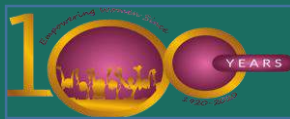




# AGNOBEAT

## e-Monthly Magazine



Issue: September 2019

Volume: 04

Editors : Sr Sannidhi, Mrs Preema Pereira, Mrs Edrina Sequeira

### Principal's Message

Teacher a powerful human instrument responsible for the transformation of the society, deserves our appreciation. Dedicated teachers at St Agnes are the precious, sparkling gems in the crown of St Agnes Pre-University College. As this month September provides us the occasion of appreciating, the contribution of the teachers, I am proud of my enthusiastic, loyal band who strive for the betterment of the college and accompany our students in their journey of life.

*Agnobeat* this month is a unique edition as it gives you the articles written by our scholarly staff in different dimensions. Enjoy reading and appreciate the service of our teachers. Let the bond between you and us be nurtured and strengthened.



### Dr Sarvapalli Radhakrishna

Dr. Sarvapalli Radhakrishnan was a staunch believer of education, and was the well-known diplomat, scholar, great philosopher and ideal teacher. Dr. Radhakrishnan, being the beacon in the field of education, in India, 'Teacher's Day' is celebrated on 5th September each year, as a mark of tribute to the contribution made by teachers to the society. It is the birth date of Dr. Sarvapalli Radhakrishnan.

He believed in freedom, democracy, accommodation, tolerance and the wisdom of our ancient saints and teachers. He added new dignity, dimension and brilliance to the high office of the President of India by his so deep and wide knowledge, wisdom and towering personality.

In his death we lost a towering personality that dominated the world scene for such a long time. Besides many other great things he was a teacher par excellence. His accomplishments and achievements in this capacity have been equally unique and wonderful. He was first and last a teacher, a guru.



Ms Anisha Priya Frank  
Department of Chemistry

## My Experience as a Senior Staff

I have been associated with this college for the past twenty six years and consider it a great privilege and honour to render my services here. Teaching has always been my passion and here I got the opportunity to shape, mould and guide students. I have always given my best and utmost priority to the college and students. Along with career building of students, involving with them in other activities, developed my sensitiveness on how to deal with them. I have grown both personally and professionally in this institution.

I have received a lot of encouragement and support from the various Principals I have worked under. My opinion and ideas regarding the welfare of the college has always been respected. The methodical functioning of the college holds it way apart from other institutions. Over the years I have been motivated to learn creative ways of teaching and use technology to sustain the wavering interests of the younger generation. The year of bifurcation from the degree college was a difficult one. I had to suddenly bear the onus of the department, of which I was one of the juniors.

With the co – operation of the other department members, the Physics Department was set up and raised to the position where it stands now. After the bifurcation, we the staff members have put in hard work to maintain the standard of the college and take it to greater heights. I meet my old students in different fields and some even join as colleagues. It is these fulfilling and proud moments that make me thankful in choosing this profession. These memories are etched in my mind with the indelible ink of time. I hope to serve with the same fervour and loyalty in the coming years.



Mrs Pragathi Alva  
Department of Physics

ಶಿಕ್ಷಕಿ ಹಾಂವ್ ಏಕ್ ಶಿಕ್ಷಕಿ  
ಆಸೊಂಕ್ ಜಾಯ್ ತಯಾರ್ ಸರ್ವಾಕಿ  
ಜಾವ್ನ್ ಏಕ್ ಉತ್ತಮ್ ಸಂಬಾಷಕಿ  
ಹಾಡಿಜಾಯ್ ಸಾಂಗಾತಾ ಹರ್ಯೆಕಾ ಭುರ್ಗ್ಯಾಕಿ

ಶಿಕ್ಷಾ ಕ್ಷೇತ್ರಾಂತ್ ಸಂಪಯ್ಲಿಂ ವರ್ಸಾಂ ಆಟ್  
ಶಿಕಯ್ಲೆಂ ಹಾಂವೆಂ ಅಂಗ್ಲಾಂ ಭಾಶೆಚೊ ಪಾಠ್  
ಬಳ್ವಂತ್ ಕೆಲೊ ಮ್ಹಜ್ಯಾ ಜ್ಞಾನಾಚೊ ಮಟ್ವೊ  
ಅಶೆತಾ ಅಖೇರ್ ಪರ್ಯಾಂತ್ ಕರುಂಕ್ ಮ್ಹಜ್ಯಾ ಜಿವಿತಾಚಿ ವಾಟ್

ಶಿಕಪ್ ದಿಲಾಂ ಸಬಾರ್ ವಿದ್ಯಾರ್ಥಿಂಕ್  
ಶಿಕಯ್ಲಾಂ ನ್ಹಯ್ ಬಗಾರ್ ಭರ್ಲೆಂ ತೆಂ ಪುಸ್ತಕ್  
ಫಾವೊ ಕೆಲಾಂ ಶಿಕಪ್ ಮೌಲ್ಯದಾಯೆಕ್  
ಅಶೆಂ ತಯಾರ್ ಕೆಲಾಂ ತಾಂಚಾ ಫುಡ್ಯಾ ಜೀವನಾಕ್

