ನಡೆದಳು. ತನ್ನ ಹಿಂದಿನ ನೆನಪುಗಳಿಗೆ ಮರಳಿದ್ದ ಕವನ ಮರಳಿ ತನ್ನ ಲೋಕಕ್ಕೆ ಬಂದದ್ದು ಡಾ| ಶರ್ಮ ಬೆನ್ನು ತಟ್ಟಿದಾಗಲೇ.

“ತಗೊಳ್ಳಿ ಟೀ”, ಅಂತ ಕೈಯಲ್ಲಿನ ಟೀ ಲೋಟವನ್ನು ಶರ್ಮನ ಮುಂದೆ ಇಟ್ಟಾಗ “ಹೆಂಡ್ತಿ ಕೈಯಿಂದ ಟೀ ಕುಡಿಯದಿದ್ದೆ ಹೇಗೆ”? ಎಂದು ಶರ್ಮ ಹೇಳಿದ ಮಾತಿಗೆ ಮುಗುಳ್ಳುಕ್ಕು ರಾತ್ರಿಯ ಊಟಕ್ಕೆ ತಯಾರಿ ಮಾಡಲು ಒಳ ನಡೆದಳು.

● ಪಿ. ಶ್ರೀವಿದ್ಯಾ
ದ್ವಿತೀಯ ಬಿಎಸ್ಸಿ

ಅಕರ್ಷಣೆ

ಅವಳು ಹೆಜ್ಜೆ ಇಟ್ಟಲ್ಲೆಲ್ಲಾ
ಮೂಡಿದೆ ರಂಗು ರಂಗಿನ ಚಿತ್ತಾರ
ಕಣ್ಣು ರೆಪ್ಪೆ ಮುಚ್ಚಿದರೆ
ಸಾಕು ಹೃದಯಕ್ಕೆ ಗುರಿ
ಇಟ್ಟು ಬಾಣ ಬಿಡುತ್ತಿದೆ
ಅವಳ ಚಿತ್ತಾಕರ್ಷಕ ವಯ್ಯಾರ
ಹೇ ಕೋಮಲಾಂಗಿಯೇ
ನೀ ಹತ್ತಿರ ಬರುತ್ತಿದ್ದಂತೆ
ಎರುತ್ತಿದೆ ಮೈಗೆ ಕಾವು
ಬಳಿ ಬಂದರೂ ಮಾತನಾಡಿಸದೆ
ಹಾಗೆ ಹೋಗಿ ಕೊಡಬೇಡ
ಈ ಮನಸಿಗೆ ನೋವು.

ವಾಸ್ತವ

ಚಂದ್ರ ಎಷ್ಟೊಂದು ಚಂದ
ಇದ್ದರೇನಂತೆ ಕಚ್ಚಿ ತಿನ್ನಬಹುದೇ ?
ತಂತ್ರ ಎಷ್ಟೊಂದು ಮುಂದೆ
ಹೋದರೇನಂತೆ ಕಾಲ ತಡೆಯಬಹುದೇ ?
ಹಣ ಎಷ್ಟೊಂದು ಹೆಚ್ಚು
ಮಾಡಿದರೇನಂತೆ ಹಸಿವು ನೀಗಿಸಬಹುದೇ ?
ಏನೆಲ್ಲ ಕಳೆದರೂ ಏನೆಲ್ಲ ಪಡೆದರೂ
ಮತ್ತೆ ಹಾಕುವ ನೀನು ಆಸೆಗಳ ಕಣ್ಣೀರು
ನಶ್ವರ ಲೋಕದ ಮೋಹ ಬಿಟ್ಟು ಬಿಡು
ಇಟ್ಟು ಬಿಡು ಈಶ್ವರನಲ್ಲಿ ನಿನ್ನ ತನುಮನ

● ಸುನಿಲ್ ಎಂ. ಲಕ್ಷ್ಮಣ
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ

ಗುರುಗಳ ಅನಂತತೆ

ಕಷ್ಟಗಳ ಹೊಟ್ಟೆ ಹರಿದು
ಸುಖದಾರಿ ಹುಡುಕುವವರ ಮಧ್ಯೆ
ಸೂಕ್ಷ್ಮ, ಬಿಸಿರತ್ತದ ಮನಕೆ
ಗುರುವೆ ಕಾಣದ ನೆರಳಿನ ನೆನಕೆ....

ಸ್ವಯಂ ಘೋಷಿತ ಗುರುವಿಲ್ಲ
ಸರಪಂಚದೊಳಗೆ
ಕಲಿಯಾತ, ಕಲಿಸುತ
ವಿಷಯ ವಸ್ತು ವಿಚಾರ

ಗುರುಗಳೆಂಬವರು
ದಿಗಂತದಾಚೆ ಜ್ಞಾನದಹಸಿವು ನೀಗಿದವರು
ಕನಸು ಕಂಡು ಬತ್ತಿದವರು
ಕನ್ನಡಿಗೆ ದಾರಿ ತೋರಿದವರು

ಶಿಷ್ಯಕೋಟಿಗೆ ಜ್ಞಾನದಹಸಿವು ಹಚ್ಚಿದರು
ಎಂದೂ ಬತ್ತದ ಅರಿವಿನ ಜ್ಞಾನದಹಸಿವು
ಮೊಗೆ ಮೊಗೆ ನೀಡುತಲಿರುವ ಗುರು ಕಲ್ಪವೃಕ್ಷವು
ಬಂದಿಹುದು ದಿನವು ನೆನೆನೆನೆಯುವಾ
ಕನಸು, ಬಿತ್ತಿ ದಾರಿ ತೋರಿದ ವಿದ್ಯಾಗುರುಗಳ

● ಬೂದೆಪ್ಪ
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ



ಅವನ್ಯಾರಮ್ಮ ?

ಹಾರುವ ಚಿಟ್ಟೆಗೆ
ಬಣ್ಣವ ಮೆತ್ತಿ
ಕಳುಹಿಸಿದವನ್ಯಾರು ಹೇಳಮ್ಮಾ ?
ಅಂದದ ಹೂವಲಿ
ಗಂಧದ ತುಂಬಿಸಿ
ಸುಂದರವಾಗಿಸಿದವ ಯಾರಮ್ಮಾ ?
ಬೆಳಗಾಗುತ್ತಲೇ ಬೆಳಕನು ತರಲು
ಸಂಜೆಯಾಗುತ್ತಲೇ ಗಾಡಿಯ ಬಿಡಲು
ರವಿಗೆ ಹೇಳಿದವನು ಯಾರಮ್ಮಾ ?
ಕತ್ತಲೆಯಾಗಲು
ಚುಕ್ಕೆ ಚಂದ್ರಮರ
ದೀಪವ ಹಚ್ಚುವವ ಯಾರಮ್ಮಾ ?
ತಂಪನು ಸೇರಿಸಿ
ಮೆಲ್ಲನೆ ಗಾಳಿಗೆ
ಬೀಸಲು ಹೇಳುವವ ಯಾರಮ್ಮಾ ?
ನನ್ನಯ ಪ್ರಶ್ನೆಗೆ
ಉತ್ತರಿಸದಿದ್ದರೆ
ಈ ಕ್ಷಣ ಆಗುವ ನೀ ಗುಮ್ಮಾ.

ಬೆಳಕು

ನಂಬಿಕೆ ಹರಡಲಿ...
ವಿಶ್ವಾಸ ಬೆಳಗಲಿ
ದ್ವೇಷವೆಂಬ ಕತ್ತಲು ಸರಿದು
ಪ್ರೀತಿಯ ಬೆಳಕು ಹರಿಯಲಿ
ಸಹೋದರತೆ ಹರಡಲಿ
ವಾತ್ಸಲ್ಯತೆ ಬೆಳಗಲಿ
ಜಾತೀವಾದವೆಂಬ ಕತ್ತಲು ಸರಿದು
ಮಾನವೀಯತೆಯ ಬೆಳಕು ಹರಿಯಲಿ
ಧರ್ಮವು ಹರಡಲಿ
ನ್ಯಾಯವು ಬೆಳಗಲಿ
ಭ್ರಷ್ಟತೆಯೆಂಬ ಕತ್ತಲು ಸರಿದು
ಅಭಿವೃದ್ಧಿಯ ಬೆಳಕು ಹರಿಯಲಿ
ಆತ್ಮವಿಶ್ವಾಸ ಹರಡಲಿ
ಆಶಾಜ್ಯೋತಿ ಬೆಳಗಲಿ
ಅಜ್ಞಾನವೆಂಬ ಕತ್ತಲು ಸರಿದು
ವಿಜ್ಞಾನದ ಬೆಳಕು ಹರಿಯಲಿ

ಅಮ್ಮಾ



ಅಮ್ಮಾ ನಿನ್ನ ಒಲವಿನಲ್ಲಿ
ಎಳೆಯ ಮಗು ನಾನು
ನಿನ್ನ ಪ್ರೀತಿ ಸಾಗರದಲ್ಲಿ
ತೇಲುವ ಪುಟ್ಟ ಮೀನು ನಾನು
ನನಗಾಗಿ ಎಲ್ಲವ ನೀನು
ಸಹಿಸಿ ತ್ಯಾಗ ಮಾಡಿದೆ
ಪ್ರತಿ ಕ್ಷಣವು ನನ್ನನ್ನೇ
ನೆನೆವುದು ನಿನ್ನದೇ
ಸೋತಿರುವ ತಾಯಿ ನಿನಗೆ
ಹೇಳು ಏನು ಕೊಡಲಿ ಕೊಡುಗೆ
ಹೇಳಲಾಗುವುದೇ ಮಾತಿನಲಿ
ನಿನ್ನಯ ಪ್ರೀತಿಯ
ಬರೆಯಬಹುದಾದರೆ ಕನ್ನಡದಲ್ಲಿ ಪದಗಳಿವೆಯಾ
ನಿನ್ನ ನಿರ್ಮಲ ಮನದಂಗಳದಿ
ಎಂದೆಂದಿಗೂ ಆಡುವ ಕಂದ ನಾನು
ಬಿಡಿಸಿಕೊಳ್ಳಲು ಬಯಸಲಾಗದ
ಅದ್ಭುತ ಬಂಧವನು
ನೂರು ಕೋಟಿ ಜನ್ಮದ ಪುಣ್ಯವಿದು
ಮೂರು ಕೋಟಿ ದೇವರ ಸೋಲಿಸಿದ ಕಾರುಣ್ಯ ನಿನ್ನದು
ಅಮ್ಮಾ ಎಂಬ ಪದದಲೇನಿದೆ ತಿಳಿಯದು
ನೆನೆದಾಗಲೆಲ್ಲಾ ನಿನ್ನ ಚಿತ್ರವೇ ಕಣ್ಣಿಂದ ಬರುವುದು.

● ಬೂದೆಪ್ಪ
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ



ಜೀವನೋತ್ಸಾಹ

ಜೀವನೋತ್ಸಾಹ ಎಂದರೆ ಎಲ್ಲಿಲ್ಲದ ಹುರುಪು. ಚೇತನ ಚಿಮ್ಮುವ, ಆಟವಾಡುವ ಸಮಯ ಕೆಲವರು ಸಣ್ಣಪುಟ್ಟ ಕಾರಣಕ್ಕಾಗಿ, ಪರೀಕ್ಷೆ ಫೇಲಾಯಿತು ಎಂದು ಬಿನ್ನರಾಗುತ್ತಾರೆ. ನಿರಾಶರಾಗುತ್ತಾರೆ ಇನ್ನು ಸಾವೇ ಗತಿ ಎನ್ನುತ್ತಾರೆ. ಅದು ತಪ್ಪು ಹೊಸ ಹುರುಪಿನಿಂದ ಮುಂದುವರೆಯಬೇಕು; ಅದನ್ನು ಸಾಧಿಸುವ ಭಲ ಇರಬೇಕು.

ಬದುಕುವ ಭಲ ನಮ್ಮಲ್ಲಿದ್ದರೆ ಏನನ್ನಾದರೂ ಸಾಧಿಸಬಹುದು. ಸಾಯುವುದು ಬದುಕಿನ ಕಷ್ಟಕ್ಕೆ ಪರಿಹಾರವಲ್ಲ. ಬದುಕುವ ಭಲ ಹುಮ್ಮಸ್ಸು ನಮ್ಮಲ್ಲಿರಬೇಕು. ಸಾಯುವುದರಿಂದ ಕಷ್ಟಕ್ಕೆ ಕೊನೆ ಇಲ್ಲ. ಮನುಷ್ಯರಿಗೆ ಕಷ್ಟ ಬರುವುದೇ ಹೊರತು ಮರಕ್ಕಲ್ಲ. ಕಷ್ಟ ಸುಖ ಎರಡೂ ಕೂಡಿರುವುದೇ ಬದುಕು. ಬದುಕಿನಲ್ಲಿ ಸಿಹಿ-ಕಹಿ ಎರಡು ಕೂಡಿರಬೇಕು. ಹೊಂದಿಕೊಂಡು ಬಾಳುವುದೇ ಜೀವನ. ಜೀವನವನ್ನು ಎಂದು ಕೊನೆಗೊಳಿಸಬಾರದು. ದೇವರು ಕೊಟ್ಟ ಬದುಕನ್ನು ನಮ್ಮ ಕೈಯಲ್ಲಿ ನಾವೇ ನಾಶಮಾಡಿಕೊಳ್ಳಬಾರದು.

ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟದ ಕಾಲ, ಭಗತ್ ಸಿಂಗ್ ಸ್ವಾತಂತ್ರ್ಯಕ್ಕೆ

ಅಡ್ಡಿಯಾದ ಇಂಗ್ಲಿಷ್ ಅಧಿಕಾರಿಯನ್ನು ಕೊಂದನು. ಅವನಿಗೆ ಬ್ರಿಟಿಷ್ ಸರ್ಕಾರ ಗಲ್ಲುಶಿಕ್ಷೆ ವಿಧಿಸಿತು. ಇಂದೋ ನಾಳೆಯೇ ಗಲ್ಲಿಗೇರಿಸುವ ಸಮಯ, ಆಗ ಜೈಲಿನಲ್ಲಿಯೂ ಭಗತ್‌ಸಿಂಗ್ ವ್ಯಾಯಾಮ ಮಾಡುತ್ತಿದ್ದನು. ಇಂದು ಅಥವಾ ನಾಳೆ ಗಲ್ಲಿಗೆ ಏರುವ ನೀನು ಏಕೆ ವ್ಯಾಯಾಮ ಮಾಡುವೆ ? ಏನನ್ನು ಸಾಧಿಸುವೆ ? ಎಂದು ಇಂಗ್ಲಿಷ್ ಅಧಿಕಾರಿ ಪ್ರಶ್ನಿಸಿದಾಗ “ನಾನು ಮರಣ ದೇವತೆಯನ್ನು ನಗುಮೊಗದಿಂದ ಸ್ವಾಗತಿಸಬೇಕಾಗಿದೆ, ನೀವು ನನ್ನ ದೇಹವನ್ನು ಕೊಲ್ಲಬಹುದು, ನನ್ನ ನಂಬಿಕೆಯ ಸ್ವಾತಂತ್ರ್ಯವನ್ನು ಕೊಲ್ಲಲಾರಿ. ರಾಜ್ಯಗಳು ಉರುಳಿ ಹೋಗಬಹುದು ನಮ್ಮ ನಂಬಿಕೆಗಳು, ಬದ್ಧತೆಗಳು ಅಮರವಾಗಿರಬೇಕು” ಎಂದು ಹೇಳಿದ ಭಗತ್‌ಸಿಂಗ್‌ನ ಮಾತುಗಳಲ್ಲಿ ಜೀವನ ಪ್ರೀತಿಯನ್ನು, ಜೀವನೋತ್ಸಾಹವನ್ನು ಗುರುತಿಸಬಹುದು. ಇದು ನಮಗೆ ಆದರ್ಶವಾಗಬೇಕು. ಆಗ ಮಾತ್ರ ಬದುಕು ಸಾರ್ಥಕವಾಗಲು ಸಾಧ್ಯ.

● ನಿಶಾ

ಪ್ರಥಮ ಬಿ.ಕಾಂ. “ಎ”

ತಾಯಿಯ ಮಹತ್ವ

“ಉಪ್ಪಿಗಿಂತ ರುಚಿಯಿಲ್ಲ, ತಾಯಿಗಿಂತ ಬಂಧುವಿಲ್ಲ” ಹೌದು, ಗಾದೆಗಳೆಲ್ಲಾ ಅನುಭವದ ಮಾತುಗಳು. ಈ ಗಾದೆಯು ಎಷ್ಟು ಸೊಗಸಾಗಿ ತಾಯಿಯ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಹೇಳುತ್ತದೆ, ತಾಯಿಯೇ ಮಕ್ಕಳ ಪಾಲಿಗೆ ಆಪ್ತ ಮನಸಿನ ಸಂಬಂಧಿ. ತಾಯಿಯೇ ನಡೆದಾಡುವ ದೇವತೆ ಮಕ್ಕಳನ್ನು ಒಂಭತ್ತು ತಿಂಗಳು ಹೊತ್ತು ಹೆತ್ತು ಒಂದು ಉತ್ತಮ ಭವಿಷ್ಯ ರೂಪಿಸುವಲ್ಲಿ ತಾಯಿಯು ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತಾಳೆ. ಇದು ಯಾವ ಕಾಲಕ್ಕೂ ಬದಲಾಗಲು ಸಾಧ್ಯವೇ ಇಲ್ಲ.

ಪ್ರತಿ ತಾಯಿಯಿಂದ ಮಕ್ಕಳಿಗೆ ಕಾಲೇಜಿಗೆ ಹೋಗಬೇಕು, ಬೇಗ ಏಳೋಕೆ ಆಗಲ್ಲ ಎನ್ನುವ ಮಂತ್ರಾಕ್ಷತೆ ದಿನವೂ ತಪ್ಪದೇ ಸಿಗುತ್ತದೆ. ಅದೆ ರೀತಿ ಮಕ್ಕಳ ಬಗ್ಗೆ ಪ್ರತಿ ವಿಷಯದಲ್ಲೂ ತಲೆಕೆಡಿಸಿಕೊಳ್ಳುವುದು ತಾಯಿ ಮಾತ್ರ. ಹೆಣ್ಣು ತಾಯಿಯಾದಾಗ ಮಾತ್ರ ತನ್ನ ತಾಯಿಯ ಆಸೆಗಳ ಬಗ್ಗೆ ತಿಳಿದುಕೊಳ್ಳುತ್ತಾಳೆ. ಅಮ್ಮನ ಹತ್ತಿರ ಹೋಗಿ “ಅಮ್ಮ ನಿನಗೆ ನಿನ್ನದೇ ಆದ ಆಸೆಗಳಿಲ್ಲವಾ ? ಎಂದು ಹೇಳಿದರೆ ನಮ್ಮ ಅಮ್ಮ ನಿಮ್ಮೆಲ್ಲರ ಆಸೆನೇ ನನ್ನಾಸೆ ನೀವೆಲ್ಲಾ

ಚೆನ್ನಾಗಿದ್ದರೆ ಸಾಕು ಎನ್ನುತ್ತಾಳೆ.

ಬಹುಷ ಈ ತಾಯಿಯಂದಿರೇ ಹೀಗೆ. ಮಕ್ಕಳಿಗಾಗಿ ತಮ್ಮ ಆಸೆಗಳನ್ನು ಒಣಗಿಸಿ ಬಿಡುತ್ತಾರೆ. ಒಣಗಿದ ಮೇಲೆ ಮತ್ತೆ ಆ ಆಸೆಗಳು ಚಿಗುರಲು ಹೇಗೆ ಸಾಧ್ಯ ? ತನ್ನ ಸ್ವಾರ್ಥಗಳನ್ನು ಅಡಗಿಸಿಕೊಂಡು ಮಕ್ಕಳಿಗೆ ತನ್ನ ಜೀವನವನ್ನು ಮೀಸಲಿಡುತ್ತಾಳೆ. ತಾಯಿ ನಮಗೆಲ್ಲ ಒಬ್ಬ ಶಿಕ್ಷಕಿಯಾಗಿ, ಹತ್ತಿರದ ಗೆಳತಿಯಾಗಿ ಪ್ರೀತಿ, ಸ್ನೇಹದ ಮಧುರ ಭಾವನೆಗಳನ್ನು ಮಕ್ಕಳ ಮನದಲ್ಲಿ ತುಂಬಿಸುತ್ತಾ ಹೋಗುತ್ತಾಳೆ. ಆಕೆ ತಮ್ಮ ಮಕ್ಕಳ ಸಂತೋಷದಲ್ಲಿ ತನ್ನ ಸಂತೋಷ ಕಾಣುತ್ತಾಳೆ. ದೇವರ ಬಳಿ ಪ್ರಾರ್ಥಿಸುವಾಗ “ದೇವರೆ ನನಗೆ ಏನಾದರೂ ಪರವಾಗಿಲ್ಲ, ನನ್ನ ಮಕ್ಕಳನ್ನು ಚೆನ್ನಾಗಿಡು ಎಂದು ದೇವರಲ್ಲಿ ಪ್ರಾರ್ಥಿಸುತ್ತಾಳೆ. ಅಮ್ಮನಿಗೆ ಅಮ್ಮನೇ ಸಾಟಿ.

● ಅರ್ಪಣಾ

ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ.

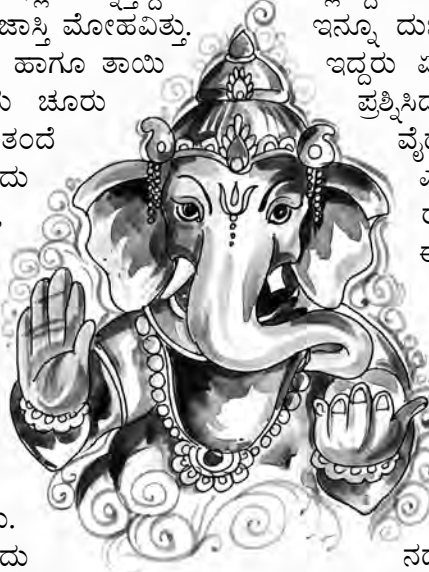




ದೇವರ ಮಹಿಮೆ

ಈ ಮಹಾ ಸೃಷ್ಟಿಯೊಳು ದೇವರ ಮಹಿಮೆ ತಿಳಿದವರು ಯಾರು ಇರುವರು ? ಯಾರು ಕೂಡಾ ಇಲ್ಲ, ಆತನು ತೋರಿಸಿದ ದಾರಿಯಲ್ಲಿ ನಡೆಯುವುದೇ ಒಂದು ಪುಣ್ಯದ ಕೆಲಸ. ಆದರೆ ನಾವು ಮನುಷ್ಯರು ದೇವರನ್ನು ನಂಬದೆ ಆಗುವ ಅನರ್ಥಗಳು ಹಲವಾರು. ಇಲ್ಲಿ ಕಥಾನಾಯಕಿ ಕಾತ್ಯಾಯಿನಿ ಕೂಡಾ ಹಾಗೇನೆ. ಆಕೆಗೆ ಈ ದೇವರು ದಿಂಡರು ಅಂದರೆ ಆಗಿ ಬರೋದೇ ಇಲ್ಲ ಎನ್ನುತ್ತಿದ್ದಳು. ಆಕೆಗೆ ದೇವರ ಮಹಿಮೆಗಿಂತ ದುಡ್ಡಿನ ಮೇಲೆ ಜಾಸ್ತಿ ಮೋಹವಿತ್ತು. ಆಕೆ ಚಿಕ್ಕ ವಯಸ್ಸಿನಿಂದ ತನ್ನ ತಂದೆ ರಮೇಶ್ ಹಾಗೂ ತಾಯಿ ಸುಮಾ ಅವಳಿಗೆ ಕೊಟ್ಟ ಹಣವನ್ನು ಒಂದು ಚೂರು ಖರ್ಚು ಮಾಡದೇ ಹಾಗೇ ಇಡುತ್ತಿದ್ದಳು. ತಂದೆ ತಾಯಿಯರು ದೇವರ ದರ್ಶನ ಮಾಡಲೆಂದು ಹೋಗುವಾಗ ಇವಳನ್ನು ಕರೆಯುತ್ತಿದ್ದರು, ಆದರೆ ಆಕೆಯು ಅವರಿಬ್ಬರಿಗೆ ದೇವರು ಎಲ್ಲಿದ್ದಾನೆ ? ಆ ಕಲ್ಲಿನ ಶಿಲೆಯಲ್ಲಿ ಇದ್ದಾನೆಯೇ ? ಎಂದೆಲ್ಲಾ ಪ್ರಶ್ನಿಸುತ್ತಿದ್ದಳು. ಅವಳ ಪೋಷಕರಂತೂ ಇವಳು ಕೇಳುವ ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರವಿಲ್ಲವಾಗುತ್ತಿದ್ದರು. ದೇವಸ್ಥಾನದ ದರ್ಶನಕ್ಕೋಸ್ಕರ ಇವರಿಬ್ಬರು ತೆರಳಿ ವಾಪಾಸು ಬರುತ್ತಿದ್ದಾಗ ರಮೇಶನಿಗೆ ಅದೇನೋ ಸಂಕಟ ಆರಂಭವಾಯಿತು. ಸುಮಾಳಿಗೆ ತನ್ನ ಗಂಡನಿಗೆ ಏನು ಆಗುತ್ತಿದೆ ಎಂದು ಗೊತ್ತಾಗಲಿಲ್ಲ, ಆದರು ಆಕೆ ತಡಮಾಡದೆ ರಮೇಶನನ್ನು ನೇರವಾಗಿ ಆಸ್ಪತ್ರೆಗೆ ಕರೆದುಕೊಂಡು ಹೋದಳು. ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಪರೀಕ್ಷಿಸಿದ ವೈದ್ಯರು “ನಿಮ್ಮ ಪತಿಗೆ ಲಾಸ್ಟ್ ಸ್ಟೇಜ್ ಕ್ಯಾನ್ಸರ್ ಇದೆಯಮ್ಮ ಅವರು ಇನ್ನು ಒಂದು ವಾರ ಮಾತ್ರ ಬದುಕಬಹುದು” ಎಂದು ಹೇಳಿದಾಗ ಸುಮಾಳ ಹೃದಯ ಒಡೆಯುವುದೊಂದು ಬಾಕಿ. ಆಕೆ ಅಲ್ಲಿಯೇ ನೆಲಕ್ಕೆ ದೊಪ್ಪನೆ ಬಿದ್ದುಬಿಟ್ಟಳು. ಇದನ್ನು ಕಂಡ ವೈದ್ಯರು “ಏನಾಯಿತಮ್ಮ” ಎಂದು ಕೇಳಿದಾಗ ಸರಿಹೋದಳು. “ವೈದ್ಯರೇ ಎಷ್ಟು ಖರ್ಚು ಆದರೂ ಪರವಾಗಿಲ್ಲ ನನ್ನ ಗಂಡನನ್ನು ಬದುಕಿಸಿಕೊಡಿ” ಎಂದು ಸುಮಾ ಹೇಳಿದಾಗ ವೈದ್ಯರು “ಸಾಧ್ಯವಿಲ್ಲ ತಾಯಿ ಸಾಧ್ಯವಿಲ್ಲ” ಎಂದು ಉತ್ತರಿಸಿದಾಗ ಸುಮಾಳ ಕಣ್ಣೀರು ಉಕ್ಕಿ ಹರಿಯಿತು.

