

MAMORITAI



Alphonsian 2023-24





ST. ALPHONSA

Our Guiding Light



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Our Patron



MAR JOSEPH PALLIKAPAMPIL

Our Former Patron



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(Vice Principal)



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(Vice Principal)



FR. KURIAKOSE VELLACHALIL
(Bursar)

സ്മരണാസ്മരണയ്ക്ക്



HOD English | Bursar (2005-2023)

Rev. Dr. JOSE JOSEPH PULAVELIL

Born : 06-02-1969 | Ordination : 27-12-1994 | Died : 05-10-2023

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CONGRATULATIONS



Prof. Dr. Sr. Minimol Mathew
for being promoted as
Professor



Prof. Dr. Jesty Emmanuel
Shikshak Ratna
Samman for the year
2022



Dr. Diana Elizabeth Jose
Conferred PhD in
Chemistry



Dr. Simimol Sebastian
Selected as the Kerala
Contingent Leader of
NSS for the Republic Day
Parade in New Delhi



Lt. Anu Jose
Honoured with Special
Appreciation Award

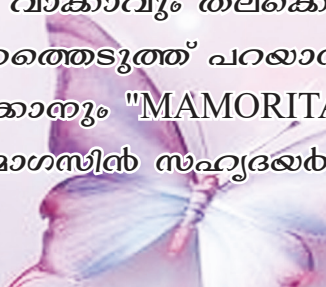


എഡിറ്റോറിയൽ

അന്നാ കരോളിൻ ജോർജ്ജ്
സ്റ്റുഡന്റ് എഡിറ്റർ

കണ്ണഞ്ചിപ്പിക്കുന്ന വെളിച്ചത്തിന്റെ ലോകത്തിന് ഇന്ന് നഷ്ടമാലേകാവുന്നത് ഓർമ്മകളുടെ വസന്തമാണ്. അതിനെ മറികടക്കുവാൻ പരിണാമം മുതൽ ഇന്നലെ വരെയുള്ള ഓർമ്മകളെയും ബന്ധങ്ങളെയും വരകളിലും വാക്കുകളിലും പിടിച്ചുനിർത്തിയിരിക്കുന്ന കലയുടെ മറുമറുന്നുകളാണ് നമുക്കിനി വേണ്ടതും, മിണ്ടാനും പറയാനും എഴുതാനും വാചികാനുമുള്ള കൊതികൾ ഇന്നലെ ജനിച്ചവയല്ല, അനന്തകോടി വർഷങ്ങൾ മുൻപ് നിശ്ചയിക്കപ്പെട്ട വിധി നിറവേറ്റപ്പെടുന്നതാണവ. ആ കൊതിയെ വീര്യം കെടാതെ സൂക്ഷിക്കുമ്പോഴാണ് ജീവിക്കാനുള്ള ധൈര്യം ലഭിക്കുന്നത്, ജീവിക്കാനും ഒരു കൊതി തോന്നുന്നത്.

"MAMORITAI" എന്ന ജാപ്പനീസ് വാക്ക് തിരഞ്ഞെടുക്കപ്പെട്ടിട്ടുള്ളതല്ല, ഒരോർമ്മപ്പെടുത്തൽ പോലെ കൂടെ കൂടിയതാണത്. ഓർമ്മകളെയും ബന്ധങ്ങളെയും കലയെയും സംരക്ഷിക്കാൻ മനുഷ്യൻ ശ്രമിക്കുന്നതിന്റെ പ്രതിഫലനം ഈ വാക്കിൽ കണ്ടപ്പോൾ, ചീറിപ്പാലുന്ന ലോകത്തിന്റെ നടുവിൽ ജീവിക്കുന്നവരുടെ കഥയ്ക്ക്, ഒന്ന് നിൽക്കാനും, തിരിഞ്ഞൊന്ന് നോക്കാനും ഓർമ്മിപ്പിക്കുന്ന ഈ വാക്കാവും തലകെട്ടാലി നല്ലതെന്ന് കരുതി. മറന്നു പോയത് ഓർമ്മപ്പെടുത്തി പറയാനും, കടന്നുപോയത് ഓർമ്മയിൽ സൂക്ഷിക്കാനും "MAMORITAI" ഒരു പ്രചോദനമാകട്ടെ എന്ന് ആശംസിച്ചുകൊണ്ട് മാഗസിൻ സഹ്യദേവകാലി സമർപ്പിക്കുന്നു



KATHIKA 2K23

THE BESTOWER OF COURAGE



Chair Person	:	Ann Sarah Johnson
Vice Chair Person	:	Angel Rebecca Santhosh
General Secretary	:	Krupa Johnson
Arts Club Secretary	:	Anna E.A
Magazine Editor	:	Anna Carolin George
UUC I	:	Fayza Rasheed
UUC II	:	Upanya N.S
I PG Representative	:	Bhagya M. Nair
II PG Representative	:	Akhila Byju
III DC Representative	:	Gouri Krishna S.
II DC Representative	:	Ann Liya P.S.
I DC Representative	:	Theres V Siby

RANK HOLDERS



Junny Shaji
CCPA_9.54
S Grade, 1st rank, CND



Anugraha P
M,CCPA_9.19, A+ Grade,
2nd rank, CND



Ardra G Manu
CCPA_8.97, A+ Grade,
3rd rank, CND



Ann Mariya Renjith
CCPA_8.70, A+Grade,
4th rank, CND



Ashadevi P
CCPA_8.65, A+ Grade
5th rank, CND



Alfiya Nizar
CCPA_8.56, A+ Grade
6th rank, CND



Aleena Regi
CCPA_8.28, A Grade,
7th rank, CND



Meenu Therese Antony
CCPA_8.24, A Grade
8th rank, CND



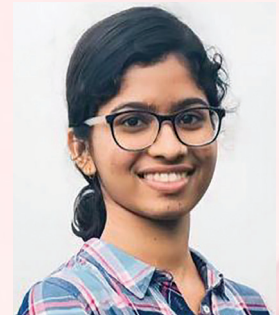
Uthara
CCPA_8.18, A Grade
9th rank, CND



Sona Ann Joseph
CCPA_8.17, A Grade
10th rank, CND



Aswani S Dev
1st Rank, CCPA- 9.54, O Grade
B.Voc Fashion Technology



Riya Prasad
S Grade, CCPA 9.61,
5th Rank, Mathematics_



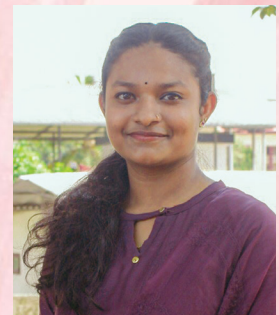
Angel C Kurian
3rd Rank
English CCPA- 8



Alaina George
6th Rank
English CCPA 8



Keerthana S
7th Rank
English CCPA 8



Gowri Prasanth
CCPA_ 9.29, Grade_ A+,
8th Rank, Zoology_

RANK HOLDERS



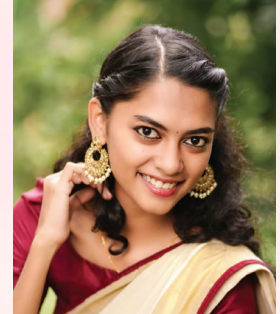
Ann Mary Jose
1st rank
CCPA-7.80, B Voc SNPT



Gourinandana K Madhu
2nd rank
CCPA-7.61 B.Voc SNPT



Abhina Shine
3rd rank
CCPA-7.22 B Voc SNPT



Deyna Maria Shaji
4th rank
CCPA-6.56 B Voc SNPT



Alphons Maria Jojo
2nd Rank
Botany



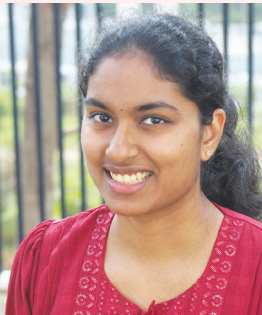
Keerthana Reji
8th rank
Botany



Krishna M
8th rank
Botany



Amrutha KR
2nd Physics
Model 2- CCPA- 9



Vijetha Jinu
4th rank
Physics Model 2 - CCPA- 8.



Goury Lakshmi S,
4th Rank
History



Aparna Manoj
5th Rank
History



Summaya S
9th rank
History



Nikitha Joseph
7th rank
A+ 9.28, Economics



Vani Pradeep
8th rank
A+9.40 Economics



Anjana Jose
9th rank
A+ 9.25 Economics

A PLUS HOLDERS

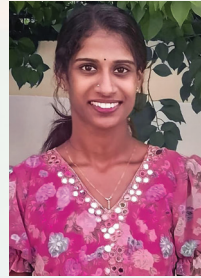
ECONOMICS



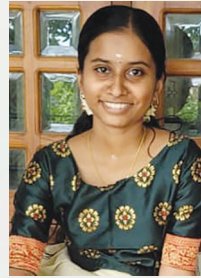
Neeraja Vinod - 9.08



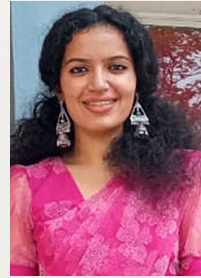
Neha Mary Sunil-8.95



Nandana Manoj -8.93



Veena Pradeep - 8.88



Malavika Roy - 8.88



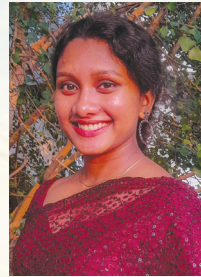
Jayalakshmi S - 8.77

ECONOMICS

BCom



Anaswara V - 8.74

Christa Marina Joseph
8.68

Athulya Rajan 8.63



Devika Biju - 8.63



Gopika M.G - 8.62



Hariini R.S - 8.53

BOTANY

Aparna Sudheesh
8.99

Nandhana Sajeev - 8.99



Ann Maria Saji - 8.91



Neha Joseph_8.63_



Hima PS - 8.59

Rose Mariya Dominic
8.7

ZOOLOGY

CHEMISTRY



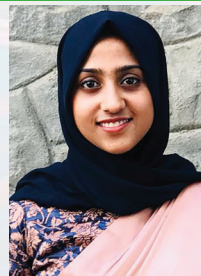
Nandana Suresh, 9.10



Ameena P Shahul, 8.85,



Gouri Krishna S-8.68



Hazna Haris - 8.55



Alana Shaju - 8.85



Rajalakshmi K. S. 8.67

PHYSICS



Anjaly Augustine
9.30



Anju C J
9.26



Nandhana Anil
9.24



Ann Maria Jose
9.19

ENGLISH



Nandana PP. - 8

FASHION TECHNOLOGY



Aswini S. Dev - 9.54

MATHEMATICS



Irfana Mohammed
9.23



Neethu Biju - 8.59

HEARTY WELCOME

NEW APPOINTEES



Dr. Sr. Sheena Mathew
Department of Mathematics



Dr. Arya S.
Department of Mathematics



Dr. Sr. Priya Antony
Department of Physics

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PRINCIPAL'S REPORT 20²³₂₄

Esteemed Chief Guest, Shri Roshy Augustine, MLA,
Minister of Water Resources

This year was truly eventful, marked by many significant occurrences. From the prestigious awards and recognitions to the sorrow of losing loved ones, it has been a year of mixed emotions and experiences.

"Success is not final, failure is not fatal: It is the courage to continue that counts."

Winston Churchill

The academic year 2023-24 at Alphonsa College opened with the announcement of University results where our students came out in flying colours showcasing our outstanding academic achievements and success. Also, our sportswomen have continued to uphold the reputation of our institution showcasing their excellence in various events. Despite facing challenges, our collective resilience has been evident, affirming our adaptability and steadfast determination. Below, we offer a concise overview of the activities and accomplishments of the academic year 2023-24.

Alphonsa College currently boasts an enrolment of 1108 students across 7 postgraduate and 13 undergraduate programs. The college offers 8 Add-On courses, endorsed by the National Skill Development Council, which complement the regular curriculum. Students are also encouraged to participate in subject-specific add-on courses. The Alphonsa Institute of Computer Studies offers various certificate and diploma courses with separate enrolments. Our faculty consists of 45 regular teaching staff and 37 instructors in the self-financing wing. Currently, the college employs 23 non-teaching members. Both faculty and students are dedicated to maintaining high standards

in academic and research endeavors.

Achievements-Academic

There were 11 'S' grade holders and 103 A+ holders and 42 Rank holders during the last academic year.

Pass percentage

Name of the Department	Pass percentage
PG English	71%
PG SF English	38%
PG Political Science	67%
M.Sc Zoology	87%
M.Sc Chemistry	48%
M.Sc Clinical Nutrition and Dietetics	81%
MA Econometrics	75%
B.Sc Botany	98%
B.Sc Zoology	87%
B.Sc Physics Model 1	73%
B.Sc Physics Model II	85%
B.Sc Chemistry	97%
B.Sc Mathematics	97%
B.Sc Clinical Nutrition and Dietetics	91%
B.A English	80%
B.A Economics	86%
B.A History	78%
B.Com	80%
B.Voc Sports Nutrition and Physiotherapy	67%
B.Voc Fashion Technology	45%

I wholeheartedly congratulate all the teachers and HoDs for this remarkable achievements. I wish the students all success throughout their life.

Highlights of the year

Apart from the academic achievements of our students the year marked its beginning with a momentous achievement as our college was honored with the prestigious GV Raja Award by the Government of Kerala, as the best college in the state, recognizing our outstanding accomplishments in the field of Sports. This year as the college commemorates its 60th anniversary since establishment, it received two commendations from the central government in acknowledgment of our contributions and exceptional academic achievements. The Department of Biotechnology of the central government granted us the DBT Star recognition, while the Department of Science and Technology at the center acknowledged us by granting us a fund for Improvement of Science and Technology Infrastructure. The

College grabbed the Kerala Kaumudi Award for the Best Womens College in the state. This year our college received a bus for transportation purposes as a gesture of appreciation during our diamond jubilee celebrations for our academic and sports achievements, presented by our Member of Parliament, Thomas Chazhikkadan.

Many of our teachers have had their research published in both international and national journals. Numerous teachers have participated in seminars, conferences, and Faculty Development Programs (FDPs) and has also presented papers. The Departments of English, Malayalam, Hindi, Botany, Mathematics, and Economics have all organized national seminars. Our faculty, Ms. Diana Elizabeth Jose, Asst Professor of Department of Chemistry was awarded Ph.D in her subject.

Dr.Sr.Minimol Mathew and Dr.Anila Thomas of the Department of Malayalam has published an edited book titled 'Samskarika Streevadham.'

It was a moment of great pride when Dr. Simimole Sebastian, Assistant Professor in the Department of Zoology who is also our NSS Programme Officer, was chosen as the Contingent Leader of the NSS

Team for the Republic Day Parade in New Delhi on January 26, 2024. She was also selected as the Best NSS Programme Officer in MG University during the academic year 2022- 2023.

Dr Jesty Emmanuel of Dept. of Hindi was awarded Shikshak Ratna Samman for the year 2022 by the Guru Foundation Rohtak.

Lt. Anu Jose, Asst Professor English, who serves as our Associate NCC Officer, was honored with a Special Appreciation Award by the Group Headquarters in recognition of her dedicated services.

Our Student Achievers, Cadet Sgt. Devatheertha S from the Department of Botany represented Kerala in the Prime Ministers Cultural Rally during the Republic Day Parade in New Delhi.

Alfiya Francis from the Department of English represented M.G. University at the NSS

National Level Adventure Camp held at Dharmashalain Himachal Pradesh.

Keerthana Reji of Botany Department was selected as the Best NSS Volunteer Secretary in MG University for her service in 2022-23 academic Year.

Leenu K Jose of our First DC English grabbed a number of Elocution Titles including Dr. Sukumar Azhikode Memorial All Kerala Intercollegiate Elocution Competition conducted by Ernakulam Public Library.

Keerthana B, represented India and participated in the Asia Cup Junior Softball Championship held at China.

Megha Mariyam of our college representing MG University clinched Gold medal in heavy weight category at the Khelo India University Games held at Guwahati.

MG University Kaloltsavam Winners

Leenu K Jose I DC English won the first prize for Malayalam Elocution, Gouri Rajesh of I DC Chemistry grabbed A Grade in Bharatnatyam, Mohiniyattam and Kuchipudi.

Vinaya Babu of I DC Chemistry grabbed A Grade for Recitation Hindi. Dona Rose Mathew of II DC English grabbed A Grade for Kathaprasangam and

Mappilapattu. Amy Mary Abraham and Keerthana S of III DC English has grabbed A grades for Western Music Solo and Stringed Instrument Eastern respectively.

The college team achieved victory in various sports competitions too. They emerged as champions in the MG University Championships for Weight Lifting. Furthermore, the college's athletics teams secured the Overall Champions Trophy in both the senior and junior categories at the Kottayam District Athletic Championship. The college attained the second position in the MG University Swimming Championship and clinched the third position in the MG University Intercollegiate Volleyball Championship. Notably, the College Volleyball Team emerged victorious in the All Kerala Intercollegiate Volleyball Championship hosted at St. Joseph College, Irinjalakuda, and secured the Runners-up position at SH College, Thevara.

The college offers numerous opportunities for extracurricular activities, with various centers and club activities and observation of national and international day celebrations on the campus.

Alphonsian Community College was officially inaugurated and launched this year to offer various programmes by our existing faculty for self-employability among the women community in and around our college irrespective of age. Dr. Sr. Jilly James, Head of the Department of Chemistry is the Director of the college.

Throughout the year, the Centre for Gandhian Studies orchestrated various events. A few programmes were, on 6th August 2023, in partnership with Breakthrough Science Society, Kerala Chapter, they commemorated Hiroshima Day. Activities included an Origami workshop and a Student Conference titled "Lest we Forget: Remembering Hiroshima," aiming to explore the city's history, current state, and future. The Centre organized Paryaptha 2024, an exhibition cum sale of handmade items by students and teachers

The Career and Placement Cell of the college is instrumental in supporting students with a focus on their career conducted an orientation class for Civil Service aspirants, facilitated by the Civil Service

Institute, Pala. Under the club CSB Bank organized a recruitment drive for the outgoing 2023 batch, resulting in four candidates receiving offer letters. They in collaboration with College Union has opened a help desk at our college for PSC one-time registration.

As part of our Diamond Jubilee Celebrations, the NSS Unit of our college has undertaken a remarkable initiative joining hands with the NSS cell of MG University, K Chittallapally Foundation, and Home Project Pala to build 60 homes.

The NCC subunit of our college received appreciation by the Municipal Council of Pala for their various Social Service initiatives. Sgt. Varsha Laiju Kappan attended Special National Integration Camp at Kohima.

College union INARA celebrated Topper's Day, on 9th June 2023, recognized and honored students who excelled in MG University Undergraduate Examinations 2023.

On 26th June, in observance of International Anti-Drug Day, we conducted various programs directed by the Department of Collegiate Education to raise awareness and combat drug abuse among teenagers.

We welcomed our new batch of degree first year students on July 10th. Two Day Induction Programme was conducted inviting experts to orient them for their college education. Parents were also invited on the first day of the programme.

Catechism, Moral Instruction are arranged for students. Soft skill development programmes are also initiated by various subject associations.

Oratory Club organized a Malayalam elocution competition on 19th July 2023, as part of Alphonsa Day celebrations.

The Unnat Bharat Abhiyan cell at Alphonsa College floated a number of activities under the departments of Physics, Political Science, History, and Economics, organizing diverse programs and initiatives focusing school children.

The Women Entrepreneurship Motivation Club hosted a seminar on women entrepreneurship in partnership with the State Industrial Board. on the

day, Dr. Brijesh George John, Assistant Professor at Marian College Kuttikanam, led the session.

The Electoral Literacy Club at Alphonsa College, Pala, has been actively engaging students in promoting awareness of the electoral process, democratic principles, and civic responsibilities. A Voter Enrollment Drive was organized to increase voter awareness, encourage eligible students to register, and foster civic responsibility.

Under the Forum for Democracy and Social Justice (FDSJ), Gandhi Jayanti 2023 was commemorated in honor of the 'Father of the Nation' with prayer sessions and cultural events across schools, colleges, and government institutions.

The Women Cell at our college, supported by the Kerala State Women's Development Corporation, organized several impactful events: A legal awareness program, A two-day National Seminar on "Gender and Literature" in collaboration with the State Youth Welfare Board, A collaboration between the Women Cell and the Department of Economics, along with Sakhi, One Stop Centre Kottayam, organized an awareness class on "Domestic Violence as A Social Problem" in observance of the International Day for the Elimination of Violence against Women.

EBSB-Ek Bharat Shreshtha Bharat an MHRD initiative for promoting national integration through systematic exchange between paired States in the cultural, literary and linguistic fields conducted Maitri Mahotsav and painting competition.

The quiz club of our college hosted the annual Bishop Vayalil Memorial Intercollegiate Quiz Competition 2023-24. Led by Mr. Alex Aloysious as the Quiz Master, the event featured seven teams from different colleges.

The Annual Alumnae meet Alstagia 2024 was held on 26 January 2024 at the college auditorium. Rev. Dr. Shaji John, Principal of the college welcomed the gathering. Dr. B. Sandhya IPS was the chief guest and the keynote speaker.

The IQAC of the college spearheaded various quality assurance initiatives, including an academic audit and submission of AQAR 2022-23. They

conducted training programs for administrative staff and faculty on Office ERP Management, AI tools in Education and Research, and facilitated the promotion process of teachers. IQAC prepared teachers for the implementation of the Four-Year UG Programme of MG University. Under our IQAC initiative an MoU was signed between the college and Indian Institute of Information Technology, Valavoor, Kottayam.

I express my heartfelt thanks to all the staff who serve as advisors to the various clubs and organizations functioning inside the campus. I am obliged for the dedication and sacrifices they endure for the well being of the students.

The college union of Alphonsa College Pala was elected on October 5, 2023. The election was held in parliamentary method. The representatives then elected the college union which consisted of twelve members. The college union was officially inaugurated by cine artist Mia George on November 8th.

CHAIRPERSON

- Ms. Anna Sara Johnson

VICE CHAIRPERSON

- Ms. Angel Rebecca Santhosh

GENERAL SECRETARY

- Ms. Krupa Johnson

ARTS CLUB SECRETARY

- Ms. Anna EA

MAGAZINE EDITOR

- Ms. Anna Carolin George

UUC I

- Ms. Fayza Rasheed

UUC II

- Ms. Upanya N S

II PG REPRESENTATIVE

- Ms. Akhila Byju

I PG REPRESENTATIVE

- Ms. Bhagya M Nair

III DC REPRESENTATIVE

- Ms. Gouri Krishna S

II DC REPRESENTATIVE

- Ms. Annliya PS

I DC REPRESENTATIVE

- Ms. Theres V Siby

Now let us have a glimpse of Department based activities under taken during the academic year.

The Department of Malayalam conducted various Inter-Departmental Competitions, Book Exhibitions, Kerala Piravi Day celebration, seminars on reading evolution in collaboration with Kerala Sahitya Academy and a seminar on gender issues. The department of Malayalam also took initiative in the inauguration of the Arnos Padiri Chair in our college and the signing of an MoU in collaboration with the Arnos Padiri Academy, Thrissur.

The Mathematics Association organized activities, including mime performances and art exhibitions, to raise awareness about drug abuse and societal issues. Furthermore, they facilitated educational initiatives such as yoga training, online math tutoring, and workshops on game theory and Python programming, reflecting their commitment to holistic education and skill development among students.

Throughout the academic year, the Department of Chemistry has orchestrated a series of impactful events which include awareness classes on drug abuse and eco-friendly practices, gender equity programs, career exploration workshops, and initiatives celebrating events like National Girl Child Day. The department also hosted seminars addressing societal issues like chemophobia and organized alumni talks to guide students in career paths. Furthermore, activities such as nature camps fostered environmental consciousness and appreciation among students.

The PG and Research Department of Zoology collaborated with VETA Genomics, offered courses in primer designing and PCR optimization. Their environmental conservation efforts included tree planting, bamboo sapling distribution, and river bank conservation. Events like drug abuse quizzes and International Tiger Day observances raised student awareness. The department conducted seminars, camps, and interactive sessions to enrich academics and community bonds.

The P.G. Chemistry Department commenced with Prof. George Francis's inaugural lecture on "Application of Group Theory in Chemical Bonding." Students were given opportunity to attend Dr. Siby

Joseph Memorial National Lecture Series and quiz competitions such as "Scientia 2024." They attended a nature camp at Periyar Tiger Reserve, Thekkady, fostering both academic and environmental appreciation.

The Department of Botany, along with IQAC and Federal Bank, organized events for World Environment Day and ozone day, while students completed internships and participated in study tours. They inaugurated the Botany Association, conducted seminars on biodiversity conservation, and organized exhibitions and quizzes. The department also held extension programs like workshops on fruit preservation and parent orientation sessions.

The Department of Physics organized a webinar on machine learning in material design, a quiz for high school students, and SPARKZ 2024, a physics exhibition. They also raised awareness about energy issues through a collage on Energy Conservation Day and hosted an Alumni Symposium with Ms. Stephy Jose from Tata Institute of Fundamental Research, Hyderabad, enriching the academic environment.

The Department of Sports Nutrition and Physiotherapy organized a range of events throughout the academic year. These included a Rhythmic Yoga Dance, an Anti-Drugs Day Reels Competition, a webinar on breastfeeding, a coin exhibition for Independence Day, and a Flash Mob for World Physiotherapy Day focusing on osteoarthritis awareness. All activities aimed to engage students and raise awareness on various health-related topics.

The department of CND has been actively engaging in various initiatives to promote awareness and action on important issues such as drug abuse, food safety, and environmental conservation. The events organized for International Day against Drug Abuse and Illicit Trafficking, World Food Safety Day, and World Environment Day demonstrate a commitment to addressing key societal concerns and fostering positive change. They celebrated the inauguration of their silver Jubilee year since the inception of the course.

The Department of B.Voc Fashion Technology conducted many interdepartmental activities

celebrating World Environment Day, and World Embroidery Day, and a notepad making workshop for Youth Skill Day. Additionally, the department conducted a scrapbook making workshop for students of VPKMM Higher Secondary School as an extension activity. They also organized a Christmas Craft Fair exhibition and participated in Paryaptha 2024.