ಆಸಾ ಮ್ಹಜಾ ಜೀವಿತಾಂತ್ ತೃಪ್ತಿ  
ಹಾತಿಂ ಘೆವುನ್ ಹೊ ಅಪುರ್ಬಾಯೆಚೊ ವೃತ್ತಿ  
ಫಾವೊ ಕರುಂದಿ ದೇವ್ ವಿದ್ಯಾರ್ಥಿಂಕ್ ಸಂತೃಪ್ತಿ  
ಹಿಚ್ ಜಾವ್ನಾಸಾ ಅಶಾ ಮ್ಹಜಿ ವರ್ತಿ.



Mrs Jeshma Dsouza  
Department of English



# My Experience as a Teacher

Teaching is an interesting and interactive field and students being a varied group bring fresh perspectives and remarkable ways of seeing things. I've taught different age groups and students at different levels and of differing personalities and IQs. From teaching at the undergraduate level, then Pre-university and teaching verbal ability at various institutes for those aspiring to answer various competitive exams like CAT, MAT for admission to MBA courses, and banking exams, to content writing for a travel blog, to hosting my own cooking blog, I've indeed come a long way.

From students who respect you a lot, care deeply for you, to those witty repartees that enliven the classroom. Then there are those students who are mischievous and playful, others who are excruciatingly annoying, but still lovable. Once there was this very intelligent, but laid back girl who wouldn't bother to study English, but her grasp of the language and vocabulary was impressive. She would write creative answers which didn't pertain to the text book. I would then award her marks for her absolutely original, amusing and out of the box answers (wink wink).

Teachers often feel that they have all the answers, but teaching soon disabuses us of this fallacy. Teaching has not always been a one-way street though. I've learnt more than I've taught. From being incredibly nervous and a complete greenhorn during my first stint at an undergraduate college, I've now learned to chill (in teenage lingo). Of course, teaching English with all its complexities is intriguing and has kept me agog. The positive vibes and the energy level of the students keeps me energized. To be honest, I had never imagined I would become a teacher. It was never on my radar, but I'm glad I stumbled into this profession. Of course, it's not all been smooth sailing though.

It's been a rocky road with lots of high and lows, but I wouldn't want it any other way.



Mrs Arshiya Patel  
Department of English



# Parents as Teachers

Parents and teachers are the pillars of foundation upon which the future of a child takes shape. When a parent besides being the first educator of a child takes on the role of a professional teacher, it leads to strong communities, thriving families and children that are healthy and eager to learn. In this context, Parents as Teachers Program (PAT) has been a popular initiative in several schools especially at the kindergarten level.

The mission of this initiative is to empower, support and encourage parents as their child's first and most influential teacher in guiding them to realise their full potential. Children who are home schooled by parents can vouch for the fact that they are taught by the best possible teachers one could have.

As a child is familiar with parents more than anybody else, there is an element of comfort and closeness in them being teachers. Parents can be educators not only to their offspring but also to other children by volunteering regularly in school activities.

Not only does it reduce the burden on the existing teachers, but it also makes learning pleasurable in an atmosphere of comfort and ease. Keeping in mind the many advantages of the Parents as Teachers Program, this system could be made mandatory in all schools to make the holistic development of a child



Mrs Lovina Aranha  
Department of Commerce



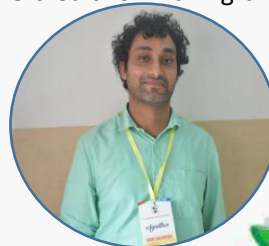


## *My Favourite Subject*

As a child, I grew up looking at the night sky and this led to my fascination with science in my pre-primary school. When no one answered my questions my science teacher did. And as I grew up science also involved and developed in me. The notion of science changed after my high school teacher asked me to stop learning by rote and mugging up. Life with science was a lot better ever since and thus started my deep and abiding interest in science.

In my high school days, I could fix my TV, Video game by soldering a wire. I thought electronics was all about this and I ended up taking electronics in my pre-university days. But then electronics was different from what I had thought as I continued with it. I wondered what my career would be and I got a call one day to do my six month project in the National Aerospace Lab.

I was fortunate to learn all three of my favourite subjects that is Physics, Electronics and Maths in my B.Sc, they became even better as they were taught to me by the best teachers. They sustained my interest in these subjects. I would always admire them for their unique methods of teaching. With Physics and Maths I got an opportunity to teach students from different parts of the state. In my opinion and based on my experience my teachers played a great role in bolstering my interest in all the subjects I chose and today I give them the credit for making these subjects my favourite.