ಅವರಿಬ್ಬರು ಮನೆಗೆ ಬಂದರು. “ಹಾ! ಹೇಗಾಯಿತು ದೇವರ ದರ್ಶನವಾಯಿತೇ ? ದೇವರು ನಿಮ್ಮ ಎದುರಿಗೆ ಪ್ರತ್ಯಕ್ಷನಾದನೇ?” ಎಂದೆಲ್ಲಾ ಚುಚ್ಚುಮಾತನಾಡಲು ಶುರುಮಾಡಿದಳು ಕಾತ್ಯಾಯಿನಿ. ಸುಮಾಳಿಗಂತು ತನ್ನ ಮಗಳು ಹೇಳಿದ ಮಾತು ಕೇಳಿ ಕಣ್ಣೀರು ತಡೆಯಲು ಸಾಧ್ಯವಾಗಲಿಲ್ಲ. ಸುಮಾಳು ನಡೆದ ವಿಚಾರವನ್ನೆಲ್ಲಾ ಸವಿಸ್ತಾರವಾಗಿ ಕಾತ್ಯಾಯಿನಿಗೆ ಹೇಳುತ್ತಾಳೆ. ಹಾಗೆಯೇ ಇನ್ನು ಅವಳ ತಂದೆಗೆ ಆಯುಷ್ಯ ಇರುವುದು ಕೇವಲ ಒಂದು ವಾರ ಮಾತ್ರ ಎಂದು ಹೇಳುವಾಗ ಮಗಳಿಗೂ ದುಃಖ ಉಮ್ಮಳಿಸಿ ಬರುತ್ತದೆ.



ಆದರೂ ಆಕೆ ಮತ್ತೆ ಪ್ರಶ್ನಿಸುತ್ತಾಳೆ. “ಏನು ನೀವು ಅಷ್ಟು ದೂರ ಹೋಗಿ ದೇವರ ದರ್ಶನ ಮಾಡಿಕೊಂಡು ಬಂದಿದ್ದೀರಿ ಅಲ್ಲವೇ ? ದೇವರು ಏಕೆ ನನ್ನ ತಂದೆಯ ಕಷ್ಟಗಳನ್ನು ನಿವಾರಿಸದಾದ ? ಏಕೆ ನನ್ನ ತಂದೆಯ ಕಷ್ಟವನ್ನು ಪರಿಹರಿಸಲಿಲ್ಲ ಆತ?” ಎಂದೆಲ್ಲಾ ಪ್ರಶ್ನಿಸಿ ಮತ್ತು ಹೀಗೆ ಹೇಳುತ್ತಾಳೆ “ಇದಕ್ಕೆ ನಾನು ಹೇಳಿದ್ದು ದೇವರು ಎಲ್ಲಿದ್ದಾನೆ ಅಂತ ? ಎಂದು ಕೇಳಿದಾಗ ತಾಯಿ ಸುಮಾಳಿಗೆ ಇನ್ನೂ ದುಃಖ ಉಮ್ಮಳಿಸಿತು. “ಅದರಲ್ಲು ನಮ್ಮಲ್ಲಿ ದುಡ್ಡು ಇದ್ದರು ಏನು ಮಾಡಲು ಆಗಲಿಲ್ಲವೇ ಅಮ್ಮ?” ಎಂದು ಪ್ರಶ್ನಿಸಿದಾಗ ಸುಮಾ ಹೇಳುತ್ತಾಳೆ “ಇಲ್ಲ ಮಗಳೇ ವೈದ್ಯರ ಬಳಿ ಕೇಳಿದಾಗ ಅದು ಸಾಧ್ಯವಿಲ್ಲ ಎಂದರು. ಈ ಮಾತುಗಳನ್ನೆಲ್ಲ ಗಮನಿಸುತ್ತಿದ್ದ ರಮೇಶ್ ಹೇಳುತ್ತಾನೆ “ಏನೇ ಸುಮಾ ನಾನು ಈಗಲೇ ಸಾಯುತ್ತೇನೆ ಎಂದು ಯಾರು ತಾನೇ ಹೇಳಿದರು ! ನಾನು ಸರಿ ಇದ್ದೇನಲ್ಲ ? ನನಗೇನಾಗಿದೆ ?” ಎಂದು ಹೇಳಿ ಮಾತು ಮುಗಿಸುವಷ್ಟರಲ್ಲಿ ದೊಪ್ಪನೆ ನೆಲಕ್ಕೆ ಬಿದ್ದರು. ನೆಲಕ್ಕೆ ಬಿದ್ದ ರಮೇಶ್ ಮೇಲೆ ಏಳಲೇ ಇಲ್ಲ. ಆತ ಅಲ್ಲೇ ಸಾವನ್ನಪ್ಪಿದ್ದರು ಎಂದು ವೈದ್ಯರು ಖಚಿತಪಡಿಸಿದಾಗ ಸುಮಾಳಿಗಂತು ದಿಕ್ಕೇ ತೋಚದಂತಾಯಿತು. ಆದರೆ ಅಲ್ಲಿ ಒಂದು ನಡೆಯದಂತಹ ಪವಾಡ ಜರುಗಿತು. ಅದೇನೆಂದರೆ ಸುಮಾಳು ಓಡೋಡಿ ಬಂದು ತನ್ನ ಗಂಡನಿಗೆ ದೇವರ ದರ್ಶನ ಮಾಡಿ ತೆಗೆದುಕೊಂಡು ಬಂದಿದ್ದ ಕುಂಕುಮವನ್ನು ಇಟ್ಟಾಗ ಸತ್ತ ಗಂಡ ರಮೇಶನ ಎದೆ ಬಡಿತ ಮತ್ತೆ ಆರಂಭವಾಯಿತು. ಇದನ್ನು ಕಂಡ ಅಲ್ಲಿನ ವೈದ್ಯರು “ಇದು ಅಚ್ಚರಿ, ಇದು ವಿಶೇಷವಾದ ಘಟನೆ, ನಿಮ್ಮ ಗಂಡನನ್ನು ಆ ದೇವರೇ ಮೃತ್ಯುವಿನಿಂದ ಕಾಪಾಡಿದ್ದಾನೆ, ಇದಲ್ಲಾ ದೇವರ ಮಹಿಮೆಯೇ ಸರಿ” ಎಂದರು. ಆದರೆ ದೇವರೇ ಇಲ್ಲ, ಹಣವೇ ಎಲ್ಲ ಎಂದು ನಂಬಿದ್ದ ಕಾತ್ಯಾಯಿನಿ ಈ ಅದ್ಭುತವನ್ನು ತನ್ನ ಕಣ್ಣಾರೆ ಕಂಡ ಬಳಿಕ ದೇವರನ್ನು ನಂಬುತ್ತಾಳೆ. ದೇವರನ್ನು ದಿನನಿತ್ಯ ಪ್ರಾರ್ಥಿಸಲು ಶುರು ಮಾಡುತ್ತಾಳೆ, ತನ್ನ ತಂದೆಯನ್ನು ಸಾವಿನ ದವಡೆಯಿಂದ ಹೊರ ತಂದ ದೇವರು ನಿಜವಾಗಲು ಇದ್ದೇ ಇದ್ದಾನೆ ಎಂದು ಕಡಾ ಖಂಡಿತವಾಗಿ ನಂಬಲು ಶುರು ಮಾಡುತ್ತಾಳೆ. ಇದನ್ನು ಕಂಡ ಅವಳ ತಂದೆ-ತಾಯಿಗೆ ಆನಂದ ತುಂಬಿಬರುತ್ತದೆ. ಸುಮಾಳಿಗಂತು ತನ್ನ ಮಗಳು ನಾಸ್ತಿಕರಿಂದ ಆಸ್ತಿಕಳಾದಳು ಎನ್ನುವ ಸಂತೋಷ ಒಂದೆಡೆಯಾದರೆ ತನ್ನ ಗಂಡ ರಮೇಶ್ ಉಳಿದ ಸಂಭ್ರಮ ಇನ್ನೊಂದೆಡೆ ಆಯಿತು. ಹೀಗೆ ಮತ್ತೆ ಎಲ್ಲರು ಸುಖವಾಗಿರುತ್ತಾರೆ. ಆದರೆ ಮಗಳಿಗೆ ದೇವರ ಮೇಲೆ ನಂಬಿಕೆ ಉಂಟಾಗಲು ವೈದ್ಯರು ಮತ್ತು ರಮೇಶ ಆಡಿದ ನಾಟಕ ಮಾತ್ರ ಬಯಲಾಗಲೇ ಇಲ್ಲ.

● ಟಿ. ಶಿಲ್ಪಾ ಕಲ್ಲೂರ್, ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.ಎ'



ಕನ್ನಡ ಭಾಷೆ ಮತ್ತು ಯುವಜನತೆ

‘ಕನ್ನಡ’ ಈ ಪದ ಕೇಳಿದ ತಕ್ಷಣ ಎಲ್ಲಾ ಕನ್ನಡಿಗರಲ್ಲಿಯೂ ರೋಮಾಂಚನ ಉಂಟಾಗುವುದು ಖಂಡಿತ. ಈ ಪದಕ್ಕಿರುವ ತಾಕತ್ತು ಅಂಥದ್ದು. ಕನ್ನಡ ಭಾಷೆಯ ಇತಿಹಾಸ ಇಂದು ನಿನ್ನೆಯದಲ್ಲ ಇದು ಬಹಳ ಪ್ರಾಚೀನ ಭಾಷೆ, ಕನ್ನಡ ಭಾಷೆ, ಸಂಸ್ಕೃತಿಗಳಿಗೆ ಕೇವಲ ಕರ್ನಾಟಕದಲ್ಲಿ ಮಾತ್ರವಲ್ಲ ಈ ದೇಶದ ಪ್ರತೀ ಮೂಲೆಯಲ್ಲೂ ಅದರದ್ದೇ ಆದ ಮಹತ್ವವಿದೆ. ಇನ್ನು ಕನ್ನಡ ಸಾಹಿತ್ಯದ ಕಡೆ ಕಣ್ಣಾಡಿಸುವುದಾದರೆ ಅದು ಕನ್ನಡದ ಆದಿಕವಿ ಎಂದೇ ಪ್ರಸಿದ್ಧಿಯಾದ ಪಂಪನಿಂದ ಹಿಡಿದು ಹೊಸಗನ್ನಡ ಕಾಲದ ಕನ್ನಡ ಭಾಷೆಗಿರುವ ಶಕ್ತಿ ಎಂಥದ್ದು ಎಂದರೆ ಅದು ಕೇವಲ ಕನ್ನಡಿಗರನ್ನು ಮಾತ್ರವಲ್ಲದೆ ವಿದೇಶೀಯರನ್ನೂ ಕೂಡ ತನ್ನತ್ತ ಸೆಳೆಯುವ ವಿಶಿಷ್ಟ ಶಕ್ತಿ ಹೊಂದಿದೆ.

ಕನ್ನಡ ಎಂಬುದು ತುಂಬಾ ಪ್ರಸಿದ್ಧಿ ಹೊಂದಿದ ಭಾಷೆ ಆದರೆ ಇದು ವಿಶಾಲ ಭಾರತ ದೇಶದ ಒಂದು ಭಾಗವಾದ ಕರ್ನಾಟಕಕ್ಕೆ ಮಾತ್ರ ಸೀಮಿತವಾಗಿದೆ. ವಿಪರ್ಯಾಸ ಏನೆಂದರೆ ಕರ್ನಾಟಕದಲ್ಲೂ ಕನ್ನಡದ ಬಳಕೆ ದಿನೇ ದಿನೇ ಕಡಿಮೆಯಾಗುತ್ತಾ ಬಂದಿದೆ. ಈ ಜಾಗತೀಕರಣ, ಯಾಂತ್ರೀಕರಣಗಳ ಅಟ್ಟ ಹಾಸ ಜಾಸ್ತಿಯಾಗುತ್ತಾ ಹೋದಂತೆ ಕನ್ನಡ ಭಾಷೆಯ ಬಳಕೆ ಕಡಿಮೆಯಾಗುತ್ತಾ ಬಂದಿದೆ. ಇಂದು ಯುವಜನತೆಯು ಇಂಗ್ಲೀಷ್ ಭಾಷೆಯ ಮೇಲೆ ಮೋಹ ಬೆಳೆಸಿಕೊಳ್ಳಲು ಈ ಜಾಗತೀಕರಣ ಒಂದು ಮುಖ್ಯ ಕಾರಣವಾಗಿದೆ. ಇಷ್ಟೇ ಅಲ್ಲದೆ ಇಂದು ವಿದ್ಯಾರ್ಥಿಗಳಿಲ್ಲದೆ ಅನೇಕ ಕನ್ನಡ ಶಾಲೆಗಳು ಕೂಡಾ ಮುಚ್ಚಿವೆ. ಇನ್ನು ಉಳಿದಿರುವಂತಹ ಬೆರಳೆಣಿಕೆಯಷ್ಟು ಕನ್ನಡ ಶಾಲೆಗಳು ಕೂಡಾ ಮುಚ್ಚುವ ಪರಿಸ್ಥಿತಿಗೆ ಬಂದು ನಿಂತಿದೆ. ಕನ್ನಡಿಗರೇ ಇಂದು ಕನ್ನಡಭಾಷೆ ಬಳಸಲು ಹಿಂದು-ಮುಂದು ನೋಡುವ ಪರಿಸ್ಥಿತಿ ಎದುರಾಗಿದೆ. ಕನ್ನಡ ಎಂಬುವುದು ಇಂದು ಕೇವಲ ಅಂಗಡಿ ಮುಂದಿನ ನಾಲ್ಕು ಬೋರ್ಡ್‌ಗಳಲ್ಲಿ ಹೊರತು ಪಡಿಸಿದರೆ ಕನ್ನಡ ಪರ ಹೋರಾಟಗಾರರ ಬಾಯಿಯಲ್ಲಿ ಕೇಳಬಹುದು. ಆಂಗ್ಲ ಭಾಷೆಯು ಅಷ್ಟರ ಮಟ್ಟಿಗೆ ಯುವಕರನ್ನು ಆಕರ್ಷಿಸಿದೆ.

ಕನ್ನಡ ಭಾಷೆ ಉಳಿಸುವಲ್ಲಿ ಯುವ ಜನತೆಯ ಪಾತ್ರ

ಕನ್ನಡ ಭಾಷೆ ಉಳಿಯಬೇಕಾದರೆ ಯುವಕರ ಪಾತ್ರ ಮಹತ್ವದ್ದಾಗಿದೆ. ಈ ರೀತಿಯಾಗಿಯೇ ಇಂಗ್ಲೀಷ್ ವ್ಯಾಮೋಹ ಮುಂದುವರೆಯುತ್ತಾ ಹೊರಟರೆ ಮುಂದೊಂದು ದಿನ ಕನ್ನಡ ಭಾಷೆ ಸಂಪೂರ್ಣವಾಗಿ ನಶಿಸಿ ಹೋಗಬಹುದು ಕನ್ನಡ ಭಾಷೆ ಅದರ ಮಹತ್ವಗಳ ಬಗ್ಗೆ ಮಾಹಿತಿ ನೀಡಬೇಕು. ಮೊದಲು ತಾವು ಕನ್ನಡ ಭಾಷೆಯಲ್ಲಿ ನೈಪುಣ್ಯತೆಯನ್ನು ಪಡೆದು ಇತರರೊಂದಿಗೆ ಅದನ್ನು ಹಂಚಿಕೊಂಡು ಕನ್ನಡ ಭಾಷೆ ಅಭಿವೃದ್ಧಿಗೆ ದುಡಿಯಬೇಕು. ಕನ್ನಡಿಗರಾದ ನಾವು ಕನ್ನಡ ಭಾಷೆ ಬಳಕೆಗೆ ಯಾವುದೇ ಸಂಕೋಚ ಪಡಬಾರದು. ನಾವು ದೇಶದ ಯಾವುದೇ ಮೂಲೆಗೆ ಹೋಗಲೀ ಅಥವಾ ವಿದೇಶಕ್ಕೆಂದು ಹೋಗಲಿ ಪರಿಚಯಿಸುವ ಮೊದಲು ನಾನು ಕನ್ನಡಿಗ ಎಂದು ಹೆಮ್ಮೆಯಿಂದ ಹೇಳಿಕೊಳ್ಳಬೇಕು, ಎಲ್ಲೇ ಹೋದರೂ ಕನ್ನಡವನ್ನು ಮರೆಯಬಾರದು. ಇಂದಿನ ಯುವಜನತೆಯ ಮನಸ್ಸಿತಿ ಹೇಗೆಂದರೆ ಕನ್ನಡ ಮಾತನಾಡುವವರು ಬಡವರು, ಜ್ಞಾನ ಇಲ್ಲದವರು ಅದೇ ಇಂಗ್ಲೀಷ್ ಮಾತನಾಡುವವರು ಎಲ್ಲಾ ಬಲ್ಲವರು, ಶ್ರೀಮಂತರು ಎಂಬ ಭಾವನೆ ಹೊಂದಿದ್ದಾರೆ. ಮೊದಲು ಈ ಭಾವನೆ ಬದಲಾಗಬೇಕು. ಇಂಗ್ಲೀಷ್ ಮೇಲಿನ ವ್ಯಾಮೋಹ ತಪ್ಪಲ್ಲ ಆದರೆ ಪ್ರಾದೇಶಿಕ ಭಾಷೆಯನ್ನು ಕಡೆಗಣಿಸಿ ಬೇರೆ ಭಾಷೆಯಲ್ಲಿ ಪರಿಣಿತಿ ಹೊಂದುವುದು ತಪ್ಪು. ನಮಗೆ ನಮ್ಮ ಭಾಷೆಯಲ್ಲಿ ಜ್ಞಾನವಿಲ್ಲದೆ ಬೇರೆ ಭಾಷೆಯಲ್ಲಿ ಜ್ಞಾನ ಹೊಂದಿದ್ದರೆ ಅದಕ್ಕೆ ಯಾವುದೇ ಫಲವಿಲ್ಲ. ನಮಗೆ ಮೊದಲು ನಮ್ಮ ಭಾಷೆ. ಯುವಕರಾದ ನಾವೆಲ್ಲರೂ ಮೊದಲು ಕನ್ನಡದ ಉಳಿಯುವಿಕೆಗೆ ಆದಷ್ಟು ಪ್ರಯತ್ನ ಪಡಬೇಕು. ನಾವೆಲ್ಲ ಕನ್ನಡ ಉಳಿಸಿ ಎಂದು ಹೋರಾಡುವ ಬದಲು ಕನ್ನಡವನ್ನು ಬಳಸಿ ಎಂದು ಮನವಿ ಮಾಡಬೇಕು. ಕನ್ನಡ ಭಾಷೆಯನ್ನು ಬಳಸಿದರೆ ಕ್ರಮೇಣವಾಗಿ ಕನ್ನಡ ಭಾಷೆ ಬೆಳೆಯುತ್ತಾ ಹೋಗುತ್ತದೆ. ಇಂಥ ನಾಡಲ್ಲಿ ಹುಟ್ಟಿದ್ದು ನಮ್ಮ ಪುಣ್ಯ. ಈ ಋಣಕ್ಕಾದರೂ ಈ ನಾಡಿನ ಭಾಷೆಯನ್ನು ಬೆಳೆಸೋಣ. “ಕನ್ನಡವೇ ಸತ್ಯ, ಕನ್ನಡವೇ ನಿತ್ಯ.”

● ಪ್ರವೀಣ್,
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.



ಸ್ವಚ್ಛತೆಯನ್ನು ಕಾಪಾಡುವುದರಲ್ಲಿ ನನ್ನ ಪಾತ್ರ

ಸ್ವಚ್ಛತೆ ಈ ಶಬ್ದವು ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಎಲ್ಲೆಂದರಲ್ಲಿ ಕೇಳಿ ಬರುತ್ತದೆ. ದೇಶದಾದ್ಯಂತ ಸರ್ವವ್ಯಾಪಿಯಾಗಿದೆ. ಪ್ರಬಂಧ ಸ್ಪರ್ಧೆ ಭಾಷಣ ಸ್ಪರ್ಧೆ, ಚರ್ಚಾ ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ಮುಖ್ಯ ವಿಷಯವು ಸ್ವಚ್ಛತೆಯ ಕುರಿತೇ ಆಗಿದೆ. ಯಾಕೆ ಹೀಗೆ ? ಒಮ್ಮಿಂದೊಮ್ಮೆಲೇ ನಮ್ಮೆಲ್ಲರಿಗೂ ಈ ಸ್ವಚ್ಛತೆಯ ಕಡೆಗೆ ಯಾಕೆ ಗಮನ ಹರಿಯಿತು? ಹಲವಾರು ವರ್ಷಗಳಿಂದ ನಮ್ಮೆಲ್ಲರನ್ನು ಬೆಂಬಿಡದೆ ಕಾಡುತ್ತಿದ್ದ ಡೆಂಗ್ಯು, ಮಲೇರಿಯಾ ಮುಂತಾದ ಹಲವಾರು ರೋಗಗಳು ನಮ್ಮನ್ನು ಬಾಧಿಸುತ್ತಿದ್ದಾಗಲೂ ಸ್ವಚ್ಛತೆಯ ಕುರಿತು ನಾವಿಷ್ಟೊಂದು ಚಿಂತಿಸಿರಲಿಲ್ಲ. ಸ್ವಚ್ಛತೆ ಎಂಬುದು ಒಂದು ಚರ್ಚಾ ವಿಷಯವಾಗಿರಲೇ ಇಲ್ಲ. ಈಗ ಒಮ್ಮಿಂದೊಮ್ಮೆಗೇ ಎಲ್ಲಾ ಕಡೆಯೂ ಸ್ವಚ್ಛತೆಯ ಆಂದೋಲನ ನಡೆಯುತ್ತಿದೆ. 2014ನೇ ಅಕ್ಟೋಬರ್ 2, ಗಾಂಧಿ ಜಯಂತಿಯಂದು ನಮ್ಮ ದೇಶದ ಪ್ರಧಾನ ಮಂತ್ರಿ ಶ್ರೀ ನರೇಂದ್ರ ಮೋದಿಯವರು ಸ್ವಚ್ಛ ಭಾರತ ಅಭಿಯಾನಕ್ಕೆ ಚಾಲನೆ ನೀಡುವ ಮೂಲಕ ರಾಜಧಾನಿ ದೆಹಲಿಯ ರಸ್ತೆಯಲ್ಲಿ ಪೊರಕೆ ಹಿಡಿದು ಗುಡಿಸುವ ಮೂಲಕ ಈ ಅಭಿಯಾನಕ್ಕೆ ಚಾಲನೆ ನೀಡಿದ್ದರು.



ಬಹಳ ಸುಂದರವಾದ ಪರಿಕಲ್ಪನೆ ಇದು. ಮಹಾತ್ಮ ಗಾಂಧಿಯವರು ಕೂಡಾ ಸ್ವಚ್ಛತೆಗೆ ಬಹಳ ಪ್ರಾಮುಖ್ಯತೆ ನೀಡಿದ್ದರು. ಆದರೆ ಅವರು ಕೇವಲ ಬಾಹ್ಯ ಮಾತ್ರವಲ್ಲ ಆಂತರಿಕ ಸ್ವಚ್ಛತೆಗೂ ಕರೆ ನೀಡಿ ತಮ್ಮ ಮನಸ್ಸಿನ ಸ್ವಚ್ಛತೆಗೂ ಪ್ರಾಮುಖ್ಯತೆ ನೀಡಿದರು. ಸ್ವಚ್ಛತೆಯ ಬಗ್ಗೆ ನಾನು ಬಹಳ ಅಲೋಚಿಸಿದ್ದೆ. ನನ್ನಲ್ಲಿಯೇ ಕೆಲವು ಪ್ರಶ್ನೆಗಳನ್ನು ಕೇಳಿದ್ದೆ. ಅವಲೋಕನವನ್ನು ನಡೆಸಿದ್ದೆ, ಏನು ಮಾತನಾಡಲಿ ? ಶಾಲಾ ಆವರಣವನ್ನು ಶುಚಿಯಾಗಿಡಬೇಕು, ಶಾಲಾ ಕೊಠಡಿ ಸ್ವಚ್ಛವಾಗಿರಬೇಕು, ಅಲ್ಲಲ್ಲಿ ಕಸ ಕಡ್ಡಿಗಳನ್ನು ಹಾಕಬಾರದು, ನಿರುಪಯುಕ್ತ ವಸ್ತುಗಳನ್ನು ಎಲ್ಲೆಂದರಲ್ಲಿ ಎಸೆಯಬಾರದು. ಶೌಚಾಲಯ ಸ್ವಚ್ಛವಾಗಿರುವಂತೆ ನೋಡಿಕೊಳ್ಳಬೇಕು. ಇಂತಹ ದಿನನಿತ್ಯದ ನುಡಿಗಳು ಶಾಲಾ ಹಾಗೂ ಕಾಲೇಜು ಕೊಠಡಿಯಲ್ಲಿ ಶಿಕ್ಷಕರಿಂದ, ಅಸೆಂಬ್ಲಿಯಲ್ಲಿ ಮುಖ್ಯ ಶಿಕ್ಷಕರಿಂದ ಕೇಳಿಸಿಕೊಳ್ಳುವಂತಹದನ್ನು ಹೇಳಿ ಬಿಟ್ಟರೆ ಸಾಕಾ ? ಇದರಿಂದ ನಿಜವಾದ ಉದ್ದೇಶದ ಈಡೇರಿಕೆಯಾಗುತ್ತದಾ ? ಎಂದು

ಕೊಂಡಾಗ ನನ್ನ ಮನಸ್ಸಿಗೆ ದೊರೆತ ಉತ್ತರ “ಇಲ್ಲ” ! ಹಾಗಾದರೆ ಸ್ವಚ್ಛತೆಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಯಾದ ನನ್ನ ಪಾತ್ರ ಹೇಗೆ ? ನನ್ನ ಪ್ರಕಾರ ಹೇಳುವುದಾದರೆ ವಿದ್ಯಾರ್ಥಿಗಳಾದ ನಾವು ಈ ಸ್ವಚ್ಛತೆ ಎಂಬುದು ಶಿಸ್ತಿನ ಒಂದು ಭಾಗ ಎಂಬುದನ್ನು ಹೃದಯಾಂತರಾಳದಿಂದ ಒಪ್ಪಿಕೊಳ್ಳಬೇಕು. ನಮ್ಮ ದಿನದ ಆರಂಭವೇ ಸ್ವಚ್ಛತೆಯಿಂದ ಆಗಬೇಕು ಎಂದು ಬಯಸಿ ಕಾರ್ಯರೂಪಕ್ಕೆ ತರುವವರಾಗಿರಬೇಕು.