The Department of History initiated "SPEAK UP," a discussion/debate forum to enhance students' skills, organizing monthly quiz series 'Quiztoria' and History Book Reading Challenge 2k23. They celebrated International Yoga Day and Nelson Mandela Day, participated in book donation campaigns, and conducted alumni interactions.

The P.G. Department of Political Science organized an Orientation to Civil Services Examination. They organized a visit to Vaikom Satyagraha Memorial Gandhi Museum for the students. Gandhi Jayanthi and Constitution Day was observed with invites talks., and a community engagement initiative at GLPS Arunapuram promoted civic involvement and education.

The Department of Economics organized diverse events fostering academic growth, community engagement, and societal awareness. Initiatives included celebrations for World Environment Day and International Yoga Day, interdepartmental quizzes, workshops on Public Policy and financial literacy, and sessions on Domestic Violence. Educational excursions, alumni interactions, and collaborations with the National Statistical Office for a seminar further enriched student experiences, highlighting the department's commitment to holistic development and social responsibility.

The Department of English organized competitions like caption writing on Beat Plastic Pollution, face painting, and an Independence Day Quiz. They conducted a Fluency Training Programme for Faculty and students, screened "Life is Beautiful" for Hiroshima Nagasaki Day, and launched the Community Outreach Programme "RISE." Workshops on research methodology and Intellectual Property Rights were held, along with a National Seminar.

They also inaugurated the Alumnae Lecture series, "Continuum Conversations."

The PG Department of English (SF) organized an Interdepartmental Slogan Writing Competition on World Environment Day and a Poster Designing Competition on International Day against Drug Abuse and Illicit Trafficking, drawing participation from various departments. Students also observed International Yoga Day.

The Hindi Department orchestrated a series of enriching events aimed at promoting language, literature, and cultural exchange. These events included competitions commemorating

National Reading Day and National Hindi Day, which engaged students in creative activities fostering their linguistic and artistic skills. In collaboration with the Malayalam Department, the Hindi Department organized a thought-provoking seminar titled "Gender and Literature."

I extend my sincere gratitude to the Management, our patron H.E Mar Joseph Kallarangatt and Manager Msgr. Dr. Joseph Thadathil, Vice principals, Prof. Dr.Sr. Minimol Mathew, Dr. Sr. Manju Elizabeth Kuruvilla, Rev. Fr. Kuriakose Vellachalil, our Bursar and all the staff members, especially those who advise our clubs, College Union, IQAC, Staff Council, and other organizations within the campus. I am deeply thankful to the non-teaching staff for their dedicated efforts towards the college's development. Their selfless commitment to student welfare is truly commendable.

A special word of thanks to our students, whose hard work and dedication uphold the esteemed reputation of Alphonsa College.

I would also like to express our heartfelt appreciation to our esteemed Chief Guest, Shri. Roshy Augustine MLA, Minister of Water Resource, for graciously accepting our invitation and honoring us with his presence today.

At this point I fondly remember the untimely demise of Joseachan, who was a pillar of our institution, served not only as the Head of the Department of English but also as the Bursar of our college since 2007. I honor his memory and cherish the profound influence he had on our institution.

വൈകാരികബുദ്ധിയുള്ള യുവാക്കൾ

വൈകാരികബുദ്ധിയുള്ള യുവാക്കൾ, മികച്ച മാനസികാരോഗ്യം ഉള്ളവരാണെന്ന് അമേരിക്കൻ സൈക്കോളജിക്കൽ അസോസിയേഷന്റെ പഠനങ്ങൾ സൂചിപ്പിക്കുന്നു. കോർപ്പറേറ്റ് മേഖലയിലെ നേതൃസ്ഥാനങ്ങളിലേക്ക്, സാങ്കേതിക അറിവിനേക്കാൾ വൈകാരിക പക്ഷതയുള്ള യുവാക്കൾ പരിഗണിക്കപ്പെടുന്നു എന്ന് രത്തൻ ടാറ്റാ ഒരിക്കൽ വെളിപ്പെടുത്തിയിരുന്നു. അക്കാഡമികരംഗമെന്നോ, കലാകായികമേഖല എന്നോ തൊഴിൽരംഗമെന്നോ വ്യത്യാസമില്ലാതെ, വൈകാരികബുദ്ധി യുവജനങ്ങളുടെ മികവിന്റെ അളവുകോൽ ആകുന്നു. തങ്ങളുടെ സുരക്ഷിതസ്ഥാനത്തു നിന്ന് പുറത്തുവന്ന്, എന്നും പുതിയ വെല്ലുവിളികളെ ചങ്കൂറ്റപ്പോടെ നേരിടാൻ മനസ്സുള്ളവർക്ക് മാത്രമേ വിജയം ഉണ്ടാകൂ എന്ന് മാർക്ക് സക്കർബർഗിന്റെ വീക്ഷണവും ഇതിനോട് ചേർത്തുവയ്ക്കാവുന്നതാണ്.

എബ്രഹാം ലിങ്കന്റെ ജീവിതം നമുക്കേവർക്കും സുപരിചിതമാണ്. തന്റെപ്രിയപ്പെട്ടവരുടെ വേർപാടും, ബിസിനസ് തകർച്ചയും, രാഷ്ട്രീയപരാജയങ്ങളും നിറഞ്ഞ കലുഷിതമായ യൗവനകാലത്തോട് പോരാടി, ലോകംകണ്ട ഏറ്റവും മികച്ച ഒരു നേതാവായി മാറിയത്, വൈകാരിക പക്ഷതയിൽ നിന്നും അദ്ദേഹം ആർജ്ജിച്ച കരുത്തുകൊണ്ടാണ്.

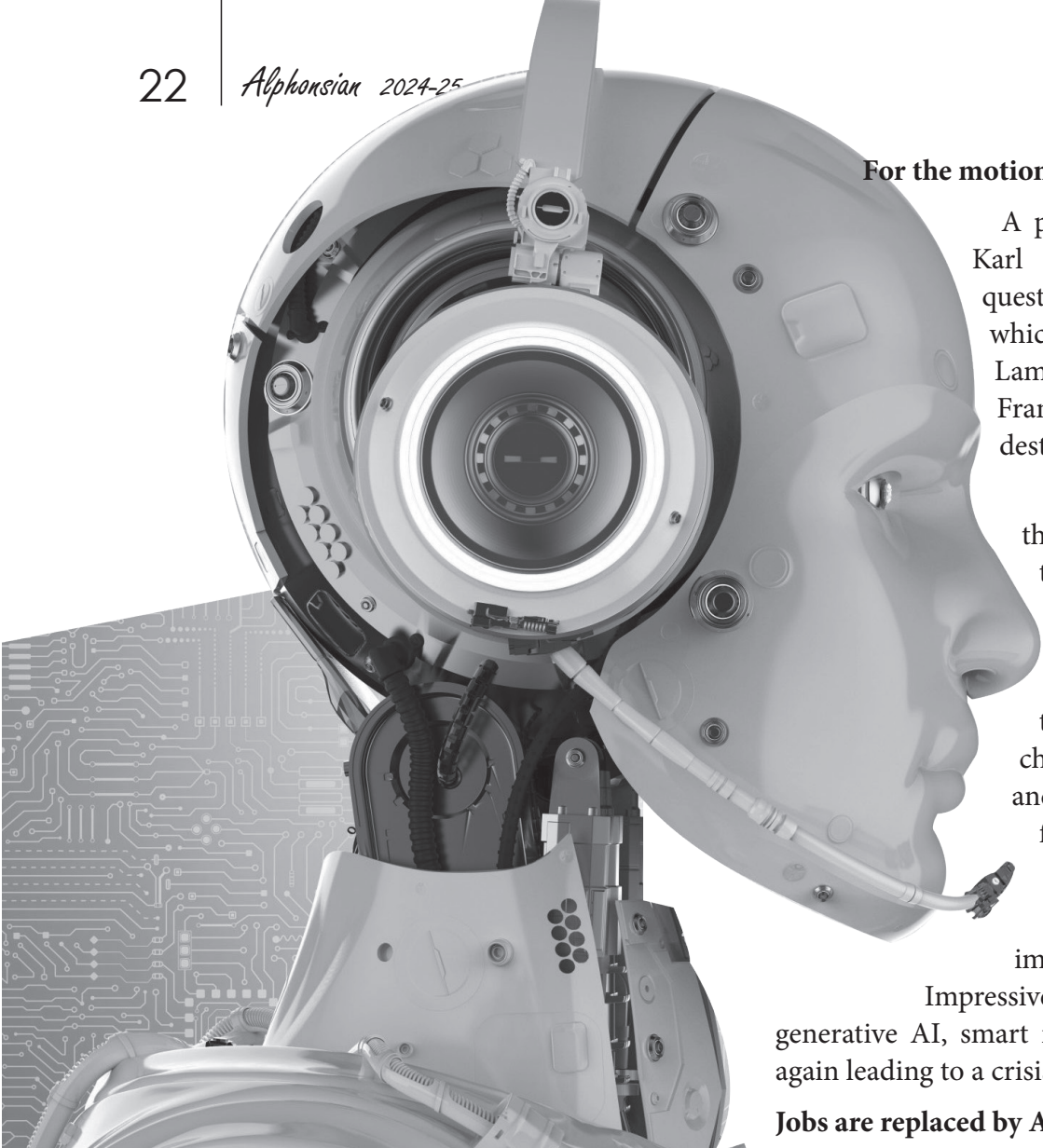
എന്നാൽ, ഭാവിയിലെ നേതാക്കളായി മാറേണ്ട ആധുനികതലമുറ, ഇന്നു വികാരക്ഷോഭത്താൽ ആടിയുലയുന്നു. കോവിഡാനന്തരം കുടുംബത്തിൽനിന്ന് അകന്നും അപരരിൽനിന്നകന്നും, അവനവനും അവളവളും മാത്രമായി, സമൂഹമാധ്യമങ്ങളിലെ മായക്കാഴ്ചകളിലും, ആഡംബരഭ്രമത്തിലും, കില്ലർഗെയ് മുകളിലും അകപ്പെട്ടുപോകുന്ന ഒരുപറ്റം യുവാക്കൾ നമുക്ക് ചുറ്റുമുണ്ട്. ഈ IPod generation പലപ്പോഴും അകലെയുള്ളവരുടെ സംഗീതം ആസ്വദിക്കുമ്പോൾ, അടുത്ത് നിൽക്കുന്നവന്റെ ആവലാതികൾ കേൾക്കാതെ പോകുന്നു. ‘Anton Chekhovs Grief’ എന്ന ചെറുകഥയിലും, സുധാമൂർത്തിയുടെ ‘Horegallu’ എന്ന ഓർമ്മക്കുറിപ്പിലും തെളിഞ്ഞു നിൽക്കുന്ന, സഹാനുഭൂതി എന്ന മഹത്തായ മൂല്യം യുവതലമുറയ്ക്ക് അലങ്കാരം ആകണം. ലഹരി ഉപഭോഗം കുതിച്ചുയരുമ്പോൾ, പ്രണയനിഷേധത്തിന്റെ പേരിലുള്ള ആക്രമണങ്ങളും റാഗിംഗ് കൊലപാതകവും ഒക്കെ തുടർക്കാഴ്ചയാകുമ്പോൾ, സ്കൂൾവിദ്യാർഥികൾപോലും വിഷാദരോഗത്തിന് അടിമകളാവുമ്പോൾ ചിന്തിക്കുക, എവിടെയാണ് നമുക്ക് വീഴ്ച പറ്റിയത്? ഉച്ചഭക്ഷണത്തിനുള്ള ഇടവേളപോലും പഠനപ്രവർത്തനങ്ങൾക്കായി ഉപയോഗിക്കുകയും, കായി



കപരിശീലനത്തിനുള്ള സമയം റദ്ദ് ആകുകയുംചെയ്യുന്ന നമ്മുടെ പാഠ്യപദ്ധതിക്ക്, വൈകാരികബുദ്ധിയില്ലാത്ത ഒരു യുവതലമുറയെ മാത്രമേ വാർത്തെടുക്കാൻ സാധിക്കൂ. International Student Assessment -ൽ ഒന്നാമത്തെത്തിയ ഫിൻലണ്ടിലെ വിദ്യാഭ്യാസരീതി മാർക്കുകൾ വാരിക്കൂട്ടാനുള്ള കിടമത്സരമല്ല,

മറിച്ച് ഓരോ വിദ്യാർത്ഥിയുടെയും വ്യത്യസ്തതയെ ആദരിക്കുകയും വളർത്തുകയും ചെയ്യുന്ന പരിശീലനമാണ്. “യുവാക്കളുടെ ജലിക്കുന്ന മനസോളം ശക്തിയേറിയ മറ്റൊരു വിഭവം ഈപ്രപഞ്ചത്തിൽ ഇല്ല” എന്ന് ഡോക്ടർ എ. പി. ജെ. അബ്ദുൽകലാം പ്രഘോഷിച്ചു. സഹവർത്തിത്വവും സഹകരണമനോഭാവവും സഹിഷ്ണുതയും സാഹോദര്യവും കൈമുതലാക്കി, വികാരത്തിന്റെ ആവേശവും വിവേകത്തിന്റെ ആനന്ദവും നെഞ്ചിലേറ്റുന്ന ഒരു യുവതലമുറ ഭാവിയിലെ കാവൽക്കാരായി വളർന്നുവരട്ടെ .

ലീനൂ കെ. ജോസ്
I DC ഉംഗ്ലീഷ്



For the motion

A prominent American Physicist Karl T. Compton once asked a question "are machines the genie which spring from Aladdin's Lamp of science or are they the Frankenstein monsters which will destroy man who created them?"

This questions itself said that they will not do any harm to human beings, but our society is a mirror which is now reflecting an entirely opposite notion. And we, the future of the world is now challenged and warned by AI and automation. May be in our future, we might not get any jobs.

Now the fear is over the impact of artificial intelligence.

Impressive recent breakthroughs in generative AI, smart robots and driverless cars are again leading to a crisis situation.

Jobs are replaced by AI generated setups.

AI is now redefining education. A ground breaking development in education has emerged from Kerala's Thiruvananthapuram, where a school has introduced India's first AI teacher robot, Iris. This is India's first teacher robot; we should think it is the beginning of something very interesting and scary. We have now educative platforms and a lot more to replace teachers and offline educational system.

This might not be seen as a big problem now. But gradually unemployment rate will increase if situations are persisting like this.

Only 12% of Indian clinicians use AI now, but it could rise to 79% in 2-3 years, shows a recent study.

Researchers at John Hopkins University have achieved a milestone in surgical robotics after they trained a robot to perform complex medical procedures. So, we may not need surgeons anymore to do precision surgery.

“AI and Automation will lead to mass unemployment”

Theres V Siby
I DC Chemistry

The global AI based surgical robots' market is expected to grow at a compound annual growth rate of 18.9% from 2023 to 2030.

United States found an increase in the use of robots for surgery from 1.8% to 15%, which is huge. So, there is no doubt that the 14% of replaced workers with automation is going to increase in number.

Industrial robots had killed many well-paying manufacturing jobs in places like the Rust Belt and now AI and other digital technologies are coming after clerical and office works and, even, it was feared, truck driving.

It will be ridiculous to say that AI will not create any unemployment.

A recent news in the 'Times of India' says 50% of Middle Management roles to be replaced by AI and 20% of companies by 2026.

Fun fact is that the jobs of lovers to be will be replaced by AI chat bot. It is happening in a wide scale. We heard of a 14-year-old US teen falls in love with an AI chat bot, shoots himself to 'come home' to her. He was so in love with the bot.

So, to conclude, there is no doubt to say that AI will cause unemployment and we have reports published. Better acknowledging the truth than being in a very polished lie.

Against the motion

It is just a fear that AI is creating unemployment. When the truth is so evident in front of the eyes, why making a fuss.

AI and automation are doing magic in the medical field. The technologies in diagnostic tools, robotic surgery, and telemedicine are improving patient outcomes and increasing demands for healthcare professionals to manage, operate, and integrate these technologies.

There was a news published by Spectrum News on Dec 21, 2024 saying that a new robot at the Wynn Hospital in Utica is helping with hip and knee replacement. And the orthopaedic surgeon Dr. Prashant Deshmane says, robotics is another tool to help them with their patients when it comes to precision. So, a doctor is there with the robot which means that his job is not replaced but simplified by the robot.

There is report which says that there is a da Vinci Surgical System which uses robots for minimally invasive surgeries with precision similar to human doctors.

So, with the arrival of AI and automation, nob opportunities have been increased in medical fields.

The next point is regarding AI in startups. Stanford's 2024 AI Index Report has identified the top countries that have experienced the most significant activation AI startups over the last decade. The United States, China, UK, Israel and Canada ranks the highest positions according to the report. The analysis, based on data from 2023, focuses on newly funded AI startups that secured over 1.5 million dollars in private investment.

Moreover, financial institutions are using AI to detect fraud, assess risk, and improve customer experience, which by humans are not completely possible.

In a study by McKinsey, AI applications in financial institutions could potentially generate up to 1 trillion dollars in value. This is prompting banks to train their workers in AI tools and techniques. So, more opportunities are created and unemployment rate is reduced.

So, the fear on AI and automation is unnecessary. We feared computers and tractors when it first appeared. But they didn't replace the job but made it easier. That is, it. AI tools will also help us to get a nice world.

APPLE CITY

Strangers or bonds that wear me thin,
Forced to choose, a war thin.
In every way, my heart ignites,
This torment feels devoid of light.
Within my mind, your face resides,
Devoid of flaws my gaze abides.
How blind this love has rendered me,
Boundless, wild and lawlessly.
My fervorous words, you dismiss as jest,
While I suffocate with love unconfessed.
A rigid poise when your shoulders brush mine,
Averted gaze, feigned calm, to seem fine.
Yet I dread the trembling pulse will betray,
This act can't quell the fervour I feel today.
Remorse lingers as you drift away,
It feels as though your heart might sway,
To another soul, though I know it's untrue,
Yet fear whispers it may someday ensue.
But solace lies in knowing your gaze,
Turn not to men, despite their praise.
Though many sought you, drawn and true,
Your heart resists love's endless view.
Perhaps it's but a fleeting spell,
Yet, girl, I yearn for it to dwell.
Ah, there's no saving me, I'm bound,
Though your heart beats for a man yet unfound,
For now, may love in you remain unstirred,
While mine clings to each unspoken word.
Oh, I cannot help this fire within,
For my love is no gentle whim.



SANIYA SAJI
I DC ENGLISH

അനാധിത



A N A L T E R N A T I V E
H I S T O R Y

സംവിധാനം രജാഫിൻ ടി ചാക്കോ
നിർമ്മാണം വേണു കുമാരി

രജാഫിൻ സംവിധാനം | രാജ നാഗൻ | അരുൺ പ്രസാദ് | അമിർ ഹുസൈൻ | ഗോപാലകൃഷ്ണൻ ജി തങ്ക | നിത്യ ജി സുരേഷ് | അജി സാമിൻ
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നारी विमर्श की दृष्टि से मलयालम फिल्म - रेखा चित्र

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हा शिएकृत, पददलित जनसमूह को मुख्य धारे में लाने का साहित्यिक संघर्ष ही विविध विमर्शों का रूप धारण करके हिंदी साहित्य में उभरा है। अब दलित विमर्श, आदिवासी विमर्श, नारी विमर्श, किन्नर विमर्श आदि विधायें बड़े मज़बूत दंग से हिंदी साहित्य में प्रचलित है। सामंतवादी, पूँजीवादी और पुरुष वर्चस्ववादी दुनिया के प्रभाव से गुलामी और अस्वातंत्र्य की जंजीर में फंसे नारी की मुक्ति ही नारी विमर्श का लक्ष्य हैं। नारी विमर्श वास्तव में प्रबुद्ध नारियों और प्रतिबद्ध विचारकों के चिंतन का उपज है। इसमें पुरुष वर्चस्व के विरोध के साथ, भारतीय जीवन मूल्यों की नवीन संदर्भों में पुनर्व्याख्या एवं पुनःस्थापना की का प्रयास भी शामिल है। केवल साहित्य ही नहीं तमाम सांस्कृतिक क्षेत्रों इस पुनःस्थापना की कोशिश में है। साहित्य, संगीत, चित्रकला, सिनेमा, नाटक जैसे तमाम क्षेत्रों में यह संघर्ष विद्यमान है। हाल ही में प्रकाशित मलयालम सिनेमा 'रेखचित्र' नारी विमर्श की दृष्टि से काफी महत्वपूर्ण है। इस में सिनेमा की नायिका बनने के मोह में सिनेमा की दुनिया में घूस गये रेखा नामक लड़की की त्रासद जीवन का वर्णन है। प्रस्तुत सिनेमा रूढ़ीवादी और परंपरावादी पारिवारिक वातावरण के जंजीर में फंसकर दम घुटने वाली प्रतिभाशाली लड़की का छायाचित्र है।

जोफिन टी. चाकको ने इस फिल्म का निर्देशन किया। आसिफ अली, अनश्वरा राजन, मम्मूटी, मनोज के जयन, सिद्धिक आदि इस सिनेमा के मुख्य किरदार हैं। यह फिल्म नारी विमर्श की दृष्टि से काफी महत्वपूर्ण हैं। इस सिनेमा की नायिका रेखा मामूली परिवार की बेटी है, लेकिन कला की ओर बड़ी रुचि रखने वाली प्रतिभासंपन्न कलाकार थी। वे नृत्य, संगीत और अभिनय में बड़ी रुचि रखने वाली थी। मम्मूटी, जगदीश जैसे सुपरस्टारों को चिढ़ी लिखकर उन कलात्मक प्रतिभाओं को सराह देती थी। माँ और छोटी बहन के प्रति उसे गहरी ममता थी। पितृसत्तात्मक परिवार में पुराने विरासत का रखवाला पिता को बेटी की इस आदत पर तनाव था। एक दिन रेखा को अभिनेता जगदीश द्वाका एक पत्र पिताजी के हाथ में मिला। पितृसत्तात्मक परिवार में बेटी घर की चारदीवारी के भीतर रहने में अभिशप्त थी। फिल्म स्टार को चिढ़ी लिखने की आदत पिता की दृष्टि में एक अनाडी औरत का है। उसे घर के चार दीवारी के भीतर सुरक्षित रखना और बड़े होकर योग्य वर चुनकर शादी करवाने का दायित्व पिताजी का है। पिता जी को लगता कि अपनी बेटी सीमा के परे हो गयी है। इसलिए

उन्होंने चिट्ठी मिलते ही बेटी को बुलाकर बताया और उस पर थप्पड़ मार ली। प्रताड़ित, अपमानित और कुपित होकर रेखा अपना धर और माँ-बाप को छोड़कर कहीं ओर गयी। उसका पता घर वालों को नहीं था। रेखा पर पिता का थप्पड़ परंपरावादी, पितृसत्तात्मक पुरुष वर्चस्व समाज में नारी के दबाव का सूचक है। पुरुष वर्चस्व समाज स्त्री की क्षमता को स्वीकारने में विमुख है। यदि कोई स्त्री अपने स्वत्व की रक्षा या अस्थित्व की तलाश करते तो उसे अनाडी मानकर छोड़ते हैं। ऐसे समाज में एक स्त्री की उस्तित्व बलिदान की जिंदगी हैं। अपनी क्षमताओं का अपनी कामनाओं का बलिदान हैं।

रेखा अपने घर से भागकर सिनेमा की दुनिया में घुस गई थी। फिल्म की नायिका की भूमिका में पहुँचना उनका लक्ष्य था। लेकिन फिल्मी दुनिया में उनका जीवन बड़ा त्रासद हो गयी। 'कातोडु कातोरम' सिनेमा में सन्यासिनियों की संगीत "दूप में संगीत आलापन करने का मौका उसे मिला। इस बीच सिस्टर स्टेफी से उसका अपना परिचय हुआ। एक दिन उसे सिस्टर स्टेफी के कॉन्वेंट में टहरने का अवसर मिला। अगली सुबह होते ही रेखा अप्रत्यक्ष हो गयी। रेखा का कोई पता नहीं था। साथ ही आश्रम के अधिकारियों ने यही चोरी पुलिस मे रिपोर्ट नहीं किया क्योंकि पैसा लोगों का डॅनोन था।

ऐसे हालत है तो अगले साल डॅनेशन नहीं मिलेगा। इसी आशंका में वे पुलिस में रिपोर्ट नहीं किया।

सिनेमा का आरंभ राजेंद्रन नामक एक आदमी ने अपने सूसाइड नोट में एक हत्या की सूचना देने के बाद आत्महत्या किया। उनके अनुसार उसने जिस स्थान पर स्वयं 'गोली मारकर आत्महत्या किया, उस जमीन के नीचे 1985 में एक लड़की का लाा ढंक दिया था। पुलिस वालों ने जमीन खोदकर ढूँढने से मस्तिष्क की हड्डियां और अस्थियां बाहर निकाला। इन्स्पेक्टर विवेक गोपीनाथ के नेतृत्व में पुलिस वालों ने इस हत्या का सच ढूँढ निकाला। सिनेमा के शूटिंग के लिए आये रेखा सिस्टर स्टेफी के साथ कॉन्वेंट में एक दिन टहरने के लिए आ पहुँचा।





कॉनवेंट की नौकरानी पुष्पा ने रेखा को घमघोड कर मारा और अपनी प्रेमी वक्कचन और उनके साथियों के सहारे उसकी लाश ढंग दिया। साथ ही कॉनवेंट वालों ने सोचा रेखा ने अपना धन चोरी करके वहाँ से कहीं भाग निकला है। अंत में गुनाही को ढूँढ निकालने से सिनेमा समाप्त होती है।

रेखा को इस फिल्म में बहुत कम भूमिका है 1985 में 'कातोडु कातोरं' सिनेमा शूटिंग के दौरान वह अपना घर छोड़कर सिनेमा की दुनिया में आयी। सिनेमा में एक

सन्यासिनी बन कर 'गीत गाने का वह चित्र, 'मम्मूटि चेट्टन' कहकर सिनेमा निर्देशकों से बात करने का चित्र, चंद्रपन द्वारा सन्यासिनी वेषधारियों को शूटिंग के लिए लाने का चित्र ये सब आज भी सिनेमा वालों की याद में हरा रहता है। रेखा जैसी प्रतिभा संपन्न कलाकारों की जिंदगी इस पुरुष वर्चस्ववादी दुनिया में किस प्रकार बर्बाद होता है इसका सही दस्तावेज इस फिल्म में हम देख सकते हैं। रेखा की इस दुरवस्था का दोष पूर्णतः पिता पर चढ़ाना उचित नहीं। क्योंकि इस पितृसत्तात्मक व्यवस्था ने उनके मन को उस प्रकार रूपायित किया है। अनामिका के शब्दों में 'स्त्री आंदोलन पितृसत्तात्मक समाज में पल रहे स्त्री संबन्धी पूर्वाग्रहों से पुरुषों की क्रमिक मुक्ति को असंभव नहीं मानता। दोषी पुरुष नहीं पितृसत्तात्मक एक ही पाठ पढ़ाते हैं कि स्त्रियाँ उनसे हीनतर हैं, उनके भोग का साधन मात्र हैं। आंदोलन की सार्थकता इसमें है कि वहाँ वहाँ उँगली रखे जहाँ जहाँ मानदंड दोहरे हैं, विरूपण, प्रक्षेपण, विलोपन के तिहरे िडयंत्र स्त्री के खिलाफ लगातार कारागर हैं, जिसने निस्तार मिलना ही चाहिए और सारा संघर्ष इसी बात का है''(अनामिका का काव्य, आधुनिक स्त्री विमर्श पृ.सं.२६) वास्तव में को. ई भी पुरुष रेखा से मनुष्यत्व हीन व्यवहार नहीं किया। इस व्यवस्था में नारी का दुश्मन नारी ही हैं। सही बात यह है यदि रेखा के पिता अपनी बेटी की क्षमताओं और आकांक्षाओं को पहचान कर उसके लिए आवश्यक प्रोत्साहन, सलाह और मदद देते तो अपनी बेटी का भविष्य इतना निष्पूर कभी न होता। व्यवस्था ने बेटियों के भविष्य पर माता-पिता को अंधा बना दिया है।

संक्षेप में पितृ सत्तात्मक व्यवस्था में नारियों की अपनी क्षमताएँ, अपना मोह, अपना स्वप्न किस प्रकार भंग करते हैं, इसका 'गवाह इस फिल्म में मिलता है। नारी द्वारा सामने करनेवाली अनेक समस्याओं का प्रकट रूप 'रेखा चित्र' सिनेमा द्वारा अभिव्यक्त करने में निर्देशक ने सफलता प्राप्त किया है।

THE WAILS OF THE FORGOTTEN

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In the dark abyss of the Bay of Bengal stood an island with traditions as old as the tides of the sea that wrapped itself around it. The mysterious thundering of the sea swallowed the wails of shattered dreams and ambitions. Women, the forgotten whispers of civilization, never dared to question the traditions of its people, shrouded in disproportions and injustices. Was it because of fear or acceptance? Layla never knew. She had been the first woman to matriculate on her island. The outlanders looked at the islanders with scorching hate, the reason beyond her comprehension until she went to the outlands for her education. The animals there received much better treatment than her fellow souls. Her birth mother had birthed ten children and died delivering a stillborn. The islanders called it the wrath of the sea god for entering the sea during menstruation. She never thought it to be anything else.

