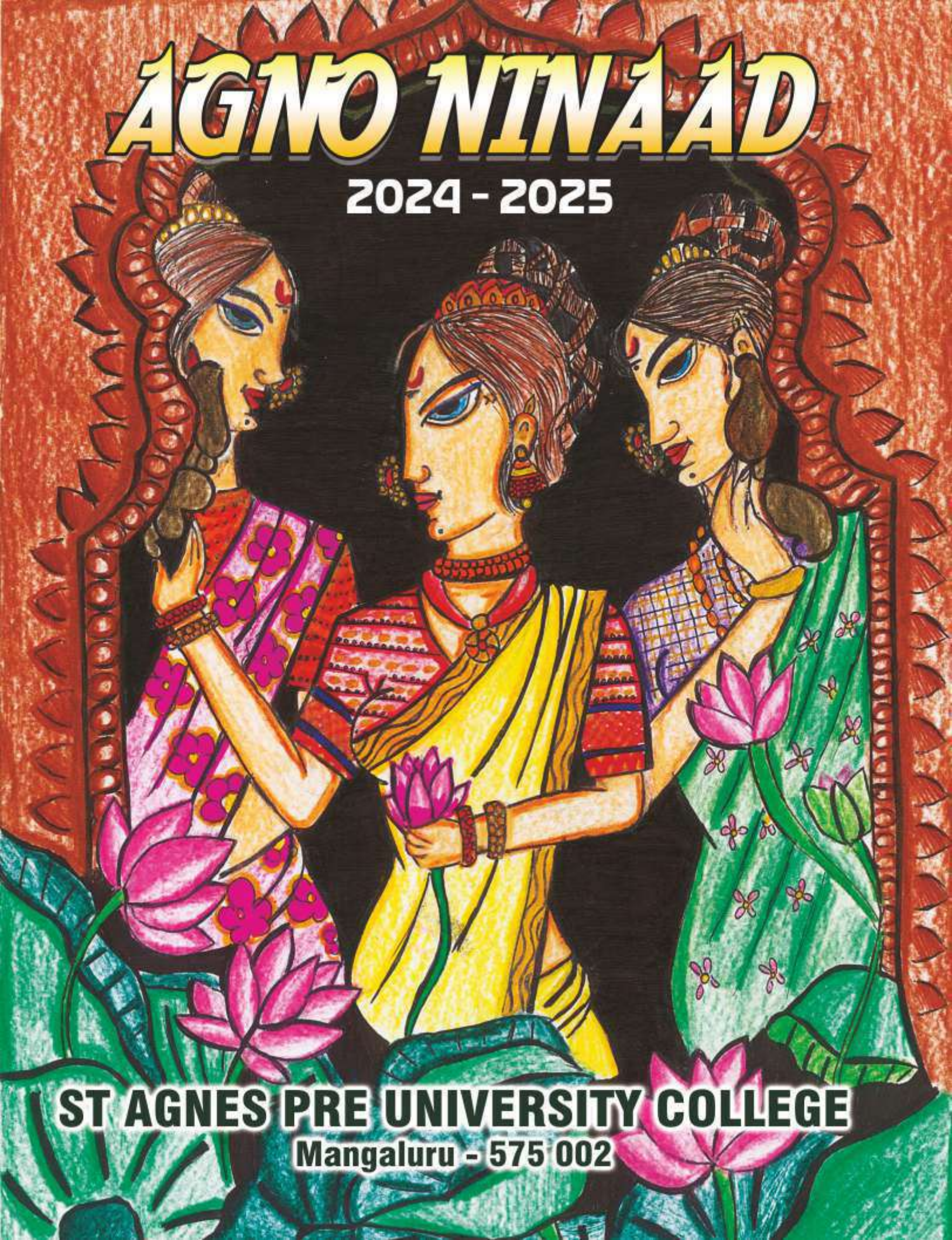


AGNO NINAD

2024 - 2025



ST AGNES PRE UNIVERSITY COLLEGE

Mangaluru - 575 002

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**ST AGNES PRE UNIVERSITY COLLEGE
MANGALURU**

Agno Ninaad

2024 - 2025

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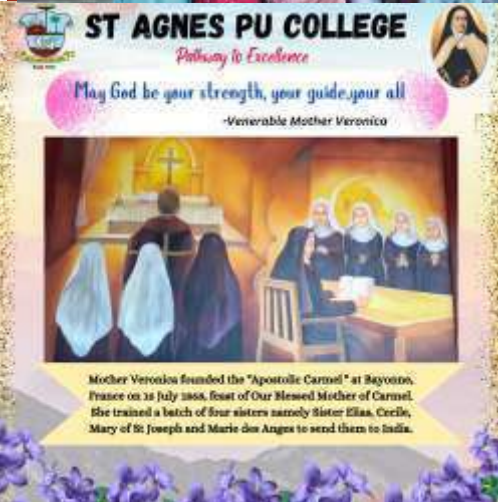
THE APOSTOLIC CARMEL *in* **INDIA**



The Legacy of Venerable Mother Veronica Lives on.....



Reminiscing The Life Of Venerable Mother Veronica



Service Learning



Making the Ordinary Special by Caring

FAREWELL

"A leader's impact is measured not just by their guidance but by the lives they have touched and influenced."



Sr M SHAMITA AC

We are immensely grateful to Sr M Shamita AC, Provincial Superior, The Apostolic Carmel Congregation, Karnataka Province, whose leadership, farsightedness, and resolute commitment have served as a beacon of inspiration. Her journey of faith, service, and transformation has left a remarkable impact on our minds and hearts.

As you transition towards new vistas, we extend our prayers and best wishes for continued success and fulfillment in your future endeavors.

WELCOME

"Every new beginning brings fresh hopes, new visions, and renewed strength."

With immense joy, we welcome our new Provincial Superior, Karnataka Province, Sr M Naveena AC. Your presence marks a new era of leadership, and we look forward to traversing this journey together under your guidance and unflagging zeal. May your tenure be filled with divine blessings, wisdom, and the strength to continue the mission of igniting hearts and minds.



Sr M NAVEENA AC

TOPPLING RECORDS HULIGEMMA



Huligemma has been setting new benchmarks and making headlines in the world of volleyball. With hard work, grit, and determination, she has earned recognition at both state and national levels. Her journey began at the high school level when her talent for volleyball was first noticed. Over the years, Huligemma has consistently demonstrated remarkable skills, tenacity, and potential, and her upward trajectory suggests a bright future.

She represented Karnataka at the prestigious National Volleyball Tournament held in Himachal Pradesh, where her team secured an admirable fourth place. She also participated in the Khelo India Tournament held in Madhya Pradesh and the volleyball tournament in Kolkata, where she performed with aplomb. As the captain of the Karnataka under-16 team, she led her team to the semi-finals of the National Tournament held in Delhi—a testament to her exceptional leadership qualities and fortitude.

Her stellar achievements include winning first place at the 2022 State-Level CM Cup Tournament in Mysore, clinching first place in the Mini Olympics, and earning second place at the Aloysiad Tournament. She has also won titles such as Best All-Rounder and Best Smasher at the district and taluk levels. Securing first place and the Best Attacker award at the State-Level Tournament held in Hassan was an elated moment for her. She also led her team to victory at the State-Level Tournament in Vijayapura, thereby securing an eminent position.

Huligemma recently represented Karnataka at the Volleyball Tournament organized by the National School Games Federation of India (SGFI) in Vijayawada, Andhra Pradesh, where she clinched the silver medal.

Her track record suggests a bright future. Each hard-won accolade is not just a medal or a trophy but a symbol of Huligemma's unrelenting spirit, discipline, and dynamism. She has shown that with focus and perseverance, dreams can indeed be manifested. The management, staff, and students wish her the very best for her upcoming challenges.

NATIONAL LEVEL TABLE TENNIS PLAYER



NAHLA FATHIMA

STATE LEVEL BELT WRESTLING PLAYER



MITHALI

Thumping our Victories



ATHLETICS



BASKETBALL



VOLLEYBALL



WRESTLING



THROWBALL



KARATE

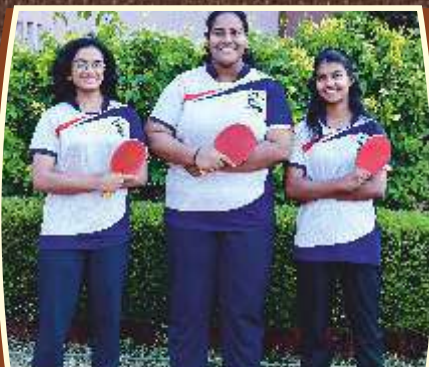


TABLE TENNIS



FLOORBALL



**SHUTTLE
BADMINTON**

Auf Wiederschen - Until We Meet Again



MRS PRAGATI ALVA



MRS SUVASINI P

MRS PRAGATI ALVA voluntarily retired after more than three decades of teaching and inspiring young minds. Professional, efficient, and reliable—these words truly encapsulate her personality. As the cornerstone of the Physics Department, she was always a guiding force, offering wisdom and support whenever needed.

MRS SUVASINI P, with her boundless energy and ever-cheerful spirit has enriched the lives of countless students. A subject expert, she has chosen to step down after an eventful career spanning nearly three decades, where she passionately taught biology to bright and enthusiastic students. A pillar of support to her juniors, she has mentored and nurtured many young colleagues under her wing.

The management, staff, and students wish them both a future brimming with possibilities and fulfillment.



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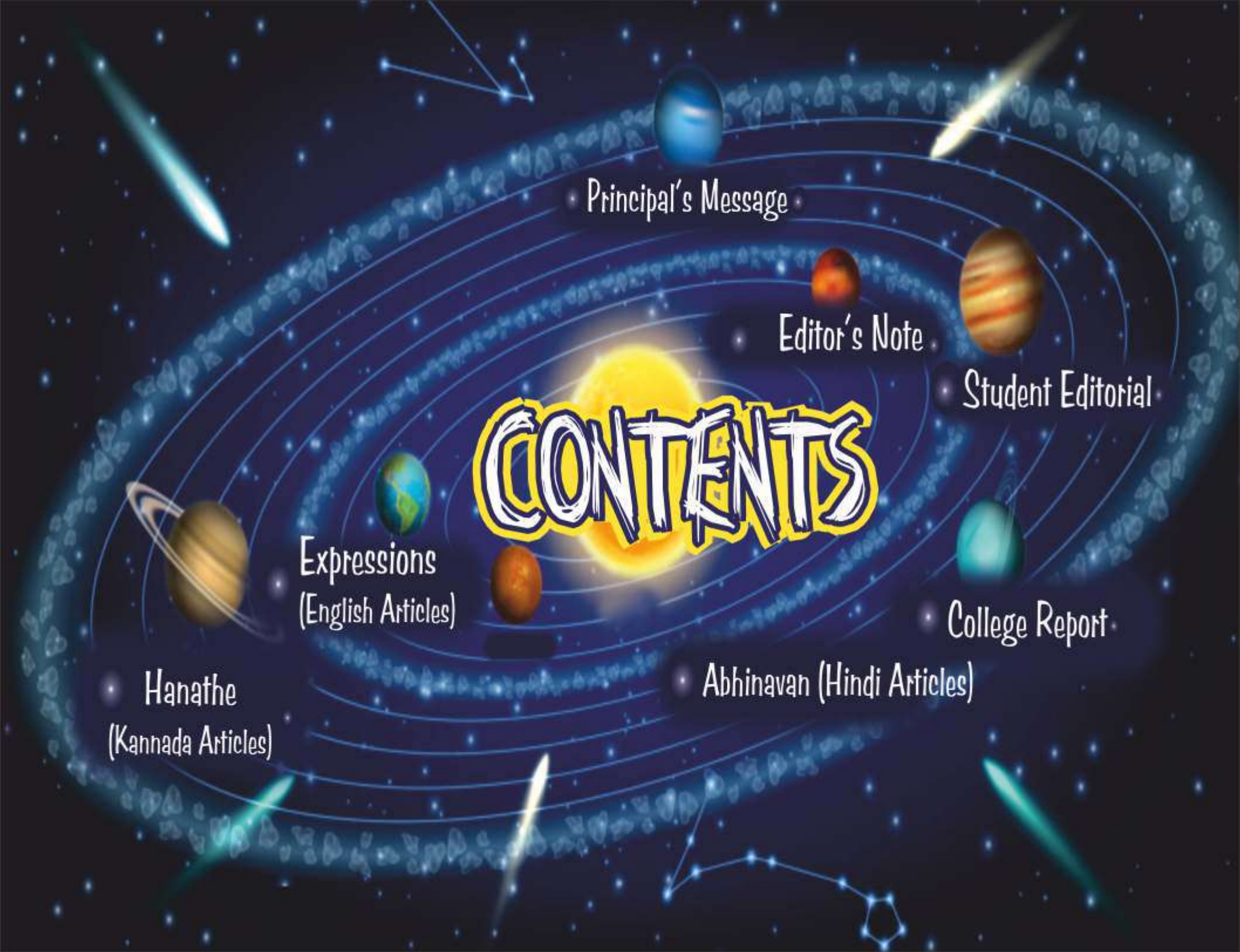
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Principal's Message



With immense joy and pride, I extend my heartfelt greetings through this edition of our annual magazine. 'Agnó Ninaad' is more than just a collection of articles, stories, and achievements—it is a reflection of the dynamic spirit, creativity, and fortitude that define St Agnes PU College.

As the world evolves rapidly, so too must education, adapting to new technologies, innovations, and perspectives. To echo the words of Albert Einstein, "Education is not the learning of facts alone, but the training of the mind to think." At St Agnes PU College, we strive to cultivate critical thinking, adaptability, and a lifelong love for learning. Innovation and resilience are indispensable for future success, and we encourage our students to embrace challenges with confidence.

The upcoming academic year marks a pivotal milestone for our institution as we prepare to welcome co-education to our campus. This transformation will provide ample opportunities for learning and holistic growth. By fostering an inclusive environment where both boys and girls learn together, we aim to cultivate mutual respect, a medley of perspectives, and a culture of excellence.

Our students have excelled not only in academics but also in sports, cultural activities, and community service. Their dedication, coupled with the unwavering support of our teachers and parents, has led to remarkable achievements. We take pride in shaping responsible, compassionate, and forward-thinking individuals who will contribute positively to society.

The magazine is a collective effort, and I extend my heartfelt gratitude to Mrs. Arshiya Patel and the editorial team for their commitment in bringing this edition to life. Their assiduity, creativity, and passion have made the publication truly special.

Each challenge we overcome and every dream we pursue makes us beacons of light, inspiring others to move forward with courage. As we embark on a new journey, let us embrace change with faith in our hearts, knowing that growth, peace, and purpose lie ahead.

May the magazine inspire each one of you to aim higher, work harder, and become the best version of yourselves.

Wishing you all success, wisdom, and God's abundant blessings.

Sr Norine Dsouza A C
Principal

Editorial



This year, St Agnes PU College is on the cusp of embracing new trends to foster gender equality, diversity, and inclusivity. Once considered an exclusive bastion of girls' education, the college has been a pioneer in empowering generations of women who have stepped out of its portals with confidence, ready to make their mark on society. Now, it is preparing to transition from an all-girls institution to a co-educational one—a bold and progressive move.

From traditional blackboards to online learning platforms that personalize education, the academic landscape has undergone substantial changes. However, beyond textbooks and classrooms, experiential learning—through practical projects, field trips, outreach initiatives, and intellectual and cultural competitions—is crucial in expanding knowledge and honing life skills. With online courses and open educational resources gaining traction, students have greater control over their learning, and self-education has become indispensable in the digital age. Yet, the physical campus and classroom remain central in fostering social skills, facilitating real-time interactions and debates, and providing hands-on experiences.

As St Agnes PU College embraces co-education and new learning initiatives, it mirrors a broader movement in society—one that challenges conventions and expands horizons. The recent triumph of NASA astronauts, including Sunita Williams, in their 'tryst with gravity' is a salute to the power of perseverance, breaking barriers and gender stereotypes. Just as they have defied limits in space exploration, our students are encouraged to push beyond traditional boundaries, explore new fields, and redefine success on their own terms.

As students navigate the shift from school to college, they not only focus on academics but also develop new skills—organizing fests, acquiring technical expertise, becoming proficient in photography, designing posters, creating videos, and managing time effectively. These experiences add value to their personal and academic growth, equipping them for future challenges.

The cover page painting by Saanvi Kotian, with its vibrant colors, traditional theme, and cultural depth, reflects creativity and elegance. It symbolizes inclusivity and artistic expression, making it a fitting representation of our magazine's essence.

I am deeply indebted to our Principal, Sr Norine D'Souza, for her guidance, insights, and encouragement. My sincere gratitude extends to Vice Principal Sr Janet Sequeira for her support. A special thanks to my colleagues in the English department for their ceaseless and unsparing efforts in bringing out this edition of the magazine. I also appreciate Ruth Aroza, the student editor and everyone who contributed significantly to the creation of the magazine.

Mrs Arshiya Patel
Editor

Student Editorial



Growing up, all I ever wanted was to not have any regrets. As a 12th grade student, the weight of expectations from parents, teachers, and peers can take a toll on you. From being told to focus on studies and scoring well, to making life decisions, I felt overwhelmed. There were times when I would feel uncertain about my decisions. Despite my fears, I realised that if I was scared, and in my comfort zone, I wouldn't know what opportunities awaited me. Applying for the post of Student Editor was the first step I took to come out of my comfort zone. When I got elected as the Student Editor, I was prepared to do my best and not let anyone down. Although, I was doubtful of my competence, with time I was able to get the knack of it. From having encouraging mentors to guide me, to being part of a supportive student cabinet, I was able to do my tasks with ease.

I admit keeping up with my duties would get difficult at times, but it was all worth the effort. I received plenty of opportunities in events, that helped me grow as an individual. From designing posters and writing scripts, to working on competitions, this post has expanded my skill set. Challenges that once seemed impossible, now feel like opportunities. I do not regret being the student editor and despite the challenges I continue to face, I'll remember where I started and all the progress I have made. No matter what life throws at you, you should face it with courage, and keep in mind your goal. At the end of the day what matters is the effort you put into your growth. Stepping out of my comfort zone taught me that growth isn't always easy, but it's always worth it—and it made me believe that everything happens for a reason.

Ruth Aroza
Student Editor

COLLEGE REPORT 2024-2025

Education is the most powerful weapon which you can use to change the world said Nelson Mandela.

St Agnes PU College strives to provide a well-rounded education that balances academic excellence with vibrant co-curricular activities teaching essential life skills and preparing students to lead with confidence and compassion.

The academic year 2023-24 witnessed several changes. Mrs Lavina Lobo, Lecturer in Physics, Mrs Felicia, Lecturer in Statistics discontinued their services to start a new chapter in their life. We express our sincere gratitude to Mrs Pragati Alva, Lecturer in Physics and Mrs Suvasini P, Lecturer in Biology for their dedicated service and unwavering commitment for 31 and 28 years to the institution and the tremendous role played in shaping the lives of countless students. We wish them well in their future endeavours. We warmly welcome into the faculty the new staff members, Ms Apoorva, Department of Biology, Ms Sahana and Mrs Vijayalakshmi, Department of Physics, Mrs Pallavi and Ms Blessy, Department of Mathematics, Mrs Ancilla, Department of Statistics, Ms Anusha, Department of Chemistry and Mrs Jyothi, support staff.

Faculty development isn't just about professional growth; it's about building a culture of excellence that permeates the entire academic environment

- A two- day staff enrichment programme, 'New Horizons' was held for all the staff of St Agnes PU College, St Agnes CBSE School, and St Agnes High School. Sr Maria Lathika, Principal, St Cecily's CBSE School, Udupi, Mrs Helen Menezes and Sr Juliana, Teachers, Mount Carmel Central School, Maryhill, Sr Gloria DSouza, Lecturer, St Agnes College (Autonomous), Sr Janet Sequeira, Vice Principal, St Agnes PU College, Sr Lenita, St Ann's Convent and Sr Meena Fernandes, Vice Principal, St Agnes CBSE School were the speakers.
- A one day workshop on Artificial Intelligence was conducted for the staff by Fr Anil Fernandes and Mr Leo Victor.
- A staff enrichment session on 'Service Learning – An Approach to Education of the Heart, Head and Hands' was conducted by Sr Dr Dorothy DSouza, Principal, St Ann's College of Education (Autonomous).
- An informative staff input session on 'How to create a positive Learning Environment' was conducted by Dr Meena Lobo.
- Sr Norine DSouza attended the conference for the Principals of the Apostolic Carmel Congregation at the Diocesan Centre, Jaipur.
- Sr Janet, Mr Mathew, Mrs Venitia, Mrs Preema, Ms Carol, Ms Raina, Ms Blessy and Ms Sahana attended the Tech Team Wokshop conducted by Deepith Kundar and Mohammed Safwan, Sierra Learning Academy Private Limited.

- Ms Carol, Ms Blessy, Ms Sahana and Mr Joel attended a seminar on 'Empowering Pre-University Educators' conducted by NITTE, NMAM Institute of Technology, Karkala.
- Ms Liekitha and Mr Ashwin attended a session on 'Train the Trainer' conducted by Swastika National Business School.
- Mr Mathew and Mrs Pramila conducted a session on "Mastering the Interview: Brainpower Bootcamp" for the students of NITTE University.
- Dr P V Sobha received 'Hindi Kavya Ratna' in the International Poetry Competition' organized by Shabd Pratibha Bahu Shettriya Samman Foundation, Nepal. She was honoured in the Hindi poetry competition organized by Prerana Hindi Pracharini Sabha, Jabalpur, Madhya Pradesh. She has been the secretary of the DKPU Hindi Lecturers' Association for the past four years. She has been called as the subject expert in a few schools and has also judged various competitions held at Delhi Public School, MRPL. She has been the chief guest and resource person in NITK CBSE School, Milagres College, Canara College and Govt PU College for Women.
- Mrs Shailaja was awarded ಉತ್ತಮ ಕನ್ನಡ ಸಾಧಕ ಶಿಕ್ಷಕ ಪ್ರಶಸ್ತಿ - ಕರುನಾಡ ಕನ್ನಡ ಕಲಾಸಿರಿ ಬಳಗ, ಬೆಂಗಳೂರು. She was the resource person for the students of St Agnes CBSE School and a judge for the teachers' talent competition at the same school.
- Mrs Avitha participated in a two - day ICMR – NIMHANS Training Programme on - Student Mental Health as a part of the ongoing ICMR project on improving Student Mental Wellbeing.
- Mrs Avitha cleared the K-SET Exam 2024 in Psychology and History.
- Mrs Venitia cleared the K-SET Exam 2024 in Chemical Science.
- Dr P V Sobha and Mr Jeevan attended a one-day Hindi Workshop organized by DK PU Hindi Lecturers' Association.
- Mrs Shailaja attended a one- day Kannada Workshop organized by Kannada Lecturers' Association.
- Mrs Venitia, Ms Venessa, Ms Raina, Ms Fiona and Ms Anusha attended a one- day Chemistry Workshop organized by Chemistry Lecturers' Association.
- Mrs Shubavani, Mrs Preema and Mrs Asha attended a one- day Computer Science Workshop organized by Computer Lecturers' Association.
- Mrs Avitha attended a one-day history workshop organized by History Lecturers' Association.
- Mrs Ramya H and Mrs Pallavi P attended a one- day Mathematics Workshop organized by Mathematics Lecturers' Association.
- Ms Liekitha attended a one- day Home Science Workshop organized by Home Science Lecturers' Association.
- Mrs Jyothi attended a one- day Political Science Workshop organized by Political Science Lecturers' Association.

- Mrs Shobha and Ms Raksha attended a one- day Biology Workshop organized by Biology Lecturers' Association.
- Mrs Chaithanya attended a one-day Physics Workshop organized by Physics Lecturers' Association.
- Mrs Olivia and Mrs Jyothi attended a one-day Economics Workshop organized by Economics Lecturers' Association.

Intellectual Enhancement And Excellence

To provide in depth academic guidance and preparation strategies, JEE/NEET/CET classes are conducted by IITians and doctors of VIVIDYA Academy. Coaching for CA Foundation course is held for the students of Commerce.

An orientation programme for the II PUC students was conducted by Dr Damini Rane, Consultant Psychiatrist and Deputy Medical Superintendent at Dr Thunga's Manaswini hospital Arkula, Farangipete, Mangalore, who highlighted the psychological and social aspects of excessive social media use. She discussed the signs of addiction, emphasizing the importance of self-awareness and moderation. The toppers, distinction holders and the centum scorers of the II PUC Annual Examination were felicitated. Dr Sr Maria Roopa, Joint Secretary, St Agnes Institutions motivated the I PUC students to embrace challenges and strive for excellence in academics. The toppers, distinction holders and the centum scorers of the I PUC Annual Examination were felicitated. Dr Avinash Kamat, Psychiatrist, KMC Hospital addressed the parents on the challenges the modern day parents face while raising children in a world dominated by digital technology. A career guidance programme for the students along with the parents of Science, Commerce and Arts stream was organized by a group of renowned panelists who provided valuable insights into various career avenues.

Achievements are the milestones on the path of excellence, each one marking the hard work, perseverance and talent that brought us closer to the outstanding results.

Our students have secured an overall percentage of 98.45% with 258 students achieving distinctions, 352 securing first class and 52 centums in various subjects in II PUC Annual Examination 2024. Anjali R Rai topped the Science stream with a phenomenal total of 592/600 with centum in Computer Science and Kannada and has made us proud by securing the 7th rank at the State Level. Ashmitha Pereira topped the Commerce stream with 590/600 with centum in Accountancy and secured the 8th rank at the State Level. In the Arts stream, Alisha Thimmaiah achieved an extraordinary 590/600 with a centum in Psychology and 7th rank at the State and 2nd rank at the District Level.

Many of our students secured centum in one or more subjects.

Computer Science : Ananya Amarnath, Konathala Tanusri, Anika Patrao, Neha R, Dhrathi Kottary, Divya, Elfrida Veigas, Gowthami S

Biology : Rajatha Shetty, Shriraksha S H, Avril DSouza, Bindiya, Jainoba Rifana, Achsah DSouza, Disha P V, Andreia Fernandes

Chemistry : Nawrah Nazeer, Thanvi J R, Harshal Raj, Zaynah Anjum

Mathematics : Ananya Amarnath, Thanvi J R, Harshal Raj, Fiona DSouza, Elfrida Veigas, Rishika P

Home Science : Minha Fathima

Accountancy : Githika Nandakishore, Dhanya Kunder, Sushmitha, Pooja Kottari, Roopali, Lita Pinto, Athira, Ayesha Amani, Susan Neeliyara, Rhema Shereen, Adhithi Kamath, Chandini Gatty, Ganga

Basic Maths : Githika Nandakishore, Pooja Kottari, Velessca Pinto, Athira, Jeeya DSouza, Ayesha Amani

Economics : Fathima Ashmiya

Political Science : Mahima S

Psychology : Mahima S, Afsheen B M

‘Real Leadership is about transforming limitations into possibilities’ – Robin Sharma

The college cabinet was formed along with class representatives and their assistants. The elected cabinet members for various portfolios are Rochelle Madtha – Student President, Manvitha R K – Student Vice President, Vibha Bhatnagar – Science Secretary, Ananya R N – Commerce Secretary, Areej Lulu – Arts Secretary, Sanjana Shenoy – Cultural Secretary, Diksha Karkera – Sports Secretary and Ruth Aroza – Student Editor. A workshop on effective leadership skills and team building was held for all the student leaders by Dr Devi Prabha Alva, Associate Professor in Commerce, St Agnes College (Autonomous)

Co-Curricular activities are the wings that help students soar beyond the classroom environment.

- **‘Exordium- Freshers’ Day**’ was conducted by the college cabinet to celebrate talent, unity and excitement of freshers.
- **‘Euphoria – Unleash your creativity’** was a testament to the boundless creativity and enthusiasm of the students who participated with great fervor and showcased an array of talents.
- On the occasion of **Van Mahostav**, the Eco Club – Srishti organized various activities to instill in students a sense of responsibility towards the environment.
- **Agnosphere - Alumni Meet** was a memorable evening filled with laughter, music, dance and a strong sense of belongingness to the alma mater.
- **Independence Day** celebration was a shimmering display of cultural unity and national pride, reminding students of the importance of our freedom and our responsibility towards the nations progress.
- **Eureka – Science Fest, Comclave - Commerce Fest and Humaniscope – Arts Fest** was conducted to promote Holistic development by blending learning and creativity.
- On **Teachers’ Day** students acknowledged the dedication and invaluable role teachers’ play in shaping their future.

- **Onam** was celebrated with great fanfare.
- **Agnathon 2K24 – An Inter School and Inter Collegiate Fest** with the mesmerizing theme ‘Lucelence’ was conducted with great ardor. Students from 16 schools and 18 colleges participated in this spectacular event.
- **Hindi Day** was celebrated to inculcate in students a sense of pride for the National language.
- **Kannada Rajyotsava** was celebrated with great enthusiasm and fervor.
- **Gandhi Jayanthi** was celebrated to honor Gandhiji’s life, teachings and timeless values of truth, non-violence and peace.
- **Students’ Day** was a vibrant celebration of creativity, talent and unity among the student body.
- **Library Week** was conducted to enhance students’ interest in books and learning.
- **Sports Day** highlighted the importance of a healthy balance between academics and physical wellbeing.
- **La Gloria – Achievers’ Day** was conducted to recognize the outstanding achievements of students in academics and extracurricular activities.
- **Melange – Ethnic Day** was a vibrant tribute to India’s cultural richness and diversity.

On the occasion of International Yoga Day, the students exhibited various asanas and encouraged the differently –abled children of St Agnes Special School and the students of St Agnes Kannada Primary School in yoga activities.

Self-defence classes are conducted regularly by the instructor, Reena Ranjith.

Club activities are held under each subject to explore and cultivate the passion of students across diverse fields.

Our college offers exceptional opportunities for students to thrive, hosting diverse competitions like English Creative Writing, Essay writing and Debate, Kannada Essay Writing and Debate, Janapada and Bhavageethe, Cartoon Making, Mono Acting, Painting, Hindi Creative Writing, Chart Making and Skit Writing, Cooking Without Fire, Lantern Making and Rangoli.

The college celebrated 104 years of educating and empowering girls on 22 June 2024. To mark this joyous occasion service-learning programme was inaugurated. The students of Humanities taught basic literacy skills to the specially abled children of St Agnes Special school. They also visited the Vocational Training centre and helped in painting diyas and making paper bags for the Diwali charity exhibition. The English and Kannada Department with a few student volunteers conducted engaging sessions for the students of St Agnes Kannada Primary School where they taught them Basic English and Kannada alphabets, action songs and dance. An interactive session on garland making was conducted for the students of the Commerce Stream by the trainers of Shri Manjunatha- Art and crafts Centre, Ujire. The science students visited the horticulture unit to get hands on experience on different methods of gardening.

Our college had the proud privilege of hosting the District Level Youth Parliament Competition in collaboration with the Department of Parliamentary Affairs and the department of Pre-University, Dakshina Kannada in which our student Anagha won the Best Parliamentarian Award.

On the occasion of International Day for Democracy 2024, a human chain of over 200 students along with other institutions was formed as a symbol of equality, unity and fraternity. Cleanliness Drive was conducted in the campus as part of Shramadhan. Under the patronage of MRPL, a National Level Cultural Event 'Jaago Hindustani' was displayed by 'Swar Ninaad' troupe, Kolhapur. Eighteen students attended a District Level Seminar 'Samvidhanada Ashayagalalli Preethi Sahabalveya Payana' organized by Santa Mother Teresa Vichara Vedike, Samarasya, Mangaluru. Twenty students attended a three-day conference SAPMUN 2024 conducted by St Aloysius PU College. As a part of the Silver Jubilee Celebration of Prison Ministry India, the students presented a poignant value-based skit and a vibrant welcome dance for the prisoners.

Eighteen NCC Air Wing and Twelve Army Wing cadets attended the Annual Training Camp held at Alva's college, Vidyagiri and Canara CBSE School. Five Army Wing cadets attended the Annual Training Camp at NITK, Surathkal. Seventeen Air Wing cadets completed flying sorties and built the control line model under the guidance of Aeromodelling Instructor. The Army Wing cadets Meghana, Roopa and Yajnashri attended the NCC selection for RDC camp held at Mangalore University College. The Air Wing cadet Bhagyalaxmi Nayak attended the SSB interview at Sagara and was selected for the SSB Coaching Camp held at Bellary. She completed the SSB Super 30 camp held at Bengaluru.

Under the aegis of Abhaya – Women's Forum various programmes were organized.

- A session for the students on 'Organic Farming and Vermi Compost'
- A talk on 'Nature our Future'
- Counselling session
- Girl Child Day
- Grand Parents' Day.
- A talk on 'Mental Health' – Strong mind for better future'
- Samarasya – Harmony Day
- A session on 'Human Trafficking and Drug Abuse'

Celebrating Our Students' Triumphs in Inter Collegiate Competitions

Name	Place Accorded	Event	Festival and Organisers
Saanvi Kotian	I Place	Poster Making Competition	District Health of Family Welfare Office – Dakshina Kannada
Sanjana & Group	I Place	Nalipu Nayile (Folk Dance)	Aatidonji Dina – Nitte Institute of Hospitality Services

Dharithri & Group	II Place	Grooveit Dance Battle	Mangala College of Allied Health & Paramedical Sciences
Arengza Mendonca	III Place	National Space Day	St Aloysius College (Deemed to be University)
Livia Colaco	Consolation Prize		
Ruth Aroza	--	Best Manager	Vikarshana – 2024 Management Fest Vikas College Won the Runners Up Trophy
Chaithali & Ansha		Marketing Event	
Jeevanya & Diya		HR	
Manvitha & Trupti		Finance	
Ananya & Group		Treasure Hunt	
Fathima		Photography	

Ananya & Group	I Place	Tales of the Wild - Movie Spoof	St Agnes College (Autonomous) Organized Agno Fest – Vibranza and won the Overall Championship
Ayesha & Dwani	I Place	SCI Find - Science – Related Treasure Hunt	
Fathima & Shifana	I Place	Green Tales - Reel Making	
Manvitha & Team	I Place	Seeds of change - Dance	
Leona & Shinelle	II Place	Symphony of seasons - Singing	
Manvitha & Group	I Place	Theatrical Foot Steps	“Pre-Unique 2024” St Aloysius PU College Overall Championship
Fathima Nuha	I Place	Mystery Box	
Neha Fathima	I Place	Pixel Perfection	
Nia & Group	II Place	Runway Royalty	
Sonaly & Elain Gia	II Place	Retro Gala	
Sharon & Group	III Place	Battle Of Bands	
Sandra Mary	III Place	Lyrical Showdown	
Rochelle Madtha		Ms Pre-Unique 2024	
M K Bhamathee	I Place	Solo Singing	Shakthi Fest 2024 Shakthi PU College
Prapthi & Group	II Place	Variety Competition	

Avamma & Bernice	I Place	IT Quiz	TECHTONIC A National level IT Fest Milagres College Overall Championship
Ayesha Bapunavar & Diksha	I Place	Surprize Event	
Rashmi & Angelina	I Place	Product Launch	
Saanvi Kottary	I Place	IT Manager	
Livia Colaco	I Place	Coding	
Fathima Shiza	II Place	Reel Making	
Saaksha & Group	II Place	Fusion Dance	
Ruth Abigail	I Place	Best Manager	Sandhyotsava Canara Evening College Overall Championship
Nahla Fathima	-	Turn Coat	
Viola & Apeksha		Wealth out of Waste	
Apoorva		Elocution	
Vaishnavi		Face Painting	
Saanvi Kottary		Reels Making	
Dharithri & Group	I Place	Dance	Festember 2024 Mount Carmel Central School
Kavyashree	III Place	Solo Dance	Foot Prints 2024 Canara PU College
Aashna & Marisha	II Place	Singing	Eclosion French Fest St Aloysius College (Deemed to be University)
Livia & Group	II Place	Fashion Show	

Each victory on the field reflects the commitment and skill of our students, showcasing the vibrant sports culture.

In the **Taluk Level Table Tennis Tournament** organized by Chaitanya PU College, our college team emerged victorious and has been selected **for the District Level**. Nahla Fathima, Prapthi and Sanjana were part of the team.

In the **District Level Table Tennis Tournament** organized by Govinda Dasa PU College, Surathkal, the team won the **Winners Trophy** and Nahla Fathima and Prapthi are qualified to play for the **State Level**.

In the **State Level Table Tennis Tournament**, Nahla Fathima played the selection match and is selected for the **National Level**.

In the **Taluk Level Shuttle Badminton Tournament** organized by Shri Narayana Guru PU College, our team won the **Runners - up Trophy**. Tiana is selected for the **District Level**. The District team won the **Winners Trophy**.

In the **District Level Basketball Tournament** organized by Presidency PU College, Neermarga, the **District team** won the **Second Runners up Trophy**. Zaha has been selected for the **State Level**.

In the **Taluk Level Volleyball Tournament** organized by Presidency PU College, our team won the **Runners - up Trophy**. Huligemma was awarded the '**Best All – Rounder**'. Huligemma, Sweedol and Arpitha have been selected for the **District Level Tournament**. In the **District Level Volleyball Tournament** organized by Vivekanada PU College, Belthangady the District Team won the **Second Place** and Huligemma was selected for the **State Level Tournament**. In the **State Level Tournament** organized by Tallikote, Vijayapura District the State Team secured the **First Place**. Huligemma was part of the State Team.

Huligemma represented **Karnataka in the Under – 19 Volleyball Championship** organized by the National School Games Federation of India in Vijayawada, Andhra Pradesh and secured the **Silver Medal**.

In the **District Level Dasara Tournament** held at Uchilla, Diksha Karkera won the **First Place** in 50 kg **Free Style Wrestling** and was selected for the **Division Level**. In the Division Level Dasara Tournament held at Scouts and Guides, Mangala Stadium, she bagged the **First Place**.

In the **District Level Free Style Wrestling Tournament** organized by Yenopoya PU College our team bagged the **Runners up Trophy**. Diksha Karkera, Mishel Pereira and Tanshuree secured the **First Place** in the 50 kg, 53 kg and 57 kg category respectively. Saanvi Shetty secured the **Second Place** and Priyolla Dsouza won the **Third Place** in 76 kg and 68kg category respectively. Reena Dsa and Ayishath Afifa won the **Third Place** in 62 kg and 71kg category. Diksha, Mishel and Tanushree have been selected for the **State Level**.

In the **District Level Belt Wrestling Tournament** organized by Yenopoya PU College Mithali and Diksha garnered the **First Place** in 35kg and 45 kg respectively and have been selected for the **State Level Tournament**.

In the **State Level Belt Wrestling Tournament** organized by BGS PU College, Chikkaballapura, Mithali secured the **Bronze Medal**.

In the **Dasara Kesari Free Style Wrestling Tournament 2024** held at Ullal, Deeksha Karkera secured the **Gold Medal** in 45 kg category.

In the State Level Beach Wrestling Championship held at Tannirbavi Mangalore, Deeksha Karkera bagged the **Second Place**.

In the **Taluk Level Athletics Meet** organized by Besant PU College Sneha garnered the **First Place** in Hammer Throw. Mishel Pereria and Thanmai bagged the **Second Place** in 800 meters and Hammer Throw respectively. Sneha, Mishel and Thanmai are duly selected for the **District Level Athletic Meet**.

In the **Division Level Dasara Table Tennis Tournament**, Nahla bagged the **First Place**. At the **State Level Mysore Dasara Cup 2024**, Nahla clinched the **Gold Medal** in the **Doubles Table Tennis Tournament**.

In the Universal 369 International Karate Championship organized by TSKA, Abhiksha Shetty secured the **Second Place** in Kumite and **Third Place** in Kata.

In the **District Level Karate Tournament** organized by Alva's PU College, Mithali secured the **Gold Medal** in 35 kg Kumite category and is selected to play at the **State Level Karate Tournament**. Abhiksha secured the **Silver Medal** in 52 kg Kumite Category.

SPIRITUAL AND VALUE EDUCATION :

Every morning students participate in meaningful meditation aimed at calming the mind, reducing stress and enhancing concentration. Catechism and Moral Education classes are held weekly to promote the moral and spiritual growth of the students and help them to develop good values. A two-day annual retreat and holistic education sessions were conducted for the students. Under the aegis of Agno Angels, class wise outreach programmes were organized in order to sensitize the students of their duties and responsibilities towards the society. They visited Mother Theresa's Home, Chesire Home, Jeevadhana, Bala Graha, Olavinahalli Kenga Old Age Home for destitutes, St Anthony's Ashram, Little sisters of the poor, and Veronica Vihar. The students contributed generously by providing groceries, toiletries, oxygen cylinder, ceiling fan, food trolley, BP monitor device and wheel chair. Field trips were conducted for the II PUC students to gain hands-on exposure to various industries and environments. Christmas Carnivals was organized to spread the hope and joy associated with the spirit of Christmas. The Charity Drive showcased students' whole hearted participation, fostering a spirit of social sensitivity and compassion.

Parent Teacher Association :

At the Annual General Meeting of PTA, Mrs Lydia Lobo, Administrator, LINK Rehabilitation Centre highlighted the crucial role the parents play in their child's overall development. The toppers of the II PUC Board Examination 2023-2024 were honoured along with their parents. The subject teachers of the toppers were also felicitated on the occasion.

We are grateful to Prof Joselyn Lobo, the Vice President of PTA for the year 2023-24. Dr Divya Damodar has taken over as the new vice president and the committee continues with the same zeal. On the occasion of Teacher's Day, the PTA organized a fun filled programme showcasing their deep love and respect.

Conclusion :

As we move forward, we remain dedicated to fostering an environment that nurtures intellectual growth, inclusivity and leadership. Our collective pursuit of knowledge and improvement ensures that we are not only meeting the current needs of our students but also preparing them for the evolving challenges of the future.



SAANVI KOTIAN
II BSBA



The One That Lived

(The Ramblings of a Mad man)



Nichelle Pinto
II PCMB

"As I stepped off the train, the eerie silence of the deserted station seemed to whisper warnings of the horror that lay ahead."

Where the sun shines
there arises bloom
Where one walks
there lies shadow and print.
Where life dwells,
there blossoms death.

Perhaps, awakening on such a nostalgic day,
I expected the world to be kind.
Perhaps, if I had worn my yellow show jacket,
such a day in the book of life wouldn't exist.

Perhaps, if my train for the day wasn't The Carrion—
ironically named after the servant of Hades,
I would have had the chance to whisper my syllabus of love and guilt one last time.

If it weren't for that small bump on the track,
I wouldn't have laid a limb into the coach.
Yet, I do not regret the gore I have caused,
nor do I fear the path that will carry me astray

I step out into the gloom
The same as the one I had awoken for.
And I'm led to the hall –
that gruesome hall –
and I am grateful that it began.

Ash and smoke,
blood and smithereens.
Fair and cruel,
all at the palm of my hand.

It glows and crackles,
like fire born of timber,
as I do nothing, but stare
at the chaos I have prepared.

For you see, simpleton,
I am the soldier of despair.
I have done something no one can repair—
I have waltzed in the blood of prey.

I have bathed in their blood
and praised my lord with the very same.
It gives me pleasure - the more,
the better.

Like a wolf in sheep's hide, to the world,
I am not bare

So I smile and watch
as the memory replays.
for I am, you see, cold and dead,
wandering among souls that are rare.

A deep voice rumbles,
“Have you been well-fed?”
I only smile and reminisce,
for what he asks of me is a dare.

I turn to him
He has given me favour
Like a rabid dog,
My tongue lusts for that taste again.

But I am denied.
Why?
Because I have lied.

The ground groans
Whispers and moans surround me.
“You have betrayed the master, the
beacon, the one you claimed to believe
was everlasting.”

Writhing hands scratch and grab at me,
Dragging me away as a disgrace.

When I awake again,
I am back.
Back to the people who claim to have my
back.

There is no use, however,
for it has been done.

I am the descendant of Hades,
the one who slaughtered millions for a
favour.
It was victory I loved, and victory I gained
from the damnation of my birth until the
end of time.
My destiny is blood, and I hunger for
more.

“Don’t you see?”
Exclaim the men in white
As they scramble away from my paralysed
body.

I have been awoken once again,
and I will sing –

“Where the Carrion leads,
there lies the madness of me.
Where life lies,
I ensure death.”

For I took the train
After I escaped the white-cushioned cells,
and I will never be held back again.