ಹತ್ತಿರ ಕುಳಿತಿರುವ ಸಹಪಾಠಿಗೆ ತೊಂದರೆ ಕೊಡದಿರುವುದು, ಎದುರು ಬೆಂಚಿನಲ್ಲಿ ಕುಳಿತ ಸಹಪಾಠಿಯ ಬೆನ್ನಿಗೆ ಶಾಯಿ ಗೆರೆ ಹಾಕದಿರುವುದು, ಇವೆಲ್ಲ ತನ್ನ ಸಹಪಾಠಿಯನ್ನು ನೋಯಿಸದಿರುವ ಶುಚಿತ್ವ. ಶಾಲೆಯಲ್ಲಿ ಗದ್ದಲವೆಬ್ಬಿಸದೆ ಶಾಂತ ರೀತಿಯಲ್ಲಿ ಇದ್ದು ಶಿಕ್ಷಕರಿಗೂ ಇತರ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೂ ಉತ್ತಮ ವಾತಾವರಣ ಕಲ್ಪಿಸಿ ಕೊಡುವುದು, ಗದ್ದಲ ಮುಕ್ತ ಶುಚಿತ್ವ ಹೀಗೆ ಶುಚಿತ್ವವನ್ನು ನಾನಾ ವಿಧದಲ್ಲಿ ಅಂದಾಜಿಸ ಬಹುದು. ವಿದ್ಯಾಲಯದ ಆಡಳಿತ ವರ್ಗ ನಮಗೆ ತಿಳಿಯಪಡಿಸಿದ ನಿಯಮಗಳನ್ನು ಕರಾರುವಕ್ಕಾಗಿ ಪಾಲಿಸುವುದು ಕೂಡಾ ಸ್ವಚ್ಛತೆ

ಎಂಬ ಅರಿವು ನಮಗಿರಬೇಕು. ಹೀಗಾಗಿ ನಾನು ಮೇಲೆ ಹೇಳಿದ ಕೆಲವು ಶುಚಿತ್ವದ ವಿಷಯಗಳು ನಮ್ಮಿಂದ ಸಾಧ್ಯ ಎಂದು ದೃಢವಾಗಿ ಹೇಳಬಲ್ಲೆ.

ಸ್ನೇಹಿತರೇ, ನಾವು ಕಲಿಯುತ್ತಿರುವ ವಿದ್ಯಾಲಯದ ನಿಯಮಗಳನ್ನು ಸರಿಯಾಗಿ ಪಾಲಿಸಿದರೆ ಖಂಡಿತವಾಗಿಯೂ ನಮ್ಮ ಪ್ರತಿಯೊಂದು ಹೆಜ್ಜೆ ಹೆಜ್ಜೆಯೂ ಸ್ವಚ್ಛವಾಗಿ ನಿರ್ಮಲವಾಗಿರಬಹುದು. ಆದರೆ ಈ ನಿಟ್ಟಿನಲ್ಲಿ ನಮ್ಮಲ್ಲಿ ಮಾರ್ಪಾಟು ಅಗತ್ಯ.

ಈ ಮೇಲೆ ಹೇಳಿದ ವಿಷಯಗಳನ್ನು ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿದರೆ ಶಾಲಾ ಹಾಗೂ ಕಾಲೇಜು ಸ್ವಚ್ಛತೆಯನ್ನು ಕಾಪಾಡುವುದರಲ್ಲಿ ನಮ್ಮನ್ನು ಸರಿಗಟ್ಟುವವರು ಯಾರು ಇರಲಾರರು.

● ಅರ್ಪಣಾ

ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ.



ಕೋವಿಡ್-19 ನಂತರದ ಸಾಮಾಜಿಕ ಆರ್ಥಿಕ ಸವಾಲುಗಳು

“ಕೊರೋನಾ” ಜಗತ್ತು ಕಂಡ ಭಯಾನಕ ರೋಗ, ಇಡೀ ಜಗತ್ತನ್ನೇ ಆವರಿಸಿದ ರೀತಿ ಬಹಳ ವಿಚಿತ್ರ. ಚೀನಾದ “ವೂಹಾನ್”ನಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಕಂಡು ಬಂದ ಕೊರೋನಾ ಸಮಯ ಕಳೆದಂತೆ ಭಾರತಕ್ಕೆ ದಾಖಲಾಗಿತ್ತು. ಸಣ್ಣ-ಪುಟ್ಟ ಪ್ರದೇಶಗಳಿಂದ ಹಿಡಿದು ದೊಡ್ಡ ಪ್ರದೇಶಗಳಿಗೆ ಹಬ್ಬಿಯೇ ಬಿಟ್ಟಿತು. ಕಣ್ಣಿಗೆ ಕಾಣದ ಅದ್ಭುತದೋ ಸೂಕ್ಷ್ಮ ಜೀವಿ ಮನುಷ್ಯನ ಶರೀರದೊಳಗೆ ಹೊಕ್ಕು ಇಡೀ ಜಗತ್ತನ್ನು ತತ್ತರಿಸುವಂತೆ ಮಾಡಿಬಿಟ್ಟಿತು. ದೇಶದೆಲ್ಲೆಡೆ ಲಕ್ಷಾಂತರ ಮಂದಿ ಕೊರೋನಾ ಎಂಬ ಮಹಾಮಾರಿಗೆ ಬಲಿಯಾದರು. ಜನರ ಸಾವಿನ ಸಂಖ್ಯೆ ದಿನೇ ದಿನೇ ಏರಿತೊಡಗಿತು. ಅನ್ಯರ ಸಂಪರ್ಕದಿಂದ ಹರಡುವ ಈ ರೋಗಕ್ಕೆ ಕೆಮ್ಮು-ಜ್ವರ, ತಲೆನೋವು ಮುಖ್ಯಲಕ್ಷಣ. ಜನರ ಸಂಪರ್ಕವನ್ನು ಕಡಿತಗೊಳಿಸುವ ಉದ್ದೇಶದೊಂದಿಗೆ ಭಾರತ ಸರ್ಕಾರ ‘ಸಂಪೂರ್ಣ ಲಾಕ್‌ಡೌನ್’ ಅನ್ನು ಘೋಷಿಸಿತು. ಇಲ್ಲಿಂದ ಪ್ರಾರಂಭವಾದದ್ದು ನಮ್ಮ ಕೊರೋನಾದ ವಿರುದ್ಧದ ಯುದ್ಧ. ದಿನನಿತ್ಯ ಚಿಂತೆಯಿಲ್ಲದೆ ತಮ್ಮ ವ್ಯವಹಾರಗಳನ್ನು ತಮ್ಮ ಪಾಡಿಗೆ ನಡೆಸುತ್ತಿದ್ದ ಇಡೀ ಮಾನವ ಸಮಾಜ ಕೊರೋನಾದ ಅಟ್ಟಹಾಸದ ಮುಂದೆ ನಾಲ್ಕು ಗೋಡೆಯ ಮನೆಯೊಳಗೆ ಬಂಧಿಯಾಗಿಬಿಟ್ಟಿತು.

ಲಾಕ್‌ಡೌನ್ ಆರಂಭದಲ್ಲಿ ಮನೆಯಿಂದ ಹೊರಗೆ ಕಾಲಿಡದ ಪರಿಸ್ಥಿತಿ. ನಮ್ಮ ಮುಂದೆ ದೊಡ್ಡ ಸವಾಲೇ ಎದುರಾಗಿ ಬಿಟ್ಟಿತು. ಭಾರತದ ವಿವಿಧ ದಿಕ್ಕುಗಳಲ್ಲೂ ಪೋಲೀಸರ ದಂಡು. ಸಮಾಜವನ್ನು ತಮ್ಮ ಹಿಡಿತಕ್ಕೆ ತಂದುಕೊಳ್ಳುವುದು ಪೋಲೀಸರ ಪಾಲಿಗೆ ದೊಡ್ಡ ಸವಾಲಾಗಿತ್ತು. ದುಡಿಯುತ್ತಿದ್ದ ಕೈಗಳು ಸುಮ್ಮನಾದವು, ಕಾರ್ಖಾನೆಗಳು, ಕೈಗಾರಿಕೆಗಳು, ದೊಡ್ಡ-ದೊಡ್ಡ ಕಂಪೆನಿಗಳು ಬಾಗಿಲು ಮುಚ್ಚಿದವು. ಜನರ ಪಾಲಿಗೆ ದಿನ ನಿತ್ಯದ ದಿನಸು ಸಾಮಾನುಗಳಿಗೆ ಅಲೆದಾಡುವ ಪರಿಸ್ಥಿತಿ ಎದುರಾಯಿತು. ಸಾಮಾನ್ಯ ಜನರ ಹೊಟ್ಟೆ ಪಾಡಂತೂ ಬಹಳ ವಿಷಾದನೀಯ. ದಿನ ದಿನಕ್ಕೂ ಕೊರೋನಾ ಕೇಸುಗಳು ಹೆಚ್ಚುತ್ತಲೇ ಇತ್ತು. ಇದರ ನಡುವೆ ಬಹಳ ದೊಡ್ಡ ಸವಾಲಾಗಿ ಸಮಾಜದ ಮುಂದೆ ಕಂಡು ಬಂದದ್ದು ಕೊರೋನಾದ ಬೆನ್ನಟ್ಟುವಿಕೆ, ಕೊರೋನಾವನ್ನು ಒಂದು ಸವಾಲಾಗಿ ತೆಗೆದುಕೊಂಡು ಜನರ ಪ್ರಾಣ ಉಳಿಸುವ ಮಹಾನ್ ಕಾರ್ಯಗಳಿಗೆ ತೊಡಗಿದ್ದು “ಕೊರೋನಾ ವಾರಿಯರ್ಸ್”. ಹೌದು ಡಾಕ್ಟರ್, ದಾದಿಯರು, ಕ್ಲಿನಿಕ್ ಪ್ರತಿಯೊಬ್ಬರೂ ಜೀವಕ್ಕೆ ಜೀವವಾಗಿ ನಿಂತವರು. ಇಂತಹ ಸಂದಿಗ್ಧ ಪರಿಸ್ಥಿತಿಯಲ್ಲೂ ಜನರ ಪ್ರಾಣವನ್ನುಳಿಸಲು ಪಣತೊಟ್ಟು ನಿಂತವರು. ವೈರಸ್ ಶರೀರಕ್ಕೆ ಬಾಧೆಯಾಗದ ರೀತಿಯಲ್ಲಿ ಮಾಸ್ಕ್, ಪಿಪಿಇ ಕಿಟ್ (ಮುಖ ಕವಚ) ಧರಿಸುತ್ತಾ ದಿನದ 24 ಗಂಟೆಗಳ ಕಾಲ ಸೇವೆ ಸಲ್ಲಿಸಿದರು. ದಿನವೂ ಸ್ವಂತ ಆಂಬುಲೆನ್ಸ್ ವ್ಯವಸ್ಥೆ ಕೂಡಾ ಮುಖ್ಯವಾಗಿತ್ತು.

ವಯಸ್ಕರ ಹಾಗೂ ಸಣ್ಣ ಮಕ್ಕಳ ಪಾಲಿಗೆ ಕೊರೋನಾ ಬಹಳ ಕಿರಿಕಿರಿ ಮಾಡಿಬಿಟ್ಟಿತು. ಆರೋಗ್ಯದಲ್ಲಿ ಸಣ್ಣ ಏರುಪೇರಾಗದ ರೀತಿಯಲ್ಲಿ



ಮುಂಜಾಗ್ಯತಾ ಕ್ರಮಗಳನ್ನು ತೆಗೆದುಕೊಂಡು ನೋಡಿಕೊಳ್ಳುವುದು ದೊಡ್ಡ ಸವಾಲಾಗಿತ್ತೆಂದರೆ ತಪ್ಪಲ್ಲ. ವಿದ್ಯಾರ್ಥಿಗಳ ಪಾಲಿಗೆ ಈ ರೋಗ ದೊಡ್ಡ ತಲೆನೋವಾಗಿ ಪರಿಣಮಿಸಿತು. ಸಣ್ಣ ಮಕ್ಕಳಿಂದ ಹಿಡಿದು ದೊಡ್ಡ ಮಕ್ಕಳವರೆಗೆ ಶಾಲಾ-ಕಾಲೇಜು ಮುಚ್ಚಲ್ಪಟ್ಟಿತು. ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ಲಾಕ್‌ಡೌನ್ ಸಡಿಲವಾದರೂ ಪರಿಸ್ಥಿತಿ ಹಾಗೆಯೇ ಇತ್ತು. ದೈನಂದಿನ ಚಟುವಟಿಕೆಗಳಿಗೆ ತೆರಳುವಾಗ ಮಾಸ್ಕ್ ಕಡ್ಡಾಯವಾಗಿತ್ತು. ಒಂದು ರಾಜ್ಯದಿಂದ ಮತ್ತೊಂದು ರಾಜ್ಯಕ್ಕೆ ತೆರಳಿದ ನಿರ್ಬಂಧ ಪ್ರತಿಯೊಬ್ಬರ ಪಾಲಿಗೂ ಬಹಳ ಕಷ್ಟವಾಗಿ ಪರಿಣಮಿಸಿತು.

ಸಾಮಾಜಿಕವಾಗಿ ಮಾತ್ರವಲ್ಲದೆ ಆರ್ಥಿಕ ಬಿಕ್ಕಟ್ಟು ಭಾರತದ ಪಾಲಿಗೆ ಉಂಟಾಯಿತು. ಇದ್ದಕ್ಕಿದ್ದಂತೆ ಉಂಟಾದ ಈ ಸನ್ನಿವೇಶ ಆರ್ಥಿಕ ಜಗತ್ತಿಗೆ ದೊಡ್ಡ ಸವಾಲಾಗಿತ್ತೆಂದರೆ ತಪ್ಪಲ್ಲ.

ಸಾಮಾಜಿಕವಾಗಿ ಮಾತ್ರವಲ್ಲದೆ ಆರ್ಥಿಕ ಬಿಕ್ಕಟ್ಟು ಭಾರತದ ಪಾಲಿಗೆ ಉಂಟಾಯಿತು. ಇದ್ದಕ್ಕಿದ್ದಂತೆ ಉಂಟಾದ ಈ ಸನ್ನಿವೇಶ ಆರ್ಥಿಕ ಜಗತ್ತಿಗೆ ದೊಡ್ಡ ಪೆಟ್ಟನ್ನೇ ಕೊಟ್ಟಿತು. ಸಣ್ಣ ಪುಟ್ಟ ಉದ್ಯೋಗಗಳು ನಿಲ್ಲಲ್ಪಟ್ಟವು. ಹೊಸ ದೇಶಗಳಲ್ಲಿ ದುಡಿಯುತ್ತಿದ್ದವರು ಮತ್ತೆ ತವರಿಗೆ ಮರಳಿದರು. ದೇವಸ್ಥಾನದ ಬಾಗಿಲು ಮುಚ್ಚಲ್ಪಟ್ಟಿತು. ಆಡಂಬರದಿಂದ ನಡೆಯುತ್ತಿದ್ದ ಮದುವೆ ಕಾರ್ಯಕ್ರಮ ಗಳು ನಿಂತಿತು. ಆಗರ್ಭ ಶ್ರೀಮಂತ ಹಾಗೂ ಬಡವ ಈ ಸನ್ನಿವೇಶದಲ್ಲಿ ಸಮಾನರಾದರು. ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ಮದುವೆ ಹಾಗೂ ಇನ್ನಿತರ ಸಮಾರಂಭಗಳಲ್ಲಿ ಜನರ ಸಂಖ್ಯೆ ಕಡಿಮೆಯಾಯಿತು. ಸಾಮಾಜಿಕ ಅಂತರವನ್ನು ಕಾಪಾಡಿಕೊಂಡು ವಿವಿಧ ಸಮಾರಂಭಗಳನ್ನು ನಡೆಸುವುದು ಮುಖ್ಯವಾಗಿತ್ತು.

ಆರ್ಥಿಕವಾಗಿ ಭಾರತ ದೇಶ ಹಲವು ಸಮಸ್ಯೆಗಳನ್ನು ಎದುರಿಸಿತು. ಕೊರೋನಾ ರೋಗಿಗಳ ಚಿಕಿತ್ಸೆಗಾಗಿ ಬೆಡ್‌ಗಳ ವ್ಯವಸ್ಥೆ ಅಗತ್ಯವಾಗಿತ್ತು. ಲಕ್ಷಾಂತರ ಮಂದಿಗೆ ಬೆಡ್‌ಗಳ ವ್ಯವಸ್ಥೆಯನ್ನು ಕಲ್ಪಿಸಿಕೊಡುವುದು ಆರ್ಥಿಕವಾಗಿ ಬಹಳ ಕಷ್ಟವಾಗಿತ್ತು. ಮಾತ್ರವಲ್ಲದೆ ಕೊರೋನಾದ



ಕೊನೆಯ ಹಂತಕ್ಕೆ ತಲುಪಿದ ರೋಗಿಗಳಿಗೆ ವೆಂಟಿಲೇಟರ್‌ನ ಅಗತ್ಯ ಬಹಳವಾಗಿತ್ತು. ಇದಕ್ಕೆ ಲಕ್ಷಾಂತರ ರೂಪಾಯಿಗಳನ್ನು ಸರಕಾರ ಖರ್ಚು ಮಾಡಿತು. ಜನ ಸಾಮಾನ್ಯರ ಬದುಕು ಸಾಗುವುದು ಬಹಳ ಕಷ್ಟವಾದ್ದರಿಂದ ಕಿಟ್ ವಿತರಣೆಯನ್ನು ಕಲ್ಪಿಸಲಾಯಿತು. ಕಿರುತೆರೆ ಹಾಗೂ ಚಿತ್ರರಂಗದ ಚಿತ್ರೀಕರಣಗಳು ನಿಲ್ಲಿಸಲ್ಪಟ್ಟಿತು. ಇದರಿಂದಾಗಿ ಸಾಕಷ್ಟು ನಷ್ಟಗಳು ಸಂಭವಿಸಿದವು.

ಕೃಷಿಕರ ಪಾಲಿಗೆ ಕೂಡಾ ಬಹಳ ತೊಂದರೆ ಎದುರಾಯಿತು ಅವರಿಗೆ. ತಾವು ಬೆಳೆಸಿದ ಉತ್ಪನ್ನಗಳನ್ನು ಮಾರಾಟ ಮಾಡಲು ಉಂಟಾದ ತೊಂದರೆ ಅಷ್ಟಿಷ್ಟಲ್ಲ ಇಷ್ಟೇ ಅಲ್ಲದೆ ವಾಹನ ಸಂಚಾರ ಸ್ಥಗಿತಗೊಂಡ ಹಿನ್ನೆಲೆ ಬಸ್ ಡ್ರೈವರ್ ಕಂಡಕ್ಟರ್‌ಗಳ ಪಾಲಿಗೆ ಬಹಳ ಸಂಕಷ್ಟವನ್ನುಂಟುಮಾಡಿತು. ಆದಾಯದ ಮಾರ್ಗ ಒಮ್ಮೆಲೇ ಸ್ತಬ್ಧವಾಯಿತು. ಇಂತಹ ಸಂಕಷ್ಟಗಳ ನಡುವೆಯೂ ಜನರು ಕೊರೋನಾವನ್ನು ಎದುರಿಸಿ ನಿಲ್ಲುವ ಸಾಹಸಗೈದರು. ಬದುಕು ಬದಲಾಯಿತು. ನಾವು ಅದನ್ನು ಎದುರಿಸುವ ರೀತಿಯೂ ಬದಲಾಯಿತು, ಇಷ್ಟಲ್ಲಾ ಸಂಕಷ್ಟಗಳನ್ನು ಎದುರಿಸುವ ಉದ್ದೇಶ ಜೀವದ ರಕ್ಷಣೆಗಾಗಿ. ಅವರವರ ರಕ್ಷಣೆ ಅವರವರ ಕೈಯಲ್ಲೇ ಇತ್ತು. ಸಾಮಾಜಿಕ ಅಂತರ ಕಾಪಾಡಿಕೊಳ್ಳುವ ಹಿನ್ನೆಲೆಯಿಂದ ಕೊರೋನಾ ಕೇಸುಗಳು ಕ್ರಮೇಣ ಕಡಿಮೆಯಾಯಿತು. ಕೆಲಸವಿಲ್ಲದೇ ಮನೆಯಲ್ಲೇ ಉಳಿದವರಿಗೆ ಆಧುನಿಕ ತಂತ್ರಜ್ಞಾನ ನೆರವಾದವು. ಮನೆಯಲ್ಲೇ ಕೆಲಸ ಮಾಡುವ ಹೊಸ ರೀತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲಾಯಿತು. ಕಂಪೆನಿಗಳೇ ಇಂಟರ್ನೆಟ್‌ಗೆ ತಗಲುವ ಖರ್ಚುಗಳನ್ನು ಭರಿಸಲಾಯಿತು. ದೊಡ್ಡ ದೊಡ್ಡ ಕಂಪೆನಿಗಳ ಕಟ್ಟಡಕ್ಕೆ ನೀಡುತ್ತಿದ್ದ ಬಾಡಿಗೆ, ಕರೆಂಟ್ ಬಿಲ್ಲುಗಳ ಖರ್ಚು ಕಡಿಮೆಯಾಯಿತು. ಶಾಲಾ-ಕಾಲೇಜುಗಳು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಆನ್‌ಲೈನ್ ಶಿಕ್ಷಣ ನೀಡುವ ನಿರ್ಧಾರ ಕೈಗೊಂಡಿತು. ಬಡವರ ಪಾಲಿಗೆ ಇದು ಬಹಳ ಕಷ್ಟಕರವಾಗಿತ್ತು. ಆನ್‌ಲೈನ್ ಶಿಕ್ಷಣಕ್ಕೆ ಮೊಬೈಲ್‌ನ ಅಗತ್ಯ ಇದ್ದ ಕಾರಣ ಸಣ್ಣ-ಪುಟ್ಟ ಮಕ್ಕಳಿಗೆ ಮೊಬೈಲ್ ತೆಗೆದುಕೊಡುವುದು ಹೆತ್ತವರ ಕರ್ತವ್ಯವಾಗಿತ್ತು. ಮೊಬೈಲ್‌ಗಳಿಗೆ ಹಾಗೂ ಇಂಟರ್ನೆಟ್‌ಗಳಿಗೆ ಹಣ ಸುರಿಯುವ ಕಷ್ಟ ಹೆತ್ತವರ ಪಾಲಾಯಿತು. ಕ್ರಮೇಣ ಇದು ದೈನಂದಿನ ಜೀವನ ಶೈಲಿಗೆ

ಹೊಂದಾಣಿಕೆಯಾಯಿತು.

ಬದುಕಿನಲ್ಲಿ ನಮಗೆ ಗೊತ್ತಿಲ್ಲದೇ ಅನೇಕ ಕಷ್ಟಗಳು ಎದುರಾಗುತ್ತವೆ ಎಂಬುದಕ್ಕೆ ಈ 2020ರಲ್ಲಿ ಉದ್ಭವಿಸಿದ ಕೊರೋನಾವೇ ಸಾಕ್ಷಿ. ಕೆಲವೊಮ್ಮೆ ಅನಿರೀಕ್ಷಿತ ಘಟನೆಗಳು ನಮ್ಮ ಬದುಕಿನ ಹಳಿಯನ್ನೇ ಬದಲಾಯಿಸಿ ಬಿಡುತ್ತದೆ. ನಾವು ಅಂದುಕೊಂಡಂತೆ ಯಾವುದೂ ಇರುವುದಿಲ್ಲ, ಬದುಕಿನಲ್ಲಿ ಎದುರಾಗುವ ಹೊಸ ಸವಾಲುಗಳನ್ನು ನಾವೇ ಎದುರಿಸಬೇಕು. ಪ್ರತಿಯೊಂದು ತೊಂದರೆಗೂ ಪರಿಹಾರ ಇದ್ದೇ ಇರುತ್ತದೆ ಎಂದೂ ನಾವು ಊಹಿಸದ ರೀತಿಯಲ್ಲಿ ಬದುಕಿನ ಹಾದಿಯಲ್ಲಿ ಉದ್ಭವಿಸಿದ ಬಿರುಗಾಳಿ ತಂಗಾಳಿಯಾಗಬೇಕು. ಕ್ರಮೇಣ ತಿಂಗಳುಗಳು ಉರುಳುತ್ತಿರುವಂತೆ ಮನಸ್ಸಿನಲ್ಲಿದ್ದ ಘಾಠ ಭಯ ಕೂಡಾ ದೂರವಾಗಿದೆ. ಹೊಸ ಸವಾಲುಗಳನ್ನು ಸ್ವೀಕರಿಸಿ ಮತ್ತೆ ಮೊದಲಿನಂತೆ ವ್ಯಾಪಾರ-ವ್ಯವಹಾರಗಳು ಪ್ರಾರಂಭವಾಗಿವೆ. ಜನರ ಮನರಂಜನೆಗೆ ಮಾತ್ರವಲ್ಲದೇ ತಮ್ಮ ಉದ್ಯೋಗವೇ ಆಗಿರುವ ಸಿನಿಮಾ ಚಿತ್ರೀಕರಣಗಳು ಆರಂಭವಾಗಿದೆ. ಇದರ ಮೂಲಕ ಕೆಲಸ ಕಳೆದುಕೊಂಡಿದ್ದ ಹಲವು ತಂತ್ರಜ್ಞರಿಗೆ ಮತ್ತೆ ಉದ್ಯೋಗ ಲಭಿಸಿದೆ. ದಿನದ ಮೂರು ಹೊತ್ತಿನ ಊಟಕ್ಕಾಗಿ ಕಷ್ಟಪಡುತ್ತಿದ್ದ ಜನಸಾಮಾನ್ಯರಿಗೆ ಕೆಲಸಕ್ಕೆ ಹೋಗುವ ಸಮಯ ಬಂದಿದೆ. ಇಂತಹ ಸಂದಿಗ್ಧ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ನಮ್ಮ ಜೀವದ ಹೊಣೆ ನಮ್ಮದೇ ಆಗಿದ್ದು, ನಮ್ಮ ರಕ್ಷಣೆ ನಮ್ಮ ಕೈಯಲ್ಲೇ ಇದೆ. ಸ್ಯಾನಿಟೈಸರ್‌ನ್ನು ಉಪಯೋಗಿಸುವ ಮೂಲಕ, ಮಾಸ್ಕ್, ಸಾಮಾಜಿಕ ಅಂತರವನ್ನು ಕಾಪಾಡಿಕೊಂಡು ನಮ್ಮನ್ನು ನಮ್ಮವರನ್ನೂ ಸುರಕ್ಷಿತವಾಗಿರಿಸುವುದು ಬಲು ಮುಖ್ಯ. ಇದು ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ಪಾಲಿಗೆ ಮಾತ್ರ ಎದುರಾದ ಸವಾಲಲ್ಲ. ಜಾಗತಿಕವಾಗಿ ಎದುರು ನಿಂತಿರುವ ಸವಾಲು. ಈ ಪರಿಸ್ಥಿತಿಯನ್ನು ಕೇವಲವಾಗಿ ಪರಿಗಣಿಸಿದರೆ ಮುಂದೆ ನಾವು ಇದಕ್ಕಿಂತ ದೊಡ್ಡ ಸಂಕಷ್ಟಕ್ಕೆ ಬಲಿ ಆಗಬಹುದು. ಆಗಸ ಒಮ್ಮೆಗೆ ತಿಳಿಯಾಗಿದೆ ಎಂದ ಮಾತ್ರಕ್ಕೆ ಮತ್ತೆ ಕಾರ್ಮೋಡ ಕವಿಯದೇ ಇರಲಾರದು. ಸಾಮಾಜಿಕವಾಗಿ ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿ ತನ್ನ ಕರ್ತವ್ಯಗಳನ್ನು ನಿರ್ವಹಿಸುವುದು ಮುಖ್ಯ. ಸಾಮಾಜಿಕವಾಗಿ ಮಾತ್ರವಲ್ಲದೇ ಆರ್ಥಿಕವಾಗಿ ಉಂಟಾದ ಸವಾಲನ್ನು ಇನ್ನು ಮುಂದೆಯೂ ನಾವು ಎದುರಿಸಬೇಕಾಗಿದೆ.