On the first day in her school, she tried to sit in the corner of the class without anyone's notice because she thought people could die just by sitting with her, as she had been on her period. Her classmates laughed at her, saying it was just a superstition among the islanders. She didn't believe it at first, but couldn't help but notice that the other day, none of her friends died from blood dripping through their ears or wounds stricken on all parts of their bodies. Maybe it was just a blessing from the sea god for taking her mother to the unknown depths. But nothing happened the next month either, which followed three years of her stay. She slowly began to understand the unfairness on her island. Studying science horrified her, not because of the complicated details of human anatomy, but because she became awakened to the misfortunate souls of the island, including her mother, who hadn't even received medication after delivery, which potentially led to her death. It wasn't just her death, but many other women had died, and islanders kept believing in the myth that middle-aged women were the favourites of the death god.

In place of a tyrant with her father's features, she now saw a goddess with her mother's kind eyes, bearing the weight of all the unheard voices over centuries. Her eyes bloodshot with unshed tears, the world never saw her lips quivering with unsaid opinions, a cloth similar to the one used by the island women as a veil choked her throat. Her posture resembled the look of all those great women she had studied in history classes. Her hands fisted as if she were holding the sword of Rani of Jhansi, grace in her steps like Cleopatra, and she was roaring her opinions like Kannagi. She was not the invisible figure you stumbled upon in your sleep. She was the woman whom you feared would come alive one day.

When she reached the island, the relentless whisper of that voice haunted her. She wanted to change the system, but it was an impossible dream to reweave the threads of society. Walking through the haunted house on the deserted end of the island, a voice called her, like a tortured cry. Her heart thundered with fear and curiosity. She looked around for the source of the voice, but could only see a starless sky staring back at her.

Then she saw it, an illuminating light flying

like some bird born from flames. Its wings flapped in the sky like some war cries, chaotic yet determined. As if answering some inner calling, she followed the phantom. She walked through the woods and reached a barren land created in the previous tsunami, long before her birth. A lonely stone stood in the centre of the land as if calling for



some companionship. It echoed the loneliness within her. So, she reached for it.

It happened within the blink of her eyes. Something hit her storm, the rages of waves thundering in her ears. She opened her eyes to look at her island. Something about it felt different, then reality hit her like a hurricane, turning her mind to spiral into a thousand possibilities and fears. She was taken to her island long before civilization.

A strange group with horrifying marks on their faces surrounded her. They wore nothing but animal leather and furs. Their guttural hoots sent shivers down her spine. "Prey, prey," they chanted, their voices echoing in unison. One of them tied her hands, another bound her legs. They carried her without paying heed to her frantic calls for help. Anxiety prickled her entire body as she desperately called out to them, hoping for even a sliver of mercy.

They brought her to a lodging area where some kind of ritual was unfolding. A child, barely in her teens, was dragged toward a fire. Her cries pierced the air, while a woman, likely her mother, wailed and tried to intervene. Layla's stomach churned at the sight of women tying the girl to a post, as though preparing her for a gruesome fate.

Layla couldn't stay silent. Summoning all her courage, she screamed and thrashed against her restraints. Her outburst caught the attention of an authoritative figure who emerged from one of the rudimentary shelters. These "houses" were crude structures, made of rough branches lashed together with strips of bark and vines. Around the area, men busied themselves with arranging weapons, while others stood watching, as though this event were routine.

The leader's gaze landed on her, and he gestured with his hand. The men surrounding her stepped back, allowing her space to breathe. "What is the purpose of this stranger in our land?" the leader demanded; his voice laced with contempt. His eyes burned with rage, and his tone carried an inherent disdain for her gender. Layla met his gaze with equal defiance. "What are you doing to this child? Whatever it is, it's wrong," she said, her voice trembling but firm. The women around her erupted, throwing stones at her for daring to challenge their leader. "Do you know what she did?" the leader asked coldly. "No," Layla replied, "but whatever it is, it doesn't deserve this punishment." "She hunted during the time of blood seclusion," he growled, his words heavy with accusation. "And her actions caused the death of our greatest warrior."

"Blood seclusion?" Layla echoed, her voice faltering as realization struck her. "She hunted when she was supposed to be in the secluded cave to the west," he continued. "She broke the law, and

for that, she must die." A soft, trembling voice interrupted them: "I was hungry." Layla turned to see the girl whispering, tears streaking her face. The leader ignored her plea. "She defied the rules, and her actions have consequences."

Layla's heart ached at the injustice. The girl had been sent to isolation without food—a practice that had claimed countless lives under the guise of tradition. This was the moment Layla decided to change everything. "You can't do this," she said, her voice rising with conviction. "This is wrong. You're punishing her for something that has no basis in reality." Her words only earned mocking laughter from the crowd. They looked at her as though she were a lunatic spinning fantastical tales. Yet the leader's gaze hardened as he considered her.

"Prove it," he said at last. "Prove that her actions had nothing to do with the warrior's death." "How?" Layla asked. "You will hunt with the other secluded women," he declared. "If any among you dies, your life will be the price for this rebellion." Layla agreed without hesitation, despite knowing nothing about hunting. She was thrown into the jungle alongside another girl—one as young and frightened as the one who was to be executed.

"What's your name?" Layla asked. "Gori," the girl replied softly. "I'm Layla," she said. "You won't believe me, but I'm from the future. Things aren't so different there, either." Gori gave her a bewildered look but said nothing. The two waited in the bushes, Gori honing her arrow in silence. When Layla began to speak, Gori quickly silenced her with a hand over her mouth, gesturing for her to listen. And then they heard it, a faint rustling of leaves and the thud of footsteps. Without hesitation, Gori launched her arrow toward the sound. A sharp cry rang out, and the rustling ceased.

Gori had struck a fox. Blood seeped from its wound as she swiftly divided the animal into portions, tucking the pieces into a leather pouch. Layla watched in awe as Gori worked with precision and determination, needing no help from anyone. These women weren't confined to their homes, as history had falsely claimed. They were hunters. Warriors. Survivors. When they returned to the gathering, unscathed and with their catch in tow, the crowd fell silent. The leader reluctantly conceded that no one had been harmed, and Layla's argument had been proven right. The moment her restraints were removed, the world shifted around her. Waves roared in her ears, and she was thrust back into her present time. The haunting cry of the bird echoed in her mind, a lingering reminder of her journey.

കുരിശുപൂക്കുനിടം

ജീവശ്വാസത്തിനായി ആഞ്ഞുവലിക്കുമ്പോൾ, മേഘ ജ്യോതിസ്സുപോലെ, പിന്നിട്ടവഴികൾ മിന്നിത്തെളിഞ്ഞു ണർന്നുതുടങ്ങി. ആദ്യം തെളിഞ്ഞുകത്തിയത് ആ കൊച്ചുവീടാണ്. സ്നേഹത്തിന്റെ ഉഷ്മളത നെരിപ്പോടാക്കി മുറികളെ തണുത്തുറയാതെ കാത്ത ആ സ്വപ്നഭവനം.

ഒരുകിളിക്കൂടുപോലെ. ഇല്ലായ്മകളെ ഇല്ലാതാക്കുന്ന കളിചിരികളും മൃദുസ്മിതങ്ങളും നിറഞ്ഞൊരിടം. കൊച്ചു രുവിയുടെ കളരവം തീർക്കുന്ന താരാട്ടുകേട്ട് പ്രകൃതിയുടെ മടിത്തട്ടിലുറങ്ങിയ രാവുകൾ. കാപ്പിപ്പൂക്കളുടെ സുഗന്ധം പേറുന്ന ഇളംകാറ്റ് തുയിലുണർത്തുന്ന പകലുകൾ. അമ്മയുടെ സ്നേഹച്ചുട്. അപ്പന്റെ വാത്സല്യനിലാവ്. കുഞ്ഞനുജന്റെ കുട്ടിക്കുറുമ്പുകൾ. ആനന്ദലബ്ധിക്കിനി എന്തുവേണം?

പണത്തൂക്കം കൊണ്ട് ഒന്നിന്റെയും വിലയളക്കാൻ കഴിഞ്ഞിട്ടില്ല നാളിതുവരെ. കാരണം, ലോകത്തിന്റെ കണക്കുപുസ്തകത്തിൽ ഇടംകണ്ടെത്താനിടയില്ലാത്ത അനർഘമൂല്യങ്ങൾ ആ തടിപ്പുരയുടെ ഇടനാഴികളിലും കോണുകളിലും തൊടിയിലും തിരഞ്ഞിറങ്ങാതെ തന്നെ കിട്ടിയിരുന്നു. വീട്ടിലുള്ളവർക്കുപുറമേ, കുശലം പറയാ നെത്തുന്ന കുഞ്ഞുകിളിയ്ക്കും അണ്ണാറക്കണ്ണനും പൈദാ ഹമകറ്റാൻ നന്മയുടെ സ്നേഹവിരുണൊരുക്കുന്ന അമ്മ. പേർത്തും പേർത്തും കുത്തിമുറിവേല്പിച്ചാലും ആ ഹൃദയത്തിലൊരു ബാൻഡേജുമൊട്ടിച്ച് നല്ല സമരായന്റെ രണ്ടാംമൈൽ താണ്ടുന്ന അപ്പൻ. ഒരു പുരുഷായുസ്സിന്റെ ഭാരം തന്റെ ചെറുതോളിലെടുത്ത് കാര്യ ഗൗരവത്തിന്റെ കട്ടിയുള്ള പുറംതോടിനുള്ളിൽ സ്നേഹാർദ്രതയുടെ ഇളനീരൊളിപ്പിച്ച കുടപ്പിറപ്പ്.

പുറത്ത്, നിർമലസൗഹൃദംവെച്ചു നീട്ടിയ ജീവസുറ്റ സ്നേഹസമ്മാനങ്ങളും പണംകൊടുത്തു വാങ്ങിയവ യായിരുന്നില്ല. ഒറ്റയ്ക്കു കുടിക്കാൻ വിട്ടുതരാതെ കണ്ണീ രുപ്പു പകുത്തുവാങ്ങിയവർ. കൊച്ചുസന്തോഷങ്ങളുടെ മിഠായിത്തരികൾ ഒറ്റയ്ക്കു നുണയാതെ തുല്യമായി ഭാഗിക്കാൻ ഉൾപ്രേരണ നല്കിയവർ. കൊച്ചുസങ്കടങ്ങൾ ചങ്കിൽ പിടയ്ക്കുമ്പോൾ ഒരുവിളിപ്പാടകലെയുണ്ടെന്ന് ചങ്കുറപ്പു തന്നവർ. കൊച്ചുവിജയങ്ങളിൽ അനസൂയയു ടെ നക്ഷത്രദീപം കൊണ്ടു വരവേറ്റവർ.

ആഷ്ലി തോമസ്

അസിസ്റ്റന്റ് പ്രൊഫസർ
ഡിപ്പാർട്ട്മെന്റ് ഓഫ് ഇംഗ്ലീഷ്



ഇതൊക്കെയും അർഹിക്കാത്തതെന്നു തിരിച്ചറിയു മ്പോഴും, ലഭിച്ച കരുതലും സ്നേഹവും തിരിച്ചു നല് കാനാവാനെ ദീപ്തമൗനം തളംകെട്ടിയ, വേനൽച്ചൂടിൽ പൊള്ളുന്ന കാൽവരിയായി, മനസ്സ്. ആ കുന്നിൻപുറത്ത് നാട്ടപ്പെട്ട കുരിശിൽ സ്നേഹത്താൽ പിടയുന്നൊരു തിരു വുടലിൽ എല്ലാ ഉടലുകളും ഒന്നാകുന്നു. അവിടെ നിന്ന് വാർന്നൊഴുകുന്ന വിയർപ്പും കണ്ണീരും ചുടുനിണവും വീണുകുതിർന്ന മണ്ണിൽ കുരിശിനു വേരുകിളിർക്കുന്നു. ഇലകൾ പൊടിക്കുന്നു, തഴയ്ക്കുന്നു. പുതുനാമ്പുകൾ തലനീട്ടുന്നു. മെല്ലെ, മെല്ലെ, പ്രത്യാശയുടെ സുഗന്ധവാ ഹികളായ കൊച്ചുപൂക്കൾ മിഴിതുറക്കുന്നു. ശലഭങ്ങൾ പറന്നിറങ്ങുന്നു. കുരിശുപൂക്കുനിടം പറുദീസയായി പരിണാമം നേടുന്നു.



THE MIRROR WITHIN

There's a mirror within, where truth resides, No silver frame, no polished sides. It doesn't reflect the face I wear, But the soul I cherish, pure and rare.

It doesn't judge, it simply knows, The light that within me softly grows. It sees my strength, my quiet might, My deepest dreams, my fiercest fight.

It knows the scars I try to hide, Each one a mark, a source of pride. For every crack that runs through me, Tells a story of how I'm free.

the mirror within, it shows no age, No wrinkled skin, no fleeting stage. It sees the heart that's ever true, The love that's mine, that's always new.

It doesn't ask for more than I can give, It teaches me to simply live. No outer standard, no fleeting goal, Just the love that fills my soul.

In moments of doubt, when shadows fall, The mirror within answers my call. It lifts me up, it calms my mind, Reminding me that I am kind.

It sees the beauty, raw and deep,

In quiet moments, in nights of sleep. It whispers softly, "You are whole, You are the keeper of your soul."

There's no need to search the world outside, For everything I need is deep inside. In the mirror within, I find my peace, A love that grows, will never cease.

So when the world begins to spin, I'll turn to the mirror that lies within. For there I see the truest face, A reflection of my boundless grace.

3And when the storms around me rage, I'll find my calm, my sacred stage. For the mirror within is clear and bright, A steady flame, a guiding light.

No need for praise or others' gaze, The mirror within, in quiet praise, Reminds me daily, with each new dawn, That I am enough, and I belong.

Ardha B. Krishna

II DC Botany



THE CURRENT IMPACT OF STUDENT MIGRATION

Kerala has witnessed a significant rise in student migrants to foreign countries, particularly to destinations like the US, Canada, the UK, Australia and Germany. This trend is driven by aspirations for quality education, better job prospects and a higher standard of living. While this migration benefits individuals, it has broader social, economic, cultural implications on Kerala and Indian society.

One of the most significant effects of student migration is the outflow of money. Families invest substantial amount of money in tuition fees, living expenses and visa processes contributing to foreign economies. Above all, the value human resource of our state is providing their services in abroad. This initially strains Kerala's financial resources, the long-term remittances from successful students who settle abroad or find high-paying jobs contribute positively to the States's economy. Additionally, as students migrate, Kerala faces a shortage of skilled professionals, particularly in fields like healthcare and engineering. Many doctors, nurses, and IT professionals trained in Kerala choose to work abroad leading to a brain drain. This impacts the availability of skilled workers in the state, putting pressure on local industries and public services.

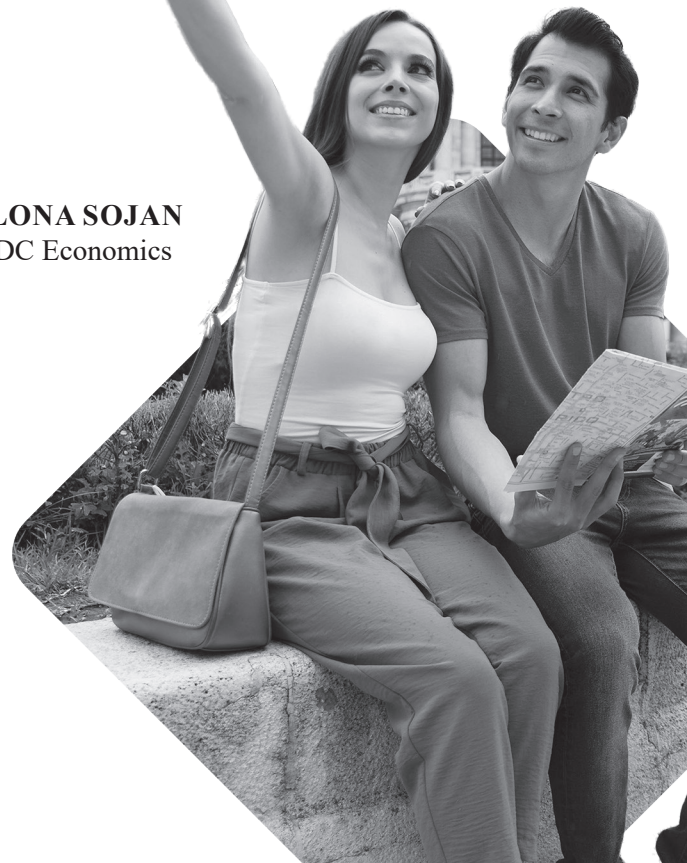
The migration of students has transformed family structures and social dynamics in Kerala. Many young individuals leave their family behind, leading to emotional and psychological challenges for both students and their relatives. Parents often experience the empty nest

syndrome, while the elderly, who depend on younger family members for support face loneliness and neglect. At the same time, migrants foster global exposure and cultural exchange. Keralite students returning from abroad bring back new ideas, skills and professionals experiences that contribute to the modernization of Kerala's industries and educational institutions.

The increasing migration trend has influenced education patterns in Kerala. Many coaching centres specializing in IELTS, TOEFL, and GRE have emerged, reflecting the growing demand for overseas education.

Students' migration from Kerala to foreign countries has far reaching consequences. While it opens doors to better education and career opportunities, it also leads to economic outflows, such as creating more high-quality educational institutions and job opportunities within Kerala can help in keeping balance of the benefits and drawbacks of this trend.

ALONA SOJAN
I DC Economics



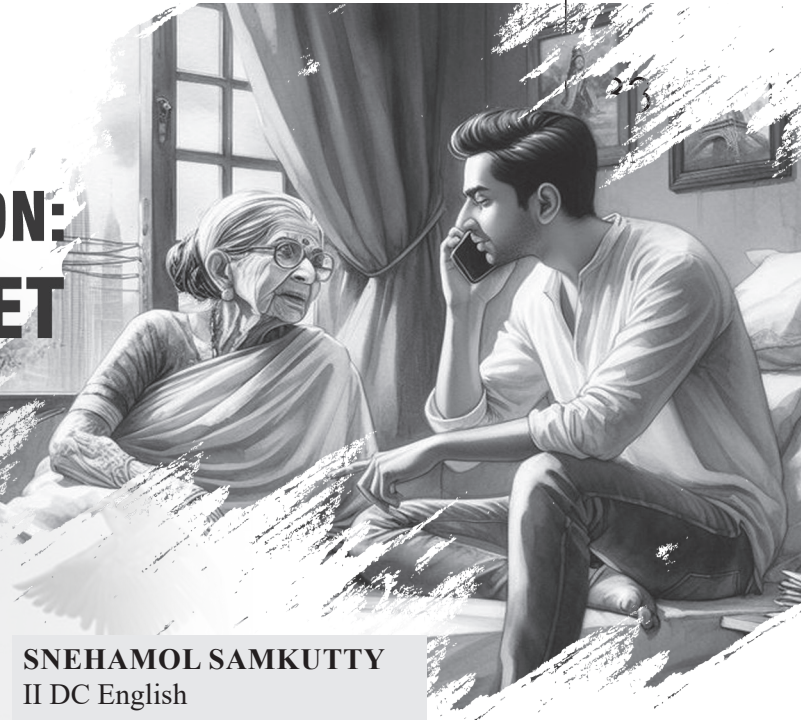
THE LAST CONVERSATION: MOMENTS OF REGRET

Vivek is now mourning. He regrets his decisions, his conversation. Vivek is sinking deep down in ocean of tears. He was only five years old when his father died. When the hero of his life died, all he had was the heroine of his life, his mother Anjali, who he lovingly calls Anjamma. Vivek didn't have any siblings, so his only world companion, father, sibling, a friend was his Anjamma. Anjali, his mother who only had her son as her life, her heart. They didn't have any relatives/family, because his parents' relationship was not approved.

Even though she had a chance to find someone as her partner, she didn't even think about a second marriage. She decided to do everything she could do to raise her child, her only family. She was proud of Vivek and was happy with his happy moments. She tried to be the perfect mother for him. She never let Vivek know about the hardships. For her, he was the gift given by God Himself.

As the time changed, both of them grew old. Anjali couldn't completely fill the void created by the death of his father. Vivek was a topper to make his mother happy, to give her all the happiness and joy in the world, he studied. So that there would not be any hardships for them. At last, he got a scholarship, a chance to go abroad and study.

America! The land of Dreams.



SNEHAMOL SAMKUTTY
II DC English

He entered there with a handful of dreams. His mother thought only about his success. But deep inside, after his departure, she became alone. She became disturbed.

As seasons changed, one day he visited his homeland with a motive. He wanted to settle in America, which his mother disapproved as she couldn't live anymore without his presence. She said she wouldn't come to America. Out of his immense anger and sadness, he let the storm in his mind out. He forgot his own past and accused his mother, who was his only hope when there was not even a ray of light in the tunnel of his dark life. He hurt his mother who lived only for him. He left his homeland once again, thus stopped talking to her. Anjali who was hurt, who thought her life becoming a joke, survived it.

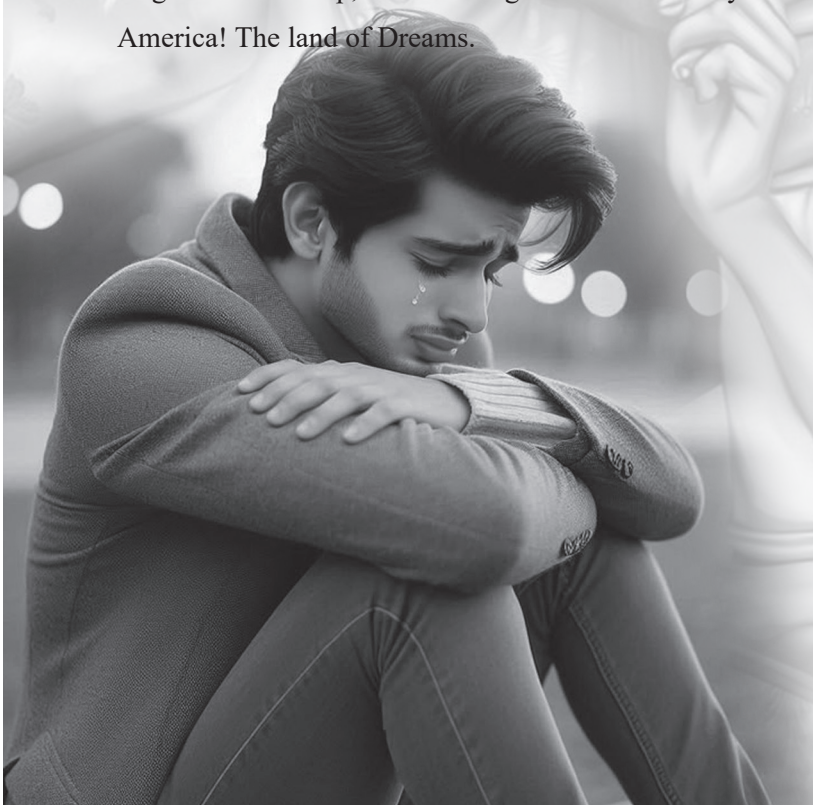
Vivek is now married and has kids. Once in a while he thinks about his childhood and his Anjamma, but is hesitant to call her or to talk to her. Something pulls him back when he tries to do it. Regret? No way! He thought so.

