

We Aspire to Inspire



By College Union AROHA

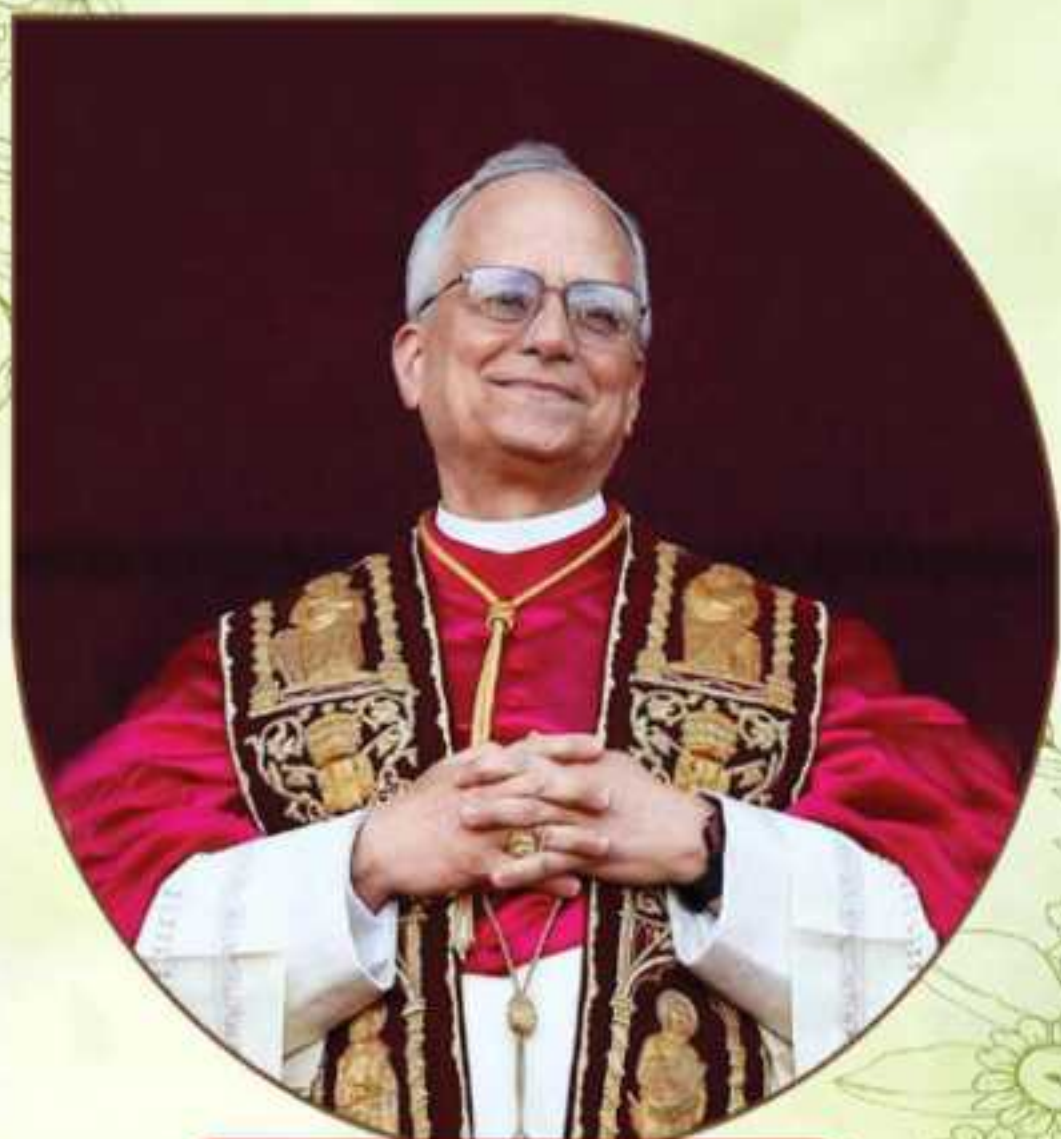
INICIO



MARIAN COLLEGE OF ARTS AND SCIENCE
MENAMBULAM, THIRUVANANTHAPURAM







His Holiness Pope Leo XIV

Founder



**Archbishop Emeritus His Grace
Most Rev. Dr. Soosa Pakiam M.**

Patron



His Grace Most Rev. Dr. Thomas J. Netto
Archbishop, Latin Archdiocese,
Thiruvananthapuram

Higher Education Director



**His Excellency Rt. Rev. Dr. Christudas R.
Auxiliary Bishop, Latin Archdiocese,
Thiruvananthapuram**



MESSAGE

I am happy to note that the Marian College of Arts and Science, Menamkulam, Thiruvananthapuram, is planning to bring out a magazine for the current academic year.

I hope that the magazine would provide an excellent opportunity through various genres of writing.

My best wishes.

A handwritten signature in black ink, appearing to read 'Pinarayi Vijayan'.

Pinarayi Vijayan

EMPOWERING MINDS, ENRICHING FUTURES



It is with great pleasure that I extend my warm greetings to Marian College of Arts & Science on the release of its College Magazine for 2024-25. Under the visionary leadership of the Latin Archdiocese of Thiruvananthapuram, the institution has consistently fostered academic excellence and holistic growth. This magazine reflects the creativity, intellect, and vibrant spirit of the student community. I applaud the efforts of all contributors and encourage students to keep striving for knowledge with passion and integrity. May Marian College continue to inspire future generations. Wishing the institution greater heights of success.

Warm Regards,

Dr. R Bindu



MESSAGE

With great joy and gratitude, I extend my blessings on the publication of the second edition of *Reminiscences*, the annual magazine of Marian Arts and Science College.

This magazine reflects the God-given creativity, imagination, and intellectual gifts of our students and staff. It offers a valuable platform to express their talents, nurtured through learning, reflection, and dedication.

Founded in 2016, Marian Arts and Science College is located in the eco-friendly Marian Educare campus at Menamkulam, Kuthakulam, in proximity to Technopark, VSSC, KINFRA Apparels, and Marian Engineering College—forming a vibrant academic environment.

More than an institution of higher learning, Marian is a meeting place of cultures, faiths, and traditions, upholding the dignity of every individual. Rooted in Christian values, the college embraces education as a sacred mission that unites minds and hearts in the pursuit of truth and service.

I sincerely commend all contributors—the writers, editorial team, and technical staff—for their dedication and excellence in bringing this magazine to life. May it inspire readers to become builders of a more compassionate and just world.

May God's love, peace, and grace continue to guide and bless you all.

Yours in Jesus and Mary,

+ Thomas J. Netto
Archbishop of Trivandrum



MESSAGE

"Let your light shine before others. Mt. 5:16"



It gives me immense joy to pen down a brief message to the College magazine as it is the mirror and reflection of the vibrant spirit, innovative ideas, human centric approach to education and values that define our Catholic Institution.

I am also happy to note that, rooted in the teachings of Jesus Christ, our College strives to nurture the minds and hearts of students, leading them towards a holistic journey that shapes their character and guide them to grow in faith and wisdom and remind them of the incredible potential that lies within each one of them.

I wish that this magazine reflects the heart and soul of our Catholic Academic Community and be adorned with creativity and insight. In a world often driven by competition and noise, let our college stand as a sanctuary where faith and knowledge walk hand in hand.

I congratulate the editor and the editorial team for their tireless effort, dedication and enthusiasm. May all who read it, find in its pages a blend of academic excellence, artistic expression and deep spiritual reflection which demonstrates the integral formation of young minds.

I wish all God's blessings upon each one of you.

Love and Prayers,



+ *Christudas R.*

† Christudas Rajappan
Auxiliary Bishop of Trivandrum



സന്ദേശം

വിദ്യാഭ്യാസ രംഗം അതിവേഗം മാറ്റത്തിന് വിധേയമായിക്കൊണ്ടിരിക്കുകയാണ്. വിദ്യാഭ്യാസം മൂന്ന് ആർ - റീഡിംഗ്, റൈറ്റിംഗ്, അറിഞ്ഞുകൊണ്ട് എന്നിവയിൽ നിന്ന് 'നിർമ്മിത ബുദ്ധിയിൽ' എത്തിനിൽക്കുമ്പോൾ മോകം വലിയ മാറ്റത്തിന് വിധേയമാവുകയാണ്. മോകത്തിൽ ഔദ്യോഗികമായ ഏതൊരു മാറ്റങ്ങളുമായാണോ ആന്തരിക വെളിച്ചവും ആത്മീയതയും ഇരുമുളകിൽ വികസനം ചിട്ടുകൊണ്ടും പോലെ ആയിരിക്കും എന്ന് ഇന്നത്തെ യുവസമൂഹമായ മോക സാഹചര്യം വെളിപ്പെടുത്തുന്നു. മോകത്തുണ്ടായ അതിവേഗ മാറ്റങ്ങൾ ഔദ്യോഗിക മാറ്റങ്ങളുടെ ഫലമാണ്. രാമായകളുടെ വികസനം, യുവജനസൗകര്യങ്ങളുടെ വളർച്ച, സമ്പത്തിന്റെയും മൂലധനത്തിന്റെയും നിക്ഷേപത്തിലൂടെ കൈമാറ്റം തുടങ്ങി. എന്നാൽ മനുഷ്യൻ ഏതൊരു വികസന രംഗത്ത് കൂതിപ്പുണ്ടാക്കിയതോ അതിലുപേറെ മുൻകരുതലാണ് നേരിടുന്നത്. നിമിഷങ്ങൾ കൊണ്ട് തകർന്നിടുന്ന ഇടങ്ങൾക്ക് ഇടപാടുകളാണ് വരുത്തൽ മുൻകരുതലും ഇതിലും ഉത്തരവുണ്ടായിരുന്നതായ മുൻകരുതലും പ്രകൃതി മുൻകരുതലും അതിന്റെ മനുഷ്യൻ ഭീഷണിയാക്കിക്കൊണ്ടിരിക്കുന്നു. കടമിന് മേലും സമൂഹസംസ്കാരസമ്പത്തിന്റെയും മനുഷ്യൻ നഷ്ടത്തിലൊണ്ടിരിക്കുന്ന അനിവാര്യതയായ ഇടപെടലുകളാണ് തീരദേശം, കടൽ ജലനിരപ്പിന്റെ ഉയർച്ച, കടലിന്റെ ഉഷ്ണസമീപിത മാറ്റം, ചൂഴ്ന്നിരുന്നെടുത്ത, സുനാമി തുടങ്ങിയ മുൻകരുതലും. മുൻകരുതലിൽ സാമ്പത്തിക രംഗത്തെ കൂതിപ്പ് തീവ്രവേഗത്തിൽ കീഴടക്കിയിട്ടുള്ള ഇടങ്ങൾ നിൽക്കുന്നു.

വിദ്യാഭ്യാസം സമസമയവുമായും പരികലിക്കുന്നു, പരിസ്ഥിതി സൗഹൃദ അന്തരീക്ഷങ്ങൾ സൃഷ്ടിക്കാനും, വിദ്യാർത്ഥി സമൂഹത്തിലും, വിദ്യാഭ്യാസ സാഹചര്യങ്ങളിലും ചുറ്റുപാടുമുള്ള സമൂഹങ്ങളിലും സമരസമയവുമായും സഹായകരമായും സൃഷ്ടിക്കാനും സൃഷ്ടിക്കാനും, അഭ്യസ്ഥവിദ്യാഭ്യാസം എന്ന് പറഞ്ഞാൽ, വേഗം അക്ഷരങ്ങളുടെ ഉപയോഗവും എന്നല്ല. മറിച്ച് നല്ല മനുഷ്യരായി ജീവിക്കാനും നല്ല തൊഴിലന്തരീക്ഷം വളർത്തിയെടുക്കാനും, പരസ്പരം സഹായങ്ങൾ ഉറപ്പിച്ചുവെക്കാനും സഹായകരമാണ്. മറിച്ച് ആർട്ടിസ്റ്റ് ആന്റ് സയൻസ് കോളേജ് 2025-ൽ പ്രസിദ്ധീകരിക്കുന്ന സുവർണ്ണ കോളേജ് മാഗസിനും അഭ്യർത്ഥക അനുഭവർത്ഥക കൂട്ടായ്മയും വിദ്യാർത്ഥി സമൂഹവും പങ്കുവെച്ചിരിക്കുന്നതായതിനാൽ നവസമൂഹത്തിന്റെ സാഹചര്യങ്ങളും. ഈ സുവർണ്ണിന്റെ പിന്നിൽ പ്രവർത്തിച്ച ഏവരെയും അഭിനന്ദിക്കുന്നു.



സീനേഹപൂർവ്വം,

 മോണി. യു.ജി.പി. പെരേര
 വികാരി അനന്തർ

Our New Principal



Prof. Dr. K. Y. Benedict

Our New Manager



Rev. Fr. M. Albert

It gives me great joy to pen these words for INICIO, a reflection of the vibrant life at Marian College of Arts & Science. As I begin my journey with this esteemed institution, I am inspired by the dedication of our students and staff, whose talents, values, and dreams shape a bright future.

Education here is not just about academics, but about forming compassionate, creative, and courageous individuals. Let this magazine stand as a reminder of the memories we've made and the milestones we aim for.

May it encourage each of you to continue striving for excellence, grounded in faith and service.

Together, let us build a community where learning and humanity flourish hand in hand.

Our Bursar

Message



It is with great joy and a sense of gratitude that I extend my warmest felicitation to Marian College of Arts and Science on the occasion of publishing of the college magazine 'INICIO'. As a Catholic institution rooted in the values of compassion, service and academic excellence, our mission has always been to uplift and empower the marginalised, particularly the vibrant and resilient communities along the coast of Thiruvananthapuram. We are proud to cater their hunger for quality education.

This magazine stands as a testament to the creativity, dedication and intellectual spirit flourishing within our campus. Each page reflects the heartbeat of our Marian family – committed to holistic development and social responsibility.

I acknowledge the editorial team, contributors, and all who worked tirelessly to bring this publication to life.

May God bless you all!

Fr. Deepak Anto

Our Former Managers



Rev.Fr. Santhappan M



Rev.Dr. Dyson Y



Rev.Fr. Melkon J



Rev. Fr. Pancretius A

FORMER MANAGERS

Our Former Bursars



Rev.Fr. Ashlin Jose



Rev.Fr. Stalin Fernandez



Rev.Fr. Nishan N



Rev.Fr. Varghese Joseph

FORMER BURSARS

Editorial Board





EDITORIAL



Renuka S.
Asst. Prof., Dept of English

Dear all,

Welcome to 'Inicio', the annual magazine of Marian College of Arts & Science. This a space for showcasing the various talents and achievements of the MCAS family.

The current academic year was a challenging one to the academia when we took our baby steps towards FYUGP programme. In this new era of the academia, where opportunities to explore are plenty, the students' prospects branch out in ways previously unheard of.

The name of our magazine is a Latin word with meanings 'inspiration' and 'beginnings'. I pray for all my dear students to find their 'inspirations' from their college life and let these days of growth pave way for new 'beginnings' in their lives.

Thank you.



Editor's Message



Varsha SM
S2 BBA

Hello Marianites!

I'm honoured to share the fruits of our efforts with everyone, our college magazine

'INICIO' : featuring articles, stories, artworks and other contents created by our promising students and exemplary faculties. Creating this article has been an incredible experience and I'm contented to share the significance behind it and the journey we took to bring this concept of e- magazine to life.

Mission Statement :

Our mission is to provide a platform for creative expression, foster critical thinking, and promote inclusivity, while showcasing the diverse voices, perspectives and talents. We aim to create a publication that is informative, entertaining and engaging that reflects the diversity and creativity of our Marian community. It also highlights the significance of having a strong support system in our lives to unlock our potential.

From academic achievements to extracurricular activities, we put forth our best efforts to capture the essence of our college experience. I would like to extend my gratitude towards the contributors, writers, designers, photographers, our college union AROHA and the Editorial Board who have worked tirelessly. Your enthusiasm made this magazine possible, along with the continuous support and guidance of our faculty advisors and college administration. All your encouragement and trust in us have enabled us to create a magazine that we can be proud of. We believe that this magazine will become a valuable resource for our college community, and we look forward to hear your feedback and suggestions.

Be a part of creating a positive change through your thoughts, ideas and passions with us!

Thank you, and I hope you enjoy reading and exploring through our magazine!

Teaching Staff



Non Teaching Staff



In Fond Rememembrance of



Anjana
B Com



Rahul
BBA



Grace
BBA

*Messages
Of
Heads of Departments*

In a world of constant change, knowledge remains our most powerful tool. May this magazine serve as a source of inspiration, encouraging curiosity, creativity and growth. Let every story within these pages ignite a spark of learning and foster spirit of collaboration. Together, let us celebrate achievements, share experiences, build a future, driven by knowledge and compassion. Let every thought expressed remind us the beauty of learning, the strength of unity, and the endless possibilities that lie ahead.



Dr. Mary Anitha Ruben
Dept of Commerce

Heartiest Greetings.



I am glad to know that Marian College of Arts & Science is bringing out the e-magazine INICIO specifically meant for showcasing talented writings along with precious moments of college life. It highlights the impressive talents and efforts of our students. It is a vibrant platform where our students' voices, talents, and stories come alive. Each article is a unique window into the minds and hearts of our students. The hard work and commitment to excellence are truly remarkable.

I extend my warmest wishes to the editorial team and all contributors.

Dr. Prameela.M
Dept of Zoology



I congratulate the staff and students who have been instrumental in bringing out our College magazine which is a compendium of our students' talents and perspectives.

Thankyou

Dr. Chandhini David
Dept of English

Why time management is important for students?

Time management is not managing time; it is about managing priorities. If we have the time management skill each of us can use hours effectively. It helps to organize our time and to complete our work but also give us ample time for ourselves. It will help the students in prioritize task, plan ahead, avoid procrastination problem and reduce stress.

Tips to improve time management skills:

- 🕒 Prioritize work
- 🕒 Identify time-wasters and set goals
- 🕒 Plan ahead by creating a to-do list
- 🕒 Set up deadlines
- 🕒 Establish routines
- 🕒 Start early
- 🕒 Deal the stress wisely
- 🕒 Use technology advantage
- 🕒 Take regular intervals
- 🕒 Learn to say no for non – essential tasks
- 🕒 Overcome procrastination
- 🕒 Block out distractions
- 🕒 Track your time spent
- 🕒 Tackle small tasks to start
- 🕒 Only do one thing at a time
- 🕒 Use breaks wisely
- 🕒 Mistakes are our friends
- 🕒 Seek feedback
- 🕒 Review and adjust



Mrs. Sini S
Dept of Management Studies

Adapting to the Future: A Message to All Students

In today's fast-paced world, technology is evolving at an unprecedented rate, reshaping industries, redefining careers, and influencing the way we live. As students, regardless of your field of study, you are at the forefront of this transformation, holding the key to innovation and progress. It is both an exciting and challenging time to be in any discipline, as rapid advancements in artificial intelligence, cloud computing, and big data continue to redefine the future.

One of the most significant breakthroughs of recent times is the emergence of ChatGPT and other AI-driven technologies. These tools are not just transforming the way we interact with machines but also revolutionizing industries such as healthcare, finance, engineering, and education. The ability to leverage AI effectively will be a defining factor in shaping your careers. Understanding, experimenting, and innovating with AI-powered technologies is no longer optional—it is essential.