ಇಂತಹ ಸಂದಿಗ್ಧ ಪರಿಸ್ಥಿತಿಯಲ್ಲೂ ನಮ್ಮ ನೆರವಿಗೆ ಬಂದ 'ಕೊರೋನಾ ವಾರಿಯಸ್'ಗೆ ವಂದನೆ ಸಲ್ಲಿಸುವುದು ಬಹಳ ಮುಖ್ಯ. ಎಂತಹ ಪರಿಸ್ಥಿತಿಯೇ ಎದುರಾದರೂ ಅದನ್ನು ಮೆಟ್ಟಿ ನಡೆಯುವ ಧೈರ್ಯ ನಮ್ಮಲ್ಲಿವೆ. ನಮ್ಮ ಮುನ್ನೆಚ್ಚರಿಕೆಯಲ್ಲಿ ನಾವು ಇರುವುದು ಬಹಳ ಮುಖ್ಯ ಬದುಕಿನಲ್ಲಿ ಎದುರಾಗುವ ಪರಿಸ್ಥಿತಿಯನ್ನು ಎದುರಿಸುವ ಸಾಮರ್ಥ್ಯ ನಮ್ಮದಾಗಬೇಕು. ಕೊರೋನಾಕ್ಕೆ ಲಸಿಕೆ ಕಂಡುಹಿಡಿಯುವುದು ಕೂಡಾ ಜಗತ್ತಿಗೆ ದೊಡ್ಡ ಸವಾಲಾಗಿದೆ. ಇದರ ಪರಿಶೋಧನೆಗಾಗಿ ಈಗಾಗಲೇ ಸಾಕಷ್ಟು ಹಣವನ್ನು ವ್ಯಯ ಮಾಡುತ್ತಿದೆ. ಕೊರೋನಾ ಲಸಿಕೆ ಸಿದ್ಧವಾದ ನಂತರವಷ್ಟೇ ನಾವು ಈ ಯುದ್ಧವನ್ನು ಗೆದ್ದಂತೆ. ಅದಕ್ಕಾಗಿಯೇ





ಎಲ್ಲರೂ ಹೋರಾಡುತ್ತಿದ್ದೇವೆ. ಖಂಡಿತ ವೈದ್ಯರ, ದಾದಿಯರ ಶ್ರಮ ವ್ಯರ್ಥವಾಗದೇ ಇರಲಿ ಮುಂದೊಂದು ದಿನ ನಮ್ಮ ಪಾಲಿಗೆ ಹೊಸ ಬೆಳಕು ಸಿಗುವ ಭರವಸೆಯಿಂದ ಬದುಕಬೇಕಾಗಿದೆ. ಈ ಸಂಕಟ ಎಂದು ಕೊನೆಯಾಗುವುದೋ ಗೊತ್ತಿಲ್ಲ. 2021ರ ಹೊಸ್ತಿಲಲ್ಲಿ ನಾವಿದ್ದೇವೆ. ಹೊಸ ವರ್ಷ ನಮ್ಮ ಪಾಲಿಗೆ ಸಿಹಿಯಾಗುತ್ತದೋ, ಕಹಿಯಾಗುತ್ತದೋ ಕಾದು ನೋಡಬೇಕಾಗಿದೆ. ಬದುಕಿನ ಹೊಸ ಅಧ್ಯಾಯದ ಪುಟಗಳಲ್ಲಿ ಹೊಸ ಸಾಧನೆಯನ್ನು ಕಾಣಬೇಕಿದೆ. ಎಂದಿಗೂ ನಮ್ಮೊಳಗಿನ ಆತ್ಮವಿಶ್ವಾಸ ಹೀಗೆಯೇ ಇರಲಿ. ಬದುಕಿನಲ್ಲಿ ಆದ ಈ ಬದಲಾವಣೆಯಲ್ಲಿ ನಾಣ್ಯಕ್ಕೆ ಹೇಗೆ ಎರಡು ಮುಖಗಳಿವೆಯೋ ಹಾಗೆ ಕಷ್ಟವೂ ಇದೆ. ಸುಖವೂ ಇದೆ. ಕೇವಲ ಕಷ್ಟವನ್ನಷ್ಟೆ ಪರಿಗಣಿಸದೆ ಸುಖದ ಕಡೆಗೊಮ್ಮೆ ನೋಡೋಣ. ಕೊರೋನಾ ಕೇವಲ ಕಹಿ ನೀಡಲಿಲ್ಲ. ಕೆಲವರ ಬದುಕಿನಲ್ಲಿ ಸಿಹಿಯನ್ನೂ ಉಣಬಡಿಸಿತು. ಎಂದೂ ಜೊತೆಗಿರದ ಮಕ್ಕಳು ಮರಳಿ ಬಂದರು. ಸಂಬಂಧದ ಬೆಸುಗೆ ಹೆತ್ತವರ ಪಾಲಿಗೆ ಖುಷಿ ನೀಡಿತು. ನಗರಗಳಲ್ಲಿ ವಾಸವಾಗಿದ್ದವರು ಹಳ್ಳಿಗೆ ಹಿಂದಿರುಗಿದರು. ಹಳ್ಳಿ ಜೀವನಶೈಲಿಯನ್ನು ಅನುಭವಿಸುವಂತಾಯಿತು. ಅಡುಗೆ ಮಾಡಲು ಬರದವರು ಅಡುಗೆ ಕಲಿತರು, ಬದುಕು ಹೇಗೆಂಬುದನ್ನು ಕಲಿಸಿಕೊಟ್ಟಿತು, ಆಧುನಿಕ ಜಗತ್ತಿನಲ್ಲಿ ಕಾಣುವುದೆಲ್ಲಾ ಬದುಕಲ್ಲ.

ಭಾವನೆಗಳಿಗೆ ಕೂಡಾ ಬೆಲೆ ಕೊಡಬೇಕು ಎಂಬುದನ್ನು ತಿಳಿಸಿಕೊಟ್ಟಿತು. ನಾಲ್ಕು ಗೋಡೆಯಲ್ಲಿ ಬಂಧಿಯಾಗಿದ್ದ ಪ್ರಾಣಿಗಳು ಹೇಗೆ ಹಿಂಸೆಯನ್ನು ಅನುಭವಿಸುತ್ತಿದ್ದವೋ ಹಾಗೆ ಮನುಷ್ಯ ನಾಲ್ಕು ಗೋಡೆಯೊಳಗೆ ಬಂಧಿಯಾದ ಪರಿಸ್ಥಿತಿ ಮನುಷ್ಯನ ಯೋಚನಾಲಹರಿಯನ್ನೇ ಬದಲಾಯಿಸಿ ಬಿಟ್ಟಿತು. ಶ್ರೀಮಂತಿಕೆಯೇ ಮುಖ್ಯ ಎಂದು ಅರಿತ ಮನಸ್ಸುಗಳು ಜೀವ ಮುಖ್ಯ ಎಂಬುದನ್ನು ಅರಿತುಕೊಳ್ಳುವಂತಾಯಿತು. ಆಡಂಬರವೇ ಜೀವನವಲ್ಲ, ಸರಳ ಜೀವನ, ನಡತೆ ಅಗತ್ಯ ಎಂಬುದನ್ನು ಜಗತ್ತಿಗೆ ಪರಿಚಯಿಸಿದ್ದು ಈ ಕೊರೋನಾ.

ಒಂದು ಕಡೆ ಮಹಾಮಾರಿಯಾಗಿ ಕಂಡು ಬಂದರೆ ಮತ್ತೊಂದು ದೃಷ್ಟಿಯಲ್ಲಿ ಮಹಾ ವರವಾಗಿ ಕಂಡು ಬಂತು ಯಾವುದೇ ವಿಷಯದಲ್ಲಾದರೂ ಅಷ್ಟೇ ಧನಾತ್ಮಕದಷ್ಟೇ ಋಣಾತ್ಮಕವಾದ ಸವಾಲೊಡ್ಡಿತು. ಇನ್ನೂ ಕೂಡಾ ಸವಾಲು ಎದುರಾಗುತ್ತಲೇ ಇರುತ್ತದೆ. "ಸಾಧಿಸಿದರೆ ಸಬಳವನ್ನಾದರೂ ನುಂಗಬಹುದು", ಎಂಬ ಮಾತಿನಂತೆ ನಾವು ದೃಢವಾಗಿದ್ದರೆ ಎಂತಹ ದೊಡ್ಡ ಪರಿಸ್ಥಿತಿ ಎದುರಾದರೂ ಅದನ್ನು ಮೆಟ್ಟಿ ನಿಲ್ಲಬಹುದು.

● ಪಿ. ಶ್ರೀವಿದ್ಯಾ
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ

ಕೊರೋನಾ



ಅಜ್ಞಾನದ ತೆರೆಯನು ಸರಿಸಿದ
ವಿಜ್ಞಾನದ ಮಹತ್ವ ತಿಳಿಸಿದ
ಕಾಲ್ಪನಿಕ ದೇವರನ್ನು ನೆನೆಯುವಂತೆ ಮಾಡಿದ
ನಿಶ್ಚಿತ ಸಾವನ್ನು ನೆನಪಿಸಿದ
ಮಾನವನ ಸ್ಥಿಮಿತತೆ ತೋರಿಸಿದ
ಮಾನಸಿಕತೆಯ ದಿಕ್ಕನ್ನು ಬದಲಿಸಿದ
ಜೀವನದ ಮೇಲಿನ ದೃಷ್ಟಿಕೋನವನ್ನೇ ಮಗುಚಿ ಹಾಕಿದ
ಕೊರೋನಾ...., ನಿನಗೆ ವಂದನೆ !

● ಸಂತೋಷ್
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ

ನನ್ನ ಅಮ್ಮ

ನವ ಮಾಸ ತುಂಬಿ ಜನ್ಮ ತಳೆದ ಕಂದ
ಕೆಲವು ತಿಂಗಳು ಕಳೆದು,
ಅ . ಊ . ಎಂದ ಬಳಿಕ ಮೊದಲು
ಆಡುವ ಮುದ್ದಿನ ಮಾತೇ ಅಮ್ಮಾ
ಅತ್ತಾಗ ಬಿದ್ದಾಗ, ನೋವಲ್ಲಿ ನಲಿವಲ್ಲಿ
ಆಡುವ ನುಡಿಯೇ ಅಮ್ಮ
ಮಕ್ಕಳ ನೋವಲ್ಲಿ ತಾನೂ ನೊಂದು
ಮಕ್ಕಳ ಗೆಲುವಲ್ಲಿ ತಾನೂ ಮಿಂದು
ಮಕ್ಕಳಿಗಾಗಿ ಸಕಲವ ತ್ಯಾಗ ಮಾಡುವ
ಸದಾ ಒಳಿತನ್ನೇ ಬಯಸುವವಳೇ ಅಮ್ಮ
ಸದಾ ನಗುತ್ತಿರುವ ಆ ನಿನ್ನ ಮುಖ
ತಿದ್ದಿ ತೀಡುವ ಆ ನಿನ್ನ ಗುಣ
ಮಕ್ಕಳಿಗಾಗಿ ನೀನು ಪಡುವ ಬವಣೆ
ಎಲ್ಲಿಂದ ಬಂದಿದೆಯೋ ನಿನಗೆ ಈ ಸಹನೆ
ನೀನಿದ್ದರೆ ಎಲ್ಲ, ನೀನಿಲ್ಲದೆ
ಜಗವೇ ಶೂನ್ಯ ಅಮ್ಮಾ
ಎಂದೆಂದೂ ನನ್ನ ನೆರಳಾಗಿ
ಜೊತೆಯಲ್ಲೇ ಇರು ಅಮ್ಮಾ

● ಸಂತೋಷ್
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ



ಕೊರೋನಾ ಎಂಬ ಮಹಾಮಾರಿ

ಕೊರೋನಾ ಎಂದರೆ ಸಾಮಾನ್ಯ ವೈರಸ್‌ಗಳ ಒಂದು ಗುಂಪು ವೈರಸ್‌ಗಳ ಮೇಲ್ಮೈಯಲ್ಲಿ ಕಿರೀಟದಂತಹ ವಿನ್ಯಾಸವಿರುವ ಕಾರಣದಿಂದಾಗಿ ಹೀಗೆ ಹೆಸರಿಡಲಾಗಿದೆ.

ಕೆಲವು ಕೊರೋನಾ ವೈರಸ್‌ಗಳು ಕೇವಲ ಪ್ರಾಣಿಗಳ ಮೇಲೆ ಮಾತ್ರ ಪರಿಣಾಮ ಬೀರುವುದು. ಮತ್ತೆ ಕೆಲವು ವೈರಸ್‌ಗಳು ಮನುಷ್ಯನ ಪ್ರಾಣಕ್ಕೂ ಅಪಾಯ ನೀಡುತ್ತದೆ. ಕೊರೋನಾ ರೋಗದ ಲಕ್ಷಣವೇನೆಂದರೆ ಸಾಮಾನ್ಯ ಶೀತ ನಂತರ ಕೆಮ್ಮು, ಭೇದಿ ನಂತರ ನೇರ ಅದು ನಮ್ಮ ಶ್ವಾಸಕೋಶಕ್ಕೆ ದಾಳಿ ನಡೆಸಿ ನಮ್ಮ ಜೀವವನ್ನೇ ತೆಗೆಯುವ ಸಂಭವವಿರುತ್ತದೆ.

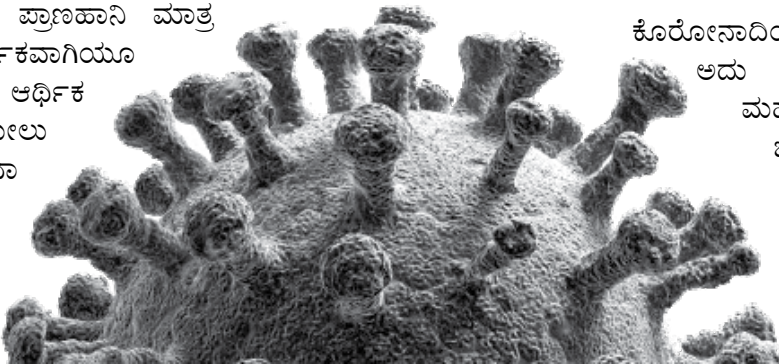
ಕೊರೋನಾ ವೈರಸ್ ಹಬ್ಬುವ ವಿಧಾನ :

ಸಾಮಾನ್ಯವಾಗಿ ಕೊರೋನಾ ವೈರಸ್ ಒಬ್ಬ ಮನುಷ್ಯನಿಂದ ಮತ್ತೊಬ್ಬರಿಗೆ ಹರಡುತ್ತದೆ. ಶೀತ ಮತ್ತು ಕೆಮ್ಮಿನ ಗಾಳಿಯಿಂದ ಕೂಡ ವೈರಸ್ ಹರಡುತ್ತದೆ. ವೈರಸ್ ಇರುವ ವಸ್ತುವನ್ನು ಮುಟ್ಟುವುದು ಇದರ ಬಳಿಕ ಬಾಯಿ, ಮೂಗು ಅಥವಾ ಕಣ್ಣುಗಳನ್ನು ಕೈ ತೊಳೆಯದೆ ಮುಟ್ಟುವುದರಿಂದಲೂ ಕೊರೋನಾ ಹರಡುತ್ತದೆ. ಇಷ್ಟೇ ಅಲ್ಲದೆ ತುಂಬಾ ಹತ್ತಿರದ ಸಂಪರ್ಕದಿಂದಲೂ ಕೊರೋನಾ ಹೆಚ್ಚಾಗಿ ಹಬ್ಬುತ್ತದೆ. ಉದಾಹರಣೆಗೆ ಸ್ಪರ್ಶ ಮತ್ತು ಹಸ್ತಲಾಘವ.

ಕೊರೋನಾ ವೈರಸ್ ಸೋಂಕಿನಿಂದ ಆಗುವ ಅಪಾಯಗಳು :

ಕೊರೋನಾ ವೈರಸ್ ಎಂಬುದು ಯಾರಿಗೆ ಬೇಕಾದರೂ ಬರಬಹುದು. ಆದರೆ ಸಣ್ಣ ಮಕ್ಕಳಿಗೆ ಮತ್ತು ವಯಸ್ಕರಿಗೆ ಇದು ಬೇಗನೆ ಹರಡುತ್ತದೆ. ಶೀತ, ಕೆಮ್ಮು ಮುಂತಾದ ಲಕ್ಷಣಗಳು ಆರಂಭವಾಗಿ ಶ್ವಾಸಕೋಶದ ಸಮಸ್ಯೆಗಳು ಎದುರಾಗುತ್ತದೆ. ಆರಂಭದಲ್ಲೇ ಈ ಕಾಯಿಲೆಯ ಬಗ್ಗೆ ತಿಳಿದುಕೊಂಡು ಸೂಕ್ತ ಚಿಕಿತ್ಸೆ ಮಾಡುವುದು ಅಗತ್ಯ. ಇಲ್ಲದಿದ್ದರೆ ಈ ಕಾಯಿಲೆಯಿಂದ ಪ್ರಾಣವನ್ನು ಕಳೆದುಕೊಳ್ಳಬಹುದು. ಸಣ್ಣ ಮಕ್ಕಳಲ್ಲಿ ಬೇಗ ಹರಡುವುದರಿಂದ ಅವರನ್ನು ಸೂಕ್ತವಾಗಿ ನೋಡಿಕೊಳ್ಳುವುದು ಉತ್ತಮ. ಕೊರೋನಾ ವೈರಸ್‌ಗಳು ಸಾಮಾನ್ಯವಾಗಿ ನಮ್ಮ ದೇಹ ಸೇರಿ ನಮ್ಮ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿಯನ್ನು ಕುಗ್ಗಿಸುತ್ತದೆ. ಮಕ್ಕಳಿಗೆ ಬೇಗನೆ ಹರಡಿ ಜೀವ ಕಸಿದುಕೊಳ್ಳುತ್ತದೆ.

ಕೊರೋನಾದಿಂದ ಕೇವಲ ಪ್ರಾಣಹಾನಿ ಮಾತ್ರ ಉಂಟಾಗಿಲ್ಲ. ನಮ್ಮ ದೇಶ ಆರ್ಥಿಕವಾಗಿಯೂ ಜರ್ಜರಿತವಾಗಿದೆ. ದೇಶದ ಆರ್ಥಿಕ ವ್ಯವಸ್ಥೆಯನ್ನು ಬುಡಮೇಲು ಮಾಡುವಲ್ಲಿ ಈ ಕೊರೋನಾ ಯಶಸ್ವಿಯಾಗಿತ್ತು. ಈ ಸೋಂಕಿನಿಂದ ವ್ಯವಹಾರ, ಶಿಕ್ಷಣ, ಗುಡಿಕೈಗಾರಿಕೆಗೆ ಎಲ್ಲಾ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ನಷ್ಟ ಉಂಟಾಯಿತು.



ಆರಂಭದಲ್ಲಿ ಕೊರೋನಾ ನಿಯಂತ್ರಣ ಸಲುವಾಗಿ “ಲಾಕ್‌ಡೌನ್” ಎಂಬುದನ್ನು ಆದೇಶಿಸಲಾಯಿತು. ಇದು ನಂತರ ಸುಮಾರು 6 ತಿಂಗಳವರೆಗೂ ಮುಂದುವರೆಯಿತು. ಈ ಅವಧಿಯಲ್ಲಿ ಭಾರತದಲ್ಲಿ ಉತ್ಪಾದನೆಯು ಸಂಪೂರ್ಣವಾಗಿ ಸ್ಥಗಿತಗೊಂಡಿತು. ಭಾರತದ ಆರ್ಥಿಕತೆಯನ್ನು ನಷ್ಟದಂಚಿನಲ್ಲಿ ನಿಲ್ಲಿಸಿತು. ಜನರು ಒಂದು ಹೊತ್ತಿನ ಊಟಕ್ಕೂ ಕಷ್ಟ ಪಡುವ ಪರಿಸ್ಥಿತಿ ಎದುರಾಯಿತು. ಸರ್ಕಾರ ಕೂಡಾ ಏನೂ ಮಾಡಲಾಗದ ಸ್ಥಿತಿಯಲ್ಲಿ ಬಂದು ನಿಂತಿತು.

ಕೊರೋನಾದಿಂದ ಎಲ್ಲಾ ಕಾರ್ಯಕ್ರಮಗಳೂ ಕೂಡ ರದ್ದಾಯಿತು. ಮದುವೆ, ಮುಂಜಿ, ಹಬ್ಬ, ಜಾತ್ರೆ ಎಲ್ಲಾ ಕಾರ್ಯಕ್ರಮಗಳು ರದ್ದಾಯಿತು. ಜನ ಸೇರುವುದನ್ನೇ ನಿಷೇಧಿಸಲಾಗಿತ್ತು. ಇನ್ನೂ ಶಿಕ್ಷಣದ ಪರಿಸ್ಥಿತಿ ಕೇಳುವುದೇ ಬೇಡ. ಮಕ್ಕಳಲ್ಲಿ ಈ ವೈರಸ್ ಬೇಗ ಹರಡುವುದರಿಂದ ಮುನ್ನೆಚ್ಚರಿಕಾ ಕ್ರಮವಾಗಿ ಶಾಲೆಗಳನ್ನು ಮುಚ್ಚಲಾಯಿತು. ಮುಂದೆ ಶಾಲೆ ಆರಂಭವಾಗುವುದೇ ಅನುಮಾನ ಎಂಬ ಸ್ಥಿತಿ ಎದುರಾದಾಗ ಎಲ್ಲಾ ಮಕ್ಕಳಲ್ಲಿ ತಂದೆ ತಾಯಿಗಳಲ್ಲಿ ತಮ್ಮ ಭವಿಷ್ಯದ ಬಗ್ಗೆ ಭಯ ಆರಂಭವಾಯಿತು. ನಂತರ ಆನ್‌ಲೈನ್ ತರಗತಿ ಎಂಬ ಹೊಸ ಬಗೆಯ ಶಿಕ್ಷಣ ಪದ್ಧತಿ ಆರಂಭವಾಯಿತು. ಇದರಿಂದ ಮಕ್ಕಳ ಶಿಕ್ಷಣ ಎಂದಿನಂತೆ ಸುಸೂತ್ರವಾಗಿ ನಡೆಯಬಹುದು ಎಂಬ ಆಶಾಭಾವ ಎಲ್ಲರಲ್ಲಿಯೂ ಇತ್ತು ಆದರೆ ಈ ಆನ್‌ಲೈನ್ ಶಿಕ್ಷಣ ಅಷ್ಟು ಪರಿಣಾಮವಾಗಲಿಲ್ಲ. ಲಾಭಕ್ಕಿಂತ ನಷ್ಟವೇ ಹೆಚ್ಚಾಯಿತು. ಎಲ್ಲಾ ಮಕ್ಕಳಲ್ಲಿ ಕೂಡಾ ಸ್ಮಾರ್ಟ್ ಫೋನ್ ಕಡ್ಡಾಯವಾಗಿ ಇರಬೇಕಿತ್ತು. ಇನ್ನೂ ಬಡವರು ಮೊಬೈಲ್ ಖರೀದಿಸಲು ಕಷ್ಟವಾಗಿ ಶಿಕ್ಷಣವನ್ನೇ ನಿಲ್ಲಿಸುವ ಸ್ಥಿತಿ ಆರಂಭವಾದರೆ ಮತ್ತೆ ಕೆಲವರು ಸಾಲ ಮಾಡಿ ಖರೀದಿಸಿ ಇಂತಹ ಕಠಿಣ ಸಂದರ್ಭದಲ್ಲಿಯೂ ಮತ್ತೆ ಸಾಲ ಮಾಡುವ ಧೈರ್ಯ ತೋರಿದರು. ಇನ್ನೂ ಮೊಬೈಲ್ ಇದ್ದರೂ ಕೆಲವರಿಗೆ ನೆಟ್‌ವರ್ಕ್ ಇಲ್ಲದೆ ಪರದಾಡಬೇಕಾಯಿತು. ಇದರಿಂದ ಮಕ್ಕಳ ಶಿಕ್ಷಣದ ಮೇಲೆ ತುಂಬಾ ಅಡ್ಡ ಪರಿಣಾಮ ಉಂಟಾಯಿತು. ಮಕ್ಕಳ ಆಲೋಚನೆ ಶಕ್ತಿಯನ್ನು ಕುಂಠಿತಗೊಳಿಸಿತು. ಮಕ್ಕಳ ಶೈಕ್ಷಣಿಕ ಅಭಿವೃದ್ಧಿಗೆ ಕುಂಠಿತವಾಯಿತು. ಮತ್ತೆ ಮೊದಲಿನಂತೆ ಶಾಲೆ ಆರಂಭಿಸಿ ಮಕ್ಕಳಲ್ಲಿ ಹೊಸ ಚೈತನ್ಯವನ್ನು ತರುವುದು ಸರ್ಕಾರಕ್ಕೆ ಸವಾಲಾಗಿ ಪರಿಣಮಿಸಿತು.

ಕೊರೋನಾದಿಂದ ಎಷ್ಟೇ ಕಷ್ಟ-ನಷ್ಟವಾಗಿದ್ದರೂ ಅದು ನಮ್ಮ ಜೀವನಕ್ಕೆ ಒಂದು ಮಹತ್ತರವಾದ ಪಾಠ ಕಲಿಸಿತು. ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಒಂದು ಉತ್ತಮ ಮೌಲ್ಯವನ್ನು ಕಲಿಯಲು ಸಹಾಯವಾಯಿತು. ನಮ್ಮ ಹಳೆಯ ಪದ್ಧತಿಯಾದ ಮನೆಯನ್ನು ಪ್ರವೇಶಿಸುವ ಮುಂಚೆ ಕೈಕಾಲು



ತೊಳೆಯುವುದನ್ನು ಮತ್ತೆ ನೆನಪು ಮಾಡಿತು. ನಮ್ಮ ಸ್ವಚ್ಛತೆಯ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸಿತು. ಬಡವ ಶ್ರೀಮಂತ ಎಂಬ ಭಿನ್ನ ಮತವನ್ನು ಕಳಚಿಹಾಕಿತು. ಅಷ್ಟೇ ಅಲ್ಲದೆ ಇತ್ತೀಚಿನ ಒತ್ತಡದ ಜೀವನದಲ್ಲಿ ಕೆಲವರಂತು ತಮ್ಮ ಕುಟುಂಬದ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನೇ ಮರೆತಿದ್ದರು. ಅಂತಹ ಒತ್ತಡದಲ್ಲಿರುವ ವ್ಯಕ್ತಿಗಳಿಗೆ ತಮ್ಮ ಕುಟುಂಬದೊಂದಿಗೆ ಸಮಯ ಕಳೆಯಲು ಅವಕಾಶ ಸಿಕ್ಕಿತು. ಕೊರೋನಾ ಬಂದ ನಂತರ ಜನರಿಗೆ ಸಂಬಂಧದ ಮಹತ್ವವನ್ನು ತಿಳಿಸಿತು. ಜನರಲ್ಲಿ ಸ್ವಚ್ಛತೆಯ ಅರಿವನ್ನು ಮೂಡಿಸಿತು.