Anjali who thinks about her son all the time, also didn't took the step to reconcile with her son. Her pride and love for her son doesn't allow her to do that. She prayed for his well-being. She prayed for his life. She prayed for his future. And that was enough from a dumped mother's side.

After a few months, Vivek gets a call from India, saying his mother was killed in an accident, an utmost shock for him.

He recalled the last moments with his mother. The words he used to hurt her, to make her weak. Regret? Yes, it was!

He completed the rituals in guilt. When he went to the house, he found a diary of his mother. A book with life. A book filled with the lovely memories of a mother and her pretty little child. He cried. He cried again. In the memory of the woman who gave him a life and a life. He cried!



दोस्ती

Vinaya Babu
IDC Chemistry

परेशानीयो कठिनाइयों से भरी इस जगत में
जहाँ हम है, हम सब है
जी रहे हैं इस अनमोल जिन्दगी
हर मुश्किल से लड़कर
मिले है हमें एक बेशकीमती रत्न
दोस्ती – हमारे थार, हमारे साथी।

नहीं मिलते सबको ये—
सच्चा दोस्त, सच्चा सहारा
जिनके मिला है
वो है खुशनसीब
शुक्रगुजार रहो इस बात का
कि तुमें मिले है थे।

देते है हमारे साथ
करते है हमें उत्तेजित
कभी न छाड़ते हमें
खड़े होते है। साथ—हर वक्त
साथ है हर मुश्किल में
वो है दोस्त वो है दोस्ती।

जब टूटकर बिखर चुके है
जब हर रास्ता, बंद है
जिन्दगी से लड़कर थक चुके है
जब सारे हिम्मत हार चुके हैं
जब इस दुनिया छोड़ना चाहते हैं
लेकिन नहीं जाने देते वो।



एक मुस्कुराहट के साथ खड़े है
हमेशा, हर वक्त हमारे साथ
कहते हैं – करेंगे सब कुछ एक साथ
देते हैं अपना कंदा, जब थके हैं
कतरे है कोशिश ताकि हम भूल जाए
अपना सारा दुख, सारा गम।

कोई भला – बुरा बोले हमें
तो क्रोधित होते है वो
खड़े होते हैं हमारे सामने
नहीं बोलने देते हमें
खुद ही बोलते है सब कुछ
बंद करा देते है दूसरों के मुँह।

तैयार है जान देते केलिए वो
जब कोई नहीं है साथ
जब सामने मृत्यु भी है
फिर भी नहीं ठरते वो
बोलते है – साथी जीएँगे, साथ मरेंगे
कहते है – दो शरीर और एक मन।

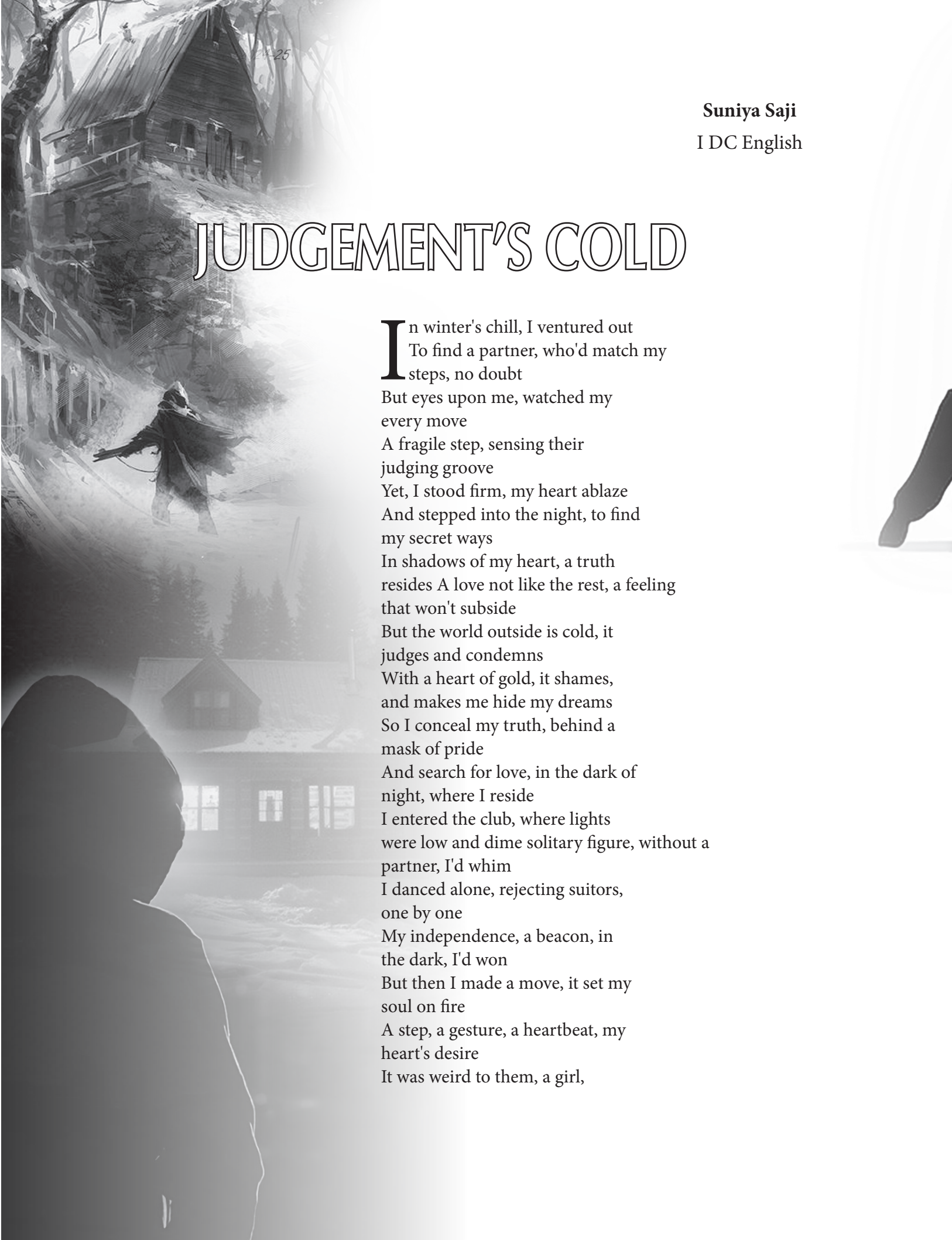
हमारे जीवन का अनमोल बोहफ़ा
समझना इसका सही कीमत
जब उनको जरूरत है
देना उनका साथ
कभी न छोड़ना एक – दूसरे की
कभी न तो तोड़ना ये रिश्ता।

एक रिश्ता – जो नहीं बने है खून से
बल्कि जुड़े है दिल से
कैसे बनते है ये रिश्ता?
लगता है किसी को नहीं पता
सिर्फ यही पता है
मत तोड़ना इस रिश्ता

दो लोगों के बीच का बंधन,
कैसे बना नहीं मालूम
लेकिन है सबसे ऊपर
खड़े है साथ, जाड़े हाथ
कभी मत होना अलग
कभी न छोड़ना साथ।

मिले है हमें कुछ खास
इस छोटी जिन्दगी में
मत खोने देना इसकी
हर कोशिश करना संभालने की
जान से भी किमती है
इस तोड़फा, इस रत्न।





Suniya Saji
I DC English

JUDGEMENT'S COLD

In winter's chill, I ventured out
To find a partner, who'd match my
steps, no doubt
But eyes upon me, watched my
every move
A fragile step, sensing their
judging groove
Yet, I stood firm, my heart ablaze
And stepped into the night, to find
my secret ways
In shadows of my heart, a truth
resides A love not like the rest, a feeling
that won't subside
But the world outside is cold, it
judges and condemns
With a heart of gold, it shames,
and makes me hide my dreams
So I conceal my truth, behind a
mask of pride
And search for love, in the dark of
night, where I reside
I entered the club, where lights
were low and dime solitary figure, without a
partner, I'd whim
I danced alone, rejecting suitors,
one by one
My independence, a beacon, in
the dark, I'd won
But then I made a move, it set my
soul on fire
A step, a gesture, a heartbeat, my
heart's desire
It was weird to them, a girl,



dancing, wild, and free
 But I won't apologize, for this
 heart, that beats in Mein this subtle dance, of love,
 and desire
 I search for a partner, who'll set
 my soul on fire
 A love so strong, it'll break the
 chains
 And we'll rise above, with a love,
 that sustains
 Then that girl appeared, touched
 my hand, so cold
 Yet, in that instant, our hearts,
 beats, as one, to unfold We danced, together, till
 midnight's chime
 Our own rhythm, our own rhyme,
 in perfect, sweet, crime
 In the silence, I heard her prayer
 A longing to be Americano, with
 coffee-stained tears
 People think she's not so iced, a
 fragile, crystalline form
 But I like her spiced, with flavours
 that swarm

All of her essence, a
 kaleidoscope's whirl Yet, our paths crossed only a few
 times, like a hesitant twirl
 She loved a summer cloth once, a
 sun-kissed, crumpled dream
 But Betty's words, a dagger's cut,
 left her heart's seams
 She still wore those clothes, a
 defiant, tattered pride
 So people thought she wouldn't
 mind their evil, intended, hurtful
 stride
 But only I saw those quivering
 hands, a topography of pain On her summer clothes,
 baggy
 pockets, a refuge from life's
 driving rain
 I saw her so empathetically,
 through the lens of a shared gaze
 A connection that bridged our
 souls, in a fleeting, wordless daze
 Babe, I think I'm her, a mirrored
 reflection, a heart that beats as
 one
 Midnight struck, we vanished, like
 Cinderellas, in the night Leaving behind, the world,
 with all
 its cruel light
 I awoke, from my dream, with a
 heart, still aglow
 Though, it was just a reverie, my
 heart, still beats, with a love, to
 know
 In this subtle dance, of life, love,
 and desire
 I search for a partner, who'll set
 my heart on fire
 A love so strong, it'll break the
 chains And we'll rise above, with a love,
 that sustains.



IN ANOTHER LIFE

Malavika G. Ramesh
II DC English

I am no stranger to goodbyes. Willingly and unwillingly, I have had to bid farewell to far too many people in my lifetime. Goodbyes are not hard; it is the silence afterwards that bothers me. When my mother died, the silence was deadening. I felt it stretch and pour out of her room to the kitchen, to the living room. At night I felt it claw at the edges of my consciousness and I wanted to cry out, to scream. Anything to fill the silence that was my mother's absence. I don't remember the last conversation we had. It might have insignificant back then, mundane and boring. But neither of us knew it was going to be the last conversation we would ever have. Perhaps if we did, we might have talked about something worthwhile. Something I could later quote to my children and their children as words of wisdom.

I am on my way to have one such conversation. This time I know it is our last. This time I could talk about the great things in life. And when years later someone

asks me about my first love, I could tell them, or quote the great things we said to each other before we parted our ways forever. I look outside the window. In about ten minutes I will arrive at the café we met the first time. When we kept meeting each other and was about to meet one last time. The café is called "Happy Endings". I chuckle of the irony earning a look from the man sitting next to me. Happy Endings. To be honest, I have never been one for happy endings, not by a long shot. There is always a beauty to tragedy. Let Romeo die and Juliet follow. Let Orpheus look back. I can't help but pity myself. I know what I am doing. What I am always doing. Endings are bitter. Tragedy isn't beautiful. All that blood was never ink it was just red. Nothing ever ends poetically. Things end and we turn it into poetry. I humour myself with my own tragedy. I have romanticized it so much that I cannot live without agony. My own existence is agonizing to me.

I see the writing, bright yellow and taunting, "Happy Endings". I take my time, getting off the bus and walking into the café. I climb the stairs; the second floor has more privacy apparently. He is sitting at our usual table, there is a nervous energy to him, I can see the way his knee keeps bouncing. I take my seat without a word; my eyes are fixed on the table. I cannot look at him. I'm trying to talk about something worthwhile. I need to remember the last thing we say to each other. I don't realise he is speaking to me now. I blink at him, confused. He sighs exasperated. He is always with me. I wonder when it becomes less endearing.

"There you go again". He speaks

"What?". I'm pretending to be dumb.

I don't want to talk about how I live in my head. Not today. Today we would only say wise things to each other.

"I really need you to focus. My train is at 5, we don't have much time". His eyes are softer now. When I don't reply, he continues.

"I wish things were different. I know we have already been through these enough times but- "a pause. He reaches to touch my hand.

“You know why.”

Of course, I know why. I have heard this a hundred times already. I know why we can't be together. Why it was never going to happen. Which is why I don't want to talk about it.

“Do you ever wonder that maybe Shakespeare was a woman?”. I ask

He blinks. It is his turn to look confused. Then he shakes his head. He knows, like always, he sees right through me. His hand tightens around mine.

“Is this really the last thing you want us to talk about?”. His voice is gentle. There is a willingness there. If it is what I want to talk about, he will. He doesn't mind wasting his last conversation with me talking about something that only interested me. I breathe out shakily. My eyes meet his steadily for the time since I walked in.

“No”. I shake my head. “No, It's not”.

He waits for me to continue. I try to memorize the precise brown of his eyes, the crease of his smile line, that one curl which never sits right.

“Before my mother died, like hours before, she asked me to asked buy eggs on my way back. I waved her off, dismissively. I didn't even turn around. That is the last thing she said to me.”

I look back at him, I see pity in his eyes and look away.

“Or, I thought it was. I was thinking what I should say to you. Since it is the last time. And I thought... and thought and- “

I felt something hot trickle down my cheeks.

“My mother never ended a conversation without saying she'd wait for me, for dinner. She'd always wait for me.”

I look back at him.

“I know she said it. She always did; I just didn't hear her. But I know she did.”

He smiles and reaches out to wipe my tears away.

“I will wait for you, in another life.” He speaks.

LOCKEN

APARNA VISWAM
I Dc English

**Can you please sing me a lullaby?
I'm trying my best not to break away
I just want to close my baggy eyes
But it's you and all your wicked lies
That floods my mind when I shut it close
Just please don't force me to choose
I just tried so hard to push you away
Why keep coming back to make me sway?
I hate you more than anything
But I love you more than everything
Can you please not make me lose my mind?
Because I feel myself going blind.
Every time, anytime, when I sweep you off,
You appear again just to break me down
Broke my love and peace, can you let me off?
'cause I can't see myself falling down.
A love so ugly and a hate so beautiful
Why came to me just to paint me dull?
My tears are being held back
Without falling down my pale face
By the bags you gifted me, all so black
All I ask you is some petty peace
Don't come back to me again
When you left me alone with nothing to gain
What did you really come to me for?
Just to make me sore?
Can you please sing me a lullaby?
I'm trying my best not to break away**

എത്രയോ സ്വപ്നങ്ങൾ, എത്രയോ വീഥികൾ, നടന്നു മരണവ; നടക്കുവാനിനിയും കാത്തിരിക്കുന്നവ...

ഇരുട്ടടച്ച മുറിയുടെ കിളിവാതിലിലൂടെ പ്രകാശം കൈനീട്ടുന്നു. എങ്കിലും തിരിച്ചറിയുന്നില്ല ഞാൻ; വെറുതെ ഇരുട്ടിന്റെ ആഴങ്ങളിൽ തപ്പിത്തടയുന്നു...

കാണാത്ത വർണങ്ങൾക്കും നരച്ചുമങ്ങിയ നിറങ്ങൾക്കുമായി. വെളിച്ചത്തിലേക്കു നോക്കാതെ, വീണ്ടും വീണ്ടും, ചില അവ്യക്തമധുരമായ ശബ്ദങ്ങളെ പരതിനടക്കുന്നു...

മനസ്സിന്റെ മന്ദനിഗൂഢമായ വികാരങ്ങൾ പോലെ... ഇരുട്ടിൽ വളർന്നൊരു മുരിക്കിൻ ചില്ലുകളിൽ ആ ശബ്ദം അലതല്ലുന്നു...അറിയാതെ ഞാനൊപ്പുവിന്റെ ഗന്ധം നുകർന്നു; മൃദുവായ ഇതളുകൾ തലോടിക്കൊണ്ടിരുന്നു.

പക്ഷേ, മുളളുതട്ടി ചോര പൊടിഞ്ഞ മുറിവിന്റെ നീറ്റൽ. പിന്നീടാണറിയുന്നത്. അപ്പോഴും വെളിച്ചത്തിന്റെ കൈകൾ മാടിവിളിക്കുന്നുണ്ടായിരുന്നു;

അങ്ങകലെ...

പിന്നെയുമൊരുപാടലഞ്ഞു; ഇരുട്ടിലൂടെ...എത്ര നേരമെന്നറിയില്ല.

എപ്പോഴോ, വെളിച്ചം എന്നെ തൊട്ടു; ഒരു സൂക്ഷ്മ

വെറുതെ ചില തോന്നലുകൾ

തമെന്ന പോൽ... വൈകിയാണെങ്കിലും കിളിവാതിലിലൂടെ ഏന്തിവലിഞ്ഞു നോക്കി. അപ്പോഴാണറിഞ്ഞത് എന്റെ ലോകം അവിടെയാണെന്ന്. സാന്ദ്രമധുരമായ സംഗീതം കേട്ടു; കൂടുതൽ തെളിമയോടെ, ജീവിതതാളം പോലെ... മരങ്ങളും കിളികളും പൂഴകളും കുന്നുകളും എല്ലാം മുൻപിലുണ്ടായിരുന്നു; നശിക്കാത്ത സ്വപ്നങ്ങൾ പോലെ... ജന്മജന്മാന്തരങ്ങൾ എന്റെ മോഹങ്ങൾ പേറിയ മായാത്ത മഴവില്ലുപോലെ... ജീവിതത്തിന്റെ ചുടുചോരയൊഴുകുന്ന ഹൃദയസ്പന്ദനം കേട്ടു...

ഒരു പക്ഷേ, വെളിച്ചം എന്നെ തൊട്ടില്ലായിരുന്നുവെങ്കിൽ മുരിക്കുമുള്ളുണ്ടാക്കിയ മുറിവിൽ ഹൃദയം വ്രണിതമാകുമായിരുന്നു...നടന്നു മരണവും നടക്കാൻ മരണതുമായ വഴികളെല്ലാം കൺമുന്നിൽ വഴിവിളക്കു കാട്ടി തെളിഞ്ഞുവന്നു; കല്ലും മുളളും നിറഞ്ഞതെങ്കിലും....

ഇരുട്ടടച്ച മുറിയുടെ കിളിവാതിലിലൂടെ പ്രകാശകരങ്ങളിൽ പിടിച്ച് പുറത്തുകടക്കാൻ തുടങ്ങുമ്പോൾ ഒന്നു തിരിഞ്ഞു നോക്കി; ഇരുട്ടിലേക്ക്... അപ്പോൾ തോന്നി, ഈ മാദകവികാരങ്ങൾ എല്ലാം...എല്ലാം...

മനസ്സിന്റെ ഭിത്തിയിലെവിടെയോ ഉറപ്പിച്ച പൊട്ടിപ്പോയ കണ്ണാടികളായിരുന്നു. ജീവിതഘട്ടത്തിന്റെ ആലസ്യം നിറഞ്ഞ അസന്ധ്യയായ ഭ്രാന്തമായ ചിന്തകളായിരുന്നു. ജീവിതത്തിന്റെ വഴിത്തിരിവുകൾക്കിടയിലെ വഴുക്കലുള്ള നുൽപ്പാലമായിരുന്നു. ഇപ്പോഴറിയാം, ആ ഭാവഭേദങ്ങൾ-ജന്മസാഫല്യത്തിന്റെ അനർഘസ്വപ്നങ്ങളുടെ കഠിനമായ പാതയിലെവിടെയോ കാലിടറിയ ചില നിമിഷങ്ങളിലെ വെറുതെചില തോന്നലുകൾ മാത്രം

ലക്ഷ്മി ജിജി
I D C ഫിസിക്സ്



ചിന്ത

ഈയാം പാറ്റകളെ കാണുമ്പോൾ
 ചിന്തകൾ പലവഴി തിരിയുന്നു
 സ്വയം ഇല്ലാതാകാൻ അവ ആഗ്രഹിക്കുന്നുണ്ടോ?
 ചിറകെറിഞ്ഞു മണ്ണിൽവീഴവെ
 ചിതയാകുമീ ശലഭങ്ങൾക്കുള്ളിലെന്താകും...?
 തോർന്നമഴയുടെ കുളിരിനെ നെഞ്ചിൽകുറിക്കുന്ന
 ഓർമ്മകളിലേക്ക് ഒരുനോട്ടം...
 പറന്നുയരാൻ മോഹമില്ലാത്ത ശലഭമുണ്ടോ?
 പഴങ്കഥ പോലൊരു ശാപം...
 ഇവർ വെളിച്ചത്തെ പ്രണയിക്കുന്നുണ്ടാവാം.
 പ്രണയത്തിലെറിഞ്ഞു സ്വയമില്ലാതാകാൻ
 തുടിക്കുന്ന പ്രണയികൾ...

ഗൗരി രാജേഷ്
 IDC കെമിസ്ട്രി



വെളിച്ചം

മാളവികബ്രജീഷ്
 IDC ഫിസിക്സ്

വെളിച്ചം, ലോകം നിറയുന്ന പ്രകാശം,
 കണ്ണുകളെ ചുംബിക്കുന്ന വെളിച്ചം,
 ഹൃദയത്തെ ധ്വജമാക്കുന്ന വെളിച്ചം.
 ഓ, വെളിച്ചം നൃത്തം ചെയ്യുന്നു,
 ചിത്രശലഭങ്ങൾ പ്രകാശത്തിന്റെ കടലിൽ കപ്പലുകൾ വിരിച്ചു.
 എല്ലാജന്മങ്ങളിലും പ്രകാശം സ്വർണ്ണവർണ്ണമായി തകർന്നിരിക്കുന്നു.
 അത്സമൃദ്ധമായ രത്നങ്ങൾ വിതറുന്നു.
 ഇലകളിൽ നിന്ന് ഇലകളിലേക്ക്
 ആനന്ദം പടരുന്നു,
 അളവില്ലാത്ത ആനന്ദം



हरित गृह प्रभाव : पृथ्वी के लिए खतरा

Aayisha Yaser
I DC English

जलवायु संकट हमारे ग्रह के भविष्य के लिए एक गंभीर खतरा है। मानवीय गतिविधियाँ, मुख्यतः जीवाश्म ईंधन का दहन वातावरण में बड़ी मात्रा में ग्रीनहाउस गैसों का उत्सर्जन करती हैं, जो गर्मी को रोकती हैं और वैश्विक तापमान में वृद्धि का कारण बनती हैं। इस तापमान वृद्धि का परिणाम पहले से ही अधिक लगातार और तीव्र गर्मी की लहरों, सूखे, बाढ़ और जंगल की आग के रूप में दिखाई दे रहा है, जो परिस्थितिक तंत्र को बाधित कर रहा है और मानव को खतरे में डाल रहा है। समुद्र के बढ़ते स्तर से तटीय समुदायों को खतरा है, जबकि वर्षा के पैटर्न में परिवर्तन कृषि और जल आपूर्ति को बाधित कर सकता है।

निष्क्रियतर के परिणाम भयावह हैं। निरंतर वैश्विक वृद्धि से बड़े पैमाने पर विस्थापन, खाहा संकट और पूरे परिस्थितिक तंत्र का पतन हो सकता है। हमारे समानों की स्थिरता और पृथ्वी पर जीवन का बहुत ही आधार दांव पर लग है। इस संकट का समाधान करने के लिए,

अक्षय ऊर्जा स्रोतों में संक्रमण, ग्रीनहाउस गैस उत्सर्जन को कम करने और जलवायु परिवर्तन के अपरिहार्य प्रभावों के लिए हमारी लचिलापन बढ़ाने के लिए एक वैश्विक, समान्वित प्रयास की आवश्यकता है। इसके लिए स्थायी प्रौद्योगिकियों, अनूकूलन रणनितियों और अंतरराष्ट्रीय सहयोग में महत्वपूर्ण निवेश की आवश्यकता है।

हमारे विश्व का भविष्य इस चुनौती का सामना करने की हमारी क्षमता पर निर्भर करता है। स्थिति प्रथाओं को अपनाकर, जलवायु – सचेत नीतियों की वकालत करके और वैश्विक आपातकाल की भावना को बढ़ावा देकर, हम जलवायु परिवर्तन के सबसे बुरे प्रभावों को कम कर सकते हैं और सभी के लिए एक अधिक टिकाऊ और समान भविष्य बना सकते हैं।





THE EVOLUTION OF SPACE EXPLORATION; FROM DREAMS TO REALITY

NEERAJAA S
I DC MATHEMATICS

Space exploration has captivated humanity for centuries, inspiring innovation and pushing the boundaries of what is possible. From the first moon landing to plans for colonising Mars, the journey into the cosmos reflects our innate desires to explore and discover. Human fascination with space dates back to ancient civilisations, with astronomers mapping the stars and pondering the mysteries of the universe.

The modern era of space exploration began in the mid-20th century during the cold war, marked as the space race between the United States and the Soviet Union. In 1957, the Soviet Union launched Sputnik I, the first artificial satellite into orbit. In 1961, Yuri Gagarin became the first human to journey into the space aboard Vostok I. The US followed with its Apollo programme culminating in the historic 1969 moon landing by Neil Armstrong and Buzz Aldrin during the Apollo II mission. The late 20th century saw the development of reusable spacecraft. Like NASA's space shuttle, enabling frequent trips to low earth orbit for satellite development, research and the construction of the international space Station (ISS). The rise of international collaboration. The ISS, launched in 1998 became a symbol of international cooperation, with contributions from the US, Russia, Europe, Japan and Canada.

Companies like SpaceX, Blue Origin and Rocket Lab have revolutionised the industry by reducing launch costs and developing reusable rockets. SpaceX's Falcon 9 and Starship represents significant milestones in making space travel more accessible. Innovations

like 3D printing in space, miniature satellites (Cube Sats) and advancement in Artificial Intelligence have enhanced efficiency and scope of space mission.