Similarly, companies like Amazon are leading the way in redefining computational excellence. Amazon Q, a generative AI-powered assistant, is a testament to how businesses are integrating AI to enhance customer experiences, streamline processes, and boost efficiency. It is crucial for students of all disciplines to stay updated on such technological advancements and equip themselves with the skills needed to adapt and excel in this dynamic landscape.

The world is changing rapidly, and to survive in this competitive environment, learning and adapting to technology must be an ongoing process. It is not enough to just acquire knowledge; one must develop the ability to apply it effectively, think critically,



, and innovate beyond conventional boundaries. Your education is not merely about earning a degree—it is about building a mindset that thrives on curiosity, problem-solving, and continuous learning.

As an institution, we are committed to fostering a learning ecosystem that encourages research, innovation, and hands-on experiences. I urge all of you to take full advantage of the resources available—engage in interdisciplinary collaborations, contribute to research projects, participate in competitions, and explore opportunities that will expand your knowledge and skill set. These experiences will shape you into professionals who are not just job seekers but solution creators.

Remember, technology is an ever-evolving field, and the key to success lies in your ability to learn, adapt, and innovate. Stay curious, stay motivated, and most importantly, never stop learning.

I also take this opportunity to wish the entire INICIO team the very best for this edition of the magazine. May it continue to inspire and showcase the talents of our students across all domains.

Wishing you all great success in your academic and professional journeys!

Mr. Vivek V V
Dept of Computer Science



Dear all,

It is truly inspiring to see everyone's hard work, creativity, and achievements featured in these pages. This magazine is a true reflection of the passion and dedication that make our college such a special place to learn and grow.

As you go through the pages, you will see all that we have achieved together. It is an honour to be part of this vibrant community. Let's continue our great work and keep making our college an extraordinary place.

Best wishes,

Dr. Charutha Reghunathan
Dept of Geography

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*College
Union
2024-2025*



Sinto Simon
Chairman



Jovitha J Pillai
Vice Chairman



M Mann Mohan
General Secretary



Padmanabhan PV
UUC



Sania Berlin
UUC



Afsiya S Bijuor
Arts Club Secretary



Ehy Lopez
Sports Secretary



Varsha SM
Magazine Editor



Sania Edward
Lady Representative



Archana A
Lady Representative



Arjun Raj R.B
U.G. 3rd Year Rep.



Joshua A K
U.G. 2nd Year Rep.



Praveena MP
U.G. 1st Year Rep.



Lekshmi Narayanan
P.G. 2nd Year Rep.



Divya Engin
P.G. 1st Year Rep.

A Journey of Leadership and Learning: My Experience as the College Union Chairman of

“AROHA 2K25”

Lead With Passion, Inspire With Action

**Sinto Simon
Union Chairman 2024–25
Marian College of Arts and Science**



As I look back on the academic year 2024–25, serving as the Union Chairman of Marian College of Arts and Science has been nothing short of a life-changing experience. When I assumed this position, I knew it came with responsibilities, challenges, and opportunities—but living through it has given me lessons and memories that I will cherish forever.

From the very first day, my goal was clear: to be a representative who truly understands the voices of students and works with the college administration to create a vibrant campus life. Leading a team of enthusiastic union members, we worked together to organize cultural fests, academic events, and awareness programs that reflected the spirit and energy of our college.

One of the highlights of this year was the successful organization of our college arts fest and sports meet. These events brought students from all departments together, celebrating not just talent but also unity and teamwork. Equally rewarding was coordinating with faculty and management to address students' concerns and bring positive changes wherever possible.

This role has taught me the true essence of leadership—not as a position of authority, but as an opportunity to serve, to listen, and to inspire. I learned the importance of communication, patience, and collaboration in making decisions that impact the entire student community.

As I hand over this responsibility to the next team, I feel grateful for the trust my fellow students placed in me and the unwavering support from our principal, faculty, and friends. The journey has shaped me as a better leader and, more importantly, as a better individual. Marian College will always hold a special place in my heart, not just as an institution of learning, but as a family where dreams are nurtured, voices are heard, and leaders are born.

A Year of Growth, Togetherness, and Farewell

AROHA 2024-2025

Lead with passion, inspire with action.



Jovitha J Pillai
Vice Chairperson
AROHA College Union 2024-2025

Dear students,

As we come to the end of another academic year, I find myself filled with a profound sense of both gratitude and anticipation. Looking back, I am immensely proud of our college union, the challenges we've overcome, and the unwavering spirit of solidarity that has defined our collective journey.

This year has been one of reflection and action. AROHA 2024-2025 aimed to be more than just an organizing body. We were able to connect students, leading them with passion and amplifying their voices. We've worked tirelessly to create an environment where everyone feels valued and empowered.

For those of us graduating, this signifies the conclusion of an incredible chapter in our lives. As we get ready to go on new journeys, let us take the memories, lessons, and friendships we have built during our time here.

To those students who are studying, I encourage you to take up the opportunities that lie ahead. Get involved in campus life, pursue your passions, develop your skills and participate in our college community.

I want to express my sincere gratitude to those who supported the college union throughout the year. Your participation and feedback have been invaluable.

As we bid farewell to this academic year (2022-2025), let us cherish the moments we have shared and look forward to a future filled with promise and possibility. I would like to thank the college faculty for assigning me such an important role and making me believe that I can do it. I also thank our union members for their unwavering support and hard work throughout every event.

Wishing you all the best for your future ventures

Sincerely,

Aroha

A Journey of Togetherness and Gratitude

M. Manu Mohan, B.Com
General Secretary, Aroha 2024-2025

"Forever honoured to have walked this journey with all of you — signing off with love and pride."



I still remember the day I first walked through the gates of Marian College of Arts & Science, filled with anticipation and excitement for a new chapter. Little did I know that my journey here would lead me to the honour of serving as the General Secretary of our College Union, Aroha, for the academic year 2024-2025.

Aroha—a name that signifies love, compassion, and unity—has been far more than just a union; it has become a family. From the very beginning, I was blessed to meet and connect with my amazing college mates, supportive seniors, and our guiding mentors, Syam Sir and Ananda Lekshmy Ma'am. Alongside our dedicated Chairperson, Sinto Simon, and Vice Chairperson, Jovitha J Pillai, we worked tirelessly to create a union that fosters togetherness and truly reflects the spirit of Marian.

This year has been marked by milestones that will forever remain close to our hearts. Among our proudest achievements was the Grand Arts Festival, a vibrant celebration of Marian's creativity and talent, that stood as a testament to the hard work and passion of our union members. From the spirited Union Day to the warmth of our Christmas celebrations and the excitement of our Sports Week, each event told its own story of collaboration, unity, and the relentless efforts of our team.

Yet beyond these large celebrations, it is the little moments I will treasure most: staying back late after classes to decorate and prepare for Union Day, meetings that began with serious discussions only to end as fun-filled conversations, and the unspoken understanding that whenever any of us felt overwhelmed, we could always rely on each other. These experiences transformed Aroha into more than just an elected body—it became a family that I will always hold dear.

Our journey has not been without its challenges. The one thing I still regret is losing two of our Freshmen Friends this year—a loss that reminded us all of the fragility of life and the importance of cherishing our connections.

To my fellow students: college life is a big step, and at times it can feel lonely or overwhelming. It's easy to believe no one understands, but there are always people willing to listen. No matter how complicated a problem may seem, there is always a way forward. Please don't hesitate to reach out—asking for help is never a weakness. We, your peers, are always here for you.

Even as I type this, many members of our team have graduated—our Chairperson, Vice Chairperson, third-year representative, and several beloved crewmates. We will miss them dearly and wish them the very best in their journeys ahead. I remain deeply grateful for the trust placed in me and the opportunity to serve. To all the Marian fraternity: cherish these fleeting moments, embrace every opportunity, and participate wholeheartedly.

If I ever get this chance again, I would seize it without hesitation. Until then, I carry with me every memory, every lesson, and every bond we have built.

COLLEGE UNION



Union Day



Let's read in the language
that grows from many roots.....

Aha dear friends, it's
supercalifragilisticexpialidocious!!!



means wonderful, my friend.



Is this the place I was dreaming about ?



Lakshmi Sibi
S4 BA

They did lie to us.
Yeah they did.
All those movies , series we used to watch.
We just wanted to grow up.
Oh! How we wished to be teenagers.
Life would really be fun.
Was it all a dream?
Is this the place I was dreaming about?

Depression.... I'm drowning in it !
Why are we treated like kids ?
At the same time they expect us to act like adults.
They say I'm rude.
I could only act the way I'm treated.
No more explanations.

I'm fed up of this phase .
Is this the place I was dreaming about?

Why don't I get along with them?
Do I lack something important?
Ain't I pretty?
Ain't I fun?
All I heard was it would be fun.
The life with friends
And now look at me left out.
Is this the place I was dreaming about?

Wow I can see David standing there.
My childhood friend.
He has grown up to be a handsome man.
Why does my heart skip a beat?
But he's not looking in my direction.
They say he is with Angela, a baddie.
Oh God! Am I miserable in love too?
Is this the place I was dreaming about?

Lizzy got a gold medal for running.
The next Olympic champion.
Rita is standing first in class.
I should really talk about her brains.
How pretty Sophie is?
All boys love her .

And what am I now?
Is this the place I was dreaming about?

God !Help me! I'm tired of this place.
I wish I was in born.
Some say to me to do drugs.
And where do the sinners go?
Hell right?
But I didn't sin.
Yet I am in a hell.
Is this the place I was dreaming about?



The Detached

Varsha S M
S2 - BBA

Her mind was once a battlefield
Entangled in a chaos
Mind in stillness, ensures deep breaths
Mind agitated, ensures short breaths.

She knows, but never confessed
Tried too hard and still too bad
Tangled herself in perplexities
She don't care, as submerged in screams.

Amongst the struggles day by day
She cannot cope, she is losing hope
Once too heavy, but embraced it
To hold inside that core in her left.

Pulled apart by her wills,
To move forward and stand back
When she wanted to confess,
The thoughts trembled her.

Smiles in her life, denied her hopes
Tears in her life, failed to drown her
Like dots, lines and curves she has
Stops, ways and turns in life.

They don't know now and she is numb
But when then know, can she fly ?
Confused, she wished her life
Not even to be, a memory.



Thenmala Trekking: A Test of Endurance And Exploration of Thenmala's Hidden Gems



Soumya Saji
S2 B.Sc. Geography

On August 13th, 2024, our geography department embarked on an exciting study trip to Thenmala, meticulously organized by our teachers. As I departed from the hostel in Menamkulam at 6:15 AM, the morning mist still lingered, casting a mystical spell over the landscape.

Our journey began as we boarded the bus at Kazhakkuttom around 7:15 AM, where the sweet aroma of freshly brewed tea wafted through the air, enticing us to start our day. As we traversed through the picturesque landscapes of Koliyakode and Venjaramoodu, notable landmarks such as the majestic Christ the King Roman Catholic Church and the ancient Madavoopura Rockcut Shiva Temple and serene Santhigiri Ashram stood as testaments to the regions' rich cultural heritage. As we continued our journey, we crossed several rivers including the serenely beautiful Kulathupuzha River and the Vamanapuram River, also known as the Manam River. Our first stop was at a quaint tea shop in Kadakkal, where we arrived at 8:40 AM. Inside we found a cozy atmosphere with the warmth of the local people and the tantalizing aroma of freshly cooked banana chips welcomed us.

After a brief break, feeling refreshed, we resumed our journey. The roads wound through the lush forests of Thenmala, the canopy of which, was like a vibrant tapestry of greens. The tranquil atmosphere was punctuated only by the sweet melodies of birdsong and the soft rustle of leaves.

Finally, we reached our destination: the breathtakingly beautiful Thenmala Dam at 9:20 AM. The wide roads led us to the entrance of the Thenmala Dam, built across the Kallada River as part of the Kallada Irrigation Project, one of the largest irrigation projects in Kerala. We arrived at the Thenmala Ecotourism Centre at 9:30 AM, eager to begin our adventure as the first visitors of the day. As we waited at the ticket counter for our trekking guide to arrive, we were entertained by a group of monkeys wandering freely around the area. The peaceful surroundings and playful monkeys made our brief wait a pleasant one, and we looked forward to explore with our guide. Before embarking on our trekking adventure, our guide instructor briefed us on essential precautions. We were advised to refrain from using headphones or any devices that might attract animals or scare them away, though taking pictures and videos were permitted. Our guide warned us that the trek would be a challenging 8-kilometer journey, and urged everyone to be prepared and committed, to completing the trail. "Once we start, we cannot quit halfway; we must see it through to the end" he emphasized. With our water bottles in hand, we knew that the 8 km trek would be a long and challenging one. We were divided into three groups, with the guide leading the first group, the middle group following closely, and the last group ensuring that no one fell behind or got left behind.



As we embarked on the challenging 8-kilometer trek, the forest revealed its secrets to us. We encountered the majestic “Yellow Snake Tree” (*Stereospermum tetragonum*), its fire-resistant wood a marvel of nature. We also spotted the “Indian Cotton Tree” (*Aphanamixis polystachya*) stood tall, its durability and strength a testament to its highly valued properties. As we journeyed deeper into the forest, the “Pullanji Valli” (*Toddalia asiatica*) plant caught our attention, its medicinal properties a boon to traditional medicine. The “Thottosadi” (*Mimosa pudica*) plant, with its unique properties, was another wonder.

As we reached the source of the dam, the Thenmala Reservoir, the serene atmosphere enveloped us, and we spent several minutes soaking in the tranquility of the surroundings. Our journey was not without its challenges, as one of our member encountered difficulties and unfortunately suffered an injury, but he bravely continued and completed the trekking despite the setback.

As we climbed to the echo point, the stunning view of the giant dam and the surrounding nature took our breath away. The trees, with their shade-providing canopies, were our allies in our quest to reach the top. Finally, we reached the summit, where the breathtaking view awaited us. We spent several moments absorbing the beauty of nature, taking photographs, and creating memories that will last a lifetime. As we began our descent, the secrets of the forests once again enthralled us. We returned to our bus, weary but exhilarated by our experience. The journey back was a time for reflection, as we shared stories and laughed together, the music and dance adding to the joy of our return journey.

Our Thenmala trek adventure was a true test of endurance, but it was also a journey of discovery, a journey that revealed the secrets of nature, the beauty of the forest, and the strength of the human spirit. We returned home with unforgettable memories, new friendships, and a deeper appreciation for nature's beauty. I'm sure the photos will be a great reminder of our wonderful experience.

Happiness



Ashik Simon
S2 BBA

I saw a shadow on a wall -
down the street yester night
A man sitting on the corner -
of a table with a guitar.
So spontaneous while playing,
Those who heard were stunned.
Suddenly did the music stop
Startled, I grumbled.

What happened my dear shadow?
Looking at his guitar, he was crying -
tear drops falling silently
I checked the shadow very closely,
and found the string fi swinging
It was moving like a pendulum.
Suddenly the shadow disappeared,
sucked into the depths of that same wall.



A Poetic Definition of a Panic Attack



Shreya,
S6 BA English

I can feel my heart speeding away, as if to catch a flight.
People around me walk past, unaware of the hurricane brimming inside me.
My vision blurry with the images of my broken subconscious, coinciding with the reality.
I sit down, hugging my knees, as if the very action would save me from the demons.
Ah yes, the demons from under my bed.
The demons that made me cover my toes and curl up like a baby at night,
now run wild in the sun too.
The lump in my throat keeps getting bigger, as even breathing becomes a chore.
The ache that started in the tiniest compartment of my bloodied heart -
has now found it's way across my chest and down my belly.
I hug myself closer as if to stop the shaking.
My knuckles are white and my palms are cold.
The demons from under my bed have snuck out, and are now running wild.
Is all this real or just my paranoid mind going crazy again ?

Acknowledgment of Loneliness

A. Maria Jensia
S2 BBA



The American Psychological Association defines loneliness as a perceived state of being alone that causes discomfort or uneasiness. Often we may feel emotionally distressed when the inherent companionship and needs are not met.

Loneliness occurs when there is a gap between our expectations and reality regarding relationship or desires.

People may often confuse between solitude and loneliness. Solitude is the physical state of being alone, while loneliness is a perceived state of being alone that causes emotional discomfort or distress. The latter has severe consequences than the former. Being alone does not necessarily correlate to loneliness. Choosing solitude to enjoy activities alone may be beneficial, whereas choosing solitude to avoid spending time with other people may be a negative experience.

If an individual is feeling lonely, he may have certain feelings that they are disconnected from other people

- # Isolated from other people
- # As though nobody understands them
- # As though they have nobody to turn to or talk.

Ignoring loneliness can exacerbate its negative impacts on both mental and physical health, hence acknowledging loneliness is crucial and is the major step towards addressing and combating feelings of isolation.

According to various studies, the prevalence of loneliness has significantly increased after the COVID pandemic and is posing severe threat.

As an individual we can take these steps to prevent and manage loneliness,

- # engaging in enjoyable activities, pursuing a hobby, or taking a class to learn a new skill
- # scheduling time each day to connect with others in person, by phone, or online
- # looking for events, meetups, or local causes to get involved with.

As a fellow human being, if you think any of your dearest ones are feeling the same you should:

- # Asking them how they are feeling
- # Staying in touch through visits, calls, or messages
- # Suggesting activities to do together
- # Being reliable and honoring any commitments, such as a phone call or visit.

It is important to know that feeling lonely is an average human experience, and we should help ourselves and others to overcome it.



Spes non Confundit



Ashwin Joy
S6 BA English

"A man without dreams is better than a Man without hopes". Why is the phrase arranged like this ? Are dreams and hopes worthless? The Sun always hopes for rising again and it fulfils its dream everytime.

Is there any dream that can't be achieved?
Yes there is ! But is there any hope that cant be achieved.? Hopes are not about achieving, They keep us moving forward. Every hope makes our dreams come true.

There may be situations in Life where we forget what success is ,what 'smile' is !
But we should overcome them with hope.
Spes non Confundit -"Hope does not disappoint"

If your dreams are bigger than the world ,
then just overcome the World ,as the
World blindly follows pride.

Embracing Individuality : The Beauty of Being Unique



Varsha S M
S2- BBA

In a world where conformity often seems like the easiest path, embracing our uniqueness can be a powerful and liberating experience. Being unique in your own way is what sets us apart, makes us interesting and allows us to contribute our distinctive perspectives to the world. Just the physical attribute doesn't matter but the kindness, willingness to help others and how you treat others will be remarked towards assessing your uniqueness.

Each one in this world, regardless of their appearance, had unique qualities and contributions to make. So learn to be a part of the community and working together with others is more important than your individual appearance. Try to appreciate people instead of judging them and concentrate on what identity that you have created for yourself and what all valid achievements you can gather in this lifetime.

Self-acceptance is the foundation of embracing our uniqueness. When we accept ourselves for who we are, without trying to change or hide our quirks, we open ourselves up to a world of possibilities. Self-acceptance allows us to focus on our strengths, rather than trying to fit into someone else's mold. As the renowned poet Maya Angelou once said, "You may not control all the events that happen to you, but you can decide not to be reduced by them."

Our uniqueness is what makes us interesting and valuable. When we celebrate our differences, we create a world that is rich in diversity and creativity. Think of the most innovative and successful people throughout history – they were often those who dared to be different, who refused to conform to societal norms. As Steve Jobs, co-founder of Apple, famously said, "Innovation distinguishes between a leader and a follower."