I Woke Up With No Memory of Who I Was



Shanon Menezes
II SEBA

I felt a heavy sting in my head; I woke up groaning. When I opened my eyes, bright light blurred my vision. I felt so lost and confused. "Where am I?" was the one question ringing in my head. As I sat up on the bed, I realised where I was; the beeping of the monitors reminded me that I was in the hospital. I suddenly heard a voice: "Patient in room 107 has finally woken up!" I was still so confused; what does she mean by finally waking up? How long had I been asleep for? Surely, this felt like a long nap. I lay back on the bed, feeling restless after all the thoughts that were flashing in my head. I zoned out staring at the ceiling. Suddenly, I see a young woman in her late twenties barge into the room. "Oh dear Joey," followed by an old man and a woman with tears of joy rolling down their faces. The young woman hugged me, "My dear brother, we were afraid you would never wake up again." Firstly, who was Joey? Is that my name? How do I not remember my own name? Secondly, I have a sister. Those must be my parents then.... But how do I not remember anything? This feels so new. My head started throbbing. "Don't pressurize him; it's been so long he must still be processing what's happening." The old woman caressed my head. "My dear son, you're finally awake." I fell asleep right after the incident. A few days later,

I was finally taken back home after receiving therapy. I had been given a brief explanation of who I was and my entire family; I had been in a horrible car crash, and no one believed I would become conscious again. It was my sister who kept hope and did not



allow anyone to give up on me. You might be wondering why this is shocking, right? I'll give you a brief explanation of what had happened. My name is Joey Barrington. I'm twenty-seven, and I have finally woken up from a coma after nine long years. Days later, I went on an evening walk to this garden near my home; my mother told me I loved that place and would always spend my time there with a friend; she wouldn't tell me who that friend was; every day I wondered why, and I had a gut feeling that I would finally know why. I walked into this beautiful garden; the breeze, birds

chirping, the swaying trees, and smell of fresh flowers comforted me. I kept walking until I reached this specific spot; it was under one of the pretty pink trees, and it had a bench. I smiled thinking I knew why I loved this garden; everything about it gives me comfort. I went towards the bench, and I saw the initials 'J+J' with a heart around it, and suddenly my head started pounding. I groaned loudly, wanting the pain to stop. I fall on my knees, grasping my head. "STOP!" I scream as I get these flashbacks; there was this girl, blonde hair was all I could remember; all the memories I had with her came to my head one by one; it was bittersweet, and then suddenly I got flashbacks of the car crash, and I could only hear her voice with her holding my hand; her fingernails were painted pretty pink, "Joey, you will have to..." she gasps, "live without me..." was the last thing she said before closing her eyes. Suddenly, I feel a cold breeze and a tap on the shoulder. "Hey, are you okay?" says the girl with blonde hair and blue eyes. "Yes," I say, panting. I suddenly felt so calm; we sat by the bench and ended up talking like we had met after years. She gave me my favourite food: grilled cheese. Eating it after so long made me so delighted. She wouldn't eat no matter how much I tried to persuade her. She said she wasn't hungry. I then told her that she should meet my family, as they would love to meet her. She smiled, "Sure," she said. We headed back home since it was getting quite late, and I rang the doorbell. I smiled at her, and she panicked. "Sorry, I have to leave," she said, putting a ring on my palm. "Huh?" I say as my mother opens the door; I look to my side, and she isn't there anymore. My mom looks at me confused. "Joey, look at the time. What took you so long?" She yells at me, "Mom, calm down. It's just

7 pm, and I am a grown man." "7 pm?" She points at the clock. "Is this 7 pm?" I look at the clock, feeling dumbstruck. It was twelve midnight. Thirty seconds past twelve. "What even...." "Enough messing around, Jo.... Please be careful." I was feeling so confused. I clearly remember it being 7 pm when I rang the doorbell. I stare at the ring; it was a diamond ring. My mom gasps, looking at what's in my hand. She asks, "What's that in your hand...?" I chuckle telling her about the encounter I had with this pretty girl. "Oh, Mom, I have so much to tell you! I met this girl in the garden; she had blonde hair, blue eyes, and she's really smart. She was wearing this light pink dress with her nails painted pink; she loves that colour." My mom stood there shocked. "She said her name was... Uh.... wait, I'm trying to remember." I shake my head with my palm rubbing my neck. "AHA! Jane! Jane Miller." My mother's face went pale in shock and fear. "Are.... you sure you weren't hallucinating, Joey?" I laugh it off. "What? No! Of course not; she even gave me this ring to mark our meeting!" I show the ring to my mother, and she takes the ring and stares at it in fear and shock all at the same time. "Oh Joey... I'm sorry I didn't tell you earlier...." I look at my mother, "What are you talking about?" She takes out a picture of me and this girl, the same girl. I looked younger; the Polaroid had a date on it: '17-05-2017.' I look at her confused. My mom says with tears, "The girl you met probably was the spirit of your dead fiancé. You both were in a car crash, and she did not make it. You were both on your way to see us... You were going to introduce her to us to announce the news, but...." "She cries.... She never made it home."

Dakhma

In the silence, I've been hearing a voice that's not my own, ever since I moved into D'Silva Villa.

Hi! My name is Jennifer 'Jenny' D'Silva, and I recently moved back into my grandfather's home in Dadar, Mumbai. The name of the villa is D'Silva Villa, and I am now the owner of this house on the basis of hierarchy.

My grandfather, Mangesh D'Silva, wrote ghost stories for a living. He used to write non-fiction; hence, we used to do whatever it took to research witnessed paranormal activity. This determination led him to build a house near a Dakhma. Now the question arises, what is a Dakhma?

A Dakhma is a tower used by Parsis, or Zoroastrians, to dispose of a dead body. It is a tall cylindrical tower, which has staircase-like contraptions lining its walls. Zoroastrians believe that rather than cremating or burying a body, they should let it decompose at its own rate with the help of the elements, i.e., water and air. To hasten the decomposing process, vultures nibble at the dead and have their fill. According to the Zoroastrians, even that is a form of contribution to the Gods. So they kept the body in the tower to let it decompose.

Dakhmas originated in the Mesopotamian civilization as a disposal method for dead bodies, and there were Dakhmas in Persia (modern-day Iran). After the decline of the Mesopotamian civilisation,

they fled to India, especially Dadar, in Maharashtra to escape persecution. Dadar eventually developed into a Parsi colony with a sizable population. 'Parsi' was the new name given to the Zoroastrians after their exodus from Iran!

One day, the Mumbai Municipal Corporation approved the building of



Shamita Rao
I HEPP



a Dakhma and named it the Tower of Silence. The Dakhma was built in the middle of a residential area. Hence, there were reports of paranormal activities. In 2001, a year after I was born, there was an incident in the building adjacent to the Dakhma. There were reports of a disfigured woman, clad in a white sari, making a horrible wailing noise, walking in that building. A man named Zervaan once responded to that wailing, and the woman then spoke to him; she asked him whether he knew who she was. Now, out of curiosity and nervousness, Zervaan

said “No.” She presented herself in front of him, and Zervaan screamed. She then quickly covered his mouth with her hand and whispered something in his ear. Turns out, she whispered a mantra that would make the listening person submit to her. Zervaan then entered a trance-like state and started blabbering demonic chants. The woman then commanded him to jump out of the window, and thus he fell to his death.

My grandfather wanted to see whether it was just a rumour or not. His curiosity got the better of him, and he spent 90 crores on D’Silva Villa, with a special request to build it in front of the Dakhma. My parents were shocked to hear this. My mother scolded my grandfather, “How dare you build a house in front of a Dakhma? I thought you were joking, Dad!”

“Dear, I promise you, nothing will happen to you, your husband, and Jenny. This is just a research project!” grandfather said.

“I have a one-year-old; it will affect her adversely!”

My mother then made a vow to never live with grandfather, no matter what.

Years passed by, and it had been ages since grandfather started living in the house, but he never got to hear the wailing lady. In 2021, he had enough. He started to pack up everything to move out of D’Silva Villa. On August 23rd, 2021, he had packed the last box to send to the cargo company. Grandfather then lay down on the bed, and slowly, as his

eyes were closing.... he heard a wailing noise. He jumped up instinctively and ran towards the noise which was coming from the kitchen.

The woman appeared before him in her white sari. Grandfather was in a shocked state. Before he could say anything, the woman walked up to him and whispered a mantra in his ear. Grandfather went into that submissive state, and under the woman’s command, he took a knife from a drawer and stabbed himself. Just then, a neighbour walked into the house with a goodbye gift. She saw grandpa in a pool of blood, and immediately called for the ambulance.

By the time grandfather reached the hospital, he had lost a lot of blood and was in pain. My mother (even though she had vowed to never come back to him) came to the hospital and saw him wrapped in bandages on the bed and taking his last breath.

Upon seeing my mother, my grandfather told her everything about the woman, how he had stabbed himself, and his last words were, “Tell Jenny this story, and tell her to write it, and mention where it happened, in D’Silva Villa, and tell her to publish it.” With that, the monitor showed a flat line.

And now, here I am, sitting at the dining table in the kitchen, writing this story, at the very place where it had happened. Just as he wanted...

Luckily, I have never seen the woman, nor do I intend to see her.



“The Old Diary Revealed a Family Secret”



It's a Sunday morning; the white rays of the sun come in through the window and make grey shadows on the wall filled with pictures. I can hear my mom calling out my name from downstairs. Yelling, "Wake up, now." I reply "But it's Sunday; I need a break." 'Well, I don't get a break from being your mom either. So now freshen up and come down for breakfast.' I scoot out of bed, brush, change from my nightdress and that's when I notice it; there's a small uneven square at the bottom of my cupboard. We had moved into this house, recently. It is our ancestral house and hence very old. We moved here

to get a break from 'Silicon City'— a city that never sleeps. I try to open the surface which looks like a secret safe. And that's when I discover the tiny space underneath. It's square and full of cobwebs, as a matter of fact three spiders

pop out and startle me. Inside the safe, there is a tiny box and a diary. Yes, a diary! I open the box first, it contains a necklace, bracelets mostly silver and a pen; I open the pen, it was rusted, it's not a pen... . It's a knife and it has some kind of stains on it. I don't think about it much and put it all back and think about opening the diary. I shouldn't, but I couldn't help myself. This is the first time I had found a vintage diary. I untie the thread around it, and open it. The pages are yellowish and torn in some places... .



Sayali
I PCBH

Sunday, 1952

Dear Diary,

I don't think in the near or far future anyone would want to read something written ages back. I am writing this to lighten the burden on my heart and mind from the past few months. I was married off to Cary at the age of 16. It was mandatory and I could not risk my family's life.

I was married to a man who was wealthy. I had all the luxury anyone would want. But the only thing that I could not buy with this wealth was peace. There were several attacks at that time, enemies

invaded properties and slaughtered people and that is exactly what happened to my husband, his parents and the servants. They were all attacked and brutally murdered. That dreadful night we heard footsteps. It was the beginning of the end. He assured me that everything would be fine, but in his eyes I could see fear. He knew things could go wrong; that's why he sent me with the child to the underground hiding space; he sacrificed himself to save us. I could hear everything, breaking windows, smashed vases, screams..... it became quiet all of a sudden, footsteps. They were getting closer, everything in me seemed to have stopped, my pulse, my mind, but my heart was beating faster than it ever had. I didn't believe in God, but on that day he was the one who saved me. I was chanting everything; every little verse, every prayer I knew. The footsteps got fainter and faded away. I walked out and saw that everything was destroyed. Everyone was dead. I wanted justice. For years together, I went to police stations begging for justice. The justice that rightfully belongs to us and the only way to get what we want is to fight for it.

I sent Ray who was just two years old at the time to my aunt's place. The least I could do was to protect my child.

People were gathering, I could hear them. I was still in my hiding place.

I could hear people pity the murdered. That day I witnessed people presuming that I had died a tragic death.

Thursday 03,1952

I had been planning from a very long time to enroll in the army. Women are not considered eligible for defence, but nobody would notice someone in disguise. Terrorists are a threat and they have to be eliminated and I want to contribute my mite and I don't mind sacrificing myself for my nation, for the safety of my people, for them to sleep without the fear of whether they will be alive the next day.

Yours,
S.V

Saturday 6, 1960

I have been working in the army for a very long time, and no one suspects it yet. I had taken an oath to secure justice for the family that loved and cared for me. I will ensure justice with my own hands, and that is the knife. The floral case; blood of the guilty.

Justice does not have to be displayed and announced; it has to be obtained.

Yours,
S.V

So the knife that I found proclaimed that justice had been done. The justice that a jury of twelve people could not provide. Downstairs there is a painting of a beautiful young lady, Selesta Val. My great grandmother had so many dark secrets hidden behind her beautiful limpid green eyes. So dark, and so mysterious, and I could possibly be the only person who knows about them.

Yours,
Sneha Val



***“The smell of freshly baked cookies
wafted from the oven,
transporting me back to my childhood.”***

JUST LIKE OLD TIMES

The smell of freshly baked cookies wafted from the oven, transporting me back to my childhood. Every year, during my birthday, my sisters and I would bake a large cake, a batch of cookies enough to feed an army of dogs and all the ginger bread you could dream of. My sisters, Tara, Misha and Jaya would handle each baked good respectively, which I would “supervise” (mostly by licking the spatulas or by bossing them around). Being the youngest of four girls, rare was such an occasion that allowed me to order my sisters around. That might have been why I cherished every birthday, the opportunity to play eldest coming a close second to devouring the goodies, on the list of my favourite things ever.

“More sprinkles on that cake, please!” I’d yell at Misha, while simultaneously munching on cookie samples. She would oblige immediately with a laugh Ah, those were the days.

Times have changed since, and so have we. My sisters were shipped off to different corners of India for college and higher education. Mama took ill and I was left

to care for her. Our big brother, Varun started a business with his buddies. We settled into a comfortable familiar routine, going about our days in the easy-going manner we learned as kids. Every weekend, we

made it a point to have a video call with everyone. These weekends were something

I looked forward to with as much anticipation as my younger self, on the days leading up to my birthday.

It was on one such weekend that I found myself caught in a moral dilemma.

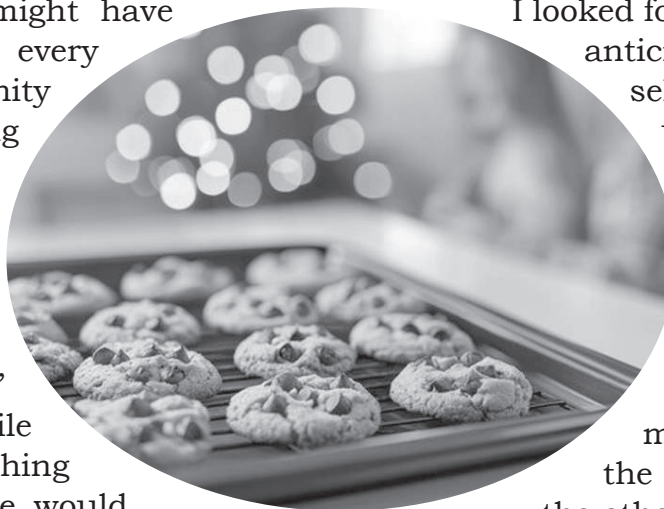
On one hand was the weekly video call with my favourite people in the whole, wide world. On

the other, was a dreaded math assignment I had been putting off for the last month.

(Procrastination was, as you see, one of my strengths) Finally, choosing work over family, I said a quick ‘Hi’ to everyone and set to work. While I wrestled with



Prapthi Bhat
I PCMB



the boringness of tangents and cosines, I could hear my mother and her other offsprings gaily chatting the night away. Yet, I persevered. Three hours into the next morning, I finished my assignment and went to bed, with the vague, nostalgic excitement that came with a new realization:

My birthday was only a week away. Monday came and went in a blur, then Tuesday. On Wednesday, I returned home from school to find my mother engaged in an animated conversation on the phone. This was, though unusual, not exactly surprising. I figured my mother must have gotten in touch with an old friend, and went about my business. Thursday evening, as I ate dinner in front of the television, my mother left the room to take a call. This struck me as odd, because who could she possibly be talking to? And why did she not want me to hear her?

When she returned with a mischievous glint in her eyes, I put it down to mothers and their (generally bad) sense of humour, and continued to watch my show.

Friday passed, then Saturday. Each day I found my mother's behaviour increasingly questionable, from secret phone calls to random giggles when she thought I was asleep. Still, I did nothing about it. "Moms" I thought with disdain.

Saturday night, I went to bed with a light buzz of elation in my head. Sunday was my birthday.

The next morning, I woke to an unusual clamour in the house. Generally, our house is pretty quiet, since it's just me and my mom. This chaos was completely out of character. I tiptoed down to the hall and realized that all the noise seemed to originate from the kitchen. Clattering of plates, dinging of oven timers, scraping of metal and utensils.

I opened the door to an entirely unexpected sight..... My siblings!

There they all were, Tara, Jaya, Misha, Varun and my mother, all together!

"SURPRIIIIISE"

The table in front of them was laden with ingredients for all our traditional birthday delicacies - flour and icing, sugar and sprinkles, butter and milk and everything I could imagine. I hugged each of my siblings in turn, amidst their choruses of "Happy Birthday" and "How are you doing?" pleasantries.

My eyes filled to the brim with happy tears as I looked at my beautiful family. It was just like old times! I was handed the toy whistle, I would blow as a child while ordering my siblings around and assigning them tasks. With glee, they put on aprons and set to work. Over the next three hours, they baked and iced and dusted every inch of the place, with me being the centre of attention.

In the end, we all sat down and enjoyed the feast we had prepared, sharing stories and laughs. The food was devoured, cookies and all!



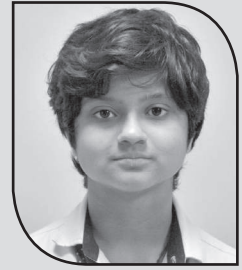
Cat's Day In



Being a feline overlord is no easy task! Especially with such clumsy humans being the ones at my every beck and call! That's why I shall graciously walk you through my day.

My name is Snowball; yes, that's right, Snowball. The human named me that and unfortunately is stubborn about it. The name was set in place due to my beautiful and spotless white fur. Naming conventions aside, my day starts with me having to trudge to the human's sleeping quarters and loudly meow into their ears. I typically reserve my meowing for them, seeing as they continue to coo and coddle me when I do it and well, I have to get my food somehow, no matter how humiliating the process is.

Anyway, the sleeping oaf refuses to get up, and I have to resort to politely backing them in the face. I'm hungry, and isn't that a matter of the utmost importance? The human always tells me I'm the most important thing in their life, yet they delay my sustenance? Yes, I'm sure you're also caught off guard by such audacity! Liars, the whole lot of them!



Janice D'Silva
I HEPP

Soon they wake up, grumbling about my swatting, yet I do not care! For I shall be getting my breakfast! They quickly serve me my food in my favourite green bowl, well suited for a cat of my calibre.

I make quick work of the food and wipe the bowl clean. Now it is time for my nap! Off I go to the human's bed; it is large and soft and miles better than the peasant bedding they bought for me. Me, sleep in that small bit of space? Preposterous! The human leaves for...wherever they dally off to during the wretched day, and I make myself comfortable on their bed. Who needs them anyway? Certainly not I, Snowball!

I have my well-deserved nap. Then I proceed to one of the big glass windows in the living room. Those pesky birds are always chirping! They certainly won't chirp for much longer when I get them in my belly, that's for sure. The human has locked all the doors, though, and so that will be a task for another day.

I walk around like I own the place. No wait, scratch that. I walk around because I own the place. The human is merely my humble servant.

The human has also bought many things to entertain me, but frankly, many of the items either are a snooze fest or just alarming. That buzzing thing they bought me almost rendered me Deaf! Are they trying to assassinate me in my own abode and take over?

Ahem, moving along now. I climb atop my perch; the human calls it a cat tower. A wonderful name; I deserve my own tower after all. I sit atop it and sleep again. I need all that sleep to deal with the clumsy human.

When the sky outside gets a bit dark, the human returns, empty-handed. No food for me? How dare they? I lunge forward and make my displeasure clear by clawing at their hind limbs.

Do you know what their response was? They picked me up and crushed me! It is an attack! I am going to perish! My days are over, and I...

Oh, never-ending. They set me down

and fed me some mouth-watering fish. The human is forgiven their transgression for now.

They then hobble off somewhere inside the house while I have some well-deserved 'me time.' I lounge around and play with some string looking mouse thing that they bought me about a few months ago.

I only count the hours when I get fed. Dinner time soon rolls around. I make sure to remind them.

Ah, my favourite green bowl, you never disappoint me. The food I was served may pale in comparison to the fish I had earlier, but it will have to do.

After dinner, I go and lie down. I am very comfortable, and I refuse to get up when the human tries to move me.

I had a very fulfilling day. As expected of the great Snowball; I make no mistakes.

Well, that is my day. Bye now, I'm off to dreaming about chirping birds in my bed now.

HOME

We have often heard the phrase 'Home is not always a place; it can also be a person.'

But I think a home can also be found in small moments, where we feel happy, when we feel content, when we feel like we belong in this moment, in this world, because home is a feeling.

Home does not always mean four walls or a person, because all of us are not blessed in the same way. Some are blessed in small moments, in small spaces, in a few memories that hold a special place in their hearts forever, like the sound of the laugh of their loved ones, the small scribbles on the wall

we used to do when we were children, a sense of that familiar feeling you get when you hug someone, the nostalgic smell of a place that fills the senses of your brain, or the homemade food that takes you down memory lane and makes you feel at home.

Home can be found anywhere; in any person you feel connected with; in any moment you feel happy in; in any memory that brings you comfort; and in any minute you feel alive.



**Misbah
Hasmani
II HEPP**

Language of my SOUL

"Language of My Soul: How Poetry Ignites My Passion and Inspires Others."

As a student, I've often turned to poetry as a way to express my emotions through words. What began as a simple hobby soon ignited a fire within me, fueling my passion. In my toughest moments, my passion became a ray of hope, guiding me through.

Whenever I felt overwhelmed, I found solace in words.

I still recall the first poem I ever wrote how sadness inspired my words, as if it happened just yesterday. I watched as my heart poured out its feelings into beautiful, rhythmic verses.

Expressing myself through poetry helps me calm my mind and soothes my heart, leaving me feeling lighter. As I continued to write, I discovered a hidden talent - the ability to weave words into a rhythm that resonated with deep emotions.

Throughout my poetic journey, I've discovered that my words could not only heal me but also inspire others, bringing them comfort, joy, and even a smile.

My passion for poetry has taught me



a valuable lesson: pursuing our passions and hobbies can have a profound impact, not only on ourselves but also on those around us. It's a reminder that we all have the power to create, inspire, and uplift others through our unique talents and interests.



**Nazeefa
Aishwarya
II PCBH**

As I continue on my poetic journey, I hope to inspire others to pursue their own passion, whether in writing, art, music, or something else entirely. Remember, it's never too early or too late to discover your passion and share it with the world. You never know the impact it might have on yourself and those around you.

As I always say, "The beauty of finding your passion lies not in the destination, but in the journey of discovery where every step reveals a little more of what makes your heart happy."

'Never Underestimate me for I'm a WOMAN'

"She's a mother who gave you birth.
She's a wife who taught you her worth.
She's a sister who supported you being
one of your wings.

She's a daughter who made you king
of kings!

Recognize her spark of love for you.

Else her spark of anger and revenge
might set you on fire."

As I grow older each day, I'm
flooded with numerous thoughts
of how I can be an 'Ideal Woman'
But all my doubts and confusions
vanish when I see my multitasking
and confident mom perform all her
duties with a snap of her fingers.
Deep within, I'm grateful to be a
young woman.

The voice "It's a girl" in the
labour room lit up the lives of my parents,
and it was at this moment they promised
that they would love me to the square of
infinity. Being a toddler, I have never been
gifted a Barbie doll by my parents. Instead
I was given a remote car, which still
exists in my closet. I'm always proud of
my addiction to blue clothes, and having
feminist parents as your backbone is one
of the fortunate things in the world. I'm
sure that I will be an independent woman
someday but what about other women in
the world? Will they survive with dignity?

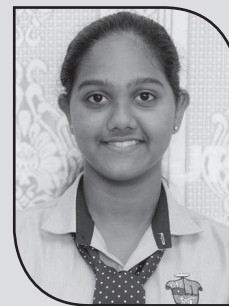
I can still recall my school days when
my teacher narrated an excerpt from
the autobiography of Malala Yousafzai
and also instilled in us the virtue of
helping and serving others, which Mother

Teresa possessed
in abundance. Apart
from Malala Yousafzai
and Mother Teresa,
there are many other
women who have

proved that we too can reach the
pinnacle of success. A woman
is a beautiful masterpiece
of the Almighty. She is the
thread who knits the family
together. Her love towards her
family urges her to sacrifice
her desires and ambitions.
Women mould themselves so
that they fit into the norms
of the society. They stake
their happiness for their
loved ones. They sacrifice
themselves, hoping to earn
the trust of their families.

Living in the 21st century, I deplore
those who assume women to be helpless
and fragile. We are happy to mark our
existence in a developing country, but it's
so depressing to realise that the mindset
of some of the citizens of this country has
ceased to progress. Being a woman, we
are aware that we are not secure in our
society. There are millions of people who
make you feel great just because you are
gorgeous, talented, and most importantly,
because you are a woman. But that same
woman might be the cause of destruction
if anyone meddles with her.

Our corrupt society is eroding the idea
of respecting women. Frightened by this,
they abuse women physically, as well as,



Rachel Pais
II PCMB



emotionally. They might feel that they have eroded the dignity of a woman and are safe but are least aware that there is a huge troop of women behind them seeking revenge. We cannot change the past, but we can demand justice for the victims of sexual abuse. Each individual needs to work hard to make this world a better place for all girls. We need to teach all the men in our families to respect women and to look up to them as exemplars of

virtues. Only then is it possible for girls to walk alone on the streets at midnight.

There is absolutely no need to prove to anyone that we are capable of everything. We are perfect in our own way, and we need not fit ourselves into the so-called, 'Typical Woman' that society ordains. We must be proud to be women, because we are wonderful, optimistic, marvelous, ambitious, and nurturing. There is no limit to what we, as women, can accomplish.

MY PEN

My pen is pink.
Needs blue ink
writes what has been said
with the help of the lead

My pen gets bored.
whenever I write more.
When I stop
Then it will pop.

My pen starts jumping.
whenever I keep on searching
showing its presence
telling me to glance at it.

Sometimes my pen becomes lazy.
Sometimes acts crazy.
My pen is actually very moody.
Apart from me, it can't be judged by anybody.

At last my pen is ten on ten
And to you my sweet pen
I really, really love you, pen.



Elain Fernandes
II PCMB

Partindo Para, 0 Brazil”

“Come on, sweetheart, it's time for dinner; you can continue with your novel later,” said a voice from the kitchen as I was flipping the last page of the chapter



titled "In the Midst of the Amazon." My mind was not contented with what I had just read and was urging me to read it once again. Initially, I couldn't figure out why I wanted to re-read the chapter, but gradually I realised it was some

sort of fascination I possessed for the Amazon forest. I finished my dinner in no time and ended up in front of my laptop screen. The first thing I googled was 'Brazil,' because

I could recall studying about the Amazon Rainforest covering the north of Brazil during my school days. With a tap on the search icon, I marvelled at catching a glimpse of some of the aesthetic landscapes of Brazil. I browsed for an hour and dozed off, since it had been a tiring day for me.

The next day, I found myself excited as I was about to leave for Brazil with my family. The journey of thirty-six hours left me fatigued, but the air hostess gave no chance to complain about their hospitality. As soon as we landed, we were picked up by a taxi driver who was tasked with dropping us to our destination by Infosys, an MNC where my father was working as one of the senior managers. We reached our hotel and were astonished by the beauty of the hotel. The interior design, the flooring and the ceiling- all were done in such detail and with such great perfection that any man having the blues will consider it to be a therapy for his eyes. My mumma is excellent at planning outings, and this time it was no different. Unpacking our suitcases and scheduling our day was done simultaneously. Once done with the packing, all of us headed to the restaurant, had our breakfast, and started our day. Our driver, Uncle Carlo, dropped us at our first sightseeing spot.



Rachel Pais
II PCMB

The Iguazu Falls, where we witnessed the scenic beauty of breathtaking waterfalls, was our first tourist spot of the day. We spent the next couple of days travelling to see the statue of Christ the Redeemer at Rio de Janeiro and the vibrant and picturesque Copacabana beach. The next few days were spent visiting some of the wonderful places in Brazil. One among them was the world's largest tropical rainforest - The Amazon. We also visited the Sugarloaf Mountain, the unspoiled beaches and the marine life of Fernando de Noronha, Salvador Historic Center, Lençóis Maranhenses National Park, Bonito Waterfalls, Brasília National Park, Jericoacoara beach, Ouro Preto Historic Center, Curitiba Botanical Garden, Iguacu National Park and Florianopolis beaches. The other half of the month was spent

visiting some of the enthralling tourist spots of Brazil: the Sao Paulo Museum of Art, Ilhabela Island, Buzios beach, and the Natal Coast. I was very fortunate because I could attend the Carnival celebrations at Rio, Salvador and Olinda. My dad had also taken us to watch a live soccer match, which was something I had not expected even in my dreams. The Samba music made our stay even more memorable. My taste buds were beguiled by the taste of the Brazilian cuisine. Again my eyes turned moist, and I ended up in tears when we had to leave this beautiful country.

I found myself sobbing when I woke up and find my mom sitting beside me, giving me a curious glance. It is then, I realise it was just a dream. The clock hands align and it's seven o' clock. ■

A Challenge You Have Overcome Or Want to Overcome

The biggest challenge I have faced in my life is feeling socially insecure about myself. A brief introduction to social insecurity. It is an insecurity in which you are self-conscious about yourself. It may be due to your looks or the way you behave. It makes you anxious around other people. Being an introvert myself, socializing can be a bit challenging because it requires one to step out of one's comfort zone and interact with others; it can be pretty exhausting. And being an overthinker can add to your burden of insecurity. During a conversation, you try to overthink about what the other person thinks about you or how he/she is judging you. Sometimes you feel insecure while speaking in front of a group of people because of constant worry about making mistakes and feeling

conscious about your body language.

So to overcome this challenge, I tried to be myself first and worked on improving my communication skills, through which I gained a bit of confidence. Being patient with myself and taking note of my weaknesses helped a lot. There's a famous saying, "Practice makes a man perfect," and I've found it to be true. While I haven't completely overcome my social insecurities, I have definitely made progress.

Remember that it is okay to feel insecure sometimes. The important thing is to not let those feelings control you. So smile, explore, and enjoy the ups and downs of your life.



**Eshani
II BEBA**

The Kalash Tribe

The Kalash people are a small but incredibly unique community, nestled in the beautiful and cold Hindu Kush mountains of Pakistan. They have a distinct culture and a way of life that sets them apart from the rest of the country. They follow ancient beliefs that celebrate nature and its spirits.

The Kalash celebrate life by holding festivals throughout the year to mark different seasons. In spring, they celebrate Chilam Joshi, welcoming the blooming flowers with music and dance. In winter, they observe 'Choimus,' a festival that

by their beautiful traditional clothing. They wear long black dresses adorned with bright embroidery, along with special headdresses made of colourful beads and shells. These garments represent their identity and showcase the pride they take in their culture.

The Kalash tribe speaks their own language, Kalasha, which is quite rare as the population of the tribe has dwindled to a few thousand. A legend suggests they might be descendants of Alexander the Great and his troops, adding to their unique story, though this remains unproven. What is certain is that their ancestry is distinct from their neighbours.

However, the Kalash face challenges as the modern world starts to make inroads into their remote valleys. Despite these changes, they work hard to keep their traditions alive in a changing world. They remind us of beauty in diversity and the importance of community, showing that true happiness can be found in simple moments and deep connections with one another and nature.

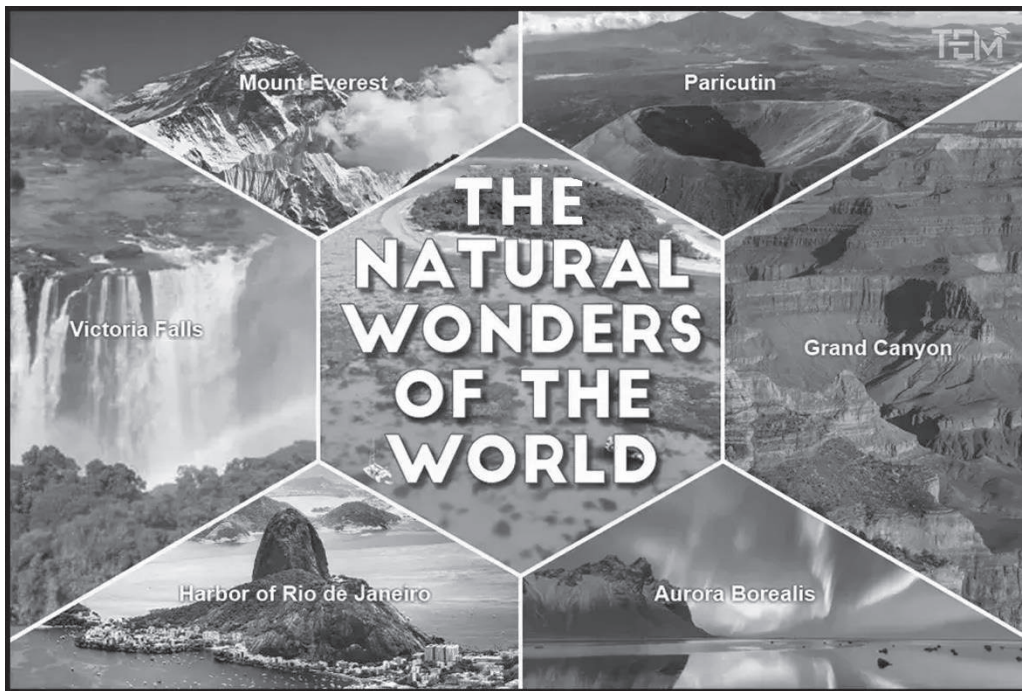
celebrates the return of the sun. These events are not just about having fun; they are also moments for family and friends to gather, share stories, and express gratitude towards one another.

Kalash women are easily recognised



**Lisha Rosanne
II HEPP**





**Ruth Aroza
II BEBA**

The world is full of natural wonders like the Grand Canyon, Mount Everest, Paricutin Volcano, Victoria Falls, the Harbor of Rio de Janeiro, the Great Barrier Reef, and the Northern Lights. From towering mountain ranges to vast oceans, from striking waterfalls to scattered canyons, these natural wonders are evidence of the vastness of life and the beauty of our planet.

The Grand Canyon is a massive, 277 mile-long hole in the ground in the USA. With its breathtaking views and peaceful silence, one is reminded of the majestic beauty awaiting our souls. The Canyon's rust-red colours and sediment layers stretch endlessly with diverse wildlife. Sitting on the rim of the canyon at sunset as the sky melts into a sea of blue and crimson is quite an experience.

Mount Everest is a symbol of both nature's splendour and human determination. Although it's a formidable challenge for climbers, it is a way of connecting with the raw power of the planet. Its snow-covered peak is the highest point above sea level on Earth. Mount Everest

keeps growing as shifting tectonic plates continue pushing it upward. While it is an experience for brave visitors; it has a lasting impact on

people who train hard to reach the top, despite all their fears and shortcomings.

Paricutin Volcano in Michoacan, Mexico, is one of the youngest volcanoes on the planet. It erupted due to a series of earthquakes that lasted from 1943 to 1952 and reached a height of about 1,391 feet above ground level. Paricutin is one of the "Seven Natural Wonders of the World" because it's a unique example of humanity witnessing the birth of a volcano.

Victoria Falls, located on the border between Zambia and Zimbabwe in Southern Africa, is the world's largest waterfall, stretching 1,708 meters wide. Because of its strong power, the falls can be heard up to 40 kilometres away and are also known as "The Smoke That Thunders." It's a place with raw power, where water crashes down with a deafening roar, sending mist into the air. Victoria Falls is a breathtaking experience; words cannot describe it fully.

The Harbor of Rio de Janeiro, is the world's largest natural bay by volume. It is one of those rare places where nature

and humanity meet in a breathtaking embrace. Its entrance, framed by granite rock formations, creates an impressive visual landscape. In addition to its natural scenery, the bay also holds special historical significance. Rio de Janeiro is Portuguese for "River of January." Despite the harbor's evolution into a major economic and human activity hub, the bay's natural beauty endures. This natural harbor feels like a sanctuary, even in the middle of Brazil's bustling cultural landscape. Standing on its shores, you can't help but feel a sense of awe. The harbor tells a story, not just of beauty, but of resilience and harmony, a reminder of how deeply connected we are with the world around us.

The Great Barrier Reef is a vibrant world of corals and creatures so colourful and surreal. It is known for its biodiversity and is a sanctuary for endangered species like the dugong and green turtle. Despite threats from tourism and climate change, the reef remains a major natural wonder. Imagine dipping beneath the surface of the

water and entering a completely different world. The corals glow in shades of pink, purple, gold, and blue, shimmering in the sunlight filtering through the waves. For those lucky enough to visit, the reef leaves an indelible mark.

The Northern Lights have an ethereal glow that stretches across a cold, clear sky. Seeing them feels almost otherworldly. It's a feeling of wonder as the sky itself seems to breathe and dance. Eerie, beautiful, and fleeting, the Northern Lights light up skies in both hemispheres. This light display showcases dynamic colours - greens, purples and blues. They are nature's reminder that even in the darkest nights, there is beauty to be found.

These wonders are more than landmarks. They are experiences that remind us of the beauty and power of nature. We are reminded of human feelings like awe and connection and we have to protect the world that sustains us. They are a call to live with wonder, care and a deeper connection to the Earth.

BRAIN FOG



One day Tell and Told decided to go watch a movie. Tell was to meet Told near the railway crossing where Told had told him to come. But Tell could not tell Told that Told's mother had told Tell not to tell Told that Told had to go on a picnic. In this predicament, Tell did not tell Told what Told's mother wanted to. Later Tell told Told that it would be a surprise when Tell told Told about what Told's mother told Tell not to tell Told.

Meanwhile, Told tells mother what Tell would not have told Tell's mother, so Told Tell's mother all that they are not at the railway crossing. And Tell did not tell Told about what Told's mother told Tell not to tell Told.



Elain Fernandes
II PCMB



Throughout history and even in modern times, numerous women have defied societal expectations, breaking barriers and challenging traditional norms to pave the way for greater equality and change. Here are some notable cases:

1) Rosa Parks:

Rosa Parks was an activist in the American civil rights movement, which called for the complete removal of slavery and prejudice against people of color. She once sat in the front seat of a public bus, which was reserved for white people, and when she was told to move, she didn't budge at all. This was one of the events that laid the foundation for the complete abolition of segregation.

2) Junko Tabei

Junko Tabei was a Japanese mountaineer and the first woman to reach the summit of Mount Everest in 1975. She also became the first woman to complete the Seven Summits, climbing the highest peak on each continent. Tabei challenged gender norms and inspired generations of female adventurers.

3) Valentina Tereshkova

Valentina Tereshkova, a Soviet cosmonaut, became the first woman to fly in space on June 16, 1963. She orbited Earth 48 times aboard Vostok 6, demonstrating extraordinary skill and courage. Tereshkova's

WOMEN CHALLENGING NORMS

achievement broke gender barriers in space exploration, inspiring women worldwide to pursue careers in science and technology.

4) Savitri Bai Phule

Savitri Bai Phule was a pioneering Indian social

reformer, educator, and poet. She challenged caste and gender norms by opening the first school for girls in India alongside her husband, Jyotirao Phule. Phule fought for women's education and empowerment and the abolition of caste-based discrimination.

5) Dr Anandi Gopal Joshi

Dr. Anandi Gopal Joshi was India's first female doctor. She overcame societal barriers, earning a medical degree in the United States in 1886. Anandi advocated for women's health and education, challenging gender norms and paving the way for future generations of women in medicine and leadership.

6) Susan B Anthony

Susan B. Anthony was a prominent American suffragist and civil rights activist. She played a key role in the women's suffrage movement, advocating for women's right to vote. Anthony's tireless efforts led to the eventual passage of the 19th Amendment, granting women voting rights in 1920.



Shamita Rao
I HEPP

Zero Waste Kitchen



In recent years, waste pollution has been one of the biggest reasons for air pollution, climatic change, water contamination, etc., causing an adverse effect on the environment. All this sums up the overall degradation of human resources. There are multiple ways in which we can be more considerate to our planet earth.

By starting small, we could try to reduce waste in our homes. The maximum waste production happens in the kitchen, and if every one of us deals with this, then it can play a very crucial role in the overall betterment of the planet. Therefore, creating a zero-waste kitchen is an excellent way to minimize the environmental impact by reducing food waste, plastic use, and non-recyclable materials. The easiest and most practical way to convert kitchen waste into something useful is by composting it. Instead of throwing away vegetable/fruit peels, eggshells, tea residue, or rotten fruits or vegetables, we can easily convert them into a very nutrient-rich organic

manure, which can be very effective for our plants. It also acts as a cheap and eco-friendly way to improve soil quality, thereby increasing the plant yield. So this can act as a very effective method to tackle organic waste. Similarly, the

non-decomposable wastes which are produced in kitchens can also be disposed of appropriately. We can use this compost, and a small kitchen garden can be maintained, which can help us become self-sufficient. Another way to deal with household waste is by following the 3 R's: Reduce, Reuse, Recycle. We can always opt for reusable things like replacing paper tissues with washable and reusable cloth. We can also rethink our shopping habits and restrict ourselves to buying only what's necessary for us rather than buying what's unnecessary. This way we can not only reduce the production of waste but also organize and maintain our kitchen as well. We should also plan our meals beforehand so that we don't end up cooking extra and throwing it all away. Rather, if we come across a situation where we are left with excess cooked food, we can choose to feed the community animals like the dogs and cats instead of throwing it all away. Thereby, we can do a good deed for society.

Hence, we can take small and gradual measures in transitioning to a zero-waste kitchen. By doing so, we can not only reduce the waste, but we can also make use of it.



Anjali Rajesh
II PCMB

If I Could Invent a Gadget: The Dream Recorder

Imagine being able to relive your dreams, explore your subconscious, or share your most fantastical adventures with others. If I could invent a gadget, it would be 'The Dream Recorder,' a device that captures, records, and plays back your dreams. This invention would bridge the gap between the mysteries of the mind and modern technology, offering endless possibilities for self-discovery, creativity, and even entertainment.



an auto-journaling feature that converts dream events into text summaries. This would be a game-changer for dream enthusiasts and psychologists studying dream patterns and meanings.



Shanon Menezes
II SEBA

How Would the Dream Recorder Work?

The Dream Recorder would be a lightweight, headband-like device equipped with advanced neural sensors and AI technology. It would monitor brain activity during sleep, translating the electrical signals of your subconscious into visuals, sounds, and emotions. Upon waking, users could access their dreams as a video file, stored securely in an app, where they could watch, edit, or save their dream journeys.

Key Features of the Dream Recorder

1. Dream Playback

The gadget's primary function would be to replay dreams as videos. Whether it's an adventurous dream of flying over mountains or a puzzling nightmare, the device would allow you to view and analyse the full experience.

2. Dream Journal Integration

The Dream Recorder would have

3. Creative Boost

The Dream Recorder would also be an unending source of inspiration for writers, artists, and filmmakers. Dreamscapes could be brought directly into creative projects, adding a whole new dimension to storytelling and art.

4. Therapeutic Uses

It would come in handy, especially for mental health professionals, as patients could go back to and relive dreams that may expose their deep-seated emotions, traumas, or fears. It could also aid in overcoming recurring nightmares through exposure therapy.

5. Sharing Dreams

Shared with friends or loved ones, with the user's consent, dreams could initiate conversations or even collaborative storytelling. The feature would make dreams a social experience with the best of privacy controls.

Benefits of the Dream Recorder

The Dream Recorder would revolutionize the way we understand and interact with our subconscious minds. It would help uncover hidden emotions, solve creative blocks, and even provide insight

into unresolved conflicts. By making the intangible world of dreams tangible, the device would open doors to greater self-awareness and personal growth.

Challenges and Ethical Considerations

Like any powerful technology, the Dream Recorder would present its challenges. For one, privacy would be a big issue. People would have to be confident that their dreams were secure and inaccessible to others who didn't have permission. There's also the ethical question of whether some dreams, especially those attached to traumatic memories, should be revisited. Responsible

use and clear boundaries would have to be in place for this invention.

Conclusion

The Dream Recorder is more than just a device; it's a window into the unexplored regions of the human mind. By unlocking the secrets of our dreams, it would open up new possibilities for creativity, comprehension, and communication. With such a device, the line between imagination and reality would blur, making the impossible possible—and our dreams more powerful than ever.

DO I FIND INNER PEACE IN MOONBEAM'S OCEAN BREEZE?

Just as a moonbeam dances upon the ocean,
A hope in me can dispel my dark thoughts in a fraction.

The ocean's tides, both big and small,
Recall my sweet and bitter memories, one and all.

Just as the moonbeam's gentle light can illuminate the night,
A warm smile from a loved one can make someone's day bright.

Just as the moonbeam cuts through the darkest night,
Sparkling light of enthusiasm, inspiration and peace brings pure delight

As the moonbeam dances upon the ocean,
Like an elegant ballerina filled with emotion,
The waves crash on the shore, creating a peaceful melody,
Like an audience applauding in perfect harmony.

In the moonbeam's soft glow and ocean's gentle grace,
My inner peace is found, and it looks like this is my favorite place.



**Nazeeza
Aishwarya
II PCBH**



Swaying palms, emerald green waters, a deep blue sky, but there exists a huge, cruel monster in that slice of heaven. . .

The place where peace belonged, the sound of emerald green waters fills you with calmness. The sky blends with the air and water, giving you a marvellous view. The place where you feel loved is being with yourself. The breathtaking view makes you feel complete. This place was filled with mystery. Imagine finding no one in a “slice of heaven.” Walking alone through a field of dandelions. This place made me curious about it. I wanted to discover more. As I went looking out for someone, I heard a weird noise. The noise was from a castle nearby. The castle was surrounded by flowers and butterflies, symbolizing love. I thought that someone must be there inside the castle, and I was curious to go meet the people inside. I went to the entrance and knocked, but no one opened the doors. I knocked again, and yet there was no response. I lost hope of finding people and stepped back. As I was returning, there was a noise. The door opened. I looked back, surprised and scared. I wanted to leave and run, but I couldn't. Then I tried calling someone from inside expecting a response. There was no response. I stepped in. the floral colorful beautiful castle from outside was different inside. The walls were painted black; there were cobwebs all around. Bats were flying inside. Dust everywhere. When I was looking inside, the door closed. I tried banging the door from inside, but no one opened it. I was stuck inside. I was scared and then I heard someone calling me from the dining room, ‘Come here.’ I didn't think

twice and followed the voice. The giant black figure, eyes wide open, hair everywhere, was wearing a old dusty black coat and a torn black pant. The attire of the giant man scared me. I just wanted to run away. The man came walking up to me with

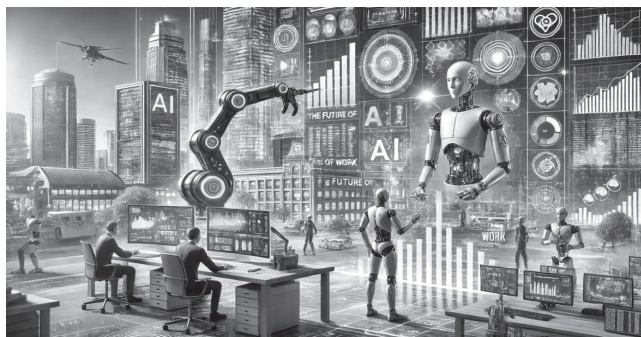
a very scary smile on his face, laughing hideously. He came, picking up a knife from the nearby dining table. I fainted and when I woke up, I found myself a bed on a dark room. I screamed, asking for help. The Black man came; the man was talking in a foreign language in a very cruel tone. The man didn't have any pity. This beautiful place consisted of an ugly, giant, cruel monster. The monster banged the desk nearby and started laughing. I couldn't think of anything. I sat there praying and waiting for a miracle. I lost hope. The man lit a fire and started doing a ritual, while I was in the same room. The man was busy doing the ritual closing his eyes. The door of the room was slightly ajar. I slowly stepped out and started searching for the entrance. I could not find the entrance, but there was a window slightly broken from which you could see the beautiful garden outside. I opened the window and climbed out. I was saved. I ran as fast as I could from the mysterious place.



Sana DSouza
I PCBH

I stumbled upon a mysterious artifact that granted me . . .