India's journey in space exploration reflects its resilience, innovation and commitment to progress. From humble beginnings to ground breaking achievements like Chandrayaan 3, India has proven itself as a formidable player in the global space landscape. With ambitious plans for the future, India is not just exploring the space but inspiring the world with its vision of making space accessible and beneficial for all.

RAIN

Droplets of tears or blessings from the
Paramount above?
The bliss of rain lies in the hearts of
people with warmth.
Oh, but what about those who have had
Their warmth drained from like the souls
Out of the death?
Prismatic perspectives beg for discerning
concerns
Droplets of tears or blessings from the
Paramount above?
The shower of mercy embraces the nature.
Oh, but what about those times when it
Dives from heavens and drills a million
Hells into the Earth?
Gentle whispers or thunderous roars?
The truth about rain is known too the
People who lives in shades and hues.
Oh, because when it rains everything stills;
A blanket of fleeting illusion wraps the
amused minds that dwell in colours and tints
Let me unravel it for you...
The world started with a rain and
It will end with a rain.

CHAITHRA C BIJU
I DC Economics

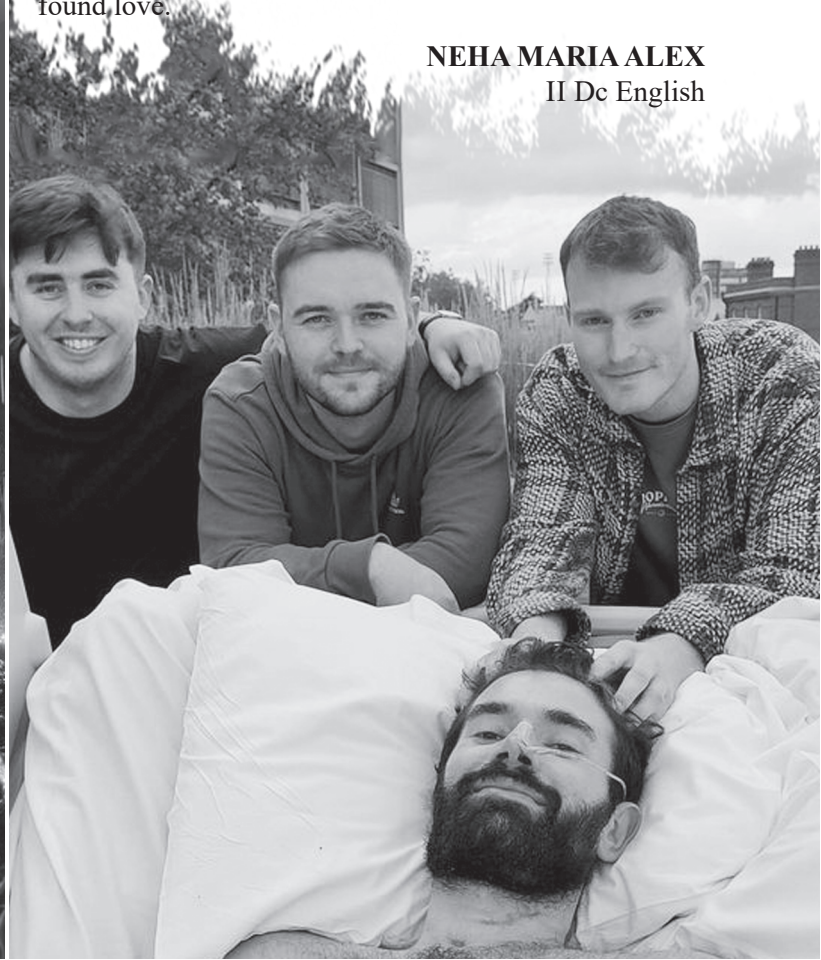
SUMMER LOVE

It was a rainy day, and the sky seem to echo Dylan's mood- gloomy and cold. Known for his rude demeanour, Dylan often believed no one cared about him. He distanced himself, convinced that his sharp words and harsh attitude had pushed everyone away. That faithful day, as rain poured relentlessly, his car skidded off the slippery road, and in a flash, his life changed.

When Dylan woke up in the hospital, his body ached, but his heart felt heavier. The accident had left him in a serious condition. Yet, to his surprise, his room was soon filled with worried faces – friends, family and even colleagues he hadn't spoken kindly to in years. They brought flowers, warm smiles and words of encouragement. Their actions shattered Dylan's belief that he was unloved. Slowly, their care helped him heal, both physically and emotionally.

The day of his discharge arrived, and once again, rain lashed against the windows. But, for Dylan, it was different. As he stepped out of the hospital, supported by his loved ones, he felt warmth within- A summer that had blossomed his heart. For the first time in years, Dylan knew he was cared for, and he vowed to treasure this new found love.

NEHA MARIA ALEX
II Dc English





Anakha Sukumaran
I DC Mathematics

MIGRATION AND THE FUTURE OF INDIA

Arya Jayasankar
II DC Botany

Kerala, often referred to as "God's Own Country", has long been a hub of migration, both inward and outward. This unique demographic trend has shaped the state's economy, society and culture. With a highly literate population, rich cultural heritage and a history of emigration, Kerala is at the crossroads of facing future challenges and opportunities arising from migration. The state has experienced significant changes, from the impact of Gulf migration to the potential of reverse migration and its effects on the local economy and workforce.

Migration in Kerala dates back centuries, primarily influenced by trade, colonial history and the search for better livelihood opportunities. The large-scale outflow of Keralites to the Gulf countries began in the 1970s and 80s, following the oil boom. It was during this time that migration became an integral part of the state's economy. The remittances sent by expatriates significantly bolstered Kerala's financial infrastructure, while emigrants themselves gained access to better employment opportunities.

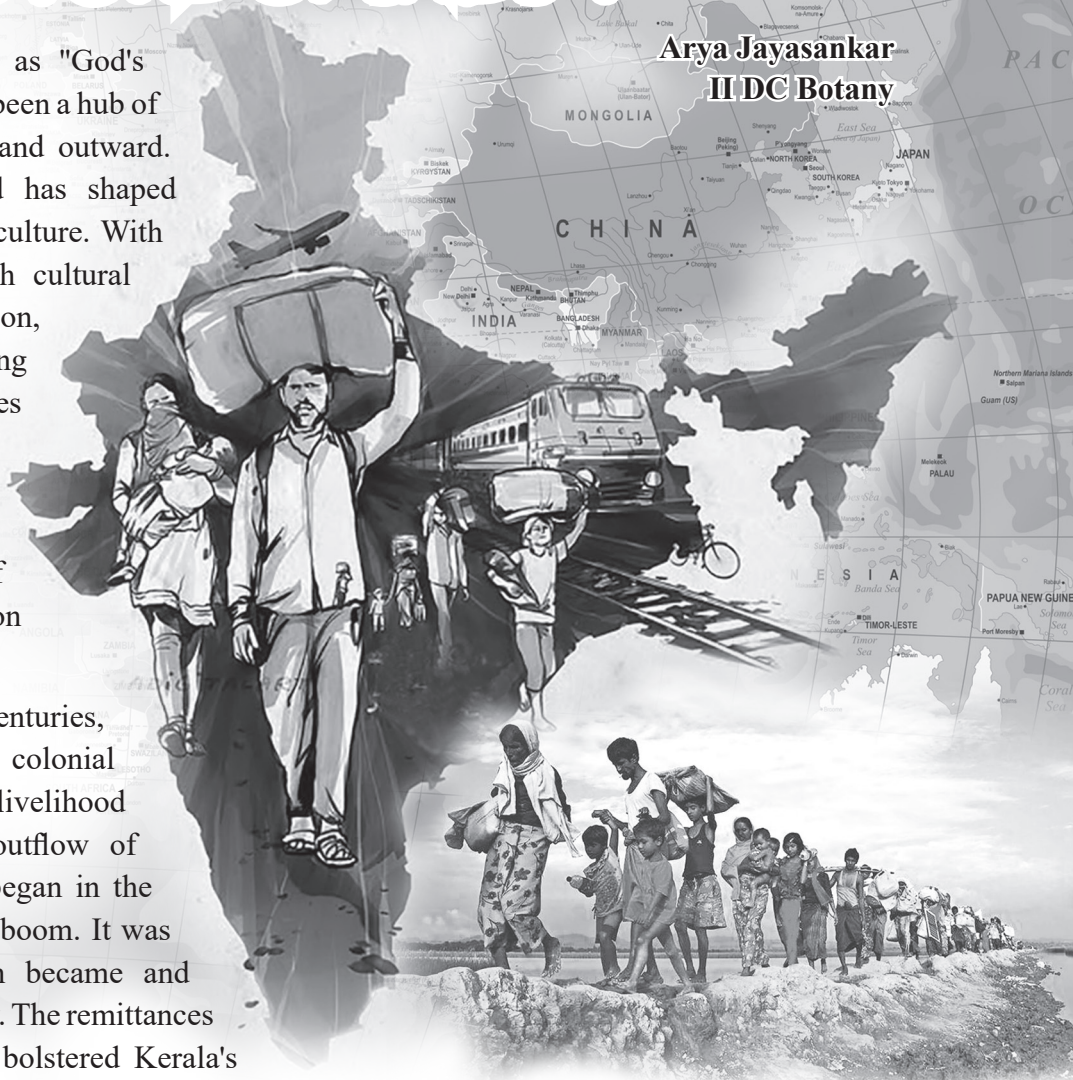
At the same time, Kerala also saw immigration from other parts of India, particularly from Tamil Nadu, Karnataka and Andhra Pradesh. These migrant workers contributed to Kerala's labour market, particularly in construction, agriculture and service sectors.

The mass migration of Keralites to the Gulf countries for employment has undoubtedly been one of the defining features of the state's modern economy. Remittances from the Gulf have been a major source of income, contributing substantially to

Kerala's GDP and enabling a high standard of living for many families.

However, this reliance on remittances has also created a dependency on external factors. Economic slowdown in Gulf region, such as those caused by oil price fluctuations, have a direct influence on the livelihood of many Keralites. The Covid-19 pandemic, for instance, led to a wave of reverse migration as Keralites were forced to return home due to the loss of jobs and travel restrictions.

This outflow of human capital also resulted in a brain drain over the years. While many migrants gained new skills and experiences, the loss of



young, skilled professionals from key sectors Like healthcare, engineering and information technology has left Kerala with an aging workforce and potential skill gaps.

One of the most striking trends in recent years has been reverse migration, where Keralites who once sought jobs in the Gulf are now returning to their homeland. This trend has been fueled by multiple factors Like the rise of digital economy, Covid-19 pandemic and the state government's initiatives to provide more attractive employment and entrepreneurial opportunities within Kerala itself.

The return of migrants has created both challenges and opportunities. On one hand, the influx of returning Keralites, many of whom have acquired valuable skills abroad, can help rejuvenate the state's economy and workforce. For instance, there is an increasing demand for skilled professionals in the IT, health and tourism sectors. On the other hand, the sudden surge in the population could strain local resources, create competition in an already saturated job market, and lead to social challenges.

Migration should not be viewed merely as a phenomenon to be managed, it is a tool that can help drive a development. Kerala's government has recognised the value of migration and has taken productive measures to harness the potential of both incoming and outgoing migrants.

The state has invested in creating a conducive environment for attracting professionals, entrepreneurs and skilled workers. Programs that encourage people to start their own businesses, coupled with government support for infrastructure development, aim to provide a foundation for a sustainable economic future. Further more, the rise of the gig economy, remote work opportunities and digital platforms can facilitate the return of skilled workers who might have once gone abroad but now have opportunities within the state. Looking ahead, migration will continue to play a critical role in shaping Kerala's future. The state will need to balance outflow to international destinations with efforts

to foster a vibrant, self-sustaining local economy. Several key factors will influence this:

While Kerala has long been dependent on remittances from migrant labourers, the state needs to focus on diversifying its economy. Sectors such as technology, manufacturing, renewable energy and green initiatives hold promise. Investments in these areas could provide alternative income streams that reduce reliance on out of state migration.

Migration trends within India have already begun to shift. Younger Keralites, especially from rural areas, are increasingly moving to urban centres in search of better opportunities. The state's urbanization policies will need to evolve to provide affordable housing, quality infrastructure and job opportunities.

Attracting skilled professionals and entrepreneurs back to Kerala will be critical for the state's growth. Policies that incentivize investment in innovation, create job opportunities for young people and encourage the development of local startups can create a virtuous cycle of return migration that benefits both the individuals and the state.

The vast global diaspora of Keralites represents a valuable resource for the state. Governments and businesses can tap into the international networks of former migrants to encourage foreign investment, business partnership and knowledge transfer.

Migration has been a key factor in shaping Kerala's identity and economic trajectory. With changing global and local dynamics, Kerala faces a future where migration, both inward and outward, will continue to be central. By harnessing the potential of return migration, improving opportunities for young people and diversifying its economy, Kerala can create a robust and sustainable future for its people. However, it must carefully manage the challenges migration brings, ensuring that the benefits outweigh the costs and that the state's development remains inclusive and sustainable in the years to come.

बाढ़

वीरपूर नाम का एक गाँव था। वहाँ पूरा हरियाली से भरपूर था। उस गाँव में सब बहुत खुशी से रहते थे। मगर यह खुशी बहुत दिन तक नहीं टिका। क्योंकि उस गाँव में एक अमीर स्वाथ और साथ खमंडी इंसान रहने को आया। नाम — 'धनपाल'। वहे अपनो पैसा और अमीरीयन से बहुत खमंड दिखाता था। उसने उस गाँव में एक बड़ा सा घर बनाया। बस एक इंसान को रहने के लिए एक महल ही बना डाला। उसने अपना घर पूरे गाँव वालों से दूर बनाया था। धनपाल को लगता था कि उससे ज्यादा बड़ा अमीर इस गाँव में कहीं नहीं हागा। फिर को इसे गरीबों की मुँह लगूँ धनपाल अपने आपको सबसे ऊपर मानता था। भगवान तक को अपना बरा-बर नहीं मानता। इस कारण गाँव-वालों उसे 'मूर्ख' नाम से बुलाने लगा। महल बनाके वो सारा दिन धर के सामने एक कुरसी में लेट कर समय बिताते थे। न किसीसे मिलना न कोई दोस्त। इस आदमी से कोई दोस्ती भी कैसे कर सकता है।

मगर गाँव की दूसरी ओर सारे जन आपस में खुशी और अच्छाई से रह-रहे थे। इस समय गाँव में एक पंडित रहता था, "विक्रमा"। विक्रमा हर दिन जब उस महल के सामने से गुजरता तो वो धनपाल को 'सुप्रभात' कहते जाता था। न दूसरी ओर से कोई जवाब आता ना विक्रमा उस के लिए खड़ा रहता। बस वो एक पड़ोसी था, इसानियत के नाते अपना कर्म करना था। बस उसकी खुशी के लिए। और यहाँ धनपाल अपने पूरे खमण्ड में बैठा।

इसी तरह, एक दिन, गाँव में बारिश शुरू हुई। बारिश के आने से सब खुश हुए। ऐसा लगा, ये भी एक उत्सव के समान है। खेती करने वालों के मन तो झूम उड़ा। बच्चों की मंसून की झुटियाँ भी शुरू हुईं। मगर बारिश आए या न आए धनपाल को कुछ फरक ही नहीं पड़ता था। उस के लिए हर दिन एक ही तरह है। मगर यह खुशी और आनंद सब कुछ दिन तक थे। बारिश अब चार दिन से बिना रुके होती जा रही है। गाए तंड और बिना खाने की कारण थक गए, लोगों अपने काम पर जा नहीं पा रहे हैं। अपने दुकान खोले बिना, कैसे धर चलाएँगे। सब दुःखि, और परेशान हो गयी। क्या करना है, किसी, को कुछ समझ। तक नहीं आया। धीरे-धीरे पानी पूरे गाँव पानी में ढूबने लगा।

इस समय धनपाल अपनी किसी काम के के लिए आस पास की गाँव गाया था। लेकिन लौटने पर पूरे गाँव पानी में ढूबा था।

मगर सारे गाँवाले एक सुरक्षित जग में रह-रहे थे। धनपाल को भी वहाँ रुक ना पड़ा। इसकी आलावा न कोई उपाई भी नहीं था। मगर उसे उसकी अमीरी जीवन न मित्र पाया उस छोटी सी छोपड़ी में। वो बस कोने में बिना बात करे बैठा रहा। ऐसे ही एक दिन बीत गए। मगर बारिश रुकी ही नहीं। इस समय धनपाल का गुस्सा फूट गया। उसे बस अपना महल ही जाना था। लेकिन कैसे पता नहीं। विक्रम भी वही था। उसने धनपाल को शांत करने की कोशिश की। मगर, वो मानने को तैयार नहीं था। धनपाल उस बारिश में, पूरी तरह भीग भीग..... ते हुए, आधा-पानी में ढूबते हुए, रस्ता ढूढने लगा। लेकिन ज्यादा दूर नहीं जा सका। बीच रास्ते से ही वो काँपते हुए पानी में गिर पड़ा। मगर विक्रम को उसकी परवाह थी। इसलिए वो एक नाव में उसके पीछे उसे ढूढते हुए आया। विक्रम ने धनपाल को में बचाकर, उसे वापस उस छोपड़ी ले आया।

अब धनपाल की बुखार बढ़ ही गया। वो काँपते-काँपते, एक कोने में पड़ा। न कोई गाँव-वालोने उसकी तरफ न देखा और न सहायता की। धीरे धीरे धनपाल को अपनी खमंड और लालच में शर्मीन्दा महसूस होने लगा। उसके पास रहने वाले सारे लोग खुशी से वहाँ रहने लगा। लेकिन उसकी बुरी चारीत्र के कारण सब उसे नफरत करने लगे। इस समय सिर्फ विक्रम ही उसकी मदत कीं। एक बाढ़ ने धनपाल का सारा जीवन को बदल डाला। इस घटना उसकी धमंड को दूर कर दिया। और उन्हें एक अच्छी दोस्त को भी मील गया।



പ്രതീക്ഷ

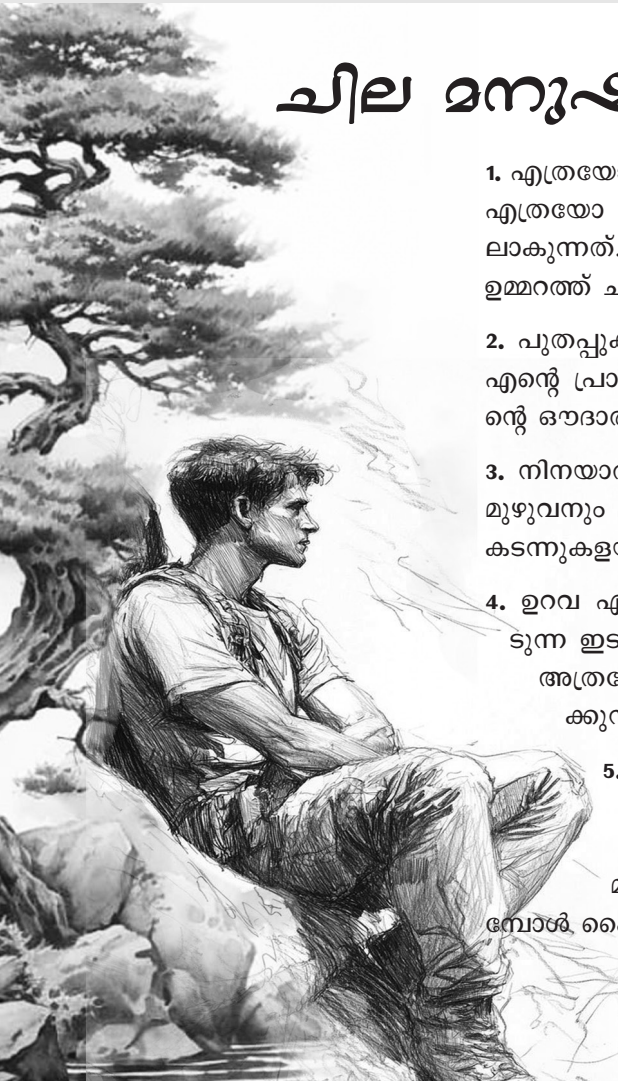


എന്തൊക്കെയോ പ്രതീക്ഷിച്ചുതുടങ്ങി...
 എന്നാൽ എങ്ങും എത്താത്തതുപോലെ...
 മുന്നോട്ട് കുതിക്കാൻ പ്രതീക്ഷ നിർബന്ധിക്കുന്നു.
 പ്രിയസുഹൃത്ത്പ്രതീക്ഷ... കണ്ണിരിന്റെ നനവുള്ളപ്പോൾ മുഖത്തു
 പൂഞ്ചിരിവിരിയ്ക്കുന്ന പ്രതീക്ഷ...
 അടഞ്ഞവാതിലിനപ്പുറം ഏഴ് വാതിലുകൾ തുറന്ന് കിടക്കുന്നത് കാണാൻ
 അകക്കണ്ണ് തുറക്കുന്ന പ്രതീക്ഷ... വീണ്ടും നടക്കാൻ
 ആത്മാവിശ്വാസം നൽകുന്ന പ്രിയസുഹൃത്ത് പ്രതീക്ഷ...
 അവസാനമായിട്ടില്ല, തുടക്കം മാത്രമാണെന്ന് ഓർമ്മിക്കുന്ന പ്രതീക്ഷ...
 തളർന്നിരിക്കുമ്പോൾ തോളിൽ തട്ടിക്കെത്താങ്ങാകുന്ന പ്രതീക്ഷ...
 കൈയ്യിൽ പിടിച്ചു മുന്നോട്ട് നടക്കാൻ കൂട്ടാകുന്ന പ്രതീക്ഷ...

സി. ലിസാ മാത്യു
 I DC ഇംഗ്ലീഷ്

ചില മനുഷ്യവിചാരങ്ങൾ

L.T. അനു ജോസ്
 അസിസ്റ്റന്റ് പ്രൊഫസർ
 ഡിപ്പാർട്ട്മെന്റ് ഓഫ് ഇംഗ്ലീഷ്



1. എത്രയോ മനോഹരമായാണ് ചിലർ നമ്മുടെ ജീവിതത്തിലേക്ക് നടന്നു കയറുന്നത്. എത്രയോ അവിചാരികമായാണ് അവർ നമ്മുടെ ഹൃദയരഹസ്യങ്ങളുടെ താക്കോലാകുന്നത്..പറഞ്ഞിട്ടും പറഞ്ഞിട്ടും തീരാത്ത മുത്തശ്ശിക്കഥകളുറങ്ങുന്ന മനസ്സിന്റെ ഉമ്മറത്ത് ചാരുകസേര ഉറപ്പിക്കുന്നത്.
2. പുതപ്പുകളാകുന്ന ചില മനുഷ്യർ ചില നേരങ്ങളിൽ സ്വയം വിറങ്ങലിക്കുമ്പോഴും എന്റെ പ്രാണനുമേൽ അക്ഷരപ്പുതപ്പായ് വന്നു ചേരുന്നവർ. ഹിമപാതങ്ങളിൽ ചൂടിന്റെ ഔദാര്യം വച്ചു നീട്ടുന്നവർ.
3. നിനയാത്ത നേരത്ത് കാതോരം ചേരുന്ന പാട്ടുകൾ പോലെയാണ് ചില മനുഷ്യർ മുഴുവനും മനപ്പാമാക്കാൻ സമ്മതിക്കാതെ ഓർമ്മയിലേക്ക് ചില വരികൾ കോറിയിട്ട് കടന്നുകളയും. ഗൃഹാതുരതയെന്നാൽ അത്തരം മനുഷ്യരാണ്.
4. ഉറവ എന്ന വാക്കാൽ അടയാളപ്പെടുത്താവുന്ന മനുഷ്യരുണ്ട്. ആർദ്രത നഷ്ടപ്പെടുന്ന ഇടങ്ങളിലേക്ക് നിർലോഭം ഒഴുകിയിറങ്ങുന്നവർ മരുഭൂമി പോലെയും ചിലർ. അത്രമേൽ അടുത്തറിയുന്നവർക്കു മാത്രം കണ്ടെത്താനാവുന്ന ഉറവകൾ ഒളിപ്പിക്കുന്നവർ.
5. മഴപ്പെയ്ത്ത് പോലെയും മനുഷ്യർ; ആർത്തിരമ്പുന്ന ചിലർ, പെയ്തൊഴിയുന്നു മറ്റു ചിലർ, മർമരങ്ങൾക്കപ്പുറം മർമരം പെയ്യാറുപോൽ ചുരുക്കം ചിലർ. ആലിപ്പഴം പോലെയും ചിലരുണ്ട്. പ്രതീക്ഷിക്കാത്ത നേരത്ത് മുന്നിൽ വന്നു വീണ് ചിതറിത്തരിച്ച് കൈക്കുമ്പിളിലൊതുക്കാനായുമ്പോൾ കൈവെള്ളയിൽ നിന്നും ഒഴുകിയിറങ്ങിപ്പോകുന്നവർ...

ഉറക്കമെന്തെന്നറിയാത്ത മനോരോഗിയെപ്പോലെ നഗരം ഇപ്പോഴും അലമുറയിട്ടുകൊണ്ടിരിക്കുന്നു. വീടണയാനുള്ള വ്യഗ്രതയിലായിരിക്കാം, നിരത്തിലൂടെ വാഹനങ്ങൾ തലങ്ങും വിലങ്ങും ചീറിപ്പൊങ്ങുന്നു. നിരത്തിലെ കടകളിലെ ഇലക്ട്രിക് ബൾബുകളുടെ പ്രകാശത്തിന് മുന്നിൽ, ഭൂമിയെ ഇരുട്ടിലാക്കാൻ നോക്കിയ സൂര്യൻ നാണിച്ചുപോയിരിക്കാം...ഇപ്പോൾ പഴമക്കാരുടെ ഭാഷയിൽ പെണ്ണിന് പാതിരാത്രി കഴിഞ്ഞു. വീടിന്റെ നാലുചുവരുകൾക്കുള്ളിൽ മാത്രം അവളുടെ ശബ്ദം തളംകെട്ടി നില്ക്കേണ്ടുന്ന സമയം..കാലം മാറിയതുകൊണ്ടാണോ അതോ സ്വയം മാറിയതുകൊണ്ടാണോ എന്നറിയില്ല, ഞാൻ ഉൾപ്പെടുന്ന കുറെയേറെപ്പേർ ജോലി കഴിഞ്ഞ് സ്വന്തം കുരയുടെ കീഴിലേക്കുള്ള യാത്ര തുടരുന്നതേയുള്ളൂ...ശരീരവും മനസ്സും ഒരുപോലെ ക്ഷീണിച്ചിരുന്നു. പതിവ് ബസിലെ നീണ്ട യാത്ര..പരിചിതമായ ചില മുഖങ്ങൾ. എല്ലാ മുഖങ്ങളിലും ഒരുതരം മടുപ്പുമാത്രം.