Authenticity is the key to unlocking our true potential. When we are true to ourselves, we exude confidence and self-assurance. People are drawn to those who are unapologetically themselves, and authenticity is what builds trust and credibility. As the saying goes, "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

Remember, being special isn't just about how you look or what you have. It's about who you are, how you treat others, and the positive impact you make in the world. Being unique in our own way is a gift that should be cherished and celebrated. By embracing our individuality, we open ourselves up to a world of possibilities, creativity, and innovation. As we strive to be our authentic selves, we inspire others to do the same, creating a ripple effect of self-acceptance and empowerment.

So, let us proudly wear our uniqueness like a badge of honor, and let our differences be the very things that bring us together.





Praveena M P
S2 Bsc. Computer Science

The Rise of Artificial Intelligence: Transforming the Future

Introduction

Artificial Intelligence (AI) has evolved from a mere concept in science fiction to a transformative force shaping industries, economies, and daily life. As AI technology continues to advance, its applications are expanding across every sector—from healthcare to finance, education, transportation, and beyond. In this article, we will explore the evolution of AI, its current applications, ethical considerations, and its potential to reshape the future.

What is Artificial Intelligence?

AI refers to the simulation of human intelligence in machines that are programmed to think, learn, and problem-solve like humans. This broad field includes machine learning (ML), deep learning (DL), natural language processing (NLP), and computer vision, among other subfields. AI systems are capable of analyzing data, identifying patterns, making predictions, and improving their performance over time without human intervention.

The Evolution of AI

The journey of AI began in the mid-20th century. In 1956, the term "Artificial Intelligence" was coined by John McCarthy at the Dartmouth Conference, marking the formal beginning of the field. Early AI systems were based on rule-based programming and were limited by computational power. However, the development of machine learning techniques in the 1980s, particularly neural networks, led to more sophisticated AI systems capable of handling complex tasks.

The 21st century brought significant breakthroughs in AI, fueled by advancements in data science, more powerful computers, and the rise of big data. Deep learning, a subset of machine learning, emerged as a game-changer, enabling AI systems to process vast amounts of unstructured data like images, text, and speech with human-like accuracy.

Applications of AI

AI is revolutionizing numerous industries and has the potential to address some of the world's most pressing challenges.

Here are a few notable applications of AI:

Healthcare: AI is transforming healthcare by improving diagnostics, personalizing treatments, and accelerating drug discovery. AI-powered systems can analyze medical images, detect diseases like cancer, and predict patient outcomes. The development of virtual health assistants and AI-driven drug development platforms is making healthcare more accessible and efficient.

Finance: AI plays a crucial role in risk management, fraud detection, algorithmic trading, and personalized financial services. AI algorithms can analyze market trends and customer behavior, helping financial institutions make data-driven decisions and improve customer experiences.

Transportation: Autonomous vehicles, powered by AI, are set to redefine transportation. Self-driving cars, drones, and smart traffic systems are already being tested and deployed, promising safer roads, reduced traffic congestion, and lower carbon emissions.

Retail: Retailers are using AI to enhance customer experiences through personalized recommendations, inventory management, and customer service chatbots. AI-powered systems analyze shopping habits and predict demand, allowing businesses to optimize their operations and increase efficiency.

Manufacturing: AI-driven automation and robotics are revolutionizing manufacturing by improving production efficiency, minimizing downtime, and enhancing quality control. Predictive maintenance powered by AI allows manufacturers to detect equipment failures before they happen, reducing costs and improving productivity.

Education: AI is enhancing education through personalized learning experiences, adaptive tutoring systems, and automated grading. AI tools can analyze student performance and suggest customized study plans to improve outcomes.

Challenges and Ethical Considerations

While AI holds immense promise, it also raises several challenges and ethical concerns that need to be addressed as the technology continues to evolve:

Bias and Fairness: AI systems are often trained on historical data, which can contain biases. If not properly managed, AI models may perpetuate or even amplify these biases, leading to unfair outcomes in areas like hiring, lending, or criminal justice. Ensuring fairness and transparency in AI systems is critical.

Job Displacement: As AI-driven automation increases, there are concerns about job displacement. While AI can improve efficiency and reduce costs, it may also lead to the replacement of human workers in certain industries. It is essential to consider reskilling programs and policies that ensure workers can adapt to the changing job market.

Privacy and Security: AI systems often require vast amounts of personal data to function effectively. This raises significant concerns about privacy and data security. The potential for misuse of AI in surveillance, cyberattacks, and identity theft is another issue that needs careful regulation and oversight.

AI Governance: There is a growing need for global frameworks and regulations to guide the ethical development and deployment of AI technologies. Collaboration between governments, businesses, and researchers is crucial to ensure that AI is developed responsibly and ethically.

The Future of AI

The future of AI is both exciting and uncertain. We can expect AI to become more integrated into our daily lives, with applications becoming increasingly sophisticated. As AI continues to evolve, we may see developments such as:

General AI: Unlike current AI, which is narrow and task-specific, general AI would possess the ability to perform any intellectual task a human can do. While it's still in the realm of research, general AI could unlock unprecedented capabilities across industries.

AI and Creativity: AI is already being used in creative fields, such as music composition, art creation, and writing. As these technologies evolve, AI could collaborate with humans in creating new forms of art, design, and entertainment.

AI in Sustainability: AI has the potential to play a significant role in addressing climate change by optimizing energy consumption, reducing waste, and improving resource management.

Conclusion

Artificial Intelligence is no longer a distant future concept—it's a present-day reality with the power to transform every aspect of our lives. As AI continues to evolve, it will undoubtedly bring both opportunities and challenges. By focusing on responsible development, ethical considerations, and inclusive policies, we can ensure that AI benefits society as a whole. The next decade will be critical in determining how AI shapes our world, and we must navigate this journey with caution, creativity, and collaboration.



Teenage Dreams



Mohan Makhakhe Bernard Mpota
S4 BBA

Uh! What a joyful time!
The spring of man's life
The dawn of sprouting seeds
The time for bloom
The vibrant colours
Paint the lush green field
And so are the years of
Emergence into the age of adolescence!
Filled to the brim with joy!

Here comes summer!
It finally dawns on you that
You have arrived as the heat
Reaches its peaks
And so are the ages of adolescence!
When all starts to fall into place!
When you begin to fully realise
That you are a child no more
When you seek independence and
Challenge the rules, after all
RULES ARE MEANT TO BE BROKEN
Is you, no! Every teenager's momenta

Uh, here comes autumn!
As the cold air starts to creep in
As the lush green leaves start to
Loose their shine!

And so are the years of adolescence;
As the leaves fall, leaving behind
Bare bark, so does the thrill
Peel off the delicate eyes once shrouded by
the clouds of
Excitement; sooner or later

**WHAT HAPPENS ON THE DARK MUST
COME TO LIGHT!**

Uh! The winter has finally come!
There are no lush leaves to hide
Behind, all has been exposed in
The dry desolate plane!
Bare ground, bare trees, nothing for miles!
So are the days of adolescence!
When nothing can hide you from
Piercing gaze of your loved ones
When lies and rage can no longer
Be perceived as truth and, just a "STAGE!"
**THE SEEDS SAWN HAVE BOREN FRUIT
AND NOW YOU MUST LIVE BY THE
BITTER TASTE OF THE BAD FRUITS
YOU ONCE SOWED!**

There is a time for pleasure,
But pleasure must be enjoyed responsibly,
For the night will always give way to day!
There is a saying, sung by those who
Have raised a great many to glory!
**DO THE RIGHT THINGS AT THE RIGHT
TIMES!**

You What if Knew

I didn't want to settle for ordinary
I wanted to do extraordinary
Unlike all the kites who were flying
In the sky dancing to rhythm of wind
Limited and bounded to a string
That kept them safe and high
I desired to fly higher
Above the clouds beyond the
limitations of the world
Because even the tip of the sky
Is limited and a desire for
The highest which is limitless
Said it was impossible by some
While some laughed at me
for thinking the sky had an end
Then why can't I fly higher
If the sky was endless and limitless
Like my desire I asked
All were speechless

I had to cut my strings
Which helped me from falling down
And kept me safe
In order to chase what I dreamed for so long
I flew higher with confidence, hard work and courage
While listening to the rhythm that flowed with the winds
Taking me higher above the clouds
Enjoying the elegance of each ray that
Touched me like a feather
I thought " what would have happened if I decided to settle
for the ordinary life everyone lived ?
I would have missed all the adventures that I experienced,
All the lessons I learned on my way,
And the dazzle of the moment
Of seeing your dream,not in sleep.
What if you knew you could make your dreams come true?
Would you dream bigger?



Abhiya Bijoor
SABHA





Beyond the gates



Afsiya Bijoor
S4 BBA

A big house with countless rooms,
Luxurious and filled with comfort,
Yet meant for only a tiny girl.
No one to talk to,
No one to listen.
She spends her days in that vast space,
Walking up and down the endless stairs.

Nothing ever changes,
The air hums a monotonous rhythm,
Day after day, night after night.
The chandeliers glow, yet warmth is absent,
Echoes of silence fill the grand halls,
And the ticking clock is her only companion.

She gazes out of towering windows,
Dreaming of a world beyond the gates,
Where voices rise in laughter and joy,
Where the wind carries stories untold.
Oh, how she longs to trade this grandeur
For a life where she is seen and heard.



The Trend of Hating on Things Women Love.



Afsiya Bijoor
S4 BBA

In society, a noticeable trend exists where things associated with women—whether hobbies, interests, or products—are often dismissed, mocked, or devalued. From romantic novels and makeup to boy bands and true crime podcasts, anything predominantly enjoyed by women frequently becomes a target of ridicule. This trend is not just about personal preference; it reflects deep-rooted sexism and the tendency to dismiss anything seen as “feminine” as lesser or unimportant.

Why Do People Hate What Women Love?

1. Internalized Misogyny and Gender Stereotypes

One major reason behind this trend is “internalized misogyny”, where even women themselves may downplay their interests to gain approval. Society often promotes the idea that anything “girly” is superficial or frivolous, reinforcing outdated gender stereotypes.

2. The Association of Femininity with Weakness

Femininity is often unfairly linked to “weakness or a lack of intelligence”. This is why teenage girls’ interests, such as boy bands like BTS or Taylor Swift’s music, are seen as obsessive or silly, while men’s passions—like sports or gaming—are considered normal and respectable.

3. The Devaluation of Emotional Expression

Many things women love, like romance novels, emotional films, or journaling, involve self-expression and vulnerability traits often dismissed in a world that prioritizes rationality over emotion. The stigma around women’s interests is part of a larger issue where emotional depth is not given the respect it deserves.

4. The Gatekeeping of “Serious” Interests

Women who enter traditionally male-dominated spaces—such as gaming, tech, or sports often face intense scrutiny or are expected to “prove” their knowledge. Meanwhile, when men engage in hobbies associated with women, like skincare or pop music, they may receive praise for being “open-minded” rather than facing the same criticism women do.

Mocking things women love is not just harmless teasing—it has real consequences. It discourages women from fully embracing their interests, forces them to downplay their personalities, and reinforces societal biases. By uplifting and respecting diverse interests, we create a world where everyone’s passions are valued equally.

Ask yourself why you might dismiss certain things. Is it because you genuinely dislike them, or because society has taught you to? Awareness is the first step toward change. Not everything has to appeal to everyone, but respect is key. Just as sports fans passionately debate games, women should feel free to discuss their favorite books or beauty trends without mockery.

Words like “basic” or “cringy” are often used to shame women’s interests. Instead of labeling things as lesser because they’re feminine, we should appreciate their creativity and cultural impact. Instead of dismissing female-led industries, we should celebrate their success. Whether it’s romance literature, beauty brands, or female-driven films, these industries are worth just as much respect as male-dominated fields. The trend of hating on things women love is a reflection of outdated societal biases. Recognizing and challenging these patterns can help create a culture where all interests, regardless of gender, are valued. Women’s passions deserve the same respect as any other, and it’s time we celebrate them rather than ridicule them.



Mohammed Rayhan
S2 BBA

Rain : A Symbol of Joy and Renewal

Rain has always been a source of fascination for me. The way it gently falls from the sky, drumming a soothing melody on the roof, is nothing short of magical. But what I love most about rain is the way it makes me feel - happy, carefree, and alive.

As a child, I would spend hours playing in the rain, twirling my umbrella, and dancing in the puddles. The rain would wash away my worries, and I would feel like I was a part of something bigger than myself. Those memories are etched in my mind like the raindrops on a windowpane, reminding me of the simple joys of life.

Rain has a calming effect on me, like a warm hug on a cold day. The sound of raindrops is like music to my ears, soothing my soul and quieting my mind. When it rains, I feel like I can finally breathe, like the weight of the world has been lifted off my shoulders. Rain is also a symbol of renewal and rebirth. It washes away the dirt and grime of everyday life, leaving everything feeling fresh and new. Just like the rain, I believe that we all need a little renewal and rebirth in our lives. We need to let go of our fears, worries, and doubts, and start anew.

Rain reminds me of the beauty and wonder of nature. It's a reminder that there's a world beyond our concrete jungles, a world that's full of life, beauty, and magic. When it rains, I feel like I am connected to something bigger than myself, something that's beyond human comprehension. Rain is more than just a natural phenomenon. It reminds me of the simple pleasures of life, the beauty of nature, and the importance of letting go and starting anew. So, the next time it rains, I hope you will join me in embracing its beauty and magic.

As I sit here, listening to the sound of the rain, I am reminded of the words of a wise poet: "The rain falls because the sky is crying, but the earth smiles because it's alive." May we all learn to smile like the earth, to find joy in the simple things, and to let the rain wash away our worries and fears.



Whispers of the Rain



Sreya. H
S2 BSc.Geography

Maya sat by the window, watching the first drops of rain kiss the earth. The scent of wet soil rose into the air, stirring something deep within her—a memory, a longing, or perhaps both. The rain had always been a companion to her solitude. As a child, she would run barefoot through the narrow lanes of her village, her arms stretched wide, letting the rain embrace her. But life had changed. Now, in the city, rain was merely an inconvenience—delays, puddles, traffic. Tonight, though, it felt different. The city lights shimmered on the rain-washed streets, and for the first time in years, she felt the old urge return. Without a second thought, she stepped onto her balcony, letting the raindrops trickle down her skin. A laugh escaped her lips—light, free, unexpected. Then she heard it. A faint melody, woven into the rain's rhythm. She turned her head and saw him—Arun, her childhood friend, standing on the pavement below, his violin tucked under his chin. He played the tune they had once sung as children, running through the rain together.

Maya's heart pounded. Had he remembered, too?

She didn't think. She ran down the stairs, out into the rain, barefoot like she used to be. Arun saw her, his music faltering for a moment before he smiled. And just like that, under the pouring rain, they were children again—laughing, remembering, and finding each other once more.

HYPOCRISY IN INDIA



Devika D
S6 B Com

Hypocrisy is nothing new in India. In fact, it is so deeply engraved in our society and in our individual psyche that it is perceived as a way of our life. We all believe in something, say something else, do something else and expect something else from others. Double standards run in our blood. The main reason for this is "what does society think and expect?"

Well, let us start with the society. What makes the society?? It is the people like us that make it. We all hold liberal opinions when it comes to our personal selves but in the collective whole as a society we try and stick to our traditional values and beliefs. We tend to make all judgements as per our personal convenience. People are not affected by anything happening around them unless it is personally related to them. Everyone will keep a very open mind and so called "modern thinking" but when it comes to action, they all will do "what the society expects" and will expect the same behaviour from others too.

The marriage system in our country is the biggest example of hypocrisy. We say we are a secular nation where there should be no discrimination on the basis of cast. However when it comes to making matrimonial alliances, caste is really important. In the case of remarriage of a widow or a widower, if it is a widower the society will sympathize with him and feel that he has the right to have a second wife. On the other hand if one is a widow, they will talk about her behaviour and deem her unfit to be a part of the so-called "society". We Indians are so judgemental about everyone's behaviour. It would be better if we just "live and let live" and mind our own business instead of peeping into other's lives to point fingers at them.

There are many other grounds on which hypocrisy is practised in this country; we all say we love children whether boy or girl. All parents will say they are like-minded towards both boy and girl child. Yet in their heart of hearts, they wish to have a boy child to carry forward their lineage. There are also people who bluntly say that they want a boy child and such people engage in female foeticide and sometimes the mother too is to be blamed for thinking so.

The main cause of hypocrisy is that we are seeking to attain the modern standards of the west while still clinging onto the traditional values of our past. Also in our country we give more importance to what others think and what society demands than valuing ourselves. If we need to grow as nation, we need to get rid of this hypocrisy and stick to our views. We need to take a stand: whether we want to cling to the past traditions or want to move from past conservative thoughts and beliefs.

"The only vice which cannot be forgiven is hypocrisy. The repentance of a hypocrite is itself hypocrisy."

William Hazlitt



Cat-alogue (Some Fun Facts)



Nissy C Yacob
S2 B Com

First known cat

The first cat was recorded as having a name called Nedjem, meaning "star". It lived in the reign of Egyptian Pharaoh Thutmose III (1479-1425 BC).

Heaviest cat

Himny, owned by Thomas Vyse of Queensland, Australia, weighed 21.3 kg. He had a 38.1 cm neck and an 84 cm waist, similar to an adult human! He died in 1986 at the age of ten.

Smallest cat

Tinker Toy, a male Blue Point Himalayan owned by Katrina and Scott Forbes of Illinois, USA is 7cm tall, 19cm long and weighs 625g.

Biggest Breed of cats

Maine Coons are a North American breed of muscular, big-boned cats. Males often reach 6-8 kg in weight.

Oldest cat

There are several contenders for this title. The most reliable is French-born Grandpa Rex's Allen, a sphynx cat owned by Jake Parry of Austin, Texas, USA. The cat died in 1996 at the age of 34.

Largest cat

In 1970 Tarwood Antigone, a female Burmese owned by Valerie Gane of Kingham, Oxfordshire, gave birth to 19 kittens, 15 survived.

Best mouser

Towser, a female tortoiseshell owned by Glennure Distillery, Tayside, caught an estimated total of 28,899 mice during Lee's time there. She died in 1987, aged 24.

IKIGAI



Jovitha J Pillai
S6 B Com

“Ikigai” is a book about a Japanese idea that helps you find your purpose. Basically, it’s about figuring out your reason for being. The authors, Héctor García and Francesc Miralles, explain that ikigai is like finding a sweet spot. Finding this spot is supposed to give you a real sense of purpose, make you happier, and maybe even help you live longer. It’s not just a theory, the book gives you real-life tips. You’ll learn about how people who have found their ikigai. This includes their diet, how they connect with friends and family, and their overall attitude. So, if you’re feeling a bit lost or just want to feel more fulfilled, this book might be best, in my opinion. It’s all about finding your happy place in life.

What is IKIGAI?

It is a Japanese concept that roughly translates as “the happiness of always being busy.” It also seems to explain the extraordinary longevity of the Japanese, especially on the island of Okinawa, where there are 24.55 people over the age of 100 for every inhabitant, far more than the global average. According to the Japanese, everyone has an ikigai. Some people have found their ikigai, while others are still looking for it. Our ikigai is hidden deep inside each of us, and finding it requires a patient search.

The Characters Behind Ikigai.