I opened my eyes to unfamiliar ceiling. It's not my room; there are so many robots and the walls are made up of glass. I can see huge skyscrapers that had never existed before. Cold sweat broke out on my forehead. 'Where am I?' The door opens, and a strange-looking robot comes and greets me. In a nervous voice, I ask him where I am. It replies, 'You are in Delhi, capital of India'. I was shocked and asked which year it was. The robot replied it was 2124. In a shivering voice, I asked him who he was. He told me that he was my personal robot. I was trying to remember what I had done yesterday, but I can see only a blue device that I had stumbled upon. I think that device spoke to me, but what were the words? Oh God, my head is aching badly, and the robot's stare was so cold. I told the robot to go out so that I can sleep. After he left, I searched the whole room to find some clue. Down in the third drawer, I got a newspaper from two years ago. It was written that the countries made a contract with AI. Wait, but wasn't AI a type of coding? How can we humans make friendship with AI? It's not even a living object. A sudden realization dawns that I was born 100 years ago. Oh God, there are so many things going around, but there were only a few humans. In the night, I dreamt again about the artefact; my head hurts a lot. Who am I? What am I, Where am I? Am I even a human? I woke up from my sleep in a sweat. I try to calm down and think about going out. There were so



**Eshani
II BEBA**

many robots in my way, and the picture of that device keeps coming to my mind. While going through the city, I cannot see any greenery, be it plants or trees. I get to see a lot of fights; people are bribing. AI is trying to overpower humans. Many humans were dying. I went through a tunnel; I saw something shining. It was the same as I had dreamt; I went to grab it thinking I would be back to my normal life, without robots. When I touched the artifact, it said that it would grant my wish. I woke up to the familiar ceiling of my room; I saw the calendar; it's 2024. I thanked God, opened the door, and went to hug my mom. After a few days while coming back from college, I stumbled on the artefact and when I woke up it was 2124, the same robot came to greet me. The same things were happening again: I went through the tunnel again, I touched the shining object, woke up again in my room, it's 2024. It kept on repeating. At last when I woke up in 2124, I ignored the robot and ran through the tunnel. This time I wished to go back in time to two years ..., I had tried to steal the contract and burn it and make people aware of the dangerous things AI can do.

“I never expected to find a mysterious key in the attic...”



It had been two months since I had moved into my late grandmother's house. My mother had asked me to clean the attic and get rid of the unwanted items. Today was that unfortunate day. As I climbed up the flight of stairs and made my way to the godforsaken attic, my senses were triggered. I caught the smell of something unusual in my nostrils. It was something that was not familiar to me. The smell of “mystery.” The dark alley is something I would not enjoy entering the same went for the pitch black attic. In spite of fearing the darkness, I entered the vacant dark space with confidence. Maybe this was my time to shine, get rid of the ridiculous and un-called for fear. There was obviously the dark monster sitting at the back of my mind, but something else seemed to distract me. A shiny object, the bright, sparkling object was clearly visible to me, considering the lack of light. It was buried under a stack of newspapers. As I went closer to the object, my brain was able to comprehend

and identify the object. It was a key! I never expected to find a mysterious key in my attic. What could it have possibly meant? Did grandma have a secret chamber or lockers that were awaiting me? Would I get a chance to reunite with her? It was killing me.

Suspicion had never really been my thing. Soon enough, I had a clue as to which lock this key would open. After walking ten steps, I found myself encountering a door. A door that was covered with cobwebs, dust, and rust. A door that had not been opened for a century or so. My grandmother seldom had any visitors or companions who would come over which led to me wondering whether I was the first person in a long time to have rediscovered this lonely door. Unlocking the door was indeed a hell of a task. What else could you expect from a rusted doorknob waiting to be opened? I had watched way too many movies to know better than to unleash a beast. I was in a situation where I was contemplating whether it was a good idea to unlock an unused door. But curiosity got the best of me. “Curiosity certainly does kill a cat,” I thought to myself. Nevertheless, I opened it. Only to find myself in a basement-like chamber with stairs extending so far that I could not see the last stair. As I made my way down the staircase, I caught sight of portals. A couple of 100 portals leading to different destinies. With the note written on



**Tiana
Thangamma
II HEPP**

every door, “Each of these doors will lead to a life you have lived so far.” It was referring to past lives, I assumed. Past lives was a concept that never seemed to intrigue me. It was something I did not believe in. And well, there was no science to back it up either. The thought of its nonexistence is what captured my interest. Maybe I could be the first to experience what living one life after another feels like. I stepped into one of the portals eagerly. No sooner did I take another step than I felt the change in my body. What was happening to me? I stared at my hands. There was a sudden increase in hair. Only to realize it was no longer hair but fur! The change appeared so rapid, I couldn’t stand anymore. My legs started to lose balance. I was officially a cat, but my thought process was the same. I quickly fled across the hallway back to where it connected to the rest of the portals. It was real. I did not want to stay in this crazy world of delusions and

ran right back into the attic and towards my room. I could not help but think all night about the strange happenings. Was I hallucinating? Clearly not. It all seemed so realistic; I was frightened. I spent the rest of the week trying out new portals, discovering something that has never been done before, never been found before, and never will be, if I don’t make notes of all the things I had seen and every place I went to. The pages multiplied; it was now a book. A book that should be published or will never be known about to the world until that night, when my world was turned upside down. My sibling and I fought, and she ended up grabbing my book of worldly mysteries and 1000 lives and threw it into the burning fire. And poof! It was all gone. All the proof I ever had in writing. One would think that I would re-enter the attic and go through it all again. But the book was gone, and so had the portals to the many lives I could have experienced.

One of my friends asked “Why do you pay so much money for your son to do his sport”?

Well.... I have a confession to make; I don’t pay for my son to do well in sports.

Personally, it does not matter so long as he learns the lessons sports teach !!

So, if I am not paying for sports what am I paying for?

- I pay for those moments when my son becomes so tired he wants to quit but doesn’t.
- I pay for those days when my son comes home from school and is “too tired” to go to his practice but he goes anyway.
- I pay for my son to learn to be disciplined, focused and dedicated.
- I pay for my son to learn to take care of his body and life.
- I pay for my son to learn to work with others and to be a good team mate, gracious in defeat and humble in success.
- I pay for my son to learn to deal with disappointment, when he doesn’t get that medal or title he’d hoped for, but still he goes back day after day giving it his best shot.
- I pay for my son to learn to set and accomplish goals.
- I pay for my son to respect, not only himself, but other athletes, officials and coaches.
- I pay for my son to learn that it takes hours and hours, years and years of unapplauded hard work and practice to create a champion and that success does not happen overnight.
- I pay for my son to be proud of small achievements, and to work towards long term goals.
- I pay for the opportunities my son has and will have, to make life-long friendships, create lifelong memories, to be as proud of his achievements as I am.
- I pay so that my son can be out on the grass court or in the gym instead of in front of a screen...

... I could go on but, to be short, I don’t pay for sports; I pay for the opportunities that sports provide my son with, to develop attributes that will serve him well throughout his life and give him the opportunity to bless the lives of others.

From what I have seen so far I think it is a GREAT investment!

Source : Internet

MUSINGS

The first day of school is always nerve-wracking, but this year felt different, like something was about to change.

By the end of my school year, I realized my life won't be the same anymore. I am going to enter one of the most crucial stages of my life. I could vaguely recollect my first day in school; it was scary; it was exciting, but most of all, I had an idea as to what it would look like for the next year. And, just like that, a year passed, filled with joy and tears. But I knew that my next year wouldn't be like anything I'd experienced before.

My first day of college was just as normal as it would be for anyone else. Like everyone, I too was clueless as to what I would be doing in the next two years. Ugh! This constant fear about one's future never stops. A month passed by; I began to make friends, I learnt to socialize, I learnt how to cry alone, and by the end of the second month after answering my tests, I knew this year wasn't going to be as easy as it was for everyone else. My grades were dropping at a very alarming rate, and my teachers and classmates constantly mocked me for it. I began to hate life, and everything and everyone around me. The world outside is so toxic. I weirdly began to miss my school days, when people around me were sensitive and concerned about my well-being. But at this point, being exposed to so many different people with the most unpredictable characters, I really do not know how to be happy. The reality is, I don't have a reason to be happy. So much negativity and toxicity everywhere makes me want to die. I sat for hours daydreaming, thinking of what wrong I had done to have such an unhappy life. This definitely wasn't something I ever expected in my life. All my seniors from school used to

say life after school was the best, considering the amount of exposure and freedom you get. Sadly, that wasn't my case. I felt so lost and alone in my life, to an extent, where I even considered quitting everything, but all that is possible only in movies. Life's hard out in the real world, away from home or at least the people who made you feel at home. Nothing is ever good in my life; why can't I be happy like the others? Why do I have to go through all this pain, all by myself? Is this really what a 17-year-old has to go through? I have a list of reasons to prove how I could have been happier in one of the most beautiful phases of my life. Sadly, no one understands what I feel or, rather, what I am going through. Society, my family, and everyone decide for me. But shouldn't I be playing the most important part in my life? Why am I the side character of my own life? To the extent where my parents decided what my future should be like. Did they ever feel like consulting me before making decisions for me?—No, they didn't even care to ask.

Having said so much about why I hate my life and why I am not happy, I really do not know the reason for it. I know this sounds very stupid, but this is the exact reason why I hate life. I am scared to open up and tell anyone about this because their very next question will be, "Why?" I really don't think I have an answer for that. I just don't feel like I fit in this world and even if I try to, I know I won't. I decided to just accept this and move on. Of course, I won't be in this same situation "forever." Hopefully, I will find my way out, and the universe will guide me. ■



Anjali Rajesh
II PCMB

DOES ARTIFICIAL INTELLIGENCE AFFECT HUMAN JOBS?



Rachel Pais
II PCMB

“AI is a tool. The choice about how it gets deployed is ours,” says Oren Etzioni. ‘Artificial Intelligence’ means a machine-based system that, for a given set of human-defined objectives, can make predictions, recommendations, and decisions influencing real and virtual environments. There is no one thing that can define artificial intelligence. It is like a tapestry of modern intelligent technologies knit together in a strategic fashion to upgrade and create a new knowledge base that is automated.

In spite of the hype around artificial intelligence, robots, self-driven cars, etc., everyone assumes that AI has no impact on our daily lives, which is not true. From the time we wake up to check our smartphones to watching another Netflix-recommended movie, artificial intelligence has swiftly made its way into our lives. The rise of artificial intelligence is a double-edged sword when it comes to jobs. In many concerns, AI is likely to make some positions automated, while there is a reason to believe that it will still create new opportunities. The rise of AI is both rewarding and challenging for the future of work. In some cases, job displacement and social implications persist, but AI promises to drive economic growth and create new avenues for employment. In many cases, AI is most likely to complement human jobs. Around 40 percent of global employment is exposed to AI. Roughly, 60 percent of the jobs are impacted by AI. Considering the above data, it implies jobs that are exposed

to AI benefit from AI integration enhancing productivity, while the other half will be affected adversely. Since key tasks performed on a daily basis are now performed by AI, it is observed that there is low demand for employees, resulting in lower wages and unemployment. In many



of the extreme cases, most of the jobs might disappear. Moreover, the Covid-19 pandemic has accelerated technological advances and automation of routine tasks. In many concerns, AI might drive significant automation, destroying several jobs in the coming decades. AI has an impact on the economy and wealth inequities within countries. People who can harness artificial intelligence would likely see an increase in their productivity and wages, whereas others who cannot will fall behind. Employees who are less experienced benefit a lot from AI, increasing their productivity

faster as opposed to those who do not know how to integrate it into their lives. The younger generation may find it easier to exploit opportunities, whereas the older generation might struggle to adapt.

Embracing the consumption and

productivity benefits of AI will require business and governments to focus on a massive upskilling initiative to help employees retain and prepare for new jobs in the future. The era is upon us, and it is still within our power to ensure that it provides benefits for all.

AN EERIE EXPERIENCE

“As I stepped off the train, the eerie silence of the deserted station seemed to whisper warnings of the horrors that lay ahead.”

Hi! This is me, Rose, and today I’m going to tell you about the most horrific moment of my life.

A few years ago, I was invited by my Aunt Ruby to visit her home, which was located in a very far-off village. I had never heard of that village before, and I was also too nervous to travel alone to an unknown place. But at the same time, I was also excited to meet my aunt. I packed my bags and alighted the train. I travelled for three hours. Finally, I reached my destination. The atmosphere wasn’t what I expected since it was deserted. Not one person could be seen. And it was chilly as well. I felt like I wasn’t supposed to be there. But then, I saw my aunt waving at me, and I felt relieved the second I saw her.

“Hi aunty! How are you?” I asked. “I’m fine, honey,” she replied. But there was something off about her. She didn’t look that happy to see me. Maybe she was having a bad day. While we walked to her house, I noticed that the village was completely silent. I couldn’t see a single person, but I tried to brush off that feeling. Soon we reached her house and I was so tired that I fell on the sofa. My aunt brought some pancakes and trust me, they tasted like heaven. I asked my

aunt about the village and the villagers. She stayed silent for a few minutes. Then she replied in a serious tone, “The villagers are just shy, and please do not ask this question again. You are here to enjoy and not to worry about the village.” “Oh, okay, aunty” I replied. Sheesh, what was wrong with her?

I was in my bedroom at night. All of a sudden I could hear a strange sound. Someone was knocking at the door. My aunt was asleep, so I thought of checking who it was, although I was too scared. When I opened the door, I could see no one. Suddenly, a woman grabbed my hand and started shouting, “What are you doing here? You are not supposed to be here: you are too young to die; get out of here!” I screamed, and on hearing my scream, my aunt came running and asked her to leave. My aunt told me that she was just a crazy woman and that I shouldn’t be talking to her or listening to her. I was scared a little bit. The next day, my aunt had asked me to stay at home itself and not step out, as she was going out on some important errand. I agreed. After she left, I started roaming here and there until I found a newspaper. I just randomly started reading it, and I found some news



**Nazeefa
Aishwarya
II PCBH**

about this village. By the time I read the whole news, I froze. My eyes widened, and I turned pale. The news spoke about the village being burnt alive due to some gas leak. It said that no one had survived this ghastly incident. I wasn't able to process anything. I was so scared that I dropped a glass jug. I heard that knock on the door again, and this time too it was the same crazy woman. She told me that my aunt had died in the accident along with the others. The one who I was living with was her ghost. She said that my aunt was selfish and greedy from the beginning, and now she wants to kill me in order to come back to life. And that's when my aunt appeared. She started staring at me in a creepy way and said, "Haven't I told you to

stay inside?" Looks like the crazy woman has told you everything." When I turned back for help from the crazy woman, she had gone. Turns out, it was her spirit that was talking to me. But before leaving, she also mentioned that I could be saved if I ran out of the village by 6 pm. I had just five minutes to escape. So, I ran as fast as I could. I could see my aunt running behind me with a knife. But I ran faster than a car and somehow stepped outside the village. I turned back, and she was screaming and then vanished. I could see the village in its original form, all burnt to ashes. It was a horrific experience. I got out of there on the next train I could find and made it home. I'll never forget this horrific moment of my life.

"If-" *by Rudyard Kipling*

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt
you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too
wise:

If you can dream—and not make dreams your
master;
If you can think—and not make thoughts
your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out
tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold
on!"

If you can talk with crowds and keep your
virtue,
Or walk with Kings—nor lose the common
touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too
much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my
son!

IT'S THE LITTLE THINGS

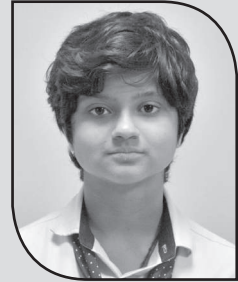
The strange old man in the long coat whispered a single word in my ear: "Remember," and suddenly my entire life changed.

That was the last diary entry in the brown clad book, hidden under a loose tile on the bedroom floor that used to belong to his late brother. Mathew, that was his brother's name, and he was seven years older than Kendrick. According to his parents, Mathew passed away when Kendrick was nine years old and his brother sixteen. "What a shame," they'd always say and didn't that irritate Kendrick to his core. They claimed his brain chose to forget the traumatic incident as a self-defence mechanism, but Kendrick knew otherwise. Mathew didn't die the day they claimed he did, but he had been abandoned somewhere; Kendrick was sure of it.

However, he didn't know which old man his brother had been talking about. As far as he knew, their grandfather on both sides were dead, passed away years ago. Kendrick knew that his parents must not have wanted him to know the truth, so they hid Mathew's old diary in a place he would not have been expected to look. The discovery was purely accidental, Kendrick having tripped on the tile when looking through his brother's belongings. He closed the book with a solemn expression; he was going to go find his brother, whether dead or alive. He made his way to his room, packing his bag with some snacks and water, as well as, the diary his brother had left behind. His parents had gone out to visit his mean aunt, so he had a chance to slip out the door with no interference.

His brother liked being cryptic, a trait

that annoyed their father and impressed Kendrick. Mathew evaded run-ins with their parents this way, saying little, but enough. Kendrick clenched his fists; he was going to bring his brother home, at least if he was still in this dreamy world.



Janice D'Silva
I HEPP

A fifteen-year-old Kendrick would not have imagined that he would have ever defied his parents, but the Kendrick who was now nineteen and wiser, would beg to differ with that train of thought. His parents were no longer the Greek gods he once thought they were, not as romantized as the figures of mythology but instead human and cruel. Heroes with capes no longer, he would never make that mistake of a comparison ever again.

His reddened hands relaxed as he walked down the shady streets of his locality. Mathew used to frequent those parts, saying that the people there were at least honest about their feelings and intentions, unlike their gold-bound family with rusty interiors. Mathew had worked at a butcher shop in the northern part of this locality with a nice old man named Walter, who was the head butcher there. Kendrick wondered if the years had been as kind to the man as he was to those around him. It had been seventeen years at least, no maybe more, but nevertheless, Kendrick hoped Walter was alive and kicking.

He entered the dingy shop, animal carcasses hanging on hooks and various

meats on display. For such a shabby-looking shop, the products were absolutely of top-notch quality. "Mr Walter?" Kendrick called out carefully, hoping to be met by Kendrick's ageing face instead of the rough mug of a stranger. "I'm coming, wait just a minute!" a familiar voice called out from the back, as Kendrick felt a wave of joy wash over him, even if just for a small moment.

"Welcome, I..." The old man paused. "Kendrick?" He asked slowly. Kendrick nodded for a second before he was engulfed in a hug. "Kenny, my boy! How I missed you and your rascal of a big brother!" Kendrick felt himself smile as he returned the hug. "Where's Mathew?" Walter asked. Kendrick fell silent at that.

"Kenny?" Kendrick looked away. "That was what I was hoping you'd know..." Walter looked devastated. "What happened to him?" "I don't know," Kendrick replied, his eyes with little to no life behind them. Walter then blazed with anger. "It was your darn parents, I know it!" Kendrick sighed. "They told me he's dead." Walter shook his head furiously. "No, he's not! They did something, I'm sure! Poor lad told me about it!"

"He told you? Told you what?" Kendrick asked with a bit of hope. "He said they're going to send him away! Those ungrateful parents of yours were going to rid the family of such a good soul!"

"Of course..." Kendrick said weakly, his arms crossed over each other as he tried to comfort himself. "I say you go to the place where nothing comes back down after going up," Walter suggested. "Mathew told me that all those years ago."

With a goodbye, Kendrick left the butcher's shop. "Where do they go up but never come back down?" He mused. Mathew always loved riddles. As far as he could tell, the answer was age. It was the

first riddle that his brother had taught him. They used to frequent a shop that sold decorations for various occasions; maybe he would find a clue in the birthday section.

Well, he did. In the palm of Gilo the glad clown, a statue that was in the birthday aisle, lay an old piece of paper. "The circus. He recalled, of course... where else would you find a clown but at the circus?" The paper was a drawing that Kendrick had made for his brother of them living in their own house with no horrid parents to ruin their lives.

The circus held nothing of importance, at least at first glance. Mathew liked acrobats, as far as Kendrick remembered. That tight rope looked daunting, however, Kendrick tried to climb across anyway. God was on his side, it seemed, even if he fell onto the safety net, for in that net lay another paper.

"I have more use when thrown rather than kept. "That was a bit muddling. Kendrick exited the circus tent as he thought about the clue. He took out his brother's diary as he hoped to find an answer. "A boat?" Kendrick knew Mathew loved boats, but that was not the answer. "... an anchor... that's it!" Where would you find an anchor but on a ship? So to the port, he went!

He didn't know what he'd find, but it certainly wasn't his brother, clad in a sailor's uniform, waiting under a lone lamplight. "Kenny!" The older man, older than he remembered, shouted. Kendrick, however, felt fury. "Where were you?!" Mathew smiled. "Right here, waiting for you."

"You bet!" Mathew looked remorseful. "Mom and Dad didn't want me to be a sailor instead of a doctor. I tried, but they never listened. I was going to give up, but

then in a dream I saw a strange old man in a long coat who looked miserable. The strange old man in the long coat whispered a single word in my ear - "Remember!" Kendrick finished the sentence. "Yes, and you know what was the reason that changed my life? That old man was me, Kenny. The one who became what they wanted me to be. So I left, after all, what joy is left if there are no little things in

life to keep me happy? Kendrick smiled, "Like you always said." Mathew nodded. "My only regret was leaving you. Now that you're here, join me?"

"With pleasure." With that they left the city by boat.

It was always the little things in life, but Kendrick had never felt so big and loved in his life as he did that night.

Pitfalls to Avoid for a Teenager in the Age of Social Media



**Areej Ara
II HEPP**

In today's world, social media is almost like a second home for teenagers. It's where they hang out with friends, share their lives, and discover new things. For many teens, navigating social media can feel like walking a tightrope – there's excitement and creativity, but also hidden risks that aren't always easy to see. From the pressure to look perfect online to the dangers of oversharing, it's important to be mindful of the potential pitfalls that come with spending so much time in the digital space.

Often, social media shows only the highlights of people's lives, making it easy to forget what's real. There are also risks like oversharing, cyberbullying, and harmful content. But social media, when



used wisely, can be a great tool. By being aware of the dangers and focusing on safety and authenticity, teens can enjoy it without losing sight of what truly matters — their mental health, safety and staying true to themselves.

At the end of the day, social media is just a tool. It can be a great way to connect with others, but it needs to be used carefully.

NATURE AND ITS BEAUTY

Upon the canvas of the sky so blue,
The sun and clouds paint a breathtaking view.
Stars that twinkle, planets in their dance,
Nature's cosmic wonders, a mystical trance.

Beneath the surface of the ocean deep,
Secrets and creatures in their slumber sleep.
Coral reefs and schools of fish in harmony,
Mysteries unfold in this watery tapestry.

From the delicate butterfly's graceful flight,
To the fierce thunderstorm's electrifying might.
Nature's contrasts and balance so divine,
Endless mysteries in every design.

In deserts vast, where sands both shift and sigh,
Life finds a way, though water's nigh.
Adaptations and survival's tale unfold,
Mysteries of resilience, stories untold.

Nature's wonders, an endless source of awe,
From the tiniest cell to the world we saw.
Mysterious, enchanting, in every form and hue,
The magic of creation forever rings true.



**Mrs Harriet
Moras**
*Department of
Commerce*



Stellar Journey

SCIENCE



7th

Rank
at the
State Level

Anjali R Rai

592/600

C.Sc.: 100 K: 100

COMMERCE



8th

Ashmitha Pereira

590/600

Acc : 100

ARTS



7th

Rank at the State Level

2nd

Rank at the District Level

Alisha Thimmaiah

590/600

Psy : 100

SCIENCE TOPPERS



ANANYA AMARNATH

590/600
M:100 C.Sc : 100



KONATHALA TANUSRI

589/600
C.Sc:100



RAJATHA SHETTY

588/600
B:100



NAWRAH NAZEER

586/600
C:100



THANVI J R

586/600
C:100 M:100



HARSHAL N RAJ

585/600
C:100 M:100



AKANKSHA VARDHAMANE

581/600



ANIKA PATRAO

581/600
C.Sc : 100



NEHA R

581/600
C.Sc :100



JASMINE DSOUZA

581/600



SHRIRAKSHA S H

579 /600
B:100



RIONA CUTINHO

579/600



SWATHI

578/600



ZULEIKHA SHAMNA A R

577/600



AVRIL DSOUZA

576/600
B:100

COMMERCE TOPPERS



GITHIKA NANDAKISHORE

587/600
Acc:100 B.M:100



DHANYA KUNDER

583/600
Acc:100



SUSHMITHA

583/600
Acc:100



POOJA KOTTARI

581/600
A cc:100 B.M:100



KADEEJA NOHA

580/600



VELESSCA PINTO

579/600
B.M :100



KRITI JAIN

579/600



ROOPALI

579/600
Acc: 100



LITA PINTO

579/600
Acc:100



ATHIRA

578 /600
Acc :100 B.M :100



SHRUJNA S K

578/600



JEEVA DSOUZA

577/600
B.M:100



DEVIKA M SHETTY

576/600



JESSICA DSOUZA

576/600



VINISHIA DSOUZA

576/600

ARTS TOPPERS



MAHIMA S

580/600
P.Sc:100 Psy :100



CLARAL PEREIRA

569/600



SWEETINA K B

564/600



SAMPOORNA PRABHU

563/600



AYESHA ZYMA

556/600



AFSHEEN B M

555/600
Psy:100



VAISHALI POOJARY

552/600



RISHITHA RUBENYA

548/600



ZONERA FATHIMA

541/600



NAVASHREE

532/600



B KALASHA SHETTY

532/600



RISHA FURTADO

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LEADERSHIP TRAINING PROGRAMME



FOUNDATION DAY

**LAUNCHING SERVICE
LEARNING FOR A
BETTER TOMORROW**



RETREAT & PRAYER DAY



EXORDIUM

*Transforming Moments
into Memories*









EUREKA - SCIENCE FEST





COMCLAVE - COMMERCE FEST



HUMANISCOPE - ARTS FEST



INDEPENDENCE DAY



TEACHERS' DAY



HINDI DAY



LIBRARY WEEK

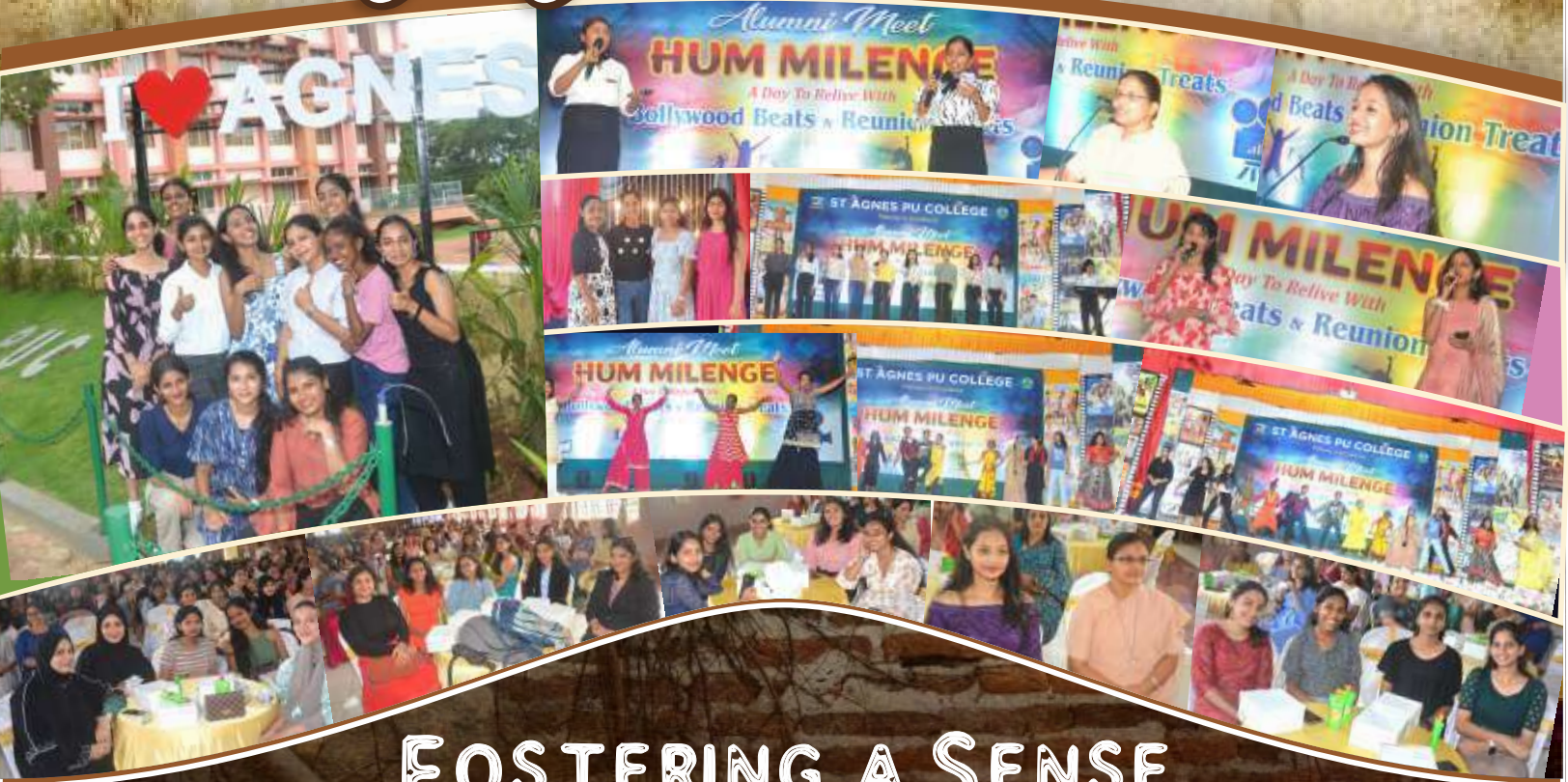


AGNATHON 2K24 LUCELENCE

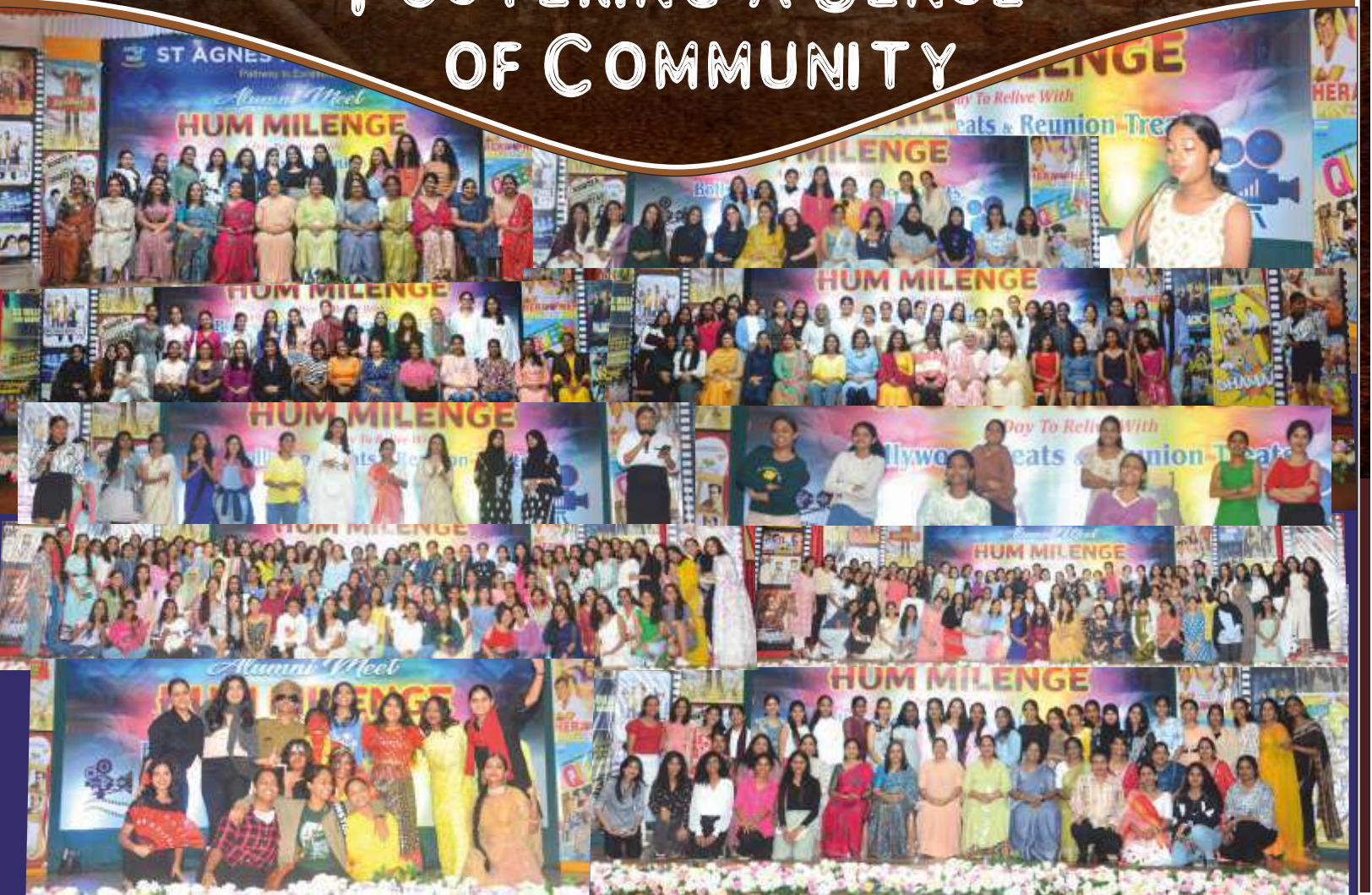
NATIONAL LEVEL INTERSCHOOL / COLLEGIATE COMPETITION



Agnosphere - Alumni Meet



FOSTERING A SENSE
OF COMMUNITY



Vanamahotsav



Onam Celebration



STUDENTS' DAY



CHARISMATIC AND
CLASSY



Gandhi Jayanthi Celebration

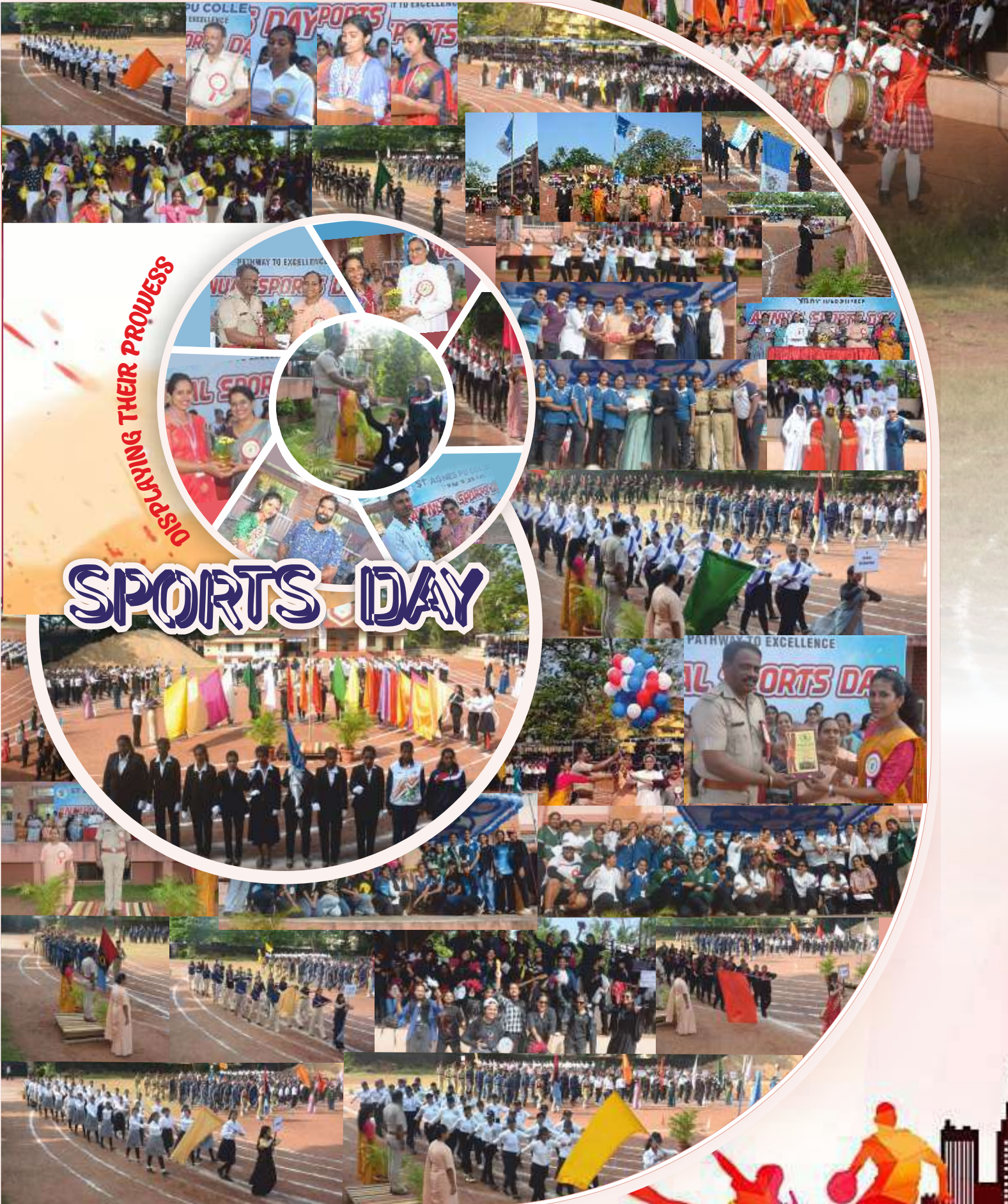


KARNATAKA RAJYOTSAVA



DISPLAYING THEIR PROWESS

SPORTS DAY

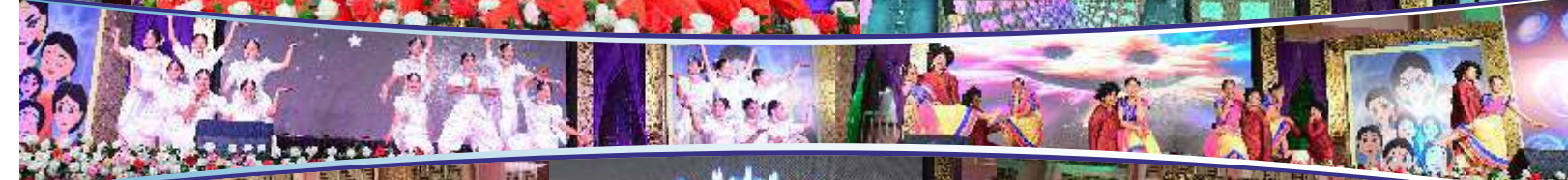


ANNULAR DAY



*Chief Guest
Leena Maria Lobo,
Superintending
Engineer (EL) HRD
MESCOM, Mangaluru*





PTA - ANNUAL GENERAL MEETING



NEW HORIZONS

Equipping Staff with the Skills to Excel





Yoga Day



ਲਈ ਆਂਗਣ - ETHNIC DAY



MEN'S DAY



WOMEN'S DAY



EDUCATE
ENLIGHTEN
EMPOWER

A SESSION ON COUNSELLING



A SESSION ON HUMAN TRAFFICKING & DRUG ABUSE



A SESSION ON MENTAL HEALTH



A SESSION ON ORGANIC FARMING



ELDERS' DAY



ENVIRONMENT DAY CELEBRATION



GIRL CHILD DAY



SAMARASYA

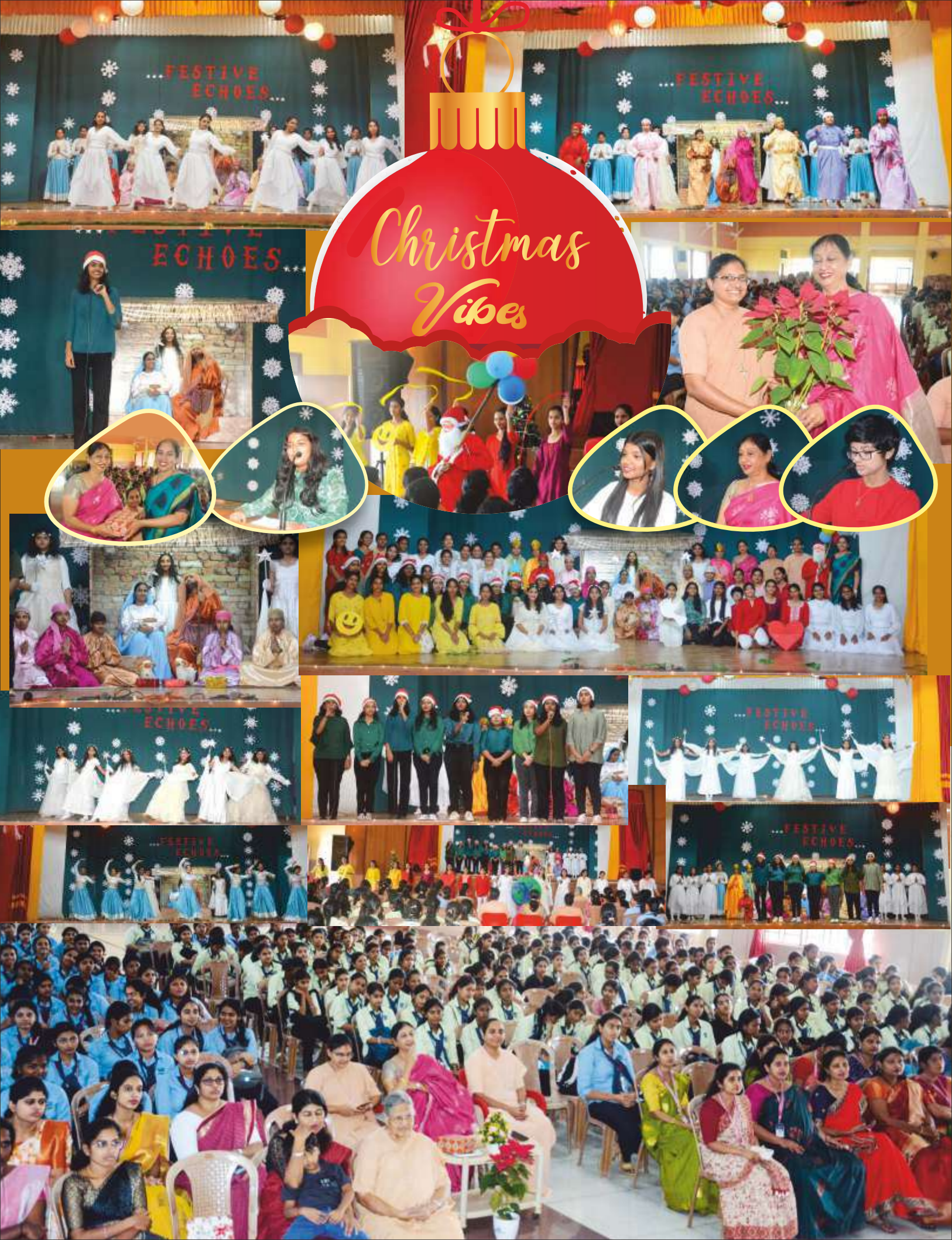


LA GLORIA - CELEBRATING ACADEMIC EXCELLENCE



CHRISTMAS CARNIVAL & CHARITY DRIVE





INTERCOLLEGIATE COMPETITIONS



Chronicles of Daring and Dynamism on the Campus

Unveiling Their Creative Talent



FIELD TRIP

Experiential Learning



OUTREACH PROGRAMME

Being Human





DISTRICT LEVEL YOUTH PARLIAMENT

Eloquent and Bold

HASTA LA VISTA

2023-2025 BATCH





Prapthi Bhat
I PCMB



PIZZA
2. PANEER TIKKA PIZZA /

1 Item . 1

sapuc

CLASS OF 2025



Don't send outery, tissue
100



100

ss and straws 6398716



USER: 1000
NAME: SUSHMA
PHONE: 0000000000



Prapthi Bhat
I PCMB



Top 5 student hang out spots .

After a long tiring day of math and never ending classes , the one thing a student craves is a nice healthy serving of carbs and chatter.

Here are some of the Hotspots of student cravings .



Location: Brio Cafe' and Grill

From their cozy ambience to the view and Brio is a must visit at least once.

From cheesy pizza to their chicken lasagna and drinks,

Brio serves heaven on a plate.



Location : Hamburg Street Food Cafe

Known for their portion size, student friendly prices and tongue tingling flavour, Hamburg is popular for its burgers , fries and crispy chicken.

From their popular art referencing the Beatles crossing Abbey Road, to their excellent service,

Hamburg is a hub of student of laughter and food.



Location: Shake Factory

From their odd colored burger buns to their loaded and crispy fries, shake factory is the best place for cheesy gooey goodness as well as their creamy pasta. The ambience and decor set the perfect mood as well as makes the perfect background for candid selfies. As the name states ,their shakes are a must have in every meal.



Location: Ribbons And Balloons

If you are quite the sweet tooth or simply love the taste of a warm chocolatey pastry then this is the place for you.

From a large variety of donuts topped with decadent chocolate to the wide variety of savory treats as well, it is a Hotspot for students who crave a quick bite ,both affordable and delicious.



Nischelle Pinto



Prapthi

II PCMB

Location: Home

But of course the best of them all is a home cooked meal straight off the pan or oven made with hands of a million years of experience.

A nice tea or coffee with a side of banana chips and laugh filled chatter , Home is the best place to be.



A collage titled "FREEDOM FROM FETTERS" in a bold, white, outlined font. The collage features several images: a woman with her arms raised in a protest, a woman holding a baby, a woman holding a sign that says "WOMEN.", a woman holding a sign that says "MY BODY, MY CHOICE NO UTERUS NO OPINION", a woman holding a sign that says "WOMEN'S RIGHTS ARE HUMAN RIGHTS", a woman holding a sign that says "STANDS UP FOR HERSELF SHE STANDS UP FOR ALL WOMEN", a woman holding a sign that says "WE WILL NOT BE SILENCED", a woman holding a sign that says "WOMEN POWER", a woman holding a sign that says "FREEDOM OF CHOICE", a woman holding a sign that says "TOGETHER WE RISE", and a central image of a woman with a red 'X' over her mouth and a large red lip print. The collage also includes a vertical chain link graphic and a small image of a woman in a blue shirt in the bottom right corner.