സമയം ഒരുതരം വെറുപ്പ് എന്റെ ഉള്ളിലൂടെ കടന്നുപോയി. ബസ്സിലെ അരണ്ടവെളിച്ചത്തിൽ, അവരുടെ മുഖത്തേക്ക് നോക്കാൻ പോലും അറപ്പുതോന്നുന്നവിധം മുഷിഞ്ഞതായിരുന്നു അവരുടെ നിറം മങ്ങിയ സാരി, ഏതോ ഹോട്ടലിൽ വേലക്കു നിന്നു പെണ്ണാണ് അവരെന്ന് ആരോടെന്നില്ലാതെയുള്ള അവരുടെ സംസാരത്തിൽ നിന്ന് ഞാൻ മനസ്സിലാക്കി (ഒരു വ്യക്തിയെ വെറുത്താലും അവരുടെ സ്വകാര്യതയിലേക്ക് ചെവികുർപ്പിക്കാൻ നമ്മളിൽ പലർക്കും ഒരുപാട് ഇഷ്ടമാണല്ലോ!) കണ്ണിലെ ഭാരം ഒഴിഞ്ഞെങ്കിലും അവരോടുള്ള മടുപ്പിൽ ഞാൻ വീണ്ടും ഉറക്കം നടിച്ചു. ഇറങ്ങാൻ നേരം അവർ എന്നെ തിരിഞ്ഞു നോക്കിയോ? അറിയില്ല...

വീണ്ടും പല ദിവസങ്ങളിലും ഈ മുഷിഞ്ഞ വിയർപ്പുമണവും, ഉറക്കെയുള്ള സംസാരവും എന്റെ ഉറക്കം കെടുത്തി. പക്ഷേ, അത്ഭുതം എന്തെന്നാൽ, ഒരിക്കൽ പോലും ആ സ്ത്രീയുടെ മുഖത്തേക്ക് ഒന്നു നോക്കാനോ ഒന്ന് പുഞ്ചിരിക്കാനോ ഞാൻ ശ്രമിച്ചില്ല എന്നുള്ളതാണ്. അത് എന്റെ സ്റ്റാറ്റസിനു ഭംഗം വരുത്തുന്ന പ്രവൃത്തിയാണെന്ന് ഞാൻ വിശ്വസിച്ചു എന്നതാണ് സത്യം...

അങ്ങനെ ഒരുദിവസം പതിവിനു വിപരീതമായി എന്റെ അടുത്ത സീറ്റിൽ അപരിചിതയായ മറ്റൊരു സ്ത്രീ വന്നിരുന്നു. തേച്ചുമിനുക്കിയ വസ്ത്രം ധരിച്ചവൾ, സുഗന്ധദ്രവ്യം പൂശി വിയർപ്പു മണം മറച്ചുവെച്ചവൾ! സംശയത്തിന് ഇടകൊടുക്കാതെ നല്ലൊരു പുഞ്ചിരി അവൾക്കായി ഞാൻ സമ്മാനിച്ചു.

“ചേച്ചി ഒരു കാര്യം അറിഞ്ഞായിരുന്നോ?”

ഞങ്ങളുടെ സംസാരത്തെ തടസപ്പെടുത്തിയ കണ്ടക്ടറോടുള്ള മടുപ്പ് മുഖത്തു കാണിക്കാതെ ഞാൻ ചോദിച്ചു:“എന്തുകാര്യം?”

“ചേച്ചിയുടെ അടുത്ത് ഇരിക്കാറുണ്ടായിരുന്ന ആ സ്ത്രീ ഇല്ലേ അവർ ഇന്ന് കാലത്ത് മരിച്ചു. വണ്ടി തട്ടിയതാണെന്നു കേട്ടെ...”



ശരീരത്തിന്റെ തളർച്ച തലച്ചോറിനെ പൊതിഞ്ഞതുകൊണ്ടാകാം ഉറക്കം ഒരു അതിഥിയായെത്തിയത് കൺപോളകൾക്ക് എന്റെ തളർച്ച അറിയാവുന്നതുകൊണ്ടായിരിക്കാം (മയക്കം പതിവായതുകൊണ്ടുമാകാം) അവ പതിയെ വെളിച്ചത്തിന് തടസമായി മാറി

ഇടയ്ക്കെപ്പോഴോ ഉണർന്ന നേരം, വിയർപ്പിന്റെ മണം എന്റെ മൂക്കിലേക്ക് അരിച്ചിറങ്ങി. വല്ലാതെ മനം മടുപ്പിക്കുന്നത് പോലെയുള്ള മുഷിഞ്ഞ മണം..എന്റെ തൊട്ടടുത്ത സീറ്റിലിരിക്കുന്ന സ്ത്രീരുപത്തെ കണ്ട



“ഏത് സ്ത്രീ?”

“ചേച്ചി ഇത്ര വേഗം മറന്നോ. ചേച്ചിയുടെ അടുത്ത് ഇരിക്കാറുണ്ടായിരുന്ന, വട്ടപൊട്ടുതൊട്ട, നിറഞ്ഞ ചിരിയുള്ള സുന്ദരിയായ ഒരു പെണ്ണ്!”

അവളുടെ മുഖത്തു വട്ട പൊട്ടുണ്ടായിരുന്നേ? അവൾ മനസ്സു നിറഞ്ഞു ചിരിച്ചിരുന്നോ? അവൾ സുന്ദരിയായിരുന്നോ? അറിയില്ല. കാരണം അവളുടെ മുന്നിൽ ഞാൻ ഉറക്കം നടിക്കുകയായിരുന്നു...ഒരിക്കൽപോലും ആ മുഖത്തേക്ക് നോക്കാൻ, ഒന്ന് ചിരിക്കാൻ ഞാൻ ശ്രമിച്ചില്ല...ഇന്ന് അവളുടെ മുഖം ഓർത്തെടുക്കാൻ

എനിക്ക് കഴിയുന്നില്ല. കാരണം എന്റെ മനസ്സിൽ അവൾ മുഖമില്ലാത്തവളാണ്...

“അവളുടെ വസ്ത്രം മാത്രമേ മുഷിച്ചതുള്ളൂ. എന്റെ മനസ്സ് മുഴുവൻ മുഷിച്ചതാണ്!”..ഈ സത്യം എന്റെ നാവിനെ മുഴുവനായി വിഴുങ്ങിക്കളഞ്ഞു. കാരണം എന്റെ അടുത്തിരുന്ന കുലീനയായ സ്ത്രീക്കും അപ്പോൾ മുഖമില്ലായിരുന്നു...അവളുടെ മുന്നിലും ഞാൻ ഉറക്കം നടിക്കേണ്ടതായി വരുന്നു...

ഇടവപ്പാരികൾ

ലക്ഷ്മി ജിജി

I D C ഫിസിക്കൽ

അന്നും മഴയായിരുന്നു. കോരിച്ചൊരിയുന്ന ഇടവപ്പാതിയിലെ ഒരു ഇരുണ്ട സായന്തനം. വീട് വിട്ടിറങ്ങിയിട്ട് രാവു പകലും രണ്ട് പിന്നിട്ടിരിക്കുന്നു. ആർക്കും ആരെയും ശ്രദ്ധിക്കുവാൻ സമയമില്ലാത്ത ജീവിതയാത്ര...

“അല്ല ആരെങ്കിലും ശ്രദ്ധിക്കാനുണ്ടായിരുന്നുവെങ്കിൽ യാതനകളുടെ തടവറയിൽ തന്റെ ബാല്യം വീണുടഞ്ഞു പോയില്ലായിരുന്നു...”

കത്തിക്കാളുന്ന വിശപ്പിൽ...ഏകാന്തതയുടെ നൊമ്പരച്ചുഴികളിൽ ദൈന്യതയുടെ പെരുമഴക്കാലം പെയ്തിറങ്ങി... പഴകിപ്പൊളിഞ്ഞ പീടികത്തിണ്ണയിൽ കാൽമുട്ടിനിടയിൽ മുഖം തിരുകി ചളിപുരണ്ട നിലത്തമർന്നിരുന്നു..“ഇല്ല..തന്നെ തിരക്കിനിയാരും വരില്ല..ആരും...കാതുകളിൽ മഴ പെരുമ്പറ കൊട്ടുന്നു. വീശിയടിച്ച കാറ്റിൽ ഇറവെള്ളം പീടികത്തിണ്ണയിലേക്ക് കുതിച്ചെത്തി...കവിളിൽ കണ്ണീരുപ്പ് ഒലിച്ചിറങ്ങി..

“ഓ ചെക്കാ..”

ഒരു കനത്ത ശബ്ദം മുഖമുയർത്തിയില്ല. ഓർമകളുടെ പ്രളയത്തിൽ കണ്ണും കാതും മനസ്സും തളർന്നിരിക്കുന്നു.

“നീ പൊട്ടനാണോടാ..? ചെവി കേട്ടുകൂടെ...?”

ഞെട്ടിപ്പിടഞ്ഞെണീറ്റു. മുഷിഞ്ഞ കുപ്പായം കൊണ്ട് മുഖം തുടച്ചു.

“നീ കരയുവാ...ഉം...എണീക്ക് നടക്ക്.”

ആൾ പീടികത്തിണ്ണയിൽ നിന്നിറങ്ങി. രണ്ട് ചുവടു വച്ചു. താനവിടെ തന്നെ നിന്നു, എന്തു ചെയ്യണമെന്നറിയാതെ.

“ആ...നീ വരുന്നില്ലായെങ്കിൽ വേണ്ട. ഞാൻ പോണം...”

മെല്ലെ പിൻതുടർന്നു...എവിടേക്കെന്നറിയില്ല എങ്കിലും ഉള്ളിൽ സന്തോഷത്തിന്റെ കുളിർ പെയ്തു.

“വേഗം നടക്ക്...ഇരുട്ടും മുൻപ് വീട്ടിലെത്തണം.”

ചെരുപ്പിടാത്ത പാദങ്ങൾ ചേർ മണ്ണിൽ ഉറപ്പിച്ച് ചവിട്ടി അവൻ മുന്പേ നടന്നു. തന്നേക്കാൾ രണ്ടു മൂന്ന് വയസ്സ് മൂപ്പുണ്ടാകും. അങ്ങിങ്ങ് കീറി അയഞ്ഞ് തുങ്ങിയ ബനിയനും നിറം മങ്ങിയ ട്രൗസറും. ഒരു രക്ഷ കർത്താവിനെപ്പോലെ അവന്റെ ശബ്ദം കാർക്കശ്യമുള്ളതായി തോന്നി. അനുസരണയുള്ള ഒരാട്ടിൻകുട്ടിയെപ്പോലെ താൻ പിന്നാലെ നടന്നു.

നീണ്ട മൗനത്തിനിടയിൽ താൻ വിളിച്ചു:

“അണ്ണാ...”

“അവൻ നിന്നു. മെല്ലെ തിരിഞ്ഞു നോക്കി.

“എന്ത്...?”

“അ...അണ്ണൻ...”

“ഒും...എന്താടാ ചെക്കാ?”

“അണ്ണന് അമ്മയുണ്ടോ?”

“ഒും..”



ഒരു മറുവാക്ക് പ്രതീക്ഷിച്ചു. വീട്..അച്ഛൻ..അമ്മ..ഒക്കെ ചോദിക്കുമെന്ന്. ഒന്നുമുണ്ടായില്ല. ഒരു പക്ഷേ ഇതായിരിക്കും സ്വഭാവം.

ഇടയ്ക്ക്വെച്ച് ഒരു കൈവരി കടന്ന് ചതുപ്പിലൂടെ അണ്ണൻ നടന്നു. ആ ചതുപ്പിന്റെ തെക്കേയറ്റത്ത് ഒതുക്കുകല്ലുകൾ കയറി ചെറിയൊരു വീടിന്റെ മുറ്റത്തുചെന്നു. മൺഭിത്തി അങ്ങിങ്ങു പൊട്ടിയടർന്നിരിക്കുന്നു. അടപ്പില്ലാത്ത ജനാലപ്പടിയിൽ പേക്കോലം തിരിഞ്ഞ രണ്ടു പുച്ചുകുട്ടികൾ കണ്ണുമിഴിച്ചിരിക്കുന്നു. വരാന്തയിൽ വിരിച്ച ചാക്കിൽ കിടക്കുന്ന പട്ടി തന്റെ നേരെ കുറച്ചു. അണ്ണൻ അതിന്റെ നേരെ വിരൽ ചൂണ്ടി. അവൻ കുര നിർത്തി. കണ്ണുകളടച്ചു കിടന്നു.

“ഓ..നീയിവിടെ നില്ക്കു ഞാനിപ്പോ വരാം...”

“നീ വന്നോ...നേരമിരുട്ടി. മഴ നനഞ്ഞ് നിന്നോ.. ഇങ്ങനെ ചൊല്ലുവിളിയില്ലാത്തൊരു ചെറുക്കൻ..വല്ല പനിയും പിടിച്ചാൽ കാണാം എന്തു ചെയ്യുമെന്ന്...”

അകത്തൊരു സ്ത്രീയുടെ പരിഭവം പറച്ചിൽ.

“അമ്മേ അതു പിന്നെ..എന്റൊപ്പം ഒരു ചെക്കനുണ്ട്...”

നീയെന്താ, എന്റേപ്പു ഈ പറയുന്നത്? ആരുടെ കാര്യമാ...?”

“ആ...എനിക്കറിയില്ല. രണ്ടുമൂന്നു ദിവസമായ ആ പീടികത്തിണ്ണയിൽ നനഞ്ഞുവിറച്ചിരിക്കുന്നു. പാവം തോന്നി ഞാൻ കുട്ടിക്കൊണ്ടുപോന്നു.

“നീന്റെ അച്ഛനും ഇതായിരുന്നു സ്വഭാവം. എന്നിട്ടെന്തായി? ആർക്കാനും വേണ്ടി തല്ലുകൊണ്ടു മരിച്ചില്ലേ...”

“അമ്മേ, ഇതങ്ങനെയല്ല...”

“നീയെന്തെന്നറിഞ്ഞിട്ടാ എന്റേപ്പു ഈ പറയുന്നത്? ഈ കുടുംബം എങ്ങനാ കഴിയുന്നതെന്ന് നിനക്കറിയാ, ഈ പ്രാരാബ്ധങ്ങൾക്കിടയിൽ എനിക്കു വയ്യ... അവനെ പറഞ്ഞു വിട്ടേക്കൂ...”

“അമ്മ ഈ ഇരുട്ടത്ത്...” അവൻ മുറ്റത്തേക്കു വന്നു. ഒതുക്കു കല്ലിറങ്ങി ഇരുളിലേക്ക് മറയുന്ന രൂപം നോക്കി ഒരു നിമിഷം നിന്നു. ഒറ്റ കുതിപ്പിനു പിറകിലെത്തി.

“എടാ ചെക്കാ...നീയെവിടെ പോകുന്നു?”

ഒന്നും മിണ്ടിയില്ല. മങ്ങിയ വെളിച്ചത്തിൽ രണ്ടു രൂപങ്ങൾ കണ്ണിൽക്കണ്ണിൽ നോക്കി നിന്നു.

“നീയെല്ലാം കേട്ടുവല്ലേ..അമ്മ പാവമാണ്. നീ വരു...നീന്റെ അണ്ണനാ വിളിക്കുന്നത്.

ജന്മാന്തരബന്ധത്തിന്റെ ആർദ്രത മനസ്സിൽ നിറഞ്ഞു. ഇടവപ്പാതിയുടെ കുളിരിൽ അണ്ണൻ തന്റെ മെല്ലിച്ച കൈവിരലുകളിൽ പിടിച്ചു ആ കൈകളുടെ ചൂടാറും ദൃഢതയും പിന്നങ്ങോട്ട്...തനിക്ക് താങ്ങും തണലുമായി...

മദ്യപിച്ചെത്തുന്ന അച്ഛന്റെ മർദ്ദനങ്ങളും ശകാരവും, ചിറ്റമ്മയുടെ വഴക്കും പീഡനങ്ങളും, പണി ചെയ്തു തകർന്ന പകലുകളും അത്താഴപട്ടിണിയുടെ രാത്രികളുമെല്ലാം മെല്ലെ മെല്ലെ മറന്നുതുടങ്ങി.

പട്ടിണിക്കും പരിവൃത്തിനിടയിലും അമ്മക്കും അണ്ണനും താൻ ഉണ്ണിയില്ലായി.

“അമ്മേ, ഞാൻ പഠിപ്പുനിർത്തുന്നു. ഞാനും നാളെ തൊട്ട് പണിക്കു വരാം.”

മണ്ണെണ്ണവിളക്കിന്റെ അരണ്ടവെളിച്ചത്തിൽ അത്താഴം വിളമ്പുന്നതിനിടയിൽ അമ്മ തിരിഞ്ഞു നോക്കി.

“എന്താ അപ്പു..രണ്ടാളും പഠിപ്പു മുടക്കണ്ട. അമ്മ ഇത്തിരി കഷ്ടപ്പെട്ടാലും വേണ്ടില്ല.”

“അതല്ല അമ്മേ. എന്തായാലും ഞാൻ പഠിക്കാൻ മോശമല്ലേ. നമുക്ക് ഉണ്ണിയെ പഠിപ്പിക്കാം. അവൻ നന്നായി പഠിക്കുന്നുണ്ടല്ലോ. അവൻ ജോലിക്കാരനായാൽ നമ്മുടെ ഈ കഷ്ടപ്പൊടൊക്കെ മാറും”

എന്നും അവസാനവാക്ക് അണ്ണന്റേതാണ്.

ഇടവപ്പാതികൾ പിന്നെയും വന്നുകൊണ്ടേയിരുന്നു.

താമരക്കുളത്തിലെ ചേരിൽ വിടർന്ന പൂക്കൾ പറിച്ച് അണ്ണൻ തന്റെ കൈയിൽ തരും...താമരപ്പൂ പോലെ വിടർന്ന ചിരിയോടെ നിറുകയിൽ ഒരു ചുംബനവും.

“ഉണ്ണീ, ഇന്നു നിന്നെയെനിക്ക് കിട്ടിയ ദിവസമണ്. ഹാപ്പി ബർത്ത്ഡേ”

“അണ്ണാ..”

“ഇടവപ്പാതിയുടെ ചില്ലുകളിൽ മഞ്ഞും വസന്തവും തളിർക്കുകയും കൊഴിയുകയും ചെയ്തു.

മൂന്ന് ദിവസങ്ങൾ നീണ്ടുനിന്ന തോരാപെയ്ത്തിൽ അന്ന്...അന്നാണ് പ്രിയപ്പെട്ട അണ്ണനെ തനിക്ക് എന്നെന്നേക്കുമായി..

ഒരു വിധത്തിലും പുറത്തിറങ്ങാൻ പറ്റാത്ത മൂന്നു ദിവസങ്ങൾ...

“ഉണ്ണീ, ഇന്ന് നീ സ്കൂളിൽ പോകണം. പത്താം ക്ലാസല്ലേ,,

പഠിപ്പ് മുടക്കണ്ട.”

പുസ്തകം മാറോട് ചേർത്ത് കൂട നിവർത്തിയിറങ്ങുമ്പോൾ അണ്ണൻ ഒപ്പം വന്നു. തെങ്ങിൻ തടിപ്പാലം കടക്കുമ്പോൾ അണ്ണൻ പറഞ്ഞു:

“പാലത്തടി ദ്രവിച്ചു തുടങ്ങി സൂക്ഷിക്കണം...”

മറുകരയെത്തി തിരിഞ്ഞു നോക്കി കൈവീശി, “വൈകുന്നേരം ഞാനിവിടെ കണ്ടേക്കാം...”

EMBRACING UNCERTAINTY

Ayona M Dhinesh
I DC Economics

Read a beautiful line from a blog (which I thought I'll never read) made me realise that life is really greater than being BEST or bring BETTER. Writing is one of my ways to convey my thoughts but the euphoria after reading something ethereal is making me write now. Changes are important, I got to know the value of change while entering my college life. Never thought I'll come to Kerala (the place I never wanted to come) for my higher studies. Pala (Alphonsa college) made me realise how terribly wrong I was, the vision of Kerala or to be precise the way I conjured it was wrong. Perhaps it can be because growing up with people with same taste always ends up changing your own perspective. I was never an introvert nor an extrovert, but a person who lies in between. This change from Delhi to Kerala torn the extroversy (if it is a word) from me and give a silent life. If asked why, I'll say my experience made me chose it. I rather stay silent than to explain my point (language barrier). Discipline and thriving in dynamic environments was something that was rooted within me from my school, yet I am considered intolerant comparing my elder sibling. So, to have a better life I decided to join NCC in my college. The only thing that I know about NCC before joining was its full form. The kick- start was good, learning little by little, yet not learned. I was so motivated by my seniors that I wish to be like them (I till date do). ACP also made me get into "girl crush" stuffs as I admire my seniors more. I still remember a senior who I along with many other cadets shared a common crush with. (Those who know they know), can't even forget the moment when I called one of my seniors 'chechi' instead of 'senior', God the reaction was great. Me being embarrassed and she understanding it. My first conversation went well and it was perhaps the last. Time flies, was something that I had just heard, but

I experienced it with the realisation of their farewell. They left and with that I got into 2nd year with a hope of idyllic (peaceful and serene) life. One day, got a text from my senior asking if I'm interested then can go along with them for a tree plantation in a school. Me thinking I'm the chosen one, instantly agreed. It was my very first experience with my seniors. At the end it went pretty well. Me being a human I tried to assess their personality, which by the way had aura. Suddenly, one day I was encouraged to try out for BC (Best Cadet) which till date I don't know why me but the aftermath was epic. Got to know many people there, exchanged contacts, and I thought I'll be the only kid to enter Kerala for her college life, I was wrong there too, there are many like me, I became really close to few people, how, we don't know, but the best part is, somehow, we fit perfectly within. If I talk about the experience, it improved me, the self-centred pride was stripped there, but on a positive note at least I got the opportunity to take the hidden extrovert self out (which I thought was dead). Results came, I got in, I didn't want to disappoint few people nor I want to go against my family's will (which is absolutely opposite from mine). Those days made me doubt my own character. The change I talked about earlier was the emotional change, which I vanquished at a snail's pace (thanks to NCC). Situations where no one will understand you will occur, sometimes having a feeling of been left alone is common. A new environment, Unfamiliar faces, gives a lot of lessons, few will be good, few not, but at the end only few will remember you as you. "Time flies" is something I'll never forget and with time people tend to forget. Learning to adapt is the first step forward for your guidance. Joining NCC was one of my best decisions, it made me realise that life is a journey of self-improvement or path to progress.

The feeling when someone indirectly mentions you is unreal to be said. Been mentioned by someone who you adore can provide a never-ending cycle of happiness. My pinnacle of happiness was marked when I got into my first ever camp that was PRE RDC IGC 1. I am grateful for the people who took the time to guide me (only me) which, ultimately worked. For all the training sessions I've participated whether in college or in camps, being an MC for group song or addressing closing ceremony or sleeping on the benches while listening to the songs of cultural party, are the moments I never want to forget.

Through trials steep and shadows long, I stood strong, guided by the steady light of my senior's unwavering support.

It's hilarious that I thought I was battling the worst struggles ever—like, the end of the world kind of struggles. Meanwhile, my senior was out there casually juggling chaos like a pro, surviving levels of chaos, I couldn't even imagine, probably with a cup of tea in one hand and a to-do list longer than my complaints. And there I was, whining about my 'big problems' like a toddler who dropped their ice cream. She'd lesion to everything and just nod, smile politely, and I'm pretty sure she was thinking, 'Aww, how cute... she thinks this is hard', But hey, they were the only people at that time I saw as my people—the ones you can cry to, laugh with. My sole aim was to uphold the legacy built by my seniors, ensuring it remained untarnished under my watch (and I did it), For such instance, one day, GCI ma'am calling me after witnessing my group discussion and asking which battalion I was from. The moment I answered her question, she just went, 'Oh, Varshade Koch alle, expected.' At that moment, I felt like I'd been handed a priceless family heirloom—one wrong move, and I'd be the person who broke centuries of tradition. No pressure, right?

The emotional turmoil I went through those days was unlike anything I had ever experienced before. It seemed to drain me so deeply that I slowly started losing touch. My inner voice sang with assurance,

but the echo that resonated outward was tinged with hesitation, – a hallmark of inexperience. Over time, however, I came to embrace this uncertainty. It was here when I realised that the devil of my life was actually a saviour. In conclusion, Pre IGCs were the ultimate test of endurance.