ಕೊರೋನಾ ವೈರಸ್ ನಿವಾರಣಾ ಕ್ರಮಗಳು :

- ಕೊರೋನಾ ವೈರಸ್‌ಗೆ ಯಾವುದೇ ರೀತಿಯ ನಿರ್ದಿಷ್ಟ ಚಿಕಿತ್ಸೆಗಳಿಲ್ಲ. ಕೆಲವು ಜನರು ಅವರಾಗಿಯೇ ಚೇತರಿಸಿಕೊಳ್ಳುವರು. ಆದರೆ ಇದರ ನಿಯಂತ್ರಣವನ್ನು ಈ ರೀತಿಯಾಗಿ ಕಡಿಮೆ

ಮಾಡಬಹುದು.

- ನೋವು, ಜ್ವರ ಮತ್ತು ಕೆಮ್ಮಿಗೆ ಮಾತ್ರ ತೆಗೆದುಕೊಳ್ಳುವುದು.
- ಅತಿಯಾಗಿ ನೀರು ಕುಡಿಯುವುದು, ಬಿಸಿ ನೀರಿನ ಸ್ನಾನ ಮಾಡುವುದು ಒಳ್ಳೆಯದು.
- ನಮ್ಮ ನಮ್ಮ ಆಂತರಿಕ ಸ್ವಚ್ಛತೆಯನ್ನು ನಾವು ಮಾಡಬೇಕು.
- ಮಾಸ್ಕ್ ಧರಿಸುವುದು, ಸಾಮಾಜಿಕ ಅಂತರವನ್ನು ಕಾಯ್ದು ಕೊಳ್ಳುವುದು

ಈ ರೀತಿ ಮಾಡುವುದರಿಂದ ಕೊರೋನಾ ಹರಡುವಿಕೆಯನ್ನು ತಡೆಯಬಹುದು.

● ಪ್ರವೀಣ್
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.

ಸಾಂಕ್ರಾಮಿಕ ಕೊರೋನಾ ನಮ್ಮ ಶಿಕ್ಷಣ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ಉಂಟುಮಾಡಿರುವ ತಲ್ಲಣ

'ವಿನಾಶಕಾರಿ ಘಟನೆಗಳ ಸರಣಿ' ಎಂದೇ ಜಗತ್ತಿನಾದ್ಯಂತ ಹೊಂದಿರುವ 2020ರ ವರ್ಷದ ಚರಿತ್ರೆಯಲ್ಲಿ, ಕೊರೋನಾ ಸಾಂಕ್ರಾಮಿಕ ರೋಗದ್ದೇ ಒಂದು ಬಹುದೊಡ್ಡ ಸ್ವರ್ಣ ಲಿಖಿತ ಅಧ್ಯಾಯವಾಗಿದೆ.

ಕೊರೋನಾ ಸಾಂಕ್ರಾಮಿಕ ರೋಗದ ಭೀಕರ ಮತ್ತು ತೀವ್ರ ಪರಿಣಾಮಗಳಿಗೆ ತುತ್ತಾಗಿ ಅತಿ ದೊಡ್ಡ ಹೊಡೆತವನ್ನೇ ಅನುಭವಿಸಿರುವ ಅದೆಷ್ಟೋ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರವು ಒಂದಾಗಿದೆ. ಈ ಸಾಂಕ್ರಾಮಿಕ ರೋಗವು ಎಲ್ಲೆಡೆ ಹರಡಿ ಬಲಿದಾನ ಪಡೆಯುವ ಮೊದಲು ಎಚ್ಚೆತ್ತುಕೊಂಡಿದ್ದ ನಮ್ಮ ಪ್ರಧಾನಿಗಳಾಗಿರುವ ಮಾನ್ಯ ನರೇಂದ್ರ ಮೋದಿಜಿಯವರು ಮಾರ್ಚ್ 22ರಂದು ಜನತಾ ಕಛೇರಿವನ್ನು ಘೋಷಿಸಿದರು. ಇದಕ್ಕೆ ಒಳ್ಳೆಯ ರೀತಿಯಲ್ಲಿ ಪ್ರತಿಕ್ರಿಯಿಸಿದ್ದನ್ನು ಕಂಡು ತದನಂತರ ಮೂರು ತಿಂಗಳುಗಳ ಕಾಲ ಲಾಕ್‌ಡೌನ್ ಅನ್ನು ಜಾರಿಗೊಳಿಸಿದರು.

ಇದೇ ಸಂದರ್ಭದಲ್ಲಿ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳನ್ನು ಒಳಗೊಂಡಂತೆ ಉಳಿದೆಲ್ಲಾ ಸಂಸ್ಥೆಗಳನ್ನು ತಾತ್ಕಾಲಿಕವಾಗಿ ಮುಚ್ಚಲಾಗಿತ್ತು.

ಆಗಷ್ಟೇ ನಡೆಯಬೇಕಾಗಿದ್ದ ಎಲ್ಲಾ ಪರೀಕ್ಷೆಗಳನ್ನು ತಾತ್ಕಾಲಿಕವಾಗಿ ರದ್ದುಗೊಳಿಸಿ, ಶಾಲೆಗೆ ಹೋಗುವ ಮಕ್ಕಳಿಂದ ಹಿಡಿದು ಸ್ನಾತಕೋತ್ತರ ಪದವಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೂ ರಜೆ ಘೋಷಿಸಲಾಗಿತ್ತು. ಇದೇ ರಾಷ್ಟ್ರವ್ಯಾಪಿ ಮುಚ್ಚುವಿಕೆಯಿಂದ ವಿಶ್ವದ ವಿದ್ಯಾರ್ಥಿ ಜನಸಂಖ್ಯೆಯ 61%ಕ್ಕಿಂತ ಹೆಚ್ಚು ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರಿತು. ದಿನ



ಕಳೆಯುತ್ತಿದ್ದಂತೆ ಸರಕಾರವು ಪ್ರಜೆಗಳ ಹಿತದೃಷ್ಟಿಯಿಂದ ವಿವಿಧ ಕ್ಷೇತ್ರಗಳಿಗೆ ಸಹಾಯವಾಗುವಂತಹ ಅನೇಕ ಯೋಜನೆಗಳನ್ನು ಜಾರಿಗೊಳಿಸಿದರು. ಇಂತಹ ಸೌಕರ್ಯಗಳಲ್ಲಿ ಕೆಲವು ಬಹು ಮುಖ್ಯವಾದವುಗಳೆಂದರೆ ವಿವಿಧ ಹುದ್ದೆಯ ನೌಕರರಿಗೆ ವರ್ಕ್ ಫ್ರಮ್ ಹೋಮ್, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಇ-ಲರ್ನಿಂಗ್, ರೈತರು ಮತ್ತು ಇನ್ನಿತರ ಅರ್ಹರಿಗೆ ಧನ ಸೌಲಭ್ಯಗಳು ಜಾರಿಗೊಂಡವು. ಇದರ ಜೊತೆಗೆ ವಿದ್ಯಾರ್ಥಿಗಳ ಭವಿಷ್ಯದ ದೃಷ್ಟಿಯಿಂದ ಸರಕಾರವು ಅನೇಕ ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಪರೀಕ್ಷೆಯಿಲ್ಲದೆಯೇ ತೇರ್ಗಡೆಗೊಳಿಸುವುದಾಗಿ ಘೋಷಿಸಿತು.

ಆದರೇನು ಮಾಡುವುದು? ಭಾರತವು ಬೆಳೆಯುತ್ತಿರುವ ರಾಷ್ಟ್ರಗಳಲ್ಲಿ ಒಂದು. ಸೌಲಭ್ಯಗಳು ಎಷ್ಟಿದ್ದರೂ ಅದು ಎಲ್ಲರ ಕೈಗುಟುವಂತಹ ದ್ರಾಕ್ಷಿಯಾಗಿರುತ್ತಿರಲಿಲ್ಲ. ಏಕೆಂದರೆ ವಿದ್ಯಮಾತೆ ಸ್ವರೂಪವೆಂದೆನಿಸಿ ಕೊಂಡಿರುವ ಅದೆಷ್ಟೋ ಶಿಕ್ಷಕರಿಗೆ ಇದಕ್ಕೆ ಬೇಕಾದ ಮೂಲ ಸೌಲಭ್ಯಗಳ ಕೊರತೆ ಕಂಡು ಬಂದಿತ್ತು. ಜೊತೆಗೆ ಹೊಟ್ಟೆ ಬಟ್ಟೆಗೆ ಕಷ್ಟಪಡುವ ಅನೇಕ

ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ವಿದ್ಯೆಯ ದಾಹವನ್ನು ಈಗ ನೀಗಿಸಿಕೊಳ್ಳುವುದು ದೂರದ ಮಾತಿನಂತೆ ಕಾಣತೊಡಗಿತು. ಇದನ್ನರಿತ ಸರಕಾರವು ಶತಪ್ರಯತ್ನಗಳೊಂದಿಗೆ ಶಿಕ್ಷಕರಿಗೆ ಬೇಕಾಗಿದ್ದ ತಾಂತ್ರಿಕ ಉಪಕರಣಗಳನ್ನು ರಿಯಾಯಿತಿ ವೆಚ್ಚದಲ್ಲಿ, ಇನ್ನೂ ಕೆಲವು



ಸಂದರ್ಭದಲ್ಲಿ ಉಚಿತವಾಗಿ ನೀಡಲಾರಂಭಿಸಿತು. ಜೊತೆಗೆ ಪಾಠಗಳನ್ನು ದೂರದರ್ಶನದ ಮೂಲಕ ಪ್ರಸಾರ ಮಾಡಿ, ಸಾಮಾನ್ಯ ಜನರಿಗೂ ಲಭ್ಯವಾಗುವಂತೆ ನೋಡಿಕೊಂಡಿತು. ಇದರಂತೆಯೇ ಇನ್ನೂ ಅನೇಕ ಉಪಕಾರಿ ಸೌಲಭ್ಯಗಳನ್ನು ಜಾರಿಗೊಳಿಸಿದ ಕೀರ್ತಿಯು ನಮ್ಮ ಸರ್ಕಾರಕ್ಕೆ ಸಲ್ಲುವುದು.

ಆದರೆ ಇದೊಂದು ತುರ್ತು ಸಮಯದಲ್ಲಿ ಜಾರಿಗೊಳಿಸಿದ ಹೊಸ ಪ್ರಯತ್ನವಾಗಿದ್ದರಿಂದ ಇದರಿಂದ ಉಂಟಾಗಿರುವ ದುಷ್ಪರಿಣಾಮಗಳು ಇನ್ನೂ ಅನೇಕವಿವೆ. ಉದಾಹರಣೆಗೆ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಹೆಚ್ಚು ಸಮಯಗಳ ಕಾಲ ಇಂತಹ ವಿದ್ಯುನ್ಮಾನ ಸಾಧನಗಳನ್ನು ವೀಕ್ಷಿಸುವುದು ಅವರ ಆರೋಗ್ಯಕ್ಕೆ ಹಾನಿಕಾರಕವಾಗಿ ಪರಿಣಮಿಸಿದೆ. ಜೊತೆಗೆ ಇದರಿಂದ ವಿದ್ಯಾರ್ಥಿ-ಶಿಕ್ಷಕ, ವಿದ್ಯಾರ್ಥಿ-ವಿದ್ಯಾರ್ಥಿಗಳ ಬಾಂಧವ್ಯತೆ ಕ್ಷೀಣಿಸಬಹುದು. ದೇಹಕ್ಕೆ ಬೇಕಾಗುವ ವ್ಯಾಯಾಮ ಕಡಿತಗೊಳ್ಳಬಹುದು. ಇವೆಲ್ಲವುಗಳ ನಡುವೆ ನಮ್ಮ ಸಮಾಜದಲ್ಲಿ ಕಷ್ಟ, ದೌರ್ಜನ್ಯಕ್ಕೇನು ಬರವಿಲ್ಲವೆಂಬಂತೆ, ಅದೇಷ್ಟೋ ಅಪರಾಧ ಕೃತ್ಯಗಳಲ್ಲಿ ಮುಖ್ಯವಾದಂತಹ ಬಾಲ್ಯವಿವಾಹ, ಬಾಲಕಾರ್ಮಿಕ ಪದ್ಧತಿಗಳು ಮತ್ತೆ ತಲೆ ಎತ್ತುತ್ತಿರುವುದು ಕಂಡುಬಂದಿದೆ. ಇಂತಹ ದೌರ್ಜನ್ಯಗಳ ಬಲೆಯಲ್ಲಿ ಒಮ್ಮೆ ಸಿಕ್ಕಿಹಾಕಿಕೊಳ್ಳುವುದರಿಂದ ಅದೇಷ್ಟೋ ಬಾಲೆಯರು ಶಾಲೆ ಮತ್ತು ಕಲಿಕೆಯಿಂದ ಶಾಶ್ವತವಾಗಿ ದೂರವಾಗುತ್ತಾರೋ, ಅದು ಸ್ವತಃ ಸರ್ಕಾರಕ್ಕೆ ಪಟ್ಟಿ ಮಾಡುವುದು ಕಷ್ಟವಾಗುತ್ತದೆ.

ಪ್ರತಿ ನಾಣ್ಯಕ್ಕೂ ಎರಡು ಮುಖವಿದ್ದಂತೆ ಈ ಸಾಂಕ್ರಾಮಿಕ ರೋಗವು ದೇಶದ ಏಳಿಗೆಯನ್ನು ವೇಗವಾಗಿ ಚಲಿಸುವಲ್ಲಿ ಒಂದು ಮಹತ್ತರ ಪಾತ್ರವನ್ನು ವಹಿಸಿದೆ. ನಾವು ಇ-ಲರ್ನಿಂಗ್ ಅನ್ನು ಅಳವಡಿಸಿಕೊಂಡ ಬಳಿಕ ನಮ್ಮ ಮೌಲ್ಯಯುತ ಸಮಯವನ್ನು ಉಳಿಸಿಕೊಳ್ಳುವುದನ್ನು

ಕಲಿತಿದ್ದೇವೆ. ಏಕೆಂದರೆ ನಾವು ಇ-ಲರ್ನಿಂಗ್‌ನ್ನು ಮನೆಯಲ್ಲಿದ್ದೇ ನಡೆಸುತ್ತಿರುವುದರಿಂದ ಶಾಲೆಗೆ ಹೋಗಿ ಬರುವ ಸಮಯ ಮತ್ತು ವೆಚ್ಚವನ್ನು ಉಳಿಸುತ್ತೇವೆ. ಈ ಸಮಯವನ್ನು ನಾವು ನಮ್ಮ ಇನ್ನಿತರ ಪಠ್ಯೇತರ ಚಟುವಟಿಕೆಗಳಿಗಾಗಿ ಮೀಸಲಿಡಲು ಸಾಧ್ಯವಾಗಿದೆ. ಜೊತೆಗೆ ಇ-ಲರ್ನಿಂಗ್‌ನಿಂದಾಗಿ ಶಿಕ್ಷಕರು ಪ್ರತಿಯೊಂದು ವಿದ್ಯಾರ್ಥಿಯ ಮೇಲೆಯೂ ಗಮನಹರಿಸಿ, ಅವರ ಶಂಕೆಯನ್ನು ನಿವಾರಿಸಲು ಸಾಧ್ಯವಾಗಿದೆ. ಮತ್ತೊಂದು ವಿಷಯವೆಂದರೆ ಈ ಸಾಂಕ್ರಾಮಿಕ ರೋಗವು ತಂತ್ರಜ್ಞಾನವನ್ನು ತಮ್ಮ ಮಕ್ಕಳ ವೈರಿಗಳಂತೆ ಬಿಂಬಿಸುವ ಕೆಲವು ಪೋಷಕರಿಗೆ ವಾಸ್ತವವನ್ನು ಒಪ್ಪಿಕೊಂಡು ದೇಶದ ಅಭಿವೃದ್ಧಿಗೆ ಬೆಂಬಲಿಸುವಂತೆ ಮಾಡಿದೆ.

ಆದರೂ ಈ ಸಾಂಕ್ರಾಮಿಕ ರೋಗವು ಅದೇಷ್ಟೋ ಬಡಮಕ್ಕಳ ವಿದ್ಯಾ ಹಕ್ಕನ್ನು ಕಸಿದುಕೊಂಡಿದೆ ಎಂದು ಯೋಚಿಸುವಾಗಲೇ ಮೈ ಜುಂ ಎನ್ನುವಂತೆ ಮಾಡುತ್ತದೆ. ಅದರ ಜೊತೆಗೆ ಈ ರೋಗವು ಗೆಲೆಯರ ನಡುವಿನ ಪುಟ್ಟ-ಪುಟ್ಟ ವಿಷಯಗಳಿಗಿರುವ ಕಿತ್ತಾಟ, ನಲಿದಾಟ, ಓಟ, ಪಿಸು ಮಾತು ಮುಂತಾದ ಹಲವು ಸವಿನೆನಪುಗಳನ್ನು ಅನುಭವಿಸಲು ತಡೆಗಟ್ಟಿದೆ.

ಏನೇ ಆಗಲಿ, ಎಲ್ಲರೂ ಸುರಕ್ಷಿತರಾಗಿರಿ, ಜಾಗರೂಕರಾಗಿರಿ, ಮತ್ತು ಆದಷ್ಟು ಬೇಗ ಈ ಮಹಾಮಾರಿಗೊಂದು ಪರಿಹಾರ ದೊರೆಯಲಿ, ಮತ್ತು ಆ ಮಾಮೂಲಿ ದಿನಗಳು ಮತ್ತೆ ಎಲ್ಲರಿಗೂ ಸಿಗಲಿ ಎಂದು ಆಶಿಸುತ್ತಾ, ನಮ್ಮ ಜನತೆಯ ಹಿತವನ್ನೇ ಬಯಸಿ, ಅದಕ್ಕೋಸ್ಕರ ಹೋರಾಡುವ ನಮ್ಮ ಸರ್ಕಾರಕ್ಕೊಂದು ಹೆಮ್ಮೆಯ ಸಲಾಂ.

● ಶ್ವೇತಪ್ರಿಯ

ಬಿ.ಎಸ್ಸಿ. (ಸಿ.ಬಿ.ಝಡ್)

“ಸ್ವಯಂ ಜೊತೆ ಸಮರ”

ಹರ್ಯೂಅಸ್‌ನ ಆಂತರಿಕ ಶೋಧ - ಪುಸ್ತಕ ವಿಮರ್ಶೆ

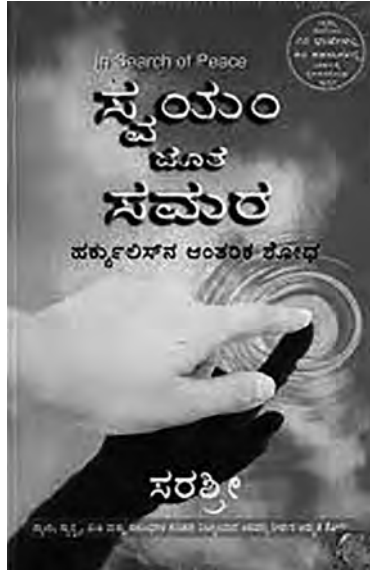
‘ಸ್ವಯಂ ಜೊತೆ ಸಮರ’ ಇದು ಸರಶ್ರೀಯವರು ಬರೆದ ಅದ್ಭುತವಾದ ಪುಸ್ತಕ ಇದು ಹರ್ಯೂಲಿಸ್ ಎಂಬ ಒಬ್ಬ ಸಾಧಾರಣ ಮನುಷ್ಯನ ಸುತ್ತ ಸುತ್ತುತ್ತದೆ. ತನ್ನ ಕೋಪ, ದ್ವೇಷದಿಂದ ತನ್ನ ಕುಟುಂಬ, ಸ್ನೇಹಿತರೆಲ್ಲರನ್ನೂ ಕಳೆದುಕೊಂಡು ಕೊನೆಗೆ ಏಕಾಂಗಿಯಾಗಿ ಬದುಕಿನ ಸತ್ಯವನ್ನು ತಿಳಿಯಲು ಹೊರಟ ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ಬಾಳು ಇದರಲ್ಲಿ ಅಡಕವಾಗಿದೆ. ತನ್ನೊಳಗೆ ತಾನೇ ತನ್ನ ಆತ್ಮಶೋಧ ನಡೆಸಿ ಬೇರೆಯವರ ಜೀವನಕ್ಕೂ ಆತ್ಮಶೋಧದ ಬಗ್ಗೆ ತಿಳಿಸಿದಾತ ಈ ಕಥೆಯ ನಾಯಕ ಹರ್ಯೂಲಿಸ್. ಈ ಪುಸ್ತಕವನ್ನು ಕಾದಂಬರಿ ಎಂದರೆ ತಪ್ಪಾಗಬಹುದು. ಏಕೆಂದರೆ ಇದು ಕಾದಂಬರಿಯೂ ಅಲ್ಲ, ಭಯಾನಕ ಕಥೆಯೂ ಅಲ್ಲ, ರೋಮಾಂಚಕಾರಿ ಪುಸ್ತಕವೂ

ಅಲ್ಲ. ಇದು ನ್ಯಾಯ, ಖುಷಿ ಮತ್ತು ಸಂಬಂಧಗಳ ಕುರಿತಾಗಿ ಅರಿವನ್ನು ನೀಡುವಂತಹ ಅದ್ಭುತ ಶೋಧವನ್ನು ಒಳಗೊಂಡ ಪುಸ್ತಕ. ಈ ಪುಸ್ತಕವು ಆಂತರಿಕ ಶೋಧದ ಒಂದು ಸುಂದರವಾದ ಅನುಭವವನ್ನು ನೀಡುತ್ತದೆ. ಈ ಪುಸ್ತಕದಲ್ಲಿ ಲೇಖಕಿಯು ಆತ್ಮಶೋಧದ ಬಗ್ಗೆ ಕನ್ನಡಿಯ ಉದಾಹರಣೆಯನ್ನು ತೆಗೆದುಕೊಂಡು ಬಹಳ ಸುಂದರವಾಗಿ ವಿಶ್ಲೇಷಿಸಿದ್ದಾರೆ ಕನ್ನಡಿಯಲ್ಲಿ ಮನುಷ್ಯ ತನ್ನ ದೇಹವನ್ನು ನೋಡಿಕೊಳ್ಳುತ್ತಾನೆ. ಕನ್ನಡಿಯಲ್ಲಿ ತನ್ನನ್ನು ನೋಡಿಕೊಳ್ಳುತ್ತಾ ಮನುಷ್ಯ ಯೋಚಿಸುತ್ತಾನೆ. “ನನ್ನ ಕಣ್ಣುಗಳು ಸುಂದರವಾಗಿರಬೇಕಿತ್ತು. ನನ್ನ ಮೂಗು ನೇರವಾಗಿರಬೇಕಿತ್ತು, ನನ್ನ ಕಿವಿಗಳು ಇಷ್ಟೊಂದು ದೊಡ್ಡದಾಗಿರಬಾರದಿತ್ತು. ತುಟಿಗಳು ಹೀಗಿದ್ದರೆ



ಚೆನ್ನಾಗಿರುತ್ತಿತ್ತು ಎಂದೆಲ್ಲ ಆಲೋಚಿಸುತ್ತಾನೆ. ಆದರೆ ಮನುಷ್ಯನು ತನ್ನೊಳಗೆ ಶೋಧ ನಡೆಸಿ ಪೂರ್ಣವಾದಾಗ ಹೇಳುತ್ತಾನೆ. “ನನ್ನ ಕಣ್ಣುಗಳೆಷ್ಟು ಸುಂದರವಾಗಿದೆ. ಒಳ್ಳೆಯ-ಕೆಟ್ಟ ದೃಶ್ಯಗಳ ಆಚೆ ನೋಡುತ್ತವೆ. ನನ್ನ ಮೂಗು ಎಷ್ಟು ಚುರುಕಾಗಿದೆ, ಸದಾ ಸತ್ಯದ ಸುವಾಸನೆಯ ಆನಂದವನ್ನು ಪಡೆಯುತ್ತದೆ. ನನ್ನ ಕಿವಿಗಳೆಷ್ಟು ಒಳ್ಳೆಯದಾಗಿವೆ, ಎಲ್ಲರ ವಾಣಿಯಿಂದ ಕೇವಲ ಸತ್ಯವನ್ನೇ ಶ್ರವಣ ಮಾಡುತ್ತದೆ. ಈ ರೀತಿಯಾಗಿ ಸಕಾರಾತ್ಮಕವಾಗಿ ಯೋಚಿಸಲು ಪ್ರಾರಂಭಿಸುತ್ತಾನೆ ಮತ್ತು ಇದೇ ಆತ್ಮ ಶೋಧ ಎಂದರೆ. ಈ ಕಥೆಯಲ್ಲಿ ಹರ್ಕುಲಿಸ್‌ಗೆ ಬಿದ್ದಂತಹ ಕನಸು ಆತನಿಗೆ ಅವನ ಮುಂದಿನ ದಾರಿಯನ್ನು ತೋರಿಸುತ್ತದೆ. ಆದರೆ ಇಲ್ಲಿ ಆತನಿಗೆ ಬಿದ್ದ ಕನಸು ಕೇವಲ ನೆಪಮಾತ್ರಕ್ಕೆ ಎಂದು ಹೇಳಬಹುದು. ಏಕೆಂದರೆ ಅದನ್ನು ಗೊಡವಾಗಿ ಅರ್ಥೈಸಹೊರಟರೆ ನಮ್ಮ ನಿಜಜೀವನದಲ್ಲಿ ಅದು ನಮ್ಮ ವಿವೇಕ. ನಮ್ಮ ವಿವೇಕ ಅಥವಾ ನಮ್ಮ ಒಳಮನಸ್ಸು ನಾವು ತಪ್ಪು ದಾರಿ ಹಿಡಿದಾಗ ನಮ್ಮನ್ನು ಎಚ್ಚರಿಸುತ್ತಲೇ ಇರುತ್ತದೆ ಆದರೆ ಅರಿಷಡ್ವರ್ಗಗಳಿಂದ ಕೂಡಿದ ಮನುಷ್ಯನು ಅದನ್ನು ನಿರ್ಲಕ್ಷಿಸುತ್ತಾನೆ. ಇಲ್ಲಿ ಹರ್ಕುಲಿಸ್‌ಗೂ ಆದ ಅನುಭವ ಇದೇ. ಕೊನೆಗೆ ಶಾಂತಚಿತ್ತನಾಗಿ ತನ್ನನ್ನು ತಾನು ಅವಲೋಕಿಸ ಹೊರಟಾಗ ಅವನಿಗೆ ಆದ ಅರಿವು ಇಲ್ಲಿ ಬಹಳ ಸ್ಪಷ್ಟವಾಗಿ ಲೇಖಿಸಿದ್ದಾರೆ. ಇದಷ್ಟೇ ಅಲ್ಲದೆ ಚಿಕ್ಕ ಚಿಕ್ಕ ಕಥೆಗಳ ಮೂಲಕ ಸತ್ಯವನ್ನು ಅಂದರೆ, ಇತರರ ಬಗೆಗೆ ಮಾಡಲಾದಂತಹ ದೂರು, ತಕರಾರಿನ ಮೂಲವು ನಮ್ಮೊಳಗೆಯೇ ಅಡಗಿರುತ್ತದೆ ಎಂಬುದನ್ನು ಬೆಳಕಿಗೆ ತರಲಾಗಿದೆ.