Nidhi V P
II HEPP

Tracing the Path of Life

Ardor

Hunger

Support
Love

Castle of slumber

Betrayal

Time

Balance

Storm of sadness

Sea of troubles

Mountains of madness

Village of comfort

Barbaric of memories

The cave of unknown

Desert of dread

Tornadoes of toil



Nischelle Pinto
II PCMB

Prapthi



I PCMB-A



I PCMB-B



I PCMB-C



I PCMC



I PCBH/ME/MS



I INTEGRATED BATCH



I BEBA/BSBA



I CSBA



I CEBA/SEBA-A



I SEBA-B



I HEPP



II PCMB-A



II PCMB-B



II PCMB-C



II PCMC



II PCBH/ME/MS



II INTEGRATED BATCH



II BEBA/BSBA



II CSBA



II CEBA/SEBA-A



II SEBA-B



II HEPP



AIR WING



ARMY WING



STAFF

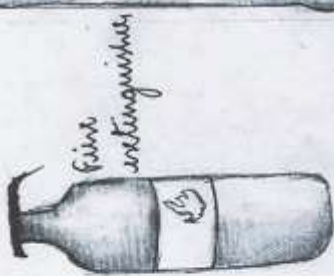
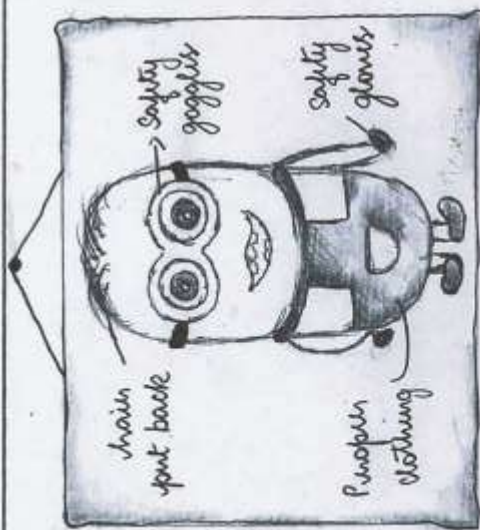


CHEMISTRY

LAB

SAFETY

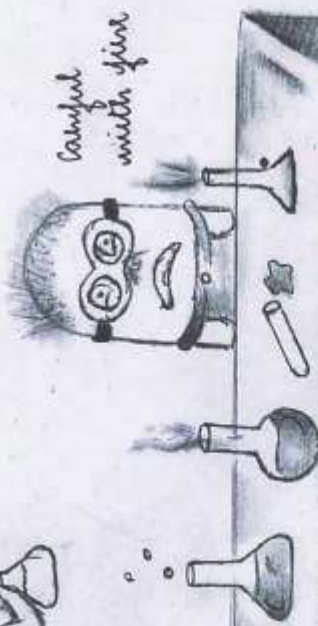
NaCl



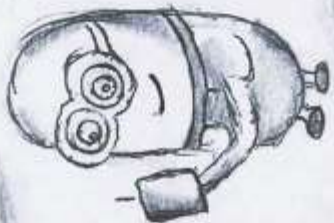
CO₂

Sand

Keep chemicals away from yourself and others




do not play with lab equipments



Read instructions carefully. See the label of chemicals before mixing



SAFETY IN THE CHEMISTRY LABS





RULE #1:
ALWAYS EAT
PROPERLY
BEFORE
PRACTICAL
CLASSES

RULE #2:
HOLD TEST
TUBE
AWAY
FROM UR
FACE
(PLEASE)



RULE #3:
ALWAYS
READ THE
LABEL OF
CONTENTS.

RULE #4:
BE CAREFUL
WITH
FIRE .
IT BURNS.

 YEAH
IT
DOES





Aditi Bhat
II PCMB



ಎಸ್. ಭಾರ್ಗವಿ
I PCMB

ಹೂವ ಚೆಲುವ
ಗಿಡದಿ ಕಂಡು
ಮನದಿ ಕವಿಯು ಮೆಚ್ಚುವ ||

ಹೂವ ಮುಡಿದು
ಮಡದಿ ಮುಡಿಗೆ
ಮುದದಿ ರಸಿಕ ನಲಿಯುವ ||

ಹೂವ ನಿರಿಸಿ
ದೇವ ನಡಿಗೆ
ಭಕುತ ತೋಷಗೊಳ್ಳುವ ||

ಹೂವ ಮಾರಿ
ದರ್ಥದಿಂದ
ತೃಪ್ತಿ ಹೊಂದುವ ||

ವಸ್ತು ಒಂದೆ
ಸ್ಥಾನ ಭಿನ್ನ
ಭಾವನೆಗಳ ಉದ್ಭವ ||

ಜಗದ ಜನರ
ನೋಟ ರುಚಿಯು
ಭಿನ್ನವೆಂದು ಅರಿಯುವ ||



ರಿಯಾನ್ ಮರಿಯಾ
I PCMB

ಆಕಾಶಕ್ಕೆ ಸಿಂಗಾರ ನೀನು
ಆಕಾಶಕ್ಕೆ ಅಂದ ನೀಡುವ ನೀನು
ಆಕಾಶದಲ್ಲಿ ಹೋಕುಳಿಯಂತೆ ಕಾಣುವ ನೀನು
ಆ ಕ್ಷಣದಲ್ಲಿ ಬಾನಿನಲೆಲ್ಲಾ ಹಬ್ಬದ ಸೊಬಗನ್ನಿಡುವ ನೀನು.

ನನ್ನ ಮನಸ್ಸನ್ನು ನಿನ್ನೆಡೆಗೆ ಒಯ್ಯುವ ನೀನು
ಬಂದರೆ ತುಸು ಕ್ಷಣವು ನಿಲ್ಲದೇ ಓಡುವ ನೀನು
ಬಿಸಿಲು ಮಳೆಯ ಸೌಂದರ್ಯವನ್ನು ವರ್ಣಿಸುವ ನೀನು
ಆ ಕ್ಷಣದಲ್ಲಿ ಚಿಟ್ಟೆಗಳಂತೆ ಕಂಗೊಳಿಸುವ ನೀನು.

ವರ್ಷದಲ್ಲಿ ಅಂಜೂರದಂತೆ ಅಪರೂಪ ನೀನು
ಬಾನಿನಲ್ಲಿ ಸೂರ್ಯನೊಂದಿಗೆ ರೇಖೆಗಳಂತೆ ಕಂಗೊಳಿಸುವ ನೀನು
ಜೋರೆಂಬ ಮಳೆ ಸುರಿಯುವ ಮೊದಲು
ಬಾನಿನಲ್ಲಿ ಮನೆಕಟ್ಟುವ ನೀನು
ಬಿಸಿಲು ಮಳೆಯೊಂದಿಗೆ ನವಿಲಿನಂತೆ ಕಂಡವನು ನೀನು.

ಗುಡುಗಾಜಮ್ಮನು ಬರುವ ಮೊದಲು ಮರೆಯಾದವನು ನೀನು
ಮೈ ರೋಮಾಂಚನಗೊಳಿಸುವ ಮಿಂಚು ನೀನು
ಸ್ವಟಿಕದಂತೆ ಕಾಣೆಯಾಗಿ ಹೋದಂತಹ ಕಾಮನಬಿಲ್ಲು ನೀನು.

ವಿದ್ಯಾರ್ಥಿಗಳು

ಸುಜ್ಞಾನದ ದೀವಿಗೆಯು ಕಂಗೊಳಿಸುತ್ತಿರಲು,
ಕೈ ಬೀಸಿತು ಬೆಳಕು ತನ್ನಯ ಹೊಸಿಲಿಗೆ ಬರಲು,
ಶಿರವ ತಗ್ಗಿಸಿ, ಕರವ ಜೋಡಿಸಿ
ಜ್ಞಾನವ ಅರಸಿ ಬಂದ ಯಾಂತ್ರಿಕರು ನಾವು!

ನೂರಾರು ಕನಸಿನ ಪುಸ್ತಕವ ಹೆಗಲೇರಿಸಿ
ಆತ್ಮವಿಶ್ವಾಸದ ಸಮವಸ್ತ್ರ ಧರಿಸಿ
ನವ ಗೆಳೆತನದ ಜಡೆಯ ಹೆಣೆಸಿ
ಹೊಸದೊಂದು ಚೇತನದೊಂದಿಗೆ ಪುಟ್ಟ ನಗುವಿನೊಂದಿಗೆ
ಜ್ಞಾನವ ಅರಸಿ ಬಂದ ಯಾಂತ್ರಿಕರು ನಾವು!

ಗೆಳೆತನದ ಉಯ್ಯಾಲೆಯಲಿ ತೇಲಾಡಿ
ಸಾವಿರ ನೆನಪಿನ ಗೋಪುರ ಕಟ್ಟಿಸಿ
ತುಸು ಮುನಿಸಿನ ಮೊಗವ ಅರಳಿಸಿ
ಮತ್ತದೇ ನಿರೀಕ್ಷೆಯೊಂದಿಗೆ ಕಣ್ಣುಚಿನ ಕಣ್ಣೀರಿನೊಂದಿಗೆ
ನೆನಪುಗಳ ಹೊತ್ತು ತಂದ ಯಾಂತ್ರಿಕರು ನಾವು

ವಿದ್ಯೆಯ ಧಾರೆಯೆರೆದ ಶಿಕ್ಷಕರ ನೆನಪು
ಜೊತೆ ಜೊತೆಯಾದ ಸಹಪಾಠಿಗಳ ವಂದಿಸಿ
ನೆನಪುಗಳ ಹೊತ್ತು ತಂದ ಯಾಂತ್ರಿಕರು ನಾವು!
ಕಲಿತ ವಿದ್ಯಾಲಯಕ್ಕೆ ಚಿರಋಣಿ ಎಂದೆಂದೂ...



ಪ್ರಿಯಾಂಕ ವೈ. ಆರ್.
II PCMB



ವಿಭಾ. ವಿ ಭಟ್ಟಗರ್
II PCMB

ಸಂಬಂಧ

ಹಣನೋಡಿ ಹೆಣ್ಣು ಕೊಡಬೇಡ
ಕೊಡಬೇಕು ಗುಣ ನೋಡಿ
ಎಲ್ಲೋ ಹುಟ್ಟಿ ಎಲ್ಲೋ ಬೆಳೆದು
ಪತಿಪತ್ನಿಯಾಗುವರು ಒಂದು ದಿನ
ಕೋಪದ ಕೈಗೆ ಬುದ್ಧಿಯ ಕೊಟ್ಟು
ಕಿತ್ತೆನೆಯ ಬೇಡ ಸಂಬಂಧವನ್ನ
ಕಿತ್ತೆನದ ಸಂಬಂಧ ಮತ್ತೆ
ಒಂದಾಗದು ಓ ಯುವ ಮನಸ್ಸುಗಳೇ
ಒಂದಾದರೂ ಮೊದಲನಂತಿರಲು
ಒಪ್ಪುವುದಿಲ್ಲ ಮನಸ್ಸು ಓ ಗೆಳೆಯ
ಸಂಬಂಧ ನೋವು ನಲವುಗಳಿಗೆ
ಬೆನ್ನೆಲುಬಾಗಿ ನಿಲ್ಲಬೇಕು ಓಗಳತಿ
ಪ್ರೀತಿ ವಿಶ್ವಾಸ, ನಂಜಕೆಗಳೆಂಬ
ತಾಯಿ ಬೇರಿನಿಂದ ನಿಂತ ಸಂಬಂಧ
ಮುರಿದು ಹೋಗಲಾರದು ಎಂದಿಗೂ.

ನನ್ನ ಕವಿತೆ



ಬಾ ಕವಿತೆ...
ನನ್ನ ಅರಿವಿನ ಪರಿಧಿಗೂ
ಬಂದುಬಿಡು ಒಮ್ಮೆ, ನನ್ನ ನಾಯಾರೆಂದು
ತಿಳಿಸಬೇಕಿದೆ ಜಗಕ್ಕೆ.

ಬಾ ಕವಿತೆ...
ಬರುವೆಯಾ ತಾನೆ? ತಡಮಾಡದೇ
ಬಂದು ಬಿಡು, ಮರಳ ಹಿಂತಿರುಗದಂತೆ.

ಬಾ ಕವಿತೆ...
ಕಾಲಕಾಲಕ್ಕೂ ನನ್ನ ಭಾವಗಳು ತಿಳಿಯುವಂತೆ ಮಾಡಬೇಕಿದೆ
ನಿನ್ನದೇ ಅಪಿಯಿಂದ.

ಬಾ ಕವಿತೆ...
ಜಗಕ್ಕೆ ಎಚ್ಚರಿಸಬೇಕಾಗಿದೆ
ಮರೆತಂತಿರುವ ಮಾನವತೆಯ.

ಬಾ ಕವಿತೆ...
ಅನ್ನ ಕಾಣದ ಕಂದಮ್ಮಗಳಿಗೆ, ಉಣಬಡಿಸಲು
ಎಚ್ಚರಿಸಲು ಜಗಕ್ಕೆ

ಬಾ ಕವಿತೆ...
ಬಂದು ಬಿಡು ಒಮ್ಮೆ ಹೆಣ್ಣು, ಭ್ರೂಣವ
ರಕ್ಷಿಸಲು ಪಾಠ ಕಲಿಸಲು

ಬಾ ಕವಿತೆ...



ಸಾನ್ವಿ
I PCMB



ಬರೆಯಲು ಒಂದು ಕವಿತೆ
ಲೇಖನಿ ಹಿಡಿದು ಕುಳಿತೆ
ಮನದಲಿ ಮೂಡಿತು ವ್ಯಥೆ
ವಿದ್ಯಾರ್ಥಿ ಜೀವನ ಮುಗಿಯಿತೇ

ಬಂದು ಸೇರಿದವು ಒಂದು ದಿನ
ಬೆರೆತು ಕಲಿತವು ಹಲವು ದಿನ
ಹತ್ತಿರವಾಗಿದೆ ಅಗಲುವ ದಿನ
ಬೇಸರವಾಗಿದೆ ಗೆಳತಿ ಈ ಮನ

ಗೆಳತಿ

ಮನದಿ ಚಿಂತಿಸದಿರು ಈ ಪರಿ
ಸಾಧಿಸಿ ತೋರಿಸು ನೀ ನಾರಿ
ಮುಂದೆ ಸಿಗಲಿದೆ ಹೂವಿನ ಹಾದಿ
ಮುಂದಿನ ಜೀವನಕ್ಕೆ ಇದು ನಾಂದಿ

ಗೆಳೆತನ ಎಂದೂ ಮರೆಯದಿರು
ಗುರುಗಳ ನಿತ್ಯಸ್ಮರಿಸುತಿರು
ಜ್ಞಾನದೇಗುಲವ ನೆನೆಯುತಿರು
ಬಾಳಲಿಸದಾ ಹರುಷದಿಂದಿರು



ಸವಿ ಜೆ. ಪೂಂಜ ಎ.
II PCMB



ಕೃತಕ ಬುದ್ಧಿಮತ್ತೆ (ಆರ್ಟಿಫಿಷಿಯಲ್ ಇಂಟೆಲಿಜೆನ್ಸ್) ವರವೋ? ಶಾಪವೋ?

ಇತ್ತೀಚೆಗಿನ ದಿನಗಳಲ್ಲಿ ಅತೀ ಹೆಚ್ಚು ಸುದ್ದಿ ಮಾಡುತ್ತಿರುವ ಆಧುನಿಕ ತಂತ್ರಜ್ಞಾನ ಎಂದರೆ ಅದು ಎಐ ಅಥವಾ ಕೃತಕ ಬುದ್ಧಿಮತ್ತೆ.

ದೇಶದಲ್ಲಿ ವಿವಿಧ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಎಐ ತಂತ್ರಜ್ಞಾನವನ್ನು ಉಪಯೋಗಿಸುವುದರಿಂದ ಹಲವಾರು ಸಮಸ್ಯೆಗಳಿಗೆ ಸುಲಭ ಪರಿಹಾರ ದೊರೆಯುವಂತಾಗಿದೆ. ಉದಾಹರಣೆಗೆ ಆರೋಗ್ಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ರೋಗ ಪತ್ತೆ ಮತ್ತು ಚಿಕಿತ್ಸೆಯ ಸುಧಾರಣೆ, ದೇಶದ ಆರ್ಥಿಕ ವ್ಯವಸ್ಥೆ, ಹವಾಮಾನ ಮುನ್ನೋಟ, ಸಂಪನ್ಮೂಲ ನಿರ್ವಹಣೆ ಮುಂತಾದ ಹತ್ತು ಹಲವಾರು ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ನಂಬಲಾಗದ ವೇಗ ಮತ್ತು ನಿಖರತೆಯೊಂದಿಗೆ ಪರಿಹಾರ ಒದಗಿಸುತ್ತದೆ. ಇಷ್ಟು ಮಾತ್ರವಲ್ಲದೆ ಕೃಷಿ ಉತ್ಪಾದನೆ, ಸಾರಿಗೆ, ಸ್ಮಾರ್ಟ್ ಸಿಟಿ, ಶಿಕ್ಷಣ ಮತ್ತು ಕೌಶಲ್ಯ, ಭದ್ರತೆ ಮುಂತಾದ ಕ್ಷೇತ್ರಗಳಲ್ಲಿಯೂ ಗಮನಾರ್ಹ ಸಾಧನೆ ಸಾಧ್ಯವಾಗಿದೆ.

ಮನುಷ್ಯ ದೈಹಿಕ ಮತ್ತು ಬೌದ್ಧಿಕವಾಗಿ ನಿರ್ವಹಿಸಬಹುದಾದ ಕೆಲಸವನ್ನು ತಂತ್ರಜ್ಞಾನದ ಸಹಾಯದಿಂದ ಮಾಡುವ ಅವಿಷ್ಕಾರವನ್ನು ಕೃತಕ ಬುದ್ಧಿಮತ್ತೆ ಎಂದು ಕರೆಯಬಹುದು. ಇದು ಮಾನವನ ಆಲೋಚನೆಗಳನ್ನು ಗ್ರಹಿಸಿ ಅದಕ್ಕೆ ಅನುಗುಣವಾಗಿ ಕೆಲಸಗಳನ್ನು ಮಾಡುತ್ತದೆ. ಮಾನವ ಸಂಪನ್ಮೂಲ ಕಡಿಮೆ ಇರುವ ದೇಶಗಳಿಗೆ ಇದೊಂದು ವರದಾನವೇ ಆಗಿದೆ.

ಅದರೆ ಈ ರೀತಿ ಅಪಾರ ಪ್ರಯೋಜನಗಳನ್ನು ನೀಡುತ್ತಿರುವ ಎಐಯನ್ನು ಅತ್ಯಂತ ಜವಾಬ್ದಾರಿಯುತವಾಗಿ ನಿರ್ವಹಿಸದಿದ್ದರೆ ಅದು ಅನೇಕ ರೀತಿಯ ಅಪಾಯಗಳನ್ನು ತಂದೊಡ್ಡಬಹುದು ಎಐಯನ್ನು ಬಳಸುವ ಸಾಧನಗಳು ಅನೇಕ ವೈಯಕ್ತಿಕ ಮಾಹಿತಿಯನ್ನು ಸಂಗ್ರಹಿಸುತ್ತದೆ. ಇದು ವ್ಯಕ್ತಿಯ ಗೌಪ್ಯತೆ ಮಾತ್ರವಲ್ಲದೆ ದೇಶದ

ಭದ್ರತೆಗೂ ಅಪಾಯವನ್ನು ತಂದೊಡ್ಡಬಹುದು.

ಇತ್ತೀಚೆಗೆ ಎಐ ತಂತ್ರಜ್ಞಾನದ ದುರ್ಬಳಕೆಯ ಮೂಲಕ ಮಾಡುವ ಸೈಬರ್ ವಂಚನೆ ಪ್ರಕರಣಗಳು ಗಮನಾರ್ಹವಾಗಿ ಅಧಿಕವಾಗಿದೆ.

ನಂಬಿಕೆ ದುರ್ಬಲಗೊಳಿಸುವ, ಡೀಪ್ ಫೇಕ್ ವೀಡಿಯೋ ಪ್ರಕರಣಗಳು, ವಾಯ್ಸ್ ಕ್ಲೋನಿಂಗ್ ಮೂಲಕ ಅಪಹರಣ ಮಾಡಿಸುವುದಾಗಿ ಬೆದರಿಸಿ ಹಣ ಲೂಟಿ ಮಾಡುವುದು, ಮುಂತಾದ ಎಐ ದುರ್ಬಳಕೆಯ ಸೈಬರ್ ಅಪರಾಧಗಳು ಸಾರ್ವಜನಿಕರ ಹಣಕ್ಕೆ ಕನ್ನ ಹಾಕುತ್ತವೆ.

ಇಷ್ಟು ಮಾತ್ರವಲ್ಲದೆ ಕೃತಕ ಬುದ್ಧಿಮತ್ತೆಯ ರೋಬೋಟ್‌ಗಳು ಮನುಷ್ಯನ ಕೆಲಸವನ್ನು ಕಸಿದು ನಿರುದ್ಯೋಗದ ಸಮಸ್ಯೆ ತಲೆದೋರುವ ಸಾಧ್ಯತೆಗಳು ಹೆಚ್ಚಾಗಿದೆ. ಹೆಚ್ಚಿನ ಎಐ ಬಳಕೆ, ಮನುಷ್ಯನ ಬೌದ್ಧಿಕ ಸಾಮರ್ಥ್ಯವನ್ನು ಕುಂಠಿತಗೊಳಿಸುವ ಸಾಧ್ಯತೆಯೂ ಇಲ್ಲದಿಲ್ಲ.

ಕೃತಕ ಬುದ್ಧಿಮತ್ತೆ ತಂತ್ರಜ್ಞಾನದ ಪ್ರಗತಿಯನ್ನು ಎಚ್ಚರಿಕೆಯಿಂದ ಪರಿಗಣಿಸಿ, ಸಮಾಜಕ್ಕೆ ಹಾನಿಯಾಗದಂತೆ ಎಐ ಪ್ರಯೋಜನವನ್ನು ಮಾನವ ಸಂಕುಲವು ನಡೆದುಕೊಳ್ಳಬೇಕಾಗಿದೆ. ಮಾನವ ಮೇಲ್ವಿಚಾರಣೆಗೆ ಆದ್ಯತೆ ನೀಡಿ, ಎಐ ವ್ಯವಸ್ಥೆಯನ್ನು ದುರುಪಯೋಗದಿಂದ ಮುಕ್ತಗೊಳಿಸಿ ವ್ಯಕ್ತಿಗಳ ಕುರಿತ ಮಾಹಿತಿಗಳನ್ನು ರಕ್ಷಿಸಬೇಕು. ಒಟ್ಟಿನಲ್ಲಿ ಕೃತಕ ಬುದ್ಧಿಮತ್ತೆಯನ್ನು ಜವಾಬ್ದಾರಿಯುತವಾಗಿ ಬಳಸಿದರೆ ಅದು ಜಾಗತಿಕ ಭವಿಷ್ಯದಲ್ಲಿ ಉತ್ತಮ ಪಾತ್ರವಹಿಸುವುದರಲ್ಲಿ ಅನುಮಾನವಿಲ್ಲ.



ಅದಿತಿ ಭಟ್ ಎಮ್
II PCMB

ಕವನ

ಹಸಿರಂಗಳ ದಾಟಿ

ನೀಲಿ ಬಾನಂಗಳದ ಕೆಳಗೆ
 ಒಬ್ಬಂಟಿಯಾಗಿ ಕುಳಿತಿರುವಂತೆ ಕಂಡರೂ
 ನಾ ಒಬ್ಬಂಟಿ ಅಲ್ಲಾ!
 ಪೋಷಿಸುವ ಅಮೃತನಂತಿರುವ
 ಕಷ್ಟದಲ್ಲಿ ಭುಜ ಹಿಡಿಯುವ ಗೆಳೆಯನಂತಿರುವ
 ಜೀವನ ಪಾಠ ಕಲಿಸುವ ಗುರುವಿನಂತಿರುವ
 ಹಸಿರು ನನ್ನೊಂದಿಗೆ!!!
 ನನ್ನೊಲವ ಗೆಳೆಯ ಜೇನುದುಂಬಿ
 ಹೀರುತಿರುವನು ರಸವ ಹಸಿರು ಕುಡಿಯಿಂದ
 ತೋರುತಿಹನು ಜಗಕ್ಕೆ ಜೇನು ಉತ್ಪತ್ತಿಯ ಸೂಚನೆ
 ಅಲ್ಲಿಹನು ಜಿಂಕೆ ಹಸಿರು ಮೇಯುವ ತಯಾರಿಯಲ್ಲಿ
 ಇದೋ ಈ ಕಡೆ ಹುಲಿ ಬೇಟೆಯ ತಯಾರಿಯಲ್ಲಿ
 ಸಮತೋಲನಕ್ಕೆ ಇವರೂ ಸಾಕ್ಷಿ!!
 ಶಾಂತಿಯಿಂದ ಹರಿಯುತ್ತಿದೆ ನೊರೆಕೂಡಿದ ನದಿ
 ಅದರೊಳಗೆ ಈಜಾಡುತಾ ಮೀನುಗಳು
 ಪರ್ವತಗಳು ಆಕಾಶ ತುದಿಯ ತಲುಪಿವೆ
 ಸಲಿಗೆಯತೋರಿ ಮೋಡದೊಂದಿಗೆ
 ತಂಪಾಗಿ ಬೀಸುವ ಗಾಳಿ ಹಸಿರು ಎಲೆಯ ನಲಿಸುತ್ತಿದೆ
 ಮನಸಿಗೆ ಆನಂದ ನೀಡುತ್ತಿದೆ.
 ಚಿಲಿಪಿಲಿಗುಟ್ಟುತ ಹಕ್ಕಿಗಳು, ಹಸಿರಿಗೆ ಇನ್ನೊಂದು
 ಸೊಗಸಾಗಿದೆ!!!
 ಟಪಕ್ಕ್ ಟಪಕ್ಕ್ನೆ ಬೀಳುತ್ತಿದೆ ಮಳೆಹನಿ
 ಮಣ್ಣಿಗೆ ಸೇರಿ ಮೊದಲ ಮಳೆಹನಿ
 ಬೀರುತ್ತಿದೆ ಕಂಪು ಸುಗಂಧ...
 ಮಳೆಯ ಅಬ್ಬರ ನೋಡಿ
 ಓಡಿದೆ ಹಸಿರಂಗಳ ದಾಟಿ!!!



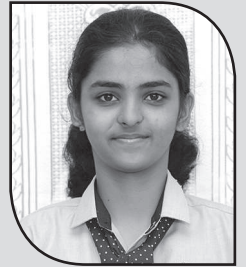
ಸ್ಥಿತ ಮಲ್ಲಾರ
II PCMB

ಕನಸಿನ
ಪ್ರಕೃತಿ

ಗಾಳಿಯಲಿ ಮರಗಳು ತೂಗಲಿ
 ಹಕ್ಕಿಗಳ ಹಾಡು ಹತ್ತಿರದಿಂದ ಕೇಳಲಿ
 ಹೊಸ ಹಸಿರು ಎಲೆಗಳಲಿ ಬೆಳಕು ಬೀಳಲಿ
 ಇದುವೇ ನಾ ಕೇಳಿದ ಸುಂದರ ದರ್ಶನ
 ಇದುವೇ ನಾ ನೋಡಲಿಚ್ಛಿಸುವುದು ಕ್ಷಣ ಕ್ಷಣ

ನೀರು ತಾಜಾ ಹೊಳೆಯಾಗಿ ಹರಿಯಲಿ
 ಮತ್ತೆ ಮತ್ತೆ ಭೂಮಿಯೊಡನೆ ಸೇರಲಿ
 ಹೂವುಗಳು ಹೊಮ್ಮಿ ಪರಿಮಳ ಬೀರಲಿ
 ಮರುದಿನವೂ ಇರಲಿ ನವೀಕೃತ ಜಗತ್ತು
 ಸಹಜವಾಗಿರಲಿ ಈ ಮನುಜರ ಬದುಕು.

ಆಕಾಶದಲ್ಲಿ ಬಿಳಿ ಮೋಡಗಳು ಅಲೆಯಲಿ
 ಮಳೆ ಹನಿಗಳು ನೆಲದ ಮೇಲೆ ಬೀಳಲಿ
 ಜೀವಗಳು ಸಮಾಧಾನದಿ ಬಾಳಲಿ
 ಮಾಡದಿರಿ ಈ ಸುಂದರ ಲೋಕದ ವಿಕೃತಿ
 ಇದುವೇ ನನ್ನ ಕನಸಿನ ಪ್ರಕೃತಿ.



ಸಾನ್ನಿ ಟಿ. ಕೊಟ್ಟಾರಿ
II PCMC

ಅಮ್ಮಾ! ನಿನಗೆ ಸಲಿಸಾಟ ಯಾರು?

ಅಮ್ಮಾ ನಿನ್ನಿಂದಲೇ ನಾನು ಈ ಜಗಕ್ಕೆ ಬಂದೆ
ನಿನ್ನ ಕಣ್ಣಲಿ ಮಮತೆಯ ಕಂಡೆ
ಬೆಚ್ಚನೆಯ ಮಡಿಲಲಿ ಹಾಲುಂಡು ಬೆಳೆದೆ
ಅಮ್ಮಾ ಎಂಬ ಮೊದಲ ನುಡಿಯ ಉಲಿದೆ

ನಿನ್ನ ಮೊಗದಲಿ ದೇವರ ರೂಪವ ಕಂಡೆ
ಅಮ್ಮನೇ ಕಾಣುವ ದೇವರೆಂದು ಒಪ್ಪಿಕೊಂಡೆ
ಬಾಲ್ಯದ ಒಲುಮೆಯ ಸುಧೆಯಲಿ ಮಿಂದೆ
ಪರರನು ಪ್ರೀತಿಸಲು ನೀನೇ ಕಾರಣಳಾದೆ.

ಒಳಹೊರಗೂ ನಿನ್ನನ್ನು ಬೆಂಬಿಡದೆ ಹಿಂಬಾಲಿಸಿದೆ
ಸುಂದರ ಭುವಿಯನು ನೀ ಎನಗೆ ಪರಿಚಯಿಸಿದೆ
ಜ್ಞಾನ ದಾಹವ ಎನ್ನಲಿ ಸೃಷ್ಟಿಸಿದೆ
ನೀನೇ ನನ್ನ ಪ್ರಥಮ ಶೇಷ ಗುರುವಾದೆ.

ಕರವ ಹಿಡಿದು ನಡೆಯಲೆನಗೆ ಕಲಿಸಿದೆ
ಎಡವಿ ಬೀಳಲು ಎಬ್ಬಿಸಿ ಧೈರ್ಯ ತುಂಬಿ ಮುನ್ನಡೆಸಿದೆ
ಮನದಂಗಳದಿ ಸುಳಿದ ಸಂಶಯಗಳ ನಿವಾರಿಸಿದೆ
ಎಲ್ಲವನು ಅರಿಯುವ ಆಸೆಯ ಕೆರಳಿಸಿದೆ.

ದೇವರ ಭಯವೇ ಜ್ಞಾನದ ಆರಂಭ ಎಂದೆ
ಮಾತು ಕೃತಿಯಲ್ಲಿ ಬಾಳಿದೆ ಅಂತರ ಇಲ್ಲದೆ
ಜೀವನದುದ್ದಕ್ಕೂ ನಮಗೆ ಆದರ್ಶಪ್ರಿಯಳಾದೆ
ಎನೇ ಆಗು, ಮೊದಲು ಮಾನವಳಾಗೆಂದು ಬೋಧಿಸಿದೆ.

ನೀನು ಉಣಿಸಿದ ತುತ್ತಿನಲಿ ಅಮೃತದ ಸವಿಯಿದೆ
ನಿನ್ನ ಬಿಸಿಯಪ್ಪುಗೆಯಲಿ ಸ್ವರ್ಗದ ಸುಖವಿದೆ
ಉಸಿರಿನಲಿ ಮಲ್ಲಿಗೆಯ ಘಮಘಮಿಸುವ ಕಂಪಿದೆ
ಕ್ಷಣಮಾತ್ರ ನೀ ಕಾಣದಿರೆ ಅಂಧಕಾರವೇ ಎಲ್ಲೆಡೆ

ರೋಗದಲ್ಲಿ ನನಗಾಗಿ ನಿಧೆಗೆಟ್ಟ ರಾತ್ರಿಗಳೆಷ್ಟು!
ನೋವಿನಲ್ಲಿ ಪರಿತಪಿಸಿ ಪರಿಸಿದ ಕಣ್ಣೀರೆಷ್ಟು!
ಹಸಿದ ಹೊಟ್ಟೆಯಲಿ ಅವಿರತ ದುಡಿತದ ತ್ಯಾಗವೆಷ್ಟು!
ಸೌಖ್ಯ ಸಿಗಲೆಂದು ನನಗಾಗಿ ಹೊತ್ತ ಹರಕೆಗಳೆಷ್ಟು!

ಅಮ್ಮಾ, ನಿನ್ನ ಸ್ವರವು ಎಷ್ಟೊಂದು ಮಧುರ
ನಿನ್ನ ವರದಿಂದ ನನ್ನ ಬಾಳಾಯಿತು ಬಂಗಾರ
ಎತ್ತಿ ಹಿಡಿದಿರುವೆ ನಿನ್ನ ದಿವ್ಯ ಚೇತನದ ಸಾರ
ತಾಯಿಯೇ ದೇವರು ಎಂಬ ಶುಭನುಡಿ ಸತ್ಯ ನಿರಂತರ

ಲೋಕದಲಿ ನಾ ಕಂಡ ಉತ್ತಮ ಗುರು ನೀನೇ ಅಮ್ಮಾ
ಶಾಲೆಯಲ್ಲಿ ಕಲಿತರೂ ನಿನ್ನಿಂದ ಅರ್ಜಿಸಿದುದು ಅಧಿಕವಮ್ಮಾ
ನಿನಗೆ ಸಾಟಿಯಾದವರು ಬೇರಾರೂ ಇಲ್ಲ ಅಮ್ಮಾ
ಸಕಲರೂ ನಿನ್ನ ಸದ್ಗುಣಗಳನ್ನು ಮೈಗೂಡಿಸಲಿ ಅಮ್ಮಾ



ರೀಶಲ್ ಪ್ರೀತಿ ಡಿಸೋಜ
II PCMB A



ಆತ್ಮಸಮ್ಮಾನ

ಅನ್ವರ್ ಮತ್ತು ಆಯಿಷಾ ಎಂಬ ದಂಪತಿಗಳಿಗೆ ಮೂರು ಹೆಣ್ಣು ಮಕ್ಕಳು. ಮೊದಲನೆಯವಳಿಗೆ ಈಗಾಗಲೇ ಮದುವೆಯಾಗಿದೆ. ಈ ಕುಟುಂಬವು ಬಡತನದಲ್ಲಿದ್ದರೂ ಸಂತೋಷ, ನೆಮ್ಮದಿಯಿಂದ ಜೀವನ ನಡೆಸುತ್ತಿದ್ದರು. ಎರಡನೇ ಮಗಳು ಮದುವೆ ಪ್ರಾಯಕ್ಕೆ ಬಂದಳು. ಮದುವೆ ಕೂಡ ನಿಶ್ಚಯವಾಯಿತು. ಈ ಮದುವೆ ಅವರ ಪಾಲಿಗೆ ಅದೃಷ್ಟದ ಬದಲಿಗೆ ಬಿರುಗಾಳಿಯ ಹಾಗೆ ಬಂದು ಆ ಸುಂದರ ಕುಟುಂಬವನ್ನೇ ತತ್ತರಿಸುವಂತೆ ಮಾಡಿತು. ಅಂತದ್ದೇನು ಆ ಮದುವೆ ಮಾಡಿತು ಎನ್ನುವ ಪ್ರಶ್ನೆ ನಿಮ್ಮ ಮನದಲ್ಲಿ ಮೂಡಬಹುದು. ಈ ಕಥೆಯನ್ನು ಓದಿದಾಗ ನಿಮಗೆ ಅದರ ಉತ್ತರ ಸಂಕ್ಷಿಪ್ತವಾಗಿ ದೊರೆಯುತ್ತದೆ.

ಮದುವೆಗೆ ಇನ್ನು ಎರಡೇ ತಿಂಗಳು ಉಳಿದಿದೆ. ತಂದೆ ಅನ್ವರ್ ಕೆಲಸಕ್ಕೆ ಹೋದವರು ಮರಳಿ ಬರಲೇ ಇಲ್ಲ. ಒಂದು ವಾರ ಕಳೆಯಿತು, ಅವರ ಪತ್ತೆಯೇ ಇಲ್ಲ. ತಾಯಿ ಆಯಿಷಾಳಿಗೆ ದಿಕ್ಕೇ ತೋಚಲಿಲ್ಲ. ಒಂದು ಕಡೆಯಿಂದ ವರನ ಮನೆಯವರ ಸಾವಿರ ಪ್ರಶ್ನೆಗಳು ಇನ್ನೊಂದು ಕಡೆ ಸಮಾಜದವರ ಚುಚ್ಚು ಮಾತುಗಳು. ಇದನ್ನೆಲ್ಲ ಸಹಿಸಲಾಗದೆ ಆಯಿಷಾ ಅವರು ಆತ್ಮಹತ್ಯೆ ಮಾಡಲು ಮುಂದಾದರು. ಆದರೆ ತನ್ನೆರಡು ಮಕ್ಕಳನ್ನು ನೆನೆದು ತಾನು ಬದುಕುಳಿಯಲು ನಿರ್ಧರಿಸಿದಳು. ಏನಾದರೂ ಸರಿ, ನನ್ನ ಮಗಳ ಮದುವೆಯನ್ನು ಮಾಡೇ ಮಾಡುತ್ತೇನೆಂದು ಪಣತೊಟ್ಟಳು. ಆದರೆ ಯಾವುದೇ ದಾರಿ ತೋಚಲಿಲ್ಲ. ಎಲ್ಲಾ ಬಾಗಿಲುಗಳು ಮುಚ್ಚಿ ಹೋಗಿದೆ. ಕೊನೆಗೆ ಬೇರೆಯವರ ಬಳಿ ಸಹಾಯ ಕೇಳಲು ಮುಂದಾದಳು. ಬೇರೆಯವರ ಬಳಿ ಕೈಚಾಚಿ ಬೇಡಿದಳು. ದುರಂತವೆಂದರೆ ಕೆಲವರು ಬಿಕ್ಕುಕೆಯ ತರಹ ನೋಡಿ 10 ರೂಪಾಯಿ ಕೂಡ ಕೊಟ್ಟಿದ್ದುಂಟು. ಆದರೆ ಕುಟುಂಬದವರೆಲ್ಲ ಸಹಕರಿಸಿ ಹಾಗೋ - ಹೀಗೋ ಮದುವೆಯಂತು ಆಗಿ ಬಿಟ್ಟಿತು.

ಆಯಿಷಾಳ ತಲೆಯಿಂದ ಒಂದು ಭಾರ ಕೆಳಗಿಳಿಯಿತು. ಆದರೆ ಇನ್ನೊಂದು ಭಾರ ಅವಳ ತಲೆಯಲ್ಲೇ ಇದೆ. ಅವಳ ಕಿರಿಮಗಳನ್ನು ಓದಿಸುವುದು.

ಮುಂದಿನ ನಮ್ಮ ಜೀವನ, ನನ್ನ ಮಗಳ ವಿದ್ಯಾಭ್ಯಾಸ

ಇದನ್ನೆಲ್ಲ ಚಿಂತಿಸುತ್ತಿರುವಾಗ ದೇವರೇ ಒಂದು ವರವನ್ನು ನೀಡಿದ ಹಾಗೆ ಆಯಿಷಾಳ ಗೆಳತಿ ಕರೆ ಮಾಡಿ ಹೇಳಿದಳು - “ಒಂದು ಮರ್ಯಾದೆಯಸ್ತರ ಮನೆ ಇದೆ, ಅವರಿಗೆ ಕೆಲಸಕ್ಕೆ ಜನ ಬೇಕಾಗಿದ್ದಾರೆ. ನಿನಗೆ ಇಷ್ಟವಿದ್ದರೆ ನೀನು ಅಲ್ಲಿ ಹೋಗಿ ಕೆಲಸ ಮಾಡಬಹುದು” ಎಂದು ಹೇಳಿ ಫೋನ್ ಇಟ್ಟಳು. ಅದೇ ಹೊತ್ತಿಗೆ ಅವಳ ಗಂಡನ ಕರೆ “ನನ್ನಿಂದ ತಪ್ಪಾಯಿತು, ಕ್ಷಮಿಸು” ‘ಮಗಳ ಮದುವೆಯನ್ನು ಹೇಗೆ ಮಾಡುವುದೆಂದು ಅರಿಯದೆ ನಿಮ್ಮನ್ನು ಬಿಟ್ಟು ಹೋದೆ. ಈಗ ಮದುವೆಯೆಲ್ಲವೂ ಚೆನ್ನಾಗಿ ನಡೆಯಿತಲ್ಲ. ಇನ್ನು ಏಕೆ ಕೋಪ? ನಾವು ಮೊದಲಿನ ಹಾಗೆ ಜೀವಿಸೋಣ’ ಎಂದನು.

ಆಗ ಆಯಿಷಾ “ಹಾಂ, ಪಶ್ಚಾತ್ತಾಪ, ಕ್ಷಮೆ ಇದಕ್ಕೆಲ್ಲ ನನ್ನ ಬಳಿ ಉತ್ತರವೇ ಇಲ್ಲ. ತಾನು ಮಾಡಿದ ತಪ್ಪಿನಿಂದ ಪಾರಾಗಲೂ ಪುರುಷನಿಗೆ ನೂರು ದಾರಿಗಳಿವೆ. ಪುರುಷ ತಪ್ಪು ಮಾಡಿದನೆಂದು

ನಮ್ಮ ಸಮಾಜ ಗಂಭೀರವಾಗಿ ಪರಿಗಣಿಸುವುದೂ ಇಲ್ಲ. ಮಗಳ ಮದುವೆ ಮಾಡಲು ಹಣವಿಲ್ಲ ಅದರಿಂದ ಉದ್ವೇಗವಾಗಿ ನಾನು ಮನೆ ಬಿಟ್ಟು ಹೋದೆ ಎಂಬ ಕ್ಷುಲ್ಲಕ ನೆಪದಿಂದ, ಒಬ್ಬ ಗಂಡಸು ತನ್ನ ಕುಟುಂಬವನ್ನು ದೂರ ಮಾಡುವುದಾದರೆ ಆ ಪ್ರೀತಿಗೆ ಅರ್ಥವಿಲ್ಲ”. ಅಂಥವನೊಂದಿಗೆ ಮತ್ತೆ ಜೀವಿಸಲು ನನ್ನ ಅತ್ಮಸಮ್ಮಾನ ಒಪ್ಪುವುದಿಲ್ಲ. ಹೆಣ್ಣಾಗಿ ನಾನು ಆತ್ಮಸಾಕ್ಷಿಗೆ ವಿರುದ್ಧವಾಗಿ ವರ್ತಿಸುವುದಕ್ಕಿಂದ ಬೇರೆಯವರ ಮನೆ ಕೆಲಸ, ಮುಸುರೆ ಪಾತ್ರೆ ತೊಳೆದು ಜೀವಿಸುವುದೇ ಉತ್ತಮ ಎಂದು ನಿರ್ಧರಿಸಿ ಫೋನ್ ಇಟ್ಟಳು.

ಎರಡು-ಮೂರು ವರ್ಷ ಕಳೆಯುತ್ತಾ ಬಂತು. ಆಯಿಷಾಳಿಗೆ ಈಗ ಇರುವುದು ಒಂದೇ ನಿರೀಕ್ಷೆ ನನ್ನ ಕಿರಿಮಗಳು ವಿದ್ಯಾಭ್ಯಾಸ ಮುಗಿಸಿ ಏನಾದರೂ ಸಾಧನೆ ಮಾಡಿ ನನ್ನ ವೃದ್ಯಾಪ್ತವನ್ನಾದರೂ ಸುಖ-ಸಂತೋಷದಿಂದ ಕಳೆಯಬಹುದು ಎಂಬ ಭರವಸೆಯೊಂದಿಗೆ ಕಾಲ ಕಳೆಯುತ್ತಿದ್ದಾಳೆ.



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ಹೆಚ್ಚಿದ ಆಂತರಿಕ ಆತಂಕ

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಮಕ್ಕಳಿಂದ ಹಿಡಿದು ದೊಡ್ಡವರವರೆಗೆ ಸಾಮಾನ್ಯವಾಗಿ ಕೇಳಿ ಬರುತ್ತಿರುವ ಪದವೆಂದರೆ ಆಂತರಿಕ ಆತಂಕ. ಆತಂಕ ಎಲ್ಲ ಸಮಯದಲ್ಲೂ ಆರೋಗ್ಯದ ಮೇಲೆ ವ್ಯತಿರಿಕ್ತ ಪರಿಣಾಮ ಬೀರಲಾರದು. ಅಲ್ಪ ಮಟ್ಟದ ಆತಂಕ ಕ್ರಿಯಾತ್ಮಕ ಜೀವನಕ್ಕೆ ಅತ್ಯಂತ ಅವಶ್ಯಕ. ಆದರೆ ಇದೇ ಬದುಕಾದರೆ ಮನೋದೈಹಿಕ ಸಮಸ್ಯೆಯಾಗಿ ಕಾಡುತ್ತದೆ.



ಆತಂಕವೆಂಬುದು ವ್ಯಕ್ತಿಯಿಂದ ವ್ಯಕ್ತಿಗೆ ಭಿನ್ನ. ಆತಂಕ ಹೆಚ್ಚಾದಾಗ ದೈಹಿಕವಾಗಿ ಅನೇಕ ಬದಲಾವಣೆಗಳನ್ನು ನಾವು ಕಾಣಬಹುದು. ಪಿಟ್ಯೂಟರಿ ಗ್ರಂಥಿಯ ACTH ಎಂಬ ಹಾರ್ಮೋನನ್ನು ಸ್ರವಿಸುವಂತೆ ಪ್ರಚೋದಿಸುತ್ತದೆ. ಇದು ದೇಹವನ್ನು ಆತಂಕಕಾರಿ ಸನ್ನಿವೇಶವನ್ನು ಎದುರಿಸುವ ಅಥವಾ ಓಡಿ ಹೋಗುವ ಮಾರ್ಗವನ್ನು ಸೂಚಿಸುತ್ತದೆ. ಇದನ್ನು ಫೈಟ್ / ಫ್ಲೈಟ್ ಎಂದು ಹೇಳಲಾಗುತ್ತದೆ.