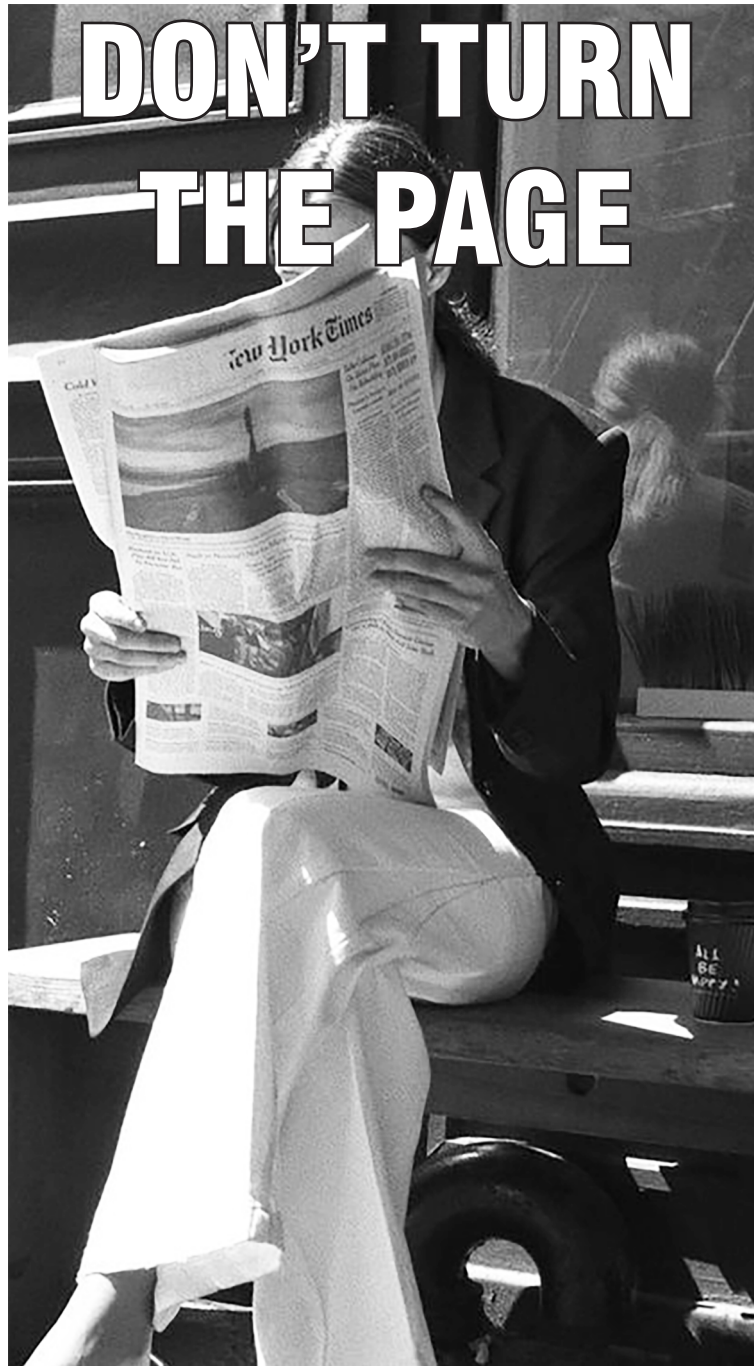
IGC (Inter Group Competition) was a hole of a good experience, me travelling far and wide, savouring every essence of freedom, Kozhikode (west hills) can never be forgotten (the only camp where I got to sleep a bit) as it was the camp where one has to show the results of all the struggles made. I vividly recall a conversation with one of my lead cadets there and the breathtaking beach visit on our final day. The bus journeys to and from Farook were equally enjoyable. It was during this time that the bonds of connection among us were truly nurtured. IGC ended and the results next amused me, but the happiness on few faces was something I haven't forgotten to this day, them calling me to congratulate with their phones barely surviving with just 4% battery. That moment felt like an achievement in itself. Soon I found myself back in Kozhikode, trying to represent Kerala & Lakshadweep directorate – a distinction that still fills me with pride (even now, as I write it, I'm meeting with a shiver of pride that courses through my veins. The memory of proclaiming my affiliation with the K&L directorate remains a badge of honour, one that fills me with an unshakeable sense of pride). One memory that always makes me smile is when my Contingent Commander decided to nickname me 'Phoenix.' To this day, I'm not entirely sure why. Maybe it's because I have a talent for bouncing back from tough situations—or maybe they just thought I looked like I'd been through fire and survived! Either way, I'll took it as a compliment, because who doesn't want to be known for rising from the ashes?

Eventually, the chapter of RDC closed with PRE RDC 1, ending with a bittersweet, well, we tried face, but the real journey of NCC started from this ending. At least this ending gave me a consolation prize — a new level of humility, lifelong memories and taught me,

I will admit that I am rarely forthcoming about the subject of my writing in the first paragraphs itself, but this time, I feel an urgent need to plunge into it straightaway.

As of recent, I have chosen to revive my old habit of reading newspapers. I buy them during the day but take to reading at night since my time schedules render me free only at such late moments. However, like I usually do, I did not get the time to read anything—not even the headlines today, as I snatched the newspaper off the chaiwallah's hand and confined it within the zips of my bag, left untouched till precisely 6:47 pm this evening. At said time, I took up the paper with the full intention of finishing it by 7:30 (I am timing my reading rate every day) and dramatically opened the folds, shook it a bit and began.

The first page of The Hindu was an advertisement. It was something about West Bengal and therefore I was naturally prompted to ignore it because West Bengal is not Kerala and I do not care for advertisements (Funny how we are all conditioned to ignore stuff that happens elsewhere, isn't it?). But something in me,



Varsha Laiju Kappen

II DC Physics

some teeny voice made me curious to read the second line, and after I did, I will admit that my interest was greatly piqued. The subject of the advertisement was none other than the Aparajita Bill.

For those of you living under a rock, I will attempt to explain the chronological events that led to the introduction of such a bill- The R. G. Kar incident.

R. G. Kar Medical College and Hospital (RGKMCH) is a public government teaching hospital in Kolkata, West Bengal, India which started as Asia's first private medical college. Boasting one of the best medical facilities in India with talented and able faculty, the RGKMCH rose among the ranks as a hospital of high regard in West Bengal. It is in such a progressive environment filled with

impressive intellect, that one of its students, a trainee doctor, was brutally raped and killed.

On 9 August 2024, Moumita Debnath, a second-year postgraduate trainee doctor at the college was found dead in a seminar hall on the college campus. As reported by India Today, over 14 injuries across the victim's head, face, neck, arms, and genitals and confirmed evidence of forceful penetration, indicating

sexual assault were recorded. The autopsy report also observed haemorrhaging in the lungs and blood clots throughout the body but found no signs of fractures. The cause of death was determined to be “manual strangulation associated with smothering.” The report further said that the postmortem report confirmed that the manner of death was ruled a homicide.

Following this incident, outraged doctors and women are taking to the streets, rallying for their fundamental right to live in peace. The incident has shaken India and has lapsed into huge proportions that it has deeply impacted the affairs of the world.

(I have been looking through different reference sites to find suitable material to present you with, but I stumbled upon Quora halfway through. The writers have written words like rape and murder in asterisks. I must say that I fail to understand why they think such words must be hidden from the public view as if shading them from the truth behind it. It is something that is happening in our country and it is about time for us to own up and say that we are cultivating our criminals.)

The Bannerjee government has put forward the Aparajita Bill, which entails dishing out the capital punishment for rape and murder of a woman, or if she is left in a vegetative state. It is refreshing to know that even though other parts of India seem to move on from the issue, West Bengal has taken necessary steps which may reduce the rate of rapes and consequent murders by planting a sense of fear within the minds of such perpetrators. The main features of the bill are as follows:

1. **Death Penalty:** In cases where rape results in the victim's death or a permanent vegetative state, the bill provides for capital punishment.
2. **Life Imprisonment:** The bill mandates life imprisonment for those convicted of rape or gang rape.
3. **Stricter Punishments for Repeat Offenders:** Repeat offenders face life imprisonment or, in severe cases, the death penalty.

4. **Speedy Investigations:** Investigations into rape cases must be completed within 21 days, with a possible 15-day extension.

5. **Special Task Force:** Each district will have an 'Aparajita Task Force' led by a Deputy Superintendent of Police, dedicated to investigating sexual offenses.

6. **Specialized Courts:** The bill proposes the creation of 52 special courts to handle rape and sexual offense cases efficiently.

7. **Privacy Protections:** Unauthorized publishing of court proceedings related to rape cases will be punishable with imprisonment and fines.

The government under Bannerjee has also taken additional pains to curb such atrocities:

- 1) Rs. 100 Crores have been earmarked to ensure the safety of women in areas near medical colleges and hospitals. CCTV and lighting are being arranged at all designated locations.
- 2) To ensure justice, 88 fast track courts and 62 POCSO designated courts (for girl child) have been set up.
- 3) Out of the above, 52 designated courts have been set up for the swift trial of crimes against women.
- 4) 49 women police stations have been set up.
- 5) In the Nirbhaya Fund Scheme, ₹107 crore already spent by the state for implementing initiatives aimed at women safety and security.

Additionally, under the Rattier Sathi program, Security measures are being enhanced, resting areas are being constructed at designated locations, and safe zones are being created for women working late at night. Female volunteers are being deployed at night for enhanced security. A special mobile phone app is being developed for all working women, equipped with an instant alarm raising capability and connected to the local police stations and police control rooms.

The Aparajita Bill does not merely aim at increasing punishments. It actively addresses issues relating

to women and children under POCSO accounts, providing ready justice.

This justice, however, is not their leniency. It is our right. It is our right, to walk safely through India's streets. It is our right, to life and security. It is our right, to obtain justice when wronged. This is why we have established democratic governments over monarchs- because we believe that the latter are prone to biases. This is why we spend every day fighting- whether knowingly or unknowingly, for our places in the world.

One might call me a staunch feminist for advocating and opinionizing such words. I confess that I cannot help but express myself against such atrocities, be it directed against women, or children, or even men.

As for acid attacks...

I think that acid attacks also deserve capital punishment. As of now, acid attacks are awarded "rigorous imprisonment for the remainder of the convict's natural life, along with a fine". Acid attacks, however, are ones that I consider more brutal than murder- since one has to live with one's disfiguration for a lifetime. The scars will serve as a constant reminder every time they look in a mirror.

I was talking to my friend the other day, casually discussing the weather when one thing led to the other and we landed on the Aparajita Bill. When I argued that the death penalty must be ruled for similar crimes against men too, I was laughed at. "Men are not sexually harassed. Even if they are, cases are so very rare." But in these rare cases, men fear that such complaints may implicate their masculinity as feeble, or that their voices be unheard of since crimes against men are in the minority- is that not worse? Women at least have the social media to implement justice. What about the men?

In Kerala, specifically Kottayam, I feel like we are not reacting to many such evils. Sure, we have the usual social media movements, but that is it. Why don't we protest, too? Isn't it important to let our

voices be heard, to fight for a person in West Bengal as we would for our own blood relations? After all, is not that what we repeatedly have been saying for the whole of our lives during the pledge? All Indians are my brothers and sisters? If it is so, how can a brother commit such damning actions towards a sister? Was he fuelled with hate? Or lust? Is that what our morals teach us? As Indians, we pride ourselves on having diverse religions. Is this what our religions teach us? Are we really just puppets to our own emotions or mere witnesses to a crime, seeking abode under the thought that such circumstances do not directly apply to us? Have we chosen to confine such questions within folds of newspapers, turning over the leaf after reading through it while not caring or bothering to understand its gist?

The main thing about this, however, is how we should concentrate on preventing such a thing from happening rather than taking an action after the damage is done. To be honest, I did not even think about that aspect of the case till I talked to a close friend about it. We always find solutions for a problem, but wouldn't it be so much easier if the problem did not arise in the first place?

The answer to this is easy. Like I mentioned earlier, one just has to keep in mind that the other person is entitled to freedom and liberty of life as much as you are. It is important to view others as your fellow brother or sister. Our freedom is granted with full force as per the Indian constitution, as long as it does not interfere with someone else's freedom. Pepper spray is also a good choice but everyone must be made aware, especially teens, about how violating someone else is never the right option for any sort of choice. It has to be ingrained in the minds of the general public that one of their own harassed another of their own. We must protest at the lack of suitable laws that enable women to walk free, wear whatever they want, at whatever time they like, whenever, through India. One just has to keep in mind that very much like one's own mother, she might be someone else's mother or sister."



CODA: A CROWD PLEASER - A Film Review

NAMITHA NAIR

I DC English

Written and directed by Sian Heder, CODA; a 2021 comedy-drama takes a nuanced trip through late adolescence with Ruby Rossi, the young daughter of a goof ball fisherman and a late era-hippy Ruby is the only one of the family who can hear. The title CODA stands for child of deaf adults, and is frequently compelled to translate everything from playful insults to dire economic news for her family. Sian Heder said, 'writing and making of this movie was truly life changing as an artist and a human being'.

The movie is a remake of 2014 French film. 'La Familliae Belier'. Ruby played by Emilia Jones is shy, loving, and a talented teenager. As a child of deaf adults, Ruby acts not only as a person caught between two worlds but also someone who tries to act as a bridge between them. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her love of music and her fear of abandoning her parents.

Casting deaf actors to play deaf characters is also notable and extend of my praise stretches entirely on Troy Kotsur in particular. Kotsur's role as Ruby's deaf father, Frank is the

most supporting role in the film. Completing the frame, Marlee Matlin as Ruby's mother, Jackie Rossi, brother Leo played by Daniel Durant and Rub's charismatic choir teacher, Bernado Villalobos by Eugenio Derbez.

Success of CODA is a testament to its remarkable cast. Jones is a natura and Kotsur is a heartbreaker. The pivotal scene between the father and the daughter is indelible. The movie is emotional and its heartwarming tone along with relatable deaf representation hits on a few different levels. The movie indeed flush out your tear ducts.

It's predictable that all comes out well in the end. In other words, it is a FEEL-BAD-FEEL-GOOD-MOVIE. CODA is clearly a crowd pleaser, bringing out a simple message. In fact, no family is perfect. We always argue or fight. We often don't even talk to each other. But in the end, Family is always Family.

Today, in a world full of health advice from family WhatsApp groups, Instagram reels, and YouTube videos, it's easy to get confused about what's true and what's not about nutrition. Let's go ahead and uncover some of the common nutrition myths, replacing them with facts that make sense for the Indian lifestyle.

Myth 1: Rice Causes Weight Gain

Fact: Rice doesn't make you fat; overeating does! Rice is a staple in Indian diets and is a great source of energy. The problem arises when we eat large portions or pair it with heavy curries or fried sides. Opt for smaller portions of steamed rice, and pair it with dal or vegetables for a balanced meal. Switching to brown rice can add extra fiber and keep you full longer.

Myth 2: Ghee is Unhealthy

Fact: Ghee, in moderation, is actually good for you! This old Indian superfood is loaded with healthy fats that strengthen the immune system, improve digestion, and even support brain health. Moderation is key-try limiting it to one or two teaspoons a day within a balanced diet.

Myth 3: Skipping Breakfast Helps You Lose Weight

Fact: Skipping breakfast can backfire and slow your metabolism. Breakfast gets you ready for the day and gives you the energy to focus. Skipping it usually

BUSTING NUTRITION MYTHS: Let's Set the Record Straight

Gifty Susan Thomas
I.P.G.CND

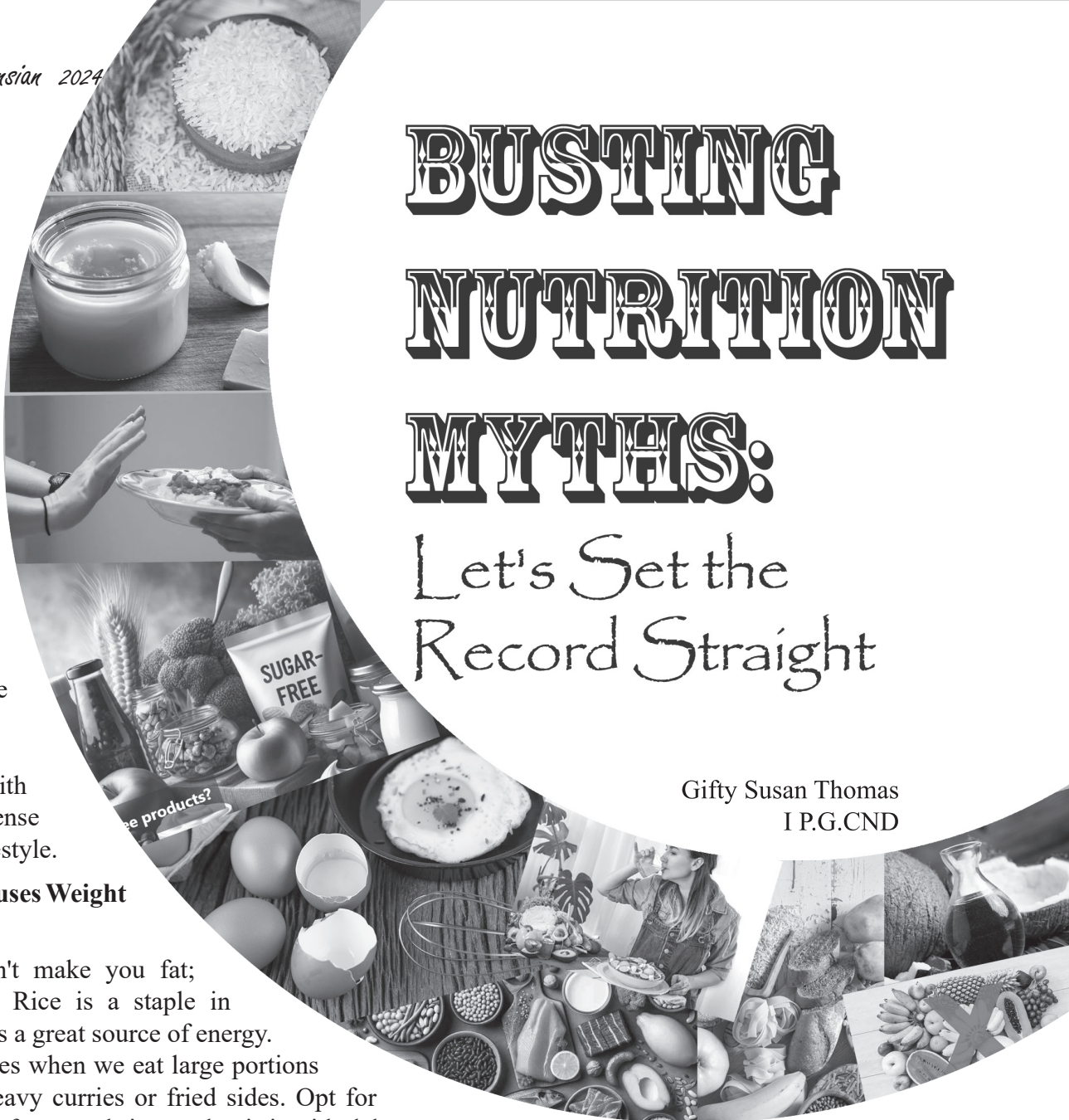
leads to overeating later in the day. Instead, go for simple, nutritious options like poha, idli, or a bowl of fruit and nuts.

Myth 4: Eggs Raise Cholesterol

Fact: Eggs are nutrient powerhouses and do not significantly raise cholesterol for most people. Eggs are packed with protein, vitamins, and healthy fats. Eating one or two eggs a day is safe for most individuals. If you're worried about cholesterol, limit the yolks and enjoy the whites.

Myth 5: Fruits Shouldn't Be Eaten at Night

Fact: Fruits can be eaten at any time of the day. Other people claim that eating fruits during the night is a cause for weight gain or digestive problem. That is



not true, because fruits are light and have a very low calorie intake; hence they are the best snacks any time.

Myth 6: Carbs Are Bad for You

Fact: Carbs are energy producers and should never be avoided. Carbs-based energy providers for Indians are roti, rice, and millets. One has to select complex carbohydrates such as whole grains. All these have to be in the right amount. They must avoid refined carbs which go in the form of white flour or sugary food products.

Myth 7: Sugar-free products are always healthy

Fact: Sugar-free is not guilt-free. Many sugar-free products are loaded with artificial sweeteners and hidden fats, which can still be unhealthy. Always check the labels and stick to natural sweeteners like jaggery or honey in moderation.

Myth 8: Drinking Water Immediately After Meals is Harmful

Fact: It's perfectly okay to drink water after meals. There's no scientific evidence that drinking water after meals hinders digestion. However, avoid gulping large amounts, sip water as needed.

Myth 9: Coconut Oil is Bad for the Heart

Fact: Coconut oil, an essential part of South Indian cuisine, is not bad when consumed in moderation. It contains MCTs, which could be good for the heart. Just make sure you balance it with other healthy oils like mustard, sunflower, or olive oil.

Myth 10: Supplements Are Better Than Real Food

Fact: Real food always wins! Supplements are only required if prescribed by a doctor for deficiencies. A balanced diet with fruits, vegetables, whole grains, and proteins will provide most of the nutrients your body needs. It's easy to be drawn into nutrition myths. With convincing claims or seeming evidence, it's very believable. Health Is Your Wealth; Let us face food with clarity, not confusion!



EPIPHANY

The mesmerizing shade of grey
Kissed my face and say
Best of all you are
None of them you care
Love and love and love
If true is a white dove

My eyes hurt looking at him
I still looked my eyes dim
It twinkled like diamonds
The kisses tasted like almonds

Even his departure screamed beauty
Diamonds on velvet coat
Only did his duty
But left traces a lot

APARNA VISWAM
I DC ENGLISH

मेरी माँ

पता नहीं क्या पुण्य किया है मैंने
जो मुझे मिला है वो
जिसका प्यार है अनंत आकाश सा अपार
जिसकी ममता का न कोई पार
मेरी जगत, जन्मत और बिहिरत
वो है मेरी माँ।

कितना कष्ट ढोया होगा
जबसे उसकी पवित्र कोख में थी
वहाँ सुकून सा रहा है मैंने
दुनिया के शोर, कष्ट से दूर
लेकिन सहा है दर्द उसने मेरेलिए
फिर भी मुस्कुराती है वो मेरेलिए।

इस जहाँ में जीना सिखाया है उसने
इस नन्हे से पाँव को तूने सीने से लगाया है
ज़िन्दगी के दहलीज़ पर
उँगली पकड़कर चलना सिखाया है
गिरती हूँ तो हाथ देकर संभालती है
रोती हूँ तो अपने आँचल से आँसू पोछ लेती है।

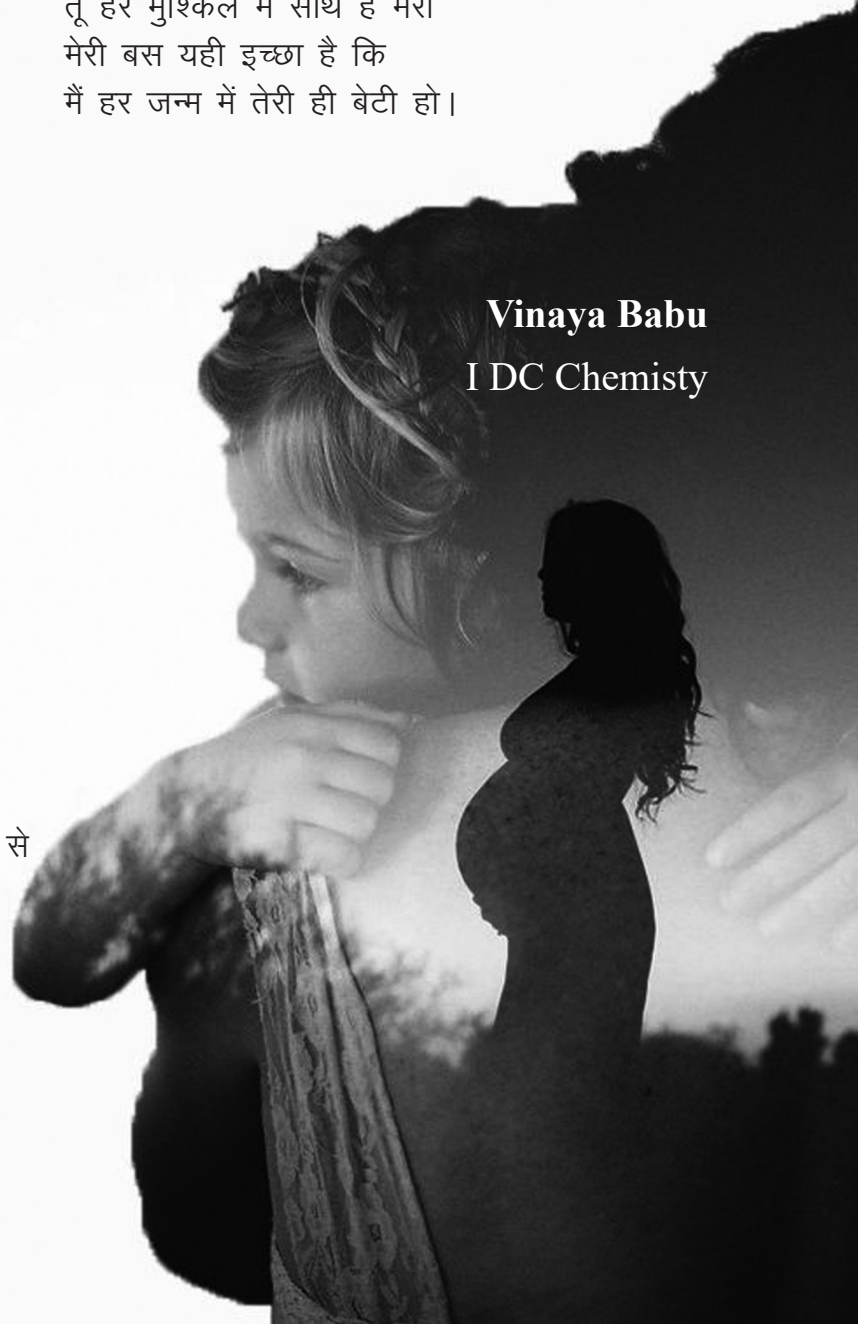
रातों को जागकर करती है मेरी ख्वाहिश पूरी
दोस्त की कमी करती है पूरी
रहती है परेशान फिर भी मुस्कुराती है
होगी बीमार फिर भी बनाती है स्वादिष्ट भोजन
व्यधित होती है वो तब भी चिंता मेरी करती है
खुद खाए बिना खिलाती है मुझे अपनी प्यार भरी हाथों से

जो भी सीखा है उसी से ही सीखा है
रिश्तों को संजोए रखती है
उसकी आँखों में दिखती है करुणा की ज्योति
कहती है मन में प्रतिरोध की भावना न रखों
बोलती है जैसी करनी वैसी भरनी
नहीं पता कैसे करती है वो सब कुछ अकेली।

सिखाया उसने सपने देखना
करती है अपनी सपनों को त्याग,
बनती है मेरी सपनों का सहारा
जिन्दगी की दौड़ में थकती हूँ टूट जाती हूँ
तो बनती है वो मेरी ताकत, मेरी हौसला
उसीसे सीखा है मुश्किलों से लड़ना, आगे बढ़ना
वही है मेरी कामयाबी की हकदार।