Mr Ashwin Kumar  
Department of Electronics



## *My Experience at St Agnes PU College*

“A good teacher can inspire hope,  
ignite the imagination  
And instil a love of journey” – Brad Henry

After the graduation from the portals of St Agnes College with the motto ‘God is my strength’, the motivation of highly dedicated and experienced staff, took a young teenager to the success of being an admirable lecturer of what I am today.

Experience of teaching for the past 23 years in PUC is indeed rich and makes me feel proud. Specialized in Economics I got an excellent opportunity, to serve my alma mater, for these decades. When I first ventured into this prestigious St Agnes PU College, my very first class with a vast ocean of students in front of me, I realised my talents, intelligence, mastery over the subject, and gift of loud voice.

The journey of teaching began with small steps of patience and endurance. I do remember my first class experience, a group of 102 students. I was surprised to see the large number of students who followed me with these words “Mam your class was awesome with all the current economic facts”.

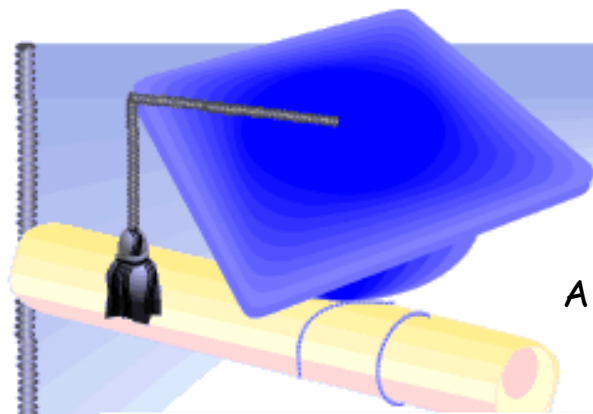
These encouraging words made me take an extra mile in my teaching career. I had the privilege of being the HOD of Humanities, and Convenor of many committees. I have the joy of securing 100 % results for 20 years, my joy had no limit when the former Principal Sr Linet congratulated the success on humanities day which was considered ‘Superb’ by all.

Words of encouragement, motivation by Sr Shamita, the Provincial Superior, and my Principal helped me to walk an extra mile in and outside the portals of St Agnes to participate in conferences and present papers. I am indebted to the management for giving me the wings to fly high and reach the top of success. Life at St Agnes PU College is indeed joyful, blessed and happy for me. I owe my gratitude to my Principal Sr Norine for her timely guidance in all my endeavours.

**Long live St Agnes PU College...**



Mrs Olivia Patrao  
Department of Humanities



## A Mother and A Teacher

Mrs Pramila Dsouza  
Department of English

It is no secret that being a parent and a teacher is a challenging job. But I'm sure everyone will agree that being a parent is the most rewarding job in the world and being a teacher is like being a parent to so many children. I have always considered my class as family where each one supports the other. Along with academics, I get to create many beautiful memories and help students to overcome different challenges. For me, being a teacher and a mother is my everyday inspiration. It is really worth it? Oh, definitely YES. Is it hard? Oh Yes, but totally worth it.

Many times I find it difficult to get some time to sit down and relax with a good novel. Watching a movie is out of the question, as it is normally aired only after 9 pm when I am totally exhausted and just waiting to fall asleep. There are days when I wake up exhausted, but I still wouldn't change a thing. Yes, being a mother, taking care of the household and being a teacher takes its toll but I feel working hard encourages my children and my students to do their best and makes them realize that they should never give up even when the going gets tough.

Being a teacher enables me to help my children and being a mother enables me to help my students. When I see the light of knowledge glowing in the eyes of my students after a well-taught lesson; the joy in the eyes of my children when I am there for them whenever they need me; the immense joy and satisfaction I experience are indescribable making me forget all my anxieties and problems. I feel satisfied with the knowledge that in my own little way, God has given me an opportunity to enrich lives, mould minds and make a difference in the lives of my students and my two beautiful children who are the light of my life.

### ***"STUDENT"***

"It is difficult for a student to pick a good teacher but it is more difficult for a teacher to pick a good student". The students play a major role in making modern and progressive India. A good student is the one who puts her heart and soul to the cause of education. A person who devotes herself to the pursuits of knowledge and learning. She is fulfilled with other eminent qualities which make her different from others. The one who is always ready to face all the challenges and will never quit.

An ideal student is a lover of learning. That doesn't mean she is a bookworm. She realises that healthy body creates healthy mind. She involves herself in all activities that helps in the development of her physical health. She may not make a bright academical career but may prove herself an ideal by view of her noble character.

A true student respects and honours her teachers. She knows that teacher is the one who opens the gate of glories. The more knowledge she gains, more humble and grateful she becomes towards the society. She restricts herself to her studies and task. Some of the traits that ideal student must possess are:

- S- Stronger to face the future
- T - Thriving academically, a winner
- U - Uplifting each other during hard times
- D - Discovering helping hearts
- E - Evolving is never over
- N - Noble character
- T- Thankful and expressing gratitude

An ideal student is a true patriot, a true model for other students.