ಆತಂಕಕ್ಕೆ ಒಳಗಾದಾಗ ದೈಹಿಕವಾಗಿ ಮಾಂಸಖಂಡಗಳು ಬಿಗಿಯುವುದು, ಬಿಳಿಚಿಕೊಳ್ಳುವುದು, ಮುಷ್ಟಿ ಹಿಡಿಯುವುದು, ನಡುಕ, ಹಿಗ್ಗಲಿಸುವುದು, ಎದೆ ಬಡಿತ ಜೋರಾಗುವುದು, ಉಸಿರಾಟ ಹೆಚ್ಚಾಗುವುದು, ಮಾತನಾಡುವಾಗ ತೊದಲುವುದು, ತುಟಿ ಒಣಗುವುದು, ಆತಂಕವನ್ನು ಪರಿಹರಿಸಿಕೊಳ್ಳುವ ಬದಲು ಕೆಲವರು ಭಯ, ಚಿಂತೆ, ಅತಿಯಾದ ಪ್ರತಿಕ್ರಿಯೆ, ಪರಿಸ್ಥಿತಿಯಿಂದ ಪಲಾಯನವಾದ ಮಾದಕ ವಸ್ತುಗಳ ವ್ಯಸನ, ದುಶ್ಚಟಗಳಿಗೆ ಬಲಿಯಾಗುತ್ತಾರೆ.

ಆಂತರಿಕ ಆತಂಕ ಸಮಸ್ಯೆಯು ಮನೋದೈಹಿಕವಾಗಿ ಕಾಡುತ್ತದೆ. ಅದರಿಂದ ಹೊರಬರಲು ಜೀವನಶೈಲಿ, ಧನಾತ್ಮಕ

ಚಿಂತನೆಗೆ ಪ್ರಾಮುಖ್ಯ ನೀಡಬೇಕು. ಈ ವಿಷಯವನ್ನು ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಧೃಢಪಡಿಸಿದರೆ ನಮ್ಮ ಜೀವನದಲ್ಲಿ ನಾವು ಇಂತಹ ಹಲವು ಕಾಯಿಲೆಗಳಿಂದ ಮುಕ್ತರಾಗಬಹುದು ಹಾಗೂ ಸಂತೋಷದ ಜೀವನವನ್ನು ಸಾಗಿಸಬಹುದು.

ಆಂತರಿಕ ಆತಂಕದ ಸಾಧಕ ಭಾದಕಗಳು:

ಆತಂಕ ಎಲ್ಲಾ ಸಮಯದಲ್ಲೂ ವ್ಯಕ್ತಿಗೆ ವ್ಯತಿರಿಕ್ತ ಪರಿಣಾಮ ಮಾಡಲಾರದು. ಕುತೂಹಲಕಾರಿ ಜೀವನಕ್ಕೆ ಸೂಕ್ತವಾದಷ್ಟು ಆಂತರಿಕ ಆತಂಕ ಅವಶ್ಯಕ. ಇದನ್ನು ನಾವು 'ಆಪ್ಟಿಯಲ್ ಸ್ಟ್ರೆಸ್' ಎನ್ನಬಹುದು. ಆದರೆ ಕೆಲವೊಮ್ಮೆ ದೀರ್ಘಕಾಲ ಆತಂಕದಿಂದ ಬಳಲುವವರಲ್ಲಿ ಆಂತರಿಕ ರೋಗನಿರೋಧಕ ಶಕ್ತಿಯ ಕೊರತೆ, ಸೋಂಕುಗಳಿಗೆ ಬಲಿಯಾಗುವುದು, ಅಸ್ವಸ್ಥತೆಗಳು, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಮಧುಮೇಹ, ಪಚನಕ್ರಿಯೆಯಲ್ಲಿ ವ್ಯತ್ಯಯ, ಶರೀರದಲ್ಲಿ ನೋವುಗಳು, ಲೈಂಗಿಕ ತೊಂದರೆಗಳು, ಸರಿಯಾದ ನಿರ್ಧಾರಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳಲು ವಿಫಲವಾಗುವುದು. ವೈಯಕ್ತಿಕ ಸಂಬಂಧಗಳ ನಿರ್ವಹಣೆಯಲ್ಲಿ ವಿಫಲವಾಗುವುದನ್ನು ಕಾಣಬಹುದು.

ನಿರ್ವಹಣೆ ಹೇಗೆ?:

- * ದಿನವೂ ಹತ್ತು ಆತಂಕ ಉಂಟು ಮಾಡುವ ಸನ್ನಿವೇಶಗಳನ್ನು ಎದುರಿಸಲು ಮನಸ್ಸು ಮಾಡಬೇಕು.
- * ಆರಾಮ ವಲಯದಿಂದ ಹೊರ ಬಂದು ಕೆಲಸ ಮಾಡುವುದನ್ನು ರೂಢಿಸಿಕೊಳ್ಳಬೇಕು.
- * ಒಂದು ವಿಷಯದ ಮೇಲೆ ನಿಮ್ಮ ಹಂಚಿಕೆ ಹಾಗೂ ಮನೋಧೋರಣೆಯನ್ನು ಸಕಾರಾತ್ಮಕವಾಗಿ ಬದಲಾಯಿಸಿಕೊಳ್ಳಿ.
- * ಧ್ಯಾನ, ಯೋಗ, ಪ್ರಾಣಾಯಾಮ, ಭಗವಂತನಲ್ಲಿ ನಂಬಿಕೆ, ದೈವತ್ವವನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುವುದರಿಂದ ಆಂತರಿಕ ಆತಂಕವನ್ನು ಕಡಿಮೆ ಮಾಡಿಕೊಳ್ಳಬಹುದು.
- * ಹಿಂದೆ ನಡೆದದ್ದು ಅಥವಾ ಮುಂದೆ ಆಗುವ ಆಲೋಚನೆಗಳನ್ನು ಬದಿಗಿಟ್ಟು ಆ ಕ್ಷಣದಲ್ಲಿ ಬದುಕುವುದನ್ನು ರೂಢಿಸಿಕೊಳ್ಳಬೇಕು.
- * ಸಮಯಪ್ರಜ್ಞೆ, ಸಮತೋಲನ ಆಹಾರ, ಹಾಸ್ಯ, ಸಂಗೀತ ಆಲಿಸುವುದು, ದೈಹಿಕ ಚಟುವಟಿಕೆಗಳನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುವುದರಿಂದ ಬದುಕಿನ ಸಮಸ್ಯೆಗಳಿಗೆ ಆತಂಕ ಪಡೆದ ಪರಿಣಾಮಕಾರಿಯಾಗಿ ನಿಗದಿತ ಸಂದರ್ಭಗಳನ್ನು ನಿರ್ವಹಿಸಬಹುದು. (ಸಂಗ್ರಹ)



ನಿರೀಕ್ಷಾ
II HEPP

ಕಾಲೇಜು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಆರೋಗ್ಯದ ಅರಿವು

ಕಾಲೇಜು ಜೀವನವು ಹಲವಾರು ಒತ್ತಡಗಳನ್ನು ಎದುರಿಸಬೇಕಾದ ಹಂತವಾಗಿದೆ. ಸಮಾಜದಲ್ಲಿ ತಿರುವುಗಳನ್ನು ಮತ್ತು ಜೀವನದ ಮುಖ್ಯ ನಿರ್ಧಾರಗಳನ್ನು ಕೈಗೊಳ್ಳಬೇಕಾದ ಸಮಯದಲ್ಲಿ, ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾರೀ ಮಾನಸಿಕ ಒತ್ತಡವನ್ನು ಅನುಭವಿಸುತ್ತಾರೆ. ಈ ಕಾರಣದಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಮಾನಸಿಕ ಆರೋಗ್ಯದ ಬಗ್ಗೆ ಹೆಚ್ಚು ಅರಿವು ಮೂಡಿಸುವ ಅಗತ್ಯವಿದೆ.

ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಕಂಡು ಬರುವ ಕೆಲವೊಂದು ಮಾನಸಿಕ ಆರೋಗ ಸಮಸ್ಯೆಗಳು ಇವು:

- * ಮುಸುಕಿದ ಮನೋಭಾವ, ಆಸಕ್ತಿಯ ಕೊರತೆ, ಹಾಗೂ ಸಮಯದ ನಿಂದನೆ ಅಥವಾ ಜೀವನದ ಬಗ್ಗೆ ನಿರಾಶೆ.
- * ಹೆಚ್ಚಿನ ಕಾರ್ಯಭಾರ, ಅಧ್ಯಯನಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ಒತ್ತಡಗಳು ಮತ್ತು ಸಾಮಾಜಿಕ ಒತ್ತಡಗಳು.
- * ಕೆಲವೊಮ್ಮೆ ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳು ಆತಂಕಕ್ಕೆ ಕಾರಣವಾಗಬಹುದು. ಇದು ಗಂಭೀರವಾದ ಸಮಸ್ಯೆಯಾಗಿದೆ.

ಈ ಸಮಸ್ಯೆಗಳ ಪರಿಹಾರ ಇಲ್ಲಿದೆ

- 1) ಮಾನಸಿಕ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆ ಚಿಂತಿಸುವವರಿಗೆ ಮಾನಸಿಕ ಆರೋಗ್ಯ ತಜ್ಞರ ಸಹಾಯವನ್ನು ಪಡೆಯುವುದು ಅತ್ಯಂತ ಮಹತ್ವದಾಗಿದೆ.
- 2) ಸಮರ್ಪಕ ವ್ಯಾಯಾಮ ಮತ್ತು ಸರಿಯಾದ ಆಹಾರ ಪದ್ಧತಿಯು ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಉತ್ತಮಪಡಿಸಲು ನೆರವಾಗುತ್ತದೆ.
- 3) ಧ್ಯಾನ, ಯೋಗ, ಸಾಂತ್ವನಾತ್ಮಕ ಚಟುವಟಿಕೆಗಳು ಅಥವಾ ಮನಃಶಾಂತಿ ತರುವ ಕಲೆಗಳು ಉದಾಹರಣೆಗೆ ನೃತ್ಯ, ಹಾಡುವುದು, ಮುಂತಾದ ಕಾರ್ಯಗಳು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಒತ್ತಡಗಳನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ.
- 4) ಸಮಸ್ಯೆಗಳನ್ನು ನಿಮ್ಮೊಡನೆ ಇಟ್ಟುಕೊಳ್ಳಬೇಡಿ, ತನ್ನ ಸ್ನೇಹಿತರೊಡನೆ ಅಥವಾ ಪೋಷಕರೊಂದಿಗೆ ಹಂಚಿಕೊಳ್ಳಿ.

ಪರೀಕ್ಷಾ ಒತ್ತಡವನ್ನು ನಿರ್ವಹಣೆ ಮಾಡುವುದು

- 1) ಪ್ರತಿದಿನ ಕೆಲ ಹೊತ್ತು ವಿಶ್ರಾಂತಿ ತೆಗೆದುಕೊಳ್ಳಿ.
- 2) ನೆಗೆಟಿವ್ ಚಿಂತನೆಗಳನ್ನು ದೂರವಿಟ್ಟು “ನಾನು ಮಾಡಬಹುದು” ಎಂಬ ಧೈರ್ಯವನ್ನು ಹೊಂದಿ.
- 3) ದಿನಕ್ಕೆ ಕನಿಷ್ಠ 6-7 ಗಂಟೆಗಳ ನಿದ್ರೆ ಪಡೆಯಿರಿ.
- 4) ಓದುತ್ತಿರುವಾಗ ಮೊಬೈಲ್ ಬಳಸದಿರಿ.
- 5) ಪರೀಕ್ಷೆಗೆ ಹೋಗುವ ಮೊದಲು ಶಾಂತವಾಗಿರಿ.

ವಿದ್ಯಾರ್ಥಿಗಳ ಮಾನಸಿಕ ಆರೋಗ್ಯವು ಅವರ ಶೈಕ್ಷಣಿಕ ಮತ್ತು ವ್ಯಕ್ತಿತ್ವದ ಬೆಳವಣಿಗೆಗೆ ಅತೀ ಮುಖ್ಯವಾಗಿದೆ. ಪರೀಕ್ಷೆಗಳ

ಒತ್ತಡ ಜೀವನ ಸವಾಲುಗಳು ಮತ್ತು ದೈನಂದಿನ ಹೊರಗಳನ್ನು ಸಮರ್ಥವಾಗಿ ನಿರ್ವಹಿಸಲು ಈ ಮೇಲಿನ ಮಾರ್ಗಗಳನ್ನು ಅನುಸರಿಸಿ 13-18ರ ವಯಸ್ಸಿನ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಆಕರ್ಷಣೆಯು ಸಹಜ ಆದರೆ ಇದು ಸರಿಯಾದ ವಯಸ್ಸಲ್ಲ. ನೀವು ಪ್ರೀತಿಗೆ ಹೆಚ್ಚಿನ ಗಮನ ಕೊಡುವ ಬದಲು ನಿಮ್ಮ ಗುರಿಯ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸಬೇಕು.



ಸಂಜನ ವಿನೋದ್
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ಪೋಷಕರಲ್ಲಿ ನನ್ನ ಒಂದು ವಿನಂತಿ.

“ನಿಮ್ಮ ಮಕ್ಕಳ ಹಿಂದಿನ ತಪ್ಪುಗಳನ್ನು ಮತ್ತೆ ಮತ್ತೆ ನೆನಪಿಸುವ ಮೂಲಕ ಅವರಿಗೆ ಮಾನಸಿಕವಾಗಿ ಹಿಂಸೆ ನೀಡಬೇಡಿ. ನೀವು ಅದನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳದಿರಬಹುದು, ಆದರೆ ಇದು ಅವರ ಮೇಲೆ ತೀವ್ರ ಪ್ರಭಾವ ಬೀರಬಹುದು. ಅಂತಹ ಒತ್ತಡದಿಂದ ತಪ್ಪು ನಿರ್ಧಾರಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳುವ ಸಾಧ್ಯತೆಯೂ ಇದೆ. ಹಿಂದಿನದ್ದು ಹಿಂದಿನಂತೆಯೇ ಉಳಿಯಲಿ ದಯವಿಟ್ಟು ಅದನ್ನು ಮತ್ತೆ ಮತ್ತೆ ಮಾತಿಗೆ ತರಬೇಡಿ.

ತಾಯಂದಿರು ಏನು ಮಾಡಬೇಕು ಎಂಬುದು

ನಿಮ್ಮ ಪ್ರಶ್ನೆ?

ಪರಿಹಾರ ಇಲ್ಲಿದೆ ನೋಡಿ

- 1) ಹಿಂಸೆ ಬದಲು ಪ್ರೇರಣೆ ನೀಡಿ
- 2) ಅವರ ಭವಿಷ್ಯಕ್ಕೆ ಕೈಹಿಡಿಯಿರಿ
- 3) ಸಾಂತ್ವನ ಮತ್ತು ದಾರಿ ದೀಪದ ಪಾತ್ರವನ್ನು ವಹಿಸುವುದು ಅತ್ಯವಶ್ಯಕ
- 4) ಮಕ್ಕಳಿಂದ ತಪ್ಪುಗಳು ಸಂಭವಿಸುವುದು ಸಹಜ. ಅವುಗಳನ್ನು ಗಂಭೀರವಾಗಿ ತೆಗೆದುಕೊಳ್ಳುವ ಬದಲು, ಸಹಾಯ ಮಾಡುವ ಮನೋಭಾವ ಇರಲಿ.

ತಾಯಂದಿರೆ ನೀವು ಮೇಲಿನಂತೆ ನಡೆದುಕೊಂಡರೆ, ನಾನು ಭರವಸೆ ನೀಡುತ್ತೇನೆ, ನಿಮ್ಮ ಮಕ್ಕಳು ಪುನಃ ಅದೇ ತಪ್ಪುಗಳನ್ನು ಮಾಡುವುದಿಲ್ಲ. ಆಗ ಅವರಿಗೂ ಕೂಡ ಅನಿಸುತ್ತದೆ ‘ನನ್ನ ಅಪ್ಪ-ಅಮ್ಮ ನನ್ನ ಮೇಲೆ ನಂಬಿಕೆ ಇಟ್ಟಿದ್ದಾರೆ’. ನಾನು ಅವರಿಗೆ ನಂಬಿಕೆ ದ್ರೋಹ ಮಾಡಬಾರದೆಂದು ನಿಮ್ಮ ಪ್ರೀತಿ ಮತ್ತು ನಂಬಿಕೆ ಅವರ ಪಾಠವಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತದೆ.

“ನಂಬಿಕೆ ಮಕ್ಕಳನ್ನು ಉತ್ತಮ ದಾರಿಯ ಮೇಲೆ ನಡೆಸುವ ದೊಡ್ಡ ಶಕ್ತಿ”.

(ಸಂಗ್ರಹ)

ನಿನ್ನಯ ನೆನಪು

ನಿನ್ನ ನೆನಪು ಕಾಡುತ್ತಲೆ ಇರುತ್ತೆ ದಿನದಿನವು ।
ನನ್ನ ಕಣ್ಣಿನ ಹನಿ ನೀರಿನಲ್ಲಿ ನಿನ್ನ ಸ್ಪರ್ಶದ ನುಣುಪು ।
ನಿನ್ನ ಆಗಮನವನ್ನು ಕಾದಿರುವೆ ನಾ ಯಾವಾಗಲು ।
ಮರಳಿ ಬಾ ನನ್ನ ಬಳಿ ನೀ ಸೇರಲು ॥

ನನ್ನಯ ಹೃದಯದ ಬಡಿತ ನಿನ್ನನ್ನು ಕರೆಯುತ್ತಿದೆ ।
ನನ್ನಯ ಉಸಿರು ನಿನಗಾಗಿ ಕಾದಿರುತ್ತದೆ ।
ನಿನ್ನಯ ನಡೆನುಡಿ ನನ್ನನ್ನು ಎಚ್ಚರಿಸುತ್ತಿದೆ ।
ನಿನ್ನಯ ಬುದ್ಧಿ ಮಾತುಗಳು ಯಾವಾಗಲು ನೆನಪಿರುತ್ತದೆ.



ರಾಜೇಶ್ವರಿ
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ತಾಯಿಯ ಮಮತೆ

ಪ್ರೀತಿಯ ಮಾತು

ನಾ ಕಂಡೆ ನಿನ್ನ ಒಂದು ಗಳಿಗೆ ।
ನೀ ಬಯಸದೆ ಬಂದೆ ನನ್ನ ಬಾಳಿಗೆ ।
ನಾ ಯಾವಾಗಲು ಇರುವೆ ನಿನ್ನ ಪಾಲಿಗೆ ।
ನಿನ್ನ ಕಷ್ಟಗಳಿಗೆ ನಾ ಇರುವೆ ಕೊನೆವರೆಗೆ ॥

ನಿನ್ನ ಸುಖ ದುಃಖವನ್ನು ಹಂಚಿಕೋ ನನ್ನಲ್ಲಿ ।
ನಿನ್ನ ಪ್ರೀತಿ ಇರಲಿ ಯಾವಾಗಲು ನನ್ನಲ್ಲಿ ।
ನಾ ಕಾಪಾಡುವೆ ನಿನ್ನ ಪ್ರೀತಿಯ ನನ್ನ ಮನದಲ್ಲಿ ।
ನಾನು ಯಾವಾಗಲು ಇರುವೆ ನಿನ್ನಲ್ಲಿ ॥

ನೀ ಇರುವೆ ನನ್ನ ದಾರಿಯಾಗಿ ।
ನಾ ನಡೆಯುವೆ ಖುಷಿ ಖುಷಿಯಾಗಿ ।
ನಾ ಇರುವೆ ನಿನ್ನ ಅರ್ಧಂಗಿಯಾಗಿ ।
ನಾ ಕಾಪಾಡುವೆ ನಿನ್ನ ಮಗುವಾಗಿ ॥

ನಿನ್ನ ಗರ್ಭದಲ್ಲಿ ನಾ ಜನಿಸಿದೆ ।
ನಿನ್ನಿಂದ ನಾ ಪ್ರಪಂಚ ನೋಡಿದ್ದೆ ।
ಕಣ್ಣಿನಲ್ಲಿ ಹನಿನೀರು ಬರದಂತೆ
ನೀ ಕಾಪಾಡಿದ್ದೆ ।
ನಿನ್ನ ಮಡಿಲಲ್ಲಿ ನಾ ಯಾವಾಗಲು
ಮಲಗಿರುವೆ ।

ನಿನ್ನ ಕೈ ತುತ್ತು ಯಾವಾಗಲು
ನೆನಪಿರುತ್ತೆ ।
ನಿನ್ನ ನಗು ತಮಾಷೆ ನನ್ನ
ಮನದಲ್ಲಿರುತ್ತೆ ।

ನೀ ಬೆಳೆಸಿದ ರೀತಿ ನನ್ನ
ಕಾಪಾಡುತ್ತೆ ।
ನಗು ನಗುತ್ತ ಇರು ಯಾವಾಗಲು
ನನ್ನ ಜೊತೆ ।

ಹೆಣ್ಣು ಹುಟ್ಟಿದೆ ಎಂದು ದೂರ
ಮಾಡಲಿಲ್ಲ ।
ಪ್ರೀತಿ ಸಹಕಾರದಲ್ಲಿ ಭೇದ
ಮಾಡಲಿಲ್ಲ ।
ಒಂದು ದಿನವು ಬೇಸರ
ಗೊಳ್ಳಲಿಲ್ಲ ।
ನೀ ಇರುವೆ ನನ್ನ ಗಳಿಗೆಗೆಲ್ಲ ।

ಮರಳಿ ಬಂದ ನೆನಪು

ನನ್ನ ಮನದಲ್ಲಿ ನೀ ಇರುವೆ ।
ನನ್ನ ಕಣ್ಣಿನಲ್ಲಿ ನೀ ಇರುವೆ ।
ನನ್ನ ಮಾತಿನಲ್ಲಿ ನೀ ಇರುವೆ ।
ಈಗ ಅವು ಬರಿ ನೆನಪುಗಳಾಗಿವೆ ॥

ಆ ದಿನಗಳು ಖುಷಿ ಖುಷಿಯಾಗಿದ್ದವು ।
ನನ್ನ ಕಣ್ಣುಗಳು ಚಡಪಡಿಸುತ್ತಿದ್ದವು ।
ನನ್ನ ಮಾತು ತೊದಲುತ್ತಿದ್ದವು ।
ಸುಂದರವಾದ ಕ್ಷಣಗಳು ಅವು ॥

ನಿನ್ನ ಮನಸ್ಸು ನಿಷ್ಕಲ್ಮಷವಾದದ್ದು ।
ನೀ ಮಾತಿನಲ್ಲಿ ಮರಳು ಮಾಡಿದೆ ಅಂದು ।
ನಾನೇ ಬೇಕು ಎಂದೆ ನೀ ಅಂದು ।
ನೆನಪುಗಳಷ್ಟೆ ಉಳಿದಿದೆ ಇಂದು ॥



ಯೇತಿ (Yeti)

ಯೇತಿ ಒಂದು ಕೋತಿಯಂತಹ ಜೀವಿಯಾಗಿದ್ದು, ಏಷ್ಯಾದ ಹಿಮಾಲಯ ಪರ್ವತ ಶ್ರೇಣಿಯಲ್ಲಿ ವಾಸಿಸುತ್ತವೆ. ಪಾಶ್ಚಾತ್ಯ ಜನಪ್ರಿಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಈ ಜೀವಿಯನ್ನು ಸಾಮಾನ್ಯವಾಗಿ ಅಸಹ್ಯಕರ ಹಿಮಮಾನವ ಎಂದು ಕರೆಯಲಾಗಿದೆ. ಉಪಖ್ಯಾತ ದೃಶ್ಯ ವೀಕ್ಷಣೆಗಳು ವಿವಾದಿತ ವಿಡಿಯೋ ರೆಕಾರ್ಡಿಂಗ್‌ಗಳು, ಛಾಯಾಚಿತ್ರಗಳು ಮತ್ತು ದೊಡ್ಡ ಹೆಜ್ಜೆ ಗುರುತುಗಳನ್ನು ಪ್ಲಾಸ್ಟರ್ ಕ್ಯಾಸ್‌ಗಳು ಸೇರಿದಂತೆ ಯೇತಿಯ ಅಸ್ತಿತ್ವವನ್ನು ಸಾಬೀತುಪಡಿಸುವ ಪ್ರಯತ್ನದಲ್ಲಿ ಅನೇಕ ಸಂಶಯಾಸ್ಪದ ಲೇಖನಗಳನ್ನು ನೀಡಲಾಗಿದೆ. ಇವುಗಳಲ್ಲಿ ಕೆಲವು ಊಹಾಪೋಹಾಗಳು ಅಥವಾ ವಂಚನೆಗಳು ಎಂದು ತಿಳಿದು ಬಂದಿದೆ.

ಜನಪದ ವಿದ್ವಾಂಸರು ಯೇತಿಯ ಮೂಲವನ್ನು ಶೆರ್ಪಾ ಜಾನಪದ ಮತ್ತು ಕರಡಿ ಅಥವಾ ಯಾರ್ಕ್‌ನಂತಹ ತಪ್ಪಾಗಿ ಗುರುತಿಸಿದ ಪ್ರಾಣಿಗಳನ್ನು ಒಳಗೊಂಡಂತೆ ಅಂಶಗಳ ಸಂಯೋಜನೆಯಿಂದ ಗುರುತಿಸುತ್ತಾರೆ. ಯೇತಿಯನ್ನು ಸಾಮಾನ್ಯವಾಗಿ ಉತ್ತರ ಅಮೆರಿಕಾದ ಬಿಗ್‌ಫೂಟ್‌ಗೆ ಹೋಲಿಸಲಾಗುತ್ತದೆ. ಏಕೆಂದರೆ ಎರಡು ವಿಷಯಗಳು ಸಾಮಾನ್ಯವಾಗಿ ಒಂದೇ ರೀತಿಯ ಭೌತಿಕ ವಿವರಣೆಯನ್ನು ಹೊಂದಿರುತ್ತದೆ. ಯೇತಿಯನ್ನು ಸಾಮಾನ್ಯವಾಗಿ ಕಂದು, ಬೂದು ಅಥವಾ ಬಿಳಿ ಕೂದಲಿನಿಂದ ಮುಚ್ಚಿರುವ ದೊಡ್ಡದಾದ ದ್ವಿಪಾದದ ಕೋತಿಯಂತಹ ಜೀವಿ ಎಂದು ವಿವರಿಸಲಾಗುತ್ತದೆ ಮತ್ತು ಕೆಲವೊಮ್ಮೆ ಇದನ್ನು ದೊಡ್ಡದಾದ, ಚೂಪಾದ ಹಲ್ಲುಗಳನ್ನು ಹೊಂದಿರುವಂತೆ ಚಿತ್ರಿಸಲಾಗುತ್ತದೆ. ಯೇತಿ ಎಂಬ ಪದವು ಟಿಬೆಟಿಯನ್‌ನಿಂದ ಬಂದಿದೆ. ಟಿಬೆಟಿಯನ್ ಸಿದ್ಧಾಂತವು ಯೆಟಿಸ್‌ನ ಮೂರು ಮುಖ್ಯ ಪ್ರಭೇದಗಳನ್ನು ವಿವರಿಸುತ್ತದೆ. ಸೈಲೊ ಇದು ಕಪ್ಪು ತುಪ್ಪಳವನ್ನು ಹೊಂದಿದೆ ಮತ್ತು ಹದಿನೈದು ಅಡಿ ಎತ್ತರದ ದೊಡ್ಡ ಮತ್ತು ಉಗ್ರವಾಗಿದೆ. “ಚುಟಿ”, ಇದು ಸುಮಾರು ಎಂಟು ಅಡಿ ಎತ್ತರದಲ್ಲಿದೆ ಮತ್ತು ಸಮುದ್ರ ಮಟ್ಟದಿಂದ 8,000 & 10,000 ಅಡಿ ಎತ್ತರದಲ್ಲಿದೆ ಮತ್ತು “ರಾಂಗ್ ಶಿಮ್‌ಬೊಂಬೊ” ಇದು ಕೆಂಪು-ಕಂದು ಬಣ್ಣದ ತುಪ್ಪಳವನ್ನು ಹೊಂದಿದೆ ಮತ್ತು ಕೇವಲ 3 ಅಥವಾ 5 ಅಡಿ ಎತ್ತರವಾಗಿದೆ.

ಪೀಟರ್ ಬೈರ್ನ್ ಅವರು 1948ರಲ್ಲಿ ಭಾರತದ ಉತ್ತರ ಸಿಕ್ಕಿಂನಲ್ಲಿ ರೈಮಗ್ಲೇಸಿಯರ್ ಬಳಿ ಭಾರತದಲ್ಲಿ ರಾಯಲ್ ಎರ್‌ಪೋರ್ಸ್‌ ನಿರ್ಮಾಣನೆಯಿಂದ ರಜಾದಿನಗಳಲ್ಲಿ ಯೇತಿ ಹೆಜ್ಜೆ ಗುರುತುಗಳನ್ನು ಕಂಡು ಹಿಡಿಯಲಾಗಿದೆ ಎಂದು ವರದಿ ಮಾಡಿದರು.

1953ರಲ್ಲಿ ಸರ್ ಎಡ್ಮಂಡ್ ಹಿಲರಿ ಮತ್ತು ತೇನ್‌ಸಿಂಗ್ ನಾರ್ಗೆ ಅವರು ಮೌಂಟ್ ಎವರೆಸ್ಟ್ ಅನ್ನು ಸ್ಕೇಲ್ ಮಾಡಿದಾಗ ದೊಡ್ಡ ಹೆಜ್ಜೆ ಗುರುತುಗಳನ್ನು ಕಂಡಿದ್ದಾರೆ ಎಂದು ವರದಿ ಮಾಡಿದರು.

ಹಿಲರಿ ನಂತರ ಯೇತಿಯ ವರದಿಗಳನ್ನು ವಿಶ್ವಸಾರ್ವವಲ್ಲ ಎಂದು ನಿರಾಕರಿಸಿದರು. ಇದರಲ್ಲಿ ಚು-ತೆಹ್, ಲಾಂಗೋರ್ ಕೋತಿ ಕಡಿಮೆ ಎತ್ತರದಲ್ಲಿ ವಾಸಿಸುತ್ತದೆ. ಟಿಬೆಟಿಯನ್ ನೀಲಿ ಕರಡಿ, ಅಥವಾ ಹಿಮಾಲಯನ್ ಕಂದು ಕರಡಿ ಅಥವಾ dzu-teh ಇದನ್ನು ಹಿಮಾಲಯ ಕೆಂಪು ಕರಡಿ ಎಂದು ಕರೆಯುತ್ತಾರೆ.

1986ರಲ್ಲಿ ದಕ್ಷಿಣ ಟೈರೋಲಿಯನ್ ಪರ್ವತರೋಹಿ ರೈನೋಲ್ಡ್ ಮಸ್ಟರ್ ತನ್ನ ಆತ್ಮಚರಿತ್ರೆ “ಮೈ ಕ್ಲೆಸ್ಟ್ ಫಾರ್ ದಿ ಯೇತಿ” ಅಲ್ಲಿ ಯೇತಿ ವಾಸ್ತವವಾಗಿ ಅಳಿವಿನಂಚಿನಲ್ಲಿರುವ ಹಿಮಾಲಯನ್ ಕಂದು ಕರಡಿ ಎಂದು ತಿಳಿಸಿದ್ದಾರೆ.



ಅನುಪ್ರೀ ಎನ್.
IPCMB A



ನಮ್ಮ ಭಾರತದಲ್ಲಿ ಇವು ಇತ್ತೀಚೆಗೆ ಕಾಣಿಸಿರುವುದು ಕಡಿಮೆಯಾಗಿದೆ. ಭಾರತದ ಯಾವ ವ್ಯಕ್ತಿಗಳು ಈಗಿನ ಶತಮಾನ ಅಥವಾ ವರ್ಷಗಳಲ್ಲಿ ಈ ಯೇತಿಯನ್ನು ಕಂಡಿರಲಿಲ್ಲ. ಈ ಯೇತಿಯು ಹೊರಗಿನ ದೇಶ ಎಂದರೆ ಈ ಪರ್ವತಗಳು ಎಲ್ಲಿ ಹೆಚ್ಚು ಎತ್ತರವಾಗಿ ಕಾಣಿಸುತ್ತವೆಯೋ ಅಲ್ಲಿ ಕಾಣಿಸುತ್ತವೆ ಮತ್ತು ಅವು ಅಂತಹ ಸ್ಥಳಗಳಲ್ಲಿಯೇ ವಾಸಿಸುತ್ತವೆ.

(ಸಂಗ್ರಹ)

ಬಿಳಿ ರಂಧ್ರ [White hole]

ಸಾಮಾನ್ಯ ಸಾಪೇಕ್ಷತೆಯಲ್ಲಿ, ಬಿಳಿ ರಂಧ್ರವು ಬಾಹ್ಯಾಕಾಶ ಮತ್ತು ಏಕತ್ವದ ಒಂದು ಕಾಲ್ಪನಿಕ ಪ್ರದೇಶವಾಗಿದ್ದು, ಅದನ್ನು ಹೊರಗಿನಿಂದ ಪ್ರವೇಶಿಸಲಾಗುವುದಿಲ್ಲ. ಆದರೂ ಶಕ್ತಿ-ವಸ್ತು, ಬೆಳಕು ಮತ್ತು ಮಾಹಿತಿಯು ಅದರಿಂದ ತಪ್ಪಿಸಿಕೊಳ್ಳಬಹುದು. ಈ ಅರ್ಥದಲ್ಲಿ ಇದು ಕಪ್ಪು ಕುಳಿಯ (Black hole) ಹಿಮ್ಮುಖವಾಗಿದೆ, ಇದರಿಂದ ಶಕ್ತಿ-ದ್ರವ್ಯ, ಬೆಳಕು ಮತ್ತು ಮಾಹಿತಿಯು ತಪ್ಪಿಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಿಲ್ಲ. ಶಾಶ್ವತ ಕಪ್ಪು ಕುಳಿಗಳ ಸಿದ್ಧಾಂತದಲ್ಲಿ ಬಿಳಿ ರಂಧ್ರಗಳು ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತವೆ. ಭವಿಷ್ಯದಲ್ಲಿ ಕಪ್ಪು ಕುಳಿ ಪ್ರದೇಶದ ಜೊತೆಗೆ, ಐನ್‌ಸ್ಟೈನ್ ಕ್ಷೇತ್ರ ಸಮೀಕರಣಗಳ ಅಂತಹ ಪರಿಹಾರವು ಅದರ ಹಿಂದೆ ಬಿಳಿ ರಂಧ್ರ ಪ್ರದೇಶವನ್ನು ಹೊಂದಿದೆ. ಗುರುತ್ವಾಕರ್ಷಣೆಯ ಕುಸಿತದ ಮೂಲಕ ರೂಪುಗೊಂಡ ಕಪ್ಪು ಕುಳಿಗಳಿಗೆ ಈ ಪದೇಶವು ಅಸ್ತಿತ್ವದಲ್ಲಿಲ್ಲ, ಆದರೆ ಬಿಳಿ ರಂಧ್ರವನ್ನು ರಚಿಸುವ ಯಾವುದೇ ಭೌತಿಕ ಪ್ರಕ್ರಿಯೆಗಳು ಕಂಡುಬಂದಿಲ್ಲ.

ಸೂಪರ್‌ಮಾಸಿವ್ ಕಪ್ಪು ಕುಳಿಗಳು ಸೈದ್ಧಾಂತಿಕವಾಗಿ ಪ್ರತಿ ನಕ್ಷತ್ರಪುಂಜದ ಕೇಂದ್ರದಲ್ಲಿರುತ್ತವೆ ಮತ್ತು ಅವುಗಳ ರಚನೆಗೆ ಅಗತ್ಯವಾಗಬಹುದು. ಸ್ಪೀಷನ್ ಹಾಗಿಂಗ್ ಮತ್ತು ಇತರರು ಈ ಬೃಹತ್ ಕಪ್ಪು ಕುಳಿಗಳು

ಅತಿ ದೊಡ್ಡ ಬಿಳಿ ರಂಧ್ರಗಳನ್ನು ಹುಟ್ಟುಹಾಕಬಹುದು ಎಂದು ಪ್ರಸ್ತಾಪಿಸಿದ್ದಾರೆ.

ಕಪ್ಪು ಕುಳಿಗಳಂತೆ, ಬಿಳಿ ರಂಧ್ರಗಳು ದ್ರವ್ಯರಾಶಿ, ಚಾರ್ಜ್ ಮತ್ತು ಕೋನಿಯ ಆವೇಗದಂತಹ ಗುಣಲಕ್ಷಣಗಳನ್ನು ಹೊಂದಿವೆ.

ಅವು ಇತರ ಯಾವುದೇ ದ್ರವ್ಯರಾಶಿಯಂತೆ ವಸ್ತುವನ್ನು ಆಕರ್ಷಿಸುತ್ತದೆ.

ಆದರೆ ಬಿಳಿ ರಂಧ್ರ ಕಡೆಗೆ ಬೀಳುವ ವಸ್ತುಗಳು ವಾಸ್ತವವಾಗಿ

ಬಿಳಿ ರಂಧ್ರದ ಈವೆಂಟ್ ಹಾರಿಜನ್ (ನ್ನು) ತಲುಪುವುದಿಲ್ಲ. ಗುರುತ್ವಾಕರ್ಷಣೆಯ

ವೇಗವರ್ಧನೆಯು ಯಾವುದೇ ದೇಹದ

ಮೇಲ್ಮೈಯಲ್ಲಿ ಶ್ರೇಷ್ಠವಾಗಿದೆ. ಆದರೆ

ಕಪ್ಪು ಕುಳಿಗಳು ಮೇಲ್ಮೈಯನ್ನು

ಹೊಂದಿರದ ಕಾರಣ,

ಗುರುತ್ವಾಕರ್ಷಣೆಯ ವೇಗ

ವರ್ಧನೆಯು ಘಾತೀಯವಾಗಿ

ಹೆಚ್ಚಾಗುತ್ತದೆ, ಆದರೆ

ಏಕತ್ವದಲ್ಲಿ ಪರಿಗಣಿಸಲಾದ

ಮೇಲ್ಮೈ ಇಲ್ಲದಿರುವುದರಿಂದ

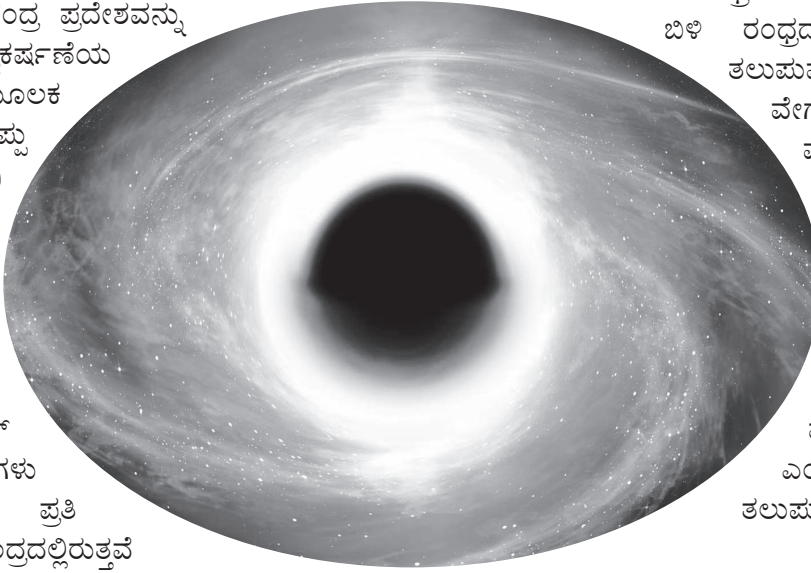
ಎಂದಿಗೂ ಅಂತಿಮ ಮೌಲ್ಯವನ್ನು

ತಲುಪುವುದಿಲ್ಲ.

(ಸಂಗ್ರಹ)



ಇಶಾ ಯು.ಎಂ...
I PCMB A



ಜೀವನ

ಬದುಕು ಒಂದು ನದಿ,
ಹರಿಯುತ್ತಿದೆ ನಿರಂತರವಾಗಿ
ಕಲ್ಲು ಬಂಡೆಗಳನ್ನು ಒಡೆದು,
ಸಾಗರವನ್ನು ನೇರುವ ತವಕದಲ್ಲ

ಮಳೆಗಾಲದ ಬರದಲ್ಲ,
ಜರುಸಾಗಿ ಹರಿಯುತ್ತದೆ
ಬೇಸಿಗೆಯ ಬಿಸಿಲನಲ್ಲ,
ನಿಧಾನವಾಗಿ ಚಲಿಸುತ್ತದೆ.

ಕೆಲವೊಮ್ಮೆ ಪ್ರಶಾಂತವಾಗಿ,
ಕೆಲವೊಮ್ಮೆ ಭಯಾನಕವಾಗಿ
ಪ್ರಕೃತಿಯ ನಿಯಮಕ್ಕೆ ಒಳಪಟ್ಟು
ತನ್ನ ಗುರಿಯತ್ತ ಸಾಗುತ್ತದೆ.

ಜೀವನವೂ ಹೀಗೆಯೇ
ಸಂತೋಷ, ದುಃಖಗಳ ನದಿಯಂತೆ
ಹರಿಯುತ್ತಲೇ ಇರುತ್ತದೆ
ಸಾಗರವನ್ನು ನೇರುವ ತನಕ.



ಅಸ್ಮತ್ ನಿರ್ಮೀನ
II HEPP

“ಡೆಡ್ ಸೀ” [Dead Sea]



ಇಶಾ ಯು.ಎಂ.,
I PCMB A

ನೀರನ್ನು ಕೃಷಿಗಾಗಿ ಬಳಸುವುದು ಹೆಚ್ಚಿದ್ದು ಅದರ ಪರಿಣಾಮವಾಗಿ ನದಿಯ ಹರಿವಿನಲ್ಲಿ ಗಮನಾರ್ಹ ಇಳಿತವುಂಟಾಗಿದೆ. ಜೊತೆಗೆ ಮೃತ ಸಮುದ್ರದಿಂದ ಯಾವುದೇ ಹೊರಹರಿವು ಇಲ್ಲದಿದ್ದು ಇಲ್ಲಿ

ಕನ್ನಡ ಭಾಷೆಯಲ್ಲಿ ಮೃತ ಸಮುದ್ರ (ಅರಾಬಿಕ್ ಭಾಷೆಯಲ್ಲಿ ಹೀಬ್ರೂ ಭಾಷೆಯಲ್ಲಿ ಲವಣದ ಸಮುದ್ರ) ಎಂದು ಕರೆಯಬಹುದಾದ ಸಮುದ್ರವನ್ನು ‘ಡೆಡ್ ಸೀ’ ಎಂದು ಗುರುತಿಸಲಾಗಿದೆ.

ಇಸ್ರೇಲ್ ಮತ್ತು ಜೋರ್ಡಾನ್ ರಾಷ್ಟ್ರಗಳ ನಡುವೆ ಇರುವ ಒಂದು ವಿಶಾಲ ಲವಣ ಸರೋವರ. ಸಮುದ್ರ ಮಟ್ಟದಿಂದ 422 ಮೀಟರ್ ಕೆಳಗೆ ಇರುವ ಮೃತ ಸಮುದ್ರ ಮತ್ತು ಅದರ ತೀರಗಳು ಭೂಮಿಯ ನೆಲಪ್ರದೇಶದಲ್ಲಿ ಅತ್ಯಂತ ತಗ್ಗಿನ ಸ್ಥಳಗಳಾಗಿವೆ. ಅತ್ಯಂತ ಆಳವುಳ್ಳದ್ದಲ್ಲದೆ ಅತ್ಯಂತ ಹೆಚ್ಚು ಲವಣಯುಕ್ತ ಜಲಸಮೂಹಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ಮೃತ ಸಮುದ್ರದ ನೀರಿನಲ್ಲಿ 33.7 ಶೇಕಡಾ ಲವಣಗಳಿವೆ. ಇದು ಸಾಗರಗಳ ನೀರಿಗಿಂತ 8.6 ಪಟ್ಟು ಹೆಚ್ಚು ಉಪ್ಪಾಗಿರುತ್ತದೆ. ಮೃತ ಸಮುದ್ರ ಇಷ್ಟು ಲವಣಯುಕ್ತವಾಗಿರುವುದರಿಂದಾಗಿ ಅದರ ನೀರಿನಲ್ಲಿ ಯಾವುದೇ ಜೀವಿಗಳು ಬದುಕಲು ಸಾಧ್ಯವಿಲ್ಲವಾಗಿದೆ. ಆದ್ದರಿಂದಲೇ ಈ ಜಲಸಮೂಹಕ್ಕೆ ಮೃತ ಸಮುದ್ರ ಎಂಬ ಹೆಸರು ಬಂದಿರುತ್ತದೆ.

ಜೊತೆಗೆ ಈ ಪ್ರಮಾಣದ ಲವಣಗಳಿಂದಾಗಿ ಇದರ ನೀರಿನ ಸಾಂದ್ರತೆಯು ಬಲು ಹೆಚ್ಚಾಗಿದ್ದು ಇದರಲ್ಲಿ ಮನುಷ್ಯರು ಮುಳುಗಲಾರರು. ಈ ವೈಶಿಷ್ಟ್ಯದಿಂದಾಗಿ ಮೃತ ಸಮುದ್ರವು ಅಪಾರ ಸಂಖ್ಯೆಯಲ್ಲಿ ಪ್ರವಾಸಿಗರನ್ನು ಆಕರ್ಷಿಸುವುದು. ಇದರ ನೀರಿನ ಮೇಲೆ ಸರಾಗವಾಗಿ ತೇಲುತ್ತ ಸಮಯ ಕಳೆಯುವುದು ಪ್ರವಾಸಿಗರಿಗೊಂದು ಮೋಜು. ಮೃತ ಸಮುದ್ರದ ಉದ್ದ 67 ಕಿ.ಮೀ ಮತ್ತು ಅತ್ಯಂತ ಹೆಚ್ಚಿನ ಅಗಲ 18 ಕಿ.ಮೀ. ಜೋರ್ಡಾನ್ ಬಿರುಕು ಕಣಿವೆಯಲ್ಲಿರುವ ಮೃತ ಸಮುದ್ರದ ಲವಣಗಳು ವಾಣಿಜ್ಯ ಉತ್ಪತ್ಯಗಳಾಗಿ ಬಿಕರಿಯಾಗುತ್ತವೆ. ಇತ್ತೀಚಿನ ದಶಕಗಳಲ್ಲಿ ಜೋರ್ಡಾನ್ ನದಿಯ

ಸಂಗ್ರಹವಾಗುತ್ತಿರುವ ಲವಣಗಳು ಶಾಶ್ವತವಾಗಿ ಇದರ ನೀರಿನಲ್ಲಿಯೇ ಉಳಿಯುವುವು. ಈ ಕಾರಣಗಳಿಂದಾಗಿ ಮೃತ ಸಮುದ್ರದ ಲವಣದ ಅಂಶ ಕ್ರಮೇಣ ಹೆಚ್ಚುತ್ತಿದೆ. ಈ ಪ್ರದೇಶದಲ್ಲಿ ಮಳೆಯ ಪ್ರಮಾಣ ಅತ್ಯಲ್ಪವಾಗಿದ್ದು ಮೃತ ಸಮುದ್ರಕ್ಕೆ ಸೇರುವ ಸಿಹಿ ನೀರಿನ ಪ್ರಮಾಣ ಕಡಿಮೆ. ಇದರ ಇನ್ನೊಂದು ವೈಚಿತ್ರ್ಯವೆಂದರೆ ಬಂಡೆಯ ಕಲ್ಲುಗಳು ತುಣುಕುಗಳನ್ನು ಉಗಿಯುವಿಕೆ, ಮೃತ ಸಮುದ್ರದ ನೀರಿನ ಬಲಯುತ ಲವಣಗಳು ಅಡಿಯ ನೆಲದ ಬಂಡೆಯನ್ನು ಕೊರೆದು ಭಿದ್ರಗೊಳಿಸುತ್ತದೆ. ಈ ತುಣುಕುಗಳು ಆಗಾಗ್ಗೆ ನೀರಿನಿಂದ ಹೊರಗೆಸೆಯಲ್ಪಡುತ್ತದೆ.