In Japanese, ikigai is written as 生き甲斐, combining 生き, which means “life,” with 甲斐, which means “to be worthwhile.” 甲斐 can be broken down into the characters 甲, which means “armour,” “number one,” and “to be the first” (to head into battle, taking the initiative as a leader), and 斐, which means “beautiful” or “elegant.”

Whatever you do, don’t retire!

One surprising thing about living in Japan is how active people remain after they retire. They keep doing what they love for as long as their health allows. There is no word in Japanese that means “retire” in the sense of “leaving the workforce for good,” as in English.

The 80 percent secret

One of the most common sayings in Japan is “Hara hachi bu”, which is represented before or after eating and means something like “fill your belly to 80 percent”. This is why Okinawans stop eating when they feel their stomachs reach 80 percent of their capacity, rather than overeating and wearing down their bodies for a long digestive process.

Of course, there is no way to know objectively if your stomach is at 80 percent capacity. The lesson to learn from this saying is that we should stop eating when we are starting to feel full. The extra dish, the snack we eat after lunch, isn’t needed. The way the food is served is also important. Presenting their meals on many small plates makes the Japanese people eat less. This is one of the reasons why Westerners in Japan typically lose weight and stay trim. Recent studies by nutritionists reveal that Okinawans consume a daily average of 1800 to 1900 calories, compared to 2200 to 3300 in the United States.

Moai: Connected for Life

It is customary in Okinawa to form close bonds within local communities. A moai is an informal group of people with common interests who look out for one another. For many, serving the community becomes part of their ikigai. The moai has its origins in hard times when farmers came together to share best practices and help one another cope with meagre harvests.

Antiaging secrets

• Active mind and youthful body-

There is so much wisdom in the classic saying "mens sana in corpore sano" ("a sound mind in a sound body"). It reminds us that both mind and body are important. A youthful mind also drives you toward a healthy lifestyle that will slow the ageing process.

• A little stress is good for you

While sustained, intense stress is a known enemy of longevity and both mental and physical, low levels of stress can be beneficial.

• A lot of sitting will age you-

Spending too much time seated at work or at home not only reduces muscular and respiratory fitness but also increases appetite and curbs the desire to participate in activities. We can access a more active lifestyle that makes us feel better inside and out we just need to add a few habits.

- 1) Walk to work or just go for a walk for at least 20 minutes
- 2) Use your feet instead of an elevator or escalator
- 3) Participate in social or leisure activities
- 4) Replace your junk food with healthy fresh fruit
- 5) Get the right amount of sleep
- 6) Go to bed early, wake up early
- 7) Play with children or pets or join a sports academy
- 8) Be conscious of your daily routine

By making these small changes, we can begin to renew our bodies and minds and increase our life expectancy.

From logotherapy to ikigai

What do you mean by the term logotherapy? – the answer is pretty clear. It helps to find the reason for living. Logotherapy pushes patients to consciously discover their life's purpose to confront their neuroses.

A few key ideas from logotherapy:

- We don't create the meaning of our life, we discover it
- We each have a unique reason for being, which can be adjusted many times over the years
- Just as worry often brings about precisely the thing that was feared, excessive attention to desire (or "hyper intention") can keep that desire from being fulfilled.
- Humour can help break negative cycles and reduce anxiety.
- We all can do noble or terrible things

Going with the flow

"We are what we repeatedly do.

Excellence, then, is not an act but a habit."

—Aristotle

Imagine you skiing down one of your favourite slopes. Powdery snow flies up on both sides of you like white sand. The conditions are perfect. You are entirely focused on your skiing. There is no future, no

past. There is only the present. What makes us enjoyable when we do something? What makes us happy? These questions can help us discover our *ikigai*.

The power of flow

There is no magic recipe for finding happiness, for living according to your *ikigai*, but one key ingredient is the ability to reach this state of flow and have an "optimal experience". To achieve "optimal experience", we have to focus on activities that give us pleasure and a lot of concentration rather than allowing ourselves in front of the TV. When we flow, we are focused on a concentrated task without any distractions. Some strategies to focus on your flow.

Strategy 1: Choose a difficult task but not that too difficult

Every task, sport, or job has a set of rules, and we need skills to follow them. If the rules for completing a task are too basic for our relative skill level, we easily get bored. On the other hand, if we assign a difficult task, it will make us a little more competitive and focused. Add a little something extra that is out of your comfort zone.

Strategy 2: Have a clear, concrete objective

Having a clear objective is important in achieving flow, but we also have to know how to leave it behind when we get down to business. Once the journey has begun, we should keep this objective in mind without obsessing over it.

Strategy 3: Concentrate on a single task

This is perhaps one of the greatest obstacles we face today, with so much technology and so many distractions. For example, we are listening to a video on YouTube while writing an email when suddenly a chat prompt pops up, and we answer it. Then, our smartphones vibrate with a notification from Facebook, and we spend our time scrolling down. Pretty soon, thirty minutes have passed, and we've forgotten what email we were supposed to write in the first place. We often combine tasks thinking that will save time, but scientific evidence shows that it has the opposite effect. Our brains take a million bits of information but can process a few things at a time. When we're saying multitasking, we are switching tasks between, which will have an adverse effect on our bodies. We are not computers but humans. "Concentrating on one thing at a time may be the single most important factor in achieving flow".

Nurture your friendships every day

Getting together with your friends is most important and one of your *ikigai*. Spend some time with your best friends - go for an outing and have a video call. Surround yourself with your soulmates who understand you better. Talking each day with people whom you love is also the most secret to a long life.

Take things slow

No matter how much you try, you will miss something in life, let's just enjoy the moment. Sometimes, we also miss the time we used to spend with our loved ones. Choose your race there is a 100% guarantee that you will come first just pause for a while and take a deep breath in and out.

The 10 Rules of Ikigai

- Stay active, don't retire.
- Be with the flow.
- Don't fill your stomach.
- Surround yourself with good friends.
- Get in shape for your next birthday.
- Smile.

- Reconnect with nature.
- Give thanks.
- Live in the moment.
- Follow your ikigai.

Ikigai shows you how to find your purpose and live a happy, long life. The book stresses being active, keeping good friendships, and enjoying little things. It asks you to think about what really matters to you. It's not about being rich but about doing what you love, staying active, and connecting with people. It's a reminder that being happy isn't about having a ton of stuff, it's about feeling like you're doing something that matters. If you follow this ikigai idea, you could end up living a longer, happier, and more fulfilling life.



The Teenage Mind



Clare Maria Noel
S2 BSc
Computer Science

A restless mind and a young soul,
I want to streak out of home.
Sometimes I want to be on the road,
Run away to someplace unknown.

A broken heart and a messed up life,
All the swearing and the lies.
I always hide what's inside,
Oh, if I could open my mind.

At times I say things I don't mean,
My mind has gone blurry, but I'm only seventeen.
Just a kid, still learning things,
Figuring out how to live.

They shattered my feelings,
I'm so blind, that I keep hoping.
I pray to God to numb this pain,
I try to ignore but they're yelling at me again.

I've heard a phrase saying 'It will get better',
How long do I wait, now or forever?
You'll get hurt if you get closer,
I swear I know I'm a bad person.

They say 'love yourself first',
But I envy what I see in the mirror.
I'm too selfish to admit but,
Of all the mistakes ever made,
Mine would be laughed at on the highest stage.

No one sees the tears, no one sees the wounds,
Before the audience I must act cool.
Oh, how they stare with jealousy,
Thinking it's so perfect to be me.

I laugh with the people who say they're real,
Who knows, maybe they'll leave after the meal.
At the end of the day,
It's just me and my pain.

They took all that they could take,
I sit in a corner and take all the blame.
Why would I open my heart,
For someone to leave it scarred?

Love and trust were something I once cherished,
But they won't give you anything.
Those emotions now flow through my veins,
Like the dead flowers seen on a grave.

I know, I'm young, wild and free,
But these few lines won't be enough for my misery.



വിദ്യാവിചക്ഷണമാന്യരേ,
വിദ്യാർത്ഥികളേ,
പ്രിയരേ

ഇനി നമ്മുടെ ഭാഷയിൽ അൽപ്പം
മസ്തിഷ്കപ്രക്ഷാളനമായാലോ???

“കരയുവാൻ, പൊരുതുവാൻ, ചേരുവാൻ ചൂണ്ടത്തിരുന്നു
ചൂണ്ടിത്തന്ന നന്മയാണ് അമ്മമലയാളം, ജന്മമലയാളം....”

കുരിപ്പുഴ ശ്രീകുമാർ

പടിയിറങ്ങുന്ന നേരം

ജിയ
S2 BA English



ഞാൻ ഏറെ സ്നേഹിച്ചിരുന്ന ഇടത്തുമിന്ന് എനിക്ക് പടിയിറങ്ങാൻ നേരമായിരുന്നു. ഒരു കുറവും ഇല്ലാതെയാ ഞാൻ അവരെ നോക്കിയത്, എന്നിട്ടും എനോട് അവരിങ്ങനെ ചെയ്യുമെന്ന് ഞാൻ ഒരിക്കലും കരുതിയില്ല. എന്റെ ഔരസപ്പുപ്പൻ ഉണ്ടായി രുന്നേൽ ഇങ്ങനെയൊന്നും സംഭവിക്കില്ലായിരുന്നു. തന്റെ മക്കൾ തന്നെ വൃദ്ധസദനത്തിലേക്ക് അയക്കാൻ പോകുന്നുവെന്നറിഞ്ഞ സുസന്നാമ്മച്ചിക്ക് അത് സഹിക്കാനാവുന്നതിനും അപ്പുറമായിരുന്നു. ഔരസപ്പുപ്പന്റെ നാലു മക്കളിൽ ഏറ്റവും ഇളയവളായ സുസിയെ പ്രസവിച്ച് നാലു മാസത്തുളപ്പോൾ ആണ് ഒരു വാഹന അപകടത്തിൽ ഔരസപ്പുപ്പൻ മരിച്ചത്. അന്ന് സുസന്നാമ്മച്ചിക്ക് 32 വയസ്സ് മാത്രം. നാലു മക്കളെ നോക്കണം എന്നതിനാൽ പലരും രണ്ടാമത് കല്യാണം കഴിക്കാൻ നിർബന്ധിച്ചെങ്കിലും ആരും വേണ്ട തന്റെ മക്കളെ പൊന്നുപോലെ നോക്കണമെന്ന വാഗ്ദാനമായിരുന്നു. ഔരസപ്പുപ്പനെയല്ലാതെ മറ്റാരെയും ഭർത്താവായി സങ്കല്പിക്കാൻ സുസന്നാമ്മച്ചിക്ക് കഴിയുമായിരുന്നില്ല. കാരണം അവർ പ്രണയിച്ചാണ് വിവാഹം കഴിച്ചത്.



കുട്ടിക്കാലം മുതലേ മക്കൾക്ക് ഒരു കുറവും വരാതെയാണ് അവരെ നോക്കിയത്. തന്നാൽ കഴിയുന്ന വിധം മക്കളുടെ ആശ്രഹങ്ങൾ സാധിച്ചു കൊടുക്കാൻ സുസന്നാമ്മച്ചി ശ്രമിക്കുമായിരുന്നു. വീട്ടുജോലി ചെയ്തും തുണി തയ്ച്ചുമാണ് തന്റെ മക്കളെ വളർത്തി ഇന്നത്തെ നിലയിൽ എത്തിച്ചത്. ഏറ്റവും മുത്തവൻ ജോണിക്കുട്ടി ഇപ്പോൾ യു.എസിൽ സെറ്റിലാണ്. രണ്ടാമത്തവൻ ജിന അവൾ മുറുമ്പെയിലെ ഒരു

കോളേജിൽ പഠിപ്പിക്കുന്നു. മൂന്നാമത്തവൻ ജോഷി ദുബായിൽ ജോലി ചെയ്യുന്നു. എറ്റവും ഇളയവൾ സുസി അവൾ കാനഡയിൽ നേഴ്സാണ്. ഇവരൊക്കെ ഈ നിലയിൽ ഇരിക്കുന്നതിന്റെ കാരണം സുസന്നാമ്മച്ചിയാണ്. എന്നാൽ മക്കൾക്ക് അമ്മയെ വന്ന് കാണാനോ മറ്റൊന്നിനും സമയമില്ല. വല്ലപ്പോഴും വാട്സ് ആപ്പിലൂടെ അമ്മയെ അറിയാൻ കഴിയും. കൂടുതലായത് അമ്മയുടെ മടിയിൽ കിടക്കാനും, ആദ്യം വാരികൊടുക്കാനുമൊക്കെ തല്യകൂടിയാൽ ഇന്ന് അമ്മയെ സംരക്ഷിക്കാൻ കഴിയാതെ തല്യകൂടുന്നു. ആർക്കും അമ്മയെ നോക്കാൻ വയ്യ. തങ്ങളുടെ സുഖമലം ലഭ്യമായതിൽ അവർക്ക് കഴിയണം. അമ്മയെ ഇരിക്കാ, ഒരു വേനലവധികാലത്ത് മക്കളെല്ലാവരും നാട്ടിൽ വന്നു. മക്കളെയും കൊച്ചുമക്കളെയുമെല്ലാം നേരിട്ടു കണ്ടതിന്റെ സന്തോഷത്തിലാണ് അമ്മച്ചി. എന്നാൽ അവരുടെ വാവിന്റെ ഉദ്യോഗം മറ്റൊന്നായിരുന്നു. അമ്മച്ചിയെ മക്കളിൽ ആരെങ്കിലും ഏറ്റെടുക്കുക അല്ലെങ്കിൽ വ്യയസനത്തിൽ ആക്കുക. മക്കളുടെ ചർച്ച ഒളിഞ്ഞിനിന്ന് കേൾക്കുന്നതിനിടയിലാണ് സുസന്നാമ്മച്ചി ഇത് കേൾക്കുന്നത്. മനസ്സിനൊരു വല്ലാത്ത വിങ്ങലും, ഞെട്ടലും ഒക്കെയായി സ്തംഭിച്ച് നിന്നുപോയി. ഒരിക്കലും മക്കളിൽ നിന്ന് അകലുന്നത് അമ്മച്ചി ചിന്തിച്ചിട്ടില്ല. മക്കൾ അമ്മച്ചിയോട് കാര്യം അവതരിപ്പിച്ചു. ഏറെ വേദനയോടെ ആരെങ്കിലും അമ്മച്ചി സമ്മതം മൂളി.

ഇന്നാണ് ആ ദിവസം മക്കളെയും വിടും വിട്ട് പുതിയൊരു ഇടത്തേക്ക് പോകുന്നത്. ഒത്തിരി വേദനയോടെയാണ് ഈ പടിയിറക്കം. എല്ലാ ഓർമ്മകളായി മാറുന്ന ദിവസമാണിത്. ഒന്നും മിണ്ടാൻ പോലുമകാതെ മക്കൾക്ക് ബാധ്യത ആകരുത് എന്ന ചിന്തയും ഉള്ളിലൊതുക്കി സുസന്നാമ്മച്ചി പടിയിറങ്ങുകയാണ് എന്നേക്കുമായി പുതിയൊരു ജീവിതവും പ്രതീക്ഷിച്ചുകൊണ്ട്.



തെളുക്കനരം



വർഷ എസ്. എം
S2 BBA

ജീവിതമാം സാഗരത്തിൽ തുടരുന്ന യാത്ര പകലിന്റെ വെൺകോണിൽ കാത്തുനിന്നതും ഇരവിന്റെ ഇരുൾക്കോണിൽ പതറിനിന്നതും നിനക്കായി നിറയുന്ന ഹൃദയം മാത്രം അഴലിന്റെ ആഴക്കടലിൽ നിന്തിയണയാൻ വെറുമൊരു സ്നേഹവാചകം മാത്രം മതി പൊരുതീയി ശുന്യമാം യാത്രതൻ ഹ്രസ്വമാം പുതുമഴ ശവർഷം മതി അക്കരയെന്താണെന്നറിയില്ല സോദാ, എങ്കിലും ഒരു മാത്ര കൊതിച്ചുപോയി മൃഗലമാം ഓമൻ പാടങ്ങളാൽ വന്നി സൂര്യനും ദിനയാത്രയിൽ അസ്തമിച്ചു, കിളികളും കൂടണഞ്ഞു.

ഇനിയുമി നൊമ്പരം നെഞ്ചിലേറ്റി ഞാൻ വെറുതെയി ജീവിതസത്തു നുകർത്തിപ്പെട്ടു അതിനൊരർത്ഥം തേടിയിലഞ്ഞിതെൻ തുടികൾ വാടി പരാക്രമത്താൽ ഈ നൗകയിലേനിക്ക് തെളുക്കനരം തൂങ്ങിനിൽപ്പിനിനാവുമോ? അതിനൊരുത്തരം ഈ നൗകയിൽ തുടരുന്ന യാത്രയിലേനിക്ക് കണ്ടെത്താനാകുമോ?

പ്രയാണം

ജെസി. ആർ

S4 B Com



ഹാ, ചിന്തിക്കുകിൽ പാദേശിയാം എന്നുടെ
കവിതയാം ഈ പ്രയാണം,
ഈ ലോകജീവിതത്തിൽ വൻശോധനയേറിയെന്നാൽ,
തളരാതെ, പതറാതെ
എൻ പ്രയാണം പൂർണ്ണമാക്കാൻ
വെമ്പൻകൊള്ളുന്നേ
മരുയാത്രയിൽ സഖിയായ് ആരുമേയില്ല
കുടാരവാസിയായി ഏകയായി

എറെ നാളായി കാൺമാനാശയായ്
കാത്തിരുന്ന നാൾവരുന്നിതാ
ഈ ശോകയാം പ്രയാണം
പൂർത്തീകരിക്കാനിടവരുമെന്നുടെ നിശ്ചയം
മനസ്സിൽ ലവലേശം പരാതിയില്ല
യാത്രാമൊഴി പൊലൊൻ ഇഹത്തിൽ ആരുമില്ല

ഈ വാരിധിയിൽ വർണിയിൽ തള്ളലേറ്റു ഞാൻ
മുങ്ങിടാതെ ബോട്ട് രക്ഷപ്രാപിച്ചു
കടലോരങ്ങളിൽ എൻ പ്രയാണം,
ഈ ശാന്തത എന്നുടെ മനശാന്തി
ആഴങ്ങളാലുള്ള ചിന്തയിൽ മുഴുകിടവേ
എന്തോ ഒന്ന് എനിക്ക് സമാധാനമായി വന്നിടുത്തിതാ.

ഈ മഴയുടെ സ്വരം കേൾക്കാൻ
കാതോർത്ത് പ്രയാണം ചെയ്തിടുമ്പോൾ
മോലാ ഇരുണ്ട് എനിക്കായി കാത്തിരുന്നപോൽ
മഴയും അതിൻ ഗന്ധവും
പ്രാണനെ തണുപ്പിക്കും പ്രയാണം
എൻ ജീവിത സൗഭാഗ്യം!

ലക്ഷ്യമതിൽ പ്രയാണം തുടർന്നിടുന്നു
എന്നാഗ ഏറെ വർദ്ധിച്ചിടുന്നു
എൻകൂടവേ ആതുരില്ലെന്നാലും
ലക്ഷ്യമതിൽ എത്തും ഞാനതിസന്തോഷമായി
എന്നുടെ പ്രയാണം സുഖദുഃഖമോറിയതാണ്.