Ms. Sumana Menezes  
Department of Chemistry



### *MY VIEWS ON MODERN EDUCATION...*

There was a time when students had a clear goal and vision and there were teachers to guide the students in the right direction. But things have changed. In the modern era, despite all the facilities, not many students learn things they ought to learn.

A number of students have various degrees today from well-known and recognised universities, yet they are not educated...! Perhaps a recent Whatsapp message that is in circulation is the best example... It goes like this: “Most of the civic workers are uneducated, who clean the city littered by the educated persons...!” It is said that the overall development of mind, body and soul is the real education. Education confronts numerous issues, some of them may be listed as problems and challenges demanding relevant responses. Education has to promote peace, non-violence, development and the students need to be guided for an adequate mind-set, positive outlook, to compete and usher in success.

But the modern education is confined to classrooms and the link with the nature is broken, as also the close relationship between the teacher and the student. Technology has made everything simpler. Though science has explored every aspect of life, education is not just a matter of teaching but more importantly a matter of reaching hearts of the students. The most effective way of updating knowledge and information is by personal determination. One of the ways is that the teachers should be inspired and motivated in such a way that they take personal interest to help in the overall development of the students. Unless the schools and institutes focus more on the development of an individual, the modern education will have little impact on any student. The goal of real education is to pass on knowledge and skills for benefit and use at a later time.... But the outdated and inadequately revised curriculum in place that is designed to teach for a world is taking students nowhere.

There is an old saying: “Give a man a fish, he eats for a day. Teach a man to fish, and he eats for a lifetime.” Unless the authorities concerned, realise this and take steps to implement the same, students may get degrees, but they may not be educated.



Dr Tressy Menezes  
Librarian



## AN ACROSTIC ON TEACHER

The Teachers' place in society is of vital importance. He acts as the pivot for the transmission of intellectual traditions and technical skills from generation to generation and helps to keep the lamp of civilization burning... - Dr S Radhakrishnan

Teaching has always been considered as one of the noblest profession by mankind, children are considered to be the future of any country. A child's mind is like clay. Just as clay can be given any desired shape, students can be moulded by their

**T** : Teaches students to make real life connections. After all, what is the use of writing a proof on analysing hamlet if students are unable to see how such exercises will benefit them in long run.

**E** : Engages students using differentiated instruction

**A** : Assesses fairly

**C** : Chooses challenging texts for students to read in order to promote literacy through the development of active reading strategies and help students to better understand the nuances of the content area lesson.

**H** : Has heart. A teacher is passionate about what he or she does. If you are not demonstrating enthusiasm for your job, you should reconsider your profession.

**E** : Encourages students to be responsible for their own education by creating classroom environment in which the students can be teachers, too

**R** : Reassures students, praises them appropriately when they demonstrate progress on insight, recognises their potential and assures them that they can reach that potential

**Guru Brahma guru Vishnu**

**Guru devo maheshwaraha**

This Indian prayer states that the teacher is Brahma. The creator, Vishnu, the protector and Maheshwar, the controller. He is the entire universe personified, salutations to him. The teacher is like a candle which ignites many other lights. It is such lights which protect the present world.

A poor student, Ambedkar, changed his name to that of his master's because of his love and respect for him.

A.P.J Abdul Kalam went and paid his respects to his guru at Ramashram, immediately after he assumed the lofty position of President of India.

We also fondly remember our Teachers some time or other in our daily liner. We also recollect the values, the personal and national character they had imbibed & inculcated in us..



Mrs Jyothi Pinto

Department of Humanities



## ಗುರುಕುಲ

ಕೃತಯುಗದಲ್ಲಿ ಧರ್ಮ ನಾಲ್ಕು ಕಾಲಿನಲ್ಲಿ ನಿಂತಿದ್ದು, ತ್ರೇತಾಯುಗದಿ ಮೂರು ಕಾಲಿನಲ್ಲಿ, ದ್ವಾಪರದಿ ಎರಡು ಕಾಲಿನಲ್ಲಿ ಹಾಗೆಯೇ ಕಲಿಯುಗದಲ್ಲಿ ಇದೀಗ ಧರ್ಮ ಒಂಟಿ ಕಾಲಿನಲ್ಲಿ ನಿಂತಿರಲು, ಉಳಿದ ಮೂರು ಕಾಲಿನ ಆಧಾರ ನೀಡಿ ವೈಕೃತ್ಯ ರೂಪಿಸುವ ಮೂಲಕ ಧರ್ಮಾತ್ಮರಾಗಿ ಬದುಕಿಗೆ ದಾರಿತೋರುವ ಚೇತನಾಮೂರ್ತಿಯೇ ಗುರು. ಈ ಪುಣ್ಯಮೂರ್ತಿ ಇರುವ ಗುಡಿಯಲ್ಲಿನ ಕಲಿಕೆಯೇ ಗುರುಕುಲ.