ಮೃತ ಸಮುದ್ರದ ಪರಿಸರದಲ್ಲಿ ದೊಡ್ಡ ಸಂಖ್ಯೆಯ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸಾಲಯಗಳು ತಲೆಯೆತ್ತಿವೆ. ಇದರ ನೀರಿನಲ್ಲಿನ ಖನಿಜಗಳು, ಮಾಲಿನ್ಯವಿಲ್ಲದ ವಾತಾವರಣ, ಕಡಿಮೆಯಿರುವ ಅತಿನೇರಳೆ ವಿಕಿರಣ, ಬಲು ತಗ್ಗಿನಲ್ಲಿರುವುದರಿಂದ ಹೆಚ್ಚಿರುವ ಗಾಳಿಯ ಒತ್ತಡಗಳು ಮಾನವನ ಕೆಲ ಬಗೆಯ ವ್ಯಾಧಿಗಳಿಗೆ ಉತ್ತಮ ಶಮನಕಾರಿಗಳಾಗಿವೆ. ಉಳಿದಂತೆ ಉಪ್ಪು ಮತ್ತು ಇತರ ಲವಣಗಳ ಉತ್ಪಾದನೆ ಮೃತ ಸಮುದ್ರ ಪ್ರದೇಶದ ಮುಖ್ಯ ಉದ್ಯಮಗಳಾಗಿವೆ. ಮೃತ ಸಮುದ್ರದ ನೀರಿನ ಮಟ್ಟ ದಿನೇದಿನೇ ಕಡಿಮೆಯಾಗುತ್ತಿದ್ದು ಇದರಿಂದಾಗಿ ನೀರಿನಲ್ಲಿನ ಲವಣದ ಪ್ರಮಾಣ ಹೆಚ್ಚುತ್ತಿರುವುದಲ್ಲದೆ ಇದು ಹೇಗೆಯೇ ಮುಂದುವರಿದರೆ ಮುಂದೊಂದು ದಿನ ಮೃತ ಸಮುದ್ರ ಪೂರ್ಣವಾಗಿ ಬತ್ತಿಹೋಗಿ ಭೂಮಿಯ ಮೇಲಿನಿಂದ ಮಾಯವಾಗುವ ಭೀತಿಯಿದೆ.

(ಸಂಗ್ರಹ)

ಅಮ್ಮನ ಅಪ್ಪುಗೆಯಿಂದ... ಸಂತ ಆಗ್ನೇಸ್ ತಕ್ಕಗೆ



ಅಮ್ಮನ ಬಿಸಿಯಪ್ಪುಗೆಯಿಂದ ಇಳಿದು ಶಾಲೆಗೆ ಹೋದ ಆ ಕ್ಷಣ... ಅಮ್ಮನನ್ನು ನೆನದು ಅದೆಷ್ಟೋ ದಿನ ಶಾಲೆಯಲ್ಲಿ ಬಿಕ್ಕಿ ಬಿಕ್ಕಿ ಅತ್ತಿದ್ದೆ. ಶಾಲೆಯಂತೂ ಬಹಳ ಅಚ್ಚುಕಟ್ಟು, ಎಲ್ಲೆಲ್ಲಾ ಶಿಸ್ತು. ಒಳಹೊಕ್ಕಾಗ ಮನದಲ್ಲಿ ಭಯ, ದುಃಖ ಉಮ್ಮಳಿಸಿತ್ತು. ಆದರೂ ನನ್ನ ಎಳೆಯ ಮನಸ್ಸಿಗೆ ಘಾಸಿಯಾಗದಂತೆ, ಪ್ರೀತಿ-ಅಕ್ಕರೆಯಿಂದ ದಿನಾಲ್ಕೂ ಶಾಲೆಗೆ ನನ್ನನ್ನು ಬರಮಾಡಿಕೊಂಡರು ಅಗಿನ ನನ್ನ ಎಲ್‌ಕೆಜಿ ಶಿಕ್ಷಕರು ಸಹಪಾಠಿಗಳ ಜೊತೆ ಒಡನಾಟ-ಗುದ್ದಾಟ, ಓದಿನ ಜೊತೆ ಬೇಕಾದ ಮೌಲ್ಯಗಳು ಎಲ್ಲಕ್ಕಿಂತ ಜಾಸ್ತಿ-ಶಿಸ್ತು. ದಿನಸರಿದಂತೆ ಆ ಅಪರಿಚಿತ ಶಾಲೆಯೂ ನನ್ನದೇ ಮನೆಯಂತೆ ಕಂಡಿತು. ಶಿಕ್ಷಕರು ನನ್ನ “ಅಮ್ಮನಂತೆ” ಕಂಡರು.

ಕಾಲಬುಡದಲ್ಲಿಯೇ ಶಾಲೆಯಿದ್ದರೂ-ದೂರದ ಸಂತ ಆಗ್ನೇಸ್ ವಿದ್ಯಾಸಂಸ್ಥೆಗೆ ನನಗೆ ದಾಲಿಲಾತಿ ಪಡೆದಾಗ ನನ್ನ ಅಜ್ಜ “ಅಪ್ಪು ಸಣ್ಣ ಮಗುವಿಗೆ ಏಕೆ ಇಷ್ಟು ದೂರ? ಪಯಣ ಸುಲಭವೇ?” ಎಂದು ಅಮ್ಮನನ್ನು ಬೈದಿದ್ದರಂತೆ. ಅದಕ್ಕೆ ಅಮ್ಮ, ಅಪ್ಪಾ “ಬಸ್ಸು

ವ್ಯವಸ್ಥೆ ಇಲ್ಲದ ಕಾಲದಲ್ಲಿ ನೀವು ಹಾಕಿದ್ದೀರಂತೆ? ನಾನೇಕೆ ನನ್ನ ಮಗಳನ್ನು ಸೇರಿಸಬಾರದು?” ಎಂದು ಪ್ರತಿ ಸವಾಲು ಮಾಡಿದರಂತೆ. ಏಕೆಂದರೆ ನಮ್ಮ ಮನೆಯಲ್ಲಿ ಹೆಚ್ಚಿನವರು ಸಂತ ಆಗ್ನೇಸ್ ವಿದ್ಯಾರ್ಥಿಗಳೇ. ಶಿಕ್ಷಣ ಎಂದರೆ ಸಂತ ಆಗ್ನೇಸ್ ಎಂದು ಹಿರಿಯರ ಮನದಲ್ಲಿ ಅಚ್ಚಾಗಿತ್ತು. ಕಲಿಕೆಯಲ್ಲಿ ಯಾವಾಗಲೂ ಶಿಸ್ತು ಅಗತ್ಯ ಎಂಬುದೇ ಮನೆಯಲ್ಲಿ ಎಲ್ಲರ ಆಶಯವಾಗಿತ್ತು. ಅದಕ್ಕೆ ತಕ್ಕಂತೆ ಈ ಹೆಮ್ಮೆಯ ವಿದ್ಯಾ ಸಂಸ್ಥೆಯು ನನ್ನ ಬದುಕನ್ನು ರೂಪಿಸಿತು.

ಈ ವಿದ್ಯಾಸಂಸ್ಥೆಯಲ್ಲಿ 14 ವರುಷಗಳ ನನ್ನ ಶೈಕ್ಷಣಿಕ ಪಯಣವು ಮಧುರವಾದದ್ದು ಮರೆಯಲು ಅಸಾಧ್ಯವಾದದ್ದು. ಶಿಕ್ಷಕರಂತೂ ತಮ್ಮ ಜ್ಞಾನವನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಹಂಚಲು ಸಿದ್ಧರಿರುವ ದ್ರೋಣಾಚಾರ್ಯರು. ಪಠ್ಯ ಮಾತ್ರವಲ್ಲದೆ ಪಠ್ಯೇತರ ವಿಷಯಗಳಲ್ಲೂ ನನ್ನನ್ನು ಪಳಗಿಸಿದ ಸಹನಾಮೂರ್ತಿಗಳು. ಇಂಥ ಶಿಕ್ಷಕರನ್ನು ಪಡೆದ ನಾನು ನಿಜವಾಗಿಯೂ ಧನ್ಯಳು.

ಯಾವುದೇ ತಾರತಮ್ಯ ಮಾಡದೇ ಪ್ರತಿಭೆಗಳನ್ನು ಪ್ರೋತ್ಸಾಹಿಸಿ, ಮಾರ್ಗದರ್ಶನ ನೀಡಿ, ನಮ್ಮನ್ನೆಲ್ಲಾ ಒಳ್ಳೆಯ ನಾಗರಿಕರನ್ನಾಗಿ ಮಾಡಿದ ಕೀರ್ತಿ - ಈ ವಿದ್ಯಾಸಂಸ್ಥೆಯ ಎಲ್ಲಾ ಶಿಕ್ಷಕರಿಗೆ ಸಲ್ಲುತ್ತದೆ. ಅವರೆಲ್ಲರಿಗೂ ನನ್ನ ಹೃತ್ಪೂರ್ವಕ ವಂದನೆಗಳು.

ಹಲವು ಶತಮಾನಗಳಿಂದ ನನ್ನಂಥ ಸಾವಿರಾರು ಹೆಣ್ಣುಕುಳಿಗೆ ವಿದ್ಯಾದಾನ ಮಾಡಿದ ಸುಪ್ರಸಿದ್ಧ ಸಂತ ಆಗ್ನೇಸ್ ವಿದ್ಯಾ ಸಂಸ್ಥೆಯಲ್ಲಿ 14 ವರುಷ ನಾನು ಕಲಿತಿದ್ದೇನೆ ಎಂದು ಹೇಳಲು ನಿಜವಾಗಿಯೂ ನನಗೆ ಹೆಮ್ಮೆಯಾಗುತ್ತದೆ. ಸಂತ ಆಗ್ನೇಸ್ ಇನ್ನೂ ಖ್ಯಾತಿ ಪಡೆಯಲಿ ನನ್ನಂಥ ವಿದ್ಯೆಯನ್ನು ಅರಸಿ ಬಂದ ಜ್ಞಾನಾರ್ಥಿಗಳಿಗೆ ಇದು ಜ್ಞಾನದ ಆಗರವಾಗಲಿ ಎಂಬುದೇ ನನ್ನ ಬಯಕೆ.

14 ವರುಷಗಳು ಸಂತ ಆಗ್ನೇಸ್ ವಿದ್ಯಾಸಂಸ್ಥೆ ನನ್ನ ಪ್ರಪಂಚವೇ ಆಗಿತ್ತು. ಆ ಪ್ರಪಂಚವನ್ನು ತೊರೆದು ಹೊಸ ಪ್ರಪಂಚಕ್ಕೆ ತೆರೆಯುವುದೆಂದರೆ ದುಃಖ -ಮುಜುಗರ. ಇಂದು ಪುನಃ ನನ್ನ ಮನಸ್ಸು ಬಿಕ್ಕಿ ಬಿಕ್ಕಿ ಅಳುತ್ತಿದೆ.



ರೇಚಲ್ ಮರಿಯ
ಪಾಯ್
II PCMB A

ಗುರುತ್ವಾಕರ್ಷಣೆಯನ್ನು ಮೀರಿಸುವ ಸ್ತಂಭ

ಲೇವಾಕ್ಷಿ ಪಟ್ಟಣವು ದಕ್ಷಿಣ ಭಾರತದ ಆಂದ್ರಪ್ರದೇಶದ ಶ್ರೀ ಸತ್ಯಸಾಯಿ ಜಿಲ್ಲೆಯಲ್ಲಿರುವ ಒಂದು ವಿಲಕ್ಷಣ ಪಟ್ಟಣವಾಗಿದೆ. ಈ ಪಟ್ಟಣದಲ್ಲಿರುವ ರಮಣೀಯವಾದ ದೇವಾಲಯವು ಗಮನಾರ್ಹವಾದ ವಾಸ್ತು ಶಿಲ್ಪಿಯ ಅದ್ಭುತಗಳಿಗೆ ಹೆಸರು ವಾಸಿಯಾಗಿದೆ. ಇದು ಪ್ರವಾಸೋದ್ಯಮ ಮತ್ತು ವಿಜ್ಞಾನದ ಪ್ರಪಂಚವನ್ನು ಶತಮಾನಗಳಿಂದ ದಿಗ್ಭ್ರಮೆಗೊಳಿಸಿದೆ. ಇದುವೇ ದೇವಾಲಯದಲ್ಲಿರುವ ನೇತಾಡುವ ಸ್ತಂಭ.

ಈ ದೇವಾಲಯವು ಅತ್ಯಂತ ನಿಗೂಢ ಕಾರಣಕ್ಕಾಗಿ ಪ್ರಪಂಚದಾದ್ಯಂತದ ಜನರನ್ನು ಆಕರ್ಷಿಸುವ ವಾಸ್ತು ಶಿಲ್ಪದ ಅದ್ಭುತವಾಗಿದೆ. ಇದು ದೇಶದ ಅತ್ಯಂತ ನಿಗೂಢ ಸ್ಥಳಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ಅದು ತನ್ನ ನಿಗೂಢತೆಯಿಂದ ಜಗತ್ತನ್ನು ಬೆರಗುಗೊಳಿಸಿದೆ.

ನೇತಾಡುವ ಸ್ತಂಭವು ಭವ್ಯವಾದ ಸಭಾಂಗಣದ ಒಳಗಿದೆ, ಇದನ್ನು 70 ಇತರ ಕಂಬಗಳು ಬೆಂಬಲಿಸುತ್ತದೆ. ಈ ನಿರ್ದಿಷ್ಟ ಸ್ತಂಭದ ವಿಶೇಷತೆ ಏನೆಂದರೆ, ಅದು ನೆಲವನ್ನು ಸ್ವಲ್ಪವೂ ಸ್ಪರ್ಶಿಸುವುದಿಲ್ಲ ಮತ್ತು ಗಾಳಿಯಲ್ಲಿ ಮುಕ್ತವಾಗಿ ತೂಗುಹಾಕಲ್ಪಟ್ಟಂತೆ ಕಾಣುತ್ತದೆ! ಅದರ ತಳ ಮತ್ತು ನೆಲದ ನಡುವೆ ಒಂದು ಸಣ್ಣ ಗೋಚರ ಅಂತರವಿದ್ದು, ಗುರುತ್ವಾಕರ್ಷಣೆಯ ಎಲ್ಲಾ ನಿಯಮಗಳನ್ನು ಧಿಕ್ಕರಿಸಿ, ತೇಲುತ್ತಿರುವಂತೆ ಸ್ತಂಭವು ಒಂದು ಅನಿಸಿಕೆ ನೀಡುತ್ತದೆ.

ಹದಿನಾರನೇ ಶತಮಾನದಲ್ಲಿ ನಿರ್ಮಿಸಲಾದ ಲೇಪಾಕ್ಷಿ ದೇವಾಲಯವು ವೀರಭದ್ರ ದೇವರಿಗೆ ಸಮರ್ಪಿತವಾಗಿದೆ, ಇದನ್ನು ವಿಜಯನಗರ ರಾಜರ ಆಳ್ವಿಕೆಯಲ್ಲಿ ನಿರ್ಮಿಸಲಾಗಿದೆ. ದೇವಾಲಯವು ಅದರ ಸಂಕೀರ್ಣವಾದ ಕೆತ್ತನೆಗಳು, ಸುಂದರವಾದ ವರ್ಣರಂಜಿತ ಹಸಿಚಿತ್ರಗಳು ಮತ್ತು ಬೃಹತ್ 70ಅಡಿ ಎತ್ತರದ ಏಕಶಿಲೆಯ ನಂದಿ

ಪ್ರತಿಮೆಗೆ ಹೆಸರುವಾಸಿಯಾಗಿದೆ.
ಆದರೆ ಇಲ್ಲಿ ತೂಗುಗಂಬವೇ
ಭಾರೀ ಸಂಚಲನ ಮೂಡಿಸಿದೆ.

ನೇತಾಡುವ ಕಂಬದ ಸುತ್ತ
ಹಲವಾರು ದಂತಕಥೆಗಳಿವೆ.
ಒಂದು ಜನಪ್ರಿಯ ಪುರಾಣವು
ಆ ಕಾಲದ ಕುಶಲಕರ್ಮಿಗಳ
ಕರಕುಶಲಕರ್ಮಗಳ ಬುದ್ಧಿವಂತ
ಕರಕುಶಲತೆಯನ್ನು ಎತ್ತಿ ಹಿಡಿಯಲು
ಉದ್ದೇಶ ಪೂರ್ವಕವಾಗಿ ಈ
ರೀತಿಯಲ್ಲಿ ನಿರ್ಮಿಸಲಾಗಿದೆ ಎಂದು
ಹೇಳುತ್ತದೆ. ಆದರೆ ಪ್ರಸ್ತುತ ಪರಿಸ್ಥಿತಿ
ಭೂಕಂಪನ ಚಟುವಟಿಕೆಯ ಪರಿಣಾಮ
ಅದರ ನಿರ್ಮಾಣದ ಸಮಯದ
ಕೆಲಸವಾಗಿರಬಹುದು ಎಂದು ಸೂಚಿಸುತ್ತದೆ.

ಈಗ, ಶತಮಾನಗಳಿಂದ, ಅಸಂಖ್ಯಾತ ಸಂದರ್ಶಕರು ಕಂಬದ ಕೆಳಗೆ ತೆಳುವಾದ ಕಾಗದದ ಹಾಳೆಗಳು, ಸಣ್ಣ ಕಡ್ಡಿ ತುಂಡುಗಳು ಮತ್ತು ತೆಳುವಾದ ಬಟ್ಟೆಗಳಂತಹ ವಸ್ತುಗಳನ್ನು ರವಾನಿಸಲು ಪ್ರಯತ್ನಿಸಿದ್ದಾರೆ. ಕೆಲವರು ಪ್ರಪಂಚಕ್ಕೆ ಆಶ್ಚರ್ಯ ಉಂಟಾಗುವಂತೆ ರೀತಿಯಲ್ಲಿ ಬೇರೆ ಬೇರೆ ರೀತಿಯ ವಸ್ತುಗಳನ್ನು ರವಾನಿಸಲು ಯಶಸ್ವಿಯಾಗಿದ್ದಾರೆ.

ಇಲ್ಲಿಯವರೆಗೆ, ಲೇಪಾಕ್ಷಿ ದೇವಾಲಯದ ತೂಗು ಸ್ತಂಭವು ನಿಗೂಢವಾಗಿಯೇ ಉಳಿದಿದೆ. ಇದು ಪ್ರಪಂಚದಾದ್ಯಂತಹ ಪ್ರವಾಸಿಗರು ಮತ್ತು ಇತಿಹಾಸದ ಉತ್ಸಾಹಿಗಳನ್ನು ದಿಗ್ಭ್ರಮೆಗೊಳಿಸುವುದನ್ನು ಮುಂದುವರೆಸಿದೆ.



ರಕ್ಷಿತ ಆರ್. ಪೆಟ್ಟಿ
I BEBA



ಜೀವ ಅಥವಾ ಜೀವನ?

ವಿದೇಶದಲ್ಲಿ ಓದುವ ಅವಕಾಶ ಒದಗಿದ್ದು, ಹೊರಡುವ ಸಿದ್ಧತೆಯಲ್ಲಿದ್ದೆ. ಇನ್ನು ಕೆಲವೇ ಹೊತ್ತಲ್ಲಿ ವಿಮಾನ ನಿಲ್ದಾಣಕ್ಕೆ ನಾನು ತಲುಪಬೇಕಿತ್ತು. ಕೆಲವು ಕಾರಣಗಳಿಂದ ತಡವಾಯಿತು. ಚೆಲ್ಲಾಪಿಲ್ಲಿಯಾಗಿದ್ದ ವಸ್ತುಗಳನ್ನು ನಿಮಿಷಕ್ಕೊಮ್ಮೆ ಗಡಿಯಾರ ನೋಡುತ್ತಾ ಬಹಳ ಆತುರದಲ್ಲಿ ಜೋಡಿಸುತ್ತಿದ್ದೆ. “ಹೊರಡಲು ಸಿದ್ಧತೆ ಮಾಡಿ, ಇನ್ನೇನು ಕಾರಿನಲ್ಲಿ ಕುಳಿತುಕೊಳ್ಳಬೇಕಿತ್ತಷ್ಟೇ, ಮನೆಯೊಳಗಿನಿಂದ ಅಮ್ಮ ‘ದೇವರ ಆಶೀರ್ವಾದ ಪಡೆದು ತದನಂತರ ತೆರಳಲು ಕರೆದರು. ಮೊದಲೇ ತಡವಾಯಿತೆಂಬ ಚಿಂತೆಯಲ್ಲಿದ್ದ ನಾನು ನಿರಾಕರಿಸಿಬಿಟ್ಟೆ. ದೇವರ ಮೇಲೆ ನಂಬಿಕೆಯಿಡು ವಿಮಾನ ತಪ್ಪಿ ಹೋಗುವುದಿಲ್ಲ ಬಂದು ಆಶೀರ್ವಾದ ಪಡೆದು ಹೋಗು” ಎಂದು ಬಲವಂತ ಮಾಡಿದರು. ಮನೆಯೊಳಕ್ಕೆ ಹೋಗಿ ಆಶೀರ್ವಾದ ಪಡೆದು, ಕಾರಿನಲ್ಲಿ ಹತ್ತಿ ಕುಳಿತೆ, ಅರ್ಧದಾರಿ ತಲುಪಿದಾಗ, ಕಾರಿನ ಚಕ್ರ ಪಂಚರ್ ಆಗಿರುವುದು ತಿಳಿದು ಬಂತು. ಮೊದಲೇ ತಡವಾಗಿತ್ತು, ಅದನ್ನು ಬದಲಾಯಿಸಿ ಹೊರಟು ಹೋಗುವಷ್ಟರಲ್ಲಿ ಆಗಲೇ ವಿಮಾನ ತಪ್ಪಿ ಹೋಗಿತ್ತು. ತಾನು ಇಲ್ಲಿ ತನಕ ಪಟ್ಟ ಕಷ್ಟ ನೀರಿನಲ್ಲಿ ಹೋಮ ಮಾಡಿದಂತಾಯಿತೆಂಬ ಯೋಚನೆ ಕಾಡತೊಡಗಿತು.

ದೊಡ್ಡ ನಗರವಲ್ಲದಿದ್ದರೂ, ಆದಷ್ಟು ಸೌಕರ್ಯಗಳನ್ನು ಹೊಂದಿದ ನರಸೀಪುರ ಎಂಬ ಪುಟ್ಟ ನಗರದಲ್ಲಿ ಜನಿಸಿದ್ದೆ. ಅಪ್ಪ, ಮನೋಹರ್, ನಿವೃತ್ತ ಬ್ಯಾಂಕ್ ಮ್ಯಾನೇಜರ್. ಅಮ್ಮ ಸುನಂದ, ಅಪ್ಪನ ಪ್ರತಿಯೊಂದು ಕಷ್ಟ ಸುಖದಲ್ಲಿ ಕೈಹಿಡಿದು ನಡೆಸಿದ ಧೀರ ಮಹಿಳೆ, ನನಗೊಬ್ಬ ಅಣ್ಣ, ತಂಗಿಯ ಪ್ರತಿಯೊಂದು ಸೋಲು ಗೆಲುವಿನಲ್ಲಿ ಬೆನ್ನು ತಟ್ಟಿದವನು. ಚಿಕ್ಕಂದಿನಿಂದಲೂ ಬಹಳ ಮುದ್ದಿನಿಂದ ಸಾಕಿದ್ದರೂ ಇರುವ ಒಬ್ಬ ತಂಗಿಯನ್ನು ಚೆನ್ನಾಗಿ ಓದಿಸಬೇಕೆಂಬ ಆಸೆ ನನ್ನ ಅಭಯವನ್ನು. ನನಗೂ ನನ್ನ ಅಣ್ಣನಿಗೂ ಹತ್ತು ವರುಷದ ವ್ಯತ್ಯಾಸ.

ಮುಂದೆ ನಾನು ಫಿಲ್ಮ್‌ಗಳಲ್ಲಿ ನಟಿಸಬೇಕೆಂಬ ಆಸೆ. ಆದರೆ ಮನೆಯಲ್ಲಿ ಒಪ್ಪುವುದಿಲ್ಲ ಎಂಬುದು ಖಚಿತವಾಗಿತ್ತು. ಮನೆಯಲ್ಲಿ ಮಗಳನ್ನು ಓದಿಸಿ ಇಂಜಿನೀಯರ್ ಮಾಡಬೇಕೆಂಬ ಆಸೆ. ನಾಯಿಸಂತೆ ಇಂಜಿನೀಯರಿಂಗ್ ನನಗಂತೂ ಬೇಡವೆಂದು ಹಠಗಟ್ಟಿದ್ದೆ. ‘ಮನೆಹಾಳು ವೃತ್ತಿಗಿಂತ ನೀನು ಹೇಳುತ್ತಿರುವ ನಾಯಿಸಂತೆ ಇಂಜಿನೀಯರಿಂಗ್ ಎಷ್ಟೋ ವಾಸಿ’ ಎಂದು ಕಠೋರವಾಗಿ ನುಡಿಯುತ್ತಿದ್ದರು. ಶಾಲೆಯಲ್ಲಿ ಯಾವುದೇ ನಾಟಕಗಳಿದ್ದರೂ ಅದರಲ್ಲಿ ನನಗೆ ಮುಖ್ಯಪಾತ್ರವಿರುತ್ತಿತ್ತು. ಆಗುವ ಪ್ರತಿಯೊಂದು ನಾಟಕಗಳಲ್ಲೂ ಪಾತ್ರವಹಿಸಿಯೇ ಇರುತ್ತಿದ್ದೆ. ಇದು ನನ್ನ ಕಲಿಕೆಗೆ ಅರ್ಧ ಕುಂದಾಗಿತ್ತು. ಓದಲು ಆಸಕ್ತಿಯೇ ಇಲ್ಲದ ನನಗೆ ‘ನಿನ್ನ ಕಲಿಕೆಗೆ ಎಷ್ಟು ಖರ್ಚಾದರೂ ಓದಿಸುತ್ತೇವೆ’ ಎಂದು ಮನೆಯಲ್ಲಿ ಆತ್ಮಾಸನೆ ನೀಡಿದ್ದರು. 10ನೇ ತರಗತಿಯಲ್ಲಿ ಫಸ್ಟ್ ಕ್ಲಾಸ್‌ನಿಂದ ಉತ್ತೀರ್ಣಳಾದೆ. ಅಣ್ಣ 95% ಗಳಿಸಿದ್ದ. ನನ್ನಿಂದ ಅದನ್ನು ಸಾಧಿಸಲಾಗಲಿಲ್ಲ. ಆದರೂ ಮನೆಯಲ್ಲಿ ಇಂಜಿನೀಯರ್ ಮಾಡಬೇಕೆಂಬ ಕನಸು ಬಿಟ್ಟು ಬಿಡಲಿಲ್ಲ.

ಹೈಸ್ಕೂಲ್ ಮುಗಿಸಿದ ಮೇಲೂ ನನ್ನ ನಾಟಕದ ಮೇಲಿನ ಆಸಕ್ತಿ ಕಡಿಮೆಯಾಗಲಿಲ್ಲ. ಕಾಲೇಜಿನಲ್ಲೂ ಪತ್ರಿಕೆ ನಾಟಕಗಳಲ್ಲೂ ನಟಿಸುತ್ತಿದ್ದೆ. ಒಮ್ಮೆ ಅಲ್ಲಿ ಸಮೀಪದಲ್ಲಿ ಶಾರ್ಟ್ ಫಿಲ್ಮ್‌ಗೆ ಆಡಿಷನ್ ನಡೆಸುತ್ತಿದ್ದರು. ಇದು ತಿಳಿದು ನಾನೂ ಭಾಗವಹಿಸಲು ಮುಂದಾದೆ. ನಾನು ನೋಡಲು ಅಂದವಾಗಿದ್ದ ಹಾಗು ಚೆನ್ನಾಗಿ ನಟಿಸುತ್ತಿದ್ದುದರಿಂದ ಆಯ್ಕೆಯಾದೆ. ಆಯ್ಕೆ ಏನೋ ಆಗಿದ್ದೆ. ಆದರೆ ಮನೆಯಲ್ಲಿ ಉತ್ತರಿಸುವುದು ಹೇಗೆಂದು ತಿಳಿಯಲಿಲ್ಲ. ಮನೆಯಲ್ಲಿ ದೊಡ್ಡ ರಾದ್ದಾಂತ ಮಾಡಿದರು. ‘ಕಲಿ ಎಂದು ಕಾಲೇಜಿಗೆ ಕಳಿಸಿದರೆ, ಶಾರ್ಟ್ ಫಿಲ್ಮ್ ಇನ್ನೊಂದು ಮತ್ತೊಂದು ಎಂದು ಕಾಲ ಕಳೆಯುತ್ತಿದ್ದೀಯಾ?’ ಎಂದು ಬೈಯಲಾಂಭಿಸಿದರು. ಮುದ್ದಿನಿಂದ ಸಾಕಿದ್ದು ಹೌದು ಆದರೆ ಅಷ್ಟೇ ನಿರ್ಬಂಧನೆಗಳಿದ್ದವು. ಮನೆಯಲ್ಲಿ ಒಪ್ಪದೆಯಿರಲು ನಾನು ಆ ಶಾರ್ಟ್ ಫಿಲ್ಮ್‌ನಲ್ಲಿ ನಟಿಸಲು ನಿರಾಕರಿಸಿದೆ. ಆ ನೋವಿನಿಂದ ನನಗೆ ಚೇತರಿಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗುತ್ತಿರಲಿಲ್ಲ.

ಕಾಲೇಜು ಬಿಟ್ಟ ಕೂಡಲೇ ಮನೆಗೆ ಓಡಿ ಬಂದವಳೇ ಬಟ್ಟೆಯೂ ಬದಲಾಯಿಸದೇ, ನನ್ನ ರೂಂಗೆ ತೆರಳಿ ಮಂಚದ ಮೇಲೆ ಬಿದ್ದುಕೊಂಡು ಚಿಕ್ಕ ಮಗುವಿನಂತೆ ಅಳತೊಡಗಿದ್ದೆ ನನ್ನ ಕಿರುಚುವಿಕೆ ಕೇಳಿ ರೂಂಗೆ ಬಂದ ಅಣ್ಣ ನನ್ನನ್ನು ಸಮಾಧಾನಪಡಿಸುತ್ತಾ, ‘ನೋಡು ಚಿನ್ನ, ಸಿನಿಮಾಕ್ಷೇತ್ರ ನೀನಂದುಕೊಂಡಷ್ಟು ಸುಂದರ ಹಾಗು ಸ್ವಚ್ಛವಾಗಿಲ್ಲ. ನಿನ್ನ ಪ್ರತಿಭೆಗಿಂತಲೂ, ನಿನ್ನ ಬಟ್ಟೆ, ಸೌಂದರ್ಯವನ್ನು ಆರಿಸುತ್ತಾರೆ. ಅದನ್ನು ಜಾಲತಾಣಗಳಲ್ಲಿ ಹಾಕಿ ತಮಾಷೆಗೀಡಾಗಿಸುತ್ತಾರೆ. ಒಬ್ಬರಿಂದ ಒಬ್ಬರಿಗೆ ಕಳುಹಿಸಿ ಅದನ್ನು ಟ್ರೋಲ್ ಮಾಡುತ್ತಾರೆ. ನಿನ್ನ ಪ್ರತಿಭೆಗಿಂತಲೂ ನೀನು ನಟಿಸಿರುವ ಫಿಲ್ಮ್‌ಗಳು ಯಾವುವು? ಎಷ್ಟು? ಎಷ್ಟು ಸಂಬಳ ಪಡೆದಿರುವೆ? ಎಂದು ಮಾತ್ರ ಗಮನಿಸುತ್ತಾರೆ. ನಿನ್ನ ಭವಿಷ್ಯ ನಿನ್ನ ಕೈಯಲ್ಲಿದೆ. ನೀನೇ ನಿರ್ಧರಿಸಬೇಕು. ಅಳು ನಿಲ್ಲಿಸಿ, ಇದರ ಬಗ್ಗೆ ಒಮ್ಮೆ ಯೋಚಿಸಿ ನೋಡು’ ಎಂದು ತಲೆ ಸವರಿ ಹೋದ. ನನಗೂ ಅವನ ಮಾತುಗಳು ಸರಿಯೆಂದೆನಿಸಿತು. ಆದರೂ ನನ್ನ ಕನಸನ್ನು ನನಸು ಮಾಡಬೇಕೆಂಬ ಆಸೆಯು ಮರೆಯಾಗಲಿಲ್ಲ. ಹಗಲು ಇರುಳು ಇದರ ಬಗ್ಗೆಯೇ ಯೋಚಿಸಲಾರಂಭಿಸಿದೆ. ನೋಡಲು ಸುಂದರವಾಗಿದ್ದು, ಪ್ರತಿಭೆಯೂ ಇದ್ದು, ಸಿಕ್ಕ ಅವಕಾಶವನ್ನು ಕಳೆದುಕೊಂಡು ದುರಾದೃಷ್ಟಿಯಾಗಿಬಿಟ್ಟಿದ್ದೆ.

ಪಾಠವನ್ನು ಕೇಳದೆ ಕೇವಲ ಇದರ ಬಗ್ಗೆ ಯೋಚಿಸುತ್ತಿದ್ದೆ. ಫಲವಾಗಿ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಕಡಿಮೆ ಅಂಕಗಳನ್ನು ಪಡೆದುಬಿಟ್ಟೆ. ಅದರಲ್ಲೂ ನನ್ನ ನೆಚ್ಚಿನ ವಿಷಯ ಕನ್ನಡದಲ್ಲಿ ಫೇಲ್ ಆಗಿಬಿಟ್ಟೆ.



ಸ್ಥಿತ ಮಲ್ಲಾರ
II PCMB

ಇದನ್ನು ಅರಗಿಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗಲಿಲ್ಲ. ಬೇರೆ ವಿಷಯದಲ್ಲಿ ಫೇಲ್ ಆಗಿದ್ದರೆ ನನಗೆ ಈ ಮಟ್ಟಿನ ಬೇಸರವಾಗುತ್ತಿರಲಿಲ್ಲ. ಆದರೆ ಕನ್ನಡದಲ್ಲಿ ಫೇಲ್ ಆಗಿರುವುದು ನಾಚಿಕೆಯ ವಿಷಯ. ಮನೆಯಲ್ಲಿ ಹೇಳಿದರೆ ಪೆಟ್ಟು ತಿನ್ನುವುದು ಖಂಡಿತ. ಮೊದಲೇ ಫಿಲ್ಮ್ ವಿಚಾರವಾಗಿ ಬೈಗುಳ ತಿಂದಿದ್ದೆ, ಈ ವಿಚಾರ ತಿಳಿದು ಖಂಡಿತ ಸುಮ್ಮನಿರುವುದಿಲ್ಲವೆಂದು ತಿಳಿದಿತ್ತು. ನಾನು ಕನ್ನಡದಲ್ಲಿ ಫೇಲ್ ಆಗಿರುವುದು ಹೇಗೋ ಏನೋ ನನ್ನ ತರಗತಿಯ ಗೆಳೆಯರಿಗೆ ತಿಳಿಯಿತು. ಎಲ್ಲರೂ ಒಂದೇ ಸಮನೆ ನನ್ನನ್ನು ಹೀಯಾಳಿಸತೊಡಗಿದರು. ನನ್ನ ಜೀವನದ ಮೊದಲ ಸೋಲೇ ಇದಾಗಿತ್ತು. ಫಿಲ್ಮ್ ಹುಚ್ಚು ಬಿಟ್ಟು ನೆಟ್ಟಗೆ ಓದಬೇಕೆನಿಸಿತು. ಆದರೆ ನನ್ನ ಗುರಿ ನಟಿಸುವುದೊಂದೇ ಆಗಿತ್ತು.

ಹೀಯಾಳಿಸಿದ ಈ ಮಾತುಗಳು ನನ್ನನ್ನು ಇನ್ನಷ್ಟು ದುಃಖದ ಕಡಲಿನಲ್ಲಿ ಮುಳುಗಿಸುತ್ತಿತ್ತು. ಆದರೆ, “ನನಗೆ ತಿಳಿದಿದೆ ಚೆನ್ನು ನಟನೆ ನಿನಗೆ ಪಂಚ ಪ್ರಾಣವೆಂದು, ಆದರೆ ನಿನಗೆ ಮನೆಯಲ್ಲಿ ಇದಕ್ಕೆ ಒಪ್ಪುವುದಿಲ್ಲವೆಂದೂ ತಿಳಿದಿದೆ ಅಲ್ಲವೇ. ನನ್ನ ಮಾತು ಸರಿಯಾಗಿ ಕೇಳು. ನಿನಗೆ ನಾನು ಹೇಳಿದ್ದು ಸರಿ ಎನಿಸಿದರೆ ಮಾಡು. ಈಗ ಸದ್ಯಕ್ಕೆ ನಿನ್ನ ಕಲಿಕೆಯ ಕಡೆ ಗಮನಹರಿಸು. ನಿನ್ನನ್ನು ಹೆತ್ತು, ಸಾಕಿಸಲಹಿದ ತಂದೆ ತಾಯಿಯರ ಆಸೆಯನ್ನು ನೆರವೇರಿಸು. ಅವರ ಆಸೆಯಂತೆ ಇಂಜಿನೀಯರಿಂಗ್ ಮಾಡು. ಆ ಮೇಲೆ ನಿನಗೆ ನಟನೆಯಲ್ಲಿ ಅವಕಾಶ ಒದಗಿದರೆ ನಟಿಸು. ನೀನು ಉದ್ಯೋಗಕ್ಕೆ ಸೇರಿದ ಮೇಲೆ ನೀನು ಸ್ವತಂತ್ರವಾಗಿರುವೆ, ಆಗ ನಿನಗೆ ಯಾವುದೇ ಅಡೆತಡೆಗಳಿರುವುದಿಲ್ಲ. ಈಗ ನಿನಗೆ ಕೇವಲ ಒಂದೇ ಗುರಿಯಿರಬೇಕು; ಅಪ್ಪ ಅಮ್ಮನ ಆಸೆಯಂತೆ ಇಂಜಿನೀಯರ್ ಆಗಬೇಕೆಂಬುದು. ಈಗ ನಾನು ಹೇಳಿದ್ದು ನಿನಗೆ ಸರಿಯಿಲ್ಲವೆಂದು ಕಾಣಬಹುದು, ಆದರೆ ನೀನೇ ಒಮ್ಮೆ ಯೋಚಿಸಿ ನೋಡು” ಎಂಬ ಅಣ್ಣನ ಮಾತುಗಳು ಮನಸ್ಸನ್ನು ಮತ್ತೆ ಮತ್ತೆ ಮುಟ್ಟಿ ತೆರಳುತ್ತಿತ್ತು.

ದ್ವಿತೀಯ ಪಿಯುಸಿಯಲ್ಲಿ ಶೇಕಡ 92% ಪಡೆದು ಉತ್ತೀರ್ಣಗೊಂಡೆ. ಎಲ್ಲರಿಗೂ ಆಶ್ಚರ್ಯ, ಆನಂದ. ನನ್ನನ್ನು ಹೀಯಾಳಿಸಿ ಗೋಳೊಯ್ದ ಗೆಳೆಯ-ಗಳತಿಯರು ಕರೆ ಮಾಡಿ ಅಭಿನಂದಿಸಿದರು. ಅಂದು ನನ್ನ ಬದುಕಿನಲ್ಲಿ ಹೊಸ ಚೇತನ ತುಂಬಿದ ದಿನ. ಅಂಥ ಅಣ್ಣನನ್ನು ಪಡೆದ ನಾನೆಷ್ಟು ಧನ್ಯ ಅಂದುಕೊಳ್ಳುತ್ತಿದ್ದೆ. ಶಾರ್ಟ್ ಫಿಲ್ಮ್‌ನಲ್ಲಿ ಅವಕಾಶ ತಪ್ಪಿ ಹೋದರೇನಾಯಿತು, ಇಂದು ನನ್ನ ಕಳೆದುಹೋದ ಮಾನ ಎರಡುಪಟ್ಟು ಬಂದಿದೆ. ಬಹುಷಃ ಆ ದಿನ ನನ್ನ ಪಾಲಿನ ನೆಚ್ಚಿನ ದಿನವಾಗಿತ್ತು. ಫೇಲ್ ಆದ ನಾನು ಇಂದು 92% ಗಳಿಸಿರುವುದು ನೆನೆದು ನೆನೆದು ಖುಷಿ ಪಡುತ್ತಿದ್ದೆ. ದೇವರು ಯಾವತ್ತೂ ಹಿಡಿದ ಕೈ ಬಿಡುವುದಿಲ್ಲವೆಂದು ತಿಳಿದಿದ್ದು. ಅಷ್ಟು ಬುದ್ಧಿವಂತ ಮೆದುಳು ಇದ್ದೂ ನಾನು ಅದನ್ನು ಸದುಪಯೋಗ ಪಡೆದುಕೊಳ್ಳದೆ ಇದ್ದದ್ದು ನೆನೆದು ಬೇಸರಗೊಂಡೆ. ಇದೇ ರೀತಿ ಕಲಿತಿದ್ದರೆ ಬಹುಷಃ 10ನೇ ತರಗತಿಯಲ್ಲಿ ಟಾಪ್ ಹೊಡೆಯುತ್ತಿದ್ದೆನೋ ಏನೋ! ಎಲ್ಲಾ ಹಣೆಬರಹವಷ್ಟೇ!

ದೊಡ್ಡ ಕಾಲೇಜಿನಲ್ಲಿ ಇಂಜಿನೀಯರಿಂಗ್ ಸೀಟ್ ದೊರಕಿತು, ಹಾಸ್ಟೆಲಿನಲ್ಲಿ ವಾಸಿಸಬೇಕಾಗಿ ಬಂತು. ಅಣ್ಣನಿಗೆ ವಿವಾಹ ಪ್ರಸ್ತಾವ

ನಡೆಯುತ್ತಿತ್ತು. ನೋಡಿದ ಮೊದಲ ಹುಡುಗಿಯೇ ಸೈ ಎನಿಸಿದಳು. ನಾನು ಹಾಸ್ಟೆಲ್ ತೆರಳುವ ಮುಂಚೆ ವಿವಾಹ ನೆರವೇರಿಸಬೇಕೆಂದು ನಿರ್ಧರಿಸಿದರು. ಅಣ್ಣನ ವಿವಾಹ ಧೂಮ್‌ಧಾಮಾಗಿ ನಡೆಯಿತು. ಮೊದಲ ಬಾರಿಗೆ ಸೀರೆ ಧರಿಸಿದ್ದ ನನಗೆ ಮುಜುಗುರವಾಗುತ್ತಿತ್ತು. ನಾನು ಆಂಟಿಯರ ಹಾಗೆ ಕಾಣಿಸುತ್ತಿರುವೆ ಎಂಬಂತೆ ಭಾಸವಾಗುತ್ತಿತ್ತು. ಅಮ್ಮಾ, ತಾನು ಧರಿಸುವ ಶೈಲಿಯಲ್ಲಿ ನನಗೂ ಉಡಿಸಿದ್ದಳು. ಈ ಬದಿಯಿಂದ ಬಿಚ್ಚಿದಂತೆ ಭಾಸವಾಗಿ ಸರಿಪಡಿಸಲು ಮುಂದಾದರೆ ಇನ್ನೊಂದು ಬದಿಯಲ್ಲಿ ಬಿಚ್ಚಿದಂತೆ ಭಾಸವಾಗುತ್ತಿತ್ತು. ನನ್ನ ಈ ಗೋಳಾಟಗಳನ್ನು ನೋಡಿ ಸಂಬಂಧಿಕರೊಬ್ಬರು ‘ನಿನಗೂ ಐದು ವರ್ಷಗಳಲ್ಲಿ ಮದುವೆ ಮಾಡಲಿದ್ದಾರೆ, ಮುಂದೆ ನಿನ್ನ ಮದುವೆಯ ದಿನ ಮಂಟದಲ್ಲಿ ಸೀರೆ ಧರಿಸಿ, ಸಪ್ತಪದಿ ಹೇಗೆ ತುಳಿಯುವೆ?’ ಎಂದು ನನ್ನನ್ನು ತಮಾಷೆ ಮಾಡಲಾರಂಭಿಸಿದರು. ಅವರ ಪಕ್ಕದಲ್ಲೇ ಕುಳಿತಿದ್ದ ಇನ್ನೋರ್ವರು ‘ಹೌದು ಸುನಂದ! ಇನ್ನು ನಿಮ್ಮ ಮಗಳ ಮದುವೆ! ಓದು ಮುಗಿದ ಕೂಡಲೆ ಮದುವೆ ಮಾಡಿ ಮುಗಿಸಬೇಕು. ಇಲ್ಲದಿದ್ದರೆ ಕೆಲಸಕ್ಕೆ ಸೇರುವೆ ಎಂದು ಹಠಹಿಡಿದು ಬಿಡುತ್ತಾರೆ. ಈಗಿನ ಮಕ್ಕಳ ಓದು ಬೇಗ ಎಲ್ಲಿ ಮುಗಿಯುತ್ತದೆ? ಒಂದು ಡಿಗ್ರಿ ಪಡೆದರೆ ಸಾಲದು, ಇನ್ನೂ ಓದುವ ಹುಚ್ಚು ಹಿಡಿದು ಹೋಗಿದೆ. ಪೋಷಕರ ಕಷ್ಟವನ್ನು ಅರ್ಥೈಸಿಕೊಳ್ಳುವುದೇ ಇಲ್ಲ ಈಗಿನ ಹೆಣ್ಣು ಮಕ್ಕಳು’ ಎಂದು ತಮ್ಮ ಭಾಷಣಕ್ಕೆ ವಿರಾಮ ಚಿಹ್ನೆಯಿಟ್ಟರು. ಇವರಿಗೆ ನನು ಪಕ್ಕದಲ್ಲಿ ನಿಂತಿರುವೆಂದಾದರೂ ತಿಳಿದಿದೆಯೇ? ಇವರು ಹೇಳಿರುವ ತಪ್ಪುಗಳನ್ನು ನಾನೇ ಮಾಡಿರುವೆ ಎಂಬಂತೆ ಮಾತನಾಡುತ್ತಿದ್ದರು. ಮದುವೆಯಲ್ಲಿ ನಡೆದ ಒಂದು ಕಠೋರ ಘಟನೆ ಎಂದೇ ಹೇಳಬಹುದು.