നക്ഷത്രക്കൂട്ടങ്ങൾ പുഞ്ചിരിയോടെ
എന്നിൽ കൗതുകമാർന്നവയാകുന്നു
ചന്ദ്രന്റെ നിലാവ് എൻ പ്രയാണത്തിന്
നേർ വെളിച്ചം കൂട്ടുന്നു
വഴിയന്ത്രയിൽ ക്ഷീണിതനാവതേ
മൈത്രിവും സന്തോഷവും എന്നിൽ വന്നുണങ്ങിയിടുന്നു.

മനസ്സിൽ ചെറുമന്ത്രമോടി
പ്രയാണം തുടർന്നിടുന്നോൾ
ശോകപൂർണ്ണമായി ആരാഭിച്ചയി യന്ത്ര
സുഖമായി തുടരുന്നോൾ
ഏകനെന്ന പിന്ന മനസ്സിൽ ലവലേശമില്ല.

കരയുന്ന കാക്കയും, വയലിലെ റോസയും
ഭക്ഷണവും, ഭംഗിയുമേറി ഞാൻ കാണുന്നു.
പ്രകൃതി ഇന്ദ്രിയം സുന്ദരമാണെന്ന്
ഞാനോർത്തതേയില്ല...
ഈ പ്രയാണമെന്നുടെ മനസ്സിനെ
കുളിർക്കുവാനുതകിടുന്നു.
എൻ ലക്ഷ്യമതിൽ വന്നുചേരുവാൻ
ഇനിയും താമസമോ?

ഓർമ്മയിൽ മാത്രം

ആൽവിൻ സുരേഷ്,
S2 B.Com.



ആരെയോ തേടുന്നു ഏകനായി
ഒരു സൂര്യകാന്തിപ്പൂവുപോലെ
ഏകാന്തതയുടെ ആഴക്കടൽ
നിന്തിക്കടക്കാൻ കഴിയുന്നതില്ലേ!
മാറുന്ന ലോകത്തിൻ മായാക്കാഴ്ചയിൽ
മാറാതെ നൊമ്പരം നിന്നിരുന്നു,
പൊള്ളുന്ന ചുടിലും കുളിരിലും
തണുപ്പിലും തോവിന്റെ മഴ
എന്നിൽ പെയ്തിറങ്ങി,
യുഗങ്ങളെത്ര കടന്നുപോയിടിലേക്കെൻ
ജീവൻ മണ്ണിലടിയാം വരെ
എന്നെന്നുമോർമ്മയിൽ നീ മാത്രം
ഓരോ നിമിഷവുമെന്നുടെ ഓർമ്മയിൽ
നീ മാത്രം നീ മാത്രം നീ മാത്രം!



लिख
कुलम लक
राष्ट्रवाणी ---

जीवन की यात्रा

जीवन की यात्रा में हम चलते हैं
नए रास्तों पर नए सपनों के साथ।
हर कदम पर हमें चुनौतियाँ मिलती हैं,
लेकिन हमें हार नहीं माननी चाहिए।
जीवन की यात्रा में हमें सीखने को मिलता है
नए अनुभवों से, नए लोगों से।
हमें अपने सपनों को पूरा करने के लिए,
मेहनत करनी चाहिए और कभी हार नहीं माननी चाहिए।



Abhinidhi B Nair
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दिल के गूँज

धरती से नमी और पुरानी गंध आती है,
जैसे कोई अनकही कहानी हो।
जंगल के गहरे भाग में रहने वाले जीव,
अपनी शांत नींद में रहस्य फुसफुसाते हैं।
नदियों धीमी गति से बहती हैं,
लेकिन उनके पानी में एक परेशान चेहरा भरा हुआ है।
पहाड़ पूरी मजबूती से खड़े हैं,
लेकिन उनकी चोटियाँ रेत के भार से घिस गई हैं।
धरती रो रही है, उसका दिल दुख रही है,
उन धारों से जो हमने बनाया है,
और उस दर्द से जो हमने संजोया है।
अब समय आ गया है कि हम सुनें, उसे खयाल रखें।



Liya Maria Robin
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आइय अपने आस-पास खुशियाँ पैदा करे

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एक दिन मैं एक स्थानीय बस में यात्रा कर रहा था। एक महिला जो दूरदराज के गांव से लग रही थी, तीन छोटे बच्चों और ढेर सारे सामान के साथ बस में खड़ी थी निरिचयन रूप से वह शहर में नई थी। वह भ्रमित और चिनिन दिख रही थी। उसे नहीं पता था कि उसका बरा स्टॉप वास्तव में कहाँ है। वह इतनी चिनिन थी की हर स्टॉप पर वह यह देखने के लिए उठती थी कि क्या वह उसका बस स्टॉप है हर स्टॉप पर बस कंडक्टर ने उससे कहा, "मैं तुम्हें बता दूँगा जब तुम्हारा स्टॉप आएगा। चिंता मत करो।"

बस चलती रही। लोग बस में चढ़ते-उतरते रहे। महिला कंडक्टर की बातों से सड़ज नहीं थी, इसलिए वह भीड़ भरी बस से बाहर देखने की कोशिश कर रही थी कि उसका स्टेशन आ गया है या नहीं।

आविश्कार बरा उसके बस स्टॉप पर पहुँच गई। कंडक्टर ने उसे सम्मानपूर्वक बुलाया और उसके सामान को एक-एक करके उठाकर बस से उतरने में मदद की। महिला अपने बच्चों पर चिल्लाने लगी, "सड़क पर मन् जाओ।" बस आगे बढ़ गई और मैं भी आगे बढ़ गया। कंडक्टर के व्यवहार से मैं वाकई बहुत प्रभावित हुआ। जब मैं मुख्य द्वार के पारा पहुँचा, तो मैंने कंडक्टर को बुलाया और कहा, "आप वाकई बहुत अच्छे कंडक्टर है। वह उलझन में दिख रहा था और बोला, भाई, क्या आप कृपया अपने शब्द दोहराएंगे? जब मैंने देहराया, तो उसके गालों पर आंसू बहने लगे। उसने हाथ जोड़कर कहा, "मैं पिछले ३. सालों से ऐसा ही करता आ रहा हूँ। आज तक किसी ने मेरी तारीफ नहीं की। ओह! आज मैं कितना खुश हूँ।" मेरी आँखों में भी आँसू आ गए क्योंकि मुझे इसकी उम्मीद नहीं थी। कंडक्टर के व्यवहार ने मेरी आँखें खोल दीं। मुझे एहसास हुआ कि मेरी एक छोटी सी तारीफ ने उसे कितनी खुशी दी।

उस दिन से मैंने लोगों की तारीफ करना शुरू कर दिया जब भी कोई काम बहुत प्यार और करुणा के साथ किया जाता है। हमें अपने आस - पास खुशी पैदा करने के लिए कोई बड़ी सेवा करने की जरूरत नहीं है। हमारे दैनिक जीवन में प्रेम के मार्ग पर चलना ही पर्याप्त है।

आजकल मैं हमेशा यह प्लीज और थैंक यू कहता हूँ। जब लोग अच्छा काम करते हैं तो मैं उनकी तारीफ करना कभी नहीं भूलना।

मेरा राज्य

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देश प्रेम और सम्मान वहुन छोटे उम्र से हम पर रहते है। जैसे-जैसे बड़े होते जाते है वह बढ़ते जाते हैं।

भारत: मेरा राज्य । बड़े गर्व से मैं यह बोलता हूँ। मेरा देश सबसे महान । विभिन्न भाषा, विभिन्न सोच-विचार, विभिन्न मन आदि में होकर भी सब मन से एक हैं खुशी-खुशी में मिठाई बाँटकर रहते थे। शांति से एक साथ मिलकर रहते हैं । पर क्या यह साथ हम मालूम नहीं। लोग मतलबी होने जा रहे हैं। सिर्फ अपने और अपने अपने साथियों की चिंता है किसी और की नहीं। आजकल खमरियाओं के अलावा यहाँ नहीं। कितने दिन यह सोचते यहाँ, पैर पर खड़े जिएंगे । वह भी पता नहीं।

सिर्फ एक ही चीज पर गर्व है, वह ही सुकून है - हमारे जवान । जो अपने को भूलकर देश के लिए लड़ते हैं। भारतीय सेना हमारे शान है। वह शक्ति खुदकि के ऊपर अपने देश के प्रति प्यार और सम्मान रखता है। जो अपने जान के परवाह न करके देश की सुरक्षा के लिए लड़ते हो। जिने न ही जाति, धर्म और किसी और चीज के चिंता नहीं। वो है एक फौजी।

अलग-अलग घरने में उलझे हुए भी अगर भारत का नाम सुनते गर्व होती मेरे लिए अब सिर्फ मेरा भारतीय सेना की ही कारण है। हम देश के अंदर एक दूसरे से लड़न झगड़न रहते हैं, और वहाँ हमारे भारतीय सेना, देश की सेवा करती है। हमारे हिफाजत के लिए घर, परिवार, प्यार करने वालों को छोड़कर। अब सिर्फ ही कारण उठते हैं अब सिर्फ उनके ही कारण उठते हैं, मेरा सिर गर्व से सुनते हैं नाम -भारत मेरा देश ।

हिम्मत मत हारो



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बहुत समय पहले, एक गांव में रोंडनी नाम का एक लड़का रहता था। वह अपने परिवार के साथ बहुत खुश था। लेकिन उसकी खुशी ज्यादा दिनों तक नहीं टिक सकी। रोंडनी और उसके साथी ग्रामीणों को भयंकर, सूखे का सामना करना पड़ा। वे बारिश का नेगट्रो से इंतजार कर रहे थे, लेकिन किस्मत ने साथ नहीं दिया। सारी फसले, जमीन और यहाँ तक कि पेड़ भी झूस गए। मवेशी मरने लगे। बारिश न होने की वजह से नदी धीरे-धीरे सूख रही थी।

एक रात, गांववालों से मिलते समय रोंडनी ने कहा, "दोस्तों हम सभी ने अपने दादा-दादी से हमारे गांव से, होकर बहने वाली एक भूमिगत नदी के बारे में कहानियाँ सुनी हैं। क्यों न हम खुदाई करके देखें?" गांववाले सहमत हो गए और खुदाई शुरू कर दी। उन्होंने कुछ दिनों तक खुदाई की लेकिन जल्द ही हार मान ली। हालाँकि, रोंडनी खुदाई करता रहा। जब लोग ने उसे छोड़ने के लिए कहा, तो उसने कहा, "भगवान मेरी मदद कर रहे हैं और मेरा मार्गदर्शन कर रहे हैं।"

एक दिन जब उसने काफी गहराई तक खुदाई की, तो रोंडनी को पानी दिखाई दिया। हार न मानने के उसके धैर्य ने पूरे गांव को बचा लिया। रोंडनी ने सभी ग्रामीणों को सलाह दी इतनी आसानी से हार मत मानो। "अब उन्हें कभी पानी की कमी नहीं होती। और जब भी कोई समस्या आती है, तो सभी ग्रामीण एक साथ मिलकर उसका समाधान ढूँढ लेते हैं।"

क्या तुम समझ रहे हो ??

दिल की गहराई में उतरकर देखो,
हर किसी की एक कहानी है एक दर्द है।
मुस्कराहट में छुपी हुई पीड़ा को समझो,
आँखों में छुपी हुई आशा को महसूस करो।
हर किसी के विल में एक जछम है,
एक दर्द जो कभी नहीं भरता।
लेकिन फिर भी ये मुस्कराते हैं,
एक दूसरे के साथ जुड़ते हैं।
लोगों को समझने की कोशिश करो,
उनकी बातें सुनो, दिल की धड़कनें सुनो।
एक दर्द, एक संघर्ष, एक जीत,
रहती है हर किसी के पीछे एक कहानी।
किसी को भी जल्दी से न आँको,
लोगों को समझने की कोशिश करो।
दिल की गहराई में उतरकर देखो,
तभी तुम उनसे जुड़ पाओगे।



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मैं औरत हूँ

मैं भी तो औरत हूँ,
पर क्या बस नाम से?
हर सुबह की शुरुआत
होती है काम से।

आईना देखती हूँ,
पर खुद को नहीं पाती,
औरों की खुशी में,
मैं खुद को ही खो आती।

घुप रहूँ तो कहे, बड़ी मासूम है।
बोल पड़ तो, अरे! कितनी तेज जुबान है।
कभी सह जाऊँ तो सब ठीक,
कभी ना सहूँ, तो तूफान है।

माँ, बहन, पत्नी बनी,
हर रिश्ते को तिभाया,
पर अपने ही नाम को
कभी खुद से दूर पाया।

कभी दिल कहता है
बस अब रुक जाऊँ,
सब कुछ छोड़कर
थोड़ा खुद में समा जाऊँ।

मैं भी तो औरत हूँ,
पर क्या बस नाम से?
हर सुबह की शुरुआत
होती है काम से।



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माँ

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माँ वह है जो हमें जन्म देती है। यही कारण है कि जग में हर। जीवनदायनी वस्तु को माँ की संज्ञा दी गयी है। यदि हमारे जीवन के शुरुआती समय में कोई हमारे सुख दुःखमें हमारे साथी होता है तो वह हमारी माँ ही होती। माँ इस बात का एहसास होने देती कि संकट के घड़ी में हम अकेले हैं। माँ ममता की भंडार है। जिस घर में माँ नहीं हैं वह घर शून्य होती है। माँ उसी को कहा जाता है जो जीवन भर अपने बच्चों की भलाई, वृद्धि और कल्याण के लिए हमेशा त्याग करती है।

बूंद

प्रेम गीत गाते हुए
वह एक घटना की
तरह दौड़ी और
मैलापन बिखेर दिया।
जब मैं हृदय की वेदना और
दुख से भरी छाती के साथ
खड़ा था, तब उसने रागादमुद्रा
की तरह मुझे सांत्वना दी।
जब गहरे नीले बादल घूम रहे
होते हैं, जब तारे टिमटिमा रहे
होते हैं, जमीन घर बड़ी सारी
हरियाली फूलों से खिल उठती है।



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"Lingua Latina: Vox Temporum et Sapientiae"

Lingua, quae per saecula scientiam,
philosophiam et humanitatem informavit,
etiam nunc animos alit et mentes illuminat.

"The Latin Language: The Voice of Times and Wisdom"

The language, which for centuries shaped knowledge,
philosophy, and humanism,
still nourishes souls and enlightens minds.



Mea Familia



Soumya Saji
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Familia mea est maximum thesaurum. Ex pia familia venio, quae constat ex parentibus meis, sorore et me ipso. Parentes mei, quamquam suis quisque negotiis occupati sunt, semper nobis tempus dedicant atque nos amore et cura perfundunt. Soror mea est amica mea et vinculum peculiare; cachinnos et memorias una communicamus. Gaudia et moerores simul participamus, et grato animo prosequor quod talem familiam habeo. Somnia mea atque studia laboris ac humanitatis mihi insita sunt. Familia mea est quasi columna mei, quae mihi subsidium et robor praebet ad provocationes vitae superandas. Eorum amor sine condicione mihi tribuit securitatem, quam sine illis in navigatione vitae ne cogitare quidem possem.



Latin Phrases.



Fathima Sadiq
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Latin phrases, though often brief, possess an extraordinary power to encapsulate profound wisdom, timeless truths, and deep emotions in just a few words. Their compactness allows them to transcend cultural and temporal boundaries, resonating with people across different eras and backgrounds. These phrases can distill complex concepts, such as the fleeting nature of life, the enduring strength of love, or the inevitable march of time, into elegant expressions that linger in the mind. Their beauty lies not just in their words, but in the layers of meaning they carry, offering insights and reflections that continue to inspire, provoke thought, and evoke a sense of wonder. Even today, these ancient sayings remain a testament to the enduring power of language and its ability to capture the essence of the human experience in a way that feels both timeless and deeply personal.

1. **Carpe Diem** – “Seize the day.”

Encourages making the most of the present moment.

2. **Veni, Vidi, Vici** – “I came, I saw, I conquered.”

A famous phrase by Julius Caesar, signifying quick and decisive victory.

3. **Fata viam inveniunt** – “Fate will find a way.”

Suggests that destiny or fate will guide the course of events.

4. **Lux Aeterna** – “Eternal light.”

A phrase used to express the idea of an unending or divine illumination.

5. **Sic Transit Gloria Mundi** – “Thus passes the glory of the world.”

A reminder of the fleeting nature of fame and worldly achievements.

6. **Dum Spiro, Spero** – “While I breathe, I hope.”

A phrase expressing hope and perseverance, even in difficult times.

7. **Mors Certa, Hora Incerta** – “Death is certain, the hour is uncertain.”

A philosophical reflection on the inevitability of death, but the unpredictability of when it will happen.

8. **Vivere Est Cogitare** – “To live is to think.”

Suggests that true life is found in thought and contemplation.

9. **Amor Vincit Omnia** – "Love conquers all."
A timeless sentiment about the power of love to overcome obstacles.
10. **Fide, Sed Cui Vide** – "Trust, but with caution."
A reminder to trust others, but to be careful and discerning in who you place that trust in.
11. **Aut Viam Inveniam Aut Faciam** – "I shall either find a way or make one."
A determined statement about creating one's path or destiny, no matter the obstacles.
12. **Vita Brevis, Ars Longa** – "Life is short, art is long."
A famous phrase emphasizing the lasting nature of art compared to the brevity of life.
13. **Sola Fide** – "By faith alone."
A phrase rooted in the concept of relying on faith as the foundation of life.
14. **Omnia Vincit Amor** – "Love conquers all."
A phrase that reflects the idea that love is the most powerful force in the world.
15. **Memento Mori** – "Remember you must die."
A reminder of human mortality and the fleeting nature of life.
16. **Sic Parvis Magna** – "Greatness from small beginnings."
A phrase associated with Sir Francis Drake, highlighting that the greatest achievements start from humble origins.
17. **In Vino Veritas** – "In wine, there is truth."
Suggests that people are more honest when intoxicated.
18. **Ad Astra Per Aspera** – "To the stars through difficulties."
A motto signifying that difficult paths lead to great achievements.
19. **Cogito, Ergo Sum** – "I think, therefore I am."
A philosophical statement by René Descartes about existence and consciousness.
20. **E Pluribus Unum** – "Out of many, one."
The motto of the United States, signifying unity from diversity.

Anima Christi



Salmo Slacer J. Mandez
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The Anima Christi is a traditional Catholic prayer dating back to the 14th century, often attributed to St. Ignatius of Loyola, who popularized it by placing it at the beginning of his Spiritual Exercises. The prayer is a heartfelt plea for sanctification and union with Christ. It is often prayed after receiving Holy Communion.

Anima Christi, sanctifica me.
Corpus Christi, salva me.
Sanguis Christi, inebria me.
Aqua lateris Christi, lava me.
Passio Christi, conforta me.
O bone Iesu, exaudi me.
Intra tua vulnera absconde me.
Ne permittas me separari a te.
Ab hoste maligno defende me.
In hora mortis meae voca me.
Et iube me venire ad te,
ut cum sanctis tuis laudem te
in saecula saeculorum. Amen.

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, intoxicate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Your wounds, hide me.
Do not permit me to be separated from You.
From the evil enemy, defend me.
At the hour of my death, call me.
And bid me come to You,
that with Your saints I may praise You
forever and ever. Amen.