ಪ್ರಾಚೀನ ಭಾರತದಲ್ಲಿ ಬರವಣಿಗೆ ಇನ್ನೂ ಗೊತ್ತಿರದ ಹಾಗೂ ಪುಸ್ತಕ ಇಲ್ಲದ ಕಾಲದಲ್ಲಿ ವೇದಗಳಂತಹ ಪವಿತ್ರ ಸಾಹಿತ್ಯ ಹಾಗೂ ಅದರ ಸ್ವರೂಪವನ್ನು ಅರ್ಥೈಸಲು ಗುರುವಿನ ಅನುಗ್ರಹ ಅನಿವಾರ್ಯವಾಗಿತ್ತು. ಹಾಗಾಗಿಯೇ ಉಪನಯನ ವಿಧಿ ಪೂರೈಸಿ, ಗುರುವಿನ ಮನೆ ಸೇರುವಿಕೆಯನ್ನು ಛಾಂದೋಗ್ಯ ಉಪನಿಷತ್ತಿನಲ್ಲಿ 'ಆಚಾರ್ಯಕುಲವಾಸಿ' ಎಂದು ಗುರುತಿಸಲಾಗಿದೆ.

ಈ ಪದ್ಧತಿಯಲ್ಲಿ ವಯಸ್ಸಿಗನುಗುಣವಾಗಿ ವಾಸು, ರುದ್ರ, ಆದಿತ್ಯರೆಂದು ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ವರ್ಗೀಕರಿಸುವ ಪರಿಪಾಠವಿದ್ದು ಗುರುವೇ ಸರ್ವ ಶ್ರೇಷ್ಠನಾಗಿರುತ್ತಾನೆ. ಗುರು-ಶಿಷ್ಯ ಸಂಬಂಧಕ್ಕೂ ಇಲ್ಲಿ ವಿಶೇಷ ಮಹತ್ವವಿದೆ. ಸಕಲ ವಿದ್ಯೆಯನ್ನು ಪಡೆದು ಸುಜ್ಞಾನಿಯಾಗುವವರೆಗೂ ಶಿಷ್ಯ ಗುರುವಿನ ಮನೆಯಲ್ಲಿ ಸಕಲ ಕೆಲಸ ಕಾರ್ಯಗಳನ್ನು ಪೂರೈಸಿ ಗುರುವಿನ ಕೃಪೆಗೆ ಪಾತ್ರನಾಗಬೇಕು. ಹಾಗಾಗಿಯೇ 'ಗುರುವಿನ ಗುಲಾಮನಾಗುವ ತನಕ ದೊರೆಯದಣ್ಣ ಮುಕುತಿ' ಎಂಬಂತೆ ತಮ್ಮೊರನಲ್ಲೇ ಶ್ರೇಷ್ಠ ಗುರುಗಳಿದ್ದರೂ, ಅಂದಿನ ಕಾಲದಲ್ಲಿ ದೂರದೂರಿಗೆ ವಿದ್ಯಾರ್ಜನೆಗೆ ಕಳುಹಿಸುವ ಮೂಲಕ ತಮ್ಮ ಮಕ್ಕಳ ಸಿರಿವಂತಿಕೆಯ ಗರ್ವ, ಅಹಂಕಾರ, ಹಮ್ಮುಬಿಮ್ಮುಗಳನ್ನು ದೂರವಾಗಿಸಿ, ಭಾವಾತೀರೇಕ, ನಡೆನುಡಿಯ ಓರೆಕೋರೆ ಸರಿಹೋಗಿ ಗುರುಮುಖೇನ ಶುದ್ಧಾತ್ಮರಾಗಿ ಮನೆಗೆ ಮರಳುವುದೇ ಉದ್ದೇಶವಾಗಿತ್ತು.

ಹೀಗೆ ಶಿಕ್ಷಣವನ್ನು ಪರಿಣಾಮಕಾರಿಯಾಗಿಸಿ, ವೈಕೃತ್ಯ ನಿರೂಪಣೆಯ ಘನ ಜವಾಬ್ದಾರಿಯ ಹೊಣೆ ಹೊತ್ತಿರುವ ಗುರುಕುಲ ಪದ್ಧತಿಯ ಪುನರುಜ್ಜೀವನದ ಕಾರ್ಯ ಆಧುನಿಕ ಶಿಕ್ಷಣ ಪದ್ಧತಿಯಲ್ಲೂ ನಡೆದಿರುವುದು ಶ್ಲಾಘನೀಯ.