ಮದುವೆ ಮುಗಿದ ಮೂರೇ ದಿನಗಳಲ್ಲಿ ನಾನು ಹಾಸ್ಟೆಲ್‌ಗೆ ಹೋಗಬೇಕಾಗಿ ಬಂತು. ಮೊದಲ ಬಾರಿಗೆ ಮನೆಯವರನ್ನು ಬಿಟ್ಟು ಹೋಗುತ್ತಿದ್ದುದರಿಂದ ಮನಸ್ಸಲ್ಲಿ ಏಕೋ ಕಳವಳ, ಗಾಬರಿ. ಇದನ್ನು ತಪ್ಪಿಸಲಂತು ಸಾಧ್ಯವಿಲ್ಲ ಎಂಬುದು ತಿಳಿದಿತ್ತು. ಮೊದಲ ಬಾರಿಗೆ ಅಪ್ಪ ಅಮ್ಮ ಕಣ್ಣೀರು ಹಾಕಿದ್ದು ಕಂಡೆ. ನನ್ನ ನಟನೆಯ ಹುಚ್ಚು ಕಂಡಾಗಲೂ ಅಥವಾ ಕನ್ನಡದಲ್ಲಿ ಫೇಲ್ ಆದಾಗಲೂ ಕಣ್ಣೀರು ಹಾಕಿದ್ದನ್ನು ಕಂಡಿರಲಿಲ್ಲ. ಅವರ ಕಣ್ಣಿನಲ್ಲಿ ನೀರು ಕಂಡು ಅಳು ಉಮ್ಮಳಿಸಿತು. ಅವರನ್ನು ಅಪ್ಪಿಕೊಂಡು ಅತ್ತೆ.

ಹಾಸ್ಟೆಲ್‌ನಲ್ಲಿ ಮೊದಲು ಬಾರಿ ಒಂಟಿ ಎಂದೆನಿಸುತ್ತಿತ್ತು. ಕಾಲ ಕಳೆಯುತ್ತಿದ್ದಂತೆ ನಾನು ಅಲ್ಲಿನ ಪರಿಸರಕ್ಕೆ ಹೊಂದಿಕೊಂಡೆ. ತಿಂಗಳಿಗೆ ಒಮ್ಮೆಯಾದರೂ ಮನೆಗೆ ಬಂದು ಹೋಗುತ್ತಿದ್ದೆ. ಅಮ್ಮನ ಕೈರುಚಿ ಹಾಸ್ಟೆಲ್‌ನಲ್ಲಿ ತುಂಬಾ ನೆನಪಾಗುತ್ತಿತ್ತು. ಇಂಜಿನೀಯರಿಂಗ್ ಎಂಬ ಗಾಡಿಯನ್ನು ತಳ್ಳುತ್ತಾ ತಳ್ಳುತ್ತಾ ಕೊನೆಗೂ ತಲುಪಬೇಕಾದ ಸ್ಥಳಕ್ಕೆ ಬಂದು ತಲುಪಿದೆ. ಇಂಜಿನೀಯರಿಂಗ್ ಮುಗಿಸಿ ಕೆಲಸಕ್ಕೆ ಸೇರಿದೆ. ಸಂಬಳವೇನು ದೊಡ್ಡ ಮಟ್ಟದ್ದಾಗಿರಲಿಲ್ಲ. ನನ್ನನ್ನು ಓದಿಸಿದ ಖರ್ಚು ಇದಕ್ಕೆ ಸಮವಾಗಿರಲಿಲ್ಲ. ಇಷ್ಟು ಸಂಬಳ ಪಡೆಯುವುದಕ್ಕೆ ಅಪ್ಪ ಅಷ್ಟೊಂದು ಹಣ ಸುರಿಯಬೇಕಾಗಿ ಬಂತೆ? ಎಂದು ಮೊದಮೊದಲಿಗೆನಿಸುತ್ತಿತ್ತು. ಬಳಿಕ ವಿದೇಶದಲ್ಲಿ ಎಂ.ಎಸ್ ಮಾಡುವ ಆಸೆ ಹುಟ್ಟಿಕೊಂಡಿತು. ಮನೆಯಲ್ಲಿ ಕಷ್ಟ ಪಟ್ಟು ಒಪ್ಪಿಸಿದ್ದೆ. ಆದರೆ

ತೆರಳುವ ಈ ಸಂದರ್ಭದಲ್ಲಿ ಯು.ಕೆ.ಗೆ ತೆರಳಬೇಕಾಗಿದ್ದ ವಿಮಾನ ತಪ್ಪಿ ಹೋದದ್ದು, ಕನಸೆಂಬ ಚಿಟ್ಟೆಯ ಮೇಲೆ ಬಂಡೆ ಕಲ್ಲು ಬಿದ್ದಂತಾಯಿತು. ನಾನು ಇಲ್ಲಿ ತನಕದ ಪ್ರಮುಖ ಘಟನೆಗಳನ್ನು ಮೆಲುಕು ಹಾಕುತ್ತಾ ಮನೆಯಲ್ಲಿ ತಲೆ ಮೇಲೆ ಕೈಹೊತ್ತು ಅಳುತ್ತಾ ಕುಳಿತಿದ್ದೆ. ರಾತ್ರಿ ಊಟ ಸೇರದಂತಾಯಿತು. ಅಮ್ಮಾ ಹಠ ಮಾಡಿ ನನ್ನನ್ನು ಎಳೆದು ತಂದರು. ಊಟ ಮಾಡಲು ನಿರಾಕರಿಸಿ ಸೋಫಾದಲ್ಲಿ ಬಂದು ಕುಳಿತೆ. ಅಪ್ಪ

ಟಿವಿ ನೋಡುತ್ತಿದ್ದರು. ಅತ್ತಿಗೆ ಬಲವಂತವಾಗಿ ತಟ್ಟೆಯನ್ನು ತಂದು ನನ್ನ ಕೈಯಮೇಲಿಟ್ಟರು. ಒಂದೆರಡು ತುತ್ತು ತಿಂದಿದ್ದನಷ್ಟೇ ಟಿವಿಯಲ್ಲಿ ಪ್ರಸಾರವಾಗುತ್ತಿದ್ದ ವಾರ್ತೆಯನ್ನು ಕೇಳಿ ಬೆಚ್ಚಿಬಿದ್ದೆ.

‘ಭಾರತದಿಂದ ಯು.ಕೆ.ಗೆ ತೆರಳಬೇಕಿದ್ದ ವಿಮಾನ ಅಪಘಾತಕ್ಕೀಡಾಗಿದೆ’ *****

ಕವನ

ಪ್ರಕೃತಿಯ ಸೊಬಗು

ಹರಿಯುವ ನದಿಯ ಸಪ್ಪಳ
ಮುಂಜಾನೆಯ ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲ,
ಕಣ್ಣಿಟ್ಟರೆ ಚೆಲ್ಲುವ ರವಿಯ ಹೊಂಗಿರಣ,
ಕರಗಲು ಮನಸಿಲ್ಲದೆ ಕೂತಿರುವ ಇಬ್ಬನಿ,
ಆ ಸುಂದರ ಪರಿಸರಕ್ಕೆ ನಾನಾದೆ ಚಿರಮಣಿ!



ಡೋನಿಕ ಎಸ್. ಹೆಚ್
I PCMC D

ಗಿಡದಿಂದ ಗಿಡಕ್ಕೆ ಲಗ್ಗೆ ಇಡುತ್ತಿರುವ ಚಿಟ್ಟೆ,
ಆ ಹಸಿರು ದೇವತೆಗೆ ಸೊಬಗೇರಿಸುತ್ತಿರುವ ನವಿಲಿನ ಮೈಬಣ್ಣ,
ಯಾರನ್ನೋ ಕರೆದಂತೆ ಇಂಪಾಗಿ ಹಾಡುವ ಕೋಗಿಲೆ,
ಓ, ಸೃಷ್ಟಿಕರ್ತ ನನ್ನನ್ನು ಸೇರಿಸಿಬಿಡು ಅವರ ಸಾಲಿಗೆ!

ಎಲೆಗೆ ಮುತ್ತಿಡುತ್ತಿರುವ ಮಳೆ ಹನಿ
ಗುಡುಗಿನ ಗದ್ದದಿತ ಶಬ್ದ,
ಮೈ ನಡುಗಿಸುವ ಸಿಡಿಲಿನ ಆರ್ಭಟ,
ಮನೆಯ ಹಂಚಿನಿಂದ ಜಾರಿ ನೂಲನಂತೆ ಇಳಿದು
ಭೂಮಿಗೆ ಜಳಕ ಮಾಡಿಸುತ್ತಿರುವ ಜೋರಾದ ಮಳೆ,
ಇದರೆಲ್ಲದರ ಅಂದ ವರ್ಣಿಸಲು ಸಾಲುತಿಲ್ಲ ನನ್ನ ಈ ಹಾಳೆ!

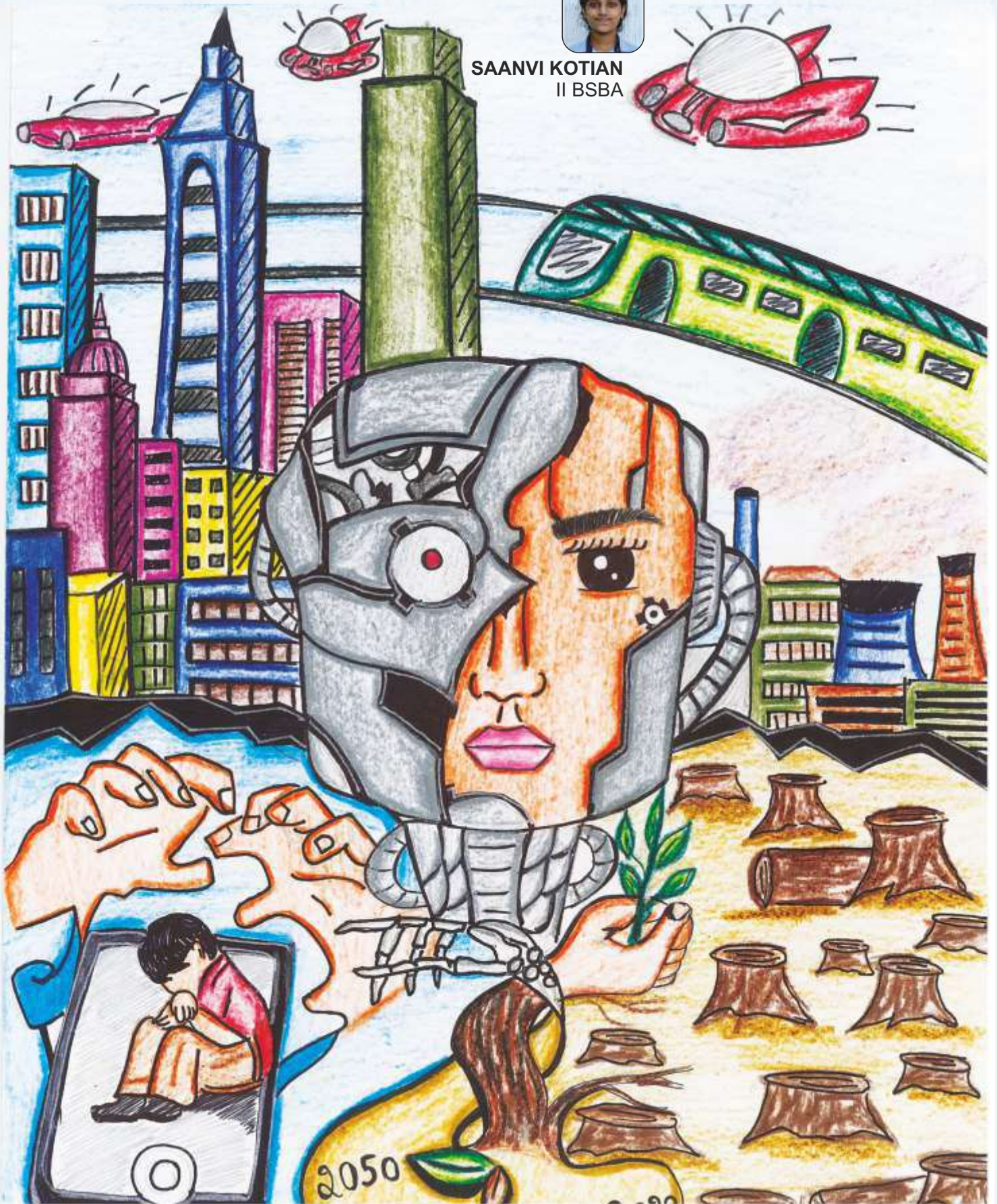




Aditi Bhat
II PCMB



SAANVI KOTIAN
II BSBA



अभिनवन

हिन्दी



विभाग

नारीत्व का गर्व

नारी होना क्या गलत है?
डर-डर कर जीना क्यों पड़ता है?
हर घड़ी, हर लम्हा, दर्द से जीना,
हर पल कहीं न कहीं कोई मरता है।

मैं अबला नहीं, नारी नहीं
अप्सरा हूँ...?
या किसी की कठपुतली या
कचरा हूँ...?

इतना जुल्म कोई कैसे झेल सकता है?
नारी शक्ति में इतना बल है?
हम न्याय की राह पर चलते रहेंगे,
हमारे लिए न कोई आज न कल है।

नारी होना गर्व की बात है।
हम सब अलग नहीं, एक साथ हैं।
बुराई के खिलाफ रखकर हाथों पर हाथ हैं,
न्याय के लिए लड़ेंगे चाहे दिन हो या रात में।
हम अँधेरों का सामना करेंगे

जैसे हम तपती धूप हैं,
क्योंकि हम सिर्फ मनुष्य नहीं
समस्त ब्रह्माण्ड की
देवी का स्वरूप हैं।

न्याय पाकर, अपनी जीत
हासिल करके दिखाएँगे
हम किसी से कम नहीं
अपनी सफलता से जताएँगे।



अनन्या आर एन
द्वितीय बी ई बी ए



माता-पिता

"मेरी दुनिया में इतनी जो शोहरत है,
सिर्फ और सिर्फ
मेरे माता-पिता की ही बदौलत है।"

हमें इस संसार में लाने वाले तथा जीवन में हर परिस्थिति में हमारा साथ देने वाले माता-पिता हमारे लिए भगवान हैं, जो हमें भगवान द्वारा उपहार के रूप में प्राप्त हैं।

हमारे जीवन में माता-पिता का स्थान सर्वोपरि माना गया है। माता-पिता जीवनभर अपने बच्चों को प्यार देते हैं, उन्हें बड़ा करते हैं, तथा उनकी हर सुविधा बन जाते हैं। माता-पिता पूजनीय हैं, जो हमें भगवान से भी बढ़कर सुख सुविधाएँ प्रदान करते हैं। माता-पिता बच्चों की खुशी के लिए किसी भी हद तक जा सकते हैं। अपनी हर खुशी का त्याग कर माता-पिता अपने बच्चों को खुशी देते हैं। बच्चे किसी भी आयु के हों चाहे बूढ़े हो जाएँ पर माता-पिता हमेशा उनकी फिकर करते रहते हैं। इस जीवन का सबसे पवित्र तथा जन्म सिद्ध रिश्ता माता पिता का ही होता है। पर कुछ बच्चे इस प्यार के रिश्ते को समझ नहीं पाते हैं। माता-पिता ही वे इन्सान होते हैं, जो सबसे ज़्यादा उम्मीदें रखते हैं। माता-पिता बच्चे के पहले दोस्त होते हैं। माता-पिता ही हमें संस्कार देते हैं। इस संसार में सच्चाई से चलना सिखाते हैं।

माता-पिता अंतिम साँसों तक अपने बच्चों का ख्याल रखते हैं, इस पर हमारा भी फर्ज बनता है कि

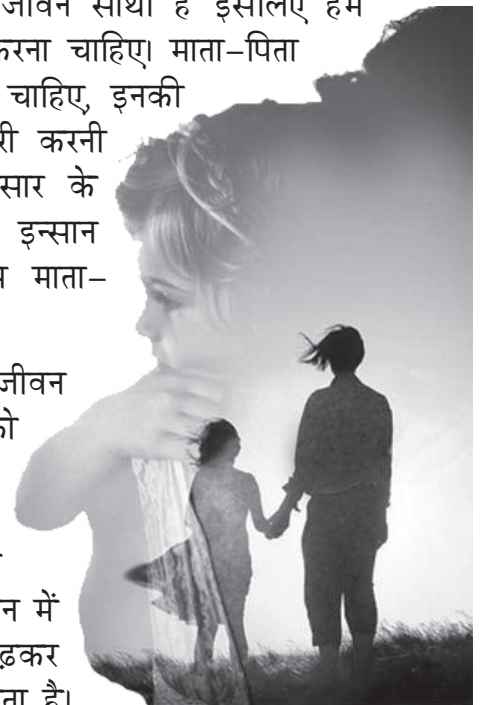
हम भी जीवन भर माता-पिता की सेवा करें तथा उन्हें सम्मान दें। इस जीवन में जन्मतः माता पिता ही हैं।

आधुनिक ज़माना कुछ अलग ही रवैया रखता है। भगवान से मिलने के लिए मंदिरों में जाते हैं, और घर में बैठे भगवान को वृद्धाश्रम में छोड़ देते हैं, जो उनके जीवन का सबसे बुरा कर्म होता है। माता-पिता ही हमारे सच्चे जीवन साथी हैं इसलिए हमें इनका सम्मान करना चाहिए। माता-पिता की सेवा करनी चाहिए, इनकी इच्छाओं को पूरी करनी चाहिए। इस संसार के हम भाग्यशाली इन्सान हैं, जिनके पास माता-पिता हैं।

मनुष्य के जीवन में माता-पिता को परमात्मा की संज्ञा दी गई है। हर इन्सान के लिए उसके जीवन में माता-पिता से बढ़कर कुछ भी नहीं होता है।



गौड़ा हर्षिता विश्वनाथ
द्वितीय पी सी एम सी 'डी'



बारिश

हर तरफ बारिश में क्या बौछार होती है,
खेतों और वृक्षों की यह तो दुलार होती है,
छाताओं पर तड़-तड़ की धारोधार होती है,
सागर में जलपोतों की भी ये भिगोती है।



अन्वेषा रॉय
प्रथम बी ई बी ए

रिश्ता

तुम मेरी राह मस्जिद में देखना,
मैं तुम्हारी राह मंदिर में देखूँगी।

तुम मेरे लिए नमाज़ पढ़ लेना,
मैं तुम्हारे लिए हाथ जोड़ दूँगी।

तुम मेरे लिए मस्जिद में नमाज़ पढ़ देना,
मैं तुम्हारे लिए मंदिर में नारियल चढ़ा दूँगी।

तुम इस रिश्ते को दुश्मनों से संभाले रखना,
मैं इस रिश्ते को प्यार से संभाल रखूँगी।

माना हम दोनों के रास्ते, शहर अलग-अलग हैं,
पर तुम मेरे और मैं तुम्हारे दिल में हमेशा रहूँगी।

माना हम दोनों के साथ में तस्वीरें थोड़े कम हैं,
पर हमारी यादों की रील उतनी ही लंबी रहेगी।

पता नहीं हम कब फिर मिल पाएँगे, पर,
उसकी साथी तो हर पल उसके साथ रहेगी।



गौड़ा हर्षिता विश्वनाथ
द्वितीय पी सी एम सी 'डी'



पर्यावरण

पशु-पक्षी, पेड़ और पौधे,
प्रकृति के हैं अनुपम उपहार
नहीं देते केवल जीवन ही हमको,
जीने की भी कला सिखाते,
फिर अपने जीवन को स्वयं हम,
क्यों विनाश की और अग्रसर कर,
अपने अस्तित्व को मिटा रहे हैं।
आखिर कब चेतेंगे हम ? तब
जब मिट जायेगा इस धरा से,
हम सबका अस्तित्व
और हम हो जायेंगे तब अस्तित्व विहीन।



अन्वेषा रॉय
प्रथम बी ई बी ए

कृतज्ञता

- पात्र: १) काव्या- एक युवा कवयित्री
२) संजय - काव्या का मित्र
३) गुरुजी - काव्या का गुरु

दृश्य १

(काव्या और संजय एक पेड़ के नीचे बैठे हैं और चर्चा कर रहे हैं।)

काव्या: यार, मुझे लगता है मेरी कविताएँ किसी को भी नहीं पसंद आ रही हैं। मैं बहुत निराश हूँ।

संजय: काव्या, तू चिंता मत कर। तेरी कविताएँ बहुत खूबसूरत हैं। तुझे केवल थोड़ा और प्रयास करना है।

काव्या: लेकिन मुझे लगता है कि मेरी कविताओं में कोई खास बात नहीं है। शायद मैं गलत दिशा में जा रही हूँ।

दृश्य २

(काव्या अपने गुरुजी से मिलने जाती है।)

काव्या: गुरुजी, मैं बहुत परेशान हूँ। मुझे लगता है कि मेरी कविताएँ किसी को भी नहीं पसंद आ रही हैं।

गुरुजी: काव्या, तू चिंता मत कर। कविता लिखने में अभ्यास और समर्पण की ज़रूरत होती है। तुझे अपने आप पर भरोसा करना होगा।

काव्या: लेकिन गुरुजी, कैसे करूँ मैं ऐसा? मेरी कविताएँ इतनी खराब हैं।

गुरुजी: काव्या, तू अपने आप को कमज़ोर मत समझ। तेरी कविताएँ बहुत खूबसूरत हैं, लेकिन तुझे उन्हें और बेहतर बनाने की ज़रूरत है। कवयित्री होना आसान नहीं है, लेकिन तू ज़रूर एक महान कवयित्री बनकर उभरेगी।

काव्या: धन्यवाद गुरुजी, आपने मेरा भरोसा जगा दिया है। मैं और मेहनत करूँगी।



अंबिका
द्वितीय पी सी एम ई



निज़ा फातिमा
द्वितीय पी सी एम ई

दृश्य ३

(काव्या अपने मित्र संजय से मिलती है और उसे अपनी नई कविता सुनाती है।)

काव्या: संजय, सुनो, मैंने एक नई कविता लिखी है। क्या तुझे यह पसंद आएगी? (कविता सुनाती है।)

संजय: (कविता सुनकर) वाह काव्या! यह तो बहुत ही सुंदर कविता लिखी है तूने। तेरी कविता में इतनी गहराई और भावना है। यह सुनकर तो सभी तेरी तारीफ़ करेंगे।

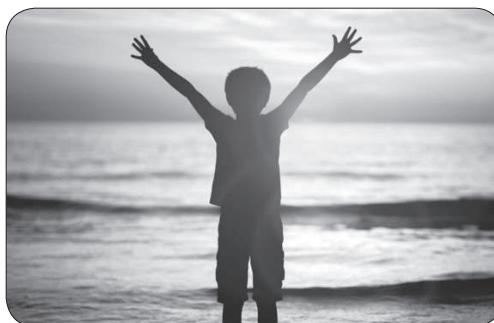
काव्या: तुझे सच में पसंद आई ? मुझे लगा कि तू भी मेरी कविताओं को समझ नहीं पाएगा।

संजय: काव्या, तू अपने आप को कम मत समझ। तेरी कविताओं में एक अलग ही जादू है। तू एक महान कवयित्री बनेगी, मुझे यकीन है।

काव्या: धन्यवाद यार। तेरा यह विश्वास मुझे और मेहनत करने के लिए प्रेरित करेगा।

संजय: हमें अपने आप पर विश्वास करना चाहिए और अपनी क्षमताओं पर भरोसा करना चाहिए। गुरु और मित्र का सहयोग और प्रोत्साहन कितना महत्वपूर्ण होता है, देखा न ?

काव्या: हाँ यार, मैं गुरुजी और तुम्हारी सदा आभारी रहूँगी। थैंक यू सो मच !



कभी-कभी

कभी सड़क पार हाथ पकड़कर करते थे
आज हम अकेले पार करने लगे।
जो आती हुई गाड़ियाँ डराती थीं।
आज हम उसे रोककर चलते हैं।

कभी तुम्हारे हाथ से खाते थे।
आज हम खुद खाने लगे।
कभी हम आपके बच्चे थे;
आज हम दुनिया के होने लगे।



ध्रुवि एन करकेरा
द्वितीय एच ई पी पी

कभी-कभी देखी जगह, आज परिचित होने लगे।
कभी हाथ पकड़कर चलते थे, आज हाथ छोड़कर चलना सीख गए।
कभी कोई खोई हुई चीज़ ढूँढ़ते थे,
आज हम खुद को दुनिया में ढूँढ़ने लगे।
हाँ, हम बड़े हो गए; पर आपके लिए तो बच्चे हैं।

कभी हम आपके बच्चे थे,
आज हम दुनिया के होने लगे।

प्रमुख लोकोक्तियाँ

1. अंधों में काना राजा
2. अब पछताए होत क्या जब चिड़िया चुग गई खेत
3. उलटा चोर कोतवाल को डाँटे
4. एक अनार सौ बीमार
5. काला अक्षर भैंस बराबर
6. घर का भेदी लंका ढाए
7. जिसकी लाठी उसकी भैंस
8. दूध का दूध पानी का पानी
9. बाएँ हाथ का खेल
10. हाथ कंगन को आरसी क्या?

1. अयोग्य व्यक्तिओं में कम योग्य भी श्रेष्ठ बन जाते हैं।
2. समस्त भीम जाते पर पछताए से कोई लाभ नहीं।
3. गाली अपनी और तसरी को धमकाता।
4. बन्ने थोड़ी और चावनेवाले बड़ते।
5. अशिष्टता या निश्चय।
6. घर का भेदी लंका ढाए से बड़ा रोग है।
7. बलाबल एक छेक से नाबालब।
8. पूर्ण त्याग कर्मान।
9. सिंघास या आभास।
10. पक्ष्य के लिए गोला एक आकाशकण नहीं।

अर्थः

परीक्षा का तनाव

यह आखिरी पीरियड था। सभी घंटी बजने का इंतजार कर रहे थे। अचानक शिक्षिका ने कक्षा में प्रवेश किया।

छात्र: गुड आफ्टरनून मैम....

अध्यापिका: गुड आफ्टरनून । सब लोग बैठ जाओ। जैसा कि आप जानते हैं कि आपका टर्मिनल टेस्ट 1 सितंबर से है, लेकिन उस दिन शिक्षकों के लिए एक आउटरीच कार्यक्रम है जिसमें प्रत्येक शिक्षक को भाग लेना है।

एक छात्र: तो आप कह रहे हैं कि हमारी परीक्षाएँ स्थगित हो गई हैं?

सब छात्र: ओ.....

अध्यापिका: शांत रहो सभी । आपकी परीक्षाएँ स्थगित नहीं की गई हैं। आपकी परीक्षा 22 अगस्त से शुरू होगी।

अयान : इसे स्थगित भी किया जा सकता है ना।

अध्यापिका: ऐसा नहीं हो सकता। और आप जानते हैं कि बारिश की छुट्टियों के कारण हमने अपना पाठ पूरा नहीं किया है। चिंता मत करो बच्चों, अगर तुम पढ़ोगे तो परीक्षा आसान होगी।

घंटी बजती है। कक्षा तितर बितर हो गई।

राज: भाई, सच में? मैंने पढ़ाई शुरू भी नहीं की है और अभी पढ़ने को बहुत कुछ बचा है। मुझे नहीं पता कि मैं क्या करूँगा।

अमान: हाँ, लेकिन पाठ उतने कठिन नहीं हैं। इसलिए इतनी चिंता करने की ज़रूरत नहीं है।

अयान: तुम इसे आसानी से कह रहे हो क्योंकि तुम्हारी पढ़ाई हो गई है।

राज: वह टॉपर है इसीलिए।

अमान: चलो, बाया मेरे पापा मुझे लेने के लिए यहाँ आए हैं।



रुबा जैन

प्रथम पी सी एम सी 'डी'



सोहा फातिमा

प्रथम पी सी एम सी 'डी'

अयान और राज: बाय....

सब लोग अपने-अपने रास्ते चले गए।

राज के घर में -

राज बिस्तर पर लेटा हुआ मोबाइल देख रहा था। उसकी माँ कमरे में प्रवेश करती है।

राज की माँ: अरे.. हमारा राजा तो बिना किसी टेंशन के मोबाइल देख रहा है। भले ही उसकी परीक्षाएँ आ रही हों।

देखते हैं इस बार तुम्हें कितने अंक मिलेंगे। यदि तुम्हें कम अंक मिले तो मैं तुम्हें नहीं छोड़ूँगी।

राज: लेकिन माँ, मैं तुम्हें बताने वाला था।

राज की माँ: चुप रहो। अब अपना मोबाइल मुझे दो और किताबें खोलो।

कितने दिन बीत गए। 21 अगस्त है और कल परीक्षा है।

अयान: हाय भगवान। मुझे कुछ समझ नहीं आ रहा (रोते हुए)। मैं एक काम करता हूँ, मैं अमान को फोन करता हूँ।

अयान अमान को फोन करता है।

अमान: हाय । क्या हुआ ??

अयान: ओई, पढ़ाई हो गई ? अरे, रुको! मैं मूर्ख हूँ जो तुमसे इस तरह का सवाल पूछ रहा हूँ। बेशक तुमने पढ़ाई पूरी कर ली है।

अमान: नहीं यार, मैंने केवल एक बार ही रिविज़न किया है। मुझे दो बार और रिविज़न करना है।

अयान: रिविज़न? भाई मेरी तो पढ़ाई भी नहीं हुई। वह सब छोड़ो। क्या तुम मुझे कुछ विषय समझा सकते हो ? प्लीज़ ...

अमान: हाँ। ठीक है।

समझाने के बाद ।

अयान: भाई तुम्हारा बहुत बहुत धन्यवाद । तुम सबसे अच्छे हो।

अमान: अरे, मित्र किसलिए होते हैं? ठीक है, बाया। अगर मेरी माँ ने मुझे बातें करते हुए देख लिया तो मैं मर जाऊँगा।

अगले दिन स्कूल में। सभी छात्र घबराये हुए थे। वे किताबें लेकर इधर-उधर घूम रहे थे।

राज: हाय अयान। पढ़ाई पूरी हो गई ?

अयान: वू... तुम बहुत खुश लग रहे हो।

राज: भाई। सामाजिक शास्त्र इतना कठिन नहीं है।

अयान: सामाजिक ? आज हिन्दी का एग्जाम है।

राज: देखो, मैं मज़ाक के मूड में नहीं हूँ।

अयान: सच में यार । आज हिन्दी की परीक्षा है।

राज: चिल्ल... मुझे पता है। मैं सिर्फ तुम्हारी प्रतिक्रिया देखना चाहता था। लेकिन मैंने कुछ भी पढ़ा नहीं यार। मुझे कभी नहीं पता था कि हिन्दी इतनी कठिन होगी। (रोते हुए चेहरे के साथ)

अयान: हाँ, भाई। मैंने इसे बस एक बार पढ़ा है और जो भी मुझे पता है मैं लिखूँगा।

अमान: हाय ।

राज: देखो टॉपरा। क्या तुम परीक्षा का सामना करने के लिए तैयार हो?

अमान: यार मैंने कुछ नहीं पढ़ा है। मैं हर उत्तर भूल रहा हूँ।

अयान: मैं तुमसे एक प्रश्न पूछूँगा, ठीक है। 'निन्दा रस' पाठ के लेखक कौन है?

अमान: हरिशंकर परसाई। मैं तुम लोगों से एक सवाल पूछूँगा। निन्दा, निन्दा करने वालों के लिए क्या होती है?

अयान: ओह, हाँ। मुझे यह उत्तर पता है। रूको मैं, एक मिनट, रूको मुझे जवाब नहीं पता। (किताब से अपना सिर मारते हुए)

राज: उत्तर छोड़ो। मैं यह भी नहीं जानता कि प्रश्न किस पाठ से है।

अमान: प्रश्न 'निन्दा रस' पाठ से है और उत्तर टॉनिक है।

राज: मैं तो गया। मैं फेल हो जाऊँगा।

अयान: मैं भी ।

घंटी बजती है।

छात्रों को परीक्षा देने के लिए अपनी-अपनी कक्षा में जाने की घोषणा की गई। हर कोई घबराने लगे। वे सभी अपने परीक्षा हॉल के बाहर खड़े होकर अंतिम समय की पढ़ाई कर रहे थे।

शिक्षिका आती हैं।

शिक्षिका: अगर आप सभी 10 की गिनती से पहले अंदर नहीं आये तो आपको अपना पेपर 30 मिनट बाद मिलेगा ।

सभी ने अपनी किताबें अंदर रखीं और परीक्षा हॉल में प्रवेश किया।

अमान: चिंता मत करो, दोस्तों, बस खुद पर भरोसा रखो।

अयान और राज: ठीक है।

1 घंटा 30 मिनट बाद, सभी लोग अपनी कक्षाओं से बाहर आ गए।

राज: इसमें गया। इसमें गया। इसमें भी गया। इसमें तो जाना ही था (प्रश्नपत्र पकड़े हुए)। परीक्षा कैसी रही ?

अयान: बिंदास । अमान तुम उदास लग रहे हो। क्या हुआ?

अमान: मैं अपना एक अंक खो दूँगा।

अयान: भाई, बस एक अंक है। मेरे बारे में सोचो, मुझे लगता है कि मैं 9 अंक खो दूँगा।

राज: चौथे प्रश्न का उत्तर क्या है ?

अमान: रुकिया ।

अयान: तो मैं अपने 10 अंक खो दूँगा। ओह... नहीं मेरी माँ मुझे मार डालेगी।

अमान: अच्छा चलता हूँ। कल की परीक्षा के लिए

जाकर पढ़ते हैं ।

अयान: बाय।

राज: कल मिलते हैं।

"परीक्षा का स्ट्रेस सबको होता है, लेकिन मेहनत और विश्वास से सब कुछ संभाला जा सकता है। हर किसी को अपने प्रयास और समर्थन का महत्व समझना चाहिए"।

दोस्ती



साईसुधा आनंद
द्वितीय पी सी एम बी 'बी'

1. दोस्ती का रिश्ता बड़ा खास होता है,
बिना कहे हर दिल के पास होता है।
काँफी हो या समोसे की बात,
मज़ा तो दोस्तों के साथ होता है।
2. दोस्ती के किस्से बड़े कमाल होते हैं,
हँसी मज़ाक में कई सवाल होते हैं।
क्लास में टीचर चाहे कुछ भी कहे,
हमारी बातें हमेशा बेमिसाल होती हैं।
3. लेक्चर में बैठे, सपने सजाए,
नींद और बोरियत, दोनों आए ।
टीचर समझाएँ दिल से बात,
स्टूडेंट सोचे कब बजेगी छुट्टी की घंटी आज।
4. खामोशी से सीखो, तो ज्ञान गहराई में उतरेगा,
वरना ये वक्त, जैसे रेत मिट्टी से फिसलेगा ।
ये क्लासरूम तो एक बहाना है।
पर असली जिंदगी का सबक यही समझाता है।

बेटी बचाओ, बेटी पढ़ाओ

पात्र – रानी (बेटी), लक्ष्मी (माँ), रमेश (पिता), रामू काका (माली), पुलिस, हवलदार, सीनू (दोस्त), सुरेश (रमेश का दोस्त)

दृश्य १:

नरेटर—एक बंगले में लक्ष्मी, रमेश और पाँच साल की बेटी रहते थे। लक्ष्मी मॉडलिंग करती थी और रानी को ज़्यादा वक्त नहीं दे रही थी। रमेश भी बाहर देश में काम करते थे। रानी नौकर के हाथों से पली बड़ी है।

(सुबह के नौ बजे रानी उठके देखती है कि घर के सभी लौंग नीचे ज़मीन पर गिरे पड़े हैं।)

रानी— (अपने आप से) अब मैं क्या करूँ? सब लोग नीचे

ज़मीन पर क्यों सो रहे हैं? माँ उठो, सुधा माँ उठो मुझे भूख लग रही है।

(कुछ देर बाद पुलिस और रमेश आते हैं।)

पुलिस – लगता है यहाँ भी वह वायरस फैल गया है।

हवलदार – सर, यहाँ पर एक बच्ची बैठी हुई है।

पुलिस – (रमेश से) क्या यह तुम्हारी बेटी है?

रमेश— नहीं, यह मेरे दोस्त सुरेश की बेटी है। यहाँ पर छुट्टियाँ मनाने आई है।

पुलिस – (रानी से) बेटा, तुम्हारा घर कहाँ पर है?

रमेश – (रानी और पुलिस की बातों को दखल देने हुए) लंडन में।

पुलिस – (हवलदार से) इसको लंडन उसके पिता के पास भेजने का इंतज़ाम करो।



हीबा

द्वितीय पी सी एम सी 'डी'



दीया

द्वितीय पी सी एम सी 'डी'

दृश्य २:

(रानी लंडन सुरेश के पास पहुंच गई।)

सुरेश—तो तुम आखिर यहाँ पहुंच ही गई जाओ सीनू के कमरे में और वहाँ से बाहर मत निकलना। याद रहे कि तुम मेरी नज़रों से दूर ही रहोगे।



सीनू— आओ। (अपने कमरे में ले जाता है) अब से ये हम दोनों का कमरा है। क्या हुआ, तुम उदास लग रही हो। अपने घर की याद आ रही है क्या?

रानी—हाँ, याद तो बहुत आ रही है। पता नहीं पापा ने ऐसा क्यों कहा कि मैं उनकी बेटी नहीं हूँ। और यहाँ आप लोगों के पास क्यों भेजा यह भी पता नहीं बल्कि सुरेश चाचा मुझसे नफरत करते हैं, उसके बावजूद पापा ने मुझे यहाँ भेज दिया।

सीनू – अच्छा पापा तो माँ के गुज़रने के बाद अपना वक्त कमरे में ही गुज़ारते हैं। सिर्फ़ सुबह वे रामू काका से बात करते हैं, वह भी उस बगीचे के बारे में, जो 5 साल से बंद पड़ा हुआ है। रामू काका को भी उस बगीचे में जाने की इजाज़त नहीं देते सिर्फ़ उसके बारे में बातें करते हैं जो काका को भी पता नहीं कि क्या जवाब दें।

दृश्य ३:

(बगीचे में रामू काका बैठे हुए थे।)

रानी – रामू काका, क्या हम बगीचे में साथ में काम कर सकते हैं क्या?

रामू काका – नहीं बेटा, साहब तो मुझे ही काम करने नहीं देते। सिर्फ़ मुझे यहाँ बुलाकर सारा दिन यहाँ पर बिठाते थे।

सुरेश – है लड़की, तुम्हें मना किया था न यहाँ आने से फिर भी तुम यहाँ मुँह उठाके चली आई।

रानी – माफ़ करो चाचा, लेकिन मुझे यह सब करने का बहुत

शौक है। वहाँ पर क्या है? वाँव! झूला, पर यह क्या यहाँ पर फूल तो सारे सूखे पड़े हैं।

सुरेश – ये तुम्हारी चाची का बगीचा है उसके गुज़र जाने के बाद

इस बगीचे को सँभालने वाला कोई नहीं था।

रानी – कोई बात नहीं, मैं रामू काका के साथ यह बगीचा सँभाल लूँगी। अगर आपकी इजाज़त हो तो।

(सुरेश का दिल पिघल जाता है जब इतनी छोटी सी बच्ची कितने प्यार से बात करती है और वह कितनी सख्ती से पेश आ रहा था)

सुरेश – पता है बेटी, मुझे यहाँ आने की हिम्मत ही नहीं थी। इस बगीचे में आते ही तुम्हारी माँ की यादें ताज़ी हो जाती हैं और मैं फिर से अंदर से खोखला हो जाता हूँ।

रानी – माँ भी यहाँ आई है क्या?

सुरेश – नहीं, मैं तुम्हारी असली माँ की बात कर रहा हूँ।

रानी – असली माँ ?

सुरेश – तुम मेरी बेटी हो! मुझे पहले से ही बेटी नहीं चाहिए था मगर बेटा चाहिए था। तुम्हारे पैदा होते ही, माँ की मौत हो गई। मुझे लगता था कि यह सब लड़की पैदा होने से हुई है और मैंने तुम्हें अपने दोस्त रमेश के यहाँ भेज दी। उन्होंने मना किया था, यह कहकर कि बेटी बोझ होती है पर मैंने उसे 10 लाख दिए और वे मान गए।

रानी – मैं आप पर बोझ नहीं बनूँगी, पापा। मैं अपना काम खुद करूँगी।

सुरेश – आज मुझे बेटी होने की एहमियत समझ आ गई। अब मैं तुम्हें और तुम्हारे भाई सीनू को खूब पढ़ाऊँगा, और तुम दोनों को अपने पैरों पर खड़ा हुआ देखते मुझे बहुत ही गर्व होगा।

(उस दिन से सीनू, रानी और सुरेश ने एक साथ खुशी से अपनी ज़िंदगी बिताई)

जाँबाज़

समीरा एक हाई स्कूल में एक समर्पित अध्यापिका हैं, जहाँ वह पूरे जोश के साथ अपने छात्रों को ज्ञान और मूल्य प्रदान करती है। अपनी व्यावसायिक प्रतिबद्धताओं परे, वह जुड़वाँ बच्चों की एक विवाहिता माँ है। अपने काम और परिवार दोनों के प्रति उसका अटूट समर्पण उसे उसके समुदाय में एक उल्लेखनीय आदर्श बनाता है।

समीरा काम से घर लौटती हैं और अपने बच्चों का स्वागत करती है। उनके दिन के बारे में पूछती है। बच्चे खुशी से झूम उठते हैं यह जानकर कि आज शुक्रवार है, जिस दिन वे अपने पिता से बात कर सकते हैं। अपनी सैन्य पोस्टिंग के कारण उन्हें सप्ताह में केवल एक बार अपने परिवार से बात करने की अनुमति है। जब वह कॉल करने का प्रयास करती है तब कॉल नहीं लगता। जैसे ही वह दोबारा प्रयास करती है, उसे उसी परिणाम का सामना करना पड़ता है, उसके दिल में चिंता घर करने लगती है। जब उसके बच्चे पिताजी से बात करने के लिए कहते हैं, तो वह उनसे कहती है कि वह काम में व्यस्त हैं और बाद में कॉल करेंगे।

उसे देर रात को, समीरा को कॉल आता है। उसका पति सुचित कहता है कि आपातकालीन स्थिति है और युद्ध हो सकता है। उसकी साँसें उसके गले में अटक जाती है। उसके जीवन को खतरे में होने का विचार उसे आता लेकिन वह उसे शांत करता है कि वह ठीक होगा, पर उसकी चिंता करते हुए, वह उसकी बातों में सांत्वना पाती है, उसकी सुरक्षा की आशा रखती है। बेचैनी से भरा एक हफ्ता बीत जाता है जब समीरा को एक असामान्य थकान महसूस होती है। आज फिर शुक्रवार है वह अपने पति को फोन करने की कोशिश करती है, लेकिन फोन नहीं लगता। वह एक और प्रयास करती है, किसी भी नकारात्मक विचार पर ध्यान न देने



अलीशा रोड्रीगस
द्वितीय पी सी एम बी 'बी'



अलीन डिसोज़ा
द्वितीय पी सी एम बी 'बी'

का दृढ़ संकल्प करती है, और अपनी चिंताओं को दूर कर देती है। तीन दिन बाद मेजर मोहम्मद शराफ का फोन आता है, और उसके मन में डर की लहर आती है कि क्यों वे फोन कर रहे हैं।

मेजर उसको प्रणाम करता है लेकिन दिल दहला देने वाली खबर देने से पहले झिझकता है: उसका पति अब नहीं रहा, उसे युद्ध में गोली लग गई थी। समीरा को यकीन था कि यह कोई क्रूर शरारत होगी, हालांकि मेजर ने ज़ोर देकर कहा कि वे मज़ाक नहीं कर रहे, और उनके पति सचमुच नहीं रहे। उस पल में वह पूरी तरह से टूट जाती है और उन शब्दों को समझने में असमर्थ लगता है। जब वह इस विनाशकारी सत्य को स्वीकार करने के लिए संघर्ष कर रही थी, उसकी आँखों में आँसू आकर उसकी दृष्टि धुंधली हो जाती है। उसके मन में यादें उमड़कर आईं—उनके सपने, जिस तरह से उन्होंने मुश्किलों का सामना किया। यह सब उसे दिखता है।

भारी दिल लेकिन नई ताकत के साथ, समीरा अपने आँसू पोंछती है और अपने बच्चों की ओर देखती है और कसम खाती है कि वह निराशा में नहीं जिएगी बल्कि गर्व से जिएगी। वह यह कहेगी कि उनके पिता ने अपने देश के लिए अपनी जान की कुर्बानी दी थी और हमें उनपर गर्व होना चाहिए।

माँ और पागलपन

मुख्य पात्र:

लड़का = खाओस
 सोल = खाओस का दोस्त।
 माँ (महिला) = खाओस की माँ।
 (इनेन खोरा)

गौण पात्र

दुकानदार
 ग्राहक 'ए'
 ग्राहक 'बी'
 प्रयोगशाली वैज्ञानिक
 प्रतिध्वनि (माँ की आवाज़)

गुज़र गई माँ की खोज में एक लड़का अपना सबकुछ बलिदान करके उसे क्या मिलता है? देखते हैं।

जून की नम और ठंडी शाम को, वेनिस में एक लड़का अपनी गहरी नींद से उठता है। भूख के कारण उसके नैन-नक्रश खराब हो गए थे और उसकी पोशाक भार्ड के सैनिक जैसी थी। अपनी दैनिक दिनचर्या के बाद वह अपने दैनिक मार्ग पर निकलता है, कड़कड़ाती ठंड से बचने के लिए उसके कंधों पर कौए के रंग का एक काला लबादा होता है।

(दुकानदार और ग्राहक धीमी आवाज़ में बोलते हुए।)

दुकानदार : देखो, वह जा रहा है, वही कपड़े, वही कमज़ोर शरीर। हमेशा की तरह उसी रास्ते से कहीं नहीं जा रहा है। उसके नाम की कोई उम्मीद नहीं।

ग्राहक ए: क्या आप उसके चेहरे पर चोट के निशान देखते हैं? वह बासी गंध जो उससे आती है। यह एक चमत्कार है कि वह इस अगले दिन तक बना देता है।

ग्राहक बी: पीछे हटों, जो कुछ भी उसे छूता है वह उसे दूषित कर देता है। कौन जानता है कि वह अपने साथ क्या लेकर चलता है?!