CRUX ERAT AMOR

Iesus, rex iudaeorum.
Clavis, verbera, vulnera
Spinis coronatus
Ex hominum contumellis.
Mortuus est in cruce pro me et te,
Ponde peccatorum nostrorum portavit.
Sine verbo culpam,
Sine querela culpam,
Pro me et te.
Ut lux in tenebris.
Amor triumphat.
In passione salus est.
Iesus nomen suum.
Salvatorem tetrae.



Clare Maria Noel
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AMOR AETERNUS EST

Vide oculis amoris,
Audi auribus amoris,
Labora manibus amoris,
Cogita cogitationes amoris,
Senti amorem in omni nervo.
Incipe diem cum amore,
Comple diem amore,
Perde diem in amore,
Finem fac diem cum amore.
Nam amor spem habet,
Et amor nunquam desinit.



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Optimismus



K. Neeraja
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Optimismus est propensio ad sperandum et ad bonam partem rerum spectandam potius quam malam, sive inclinatio ad credendum futura plerumque bene eventura esse. Optimismus est differentia singularis variabilis, quae demonstrat quantitatem qua homines generaliter expectant prospera in futuro. Spes superior cum meliore subiectiva prosperitate coniungitur, etiam in rebus adversis vel difficultatibus, et cum superioribus gradibus certaminis ac inferioribus gradibus declinationis vel inertia. Testimonia ostendunt spem bonam sociari cum proactivis actibus ad valetudinem namdam. His iuventis congruenter, optimismus etiam cum melioribus indicibus valetudinis corporalis comparatur. Studium strenuum et perseverantia afferuntur, ut optimistae proposita assequantur, etiam in rebus ad vitam socialem vel economicum pertinentibus. Aliqua argumenta suadent optimismus se referre ad maiorem perseverantiam in educationis conatibus et ad altiores gradus redituum. Etiam sunt casus quibus spes non affert commodum aut aliquando incommodum potest inferre, hi cuius ruri sunt. In summa, mores optimistarum videntur praebere exempla vivendi, quae aliis ad discendum utilia esse possunt.

Our Passion Through Sketches



Eby B Lopez
S6 BBA





Brindhya Basil

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Dr. Swetha. S
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Grace Jeen
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Sip





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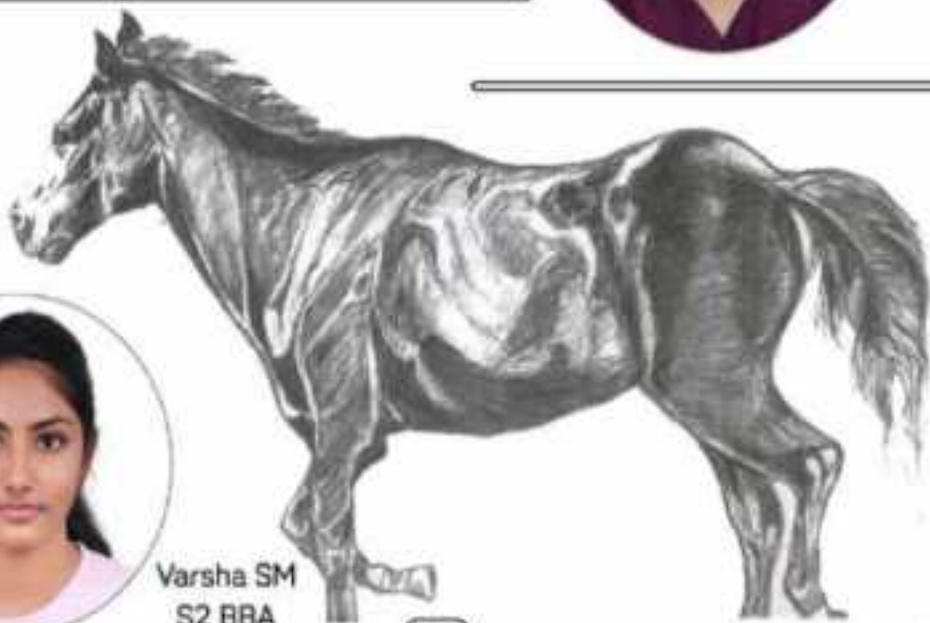




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Pranav A P
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Varsha S.H
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Pranav A P
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**"And so we beat on, boats against the current,
borne back ceaselessly into the past."**

F. Scott Fitzgerald

**“സുഖമെഴും കയ്പും, പുളിപ്പും, മധുരവും
തുകരുവാൻ ഇപ്പോഴും മോഹം”**

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Vox Magistorum!!!

AI & The Future of Jobs – How Artificial Intelligence is Shaping Career Opportunities



Syam S
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Placement Officer

Artificial Intelligence (AI) is no longer a distant possibility—it's an active force changing the way we work, learn, and interact with the world. Whether you're a student of Commerce, Business Management, English, Zoology, Computer Science, or Geography, AI will play a significant role in your future career. While some jobs may be automated, AI is also creating new opportunities, requiring professionals to upskill and embrace technology. Let's explore how AI is revolutionizing different industries and what this means for the jobs of tomorrow.

Commerce & Business Management: The AI Driven Marketplace

AI has transformed the way businesses make decisions, analyze markets, and interact with customers. From personalized shopping experiences to AI driven hiring processes, AI is shaping the business world in powerful ways.

1. AI in Customer Service & Marketing

Example: Amazon and Netflix use AI to analyze user behavior and recommend products or movies. Their AI driven recommendation systems increase engagement and sales, making them global leaders in E-Commerce and entertainment. Impact on Careers: Marketing professionals must now understand AI powered analytics to optimize advertising campaigns, predict consumer trends, and personalize customer experiences.

2. AI in Hiring: How Companies Select the Right Candidates?

AI is revolutionizing recruitment by analyzing resumes, predicting job fit, and even conducting initial interviews.

Example: Unilever and IBM use AI powered tools like HireVue and Pymetrics, which analyze facial expressions, speech patterns, and problem-solving skills to shortlist candidates. AI reduces human bias and speeds up hiring, helping companies find the best talent efficiently. Impact on Careers: HR professionals now need to specialize in AI powered recruitment, ensuring ethical AI usage and improving hiring processes.

3. AI in Finance & Investment

Example: Goldman Sachs and JPMorgan Chase use AI for algorithmic trading, risk assessment, and fraud detection. AI analyzes millions of data points in real time, making financial markets more efficient. Impact on Careers: Future finance professionals must learn data driven decision making, AI powered risk assessment, and digital banking strategies.





2. AI in Film & Entertainment

Example: AI generated scripts and deepfake technology are being used in Hollywood to create realistic movie effects and even recreate actors, voices.

Impact on Careers: Future filmmakers and scriptwriters will need to work with AI generated storytelling tools.

Geography & AI: Mapping the Future

AI is transforming geographical studies through satellite imaging, climate change predictions, and urban planning.

1. AI in Disaster Management

Example: Google's AI powered flood forecasting system predicts floods and provides early warnings, saving lives and reducing damage.

Impact on Careers: Geographers must learn about Geo-AI, climate modeling, and AI driven disaster management.

2. AI in Smart Cities & Urban Planning

Example: AI-powered traffic management systems in cities like Singapore analyze real time traffic data and adjust signals to reduce congestion.

Impact on Careers: Urban planners and GIS specialists must integrate AI driven mapping and smart city solutions into their work.

The Future of Work: How Should Students Prepare?

While AI will automate repetitive tasks, it cannot replace human creativity, problem solving, and emotional intelligence. The key to thriving in an AI driven world is adaptability.

- > Learn AI Basics – Whether you're in commerce and business, science, or the arts, understanding AI will be essential.
- > Develop Soft Skills – AI may be intelligent, but it lacks emotional intelligence. Skills like creativity, empathy, and leadership will remain irreplaceable.
- > Embrace AI Tools – Learn how to use AI powered software in your field. Interdisciplinary Knowledge – Combining AI knowledge with your core subject will open new career opportunities.

Conclusion: AI as a Partner, Not a Replacement

AI is not here to take away jobs—it is here to change them. The future belongs to those who can collaborate with AI, using it as a tool rather than seeing it as a threat. Whether you are a business student, a writer, a scientist, or a conservationist, AI will shape your career. The real question is:

Are you ready to shape AI?

Computer Science: The Age of AI Developers

For computer science students, AI is a game changer. With companies investing heavily in AI research and automation, the demand for AI experts is soaring.

1. AI in Self-Driving Cars

Example: Companies like Tesla, Waymo, and Uber use AI-powered sensors, machine learning algorithms, and real time data processing to develop self driving vehicles. Impact on Careers: Computer science students should focus on machine learning, robotics, and AI ethics to work in the automotive AI industry.

2. AI in Cyber security

With the rise of cyber threats, AI is playing a crucial role in detecting and preventing cyber attacks. Example: AI powered cyber security systems like Darktrace and IBM Watson Security analyze network traffic, identify threats, and prevent data breaches before they happen.

Impact on Careers: Cyber security experts must learn AI driven threat detection and ethical hacking.

3. AI in Software Development

Example: Tools like GitHub Copilot and ChatGPT help developers write and debug code faster, reducing repetitive tasks and improving efficiency.

Impact on Careers: Future programmers must adapt to AI assisted coding and learn how to train AI models.

Zoology & AI: Technology Meets Wildlife Conservation

AI is being used to track animal populations, analyze behavior, and protect endangered species.

1. AI in Wildlife Monitoring

Example: The PAWS (Protection Assistant for Wildlife Security) system uses AI to predict poaching patterns and help rangers protect endangered species like elephants and rhinos.

Impact on Careers: Zoologists must learn how to use AI powered tracking tools, drone surveillance, and big data analysis for wildlife conservation.

2. AI in Marine Biology

Example: AI powered robots, like those used by Ocean Infinity, explore deep sea ecosystems, mapping marine life and analyzing ocean conditions.

Impact on Careers: Marine biologists must integrate AI for ocean exploration and marine species conservation.

English & Literature: AI as the Next Shakespeare?

While creativity is uniquely human, AI is beginning to assist in writing, editing, and storytelling.

1. AI in Creative Writing & Journalism

Example: ChatGPT and Jasper AI are being used by businesses to generate blog content, product descriptions, and even poetry.

Impact on Careers: Writers and editors must now specialize in AI assisted content creation, SEO optimization, and digital storytelling.

Academic Freedom: A Pillar of Intellectual Progress and Democratic Integrity

Dr Narayanan Pandala CR
Asst. Prof., Dept of Management Studies



Why Understanding and Protecting It Is Crucial in Today's World

In an age where knowledge is both a weapon and a shield, academic freedom stands as one of the most significant yet vulnerable cornerstones of intellectual and societal progress. The ability of scholars, students, and institutions to explore, debate, and disseminate ideas without fear of censorship or retribution is not just a privilege—it is a necessity. However, despite its critical role in shaping democracies, fostering innovation, and challenging the status quo, academic freedom remains under constant threat globally. The question is: do we fully understand its implications, and are we doing enough to protect it?

Understanding Academic Freedom: Beyond the Ivory Tower

Academic freedom is often misinterpreted as an elite privilege reserved for professors and researchers in their secluded intellectual domains. However, its essence is far more profound. It encompasses the right to research, publish, and teach without undue external influence. More importantly, it extends beyond universities, shaping the intellectual health of entire societies. Without academic freedom, progress in science, technology, law, and philosophy would be stifled, and critical discourse on governance, ethics, and human rights would be silenced.

At its core, academic freedom ensures that universities remain places of open inquiry rather than tools of political propaganda or corporate interests. It upholds the principle that knowledge should be pursued for its own sake and not tailored to appease governments, religious institutions, or economic stakeholders. In a world where misinformation spreads rapidly, and authoritarian tendencies seek to control narratives, academic freedom is the last stronghold against intellectual oppression.

The Global Assault on Academic Freedom

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The threats to academic freedom are neither new nor limited to a particular region. Across the world, universities and scholars face systematic suppression in various forms—ranging from state interference and political pressure to funding cuts and ideological purges. In some countries, academic institutions are under direct government control, with curricula designed to fit nationalist or ideological narratives. Dissenting voices are criminalized, and research that contradicts official policies—on issues like climate change, history, or human rights—is censored. Even in established democracies, academic freedom is challenged through policies that limit research funding for politically inconvenient topics or through the public vilification of scholars who challenge dominant ideologies. Recent global reports indicate that countries once known for their strong academic traditions are facing increasing pressures from both internal and external forces. In some regions, university autonomy is eroded by legal measures that subject research to political approval. In others, scholars are imprisoned or exiled for engaging in critical inquiry. The emergence of digital surveillance has further complicated the landscape, with online monitoring and data control making it easier to silence academic voices even beyond physical borders.

Why Should We Care?

It is easy to dismiss academic freedom as a concern only for scholars, but its implications are far-reaching. The decline of academic freedom directly impacts public policy, economic development, and social justice. Without free inquiry, societies risk stagnation, as progress in medicine, environmental science, and technology is dictated by political convenience rather than empirical evidence. Historical revisionism becomes commonplace, eroding public memory and rewriting facts to suit ideological narratives. Moreover, academic freedom is intertwined with democratic values. A society that suppresses intellectual discourse is often one that curtails freedom of speech, press, and association. When universities lose their autonomy, citizens lose access to unbiased knowledge, making them more susceptible to propaganda and misinformation. The ripple effect extends beyond academia, influencing governance, business, and even cultural industries. *Academic Freedom and Indian Culture: A Historical Perspective* India has a long-standing tradition of intellectual inquiry, debate, and scholarly exchange. From the ancient universities of Nalanda and Takshashila to the philosophical debates of Adi Shankaracharya, the Indian subcontinent has nurtured a spirit of learning that encouraged diverse perspectives. The very foundation of the Indian knowledge system was based on free inquiry, with different schools of thought—be it Nyaya, Vaisheshika, or Charvaka—coexisting despite their ideological contradictions. Even during medieval times, scholars in India engaged in deep discourses on theology, science, and governance, often challenging prevailing norms. However, the colonial period saw a shift, where academic pursuits were either controlled by the British administration or subordinated to their political objectives. The post-independence era

Attempted to restore intellectual autonomy, but over the decades, academic institutions have faced increasing interference from political, religious, and economic forces. The *Current Challenges in India* Despite India's rich tradition of scholarly freedom, contemporary challenges threaten its academic landscape. Universities in India, especially public institutions, often find themselves entangled in political struggles. The appointment of vice-chancellors, funding of research projects, and even curriculum decisions are sometimes influenced by political ideologies rather than academic merit. This politicization stifles independent research, particularly in the social sciences and humanities, where critical inquiry is essential. India has witnessed cases where books, research papers, and even historical interpretations have been withdrawn due to political or religious pressures. Scholars who critically analyze sensitive issues—ranging from caste discrimination to gender rights and religious histories—often face backlash, legal action, or even physical threats. With increasing privatization of education, corporate sponsorships and funding influence research directions. The prioritization of market-driven subjects such as engineering and management over humanities and social sciences reflects a worrying trend where economic interests override academic curiosity.

In the digital era, academic freedom is also affected by online surveillance, restrictions on internet access, and government monitoring of research discussions. Some institutions face restrictions on international collaborations, limiting exposure to global academic discourse.

Why Should India Protect Academic Freedom?

The importance of academic freedom in India goes beyond the confines of universities. It directly impacts democracy, social justice, and innovation. An India that restricts academic freedom risks becoming an intellectual wasteland, where critical thinking is replaced by dogma and progress is hindered by stagnation. India's democratic framework is built on diversity, dissent, and dialogue. Academic institutions play a crucial role in questioning policies, critiquing governance, and offering alternative solutions to national problems. A healthy democracy requires independent scholars who can fearlessly challenge authority without fear of persecution. The ancient Indian tradition of free debate—from the philosophical battles of Buddha and Mahavira to the scholarly discourses of medieval thinkers—must not be lost. If modern India wishes to uphold its intellectual legacy, it must ensure that its universities remain spaces of uninhibited exploration.

The world's greatest technological and scientific advancements have come from societies that value free inquiry. India's ambition to become a global leader in artificial intelligence, biotechnology, and sustainable development requires an academic ecosystem that supports groundbreaking research without bureaucratic or ideological restrictions. Many of India's most significant social movements—be it the fight for gender equality, Dalit rights, or environmental activism—have been fueled by critical research and academic discourse. If universities lose their autonomy, marginalized voices will struggle to be heard, and India's progress toward an inclusive society will be hindered.

The Road Ahead: Protecting Academic Freedom

Protecting academic freedom requires a multifaceted approach involving policymakers, educational institutions, civil society, and the global community.

- Governments must establish clear legal protections that prevent political interference in academic research and teaching. University autonomy should be enshrined in law, with independent bodies ensuring adherence to principles of free inquiry.
- Global organizations such as Scholars at Risk, UNESCO, and academic unions play a crucial role in defending persecuted scholars and promoting awareness of threats to academic freedom. International academic networks must stand in solidarity with those facing oppression.
- Academic freedom should not be an abstract academic issue; it must be a public concern. Citizens must recognize the role of universities in safeguarding truth and challenge policies that undermine intellectual independence.
- As academic discourse increasingly moves online, protections against digital surveillance, cyber-attacks, and data manipulation must be strengthened. Universities and researchers should invest in secure platforms that protect sensitive research from external interference.
- Universities must uphold their role as bastions of free thought by resisting financial and political pressures that compromise their academic integrity. Ethical leadership, transparent funding models, and a commitment to diversity of thought are key to sustaining intellectual freedom.

Conclusion: The Fight for Knowledge is the Fight for the Future

India stands at a defining moment in its academic and intellectual history. While the country has inherited a rich legacy of scholarly inquiry and open debate, contemporary challenges threaten to undermine the very foundation of its academic institutions. The suppression of free thought, political

interference in universities, and the growing influence of market forces over research priorities pose serious risks to intellectual progress. Academic freedom is not merely an abstract ideal confined to lecture halls; it is a fundamental pillar of democracy, innovation, and social justice.

If India aspires to be a global leader in knowledge and innovation, it must reaffirm its commitment to safeguarding the independence of its scholars and institutions. Protecting academic freedom is not just about ensuring the rights of educators and researchers—it is about securing the future of a society that thrives on knowledge, creativity, and critical thinking. A nation that silences its intellectuals weakens its own foundation. A nation that empowers them builds a future where truth prevails, democracy flourishes, and innovation knows no bounds. The real question remains: are we ready to stand up for academic freedom, or will we allow the walls of intellectual inquiry to close in on us? The choice we make today will define the knowledge landscape of tomorrow.

In a world that is rapidly changing—socially, politically, and technologically—academic freedom is the compass that keeps societies on the path of truth, progress, and justice. It is not merely an issue for intellectuals but a fundamental pillar of democracy and human development. Understanding and protecting academic freedom is not just an academic duty; it is a societal imperative. If history has taught us anything, it is that knowledge suppressed today becomes ignorance institutionalized tomorrow. The real question is—are we willing to let that happen?





Do We All Have an Addiction?

Dr. Jasmine Peter
Asst. Prof., Dept. of Zoology

In today's world, addiction extends far beyond substance abuse, but is it possible that we all have some form of addiction? From social media to shopping, and from caffeine to gaming, many of us engage in behaviors that can be considered addictive.

Addiction involves changes in brain chemistry and function, leading to a loss of control and continued engagement in the addictive behavior. Traditionally, it has been linked to substances like drugs and alcohol. However, with the rise of technology and changing lifestyles, new forms of addiction have emerged.