Mrs Shailaja  
Department of Kannada



# ನನ್ನ ಶಾಲೆ

ಮರುಕಳಿಸಿತು ಬಾಲ್ಯದ ಸವಿ ನೆನಪು  
ಮಾಸದು ಎಂದಿಗೂ ಅದರ ಹೊಳಪು  
ಬಾಲ್ಯದ ದಿನಗಳೆಂದರೆ ನನ್ನ ಶಾಲೆಯಾದ ಸೈಂಟ್ ಆಗ್ನೆಸ್ ನಲ್ಲಿ ಕಳೆದ  
ಬದುಕಿನ ಸುವರ್ಣ ದಿನಗಳು. “ಆಚಾರ್ಯ ದೇವೋಭವ” ಎಂಬ  
ಮಾತಿನಂತೆ, ಶಾಲೆಯ ಪ್ರತಿಯೋರ್ವ ಗುರುವಿನಲ್ಲೂ ಭಗವಂತನನ್ನೇ  
ಕಂಡಿದ್ದೇನೆ. ನನ್ನ ಶಾಲೆಯು ಬರೀ ಕಲಿಕೆಗೆ ಒತ್ತು ನೀಡದೆ ಅದರೊಂದಿಗೆ  
ಜೀವನದ ಮೌಲ್ಯಗಳಿಗೆ ಹೆಚ್ಚಿನ ಪ್ರಾಶಸ್ತ್ಯವನ್ನು ನೀಡಿತ್ತು.

ಇಲ್ಲಿ ಕಲಿತ ಅತೀ ಮುಖ್ಯವಾದ ಪಂಚಮೌಲ್ಯಗಳಲ್ಲಿ ಮೊತ್ತ  
ಮೊದಲನೆಯದಾಗಿ ದೇವರಲ್ಲಿ ಅಚಲವಾದ ನಂಬಿಕೆ ಈ ಮೌಲ್ಯವನ್ನು  
ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಲು ಶಾಲೆಯೊಂದಿಗೆ, ಮಹಾ ದೈವಭಕ್ತಿಯಾದ ನನ್ನ  
ತಾಯಿಯೂ ಕಾರಣಳು. ಶಾಲಾದಿನಗಳಂತೆ ಇಂದಿಗೂ ನನ್ನ ದಿನಚರಿಯು  
ಪ್ರಾರ್ಥನೆಯೊಂದಿಗೆ ಆರಂಭವಾಗಿ ಅದರೊಂದಿಗೇ ಮುಕ್ತಾಯಗೊಳ್ಳುವುದು.  
ಎರಡನೆಯದಾಗಿ ಪ್ರಾಮಾಣಿಕತೆ ಯಾವುದೇ ಕೆಲಸವನ್ನು ಅದು ಸಣ್ಣದಾಗಲಿ  
ಅಥವಾ ಅತೀ ದೊಡ್ಡ ಕಾರ್ಯವೇ ಆಗಿರಲಿ, ಅದನ್ನು ಅತ್ಯಂತ  
ಪ್ರಾಮಾಣಿಕವಾಗಿ ಮಾಡಿ ಮುಗಿಸುವುದು. ತಮ್ಮ ಕೆಲಸವನ್ನು ಶ್ರದ್ಧೆಯಿಂದ,  
ಪ್ರಾಮಾಣಿಕತೆಯಿಂದ ಮಾಡಿದಾಗ ಸಿಗುವ ಆತ್ಮತೃಪ್ತಿಯು  
ಇನ್ನಾವುದರಲ್ಲಿಯೂ ಸಿಗಲಾರದು.

ಇನ್ನುಳಿದ ಮೂರು ಮೌಲ್ಯಗಳು ಶಿಸ್ತು, ಸಮಯ ಪಾಲನೆ ಹಾಗೂ ಸ್ವಚ್ಛತೆ.  
ಪ್ರತಿಯೊಂದು ಕಾರ್ಯವನ್ನು ಪೂರ್ವ ಸಿದ್ಧತೆಯೊಂದಿಗೆ ಅಚ್ಚುಕಟ್ಟಾಗಿ  
ಸರಿಯಾದ ಸಮಯಕ್ಕೆ ಮಾಡುವುದನ್ನು ನನ್ನ ಗುರುಗಳಿಂದ ಇಲ್ಲಿನ  
ಭಗಿನಿಯರಿಂದ ಕಲಿತಿದ್ದೇನೆ. ನಾವು ಉಪಯೋಗಿಸುವ ಪ್ರತಿಯೊಂದು ಸ್ಥಳ,  
ವಸ್ತುಗಳನ್ನು ಸ್ವಚ್ಛವಾಗಿ, ಓರಣವಾಗಿ ಇರಿಸುವುದನ್ನೂ ಇವರಿಂದ  
ಕಲಿತಿದ್ದೇನೆ. ಅನೇಕ ಬಾರಿ ಮನೆಯ ಕೆಲಸ, ಕಾಲೇಜಿನ ಕಾರ್ಯಗಳ  
ಒತ್ತಡದಿಂದಾಗಿ ಈ ಮೂರೂ ಮೌಲ್ಯಗಳನ್ನು ಪಾಲಿಸುವಲ್ಲಿ  
ಸೋತಿರುವುದೂ ಇದೆ. ಆದರೆ ಬಾಲ್ಯದ ದಿನಗಳನ್ನು ನೆನಪಿಸಿ ಇವುಗಳನ್ನು  
ಮತ್ತೆ ನನ್ನ ದಿನಚರಿಯಲ್ಲಿ ಅಳವಡಿಸಲು ಅವಿರತವಾಗಿ  
ಪ್ರಯತ್ನಿಸುತ್ತಿದ್ದೇನೆ.