ಈ ಪುಸ್ತಕದಲ್ಲಿ ಭಿನ್ನ-ಭಿನ್ನ ಪಾತ್ರಗಳ ಮೂಲಕ ಜೀವನದಲ್ಲಿ ನಡೆಯುವ ಸಾಧಾರಣ ಘಟನೆಗಳ ಮೂಲಕ ಶೋಧವನ್ನು ಮಾಡಲಾಗಿದೆ. ಈ ಕಥೆಯಲ್ಲಿ ಹರ್ಕುಲಿಸ್ ಎಂಬ ಒಬ್ಬ ಸಾಮಾನ್ಯ ತಿಳುವಳಿಕೆ ಮತ್ತು ಆಲೋಚನೆಯ ಮಟ್ಟವನ್ನು ಹೊಂದಿದಂಥ ಮನುಷ್ಯ, ಬದುಕಿನಲ್ಲಿ ನಡೆಯುವ ಘಟನೆಗಳ ಮಾಧ್ಯಮದಿಂದ ತನ್ನ ಶೋಧವನ್ನು ನಡೆಸಿ ಚೇತನದ ಉನ್ನತ ಸ್ತರವನ್ನು ತಲುಪಿ, ಸಂಪೂರ್ಣ ಸಮಾಜವನ್ನೇ ಬದಲಾಯಿಸುತ್ತಾನೆ ಎಂಬುದನ್ನು ನಿರೂಪಿಸಲಾಗಿದೆ. ಪ್ರತಿಯೊಬ್ಬ ಮನುಷ್ಯನಿಗೆ ಅವನ ಅಂತರಂಗದಿಂದ ಒಂದು ದಿವ್ಯ ಧ್ವನಿಯ ಮೂಲಕ ಮಾರ್ಗದರ್ಶನ ದೊರಕುತ್ತಿರುತ್ತದೆ. ಆದರೆ ಮನುಷ್ಯ ಅದನ್ನರಿಯದವನಾಗಿದ್ದಾನೆ ಹರ್ಕುಲಿಸ್ ಆ ದಿವ್ಯಮಾರ್ಗದರ್ಶನವನ್ನು ಅನುಸರಿಸಿ ಜೀವನದಲ್ಲಿ ಎದುರಾದಂತಹ ಎಲ್ಲ ತಿರುವುಗಳನ್ನು ಸರಿಯಾಗಿ ಅರ್ಥೈಸಿಕೊಂಡು ತನ್ನೆಲ್ಲಾ ಕೆಟ್ಟ ಪ್ರವೃತ್ತಿ ಸಂಸ್ಕಾರಗಳಿಂದ ಮುಕ್ತನಾಗಿ, ಇತರರ ಜೀವನದಲ್ಲಿ ಪರಿವರ್ತನೆಯನ್ನು ತರುವಲ್ಲಿ ಸಫಲನಾಗುತ್ತಾನೆ.



ಬೇರೆಯವರ ಬಗೆಗಿನ ದೂರು, ಆಲೋಚನೆಗಳ ಬೇರು ಹೇಗೆ ನಮ್ಮಲ್ಲಿಯೇ ಅಡಗಿದೆ ಎಂಬ ಸತ್ಯವನ್ನು ತಿಳಿಸುತ್ತದೆ. ಈ ಪುಸ್ತಕದಲ್ಲಿ ಬೇರೆ ಬೇರೆ ಪಾತ್ರಧಾರಿಗಳ ಮುಖಾಂತರ ಜೀವನದಲ್ಲಿ ದಿನನಿತ್ಯ ನಮಗೆ ದುಃಖವನ್ನು ನೀಡುವ ಸಾಮಾನ್ಯ ಘಟನೆಗಳ ಬಗ್ಗೆ ಶೋಧ ನಡೆಸಲಾಗಿದೆ. ಕೌಟುಂಬಿಕ ಕಲಹ, ನೌಕರಿಯಲ್ಲಿನ ತೊಂದರೆಗಳು, ವಿಭಿನ್ನ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಮನುಷ್ಯನ ಮೇಲಾಗುವ ಅನ್ಯಾಯ, ನಕಾರಾತ್ಮಕ ವಿಚಾರಗಳ ತೊಂದರೆ, ಮೂಢನಂಬಿಕೆಗಳ ಗೋಡೆ, ಇವೆಲ್ಲವುಗಳಿಂದ ಹೇಗೆ ಬಿಡುಗಡೆ ಹೊಂದಬಹುದು ಎಂಬುದನ್ನು ತಿಳಿಸಿದ್ದಾರೆ. ಈ ಪ್ರಪಂಚವು ನಮಗೆ ಹೇಗೆ ಕಾಣಿಸುತ್ತದೋ ಹಾಗಿಲ್ಲ ಬದಲಿಗೆ ನಾವು ಹೇಗಿದ್ದೀವೋ ಹಾಗಿದೆ. ನಾವು ಪ್ರಪಂಚವನ್ನು ನೋಡುವ ದೃಷ್ಟಿಕೋನ ಬದಲಾದರೆ ಇಡೀ ಪ್ರಪಂಚವೇ ಭಿನ್ನವಾಗಿ ತೋರುತ್ತದೆ. ನಮ್ಮ ದೃಷ್ಟಿ ಬದಲಾದರೆ ಸೃಷ್ಟಿಯು ಕೂಡಾ ಬದಲಾಗುತ್ತದೆ. ಈ ಪುಸ್ತಕವು ಮನುಷ್ಯನಿಗೆ ಆತನ ನಿಜವಾದ ಮುಖವನ್ನು ತೋರಿಸಿ ಸ್ವಯಂ ದರ್ಶನವನ್ನು ಮಾಡಿಸುತ್ತದೆ. ಆತ್ಮಶೋಧವು ಈ ಪುಸ್ತಕದ ಪ್ರಮುಖ ವಿಷಯವಾಗಿದೆ. ಇವತ್ತು ಸಮಾಜದಲ್ಲಿ ಕೆಲ ಜನರು ತಮ್ಮ ಆಲೋಚನೆಗಳಿಂದ ವ್ಯಾಕುಲಗೊಂಡಿದ್ದಾರೆ ಯಾದರೆ, ಇನ್ನು ಕೆಲವರು ಶಾರೀರಿಕ ಅಸ್ವಸ್ಥತೆಯ ಕಾರಣದಿಂದ ತೊಂದರೆಯಲ್ಲಿದ್ದರೆ, ಕೆಲ ಜನರು ತಮ್ಮ ಜೀವನದಲ್ಲಿ ಆಗುವ ಅನ್ಯಾಯಕ್ಕೆ ತುತ್ತಾಗಿದ್ದಾರೆ ಯಾದರೆ ಇನ್ನು ಕೆಲವರು ತಮ್ಮ ನೌಕರಿ ವ್ಯವಸಾಯದಲ್ಲಿ ಬಂದು ಹೋಗುವ ಒತ್ತಡಕ್ಕೆ ಬಲಿಯಾಗಿದ್ದಾರೆ. ಮನೆ, ಸಂಸಾರ ಯಾವುದು ನಮ್ಮ ಮಿಷಿಯ, ಆನಂದದ ಮೂಲವಾಗಿರಬೇಕೆತ್ತೋ ಅದೀಗ ವಾದ-

ವಿವಾದದ ಮೈದಾನವಾಗಿದೆ. ಮನುಷ್ಯ ಚಿಕ್ಕ-ಪುಟ್ಟ ವಿಚಾರಗಳಲ್ಲಿ ಸಿಲುಕಿ ಅಜ್ಞಾನದಲ್ಲಿಯೇ ಬದುಕನ್ನು ಸಾಗಿಸುತ್ತಿದ್ದಾನೆ. ಅವನು ಯಾವ ಕಾರ್ಯಕ್ಕಾಗಿ ಈ ಪೃಥ್ವಿಯ ಮೇಲೆ ಬಂದಿರುವನೆಂಬುದನ್ನರಿಯದೆ ಈ ಪೃಥ್ವಿಯಿಂದ ಹೊರಟು ಹೋಗುತ್ತಾನೆ. ಈ ಎಲ್ಲಾ ಸಂಗತಿಗಳಿಂದ ಹೊರಬರಲು ಆತ್ಮಶೋಧ ಹೇಗೆ ನಡೆಸಬೇಕು ಎಂಬುದನ್ನು ಈ ಪುಸ್ತಕವು ಸಂಪೂರ್ಣವಾಗಿ ತಿಳಿಸಿಕೊಡುತ್ತದೆ. ಮನುಷ್ಯನಿಗೆ ಈ ಪ್ರಪಂಚವೇ ಕನ್ನಡಿಯಾಗಿದೆ. ತನ್ನ ವ್ಯಕ್ತಿತ್ವದ ಪ್ರತಿಬಿಂಬ ಈ ಪ್ರಪಂಚವೇ ಆಗಿದೆ. ಆದರೆ ಮನುಷ್ಯನಿಗೆ ಈ ಪ್ರಪಂಚವು ತನ್ನ ಕನ್ನಡಿ ಎಂಬ ವಿಚಾರವೇ ತಿಳಿದಿಲ್ಲ. ಹಾಗಾಗಿ ಅದರಲ್ಲಿ ತನ್ನ ಪ್ರತಿಬಿಂಬವನ್ನು ನೋಡಿಕೊಳ್ಳುವುದು ಬಿಟ್ಟು ಕನ್ನಡಿಯಲ್ಲಿಯೇ ಸಿಲುಕಿ ಹಾಕಿಕೊಂಡಿದ್ದಾನೆ. ಅದರಿಂದ ಹೊರಬರಲಾರದೇ ಖಿನ್ನತೆಗೆ ಒಳಗಾಗುತ್ತಿದ್ದಾನೆ. ಈ ಎಲ್ಲಾ ವಿಚಾರಗಳನ್ನು ಸವಿಸ್ತಾರವಾಗಿ ಈ ಪುಸ್ತಕದಲ್ಲಿ ತಿಳಿಸಿಕೊಡಲಾಗಿದೆ.

● ಶ್ರೀರಕ್ಷಾ,
ದ್ವಿತೀಯ ಬಿ.ಸಿ.ಎ.



माँ

माँ वह है, जो हमें जन्म देती है और हमारा हमेशा लालन – पालन करती है। माँ के जैसी दया किसी में नहीं होती है। वह सब कुछ सह लेती है लेकिन अपने परिवार और बच्चे पर कोई संकट नहीं आने देती है। वह कवच बनकर सब संकट से अपने परिवार को बचा लेती है। माँ ही सब बच्चों का पहली गुरु होती है। माँ के बिना अपने जीवन की कल्पना भी नहीं कर सकते हैं। हम हमेशा संकट के वक्त माँ का नाम जरूर लेते हैं। माँ हमेशा

सब काम कर लेती है और अपने बच्चे और परिवार की देखभाल करती है। लेकिन कभी भी कुछ भी शिकायत नहीं करती है। उसके लिए अपना परिवार सबसे बड़ा होता है। वह उस पर कुछ भी संकट आने नहीं देती है। माँ के बारे में जितनी भी बातें की जाए वह कम है। सबके जीवन में माँ का सबसे ज्यादा महत्व है।

● साक्षी
द्वितीय बी. कॉम

किताब

किताब बच्चों से बड़ों तक सब के लिए उपयुक्त है। पुस्तक हर क्षेत्र में और हर उम्र में जरूरी होते हैं। बच्चे अपनी प्रारंभिक शिक्षा पुस्तकों के माध्यम से लेते हैं, तो वही बुजुर्ग उसे अपने मनोरंजन के साधन के रूप में या धार्मिक कार्यों के लिए करते हैं पुस्तक ज्ञान के साथ-साथ मनोरंजन का भी माध्यम है। जैसे डॉक्टरों के लिए अलग किताबें होती हैं और इंजिनियर्सों के लिए अलग। जैसे दुनिया में अलग-अलग क्षेत्र होते हैं, वैसे ही पुस्तकें भी होती हैं।

पुस्तक का एक बड़ा इतिहास है। एक बार पत्रों का आविष्कार हो जाने के बाद लोगों ने लिखना शुरू कर दिया और पहले पुस्तक हस्तलिखित ही हुआ करते थे। 1455 में पहली पुस्तक छपी जो की बाइबिल थी।

पुस्तक ज्ञान का एक बड़ा भंडार है। बच्चों, बड़ों के साथ के लिए उपयुक्त है। एक पुस्तक कभी आपको धोखा नहीं देता और सदैव आपके ज्ञान को बढ़ाता ही है। पुस्तक से हम रोचक

कहानियाँ, देश-दुनिया में होनेवाली गतिविधियाँ, सब पा सकते हैं। पुस्तक पढ़ना एक अच्छी आदत है, और हम सबको इन्हें अवश्य पढ़ना चाहिए। किताबें पढ़ना हमारी आत्मा का उत्थान करता है और हमारे दिमाग को मजबूत करता है। इसलिए किसी को ज्ञान प्राप्त करने के लिए अपने दैनिक कार्यक्रम में अच्छे पुस्तकों को पढ़ने की आदत का अभ्यास करना चाहिए और अधिक संसाधनयुक्त बनना चाहिए।

किताब पढ़ने से हमारी भाषा और शब्दावली बढ़ती है। हम और अधिक धाराप्रवाह हो जाते हैं, जिसके परिणामस्वरूप हम आत्मविश्वास से बहस, क्विज और भाषण में भाग ले सकते हैं, किताबें हमारा सारा तनाब भी दूर कर देती हैं। किताब हमसे यह कहता है कि तुम सर झुका कर मुझे देखो मैं तुम्हें सर उठा कर जीना सिखाऊँगा।

● धनुष
द्वितीय बी. कॉम

स्वच्छ भारत, स्वस्थ भारत

स्वच्छ भारत अभियान हमारे प्रधान मंत्री श्री नरेंद्र मोदी जी के द्वारा ३ अक्टूबर २०१४ को नई दिल्ली के वाल्मीकि बसती से की गई। स्वच्छता एक ऐसा कार्य नहीं है, जो हमें दबाव में आकर करना चाहिए। ये एक अच्छी आदत और स्वस्थ तरीका है, हमारे अच्छे जीवन के लिए, अच्छे स्वास्थ्य के लिए। सभी प्रकार की स्वच्छता बहुत जरूरी है। चाहे वह व्यक्तिगत हो अपने आसपास की पर्यावरण की परंतु जानवरों की या काम करने की जगह, स्कूल, कालेज, आदि हो। हम सभी को जागरूक होना चाहिए कि कैसे अपने रोज के जीवन में साफ सफाई को शामिल करना बहुत आसान है। हमें स्वच्छता से कभी समझौता नहीं करना चाहिए। ये जीवन में पानी और खाने की तरह ही

आवश्यक है। इसमें बचपन से ही कुशल होना चाहिए, जिसकी शुरुवात केवल हर अभिभावक के द्वारा हो सकती है। पहली और सबसे बड़ी जिम्मेदारी है के रूप में है। स्वच्छ भारत अभियान भारत को गंदगी – रहित बनाने का एक ऐसा अभियान है, जो राष्ट्रीय आंदोलन के रूप में भारत सरकार द्वारा देश के सारे नगरों की साफ-सफाई का लक्ष्य आरंभ किया गया है साथ ही हम सबको अपना देश साफ रखना होगा।

‘स्वच्छ भारत स्वस्थ भारत’

● पायल
प्रथम बी. कॉम



डिप्रेशन – लक्षण और निवारण (अवसाद)

आज के समय में टीनएजर्स किस तरह की समस्याओं से जूझ रहे हैं, इसे जानने के लिए प्यू रिसर्च सेंटर ने एक सर्वे किया है। इस सर्वे में कई चौकाने वाले मामले सामने आए हैं। सर्वे के मुताबिक आजकल टीनएजर्स के बीच डिप्रेशन – एंजायटी और बुलिंग सबसे बड़ी समस्या है। प्यू रिसर्च सेंटर ने 13-17 साल के 920 लड़के और लड़कियों का साक्षात्कार करके वार्षिक रपट जारी किया है। 70 फीसदी टीनएजर्स के लिए डिप्रेशन – एंजायटी और 55 फीसदी के लिए बुलिंग दूसरा मुद्दा है। सिर्फ बुलिंग से ही करीब 90 फीसदी टीनएजर्स परेशान रहते हैं।

नवजात शिशु से लेकर बुजुर्गों तक में अवसाद देखा गया है। बच्चों और वयस्कों में भी डिप्रेशन की संख्या दिन-प्रतिदिन बढ़ रही है। तनाव युक्त जीवन, अत्यधिक महत्वाकांक्षी होता है और बढ़ाता है। ह.ऋ.ट (डब्ल्यू. एच. ओ) के अनुसार हर 6 महिला में 1 और 8 पुरुषों में 1 डिप्रेशन का शिकार है। विश्व में (8,00,000) लोग हर वर्ष आत्महत्या करते हैं। हर 40 सेकेंड में एक व्यक्ति प्रयास करता है, मरने के लिए, ये डाटा विश्व स्तर पर ह.ऋ.ट द्वारा दिया गया है।

डिप्रेशन के लक्षण : मनोदशा, निद्रा, संज्ञानात्मक, नशा, विशेष शारीरिक लक्षण, आदि। चिंता, उदासीनता, असंतोश, खालीपन, अपराध बोध, निराशा, मिजाज बदलते रहना, घबराहट अथवा सुख प्रदान करने वाले कार्यों से भी सुख की अनुभूति ना होना। अवसाद में व्यक्ति व्यथित होता है। कुछ मरीजों में अत्यधिक नींद भी पाई गई है। वह हमेशा थकान और बेचैनी का अनुभव करता है। एकाग्रता की कमी, हर कार्य में धीमी गति का होना, आत्महत्या के विचार, कुछ याद ना रहना आदि। कुछ लोग नशा करने लगते हैं की वे हरदम वास्तविकता से दूर रहे क्योंकि उनमें इसे स्वीकार करने की शक्ति नहीं होती। इन टीनएजर्स के साथ माता-पिता को काफी संघर्ष का सामना करना पड़ता है। इनमें पारस्परिक अस्वीकृति भी पायी जाती है। मनोसंचालन मनन भी देखा जाता है। कब्ज, सर दर्द, वजन गिरना भी अवसाद में पाया जाता है। यह उच्च स्तरीय परिवारों में अधिक देखा जाता है।

आहार (निवारण) : एक पुरानी कहावत है, जैसा खाये अन्न, वैसा होवे मन।

भोजन में जरूरी पोषण तत्व ना होने से अवसाद की स्थिति और

बिगड़ जाती है। सही आहार अवसाद को ठीक करने में अति सहायक है। 70-90% मनोविकारों में लाभ मिलता है। सहायक आहार : विटमिन बी 12 और फोनेट युक्त आहार – दूध, साबुत अनाज, ब्रकोली, बादाम, पालक, दालें, सप्लिमेंट्स इत्यादि।

सेलेनियम-सेलेनियम युक्त आहार डिप्रेशन के लक्षण घटाने में अति सहायक माना जाता है। ये साबुत अनाज और दालें आदि ब्रौन राइस, ओट मिल और त्रिकोण फन में भी सेलेनियम पाया जाता है।

आमेगा – 3 पैरी एसिड, बादाम, अखरोट, अलसी, आदि सप्लिमेंट भी ले सकते हैं।

उपचार : भाग्यवश अवसाद का निवारण है, यह लाइलाज नहीं। यदि आपके आस-पास कोई भी व्यक्ति बताए गए 2-3 लक्षणों या अधिक से ग्रस्त हैं तो उसे तुरंत डाक्टर के पास लेकर जाए। 2 हफ्ते से अधिक यदि कोई व्यक्ति दुःखी या उदास है और खाना-पीना ठीक से ना ले रहा हो तो वह अवसाद से ग्रसित हो सकता है।

श्री श्री रविशंकर जी कहते हैं ध्यान के 3 नियम है :

मैं कुछ नहीं हूँ – अकिंचन

मैं कुछ नहीं करने वाला – अप्रयत्न

मुझे कुछ नहीं चाहिए – अचाह

ध्यान करने से मस्ती, प्रसन्नता, शांति बनी रहती है। शरीर तंदुरुस्त, अतः पुरानी, बुद्धि तीक्ष्ण होती है। ध्यान मतलब मन का विकास, दृश्य से दृष्टा पर ध्यान देना चाहिए।

इनके साथ ही अगर आप के मन में हर समय कुछ बुरा होने की आशंका रहती है तो इससे भी अवसाद में जाने का खतरा रहता है। कुछ मेडिकल कारणों से भी लोगो को अवसाद होता है, जिनमें एक है थायरॉयड की कम सक्रियता होना, कुछ दवाओं के साइड इफेक्ट्स में भी अवसाद हो सकता है।

अगर सही समय पर इलाज शुरू कर दी जाय तो ठीक होना आसान है। डिप्रेशन की इलाज संभव है।

● नेहा
प्रथम बी. कॉम 'सी'





हमारी दोस्ती सबसे प्यारी

जिन्दगी के एक पहलू में आकर
मेरा हाथ उन लोगों ने थामा ।
हाथ क्या उन लोगों ने याम ली
पूरी जिन्दगी ही बदल गयी ।
दोस्त तो हम पहले भी थे
जान तब बने जब मुसीबत के आगे थे पेहरा लगाए बैठे थे ।
खुदा का तोहफा है मिला मुझे
एक से बढ़कर एक नमूने है ।
ना जाने कहाँ से टपके है ।
खुदा करे ये दोस्ती हमारी यूँ ही बनी रहे
एक दूसरे का साथ यूँ ही देते रहे ।
ये बंदर की टोली के बगैर मेरी जिन्दगी का स्वाद फीका है
जैसे नमक के बिना खाने का स्वाद फीका है ।
सभी चीजों से कीमती है
हमारी दोस्ती सबसे प्यारी है ।

- आकांक्षा पी के
द्वितीय बी. एस. सी

पकडना तुम कलम कुछ इस तरह

उँगलियाँ महसूस किये खुद बोल उठेंगी
सीने में तेरे बहते हुए जो थे
जज़्बात दबे हुए से
खुद ही बह जाएँगे
घुल जाएँगे स्याही में
पर दिल को हलका रखना जरा
अलफाज़ ढूँढ़ना तू कुछ इस तरह
तभी आएँगी तेरी मन की बातें जो
कोरे कागज़ को भी सजा दे पूरी
दुनिया जहाँ तू आज दिन बिताए
उसे भूल जा एक पल के लिए
तू- खेल अलफाजों से कुछ ऐसे
कि कागज़ में दिल और जान भर जाय
लिखो जो तेरा मन कहे
और वही खुद एक दुनिया बनाए
जिस दुनिया में हो तेरा हर ख़्वाब मुकम्मल
और रोशनी तेरी ओर अपना कदम रख आए ।

- निवेदिता पै ,
द्वितीय बी. कॉम

ज़ुबाँ

किस जुबाँ से
इसके बारे में कहूँ
यही सब कह जाती है
मोहब्बत का पैगाम भी
यही कभी-कभी बन जाती है
और कभी
नफरत - ए - आला भी
पता है शरीर का सबसे
छोटा अंग है जुबाँ
पर काम यह
बड़े-बड़े कर जाती है
यह जुबाँ है
किसी को झुका भी सकती है
और किसी के आगे
झुक भी सकती है
लोग तो जुबाँ के मूल्य
पर कारोबार करते हैं
बड़ी कीमती चीज़ है जनाब
वरना ये तो ऐसे ही होगा
इसके नाम पर
करोड़ो नहीं दे जाते हैं
क्या कुछ नहीं होता जुबाँ से
यही रिश्ते को
बना भी सकती है
और चाहे तो
बिगाड भी सकती है
कुछ तो जादू है
ये जुबाँ में
जो रोते हुए को
हसाँ भी सकती है
और हँसते हुए को
रुला भी सकती है

- स्वाति कामथ
द्वितीय बी. कॉम



भारतीय किसान

भूमिका : भारत कृषि प्रधान देश है, जिसकी ७० प्रतिशत जनता गाँवों में निवास करती है एवं जिसका व्यवसाय कृषि है। इसीलिए गाँधी जी भारत के गाँवों को भारत की आत्मा और भारतीय संस्कृति को 'कृषक-संस्कृति' कहा करते थे। **भारतीय किसान का जीवन :** भारतीय किसान का जीवन परिश्रम तथा त्याग की गथा है। वह प्रातःकाल से लेकर देर रात तक परिश्रम करता है, खेतों में अन्न उगाता है और नगरवासियों का अन्नदाता है। चाहे कड़कड़ाती ठंड हो या चिलचिलाती धूप, वर्षा की झड़ी लगी हो या तेज आँधी-तुफान आए, वह कर्म योगी की तरह अपने कर्तव्य पालन करने में लगा रहता है। भारत का किसान सादा सूखा खाकर, मोटा कपड़ा पहनकर, कच्चे – पक्के मकनों में रहकर भी संतुष्ट रहता है। **भारतीय किसान की विशेषताएँ और उसकी दुखस्था:** स्वतंत्रता के इतने वर्षों बाद भी भारत का किसान रुढ़िवादी, भग्यावादी तथा अंधविश्वासी है। निर्धनता और

अज्ञानता, दोनों ही किसान के लिए अभिशाप हैं। कृषि के वर्षा पर निर्भर रहने के कारण प्रायः वह कर्म में डूबा रहता है, धार्मिक उत्सवों तथा सामाजिक परंपराओं पर अपनी क्षमता से अधिक खर्च कर देने के कारण उसकी स्थिति और भी दयनीय हो जाती है। **सरकार द्वारा किए जा रहे प्रयत्न:** सरकार ने भारत के किसानों की दशा सुधारने के लिए अनेक योजनएँ प्रारंभ की हैं, जिनका आशातीत सुपरिणाम निकला है। अच्छी तकनीक, खाद, बीज आदि का सरकार समितियों द्वारा वितरण, शिक्षा के प्रसार तथा सस्ती दर पर ऋण उपलब्ध कराया गया है, जिससे किसानों की दशा में काफी सुधार हुआ है।

“जय जवान जय किसान”