There arise different kinds of addiction which may cause severe health issues and also creating social issues. Substance addiction which includes addiction to drugs, alcohol, nicotine, and other substances. Whereas in behavioral addiction encompasses addictions to behaviors like gaming, shopping, social media, and sex. Another kind of addiction is the process addiction which refers to addiction to processes or activities, such as eating, exercise, or work.

Substances such as alcohol, nicotine, cannabis, food, hallucinogens, inhalants, opioids, prescription medications, and stimulants overstimulate the reward circuit. The intensity of the pleasurable high it produces, causes people to repeatedly seek out that substance. Gaming addiction affects millions, causing social isolation, sleep deprivation, and decreased productivity. The constant dopamine release from gaming activates the brain's reward system, making it difficult to stop. Likewise shopping addiction, also known as compulsive buying disorder, leads to financial difficulties, cluttered living spaces, and strained relationships. The temporary high from shopping provides an emotional escape, but can have serious consequences.

Why Are we Addicted?

There are many reasons why we may become addicted to certain behaviors or substances. Some possible reasons include Dopamine Release, stress and anxiety, social pressure and many more. Dopamine is a neurotransmitter and hormone that impacts emotions, behavior, and movement which gives us mainly

pleasure. Some people may turn to addictive behaviors as a way to cope with stress, anxiety, or other emotions and also to cope up with peer pressure. These addictive behaviors and substances trigger the release of dopamine.

What is the science behind addiction?

Our brain has a reward system. The reward systems of the brain are a group of structures that are activated whenever we experience something rewarding, such as eating a nice-tasting food, having sex, or using an addictive drug. when we have such things, this system says, "Hey, that feels good! Do it again or have it again!" This system is fueled by the chemical dopamine and creates an addiction cycle and our brain adapts by changing its chemistry, making us need more of the substance or behavior to feel good. It makes imbalances in chemicals like serotonin and GABA (Gaba Aminobutyric acid) which are the hormones that calm down our brain. The sad thing is that we are trapped in a cycle of craving and seeking. Our brain is wired to repeat behaviors that bring pleasure, even if they harm us and moreover our genetic makeup can affect susceptibility to addiction.

Breaking Free from Addiction

While it may seem daunting, it is possible to break free from addiction. Seek Support from friend, family member, or mental health professional about our addiction. We can Set Boundaries or Establish limits on our behavior, such as setting a daily time limit for social media or gaming. Another possible thing to break addiction is to engage in healthy activities, such as exercise, meditation, or hobbies, to manage stress and emotions. Also practice mindfulness by a way more aware of our thoughts, feelings, and behaviors, and make conscious choices to change. By recognizing the signs of addiction and seeking support, we can break free from addictive behaviors and develop healthier habits.

Exploring the Wonders of Vavvamoola and Vellayani A Journey of Discovery



Dr. Sheema S.H
Asst Prof, Department of Zoology

On February 6, 2025, our Environment and Sustainability Club, Green Energy Club, and Zoology Department, in association with IQAC, organized a field visit to the Vellayani region as part of the Wetland Day celebration. This educational journey focused on Panchakari padum (Vellayani), Vavvumoola field, and a historical residence near Vellayani Lake. The visit significantly enhanced our students' understanding of wetland ecosystem conservation and biodiversity importance through direct observation and experience.

Biodiversity and Agricultural Observations

The Vavvumoola and Kadavumoola areas are renowned for their rich biodiversity. Students observed diverse agricultural practices, including the cultivation of spinach, lady's finger, cucumber, banana, tapioca, and pea plants. Small water channels intersecting the cultivated areas hosted abundant fauna, including apple snails, tadpole larvae, small fish species, and various aquatic insects. Students actively participated in collecting specimens using towels, nets, and utensils, which were later preserved in the zoology laboratory for further study.

The visit provided an excellent opportunity to witness eutrophication in action, as algal blooms were present in parts of Vellayani Lake. This real-world example helped students better comprehend the process and its environmental consequences. The area also served as a habitat for migratory birds, adding to its ecological significance.

Educational Value

This field experience allowed students to directly observe and analyze:

- ☐ Weather conditions in wetland environments
- ☐ Agricultural practices and crop cultivation techniques
- ☐ The daily challenges and practices of local farmers
- ☐ Water quality assessment and soil composition in wetlands
- ☐ Identification of local fish species and their role as biocontrol agents



Wetland Day Activities

Under the directive of the Ministry of Environment, Forest and Climate Change, and the National Museum of Natural History's "SAVE WETLAND CAMPAIGN," students participated in several meaningful activities:

- Taking the Wetland Mitra Pledge
- Organizing a public awareness rally in Vavvamoola
- Conducting a detailed visit to the Panjakaripadam wetland area

Following these activities, lunch was arranged at a historical house near Vellayani, where students gained additional knowledge about ecosystems and the importance of tree conservation, enhanced by the property's diverse flora.

Impact and Reflection

The journey through these remarkable landscapes, combined with immersion in the region's rich history and culture, imparted profound lessons on environmental preservation. Students developed a deeper appreciation for protecting natural resources for future generations. The interactions with local communities enhanced their understanding of cultural diversity and traditional practices.

Beyond simple sightseeing and adventure, this visit facilitated personal growth, learning, and self-discovery. The experience fostered a greater appreciation for nature and different cultures, demonstrating how such educational journeys can transform perspectives in unexpected ways.

As we reflect on our visit to Vellayani and Vavvamoola, we express sincere gratitude for the memorable experiences and valuable lessons gained. We extend our appreciation to Mar Ivanios College of Arts and Science (MCAS), the Government of India, the Ministry of Environment, Forest and Climate Change, and the National Museum of Natural History for facilitating this enriching educational opportunity.

As the saying goes: "Travel is the only thing you buy that makes you richer."





The Subtle Art of Being 'Me'

Delma Momi

Asst. Prof., Dept of Management Studies



Have you ever felt like you're living a life that others planned for you? Whether in college, at work, or in life at large, there's always pressure to make the 'right' choices—choosing a safe career, following traditions, or meeting society's expectations. From childhood, we are often told what success should look like, but the truth is, there isn't just one path. Real success comes when you follow your own dreams, not someone else's.

Happiness doesn't come from copying others. It comes from exploring diverse choices, understanding what truly excites you, believing in yourself, and making decisions that align with your values. Life is not about fitting into a box—it's about embracing new possibilities, discovering who you are, and taking pride in your journey.

Why Being 'Me' is Important

Everyone is different. Each person has unique talents, dreams, and ways of thinking. But sometimes, people hide their true selves because they are afraid—afraid of failing, being judged, or disappointing others. The truth is, the most successful and happy people are those who had the courage to be themselves.

Sachin Tendulkar became a cricket legend because he followed his passion. Lata Mangeshkar touched millions of hearts with her voice because she loved music. Steve Jobs, Serena Williams, and Elon Musk all proved that being different leads to greatness. But did they know what their passion was and where it would take them right from their childhood? Probably not. Success is not always about having a clear goal from the beginning—it's about being open to new experiences and learning along the way. Life is a journey of exploration, where trying different paths helps us understand what truly excites us. When we embrace this process, we gain the self-awareness needed to discover our true calling.

When you are true to yourself and generate value for the world in the process, not only do you feel confident, earn respect, and find real happiness, but you also end up making the world a better place. The world doesn't need another copy—it needs YOU. Believe in yourself, follow your dreams, and never be afraid to stand out!



Challenges of Being Yourself

Standing out is not always easy. College comes with many pressures—getting good grades, securing a stable job, and meeting family expectations. On top of that, social media amplifies these pressures, making it easy to compare yourself to others. You might scroll through your feed and see friends achieving big milestones, traveling the world, or landing dream jobs, making you feel like you're falling behind. But remember, social media often showcases only the highlights, not the struggles behind the success. These challenges are just a glimpse of the real-world pressures that lie ahead. Learning to navigate them with confidence and resilience will not only help you stay true to yourself but also lead a more fulfilling and meaningful life.

Many students hide their real interests or follow the crowd just to fit in. But is it really worth losing yourself? The biggest challenge is trusting your own path, even if it looks different. When you stop worrying about what others think, you'll feel free to make choices that truly make you happy.

How to Overcome These Challenges

However, just following your passion is not enough—it should match your skills to create real value. Passion without direction can lead to disappointment, but when combined with effort and ability, it becomes meaningful. Anything that helps others, even in a small way, will always be valued. Surround yourself with supportive friends and mentors who encourage you to grow. Instead of comparing yourself to others, focus on improving yourself. Try new things, build your skills, and explore different opportunities to find what truly excites you. Most importantly, take care of yourself, set goals, and believe in your journey. When you take charge of your life with purpose, you'll have the confidence to be yourself.

The takeaway message: Be the Best Version of You and make the world a better place!

College is not just about getting a degree—it's about discovering yourself, developing valuable skills, and shaping your future. Success isn't just about standing out; it's about making a difference. The world doesn't need you to simply fit in—it needs you to contribute in a way that adds real value. Trust yourself, embrace your uniqueness, and focus on creating something meaningful. The road may not always be smooth, but when you align your passion with purpose, the impact you create will make the journey worthwhile. So step forward with confidence—be bold, be unique, and add value to the world!

What is Expected from Sports Sciences?



Thomas Bennet

Asst. Prof., Dept of Physical Education

Introduction

As a physical educationalist, I have often pondered what we, as sports professionals, should expect from sports sciences. After years of learning, reading, and reflecting, I realized that many of us are unclear about the role of sports sciences in enhancing athletic performance. To simplify this, I decided to approach the topic from an energy perspective, which I believe is fundamental to understanding human performance in sports.

Let me begin by quoting one of the most important laws in thermodynamics: the principle of conservation of energy. It states that energy can neither be created nor destroyed but can only be transformed from one form to another. This principle is key to understanding how our bodies function and perform.

Our bodies are, in fact, reservoirs of tremendous energy. According to Albert Einstein's theory of relativity (mass-energy equivalence, $E=mc^2$), the more mass a body has, the more energy it possesses. However, this does not mean that humans can unleash energy like a nuclear bomb. Instead, our energy systems are more like a nuclear reactor, where energy is released in a controlled and sustained manner. This controlled energy system is essential for sustaining life and optimizing performance.

Human beings are an interconnected entity of body and mind. To achieve better performance, both the body and mind must be developed and trained in harmony. From a broader perspective, an intelligent coach working with young athletes must focus on developing not just physical skills but also the psychological attributes that shape an athlete's personality.

To better understand this, let us revisit the fundamentals of sports sciences.

The Four Fundamental Sports Sciences

Sports sciences are broadly divided into four fundamental disciplines, each playing a critical role in enhancing athletic performance:

1. Exercise Physiology
2. Sports Training
3. Sports Psychology
4. Sports Biomechanics

These sciences work together to address the three primary limitations to human performance:

1. Energy Production
2. Energy Control
3. Energy Efficiency

Let us explore each of these expectations in detail.

Expectation 1: Maximizing Energy Production (Enhancement of Human Performance – Physical Fitness)

The human body stores energy in the form of fat, carbohydrates, and proteins. However, the utilization of this stored energy is limited by the body's homeostatic mechanisms, driven by neural and hormonal controls. While our bodies are not designed to produce energy at will, we can enhance energy production through training and scientific methods.

The primary goal of sports sciences in this context is to maximize energy production in a way that suits the demands of a specific sport. Two key disciplines—Exercise Physiology and Sports Training—work together to achieve this.

Exercise Physiology focuses on:

- Bioenergetics (anaerobic and aerobic energy systems)
- Sports Nutrition
- Pharmacological aids
- Physiological methods
- Doping and bioengineering (e.g., gene doping)

These areas aim to improve energy production and recovery, thereby enhancing physical fitness. A sensible coach must combine training methodologies with physiological knowledge or consult exercise physiologists and fitness trainers to achieve the best results.

Expectation 2: Controlling Energy Production (Energy Control – Sports Psychology)

There are instances when well-trained athletes underperform in competitions due to psychological barriers. For example, nervousness, lack of focus, or stress can hinder energy production and utilization, leading to poor performance.

While physiological controls (neural and hormonal) regulate energy production, psychological controls are equally, if not more, important. The mind has a superior influence over the body, and negative emotions can disrupt energy production and utilization.

Sports Psychology plays a critical role in:

- Managing stress, anxiety, and arousal levels
- Developing mental toughness, focus, and concentration
- Enhancing game intelligence, emotional intelligence, and social intelligence
- Building a champion's personality with traits like perseverance, willpower, and controlled aggression

Psychological training ensures that athletes can control their energy effectively and use it wisely during competitions. It also helps in nurturing the mental attributes required to excel in sports.

Expectation 3: Maximizing Energy Efficiency (Sports Biomechanics)

Even with high energy production and control, inefficient use of energy can limit performance. Sports biomechanics focuses on optimizing movement patterns to ensure that every calorie of energy is used effectively.

Sports Biomechanics helps in:

- Analyzing and improving techniques and skills
- Correcting movements based on human anatomy and physics
- Magnifying force using principles like levers (e.g., hitting a sixer in cricket or throwing a javelin)
- Enhancing energy efficiency within the rules and regulations of the sport

By studying human movement, biomechanics provides methods to maximize the efficiency of energy utilization, ensuring that athletes perform at their best.

Conclusion

Sports performance is the result of both nature (genetics) and nurture (training, environment, and education). In today's highly advanced world, the role of nurture has gained significant importance. To achieve excellence in sports, we must identify and nurture talent while leveraging the tools provided by sports sciences.

In summary, our expectations from sports sciences can be categorized into three key areas:

1. **Maximizing Energy Production:** Enhancing physical fitness through exercise physiology and sports training.
2. **Controlling Energy Production:** Developing mental strength and psychological resilience through sports psychology.
3. **Maximizing Energy Efficiency:** Optimizing movement and techniques through sports biomechanics.

By addressing these three fundamental limitations, sports sciences empower athletes to push their boundaries and achieve peak performance. As coaches, educators, and sports professionals, it is our responsibility to integrate these sciences into training programs and create an environment where athletes can thrive.

നിന്നിലേക്ക്

ഡോ. സന്ധ്യ. ഒ
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നിന്നിലേക്കെത്തുവാൻ ഇനിയെത്ര ദൂരം
ഇനലുകൾ എന്നോട് മൗനമായി ചുതിച്ചു
നിലവി് പൊഴിയുന്ന പാതിരാവിൽ
ആകാശ നക്ഷത്രം സാക്ഷിയായി
നീയെന്ന ബിന്ദുവിൽ അലിയുവാനായ്
ഏകയായ് യാത്ര തുടരുന്നു.
ഏതോ! വിദ്യമോം സ്വപ്നമാണോ?
അതോ! സ്നേഹമോം നൂലിഴപേർത്തതാണോ!
ജന്മാന്തരത്തിന്റെ സൂക്ഷ്മമായ് ഞാനിന്നും
നിന്നിലേക്കെത്തുവാൻ വെമ്പലേറെ
കനവുകളിലിനിയെന്നും നീ മാത്രമായ്
ഇനിവരും പുലരികൾ
ഇനിവരും ഇവയുകൾ



മാത്ര തുടരുന്നു....

അനുകൃത എസ്
Asst. Prof., Dept. of English



അവൾക്ക് മോഹങ്ങളൊരുകയുണ്ടായിരുന്നു. അരുണകിരണങ്ങൾ വർണ്ണചിത്രങ്ങൾ വരയ്ക്കുന്ന വെറും നീർക്കുളികൾ മാത്രമാണവയെന്ന് അവൾ തിരിച്ചറിഞ്ഞപ്പോൾ, ഏറെ വൈകിയിരുന്നു. നഷ്ടസ്ഥിതിക്കുള്ള മാറാലുകളിൽ കൂടുതൽ വെട്ടുക്കുളികളെയെന്നോ ആയപ്പോൾ അവളാകെ മാറി, വേദനകൾ വേഷമായും ദുഃഖമായും എല്ലാത്തിനുമുപരി ആത്മനിന്ദയായും ആളിക്കത്തി.

പക്ഷെ, അവിടെ തീർന്നില്ല അവളുടെ കഥ. തീർക്കാൻ അവൾ സമ്മതിച്ചില്ല. പണിപ്പെട്ടെങ്കിലും മറുപെട്ടെങ്കിലും, മാറാലക്കുരുക്കുകൾ ഒന്നൊന്നായി ടിക്കാൻ അവൾ ഒരുമ്പട്ടിങ്ങി. ചേറിൽ പുതഞ്ഞതായിരുന്നു അവളുടെ വഴികൾ. അഴുക്കു ഫുറണ്ടായിരുന്നു അവളുടെ മേനി. മാറാല നിക്ഷിയാലും വെട്ടിമിടങ്ങത്തുക്കെന്ന ഈപ്പൊന്നുമില്ല. വേണ്ട, അതുകൊണ്ടു മാത്രം ഇരുളിനു കൂട്ടാകാൻ ഒരുക്കമല്ലെന്ന് അവൾ സ്വയം പറഞ്ഞു. സ്വന്തവും അഭിമാനവും തീറെഴുതിയ കുപ്പാവയല്ല. ഇനിയെന്തെന്നറിയാത്ത സാഹസികമായ സ്വതന്ത്രയാണ് താൻ എന്നവളുറപ്പിച്ചു.

അതുതന്നെ ഈ കഥയുടെ അന്ത്യവും ഇനിയെന്തെന്നറിയില്ല. പക്ഷെ കുരുക്കുകൾ ഒന്നൊന്നായി പൊട്ടി, അമ്പൽ പൊട്ടിക്കൂടി. അവിടെ മോഹങ്ങളിൽ തുടങ്ങിയ അവളുടെ പ്രയാണം ഇപ്പോഴും തുടരുന്നു...