ನನ್ನ ಬದುಕಿನಲ್ಲಿ ಅತೀ ಹೆಚ್ಚು ಪ್ರಭಾವ ಬೀರಿದ, ವ್ಯಕ್ತಿತ್ವ ರೂಪಣೆಯಲ್ಲಿ  
ಮಹತ್ವದ ಪಾತ್ರ ವಹಿಸಿದ ನನ್ನ ಶಾಲೆ ಹಾಗೂ ಶಾಲೆಯ ಗುರುಗಳಿಗೆ,  
ಭಗಿನಿಯರಿಗೆ ನನ್ನ ಕೋಟಿ ನಮನಗಳು.



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# शिक्षक के लिए टिप्स

हम सब जानते हैं कि एक गुरु के बिना किसी भी लक्ष्य तक पहुँच पाना संभव नहीं है। गुरु ही आपको ज़िंदगी जीने का तरीका और उसमें आने वाली मुश्किलों से लड़ने के बारे में बताता है। यही वजह है कि सैकड़ों साल पहले की कई कहानियाँ ऐसी हैं जिसमें गुरु और शिष्य के रिश्ते को बड़ी ही खूबसूरती से बयाँ किया गया है। सबसे बड़ा उदाहरण एकलव्य का है जिसने अपने गुरु द्रोणाचार्य को अपना अंगूठा गुरु दक्षिणा के तौर पर दे दिया था। यही वजह है कि भगवान से पहले गुरु का नाम लिया जाता है। कबीरदास जी का कहना है कि –

**गुरु गोविन्द दोऊ खड़े , काके लागूँ पायँ ।**

**बलिहारी गुरु आपने , जिन गोविन्द दियो बताय ॥**

कबीर के सामने गुरु और भगवान दोनों खड़े हैं तो वे सोच रहे हैं कि किनके पैरों पर पहले गिर पड़ूँ। फिर वे निर्णय कर लेते हैं कि अपने गुरु के पैरों पर ही सबसे पहले अपना सब कुछ न्योछावर करेगा क्योंकि उन्होंने ही भगवान को पाने का मार्ग बताया है।

**समीपता कौशल** – शिक्षक को पाठ्य वस्तु की ओर आकर्षित कर स्व:अध्ययन के प्रति प्रेरित करना चाहिए।

**विद्यार्थियों का सहभागित्व** – सहभागिता को बनाये रखने के लिए सरल प्रश्नोत्तर करना , स्वयं सीखने में उनकी मदद करना चाहिए।

**विद्यार्थियों को साथ लेकर चलने का कौशल** – कक्षा-शिक्षण में विद्यार्थियों की व्यक्तिगत भिन्नताओं को ध्यान में रखकर सामूहिक शिक्षण कार्य करवाना चाहिए।

**–: शिक्षक को खुश रहने के लिए :-**

हम जीवन में जो भी करते हैं , खुशी पाने के लिए करते हैं, लेकिन खुश रहना काफी मुश्किल काम लगता है। हमें लगता है कि खुश रहने के लिए कुछ खास तरह के हालात होने चाहिए –

**खुद को महत्व देना** – हर एक शिक्षक को खुद को महत्व देना चाहिए।

**धन का सम्मान करें** – लोग कहते हैं कि धन से खुशी नहीं खरीदी जा सकती , लेकिन यह भी सच है कि धन के बगैर आम व्यक्ति खुश रह भी नहीं सकता। धन की अहमियत हमारे जीवन में बहुत ज्यादा है। कर्मचारियों को अच्छा वेतन , कर्मचारियों की हर एक काम के लिए प्रशंसा और पारितोषिक नियोक्ता देंगे तो हर एक शिक्षक खुशी से रहेंगे।

**कसरत करना है** – कसरत या खेल को महत्व देना चाहिए। यह आपके शरीर को स्वस्थ भी रखता है। खेल से खुशियाँ बटोरी जा सकती है। हर दिन योगा या व्यायाम करने से स्वस्थ बने रह सकते हैं।

**अपने राज़ को किसी से शेयर न करना** – चाणक्य कहते हैं कि- अगर आप अपने राज़ किसीको बताते हैं खुद के लिए मुसीबतों को निमंत्रण देंगे और आप अपनी खुशियों से भी दूर हो जायेंगे।

**रिलैक्स्ड रहें** – दिन भर में पचासों ऐसे कारण सामने आते हैं जिनसे खिज होती है, स्वस्थ रहने के लिए बेहतर है कि यह खिज आपके साथ क्षण भर ही रहे। तुरंत हर चीज़ पर नियंत्रण पाने की कोशिश करें।