निशेल पिंटो
 द्वितीय पी सी एम बी 'सी'



नफीसतुल मिसरिया
 द्वितीय पी सी एम बी 'सी'

(बकबक करने और टिप्पणी करने का आदी लड़का अपने रास्ते पर उसी पोखर में कदम रखता है जिसमें वह हर दिन कदम रखता है।)

लड़का: (थोड़ी सी मुस्कान के साथ) यह सुबह किसी भी अन्य सुबह की तरह ही अच्छी है। मुझे जल्दी करनी चाहिए। वह आज मेरा इंतज़ार कर रहा है।

(तेज़ी से चलते हुए वह सबसे चमकीले पीले रंग की पोशाक पहने एक अजनबी के पास पहुँचता है जिसे उसने पहले कभी नहीं देखा था। एक अजनबी को वह बहुत अच्छी तरह से जानता था। सोल। वह हमेशा की तरह अपने पसंदीदा जैम बिस्कुट के, फूलों की एक टोकरी अपने साथ ले गई।)

सोल: (उसकी और मुस्कुराते हुए) अच्छा आपको भी सुप्रभात सरा। तुम्हें इतनी जल्दी क्या आती है? ऐसा लगता है जैसे आपको मुझसे ज़्यादा इसकी ज़रूरत है। (हँसते हुए वह उसे अपने जैम बिस्कुट में से एक सौंपती है।)

लड़का : ...

सोल: आप अभी भी मुझसे बात नहीं करते लेकिन ठीक है। बहुत सुन्दर दिन है ना? मुझे लगता है कि आप अपने सामान्य पथ की ओर बढ़ रहे हैं?

लड़का: (उसका चेहरा देखकर सहमति में सिर हिलाते हुए उसके हाथ से बिस्किट ले लेता है।)

सोल: (मुस्कराते हुए) ठीक है, मुझे तुम्हारी ज़रूरत है। मैं तुमसे बाद में फिर हमेशा की तरह मिलूँगी।

लड़का: (उसका हाथ पकड़कर उसे जाने से रोकता है। उसे वापस अपनी ओर खींचते हुए वह अपना सिर हिलाता है और बोलने के लिए अपना मुँह खोलता है।)

तुम्हें आज मेरे साथ अवश्य आना चाहिए।

सोल: (आश्चर्य में) आपने... आपने मुझसे बात की। आपने शब्दों का प्रयोग किया !! मुझे आपके साथ क्यों आना चाहिए ?? यह नहीं है—

सोरेन : सोल, जल्दी करो! हमें निकलना है।

लड़का: (उसके चेहरे को प्रशंसा के साथ देखता है, उसके मोटे होंठ और चेरी की तरह लाल चमकीले गाल, वही चेहरा और जिसे देखने के लिए जागने से उसे कोई आपत्ति नहीं होगी।)

सोल: मुझे... मुझे जाना है। मैं नहीं रुक सकती, मुझे अपनी कक्षा में भाग लेना होगा और मैं पीछे नहीं रह सकती। (चिंतित भाव से उसकी ओर देखती है।)

लड़का: (उसे घबराहट से देखता है) प्लीज़।

(सोल उसे घूरती है। वह उस लड़के को तब से जानती है जब वह बच्ची थी, वह लड़का जिसने कभी किसी से बात नहीं की थीं लेकिन उससे बात की थी।)

सोल: मैं आपके साथ आ सकती हूँ लेकिन कुछ घंटों के लिए और इससे पहले कि पापा मुझे देख लें, हमें अभी जल्दी करना होगा।

(वह अपने लबादे को उतारता है और उसे अपने पिता की आँखों से बचाने के लिए उसके कंधों पर रखता है, क्योंकि वह जंगल की ओर तेज़ी से चलाने से पहले धीरे से उसका हाथ पकड़ता है, वह अपने पूरे जीवन में यह सुनिश्चित करता है कि उनमें से किसी का भी ध्यान न जाए।)

सोल: धीरे करो। मैं इतनी जल्दी चल नहीं सकती। (रास्ते में... लकड़ियों पर ठोकर खाते हुए।) क्या हमें इतनी तेज़ी से चलना चाहिए?

लड़का: (रुकते हुए) इसकी यही माँग है।

सोल: (भ्रमित) क्या ?

(वह उसे उठाता है और अपनी जगह की ओर भागने लगता है।)

सोल: मुझे अपने पाँव पर चलने दो, मैं अपने आप ठीक हो जाऊँगी।

लड़का: आप बहुत धीमी गति से चलते हैं और हम जिस गति से चल रहे हैं उस गति से कभी नहीं पहुँच पाएँगे।

(हवा, उनके बालों के माध्यम से दौड़ती है क्योंकि पेड़ों के माध्यम से बढ़ती ऊर्जा उसकी नसों में प्रवाहित होने लगती है।)

सोल: चलना बंद करो। मैंने कहा रुको हम इस बिंदु से आगे नहीं जा सकते। रुको ! रुको !

(सोल घबरा जाती है क्योंकि वे जंगल के अधिक अंधेरे और छायादार क्षेत्र की ओर पहुँचते हैं। इसका निषिद्ध भाग। जैसे जैसे वे उनके पास से गुज़रते थे,

पेड़ मुड़ते और अपना आकार बदलते हुए प्रतीत होते थे। नीली रोशनी की चिंगारियाँ उन्हें ऐसे घेर रही थी जैसे लाखों तितलियाँ उनके चारों ओर उड़ रही हों।)

(वह तब तक चलता रहता है जब तक वह अपने लक्ष्य तक नहीं पहुँच जाता।)

(वह बडबड़ाता है।)

लड़का: जैसे चाँद को अपने सूरज की ज़रूरत होती है, वैसे ही रोशनी को अपने अंधेरे की ज़रूरत होती है। मृत्यु अमर है और वह उन सभी का स्वागत करेगा जो अधिक समय तक रौंद सकते हैं।

(बार बार बुदबुदाते हुए)।

(वे एक छोटी सी गुफा में पहुँचते हैं। प्रवेश करते समय उसे प्रतीकों की कई नक्काशी मिलती है जिसे वह समझ नहीं पाती हैं। वे और भी अंदर चले जाते हैं जहाँ वह उसे जमीन पर गिरा देता है।)

सोल: (दर्द से कराहते हुए) आप क्या कर रहे हैं?

लड़का: उसे शोर पसंद नहीं है। कृपया चुप रहें !

सोल: शोर किसे पसंद नहीं है ??

(वह गुफा की छत की ओर देखता है। एक काली छायादार आकृति वहाँ छुपी हुई प्रतीत होती है।)

सोल: वह भगवान के नाम में क्या है ??! आपकी आँखें काली हो रही हैं (लड़का पर डर के

मारे चिल्लाते हुए वहाँ नीचे बैठता है और एक अप्राकृतिक मुस्कान के साथ उसकी ओर सीढ़ियाँ चढ़ता है।)

लड़का: (वह मंत्रोच्चार करता है।

गुरु, हे गुरु मैं आपके लिए वह उपहार लाया हूँ जो आप चाहते हैं। माँस और खून इसके शरीर में बहते हैं। और उसकी आत्मा बेदाग है ।

सोल: मैं नहीं...

लड़का: मैं खाओस। वह लड़का हूँ जो कभी जीवित नहीं रहा । मैं तुम्हारी जैसी आत्मा की तलाश में कई जगह घूम चुका है लेकिन कोई फायदा नहीं हुआ। सालों साल मैंने अपनी पहचान छिपाई है लेकिन अब वह मुझे नहीं बुलाती। मेरी जन्मदात्री, मेरी माँ वह चिल्लाती है। खाओस, मेरे पास आओ बेटे लेकिन तुम..... तुम बड़ी बदतमीज़ लड़की हो । तुमने मुझे कई बार उस तक पहुँचने से रोका है और आज तुम अपना अंत देखोगी ।

सोल: खाओस, कृपया मुझे समझ नहीं आया। वह कौन? आप ऐसा क्यों कर रहे हैं?? (वह चिल्लाती है जब वह देखती है कि उसका शरीर मरोड़ रहा है और किसी अमानवीय चीज़ में बदल गया है। वह केवल इसलिए दौड़ने की कोशिश करती है ताकि उसके शरीर को लकवा न मार जाए। वह उसके करीब आता है और उसकी मुस्कान हमेशा की तरह उज्ज्वल होती है।)

सोल: कृपया मुझसे दूर रहें। मुझे घर जाने दो।

खाओस: (उसका चेहरा पकड़ता है) क्या सुंदरता है तुममें । सब नष्ट हो जाना है । मेरी प्रिय, मुझे खेद है लेकिन मेरी माँ मेरे लिए योजनाएँ बनाती हैं। तुम मेरे जीवन का एक ऐसा हिस्सा हो जिसकी कोई आवश्यकता नहीं है। (वह उसे करीब लाता है।)

(वह उसकी आँखों में देखता है। जैसे ही वह उसे करीब लाता है और चूमता है उनमें भय और मासूमियत की धारा बहने लगती है । मौत का चुम्बन। -जहाँ मौन छा जाता है और आत्मा मुक्त हो जाती है।)

महिला: खाओस, यह काफी है। यह तो गया है। यहाँ आओ मेरे बेटे और हम फिर से मिलेंगे ।

खाओस: (अपने शरीर को फर्श पर गिरा देता है और धीरे-धीरे अपनी माँ के पास जाता है। दीवार पर छाया।) माँ ।

महिला: अफसोस हम फिर से एक हो गए मेरे बेटे । उन्होंने हमें अलग करने की कोशिश की। हमें मारा लेकिन हम मज़बूत हैं। हम प्रबल हैं। आओ, माँ को गले लगाओ।

खाओस: (अपनी माँ को गले लगाता है।) माँ तुम मेरा गला घोट रही हो। (संघर्ष करते हुए छाया उसकी गर्दन के चारों ओर अपने हाथ कस कर लपेटती है।)

महिला: तुम्हें समझना चाहिए मेरे बेटे, मुझे जीवित रहने के लिए ऊर्जा की आवश्यकता है बहुत लंबे समय तक वश में रही हूँ। और मुझे डर है कि तुम्हीं मेरी मुक्ति का एकमात्र स्रोत हो।

खाओस: (चिल्लाते हुए) नहीं। नहीं ॥ तुम मेरे साथ ऐसा नहीं कर सकती। मैंने तुम्हारे लिए अनगिनत काम किये हैं। मैंने मार डाला है। मैंने बलिदान दिया है। तुम मेरे साथ ऐसा नहीं कर सकती।

महिला: मैं इनेन खोरा हूँ। कुछ भी नहीं और सब कुछ की माँ। तुम मेरी अवज्ञा नहीं करते, क्या तुम समझते हो? (क्रोध से) मैं लेती हूँ और देती हूँ। मैं दयालु हूँ। मैं सब देख रही हूँ और तुम्हारी माँ। मैं निर्माता और विध्वंसक हूँ। तुम मेरी बात मानोगे।

प्रयोगशाली वैज्ञानिक: (कमरे में भागता है और जो पाता है उसे देखकर भयभीत होकर चिल्लाता है) मुझे बैकअप इकाइयों की आवश्यकता है। तुरंत! कमरा नंबर 098! आई रिपीट! इमर्जेंसी !!! वहाँ खाओस छत से नकली पौधों की एक रस्सी उसके गले में लटका रहा है और उसके शरीर पर भी लिपटा हुआ है।

उसका पागलपन ही एकमात्र ऐसी चीज़ थी जो जीवन भर उसका साथ निभाती रही। उसके दोस्तों का खून दीवारों पर बिखरा हुआ था।

प्रतिध्वनि: मैं इनेन खोरा हूँ और मैं माँ हूँ।

(ज़ोर से हँसने की आवाज़)

समय अनमोल है।



एक दिन की बात है, मैं अपनी सहेली के साथ घूमने गई थी। जब हम जा रहे थे तब हमें एक समुद्र दिखा। जब हम नज़ारे का मज़ा उठा रहे थे तब मेरी सहेली ने एक कहानी सुनाई।

“एक लड़का था उसका नाम था – आकाश। वह हर रोज़ हमेशा देर से स्कूल आता था। सुबह घर पर भी वह देर से उठता था। बिल्कुल भी पढ़ाई करने या खेलने को नहीं जाता था। एक दिन जब वह स्कूल पहुँचा तब बहुत देर हो गई थी। उस दिन परीक्षा थी। देर से आने की वजह से वह परीक्षा दे नहीं पाया। उसे बहुत बुरा लगता है इसलिए वह रोते – रोते अपनी माँ के पास जाता है। जब वह सारा किस्सा माँ को बताता है तब उसकी माँ ने उससे कहा “अगर तुम सुबह जल्दी उठते तब तुम परीक्षा दे पाते। अगर तुमने परीक्षा भी दी होती तो तुम पास नहीं होते क्योंकि

तुमने अपना सारा समय मोबाइल देखकर खर्च किया। तुमने पढ़ाई की होती तो तुम आज जल्दी स्कूल भी चले जाते और अच्छे अंक से पास भी हो जाते।”

इस कहानी से हमें यह सीख मिलती है कि समय हमारे जीवन में बहुत मूल्यवान है। जैसे पानी वैसे समय। जो समय हमने दूसरे काम में बिगाड़ा है वह हम ठीक नहीं कर सकते। अभी जो भी हमें समय मिलता है उसे बहुत सोच समझकर खर्च करना चाहिए। हमें अपना काम उसी समय पर करना चाहिए ना कि अंत में पछताएँ। अंत में पछताने से अच्छा पहले ही समय पर हम अपना सारा काम करें।

कबीरदासजी कहते हैं – जो भी कल का काम है वह काम तभी करना चाहिए। हमें भविष्य में क्या होगा उसका पता भी नहीं होता। जो काम हम कल के लिए रखेंगे अगर उसी समय दूसरा काम याद आगया तो वह काम कर नहीं पाएँगे इसलिए हमें काम हो या पढ़ाई जो कुछ भी हो हर काम को समय पर ही करना चाहिए। जो भी समय बीत चुका है हमें फिर से वह समय प्राप्त नहीं होगा।

“आज का काम करो अभी, क्योंकि यह समय वापस नहीं मिलेगा। जब तुम काम अभी के अभी करोगे तो समय तुझे खुशियाँ दिलाएगा।”



वियोला रिशा फर्नांडिस
प्रथम बी एस बी ए

नारी शक्ति



कैरन सारा वास
प्रथम सी एस बी ए

हमें आज़ादी मिलकर ७८ साल हो गए हैं, लेकिन क्या नारी आज भी आज़ाद है? क्या हमारे समाज में नारी को सारे अधिकार मिलते हैं? सारे सवाल सदियों से हम सुनते आ रहे हैं। लेकिन नारी को आज तक अपना अधिकार नहीं मिला। तो आज मैं आपको एक कहानी बताती हूँ, जिस तरह से एक नारी ने अपनी आज़ादी के लिए आवाज़ उठाई थी और सारे लोगों में समानता का भाव उत्पन्न किया था।

एक गाँव में जहाँ नारी को कोई सम्मान नहीं दिया जाता था और पढ़ना लिखना मना था, उस गाँव में सीमा नामक एक लड़की का जन्म हुआ। वह बचपन से ही एक अध्यापिका बनना चाहती थी, लेकिन गाँव के लोग नारी को पढ़ना लिखना नहीं चाहिये, ऐसा कहकर नारी की पढ़ाई के खिलाफ थे। सीमा पढ़ना चाहती थी, इसलिए वह हमेशा स्कूल के कमरे के बाहर खड़ी होकर पाठ सुनती थी, वह आस-पास के लड़कों से किताब लेती थी और पढ़ती थी। जब वह दसवीं कक्षा में आई तब उसने दूसरे गाँव में जाकर परीक्षा लिखी, और कई दिनों के बाद अखबार में उसकी तसवीर आई। अखबार में लिखा था कि वह परीक्षा में पहले नंबर पर आई है। जब उसके गाँव वालों को इसके बारे में पता चला, तब उन लोगों ने उसे मारने का प्रयास किया, लेकिन वह बच निकली। सीमा दूसरे गाँव में चली गई और वह उसने अपनी



बाकी की पढ़ाई पूरी कर ली। उसने बी.ए, एम.ए और बी.एड की पढ़ाई करके, एक अध्यापिका बन गई और वह अपने गाँव वापस आकर गाँव में जितनी भी लड़कियाँ थीं, उन्हें वह पढ़ाने लगी। गाँव के पुरुषों ने इसका विरोध किया लेकिन वे लड़कियाँ डरी नहीं। वे लोग एक होकर अपने अधिकार के लिए लड़ने लगीं और सारे पुरुषों को यह जताया कि नारी चाहे तो कुछ भी कर सकती है, देश का सम्मान बढ़ा सकती है। अगर नारी अपने हक के लिये आवाज़ उठाएगी तो वह अपने सारे सपनों को पूरा कर सकती है। एक आवाज़, एक आत्म विश्वास सारे लोगों को चुप कर सकती है। सदियों से दहेज का रिवाज़ चलता आ रहा है, लेकिन नारी अपने हक के लिए इन सब के खिलाफ आवाज़ उठाती है तो हमारा समाज इस गंदी सोच से आज़ाद होजायेगा कि नारी समाज के लिए कलंक है। तो हमें इस सोच को बदलना चाहिए और नारी को सम्मान देना चाहिए। हर एक लड़की को पढ़ने की, अपने सारे सपने पूरे करने का हक है, तो आज हम यह प्रण लेते हैं कि हम नारी को उसका अधिकार देंगे, उसका सम्मान करेंगे। इस तरह से हम हर एक नारी को अपना सपना पूरा करते हुए देख सकते हैं, नारी को सम्मान देने से हम अपने समाज को अलग ही दृष्टिकोण दिखा सकते हैं। आइए साथ मिलकर आज़ादी मनाते हैं। हर एक नारी को सम्मान देते हैं।

समय का महत्व

समय ! समय ! समय ! हम लोग हमेशा सोचते हैं कि कारा चौबीस घंटे से भी ज्यादा समय होता... हमारे जीवन में एक सेकंड भी इतना महत्वपूर्ण है। खास करके हम बारह कक्षा वाले बच्चों को। जब मैं छोटी थी तब हमें स्कूल जाना एकदम सी पसंद नहीं था। नर्सरी से लेके सातवीं कक्षा तक समय का इतना महत्व हमें मालूम नहीं था। फिर लोकडौन ! पहले तो खुश हुआ कि-अरे स्कूल नहीं जाना है, ऑनलाइन परीक्षा है। मेरी तो आठवीं कक्षा पूरी घर में हुई। फिर नौवीं कक्षा से जब स्कूल जाना था तब थोड़ा तो बुरा लगा मगर एक पूरे साल न घूमो न नानी के घर जाओ, सिर्फ घर में खाओ, मोबाइल देखो, जो नोट्स भेजे थे उसे लिखो। उससे भी ज्यादा मम्मी-पापा की डाँट। नौवीं कक्षा तो खतम हुई। आप सोच रहे होंगे कि मैं समय के महत्व के लिए ये सारी बातें क्यों लिख रही हूँ? हाँ। जब मैं दसवीं कक्षा में थी, तब समय के असली महत्व के बारे में अहसास हुआ। दसवीं कक्षा मतलब कोई प्राइमरी जैसे नहीं। इतनी पढ़ाई, बोर्ड एक्साम के लिए तैयारी। तब एक-एक सेकेंड भी इतना महत्वपूर्ण था। ऐसे हमारे माँ-बाप और टीचर्स हमेशा बोलते थे। मगर हम एक पल के लिए तो ऐसे निर्णय करते हैं मानो कि हम पूरे संसार को बदलेंगे। पर घर जाने के बाद तो-आज क्यों कल से पढ़ना शुरू करती हूँ, वैसे एक दिन में क्या ही होने वाला है सोचकर चुपचाप बैठ जाते हैं। फिर जब एक्साम पास आता है तब हम होश में आते हैं। एक्साम की पिछली रात अगर चार घंटे भी बचा हो सोने जाने से पहले और इधर दो विषय पढ़ने हैं तो चार घंटे आठ



घंटे के समान लगते हैं। तब हमें ऐसा बुरा लगता है कि-काश ! मैंने इससे पहले पढ़ लिया होता। इतना जोश होता है कि रोज आधे-घंटो में नहा के आनेवाले सिर्फ दस मिनट में नहाके आते हैं। फैनल एक्साम के समय तो अगर एक सब्जेक्ट के लिए तीन दिन छुट्टी होती

तो वह भी हमें काफी नहीं होता। अगर यहाँ-वहाँ समय बर्बाद करके घर में बैठूँ तो मम्मी-पापा शुरू होते हैं-दसवीं कक्षा में हो तुम, बोर्ड एक्साम है मगर अभी तक सीरियस ही नहीं हो। पापा तो भाषण देने लगते हैं। तब तो सुनती हूँ मगर पाँच मिनट में फिर से भूल जाती हूँ। जब हमारी दसवीं खत्म होने वाली थी तब हम ऐसे सोचते थे कि काश एक-साल और हम एक-साथ होते। अब तो ग्यारहवीं

कक्षा पास होके बारहवीं में हूँ। जनवरी, फरवरी तो आराम से गया मगर मार्च से अगस्त कैसे आया और अगस्त में इक्कीस दिन कैसे खत्म हुए ये तो पता ही नहीं चला। मुझे तो, अभी भी बोर्ड एक्साम आने के लिए पूरे एक साल है ऐसा लग रहा है। अब तो 2025 आने के लिए चार महीने बचे हैं। मेरी नानी बोलती है कि तुम इतनी छोटी थी अब तुम बारहवीं में हो ! बच्चे कितनी जल्दी बड़े हो रहे हैं?

समय मुफ्त है मगर हम उसे खरीद नहीं सकते। बीता हुआ समय कभी वापस नहीं आयेगा। जो कल करना है वह आज करो और जो आज करना है वह अभी करो। क्या पता कब क्या हो जाए। जो समय का सही उपयोग करता है, वह हमेशा जीवन में सफल



युक्ता आर टी
द्वितीय पी सी एम सी 'डी'

होता है। जो समय को बर्बाद करता है वह कभी अपनी मंज़िल पर नहीं पहुँच सकता। हमें जीवन में बहाने बनाकर आलसी नहीं बनना चाहिए। कल कभी नहीं आता। जो भी करना है अभी करो। समय का सदुपयोग करके जीवन में एक बड़ा व्यक्ति बनो। समय कभी और किसी के लिए नहीं रुकता। हमें ही उसके पीछे भागना पड़ेगा। समय अत्यंत महत्वपूर्ण है और बेकार

काम के लिए कभी भी समय को बर्बाद नहीं करना चाहिए। और कुछ लोग बोलते हैं कि – ‘अपना टाईम आयेगा’। टाईम कभी नहीं आयेगा। हमें ही हर पल को अच्छे से इस्तेमाल करना होगा। हाँ सही समय आयेगा, हमें सब रखना होगा साथ ही कड़ी मेहनत भी करनी होगी।

नारी, तेरे कितने रूप !

देवी लक्ष्मी, सरस्वती और पार्वती का करते तो हैं हम दिल से सम्मान,
पर भाइयों एक बार करो विचार
कि उन्हीं के गुणों को आत्मसात किए हुए,
नारी का क्या रखते हैं हम मान?

सुंदर, सुशील और चंचलता से
मन बहलानेवाली नारी,
तो यह भी है जानती
कि कब रौद्र रूप लेकर,
पड़ना है उन दुष्टों पर भारी।

जो नारी करेगी खुद की दुनिया से रक्षा,
उस देश में, बरकरार रहेगी सुरक्षा
उठो, नारी का करो तुम आदर-सत्कार
नारी पर शोषण की गंदी सोच पर लगाओ तुम दीवार।

किसी ने यह सच कहा है कि,
जहाँ होता है नारी के प्रति प्यार और दुलार,

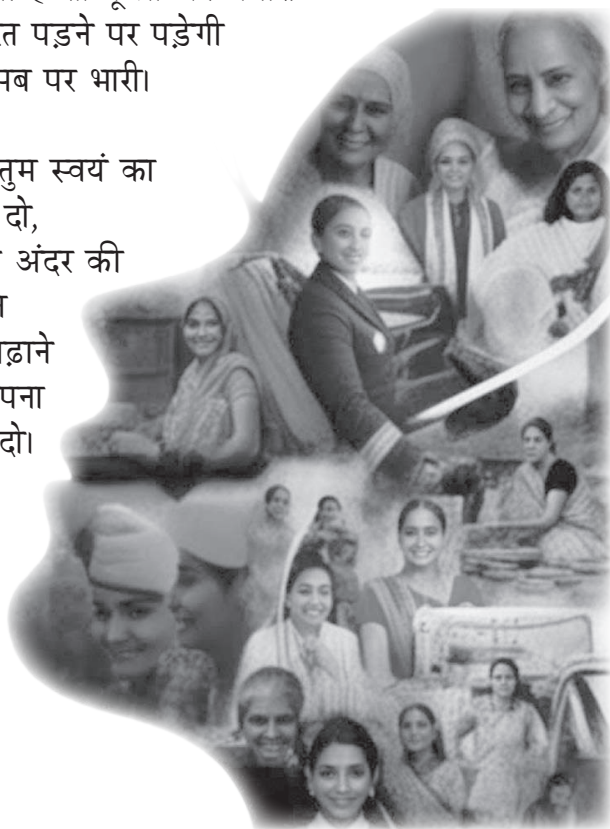
वहाँ स्वयं विराजेगी लक्ष्मी माँ
पर याद रखो कि जब,
नारी पर होगा प्रहार,
तब वही माँ दुर्गा बनकर,
करेगी उस असुर का संहार।

अतः नारी को मत समझो दुर्बल
क्योंकि वही नारी जो
दिखती है तो फूलों की क्यारी
ज़रूरत पड़ने पर पड़ेगी
वह सब पर भारी।

नारी तुम स्वयं का
साथ दो,
अपने अंदर की
शक्ति
को बढ़ाने
में अपना
हाथ दो।



पूर्वी प्रकाश
द्वितीय एस ई बी ए



कलम

कलम, एक अद्भुत, अनन्य, आविष्कार
कलम ही है मेरी पहचान
लेखक की जान है यह कलम
मेरे लिए है यह एक अस्त्र



नारी के लिए है यह एक शस्त्र
जो खाना, रसोई से मिली है छुटकारा
जिंदगी की राह पर रोके लिंग का भेदभाव या बँटवारा
उससे मिली है छुटकारा, नारी के लिए है यह एक
अस्त्र ।
कलम है पहचान, जो सब में है इसका योगदान ।

कलम एक अद्भुत आविष्कार है, मानव जीवन
में कलम का बहुत महत्व है । बड़े से बड़े कामों में
उपस्थित रहता है कलम। देश में कोई भी बदलाव हो
वहाँ कलम की आवश्यकता होती है। छात्रों के लिए
एक भाग्य लिखने का यंत्र है यह और शिक्षकों के लिए
है यह एक अस्त्र है बच्चों के भाग्य लिखने का। कलम
ने है सिखाया लिखना। रसोई से बाहर निकलने से नारी

डरती थी। आज
उसने लिखना
सीखा और आज
वह सबके समान
चलती है। नारी के जीवन में
कलम का महत्व अवर्णनीय
है। कलम, लेखकों के लिए
जान है जिसकी वजह से कई टूटे दिल को राहत
मिलती है। कलम को हर जगह उपयोग किया जाता
है। अपने प्राण की रक्षा के लिए भी उपयोग किया
जाता है। आधुनिक काल में कंप्यूटर का उपयोग होता
है लेकिन आज भी कलम का महत्व कम नहीं हुआ।
बड़े-बड़े देशों के बीच व्यवहार होते समय कलम का
पात्र मुख्य है। हस्ताक्षर करने के लिए कलम चाहिये।
जिंदगी में सबसे बड़ा अस्त्र है कलम असमानता को
हटाने के लिए।

'कलम है जान, कलम ले भी सकती है प्राण
यह अस्त्र है, जिंदगी है, शस्त्र है, पहचान है।



तृप्ति
द्वितीय बी ई बी ए

सबक

तीन दोस्त थे जिनका नाम है अनमोल, निशा और
बेला । घूमने के लिए वह पार्क जाने की बातें कर रहे
थे। इनमें से अनमोल और बेला जल्दी आते थे लेकिन
निशा एक घंटे बाद आती थी। तब एक दिन अनमोल,
निशा और बेला बाहर जाने की बातें करते-करते मंदिर
जाने की बातें कहने लगे। सब राजी हुई । लेकिन इनमें
अनमोल और बेला ने एक उपाय किया ताकि उसे सबक
सिखाए कि समय कितना कीमती है।

अगले दिन निशा पहले पहुँच गई और वह अनमोल
और बेला का इंतज़ार कर रही थी। समय देखते-देखते
और इंतज़ार करते-करते एक घंटा हो गया । बाद में
उसने कॉल भी किया लेकिन किसी ने फोन नहीं उठाया।
इंतज़ार करते-करते शाम हो गई। जब वह घर जाने के
लिए खड़ी हो गई तभी अनमोल और बेला आते हैं। निशा
गुस्से से उन दोनों को डाँटती है। लेकिन कुछ समय बाद

उसे भी पता चलता है कि
ये दोनों तो एक बार देर से
आए हैं लेकिन वह तो हर
रोज़ देर से आती है। तभी
वह अनमोल और बेला से
माफी माँगती है। अनमोल
माफ करते हुए कहती है
कि समय बहुत महत्वपूर्ण
होता है। हमें समय को
कभी बरबाद नहीं करना चाहिए और हमें कभी भी किसी
से बहुत समय तक इंतज़ार नहीं करवाना चाहिए।

समय बहुत कीमती चीज़ है और समय को कभी
बरबाद नहीं करना चाहिए। और हमें सिर्फ अपना नहीं,
दूसरों का भी समय बरबाद नहीं करना चाहिए क्योंकि
समय बहुत महत्वपूर्ण होता है।



अश्विता रोड्रीग्स
द्वितीय एस ई बी ए

पछतावा

पात्र: मोहन, मोहन की माँ, मोहन का बड़ा भाई रोहन

बहुत पहले की बात थी। एक लड़का था जिसका नाम था मोहन। मोहन काफी होशियार बच्चा था। लेकिन वह समय पर काम नहीं करता था। जब उसकी माँ उसे पढ़ने के लिए कहती थी, तो वह कहता था कि वह बाद में पढ़ेगा। जब परीक्षा का समय आता था, तो फिर वह डर जाता था। परीक्षा के समय उसने क्या किया, वह पढ़ाई क्यों नहीं करता था, वह कैसे पढ़ता था, उसकी माँ क्या कहती थी, चलिए, देखते हैं -

(घर का वातावरण) (दोपहर के तीन बजे मोहन विद्यालय से आता है।)

माँ: मोहन, तू घर आ गया?

मोहन: हाँ माँ, मैं घर आ गया। खाने में कुछ है क्या?

माँ: हाँ, मैंने दोसा बनाया है, आकर खा लो। खाने के बाद पढ़ाई जरूर करना।

मोहन: ठीक है माँ।

(खाना खाने के बाद मोहन टीवी देखने लगता है।) (शाम सात बजे)

माँ: मोहन बेटा, अब पढ़ाई करो।

मोहन: हाँ माँ, मैं थोड़ी देर में जाता हूँ। (क्रोध से देखते हुए अपने कमरे में जाता है।)

रोहन: अब बस भी करो माँ! आप कितनी देर से उसे पढ़ने जाने के लिए कह रही हो। उसे क्या पता नहीं है कि परसों उसके फैनल आ रहे हैं? आप उसकी फिकर मत करो। उसे तो उसकी खुद की फिकर नहीं है।

माँ: (मोहन के कमरे में आकर) देखो बेटा, मैं इसलिए कह रही हूँ क्योंकि तू अच्छा पढ़नेवाला बच्चा है, और अगर तू अच्छे अंक न लेगा तो तुझे ही अच्छा नहीं

लगेगा। और तुम्हारे पिता जी दिन-रात कमाई करते हैं, और तुम यहाँ आलसी बन रहे हो, पिताजी कितने दुखी हो जाएंगे।

मोहन : मैं तो पढ़ रहा हूँ ना माँ, अभी तुम्हें मुझसे और क्या चाहिए?

माँ: मुझे मालूम है कि तुम पढ़ रहे हो, लेकिन तुम एक विषय के लिए दो घंटे लेते हो।

मोहन: (गुस्से से) मुझे पता है मैं क्या पढ़ रहा हूँ, आप मुझे मत बताइए।

(माँ मोहन के कमरे से चली जाती है।

(फैनल्स के एक दिन पहली रात को)

मोहन: (रोते हुए) माँ मुझसे पढ़ा नहीं जा रहा। जितना भी पढ़ूँ, बहुत मुश्किल है।

माँ: अपने भाई के पास जाकर पूछो, वह तुम्हारी मदद करेगा। (मोहन अपने भाई रोहन के कमरे में जाके मदद माँगता है तो रोहन कहता है)

रोहन: इस वक्त मैं तुम्हारी मदद नहीं कर सकता क्योंकि तुम जो भी पढ़ रहे हो, वह सब

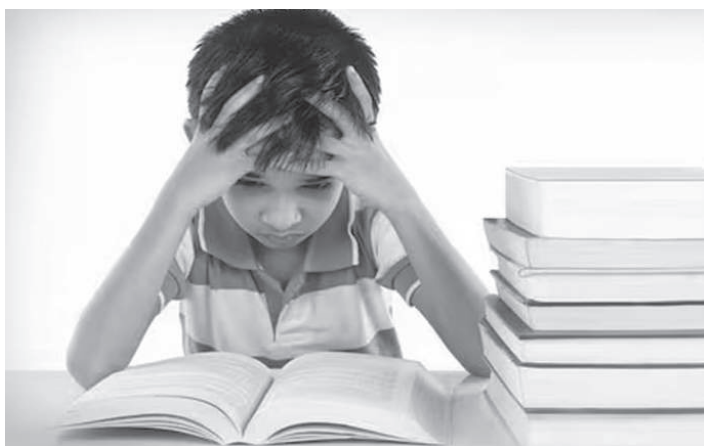
परीक्षा में आएगा कुछ भी छोड़ नहीं सकते।

परीक्षा के दिन, मोहन को जो कुछ आता था, वह सब लिख लिया, लेकिन उसे पचास में से सिर्फ पंद्रह अंक मिले।

उसे बहुत दुख हुआ और पछताने लगा कि उसने ऐसा क्यों किया। अब उसने दृढ़ निश्चय लिया कि वह अब कभी पढ़ाई में कोई बाधा न आने देगा।



अलीज़ा सुलताना
द्वितीय पी सी बी एच



स्वतंत्रता

नारी ही लक्ष्मी का दूसरा रूप है, पर ज़रूरत आने पर रणचंडी भी बन जाती है।

नारी, शब्द सुनकर ही प्यारा और अच्छा लगता है। हम आज एक ऐसे दौर में रहते हैं जहाँ नारी को कम समझा जाता है। वे लोग नारी को शिक्षित तो करते हैं पर उनको काम पर जाने नहीं देते। शायद उन लोगों को पता नहीं है कि देश की सारी नारियाँ जब एक साथ मिल जाएँ और अपने लिए आवाज़ उठाएँ तो कुछ भी कर सकती हैं। यहाँ पर मैंने उन लोग शब्द का इस्तमाल किया है जो लोग नारी को कम समझते हैं और उन्हें कुछ करने के लिए नहीं दिया जाता। हर घर में नारी तो होती है जो किसी की माँ, बहन, दादी, चाची, नानी होती हैं जिनके बिना घर का कोई काम नहीं हो सकता। फिर भी जो घर के पुरुष होते हैं वे उनका सम्मान नहीं करते, उनकी परवाह नहीं करते। उनकी हर दिन होनेवाली छोटी छोटी गलतियों पर उनका अपमान करते हैं। मैं ऐसा नहीं कह रही कि सारे पुरुष ऐसा करते हैं पर भारत में कई घरों में ऐसा देखने को मिलता है। तो आज मैं एक ऐसी कहानी बताने जा रही हूँ जो नारी शक्ति का अच्छा उदाहरण है।

एक बार की बात है जब मैं गुजरात के एक छोटे से गाँव सिद्धपुर में अपने दोस्त के साथ एक सर्वे करने गई थी। जब हम वहाँ पहुँचे तब तो सब सही लग रहा था। जैसे कि सब अपना अपना काम कर रहे थे। औरतें भी अपने पति, भाई, पापा के खेत में मदद कर रही थीं। हमें यह सब देखकर बहुत अच्छा लगा। हमने एक घर में चार-पाँच दिन रहने की व्यवस्था की पर असलियत में जैसा दिख रहा था वैसा नहीं था। हम अगले दिन घर-घर सर्वे के लिए गए। सर्वे करते वक्त तो सब ठीक ही था। पर हम जब घर के लिए लौट रहे थे तब पाँच छः औरतें आपस में बात कर रही थीं कि उनके पति बाहर सबके सामने अच्छा व्यवहार करते हैं पर घर की चारदीवारी में उन्हें बहुत मारते हैं, उनका अपमान करते हैं और उन्हें कम समझा जाता है। ऐसे सारी औरतें आपस में अपना दुख बाँट रही थीं और फिर थोड़ी देर बाद अपने अपने घर लौट जाती हैं। मैं और दोस्त इस पर तब कुछ नहीं कर पाए। हम जब अपने

घर जा रहे थे तब हमें एक भीड़ देखने को मिली और बहुत जोर से मारने पीटने और गिड़गिड़ाने की आवाज़ें भी आ रही थीं। हमें दूसरों से पता चला कि उस घर में एक औरत है जिस पर हर रोज़ अत्याचार होता रहता

बस इसलिए क्योंकि वह रोज़ किसी को बिना बोले गाँव के स्कूल में पढ़ने जाती है और घर वालों को जब पता चलता है तो उसे वे लोग बहुत मारते हैं। उसकी कम उम्र में ही शादी कर दी गई थी इसलिए अब उसके पति और सास उसे पढ़ने नहीं देते और सिर्फ उस से काम करवाते और उस पर अत्याचार करते रहते हैं। तब मुझे और दोस्त को बहुत बुरा लगता है, यह जानकर कि आज के समय में भी एक औरत दूसरी औरत की दुश्मन है। वह बेचारी लड़की इन सब बातों से से इतना थक चुकी थी कि यह सब नहीं सह सकती थी इसलिए वह एक दिन अपने गाँव की औरतों को इकट्ठा कर अपने हक के लिए लड़ने के लिए कहती हैं। उसे पता था कि गाँव के हर घर में स्त्रियों का अपमान होता है पर कोई आवाज़ नहीं उठाता है इसलिए वह इस बार अपने लिए और औरों के लिए आगे बढ़ी। हमने इस पर उस लड़की का साथ दिया। शुरु शुरु में तो किसी भी औरत ने हम तीनों का साथ नहीं दिया पर एक-दो दिन में जब हमने उन्हें समझाया तब उन सबने हमारा साथ दिया। शुरु-शुरु में हम सबको बहुत सी परेशानियों का सामना करना पड़ा, पुरुषों ने अपनी-अपनी औरतों को फिर से मारना शुरु किया पर हम औरतों ने हार न मानी और उन सबको पुलिस की धमकी दी और अगर उन्होंने हाथ उठाया तो कानून और कोर्ट ले जाने की धमकी दी। ऐसे उसके बाद से पुरुषों ने कभी हिम्मत न की कि वे औरतों पर हाथ उठाएँ। ऐसे अगर सारी स्त्रियाँ साथ मिल जाएँ तो अपने हक के लिए कुछ भी कर सकती हैं। इसलिए नारी को कम नहीं समझना चाहिए।

जो समझे नारी शक्ति को कम !

उसके सोच-विचार में न कोई दम !

नारी करे आज सब कुछ नर सम !



गौड़ा हर्षिता विश्वनाथ
द्वितीय पी सी एम सी 'डी'

मेरा देश

सदियों से घोषित
श्रेष्ठ व महान
मेरा यह देश है!

सांस्कृतिक रूप से
विभिन्न व पूर्ण
मेरा यह देश है!

सांप्रदायिक एकता से
धर्म व त्योहार मनाता
मेरा यह देश है!

अलग भाषाओं से
भाव सबके एक लिए
मेरा यह देश है!

पावन स्थलों से
कण-कण पावन बना
मेरा यह देश है!

असंख्य महापुरुषों संतों से
गर्वित व गौरवान्वित
मेरा यह देश है!

कला, ज्ञान, विज्ञान से
दर्शन, साहित्य के लिए विख्यात
मेरा यह देश है!

अनेकता में एकता से
अनुपम छवि बिखेरता
मेरा यह देश है!

नत-मस्तक से
समस्त विश्व भी उत्कृष्ट मानता
मेरा यह देश है!

प्राचीनता, वैभव से
सब देशों में शिरोमाणि
मेरा यह देश है!

मनस्वी, बलिदानियों से
वीरांगनाओं से भरपूर, संपन्न
मेरा यह देश है!

स्नेह और श्रद्धा से
सोने की चिड़िया
मेरा यह देश है!



डॉ. पी. वी. शोभा
हिन्दी विभागाध्यक्षा



TESTIMONIALS

Jeswita Dias, Healthcare Administrator, Canada



I had the privilege of studying PCMB science at St Agnes PU College, where the institution's values and unwavering support deeply influenced me. The nurturing environment and comprehensive education provided at St Agnes PU College was instrumental in shaping my academic and personal growth. This strong foundation inspired me to pursue Medical Laboratory Technology (MLT) at Fr Muller Medical College, where I graduated as a Rank student and received the Best Outgoing Graduate award. St Agnes PU College also played a crucial role in nurturing my passion for dance, offering numerous opportunities to refine my talents.

The encouragement and holistic education I received there enabled me to further my studies in Healthcare Administration at Conestoga College in Canada, where I successfully graduated. Today, I am happily employed in Canada, applying the skills and knowledge I gained from my educational journey. I am deeply grateful to St Agnes PU College for providing such an enriching experience and for playing a pivotal role in my development.

Tina DSouza, Lead, Cyber Issue Remediation at the Bank of Montreal (BMO)



St Agnes PU College has been a pivotal stepping stone in my academic and personal journey. The college's commitment to holistic education, combining academic excellence with character building, profoundly shaped who I am today. The values instilled during my time there—faith, vision, discipline, integrity, and a strong work ethic—continue to influence my professional life. The faculty at St Agnes provided a solid foundation in Commerce, encouraging critical thinking and curiosity. The vibrant opportunities offered at St Agnes were instrumental in shaping my personality and confidence, fostering growth both academically and in extracurricular activities. I was honored to be elected the Best Outgoing Student and served as Student President for the batch of 2006-2008. The discipline and dedication cultivated during my time at St. Agnes have been essential in navigating challenges and focusing on my goals. I am grateful for the strong foundation the college laid for my future success.

Dr. Vangmayee Hegde, Dentist Medical Claims Officer, Dubai



As I reflect on my time in St. Agnes, I'd like to share a memory that is forever etched in my heart. I remember reading the quote at the entrance to the building. It said "Bow your head and enter our temple of knowledge". Standing there, I knew St. Agnes was the place for me. It showed how the institution revered good education, humility and respect - qualities that are essential for a human being. As an NRI, moving to Mangalore was a huge transition for me but I was always thankful to my lecturers and principal for always being approachable and helpful. From the friendships formed in the hallways to the knowledge gained in the classrooms, St. Agnes has played a pivotal role in shaping me into the person I am today.

Thank you for being a beacon of light during my formative years and for preparing me for the journey ahead.

Merceeta Berna DSouza, Management Consultant, KPMG, Middle East



The two years I spent at St. Agnes PU College, Mangaluru, were truly transformative. Not only did I gain valuable academic knowledge, but I also developed life skills that continue to guide me today. The lecturers were more than just teachers; they were mentors whose dedication left a lasting impact on my life. Their approach to teaching went beyond the classroom, making every lesson personal and meaningful. Even now, when my batchmates and I reconnect, we fondly reminisce about the vibrant campus life and the strong sense of community we shared. St. Agnes PUC will always hold a special place in my heart for shaping who I am today.

Jennifer Tauro, Lead Business Analyst , Mresults Services Pvt Ltd, Mangalore



My heart is filled with immense pride and gratitude as to how those wonderful years flew by. I can never truly describe or express my deep gratitude, love, and appreciation for the commitment and excellence of St Agnes PUC, for helping me in my growth, moulding my life and shaping my destiny. Whatever I am today, I owe it to my lecturers. I am grateful that I had the right mentors at the right moment, in my growing-up years. They have imparted to me life's most valuable lessons. I was involved in many activities that helped me grow in knowledge, fitness, values and shaped me to be the person I am today. Every memory is so clear today in me that I really miss my alma mater and the wonderful time that I spent in St Agnes PU College.

Ruby Merlin Pinto , Working Student - PWC Master's student, Technical University of Munich, Germany



St Agnes PU College has played an important role in my life in nurturing me into the person I am today. Singing the anthem "God is our strength - let us commit our lives into His hands this day" brought about a sense of gratitude and humility for all that I would take part in, during the day. My time here has been extraordinary owing to my academic progress, my singing interests as well as the encouragement I have received from the Principal and Staff members at St Agnes PUC. I hold dear to my heart my extraordinary lecturers who helped me in progressing further in my studies and giving interpretations to all that was taught. As I moved on to pursue my bachelor's and eventually my master's in Germany, I felt ready for all the challenges that came my way. I can definitely vouch for the wonderful memories I made and the friends that I hold very close to my heart. I also keep in touch with my lecturers who have always pushed me to go ahead in life with strength and courage. I will always have the utmost respect for my Alma Mater and I will be ever grateful to St Agnes PU College for shaping me into the person that I am today!



Prapthi
II PCMB