● दीपिका
द्वितीय बी.कॉम

शिक्षक

एक विद्यार्थी के जीवन में शिक्षक एक ऐसा महत्वपूर्ण इंसान होता है, जो अपने ज्ञान, धैर्य, प्यार और देखभाल से उसके पूरे जीवन को एक मजबूत आकार देता है। इस दुनिया को एक मजबूत आकार देता है। इस दुनिया में शिक्षक के पेशे के रूप में माना जाता है। क्योंकि शिक्षक किसी के जीवन को बनाने में निस्वार्थ भाव से अपनी सेवा देते हैं। उनके समर्पण भाव की तुलना किसी अन्य कार्य से नहीं की जा सकती। शिक्षक वे होते हैं, जो अपने सभी विद्यार्थियों का ध्यान रखते हैं। वे उनके खाने की आदत, स्वच्छता का स्तर दूसरों से व्यवहार और पढ़ाई की और एकाग्रता की जाँच करते हैं। शिक्षक कभी बुरे नहीं होते, ये केवल उनके पढ़ाने का तरीका होता है जो एक दूसरे से अलग होता है और विद्यार्थियों के दिमाग में उनकी अलग छवि बनाती है। शिक्षक केवल अपने विद्यार्थियों को खुश और सफल देखना चाहते हैं। एक अच्छा शिक्षक कभी अपना धैर्य नहीं खोता और हर विद्यार्थी के अनुसार पढ़ाता है। विजय और सफलता पाने के लिए जीवन में शिक्षा की सबसे शक्तिशाली हथियार के रूप में माना जाता है। अपने देश के भविष्य और युवाओं के जीवन को बनाने और उसे आकार देने जैसे महत्वपूर्ण जिम्मेदारी कार्य को करने के लिए शिक्षकों को दिया जाता है। शिक्षा की ओर महत्वपूर्ण जिम्मेदारी को शिक्षक निभाता है और

बच्चों के वर्तमान और भविष्य को बनाता है। अपने पूरे जीवन भर ढेर सारे विद्यार्थियों को निर्देशित और शिक्षित करने में शिक्षक एक महान कार्य करता है। जीवन में सही रास्ता चुनने के लिए शिक्षक को भगवान द्वारा धरती पर भेजा जाता है साथ ही साथ बुरी परिस्थिति में सही फैसला करने में उन्हें सक्षम बनाता है। शिक्षक बच्चों को उनके बचपन से ही नेतृत्व करते हैं और उन्हें मानसिक, सामाजिक तथा बौद्धिक रूप से काबिल बनाते हैं। शिक्षक किसी सामान्य व्यक्ति की तरह होते हैं जो हमारे बीच में से ही होते हैं लेकिन वे अपने विद्यार्थियों के लिए पढ़ाने का एक अलग कार्य चुनते हैं।

शिक्षक की आवश्यकता सर्वत्र होती है, जिसे नकारा नहीं जा सकता। उनकी शिक्षा की झलक हमें उनके छात्रों में मिल जाती है। एक अच्छे गुरु का कर्तव्य है कि वह सदैव अपने शिष्य को आगे बढ़ने के लिये प्रेरित करना चाहिये और सच्चे मायनों में गुरु का आदर तभी हो सकता है, जब हम उनके बताए गए मार्ग पर चलें। एक शिक्षक होना बहुत ही कठिन कार्य है और नमन है सभी शिक्षकों को जिसने मेरे जीवन में अहम भूमिका निभाई।

● राम्या एस भट्ट
द्वितीय बी.कॉम 'सी'



भारत

पूरे विश्व भर में भारत एक प्रसिद्ध देश है। हमारा देश एशिया महाद्वीप के दक्षिण में स्थित है। भारत एक अत्यधिक विस्तृत देश है। हिमालय नाम का एक पर्वत है, जो विश्व में सबसे ऊँचा है। ये तीन तरफ से तीन महासागरों से घिरा हुआ है। जैसे दक्षिण में हिन्दु महासागर, पूरब में बंगाल की खाई और पश्चिम में अरेबिक सागर, भारत में लगभग २२ भाषाओं को राष्ट्रीय रूप से मान्यता दी गयी है।

भारत एक खूबसूरत देश है। जो अपनी अलग संस्कृति और परंपरा के लिए जाना जाता है। भारत के नागरिक विनम्र और प्रकृति से घुले- मिले होते हैं। 1947 से पहले यह एक गुलाम देश था। हमारे महान स्वतंत्रता सेनानियों के संघर्ष की वजह से 1947 में भारत को अंग्रेजों से आज़ादी मिली। जब भारत को आज़ादी मिली तो पंडित जवाहरलाल नेहरू भारत के प्रथम प्रधान मंत्री बने।

भारत के लोग स्वभाव से बहुत ही ईमानदार और भरोसेमंद होते हैं। मेरे देश की मातृभाषा हिन्दी है। भारत में बहुत महान लोग

पैदा हुए हैं और महान कार्य किये हैं। भारत में दूसरे देशों से आये लोगों को दिल से स्वागत करते हैं। भारत एक गणतंत्र देश है जो देश की जनता को देश के बारे में फैसले लेने का अधिकार है।

भारत में देखने के लिए प्रचीन समय के बहुत सारे सुंदर प्राकृतिक स्थल, स्मारक ऐतिहासिक धरोहरों की सुंदरता को देखने आती है। मेरा देश भारत शिव-पार्वति, कृष्ण, महत्मा गाँधी, स्वामी विवेकानंद जैसे महपुरुषों की धरती है।

यह एक समृद्ध देश है जहाँ साहित्य, कला और विज्ञान के क्षेत्र में महान लोगों ने जन्म लिया है। यह एक ऐसा देश है जहाँ प्रसिद्ध नदी और महासागर बहती है, जैसे गंगा, यमुना, गोदावरी, नर्मदा, ब्रह्मपुत्रा, कृष्णा, कावेरी, बंगाल की खाई अरेबिक सागर आदि यह एक ऐसा देश है जहाँ लोग बौद्धिक और आध्यात्मिक होते हैं, साथ ही वे देवी- देवतों में भी भरोसा करते हैं।

● पिकी कुमारी
द्वितीय बी.कॉम 'सी'

बेटी समाज की रोशनी

क्या दुनिया है ये
जिसमें न कोई इज्जत
क्या दोष है हमारा
कि सहना पड़े ये सब ...

न आए हम अपनी मर्जी से
इस दुनिया में जीने
न जी पा रहे हैं यहाँ
अपनी मर्जी से...

सब को चाहिए माँ
दोस्त, बहन या बीवी
पर क्यों न चाहे बेटी
जो असली दौलत है

बेटियों घर की शान है
घर की मान-मर्यादा है
घर की रौनक है
पर क्यों न चाहे उसे कोई

जब जीने आ रहे हैं हम
इस नवीन दुनिया में
तो मार देते हैं हमें
कदम रखने से पहले

बेटी को बचाओ, बेटी को पढ़ाओ
क्यों कि यह बेटी ही आगे बढ़कर
हमारे देश की रक्षा करेगी और
समाज में रोशनी फलायेगी।

● रश्मी एस
द्वितीय बी.कॉम



संस्कारों का महत्व

संस्कार का अर्थ है धार्मिक अनुष्ठान संस्कार हमें हमारे परिवार से मिलता है। वह एक व्यक्ति की पहचान होती है, जिससे हमारे जीवन और सोच पर प्रभाव पड़ता है। हमारे चलने, बोलने या कोई काम करने के तरीके से हमारे संस्कारों के बारे में पता चलता है। व्यक्ति का चरित्र और उसका व्यक्तित्व उसके परिवार और बड़े बुजुर्गों द्वारा दिए गए संस्कारों पर आधारित होता है। व्यक्ति के अच्छे बुरे संस्कारों के चलते उसे भलाई या बुराई के रास्ता चुनना है। हमारे संस्कार हमें गलत रास्ते पर जाने से रोकते हैं। मनुष्य को अपने धार्मिक, अनुष्ठान का पालन करना चाहिए। क्योंकि यह अनुष्ठान और संस्कार हमारे पूर्वजों की दी हुई अमानत है, जिससे हम अपने जीवन को सुखमय और सफल बना सकें।

संस्कार मनुष्य के कुल की पहचान होती है। झूठ बोलना, बुराई करना, गुस्सा करना किसी का बुरा चाहना यह सब बुरी आदतें होती हैं। संस्कार अगर अच्छे हों तो इन आदतों पर काबू किया जा सकता है। भलाई, सच्चाई, इमानदारी, संयम, क्षमा, सदाचार शील आदि गुणों को मनुष्य अपने जीवन में विकसित करके हर व्यक्ति बुरी आदत और बुरे व्यक्तित्व से ऊपर उठ सकता है। बड़ों के पैर छू कर उनका आशीर्वाद लेना, उनका आदर और सम्मान करना, दूसरों से मुस्कुराकर बात करना, ज्यादा नहीं बोलना, बुरी आदतें ना रखना, समय से काम लेना आदि एक संस्कारी व्यक्ति की छवि हैं। संस्कारी व्यक्ति नियम और समय का पक्का होता है और उसकी कीमत जानता है। वह आज्ञाकारी और अनुशासित

होता है। इस कारण वह अपने जीवन में हमेशा सफलता और समृद्धि को प्राप्त करता है।

संस्कार हमारे देश की महान संस्कृति की एक देन है। एक संस्कारी व्यक्ति का समाज में मूल्य और सम्मान बढ़ जाता है। एक बच्चे पर बड़ों के किए जाने वाले प्रत्येक काम और बात का प्रभाव होता है बच्चों को जैसा देखने को और सुनने को मिलता है, उसे वैसे ही शिक्षा मिलती है और वह शिक्षा उसके संस्कार बन जाता है। जीवन के आरंभ में जिन संस्कारों की नींव डाली जाती है, उसका जीवन उसी के अनुसार बन जाता है। इसलिए परिवार के बड़े बुजुर्ग और बच्चों के माता पिता का यह सबसे प्रथम कर्तव्य होता है कि वे अपने बच्चों को उचित योग्य संस्कारों से सँवारकर प्रेम से उन्हें बड़ा करें। संस्कार और जीवन के संबन्ध में महर्षि अरविन्द के विचार महत्वपूर्ण हैं। उन्होंने कहा था, संस्कार जीवन के अस्तित्व के साथ आरम्भ होता है। मानव को सही पथ पर अग्रसर होने में संस्कारों की अहम भूमिका है। जिस व्यक्ति में बुरे संस्कारों की प्रबलता अधिक होती है, वह चरित्र हीन बन जाता है। जिस व्यक्ति में अच्छे संस्कारों की प्रबलता अधिक होती है उसका चरित्र अच्छा हो जाता है। इसलिए व्यक्ति को अच्छे संस्कारों के पालन करना चाहिए।

● लक्ष्मी
द्वितीय बी.कॉमा

स्मृति

जीव जन्म लेता है और उसके साथ ही जगती है उसकी स्मृति। स्मृति एक ऐसी चीज़ है, जो हमें अपने बीते हुए समय को फिर से दोहराने में मदद करती है। स्मृति बड़ी ही बलशाली परंतु विचित्र अनुभूति होती है, सदा आपके साथ रहती है। आपके साथ जो-जो घटता है वह कहीं ना कहीं किसी स्थान में संचित रहता है। पर कभी-कभी हम भूल जाते हैं कि ये स्मृति हमारी है और इसमें क्या सहेजना चाहिये? सुख, आनंद के क्षण, वो क्षण जहाँ किसी ने ह्म पर उपकार किया, वे क्षण हैं जहाँ किसी ने हम पर उपकार किया, वे क्षण जहाँ किसी ने अपनी मित्रता निभाई, जहाँ हमने किसी को सुख दिया। पर हम क्या स्मरण रखते हैं?

अपने दुःख, पीड़ाएँ, वो क्षण जहाँ किसी ने शत्रुता निभाई, जहाँ किसी ने हमारे साथ कुछ बुरा किया और फिर स्मृतियाँ हमें प्रेरित करती हैं प्रतिकार के लिए। इसलिए हमें क्या भूलना है, और हमें क्या स्मरण रखना है, ये हम पर निर्भर करता है। अतः यह स्मृतियाँ बड़ी सुंदर चीज़ हैं, जो हमें अपनी सबसे हसीन और कठिन पलों को एक ही समय में याद करने में साथ देती हैं।

● दीक्षा वि किणी
द्वितीय बी.कॉमा



मेरा शहर राजस्थान

मेरा जन्म राजस्थान के सिरोही गाँव में हुआ है। मैं बहुत ही भाज्यशाली हूँ कि मैं एक राजीय शहर में जन्मी हूँ। रापस्थान का वर्णन अपने शब्दों में ज़ाहिर करना बहुत मुश्किल है। मैं आज आप सभी पाठकों को मेरे शहर राजस्थान का एक सुंदर चित्रण करवाना चाहती हूँ।

राजस्थान भारतीय सीमा हर स्थित राजाओं का प्रदेश है। क्षेत्रफल के हिसाब से वह भारत का सबसे बड़ा राज्य माना जाता है। राज शाही इतिहास और महाराजों की कर्मभूमी राजस्थान से जुड़ी हुई है। भारत में यहाँ शहर राजपुतों के नाम से बहुत प्रसिद्ध है, राजस्थान की राजधानी जयपुर है वह 'गुलाबी नगर' के नाम से बहुत प्रचलित है।

देशी और विदेशी पर्यटन स्थलों में से एक है। हवा महल, माउंट आबू, जल मंडल, भीष्म मंदिर, जंतर-मंतर, पिचोला, तालाब और हल्दि घाटी पर्यटनों का सरताज बनी हुई है। जो कोई एक बार राजस्थान क्षेत्र का भ्रमण कर लेता है, उनके जीवन के सबसे यादगार पलों में राजस्थान की यात्रा का रोचक अध्याय जुड़ जाता है। राजस्थान का क्षेत्रफल 3,42,269 को किलोमीटर है

जो भारत के कुल क्षेत्रफल का 10.4% भाग है। राजस्थानी लोग खाने के अच्छे शौकीन माने जाते हैं, राज्य की पहचान अपने आन-पान की वजह से भी इसकी शान को चार-चाँद लगे है। भुजिया, दाल बाटी चुरमा, पिठौर की सब्जी, दाल की पूरी, मावा, मालपुवा, घेवर, लापसी, बालुशाही, गौदी, गटटे की सब्जी, हल्दी की सब्जी लोगों के जिह्वा के स्वाद को बनाये रखते है।

राजस्थान में आज भी लोग अपने परंपराओं का मान रखते हैं। उनकी वेशभूषा में साफा, पगड़ी, धोती कुर्ता, महिलाओं के लिए लहंगा, कुर्ती को दर्शाता है। नवकाशी सोने-मिट्टी तथा काँच के आभूषण के उत्कृष्ट उदाहरण राजस्थान में ही देखी जाती है। राजस्थान शहर रेत से सजा हुआ है। ऊंट की सवारी के लिए लोग कोसों दूर से आते हैं। यहाँ की नृत्यशैली झूमर, कलबेलिया गेर आदि सबसे अधिक प्रसिद्ध है। यहाँ पर कठपुतली का खेल बहुत ही मनोरंजक तरीके से मनाया जाता है।

● संतोश चौदरी
द्वितीय बी.कॉम

कहाँ बोले – कैसे बोले

कहाँ पर बोलना है
और कहाँ पर बोल जाते हैं।
जहाँ खमोश रहना है
वहाँ मुहँ खोले जाते हैं ॥

कटा जब शीश सैनिक का
तो हम खामोश रहते हैं।
कटा एक सीन पिक्चर का
तो सारे बोल जाते हैं ॥

नयी नस्लों के थे बच्चे
जमाने भर की सुनते हैं।
मगर माँ बाप कुछ बोले
तो बच्चे बोल जाते हैं ॥

बहुत ऊँची दुकानों में
कटते जेब सब अपनी
मगर मजदूर माँगेगा
तो सिक्रे बोल जाते हैं ॥

अगर मखमल करे गलती
तो कोई कुछ नहीं कहता
फटी चादर की गलती हो
तो सारे बोल जाते हैं ॥

हवाओं की तबाही को
सभी चुपचाप सहते हैं।
चरखों से हुई गलती
तो सारे बोल जाते हैं ॥

बनाते फिरते हैं रिश्ते
जमाने भर से अकसर।
मगर जब घर में हो जरूरत
तो रिश्ते भूल जाते हैं ॥

कहाँ पर बोलना है
और कहाँ पर बोल जाते हैं।
जहाँ खामोश रहना है
वहाँ मुहँ खोल जाते हैं ॥

● विद्या
द्वितीय बी.एस.सी



प्रकृति

प्रकृति एक सुंदर और विशाल जगह है, जहाँ पक्षी एवं मनुष्य का संसार है। यह पर ये सब मिल-जुलकर रहकर प्राकृतिक समतोलन को बचाते हैं। पर्यावरण में वह सभी प्राकृतिक संसादन शामिल जो कई तरीकों से हमारी मदद करते हैं। यह हमें बढने तथा विकासित होने का बेहतर माध्यम देता है। यह हमें सब कुछ प्रदान करता है जो इस ग्रह पर जीवन पावन करने हेतु अवश्यक है। प्रकृति हरियली से भरी है। धरती पर जीवन के लालन-पालन के लिये पर्यावरण प्राकृतिक उपहार है। वह प्रत्येक तत्व जिसका उपयोग हम जीवित रहने के लिए करते हैं, वह सभी पर्यावरण के अंतर्गत आते हैं जैसे कि हवा, प्रकाश, भूमि, पेड़, जंगल और अन्य प्राकृतिक तत्व धरती पर स्वस्थ जीवन को अस्तित्व मे रखने के लिए महत्वपूर्ण भूमिका निभाता है।

प्रकृति और मनुष्य एक दूसरे के बिना अधूरे हैं, अर्थात मनुष्य प्रकृति पर पूरी तरह से निर्भर है, प्रकृति के बिना मनुष्य अपने जीवन की कल्पना भी नहीं कर सकता है। इसलिए भौतिक सुख की सिद्धि के लिये मनुष्य को प्रकृति के दोहन से बचना चाहिए। प्रकृति मानव जीवन का अभिन्न अंग है, इसलिए हमें प्रकृति की रक्षा के लिये हमेशा तैयार रहना चाहिए। साथ ही हमें प्रकृति को स्वच्छ रखने को अपना कर्तव्य मानना चाहिए क्योंकि स्वच्छ वातावरण में रहने से ही एक स्वस्थ मनुष्य का निर्माण और विकास होगा।

● गानवि
द्वितीय बी.कॉम

मास्क

कोरोना को हराने के लिए पूरी दुनिया मास्क के उपयोग को प्रामुख्यता दे रही है, क्योंकि साँस के ज़रिए फैलनेवाले इस संक्रमण को रोकने में मास्क काफी मददगार है। दुनिया भर के अलग - अलग देशों ने अपने यहाँ के लोगों से अपील की है कि वे बिना फेस मास्क लगाए घर से बाहर ना जाएँ, क्योंकि ये मास्क संक्रमित व्यक्ति द्वारा खाँसने य छींकने के कारण हवा में आने वाली ड्रॉपलेट्स (बेहद महीन संक्रमित कण) को स्वस्थ व्यक्ति के अंदर प्रवेश करने से रोकता है।

अभी तक मास्क के उपयोग को लेकर यु एस स्थित सेंटर फोर डिजीज कंट्रोल को लेकर किसी तरह की दिशा- निर्देश नहीं दी गयी। लेकिन लंबे विचार विमर्श और कोरोना के संक्रमण पर पर्याप्त रिसर्च अनुसंधान के बाद सीडीसी ने 4 अप्रैल शनिवार

को फेस मास्क उपयोग करने संबंधी दिशा निर्देश जारी किया है। सीडीसी का कहना है कि कोई भी व्यक्ति सार्वजनिक जगह (पब्लिक प्लेस) पर बिना फेस मास्क का उपयोग किये बाहर ना जाए। भारत सरकार मास्क के उपयोग को लेकर लंबे समय से अपने नागरिकों को जागरूक कर रही है।

यहाँ आप उन तकनीकि के बारे में जान सकते हैं जिन्हें दुनिया के अलग-अलग देशों ने कोरोना को हराने के लिए अपनाया है। ताकि इस कोविड -19 के इस संक्रमण को फैलने से रोका जा सके।

● राजवी
द्वितीय बी.कॉम





स्कूल की यादें

दुःखी-सी लग रही है ज़िंदगी
जाने मन में क्या चल रहा है ?
याद आ रहे हैं स्कूल के दोस्त
उनकी यादें मुझे रुला रही हैं ।

क्या दिन थे वे ?
जो हँसी-मज़ाक से भरा हुआ था ।
वे कक्षा के बेंच
और कक्षा के शिक्षक
कुछ लगन था हमारे और शिक्षक के बीच में
जो तब पता नहीं चल गया
जब हमें डाँटते थे
सोचते थे कि वे हम से प्यार नहीं करते ।

स्कूल के हर एक कोने – कोने में
यादें बसी हैं हमारी ।
दुबारा जाने का मन है वहाँ
पर समय बीत चुका है ।

स्कूल के हर एक दिन उत्सव जैसा था
हर एक पल मस्ती का मौका नहीं छोड़ा
वह दिन दुःख और खुशी का था
जो अब चाह कर भी नहीं पाया जा सकता ।

यादें हसीन हैं, और हसीन रहेंगी
यादों को याद करना इनसान की आदत
उन यादों में से स्कूल के यादें भी एक हैं
जो अब बीत चुके हैं ।

● रश्मी एस
द्वितीय बी.कॉम

बारिश की बूँदे

थे हम कक्ष में
अचानक आयी बारिश
मन हुआ कि खेलूँ
पर ये कम्बख्त खिडकी न छोड़े ।

बूँदे छू रही थी हमें
जैसे बुला रहे थे हमें
मन हुआ कि नाचूँ
पर ये कम्बख्त वक्त न छोड़े ।

बहुत दिनों के बाद
आयी है ज़ोरों की बारिश
मन हुआ कि देखूँ जी भरके
पर ये कम्बख्त पढाई न छोड़े ।

आशा है कि आए वो
जब हम रहे घर में
मन हुआ कि भीगूँ इसमें
पर ये कम्बख्त बीमारी न छोड़े ।

● रश्मी एस
द्वितीय बी.कॉम

आजादी

उसे क्यों बंद रखते हो पिंजरे में
जिसे उड़ने का पूरा हक है
क्यों कैद करते हो उसकी खुशियों को
जिसे खुश रहने का पूरा हक है
क्यों उसे तुम बोझ समझते हो
जिससे तुम हर सुख-दुःख बाँट सकते हो
क्यों उसे पराया समझते हो
जब वह तुम्हें अपना सब कुछ मानती है
उसे एक बार आज़ाद करके देखो
अपनी कैद से, रिहा करके देखो
उसकी खुशी में खुश होकर देखो
उसे आज़ादी का एहसास कराके देखो
यह उसका जन्म सिद्ध अधिकार है।

● स्वाति दुर्गेकर
द्वितीय बी.एस.सी



संस्कृतभाषायाः महत्त्वम्

भारतीयदर्शनस्य, धर्मस्य संस्कृतेश्च भाषारूपेण संस्कृतस्य महत्त्वम् अनिर्वचनीयम् । बौद्धिकभावात्मक-आध्यात्मिक-कलात्मकनिष्पत्तेः स्रोतः निरन्तरधारा संस्कृतभाषा सामान्यजनजीवनस्य अन्तर्वाहिनी वर्तते । विश्वस्य प्राचीनतमा भाषा भारतस्य अमूल्यनिधिः च भवति । आर्यभाषाणां पोषिणी च भवति । अस्याः महत्त्वम् एवं विशदीकर्तुं शक्यते ।

ऐतिहासिकं महत्त्वम्

संस्कृतभाषायाः साहित्ये प्राचीनेतिहासः सन्निहितो वर्तते । वेदेभ्यः प्राचीनराजनीतीनां सभ्यता, संस्कृतिः, धर्मः राजनीतिः इतिहासश्च ज्ञायते । पुराणेषु उपनिषत्सु रामायणे, महाभारते, महाकाव्येषु च भारतस्य प्राचीनेतिहासः विद्यते । कौटिलीये अर्थशास्त्रे, मनुस्मृतौ, याज्ञवल्क्यस्मृतौ च तत्कालीनसमाजस्य इतिहासः उपलभ्यते । कल्हणस्य राजतरङ्गिणी, बाणस्य हर्षचरितम्, बिल्हणस्य विक्रमाङ्कदेवचरितम् इत्यादिभ्यः इतिहासग्रन्थेभ्यः प्राचीनभारतस्य सामाजिकं राजनैतिकञ्च जीवनं ज्ञायते ।

सांस्कृतिकं महत्त्वम्

भारतीयसंस्कृतेः स्रोतः संस्कृतभाषा भवति । अस्माकं सभ्यता संस्कृतिश्च वेदेभ्यः, स्मृतिभ्यः पुराणेभ्यश्च निःसृता वर्तते । संस्कृतभाषायाः माध्यमेन भारतीयसंस्कृतिः अनूचाना प्रवर्तते । नामकरणम्, उपनयनम्, पाणिग्रहणमित्यादिसंस्काराः संस्कृतभाषायामेव क्रियन्ते । देवपूजाः हवनं यज्ञः इत्यादयः धार्मिकक्रियाः संस्कृतभाषायामेव सन्ति, आ बहोः कालाद् तस्य अनुसरणं तथैव क्रियते च । उच्चदार्शनिकविचाराः, आध्यात्मिकज्ञानं, नैतिकता च संस्कृते एव समाविष्टाः सन्ति ।

वर्तमानकालस्य आधाराः भूतकाले भवति । भूतकालस्य परम्पराः अस्मभ्यम् अग्रे सर्तुं प्रेरणां ददति । पाम्पराणां विस्मरणेन समाजस्य संस्कृतिः विनश्यति । मूलं विना वृक्षस्य पत्राणि सरसानि हरिद्वर्णानि मनोहराणि च न भवन्ति । तथैव अस्माकं संस्कृतिं सरसतां विधातुं तस्याः आलम्बनम् अत्यावश्यकम् । अस्माकं संस्कृतिः, सभ्यता च संस्कृतग्रन्थेषु विद्यते । प्राचीना संस्कृतिः अस्माकं जीवने नित्यं प्रवाहिता भवेत् इत्युक्ते संस्कृतस्य अश्रयणं करणीयमेव ।



भाषाविषयकं महत्त्वम्

संस्कृतं युरोपीयभाषापरिवारस्य प्रधाना भाषा भवति । यूनानि, ईराणी इत्यादि देशीयभाषाणां संस्कृतेन साकं सम्बन्धो वर्तते । भारतीयाः आर्यभाषाः न केवलं संस्कृताद् पुष्टिं प्राप्नुवन् । दक्षिणभारतस्य द्राविडभाषा संस्कृतेन प्रभाविताः सन्ति ।

राष्ट्रियं महत्त्वम्

भारतस्य एकता, अखण्डता च संस्कृते निहिता वर्तते । भारते सत्स्वपि अनेकेषु बाह्यभेदेषु जनानां संस्कृतिः कन्याकुमारितः आ हिमालयं समाना वर्तते । कदाचित् जनाः साम्प्रदायिकता, प्रान्तीयता, भाषा वेषादिकविषयम् अधिकृत्य कलहं कुर्वन्ति । संस्कृतं आर्यभाषाणां पोषणी च अस्ति । संस्कृतभाषायां विषक्षालनस्य मलिनतायाः दूरीकरणस्य क्षमता वर्तते । भारतवर्षस्य भौगोलिकं चित्रं संस्कृतसाहित्ये वर्णितं यत् –