**परिवार के साथ घूमने जाएँ** – वर्ष में दो या एक बार परिवार के साथ कहीं दूर किसी पवित्र स्थल , ऐतिहासिक स्थल , समुद्र किनारे , वृंदावन या शॉपिंग माल पर घूमने जाएँ। ऐसी जगह न जाएँ जहाँ जाकर आपको पछताना पड़े।



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## मेरी कल्याण यात्रा

मुझे पढ़ने और लिखने का बहुत शौक है इसलिये जब मुझे पता चला कि कल्याण ( महाराष्ट्र के ) के के एम अग्रवाल कालेज में दो दिन की कार्यशाला है तो मैंने सोचा कि क्यों न मैं भी इसमें भाग लूँ। विषय भी बड़ा रोचक था - ' भारत का क्षेत्रीय सिनेमा।' इसके लिये कई उपविषय भी दिये गए थे। मैंने भी अपना विषय चुना - ' विभिन्न भाषाओं में महत्वपूर्ण फ़िल्म निर्माता।' इसके लिए मैंने कई किताबों से जानकारी हासिल की। ये किताबें मुझे हमारे पुस्तकालय और संत एग्रेस कालेज के पुस्तकालय से मिलीं। यह कार्यशाला २० और २१ सितंबर २०१९ को थी।

मैं मंगलूर से १९ सितंबर को मत्स्यगंधा एक्सप्रेस से ठाणे की ओर निकल पड़ी। अगली सुबह मैं ठाणे स्टेशन पर उतरी और आधे घंटे के बाद मुंबई की लोकल ट्रेन से कल्याण स्टेशन की ओर निकल पड़ी। पहली बार कल्याण की ओर जा रही थी। स्टेशन पर उतरकर मैं होटल तक गई। मैंने होटल में पहले से ही बुकिंग कर ली थी। साढ़े नौ-दस बजे तक हमें कालेज पहुँचना था तो तैयार होकर पी एच डी करने वाली एक छात्रा के साथ आटो से कालेज पहुँची। वहाँ बिजली न होने के कारण चौथी मंज़िल तक सीढ़ियाँ चढ़कर पहुँचीं।

पंजीकरण करवाके हम नाश्ता पानी करके सभागार में पहुँचे। हम साढ़े दस बजे पहुँच तो गए लेकिन कार्यक्रम साढ़े बारह बजे आरंभ हुआ। कल्याण पहुँचने से पहले कार्यक्रम के संचालक डा मनीष मिश्रा जी ने कार्यक्रम की सूची भेजी थी जिसमें मुझे अपना प्रपत्र २१ सितंबर को पेश करना था। उद्घाटन समारोह के बाद हमें पता चला कि स्पिक-मके ( SPIC MACAY ) की तरफ़ से पं. विश्व मोहन भट्ट जी का संगीत कार्यक्रम रखा गया है। मैं खुशी से उछल पड़ी क्योंकि मैंने उन्हें केवल टी वी पर देखा था, आज उनसे रूबरू होने जा रही थी। भारत में ही नहीं, विश्वभर में उनकी ख्याति फैली हुई है। उनके संगीत ( वीणा वादन ) में मैंने एक दिव्य आनंद अनुभव किया। खैर, उस दिन की कार्यशाला शाम ६.३० बजे खत्म हुई।

अगले दिन करीब दस बजे कार्यशाला का पहला सत्र आरंभ हुआ। इसमें कई प्रतिभागियों ने अपने विषय प्रस्तुत किये। मुझे भी प्रस्तुत करने का सौभाग्य मिला। इससे पहले भी मैंने अपने कई प्रपत्र पेश किये थे पर यहाँ का अनुभव कुछ अलग ही था। अग्रवाल कालेज के सभी प्राध्यापकगण बड़े ही हँसमुख और काफ़ी मददगार थे।

दोपहर को भी एक सत्र था जिसमें कुछ लेखकों, प्राध्यापकों ने अपने विषय पेश किये। वहाँ कुछ फ़िल्मकार, गायक, पत्रिका के संपादक, देशभर से आए हुए विद्वान भी मौजूद थे। उन सबके सामने मैंने अपने आप को बहुत छोटा महसूस किया। दूसरे दिन भी कार्यक्रम करीब साढ़े छः बजे ही खत्म हुआ। वहीं पर हमें प्रमाण-पत्र भी दिए गए। उसी दिन रात की गाडी से मंगलूर वापस आना था इसलिए कल्याण से फ़िर ठाणे आई। ठाणे से मंगलूर एक्सप्रेस गाडी पकड़ी और बाईस सितंबर शाम को मंगलूर पहुँची।

अपने इन दो दिनों की यात्रा और कार्यशाला के अनुभव के लिये मैं अपनी प्राचार्या, उप प्राचार्या, मेरे सह अध्यापकगण एवं अपने दोस्तों की शुक्रगुज़ार हूँ कि उन्होंने मुझे इस काम के लिए प्रोत्साहित किया।



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