ഒരു പഠനയാത്രയുടെ ഓർമ്മയിൽ

Santhi M. S.
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രണ്ടായിരത്തി ഇരുപത്തിയഞ്ച് ഫെബ്രുവരി മാസം നാലിന് എന്റെ വിദ്യാർത്ഥികൾക്കൊപ്പം ഒരു പഠനയാത്ര നടത്തി. മാതലാപുരത്തെ കടലുകളും കുർഗിലെയും ചിക് മാഗ്ഗുരിലെയും മലനിരകളും, ഉടുപ്പിയിലെ അമ്പലങ്ങളും കണ്ട് ഒരു യാത്ര. ആവേശം, ഗൃഹാതുരത, ആഴത്തിലുള്ള ഉത്തരവാദിത്തബോധം എന്നിവ നിറഞ്ഞ ഒരു അനുഭവം. വിദ്യാർത്ഥികൾക്കൊപ്പം ട്രെയിൻ കയറുമ്പോൾ ഞാൻ എന്റെ സ്വന്തം കോളേജ് മിനങ്ങളിലേക്ക് തിരികെ പോകുകയായിരുന്നു. അവരുടെ സംസാരവും, കൃത്യതികളും ആകാംക്ഷയും ഒക്കെ കണ്ട് എന്നിലെ പഴയ ഞാൻ അവർക്കിടയിൽ കാണി നടന്നു. എന്റെ കൂട്ടുകാർക്കൊപ്പം, അവരുടെ ഓരോ ചിരിയിലും ചലനത്തിലും ഞാൻ എന്നെ കണ്ടു എന്റെ പ്രിയപ്പെട്ട കൂട്ടുകാരെയും. എന്റെ ഏറ്റവും ശക്തമായ സൗഹൃദങ്ങൾ രൂപപ്പെട്ടതും പാഠ്യപുസ്തകങ്ങൾക്കപ്പുറമുള്ള പാഠങ്ങൾ പഠിച്ചതും ആ യാത്രകളിൽ ആയിരുന്നല്ലോ. വീട്ടിൽനിന്ന് കൊണ്ടുവന്ന പൊതി അഴിച്ച് അവർ പങ്കിട്ടെടുത്തപ്പോൾ ഇരുപത് വർഷങ്ങൾക്കു മുമ്പ് ഞങ്ങളുടെ യാത്രകൾക്ക് ഉണർവ്വേകിയ പങ്കുവയ്ക്കലുകൾ എന്റെ ഓർമ്മയിലേക്ക് ഓടിയെത്തി എത്ര കാലം കഴിഞ്ഞാലും മാറ്റമില്ലാതെ തുടരുന്ന ചില കാര്യങ്ങൾ

തിവണ്ടിയെക്കാൾ വേഗതയായിരുന്നു എന്റെ മനസ്സിന്, പിന്നോട്ടായിരുന്നു എന്നു മാത്രം. അന്ന് ഇതുപോലൊരു യാത്രയ്ക്കായി ഞങ്ങൾ ഹോസ്റ്റൽ മുറിയിലിരുന്ന് എന്തൊക്കെ ഏടുക്കണം, ബസ്സിൽ എവിടെ ഇരിക്കണം എന്തൊക്കെ പാട്ടുകൾ പാടണം എന്നിവയെക്കുറിച്ചൊക്കെ ചർച്ച ചെയ്തതും ആഴ്ചകളും മാസങ്ങളും നീ ആസൂത്രണങ്ങൾ നടത്തിയതും സെക്കന്റുകൾ

കൊണ്ട് എന്റെ മനസ്സിലൂടെ കടന്നുപോയി. മറ്റൊന്നിനെക്കുറിച്ചും ചിന്തയില്ലാതെയില്ലാതിരുന്ന ഒരു യാത്ര, മനസ്സിൽ കൂട്ടുകാരും കാണാൻ പോകുന്ന സ്മരണയും മാത്രം. ഇവരെപ്പോലെ തന്നെ അനിശ്ചിതമായ ഭാവി അത് ഞങ്ങളെയും അലട്ടിയിരുന്നതേ ഇല്ല എന്ന് ഞാൻ മനസ്സിൽ ഓർത്തു .

തിവിയുടെ ചുറ്റും വിളി എന്റെ ചിന്തകൾക്ക് തടസ്സമായി. ഒരു അധ്യാപികയുടെ ഉത്തരവാദിത്തമുള്ള മനസ്സിലേക്ക് ഞാൻ മടങ്ങിയെങ്കിലും എപ്പോഴും ഒരു താരതമ്യം എന്റെ ഉള്ളിൽ നടന്നുകൊണ്ടിരുന്നു. എന്റെ കോളേജ് കാലത്തെ ഞങ്ങളും എന്റെ വിദ്യാർത്ഥികളും. അവരുടെ കണ്ണുകളിൽ ഞങ്ങളുടെ അതേ സന്തോഷം കാണാൻ കഴിഞ്ഞെങ്കിലും അവരുടെ കൈകളിലുള്ള മൊഢെബൽ ഫോൺ തമ്മിലുള്ള സൗഹൃദത്തെ കുറയ്ക്കുന്നതായി എനിക്ക് തോന്നി. ഓരോ സ്മരണയിൽ എത്തുമ്പോഴും ആകാശമയോടെ കുറിപ്പുകൾ എഴുതിയെടുക്കുന്ന ഞങ്ങളെ എനിക്ക് അവരിൽ കാണാൻ കഴിഞ്ഞില്ല. ഞങ്ങളുടെ അധ്യാപകന്റെ കമ്പിൽ മാത്രം ഉണ്ടായിരുന്ന വലിയ ക്യാമറയിൽ ഞങ്ങളുടെ ഫോട്ടോ വരാനായി എപ്പോഴും അദ്ദേഹത്തിനു ചുറ്റും ഞങ്ങൾ ഉണ്ടായിരുന്നതും, അവരിലൂടെ ഞാൻ കണ്ടില്ല. കുറിപ്പുകളും പടങ്ങളും അവരുടെ വിരൽത്തുമ്പിൽ ഉള്ളപ്പോൾ അതൊന്നും അവരെ സ്വാധീനിക്കില്ലല്ലോ

പിന്നീട് എന്റെ അധ്യാപകരായി ഓർമ്മകളിൽ. എന്റെ ഇപ്പോഴത്തെ ചിന്തകൾ ആയിരുന്നിരിക്കുമോ അന്നവർക്ക്. യാത്ര തുടങ്ങിയത് മുതൽ തിരികെ വിദ്യാർത്ഥികൾ അവരുടെ വീടുകളിൽ എത്തി എന്ന് അറിയുന്നത് വരെ ഉള്ളിന്റെ ഉള്ളിൽ ഒരു ഭയപ്പാടായി രുന്നു. അന്ന് എന്റെ അധ്യാപകർക്കും അങ്ങനെയായിരുന്നിരിക്കണം എന്ന് ഞാൻ ചിന്തിച്ചു പക്ഷേ അത് ഞങ്ങൾ തിരിച്ചറിഞ്ഞിരുന്നതേയില്ല. ഞങ്ങളെക്കാൾ ആവേശത്തോടെ നടന്നു നില്ക്കുന്ന അധ്യാപകരെ ഞാൻ എന്നിലൂടെ എന്റെ വിദ്യാർത്ഥികൾക്ക് കാട്ടിക്കൊടുക്കാൻ ശ്രമിച്ചു ദൈവമേ ഒരു വിദ്യാർത്ഥിയും അധ്യാപികയുമായി ഞാൻ മാറി. ഒരു അധ്യാപിക എന്ന നിലയിൽ വിദ്യാഭ്യാസം ക്ലാസ് മുറിയുടെ നാല് ചുവരുകൾക്കപ്പുറത്തേക്ക് വ്യാപിക്കേണ്ടതാണ് എന്ന വിശ്വാസമാണ് മുന്നോക്കങ്ങൾ ഒന്നുമില്ലാതെ എന്റെ വിദ്യാർത്ഥികൾക്കൊപ്പം യാത്ര പുറപ്പെടാൻ ഞാൻ തയ്യാറായത്. അത് അവരുടെ ജീവിതത്തിലെ

പുതിയ ഒരു അനുഭവമായി മാറി എന്ന് ഞാൻ വിശ്വസിക്കുന്നു. അവർ പുതിയ പരിസ്ഥിതികളെ നിരീക്ഷിക്കുന്നതും പരിപയമില്ലാത്ത ആളുകളായി തുടരുകയെന്നതും കൗതുകത്തോടെ ഞാൻ നോക്കി കണ്ടു. ഒരു പുതിയ തലമുറയുടെ അഭിഭാഷകരുടെ രൂപപ്പെടുത്തൽ സഹായിക്കുന്ന ഒരു അധ്യാപികയായതിൽ ഞാൻ അഭിമാനിച്ച നിമിഷങ്ങൾ ആയിരുന്നു. അത് യാത്രയിൽ ഉടനീളം അവർ സ്വതന്ത്രരും ഉത്തരവാദിത്തമുള്ളവരും ആത്മവിശ്വാസമുള്ളവരുമായി മാറിയതായി എനിക്ക് തോന്നി വർഷങ്ങൾക്കു മുമ്പ് എനിക്ക് ലഭിച്ച വിജയത്തിനോടൊത്ത സൗഹൃദങ്ങളും ഓർമ്മകളും ഈ യാത്രയിൽ നിന്ന് ഏറെ വിദ്യാർത്ഥികൾക്കും ലഭിച്ചെങ്കിൽ ഇനിയൊരു ജീവിതചക്രത്തിൽ അവരിൽ ആരെങ്കിലും ഇതേ പാതയിലൂടെ കടന്നുപോവുകയും, ഇതേ ഓർമ്മകൾ ഇതേ സാഹചര്യത്തിൽ അവർക്ക് ഉണ്ടാവുകയും ചെയ്തെങ്കിൽ എന്ന് ഞാൻ വെറുതെ ഓർത്തുപോയി. ഇന്ന് അവർ നിസ്സാരമായി കണ്ടു മാനന്ദ്ര കാഴ്ചകൾ, കൂട്ടുകാരായി പങ്കുവെച്ച നിമിഷങ്ങൾ, ഭാവിയിൽ അവരുടെ സ്നേഹ സ്മൃതികളായി മാറു മെങ്കിൽ, പഠനയാത്രയ്ക്കപ്പുറം അവരുടെ ജീവിതയാത്രയിൽ സുഖമുള്ള ഓർമ്മയായി ഈ യാത്ര നിലനിൽക്കുമെങ്കിൽ അതിലപ്പുറം ഒന്നും ഒരു അധ്യാപിക എന്ന നിലയിൽ എനിക്ക് ആഗ്രഹിക്കാനില്ല. ജീവിതം എന്നും ഒരു യാത്രയാണ്, ഒറ്റയ്ക്കോ കൂട്ടായും ഉള്ള യാത്ര. ആ വലിയ യാത്രയ്ക്കുള്ള തയ്യാറെടുപ്പുകളെ ഏറെ കൂട്ടികൾക്ക് ഈ ചെറിയ യാത്ര എന്നാഗ്രഹിച്ചുകൊണ്ട്

സഖി

സോന ഐസ്വര്യസ്
Asst. Prof., Dept of Management Studies



പഞ്ചഭുതമാം ധരിതിതൻ
ആഴത്തിലോ സഖിതൻ വേർപാട്ടു...
ആദിതൻ ദർശനം നേടുവാനോ
അഖിലമാം ജലദേവതയിൽ മുന്നിൽ
സഖിതൻ ഉടലോ വണങ്ങി നിന്നു...
ഉദിച്ചയർന്നൊരു ആദിത്യൻ
മുന്നിലോ സഖിതൻ മനം പിടഞ്ഞുനിന്നു.
തഴുകി തലോടുന്ന കാറ്റിൻ കരങ്ങളോ
സഖിതൻ നെറുകയിൽ തൊട്ടുപുണർന്നുപാടി
പ്രണയത്തിനും വിപ്ലവത്തിനുമായി കാലം
ചാലിച്ചെഴുതിയ നിറത്താൽ രൂപം കൊണ്ടൊരു
സഖിയെ....
എങ്ങനെ നിൻ കവിൾതടം ചുവന്നുതുടുത്തു...
എങ്ങനെ നിൻ ഹൃദയത്തിൽ താളമിടി...
കുന്തൽ അഴകിൻ മാറ്റുകൂട്ടും പുഞ്ചിരിയും
കൈയിലേന്തി സഖിയോ
കാറ്റിൻ കാതിൽ മെല്ലെ മൊഴിഞ്ഞു....
ആദിത്യനോളം തെളുമില്ലല്ലോ ഈ സഖിതൻ
പ്രണയം മറ്റൊന്നിനോടും
നിൻ പ്രാണനെക്കാൾ ഈ പ്രണയത്തിനായി
നീ തപസ്സിയുണപ്പോൾ, മാനോ സഖി
ആദിതൻ അതുല്യ പ്രണയം ആരോടെന്നതും
അറിയാം എനിക്കറിയാം സഖിയോ മന്ത്രിച്ചു, ആയിരം-



പൊൻകിടണങ്ങളാൽ വെണ്സൂര്യനുകൂനയും
 പൊൻമലർ മൊട്ടിനെ കാണുവാനല്ലയോ.....
 തൊട്ടുണർത്തുവാനല്ലയോ.....
 മലരിൽ വേദനയാണവൾ
 അഴകിൽ അവസാനവാക്കാണവൾ
 അവളിൽ പേരോ? താമരയും
 അല്ലയോ സഖി ആദിത്യൻ നിത്യ
 പ്രണയം താമരയോടൊന്നറിഞ്ഞും
 എന്തെ! നി ഇന്നും പിൻവാങ്ങിയില്ല....
 വിഹ്വൽഭ്രമയ ഹൃദയമെന്നാലും
 മനഹാസമോടെന്നാ സഖി പാടി
 ഉലകിൽ പ്രണയം മനേയുള്ളൂ
 ഈ സഖിതൻ പ്രണയർളും മനേയുള്ളൂ...
 ഗർഭയോടെന്നാലും വേദനയോടെ കാറ്റും പാടി
 ഈ ജന്മത്തിലോ വല്ലാ ജന്മത്തിലോ
 ഒന്നാകുമെന്ന യോഗമില്ലെന്നറിഞ്ഞിട്ടും സഖി,
 ആകാശവും, ആഴിയും പോലൊന്ന നൂറത്തിൽ
 നിൻ കാത്തിരിപ്പു തുടർന്നാൽ
 ചുവന്ന വിപ്പുവം എന്നു നിന്നെ വിളിച്ച് കാലമിതിൻ,
 പാപപുസ്തകത്തിൽ മറ്റൊരാളായി
 പ്രാണിന്റെ ചിഹ്നമായും നി മാനും സഖി



Vita Nova in Christo



Ms. Neena Stella Gabriel
Asst. Prof., Dept. of Language

Errabam solus in viis meis,
Vagabundus sine spe nec pace.
Venisti, Domine, et tetigisti vitam meam,
Aperuisti oculos meos ad pulchritudinem tuam,
Aures meas ad vocem tuam dulcem.
Consolatus es me, sanasti vulnera mea,
Mutasti cor meum amore tuo,
Dilexisti me amore infinito,
Et lux tua resplenduit in me.
O amor sine conditione,
Caritas tua non habet finem!

O Iesu, perieram—sed invenisti me.
Gratia mirabilis, amor dulcissimus,
Qui salvasti animam meam.
Amor qui mortuus est pro me in cruce,
O Iesu, amo te.
Vidi magnum amorem tuum
In cruce, in flagellis ad columnam,
In corona spinarum super caput tuum.
Quid retribuam tibi, Domine Iesu?
Totus tibi dabor in amore eterno.





**Department of
English**



**Department of
Commerce**



**Department of
Computer Science**



**Department of
Geography**



**Department of
Business Studies**



Language Department



**Department of
Zoology**



**club
activities**



**experiential
learning**

**Have fun
& learn
& vibe**



seminars



celebrations

**=
that's us!**

Marian Family



**skill
development
activities**

ആരോഹി 2K25

Afsiya Bijoor - S4 BBA - Arts Secretary



Report on Aarohi 2K25 – The Annual Arts Fest

Arts Fest is one of the most anticipated events in college, providing students with a platform to showcase their creativity and talent. It is more than just a celebration; it is an integral part of student life that nurtures artistic expression, fosters teamwork, and enhances personal growth. The fest plays a vital role in making college life memorable and enriching, offering students opportunities to explore and showcase their skills in music, dance, drama, painting, literature, and other art forms. It also allows students to take on leadership roles, equipping them with essential skills such as event management, problem-solving, and decision-making.

Aarohi 2K25 – A Celebration of Art and Expression

The official name for this year's College Arts Fest was Aarohi 2K25. The name originates from the Sanskrit word "Aarohan" (आरोहण), which means ascent, elevation, or a rising melody in Indian classical music. The essence of the name perfectly aligns with the spirit of the Arts Fest, where students embark on a journey of artistic expression, passion, and innovation. More than just a title, "Aarohi" symbolizes artistic elevation, self-expression, and boundless creativity.

Aarohi 2K25 was organized in two parts: Off-Stage Events and On-Stage Events. A unique aspect of this year's fest was the introduction of an inter-departmental competition, where departments competed against one another. Each win contributed points to the respective department, and the department with the highest points was awarded the Overall Championship Trophy.

Off-Stage Events: January 28 – February 06, 2025

The first leg of Aarohi 2K25 commenced on January 28, 2025, with the Off-Stage Events, which included literary and artistic competitions. The artistic events featured Spot Photography, Painting, Collage, Rangoli, Poster Making, Cartooning, and Pencil Drawing. The literary events included Essay Writing, Short Story Writing, and Poetry Writing, conducted in multiple languages – English, Malayalam, Tamil, and Hindi.

The Off-Stage segment witnessed remarkable participation from students and an exceptional display of artistic and literary talent. By the end of this phase, the Department of Management and the Department of Computer Science were leading in points, followed closely by English, Commerce, Geography, and Zoology.

On-Stage Events: February 13 – February 14, 2025

The On-Stage Events commenced on February 13, 2025, and were extended to February 14 due to an overwhelming number of contestants registering on the spot. The fest was officially inaugurated by our Princi-

On-Stage Events: February 13 – February 14, 2025

The On-Stage Events commenced on February 13, 2025, and were extended to February 14 due to an overwhelming number of contestants registering on the spot. The fest was officially inaugurated by our Principal, Prof. Dr. Francis Sunny, who graced the event as the Chief Guest.

Three performance venues were set up for the On-Stage competitions:

- Ember Hall (Open Auditorium) – Hosted vibrant events such as group and solo dances and special performances.
- Resonance (Auditorium) – Staged musical events, recitations, and singing competitions.
- Echelon (Room 307) – Conducted oratory events, including debates and elocutions.

All three stages were filled with enthusiasm, energy, and intense competition, as students passionately performed to win points for their departments. Winners were awarded their prizes on the same day by faculty members and Heads of Departments, making the victories even more special.

Results and Conclusion

After two weeks of artistic brilliance and spirited competition, the Department of Management (BBA) emerged as the Overall Champions with 147 points. The Department of Computer Science secured the Runner-Up position with 95 points, followed by:

- Department of Commerce – 92 points
- Department of English – 54 points
- Department of Geography – 29 points
- Department of Zoology – 2 points

The title of 'Kalapreethiba' was awarded to Devunathanan of S4 Bsc. Computer Science, who secured the maximum points/wins in the Male category (13 points). The title of 'Kalathilakam' was awarded to Brindhya Basil of S4 BBA, who secured the maximum points/wins in the Female category (29 points). Aarohi 2K25 was a resounding success, fostering a spirit of creativity, teamwork, and healthy competition among students. The event not only highlighted the immense talent within our college but also strengthened bonds between departments through shared experiences. As the curtains closed on this year's Arts Fest, the memories, achievements, and inspirations from Aarohi 2K25 will undoubtedly continue to resonate, setting the stage for an even grander celebration next year.







SPORTS MEET



Sports Tournament









Independence Day



PATRONESS'

DAY



Onam FESTIVAL



Christmas Celebration





Film fest

celebrations





International *Chess*



ATHLETICS



SPORTS

BASKETBALL



BOXING



SPORTS

FOOTBALL



Achievements

Godfrey Varghese

S6 BBA

Silver in Kerala university Boxing Championship



Darren Gomez

S6 BBA

Gold in Kerala University Boxing Championship 2024



Judian Jenifer Rozario

S4 BSc Computer Science

- Gold in University of Kerala Boxing Championship 2024-25
- Gold in Wushu Championship
- Gold in Khelo India Women South Zone Wushu Championship



Afsiya S Bijoor and Pranav A P
S4 BBA

Second for Business Quiz at Constello 6.0, the National level Management Fest held at Asian School of Business, Trivandrum on 7th November 2024

Winners of striker saga 3's football Tournament
Conducted by CET Collage of Engineering

Godson C, Adhik Xavier
Femin, Frederic Rajan

S4 BA English, BBA & B Com



Pavithra Rajesh
S4 BSc Computer Science
First prize in Trivandrum
District South zone
Karate Championship 2024



Graduation Day



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