उत्तरं यत्समुद्रस्य हिमाद्रेश्चैव दक्षिणम् ।

वर्षं तद्भारतं नाम भारती यत्र सन्ततिः ॥ (वायुपुराणम्)

अन्ताराष्ट्रियं महत्त्वम्

“उदारचरितानान्तु वसुधैव कुटुम्बकम्” इत्येवम्भूतां भावना भारतीयाः जनजीवनेन प्रादर्शयन् । यद्यपि संस्कृतं अतिप्राचीना तथापि अधुना जगति तस्याः भाषायाः अर्वाचीनप्रस्तुतामपि प्रकटयति । समाजे जनानां जीवनव्यवहारादिकशैलीनाम् परिवर्तनस्य क्षमता संस्कृते एव अस्ति । शङ्कराचार्याणाम् “अहं ब्रह्मास्मि” इति परिकल्पनायाः साकारीकरणमपि अत्रैव निहितम् अस्ति । प्रपञ्चे सर्वेऽपि जना सुखमयाः अनामयाः च भवेयुः, न कोऽपि दुःखभाग् भवेत्” इत्यस्य चिन्तनम् भारते एव न तु अन्यत्र । अस्माकं पूर्वजाः जीवितकाले केचन ध्यानेन केचन तपसा अपरे केचन कर्मण च अपारं ज्ञानं प्राप्नुवन् ।





भरतनाट्यम्

भकारो भवसंयुक्तो रेखो रागेण संश्रितः ।
तकारास्ताल इत्याहुः भरतार्थं विचक्षणः ॥

भकारात् भावं रकारेण रागं, तकारेण तालं संयुज्य भरत इति अस्य अर्थं विवृतम् । भावरागतालैः पूरितां कलां भरतनाट्यमिति आहुः । भरतनाट्यं नाट्यशास्त्रस्य आधारेण भव्यरूपेण वर्धिता दक्षिणभारतस्य शास्त्रीयकला अस्ति । इयं च कला देवदासीभिः देवालयेषु नृत्यमानं कलाप्रकारकम् अस्ति ।

एषा कला दक्षिणभारते प्रवृद्धा इत्यत्र साक्षीरूपेण २अथवा ३ शतकस्य आरम्भे देवालयानां शिल्पकला, तदानीतनसाहित्यं, शासनानि च आधारभूतानि सन्ति । कदम्बानां कालतः राज्ञां कालपर्यन्तं भरतनाट्यं उच्चस्थाने आसन् इत्यत्र अनेके आधाराः उपलभ्यन्ते । दक्षिणभारतस्य देवालयेषु बेलूरु, हलेबीडु, बादामि, चिदम्बरं, इत्यादिषु देवालयेषु विद्यमानाः शिल्पकलाकृतयः ऐतिहासिकाधारेण उपलभ्यन्ते । रामायणमहाभारतादिग्रन्थेषु अपि कवयः वाल्मीकिव्यासभासकालिदासादि अनेके, तथा च कन्नडदिग्गजाः पप्परन्नादिकाव्येषु अपि बहवः नर्तकीनर्तनादीनां अनेकेषां सन्निवेशानां वर्णनम् अस्ति ।

विजयनगरस्य उच्छ्रायस्थितौ अपि सङ्गीतनृत्यादिकलाः प्रवृद्धाः सन्ति । विजयनगरस्य पतनानन्तरं नृत्यसङ्गीदाकलानां कृते आश्रयदातारः तज्जावूरु-मैसूरु-तिरुवनन्तपुरस्य राजानः तज्जवूरुमराठराजस्य शम्भोजेः संस्थाने विद्यमानाः चित्रय्यः, पोन्नय्यः, शिवानन्दम्, वडिवेलुः च इत्येते चत्वारः सहोदराः अद्यतन भरतनाट्यवर्गं आरब्धवन्तः । अन्ये राजानः अनेकाः कृतीः विरचय्य अयां अकलायाः प्रोत्साहं दत्तवन्तः ।

देवदासीभिः देवालये नर्तनक्रमं ब्रिटिश् सर्वकारः निषेधितवान् । पतनं प्राप्नुवतीं एतां कलां स्वतन्त्र्यनेतारः कलोपासकाः, अस्याः पुनरुज्जीवनं अकुर्वन् । ततः आरभ्यः परिश्रमस्य फलमिव ज्येष्ठाः कुलीनाः च नृत्योपासकाः सन्तः एतां प्रेरितवन्तः ।

अद्य अस्यां नृत्यकलायाम् अनेकान् परिवर्तनानि दृश्यन्ते । गुरुकुलपद्धतिः अपि नृत्यसंस्थारूपेण परिवर्तनं प्राप्नोत् । अत्र न केवलं वेषभूषणानि अपि तु नृत्यसंयोजनायाः दृष्ट्यापि परिवर्तनानि



दृश्यन्ते । एकव्यक्तिकेन्द्रितं भरानाद्यं अद्य सामूहिकरूपेणः प्रदर्श्यन्ते । नैजजीवनस्य सन्निवेशचित्रणं, अन्येषां नृत्यप्रकारेण सह मिश्रीकरणम् च एवं अनेकनृत्यप्रकाराणां नवीनाः प्रयोगाः प्रचलन्ति । भरतनाट्यप्रदर्शनं सभासमारम्भाः, रथोस्तवः, राष्ट्रिय-अन्तराष्ट्रिय-कलोत्सवेषु प्रचलति अपि तु माध्यमेषु वेदिकाः सृष्ट्वा अनेकान् कलारसिकान् आकर्षति ।

विदेशीयाः अपि अस्याः कलायाः आराधनं कुर्वन्तः अहमहिकया अभासं आरब्धवन्तः । सर्वकारस्य संस्कृति-इलाखा, अकाडेमि संस्थाः अस्याः कलायाः प्रोत्साहं कुर्वन्तः सन्ति । कोरोना बाधा जनान् पीडयति चेदपि अन्तर्जालमाध्यमेन कार्यक्रमान् आरयित्वा समाजस्थितिम् अवलम्ब्य अग्रे अग्रे पदं स्थापयति ।

देवालयेषु आरब्धा एषा नृत्यपद्धतिः राजाश्रयं प्राप्य प्राशस्त्यं प्राप्नोत् । ब्रिटिशजनानां शासनकाले अवनतिं प्राप्ता कला एषा अनेकेषां महनीयानां तपःपरिश्रमेणैव अनेकानि आवर्तनानि प्राप्य समाजे स्वकीयं प्राबल्यं प्राप्तवती ।

दीप्तिः आर्. राव्
तृतीयबि.काम्.

‘शरीरमाद्यं खलु धर्मसाधनम्’

‘शरीरमाद्यं खलु धर्मसाधनम्’ इतीदं महाकवेः कालिदासस्य वचनं प्रायेण सर्वो जानाति । धर्मसाधनेषु शरीरस्य पात्रं महत् वर्तते । तस्मात्तस्य रक्षणं समेषाम् अस्माकं कर्तव्यम् । चरकसुश्रुतवाग्भटादयः स्वग्रन्थेषु विषयमिमं विस्तरेण निरूपयामासुः । वैद्यपतेः सिंहगुप्तस्य तनयः आचार्यो वाग्भटः अष्टाङ्गहृदयस्य सूत्रस्थाने दिनचर्यानामनि द्वितीयेऽध्याये मनुष्येण प्रतिदिनं कर्तव्यस्य अकर्तव्यस्य च कर्मणो निरूपणं विदधाति ।

मनुष्यः सदा अपि सुखम् इच्छति । तदर्थं तेन आरोग्यं रक्षणीयम् । विना आरोग्यं कोऽपि सुखेन जीवितुं शक्नोति । तर्हि आरोग्यं कथं रक्षणीयम् इत्यत्र केचन अंशाः मया निरूप्यन्ते तृ अस्माकं पूर्वजाः ऋषिमुनयः अपि अस्य अनुसरणां कृतवन्तः ।



आरोग्यं रक्षितुं मानवः सूर्योदयात्पूर्वं वर्तमानः षण्णवतिनिमेषात्मकः कालो ब्राह्ममुहूर्तशब्देन व्यपदिश्यते । तस्मिन् काले स्वस्थः स्वस्य आयुषो रक्षणार्थम् उत्तिष्ठेत् । तदा शुद्धः वायुः वहति हितं जनयति । अत एव बहवः प्रातरेव उत्थाय योगाभ्यासादिकं कुर्वन्ति । वायुविहारं गच्छन्ति । केचन लघुव्यायामादिकं कुर्वन्ति । आरोग्यरक्षणाय व्यायामः अपि लाभाय भवति । तदर्थं एवम् उक्तम् –

व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखम् ।

आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम् ॥

व्यायामेन शरीरस्य उपचयः, कान्तिः, गात्राणां सुविभक्तता भवति । व्यायामेन शरीरस्य मांसं स्थिरीभवति । व्यायामं कृत्वा स्विन्नगात्रस्य पादाभ्यां उद्वर्तितस्य समीपं रोगाः न आयान्ति । तदैव मनुष्यः सुखसन्तोषेण कालं यापयितुं समर्थः भवति । मनुष्यः देशकालादि चिन्तनं कृत्वा हितं मितं च व्यायामं कुर्यात् । व्यायामादिकं कृत्वा अनुरूपः आहारः सेवनीयः । शरीरवर्धनाय यः सात्त्विकः आहारः तस्य सेवनं करणीयम् । गृहे कृतस्य उत्तमपानीयमेव सेवेत । शुद्धजलेन शाकानि स्वच्छीकृत्य सात्त्विकसम्भारान् योजयित्वा हितं सेवेत । येन आहारेण शरीरं उद्विग्नतां वा कुपितं वा न स्यात् । आहारस्वीकरणे अपि केचन नियमाः पालनीयाः । तन्नाम् रात्रौ शारीरकं कार्यं अधिकं न भवति इत्यतः स्वल्पः एव आहारः सेव्यः । अत एव गीतायामपि आहारस्य विषये उक्तम् –

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥

सात्त्विक-आहारसेवनेन अस्माकं बुद्धिः तदनु चेष्टते । सदसद्विवेकेन मनुष्यः सदा स्वस्थः सुखी च भवति । एवं मनुष्यः स्वास्थ्यरक्षणाय व्यायामं आहारसेवनं विहारं च कुर्यात् ।

मेघना राव्
तृतीयबि.काम्



स्वास्थ्यरक्षणम्

शरीरस्य चित्तस्य च निर्विकारा स्थितिः एव स्वास्थ्यम् इति कथ्यते आयुर्वेदे । यदा मनुष्यस्य शरीरे मनसि वा कश्चित् विकारः न भवति तदा मनुष्यः स्वस्थः इति (उच्यते) । मनुष्यः शारीरिकरीत्या स्वस्थः चेदपि मानसिकम् स्वास्थ्यं सदा रक्षेत् यतः यदा मनः उल्लसितं भवति तदा तस्य शरीरं क्रियावत् भवति एव । मनः प्रसन्नं भवति चेदेव मनुष्यः यत् साधयितुम् इच्छति तत् प्राप्तुं शक्नोति । अतः मनसः शरीरस्य च समतोलनं भवेत् ।

मनुष्यजीवने बहूनि वस्तूनि आवश्यकानि भवन्ति । शिक्षा आवश्यकी भवति । धनम् आवश्यकं भवति । गृहम् आवश्यकं भवति तथा परिवारः आवश्यकः भवति । परन्तु एषु सर्वेषु अपि वस्तुषु सर्वापेक्षया आवश्यक वस्तु स्वास्थ्यं भवति । स्वास्थ्यं विना मानवः न किमपि साधयितुं शक्नोति । केवलम् औषधसेवनेन स्वास्थ्यस्य रक्षणं भवति इति न चिन्तनीयम् । अपि तु पीडितस्य रोगस्य निवारणार्थं अथवा निरोगी भवितुं च मनुष्यः तस्य दिनचर्याम् अनुशासनबद्धां कुर्यात् । आहारविहारादिषु अनेकान् नियमान् पालयेत् ।

मनुष्यस्य इदं सर्वोत्तमं धनं वर्तते । यावत् मनुष्यस्य स्वास्थ्यं शोभनं न भवति तावत् सः किमपि अन्यत् कार्यं कर्तुं समर्थः न भवति । विद्याध्ययनं वा , धनोपार्जनं वा , धर्मानुष्ठानं वा , लोकसेवा वा , परदेशगमनं वा , सर्वमपि कार्यं स्वस्थः एव मनुष्यः कर्तुं शक्नोति । अतएव महाकविना कालिदासेन कुमारसम्भवे कथितम् - शरीरमाद्यं खलु धर्मसाधनम् इति ।

ये मनुष्याः स्वस्थाः न भवन्ति ते स्वार्थं परार्थं वा कार्यं कर्तुं न पारयन्ति । तेषां कृते स्वकीयानि नित्यकर्माणि अपि असाध्यानि भवन्ति । स्वास्थ्यहीनानां मनुष्याणां कृते शरीर धारणम् अपि कष्टकरं भवति । अस्वस्थाः मनुष्याः गृहे सुखसाधनेषु विद्यमानेषु अपि सुखोपभोगं कर्तुं न शक्नुवन्ति । तेषां कृते निखिलानि अपि सुखसाधनानि निरर्थकानि भवन्ति । अतः सुखोपभोगाय अपि स्वास्थ्यस्य महती आवश्यकता अस्ति ।

अनेन कारणेन सर्वेः अपि सुखाभिलाषिभिः स्त्रीपुरुषैः स्वास्थ्यस्य उपरि पूर्ण रूपेण ध्यानं दातव्यम् । स्वास्थ्यरक्षायाः ये ये नियमाः स्वास्थ्यपुस्तकेषु लिखिताः सन्ति तेषां सम्यक् प्रकारेण पालनं कर्तव्यम् । आहारे विहारे , शयने जागरणे च कालातिक्रमः न कर्तव्यः । स्वास्थ्यविरोधिनां वस्तूनां भोजने पाने वा उपभोगः न विधातव्यः । शरीरे , मनसि , मस्तिके च अत्यधिकः भारः न देयः । प्रतिदिवसं यथाशक्ति व्यायामः कर्तव्यः । स्थानस्य , शरीरस्य , वस्त्रादीनां च स्वच्छतायां ध्यानं दातव्यम् । एतेषां नियमानां पालनेन स्वास्थ्यं समीचीनं तिष्ठति ।

लक्ष्मीः
द्वितीयबि.काम्



प्राथमिकशिक्षणे संस्कृताध्ययनस्य आवश्यकता

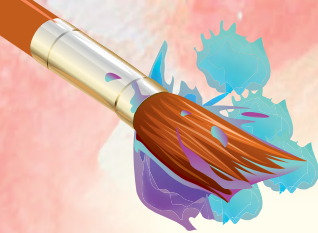
अध्य प्राथमिकशिक्षणे संस्कृताध्ययनस्य आवश्यकता इति विषये किञ्चित् वक्तुं प्रयत्नं करोमि । संस्कृते अमेका : ज्ञानशाखाः सन्ति । न्यायशास्त्रम्, वेदान्तशास्त्रम्, व्याकरणशास्त्रम्, मीमांसाशास्त्रम्, अर्थशास्त्र, नीतिशास्त्रम् वास्तु तथा खगोलशास्त्रम् इति । तस्य व्याप्तिः एव विशाला । पूर्वजाः संस्कृतस्य एकैकस्मिन् शास्त्रे पाण्डित्यं प्राप्नवन्ति स्म ।

राजाधिराजानः संस्कृताध्ययय प्रोत्साहं यच्छन्ति स्म । आधुनिक शिक्षणस्य मध्ये संस्कृताध्ययनमपि प्रचलति इसूक्ते संस्कृतस्य सत्वमेव कारणम् । प्राथमिकस्तरे संस्कृताध्ययनं छात्राणां उच्चरणसौलभ्यं जनयति । संस्कृत अध्ययनं यः करोति तस्य बुद्धिः अन्त्यन्तं तीक्ष्णा, सर्वविषयोपयोगी भवति ।

संस्कृताध्ययनेन छात्रः उत्तममनुत्तमं साधु हितं अहितं वा छात्रः ज्ञातुं सामर्थ्यवान् भवति । संस्कृतवर्णमालासु प्राणिनेः अक्षराणां व्यवस्था, उत्पत्तिस्थानानि च सम्यक् कृतानि पठनं भिन्नं इति व्यवस्था नास्ति । अतः छात्रः अध्ययनशीलः यदा भवति तदा तत्र कृतां भाषाव्यवस्था सुस्पष्टतां मधुरतां च जानाति । संस्कृते एव व्याकरणस्य शब्दस्य क्रियापदस्य च प्रयोगव्यवस्था नियमबुद्ध्या एव अस्ति । यदा बालः पाठ्यक्रमेषु सरलानि वाक्यानि अन्वययुक्तानि वाक्यानि, सरलशब्दप्रयोगं पठति तदा संस्कृतं अतीव सरलं सार्वकालिकं च इति विवेकः तस्य जायते । अतः छात्रः स्वयं नूतनभाषां जानन् अस्मि, तस्य प्रयोगे कष्टम् इत्यादि चिन्तनस्य अपेक्षया सरलां सुन्दरीं मधुरां च भाषां अवगच्छाम् इति स्वाभिमानं अनन्दं प्राप्नोति । संस्कृतस्य शब्दानां उच्चारणेन नरनाडिषु धमनिषु रक्तसंचारः सुललितया भवति इति संशोधकानां मतम् ।

अत्र आगत्य प्राथमिकशिक्षणे संस्कृताध्ययनस्य आवश्यकता इति विषयम् अधिकृत्य मम विचारान् प्रकटयितुं अवसरं कल्पितवद्भ्यः विजयेन्द्रादिभ्यः सर्वेभ्यः धन्यवादः ।

Athul
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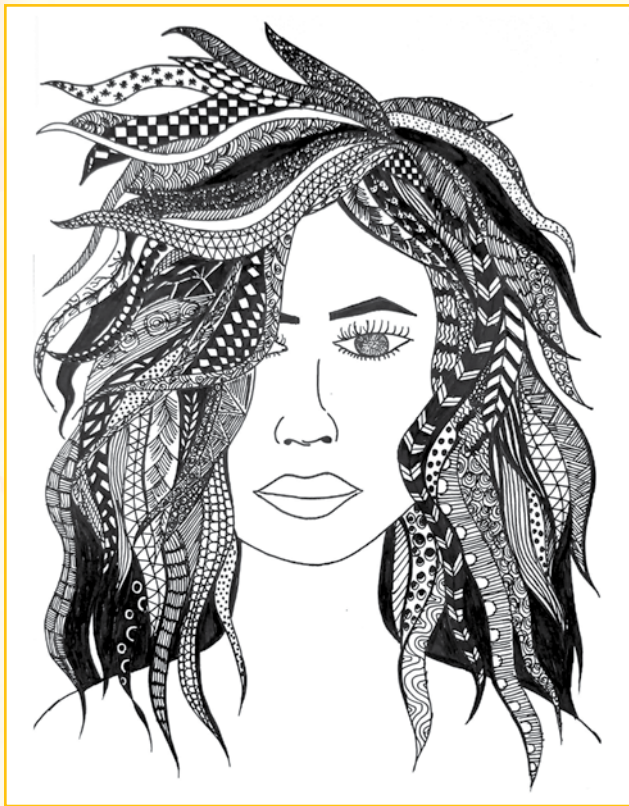
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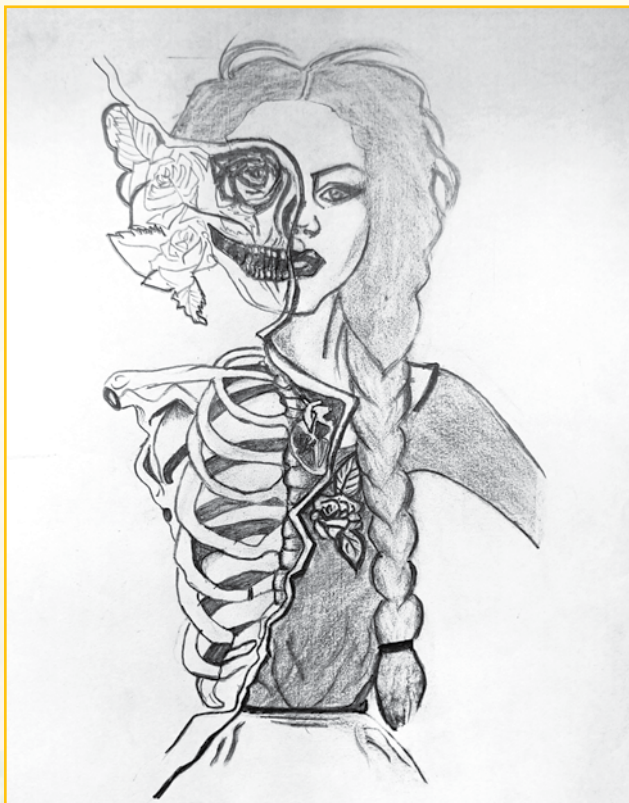
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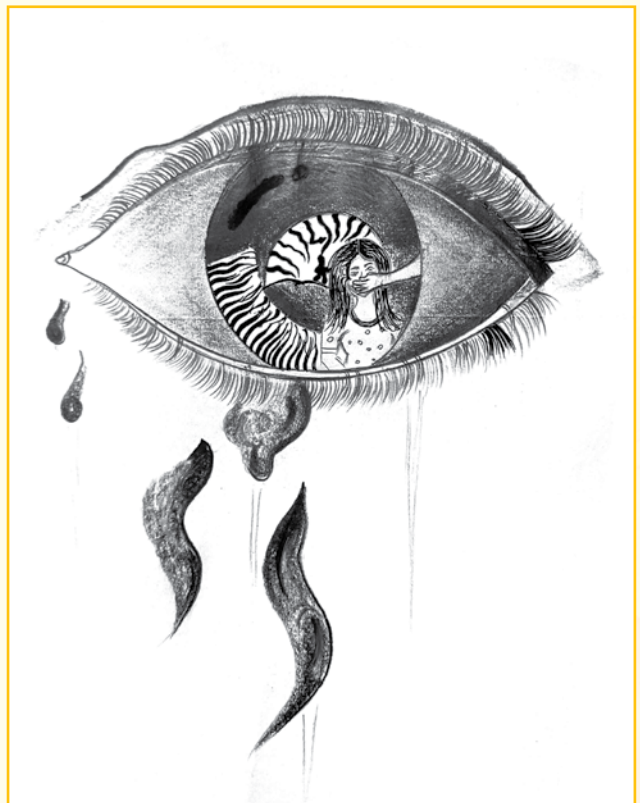
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Raksha N
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Geetha
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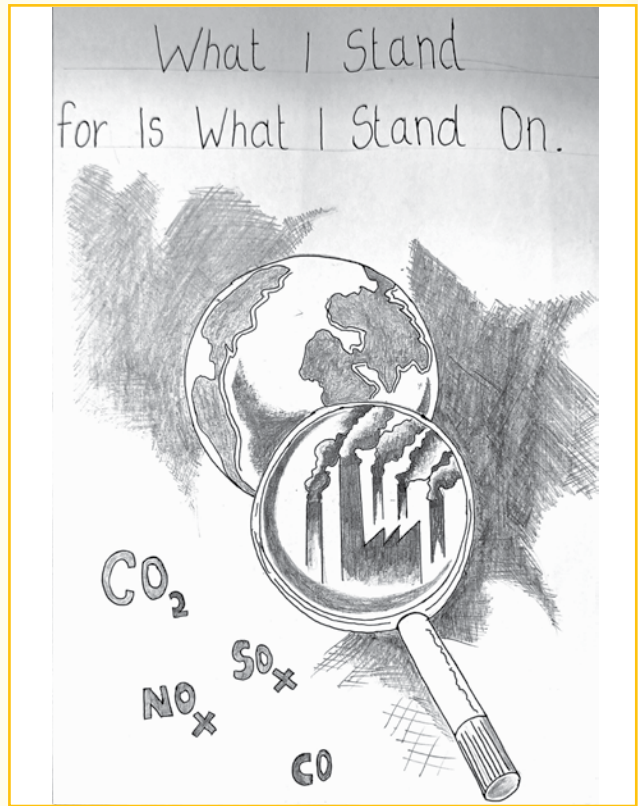


Manvith Bhaskar Thokkottu
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Sai Krishna



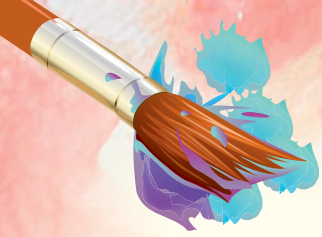
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I B.Com B



Dhanush J.T
I B.Com C



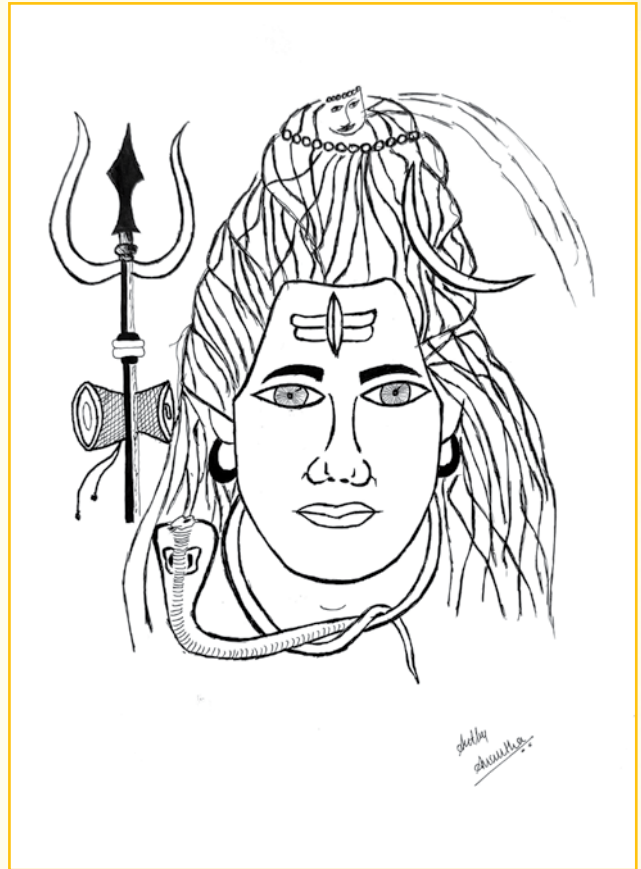
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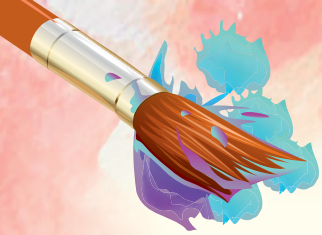
B. Suhas Prabhu
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Ananth Nayak
I B.Com B



Athul Shet
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MILESTONES

High School Dongerkery - 1891
High School Urwa - 1944
Kannada Higher Primary School - 1944
Nursery School - 1947
English Higher Primary School - 1970
Pre-University College - 1972
College - 1973
Balawadi - 1978
English Higher Primary School - 1989
Nursery School Urwa - 1991
Tennis Academy - 1997
Engineering College - 2001
Montessori - 2009
High School CBSE - 2009
Evening College - 2014



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