माँ तू जान है मेरी, पहचान है मेरी
तू हर गम में खुशी है मेरी
तू अकेलेपन में साथ है मेरी
तू हर मुश्किल में साथ है मेरी
मेरी बस यही इच्छा है कि
मैं हर जन्म में तेरी ही बेटी हो।

Vinaya Babu
I DC Chemisty



महिला सशक्तिकरण

भारत अपने इतिहास और संस्कृति की पूरे विश्व में एक विशेष स्थान रखता है। हमारा यह देश संस्कृतिक राजनीतिक, आर्थिक, सैन्य आदि में विश्व के बेहतर देशों में शामिल है। वैसे तो आजादी के बाद देश को इन स्थितियों में सुधार की पहल हुई लेकिन हालिया समय में इस क्षेत्रों में पहल तेज हुई है। इसके लिए समाज के मानव संसाधन को लगातार बेहतर, मजबूत व सशक्त किया जा रहा है और समाज की आधी आबादी स्त्रियों की है, इस बाबत उनके लिए विशेष प्रयास किए जा रहे हैं।

भारत में विभिन्न संस्कृतियों का संगम है। स्त्री हर संस्कृति के केंद्र में होकर भी केंद्र से दूर है।



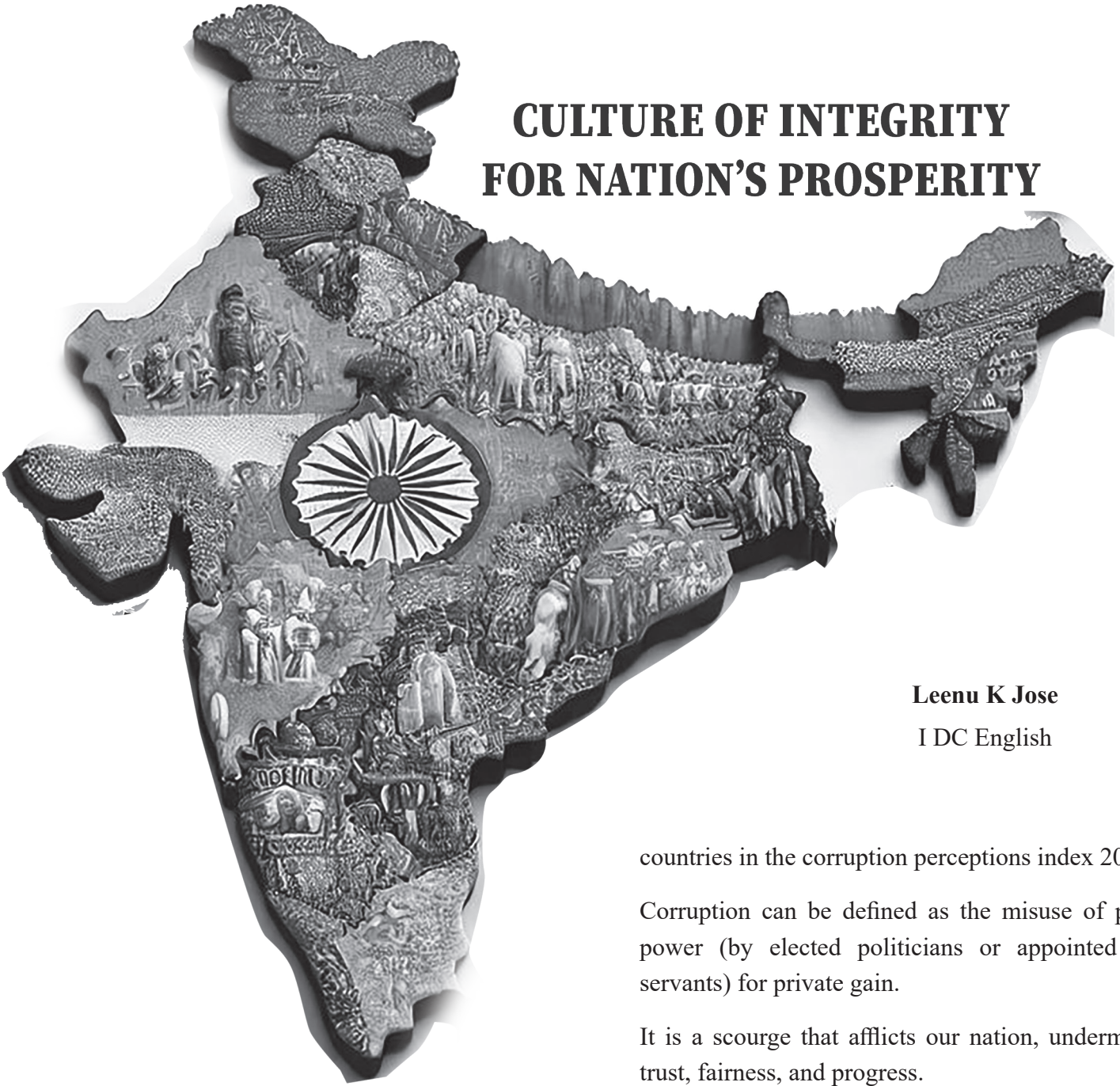
समाज अपनी आवश्यकता के अनुसार स्त्री को ढालना आया है। उसके सोचने से लेकर जीवन जीने के ढंगे को पुरुष अभी तक नियंत्रित करता आया है और आज भी करने की कोशिश करता रहता है।

आज के आधुनिक समय में महिला सशक्तिकरण एक विशेष चर्चा का विषय है। राष्ट्र के विकास में महिलाओं का महत्व और अधिकार के बारे में समाज में जागरूकता लाने के लिए मातृ दिवस, अंतरराष्ट्रीय महिला दिवस आदि जैसे कई सारे कार्यक्रम सरकार द्वारा चलाए जा रहे हैं, महिलाओं को कई क्षेत्र में विकास की ज़रूरत है। भारत में महिलाओं को

सशक्त बनाने के लिए सबसे पहले समाज में उनकी अधिकारों और मूल्यों को मारने वाली उन सभी राक्षसी सोच को मारना जरूरी है, जैसे – दहेज प्रथा, अशिक्षा, हिंसा, असमानत, भ्रुण हत्या महिलाओं के प्रति धरेलू हिंसा, वैश्यावृत्ति, मानव तस्करी और ऐसे ही दूसरे विषय।

नारी सशक्तिकरण का असली अर्थ तब समझ में आयोग जब भारत में उन्हें अच्छी शिक्षा दी जाएगी और उन्हें इस काबिल बनाया जाएगा कि वो हर क्षेत्र में स्वतंत्र होकर फैसले कर सके।

CULTURE OF INTEGRITY FOR NATION'S PROSPERITY



Leenu K Jose

I DC English

Sardar Vallabhbhai Patel once said, "We are India's guardians and as long as we live, we are not going to tolerate all these dangers of corruption and divisiveness to our national existence."

India, the sovereign socialist secular Democratic Republic, has celebrated the 77th anniversary of Independence. Unity in diversity is our legacy.

But the alarming fact is that India, despite being the largest democracy in the world, ranks 93rd out of 180

countries in the corruption perceptions index 2023.

Corruption can be defined as the misuse of public power (by elected politicians or appointed civil servants) for private gain.

It is a scourge that afflicts our nation, undermining trust, fairness, and progress.

A staggering 47% of Indians reported paying bribes to access public services.

This ranking is a reflection of widespread corruption across several sectors such as real estate, mining, healthcare, education, and public services. But it's not just about monetary transactions; non-monetary corruption, like favoritism, nepotism, and bending the rules for personal or political gains, also permeates all levels of governance in Indian society.

Lack of Integrity and corruption can have a range of negative impacts

on society including political, social, and economic consequences. The World Economic Forum estimates that corruption costs 5% of global GDP.

Corruption decreases foreign investment by undermining the credibility of government institutions.

Beyond governance and economics, integrity fosters social harmony. In societies where integrity is valued, individuals are more likely to treat each other with respect and fairness. This leads to reduced conflicts and increased collaboration among diverse groups. In regions like Manipur, where ethnic diversity is rich, promoting integrity can help resolve long-standing issues like insurgency and social unrest.

India has been persistently trying to curtail the menace of corruption. Various laws such as the Prevention of Corruption Act, of 1988, and the Lokpal and Lokayuktas Act, of 2013, have been enacted to combat corruption. Several institutions and bodies like the Central Vigilance Commission (CVC), the Central Bureau of Investigation (CBI), and the Comptroller and Auditor General (CAG) have been established to investigate and curb corruption. Initiatives like e-governance, digital payments, and online services have reduced the interface between government officials and the public, thereby decreasing opportunities for corruption.

China has made headlines with its aggressive anti-corruption crackdown by punishing more than 3.7 million public officials for corruption over the last decade. However, the country's heavy reliance on punishment rather than institutional checks raises doubts over the long-term effectiveness of such anti-corruption measures.

Mahatma Gandhi's philosophy of non-violent

resistance, known as satyagraha, is a powerful tool for promoting integrity. He once said, "I shall work for an India, in which the poorest shall feel that it is their country, in whose making they have an effective voice." He envisioned a decentralized economy where power is distributed among villages, promoting self-sufficiency and transparency through the Panchayati Raj system.

By embracing integrity, we unlock the true potential of our nation. We create an environment where innovation thrives, entrepreneurship flourishes, and citizens feel empowered. Integrity is not just a moral virtue but an economic imperative. It attracts investment and ensures sustainable development.

A culture of integrity begins with education. Schools and universities should instill in students the importance of honesty and accountability. Furthermore, it is essential to promote ethical leadership and honest leaders in all spheres of society, from government to business.

An independent judiciary, a transparent bureaucracy, and a free press are vital for ensuring that everyone is held accountable for their actions.

A culture of integrity is the cornerstone of a prosperous nation. Mahatma Gandhi aptly enlisted seven social sins- Politics without Principles, Wealth without Work, Pleasure without Conscience, Knowledge without Character, Commerce without Morality, Science without Humanity and Worship without Sacrifice.

Today, let us pledge to build a progressive nation, where honesty is celebrated, ethics are non-negotiable, and the culture of integrity thrives. Arise and Awake and stop not until the goal is reached. Alone we are so little, but together we are so much.

Let us draw inspiration from Sardar Vallabhbhai Patel's vision of a united, self-reliant India.

बई पीढ़ी और नव माध्यम

Neeraja S
I DC Mathematics

भारतीय समाज में माध्यम का उपयोग दिन ब दिन बढ़ता रहा है। भारत में ही नही सारी दूनिया पर नव माध्यम का प्रयोग बढ़ रहे हैं। हमारे जीवन में नव माध्यम अत्यंत आवश्यक बन चूका है। माध्यम के उपयोग के बिना हमारा जीवन अधुरा लगता है। आज का युग में हमारे जीवन में नव माध्यम का उपयोग आवश्यक होता है। मोबाइल फोन, लैपटॉप, टीवी और अन्य माध्यम हमारे जीवन का अभिन्न अंग बन चुके है। समाज के निरंतर परिवर्तन के साथ ही हमारे जीवन में भी बदलाव आता है।

नव माध्यम तकनीकी और वैज्ञानिक उन्नति का एक आधुनिक साधन है, जो पुराने माध्यम जैसे अखबार, रेडियो और टेलिविजन से अलग और व्यापक मीडिया, साइबर मीडिया, सोशल मीडिया, इंटरनेट, मोबाइल एप्लीकेशन आदि शामिल है।



नव माध्यम के कारण सूचना और संचार के तरीके बिल्कुल बदल गए हैं। आज के डिजिटल युग में लेग सोशल मीडिया, वेबसाइट, ब्लॉग, युट्यूब जैसेक प्लेटफार्म से अपनी बात पूरी दुनिया तक पहुँच सकते हैं। पहले जहाँ समाचार पत्र और टेलीविजन ही मुख्य माध्यम थे, अब डिजिटल पत्रकारिता का समय आ गया है। नव माध्यम की प्रमुख विशेषताएँ हैं इंटरएक्टिविटी, जिस में लोग किसी भी सामग्री पर अपनी राय दे सकते हैं और मल्टीमीडिया, जिसके द्वारा ऑडियो, वीडियो चित्र आदि रूपों में जानकारी प्रस्तुत की जा सकती है।

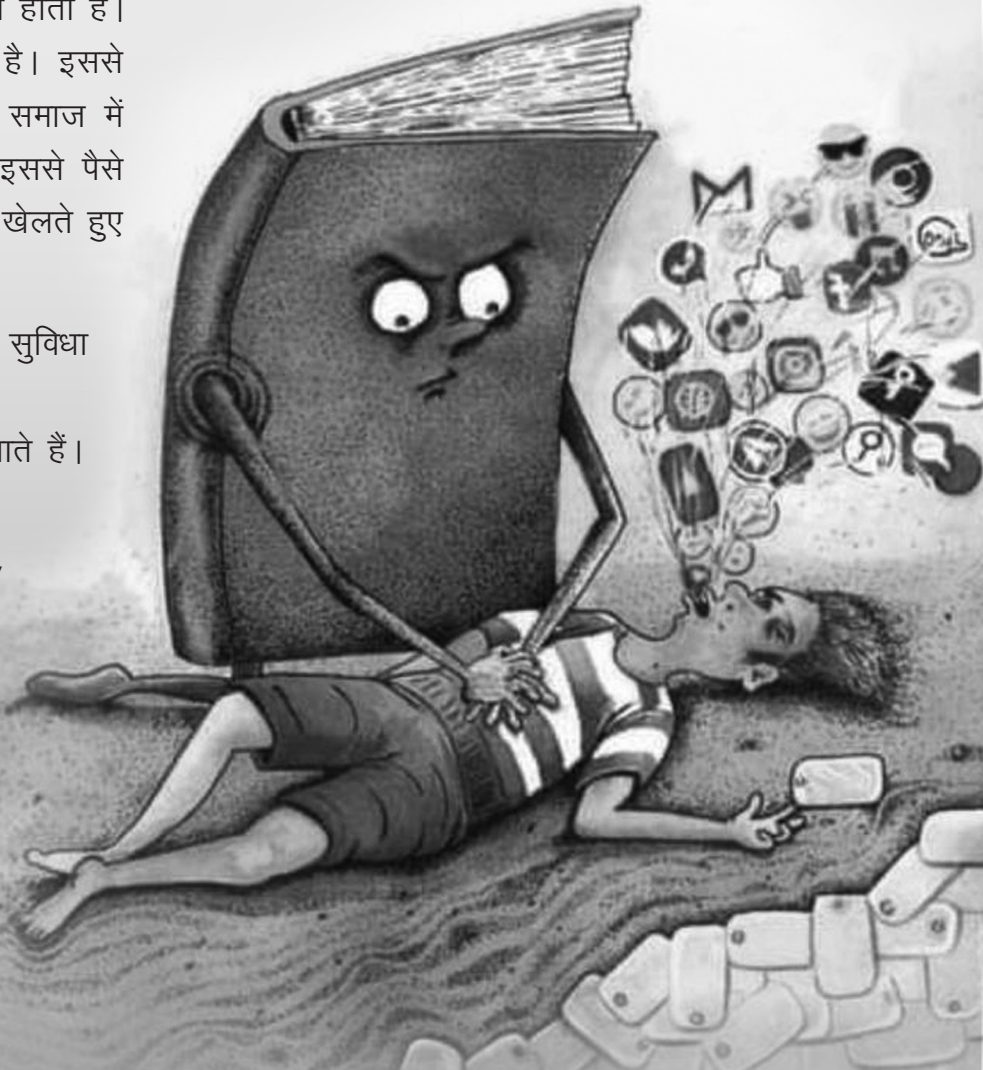
नव माध्यम के कारण समाज पर दोनों सही और गलत प्रभाव पड़ते हैं। नव माध्यम के दुष्प्रभाव के कारण कई बार लोगों का जीवन नष्ट हो जात है। नई पीढ़ियों ने नव माध्यम का उपयोग किया है। युवाओं ने इंस्टाग्राम, फेसबुक, ट्विटर आदि से अनेक ज्ञान प्राप्त किया है। लेकिन उसके बाद उसका दुरुपयोग भी होता है। लड़कों ने लड़कियों को धोखा भी दिया है। इससे लड़कियों का जीवन नष्ट होता है। आज समाज में झूठी बातें भी वायरल हो जाती हैं। लोग इससे पैसे भी कमाते हैं। माध्यम से आदमी खोलों को खेलते हुए लोगों को पैसा भी कमा देता है।

नई पीढ़ियों को नव माध्यम से उपयोग की सुविधा मिलता है। बाज़ार जाने से लेकर घर के काम तक सभी कार्य अब सरलता से हो जाते हैं। पहले के समय में जहाँ एक स्थान से दूसरे स्थान तक संदेश पहुँचाना कठिन था, वहीं आज के समय में माध्यमों के कारण यह काम कुछ ही क्षणों में पूरा हो जाता है। माध्यम की मदद से बच्चे माध्यम का अधिक अपयोग करते हैं। वे पढ़ाई और खेलकूद से दूर हो जाते हैं। पहले के समय बच्चे दोस्ती के साथ बाहर

खेलते थे, लेकिन आज मोबाइल टीवी, और इंटरनेट के कारण वे घर के अंदर रह जाते हैं।

हमें चाहिए कि हम माध्यमों का उपयोग संतुलित रूप से करें। बच्चों को पढ़ाई और खेल के बीच संतुलन बनाना चाहिए। माध्यम का सही उपयोग ज्ञान बढ़ाने के लिए होना चाहिए।

माध्यम हमारे जीवन का महत्वपूर्ण हिस्सा है, जिनके बिना आज की दुनिया की कल्पना भी नहीं की जा सकती। माध्यम ने जहाँ एक ओर जीवन को सरल, सुविधाजनक और ज्ञानवर्धक बनाया है, वहीं दुसरी ओर इसके अत्यधिक उपयोग से कुछ समस्याएँ भी उत्पन्न हुई हैं। हमें यह समझना चाहिए कि माध्यम का उपयोग सोच – समझकर और सीधी मात्रा में करना चाहिए।



Nirmala Sitharaman, Finance Minister of India, presented the 8th Annual budget of Indian Government on February 1st 2025. After presenting this budget, she bagged the record of the first finance minister who presented the Annual Budget for eight consecutive times. She is also known as the second female defence minister and second female finance minister of India after Indira Gandhi. Fortune, an American global business magazine headquartered at New York City named Nirmala Sitharaman as the most powerful woman in India.

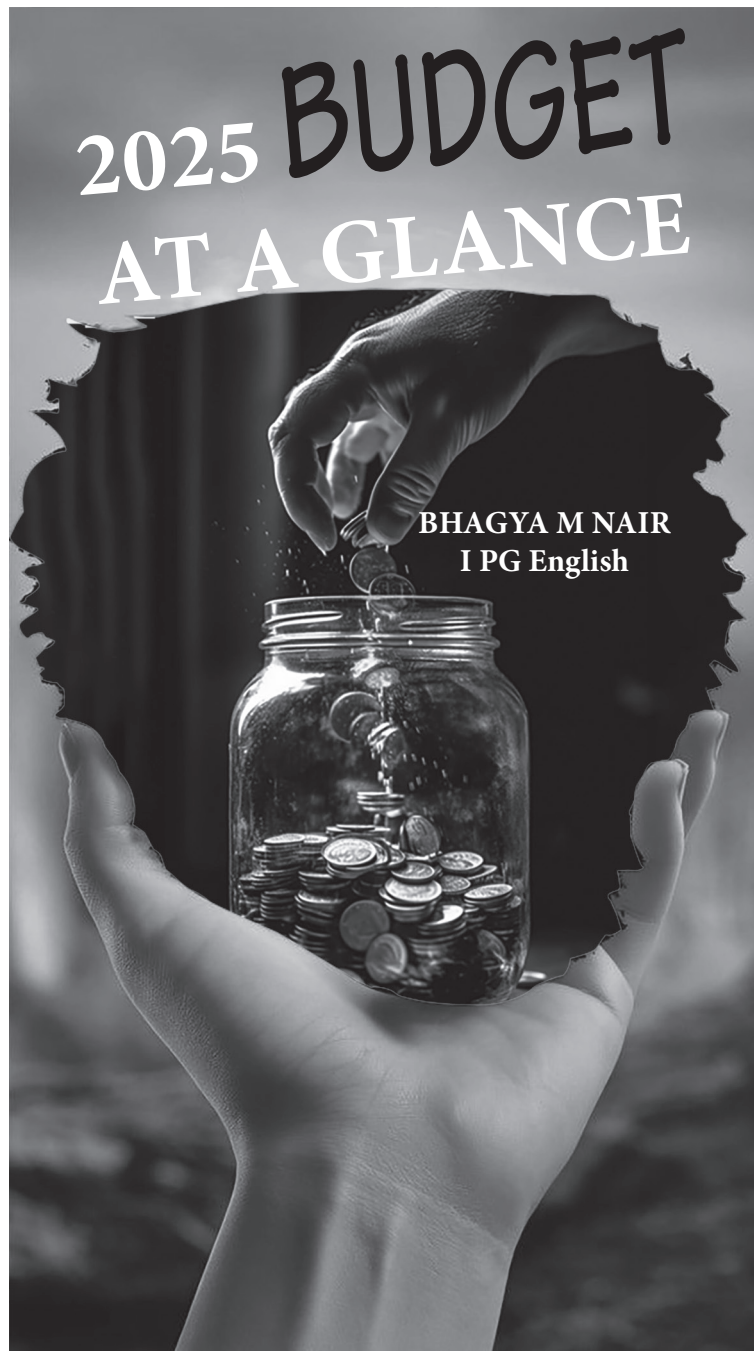
In 2025 budget she focused and promoted the middle class of the society. Earlier, the Annual budget focuses only on the upper and lower class of the society. Middle class people were struggling to pay taxes and meet their livelihood. Earlier, people who have salary of 7.5 lakhs and above are paying tax. Through this budget people who get salary up to 12 Lakhs got relieved as they are removed from paying taxes anymore. As a salaried person one didn't want to pay tax up to 12.75 lakhs after standard deducting. This is one of the major merit of 2025 budgets. This relief is valid to people who are paying taxes according to the new slab. Also, the tax slab under new scheme is shifted from 6 to 7. People who are continuing her old slab are not undergone these changes. This can be considered as a

drawback or limitation of this budget. This in way make people to shift their scheme of paying tax from old to new slab.

The Government of Kerala made a commentary on this budget as "As per the changes in the budget the percentage of tax given by the people will decrease and this will lead to a decrease in the income of the State". The government made such a comment because the tax given by the people of India is divided among the State and Central government. 41 % of the total tax paid by people to the government is for each States. Also, Kerala's one of the main income sources is this percentage. Kerala Government also expected a relief fund for Wayanad disaster and a fund for newly

inaugurated sea port but the expectations were not satisfied.

According to the new budget, People who got salaried above 24 lakhs are payable 30% of their annual income. Earlier, 30% was applicable to 15 lakhs and above. Not only this, this year budget made many changes as promoting and supporting the small-scale business industries, supporting toy making industries to become international business, ship making and demolishing, 1 lakh crore as Urban Challenge Fund, 25,000 crores as Maritime Development Fund etc. This budget also focuses on agricultural sector as the loan limit of Kisan Credit Card extended to 5 lakhs



from 3 lakhs, new schemes for fishing at Andaman and Lakshadweep etc.

The number of seats in IITs has increased by 6500. Also, number of seats available in medical colleges also increased by 10,000. From the past 5 years the number of seats in medical colleges increased by 75,000. The Indian Post Office got a new look by interconnecting 1.5 lakhs of Post Offices in India and becomes a large-scale Logistics Company. Also, the Payment Bank by India Post also will spread all over India. "Udan 2.0", a new scheme that support the last - mile air connectivity programme beyond 2026. "Udan 2.0", intends to provide a cost-effective means to develop and operate over 100 underutilized airstrips in the country. In the new budget, the "Udan 2.0" extended to 120 small air services among villages also.

Through this budget, the price of some items got increased and some decreased. The prices of 36 varieties of medicines for treating cancer, some other medicines, LED/ LDC Tv, Electric vehicles, mobile phones, synthetic flavouring essence, wet blue leather, some imported models of vehicles etc were decreased. The prices of items like knitted fabrics, touch screen items, imported chappals, Pac flex film, flex sheet, flex banner etc were increased.

In this year there will be a great push in the tourism sector. The government will provide mudra loan that were given to small scale business entities will given to home stays, 50 tourism spots will develop in India with the support of each state. The government also boost the online platform (GIG) for workers, Id card, within three years massive launching of day care cancer centres in every district hospital, 200 in this year itself.

As a conclusion, we can see that the annual budget of 2025 is concentrating more on boosting middle class section of the society, special care on tourism, agricultural, education sectors. 2025 budget is a relief to many people who are working in private sector all over India. Let's hope for more benefits in coming budgets that promotes struggling section of the society.



WHISPERS IN THE RAIN

AKHILA
II PG English (Self)

Beneath the sky's silver tears, we stand,
Fingers entwined, like roots in the land.
The rain hums a melody, soft and low,
A love song only the clouds could know.

Each drop, a kiss from the heavens above,
Falling to weave a tale of love.
Your laughter dances with the patter,
Like rain on leaves, a sweet, soft clatter.

The world fades, blurred by misty veils,
Time pauses as the storm regales.
Your eyes meet mine in the rain's embrace,
A tender warmth in this drenched space.

The storm may howl, the winds may cry,
But in your arms, the world feels shy.
For in the rain, our hearts are free,
A love as endless as the sea.

Let the rain pour, let the rivers rise,
For love blooms brighter beneath Gray skies.
Together we stand, through storm and strain,
Forever bound by love and rain.

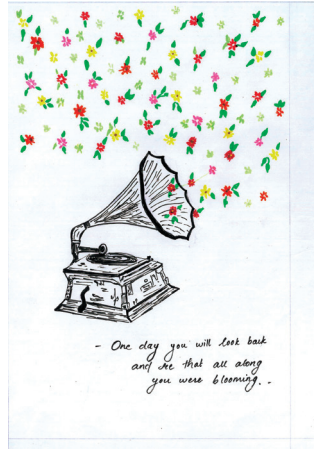
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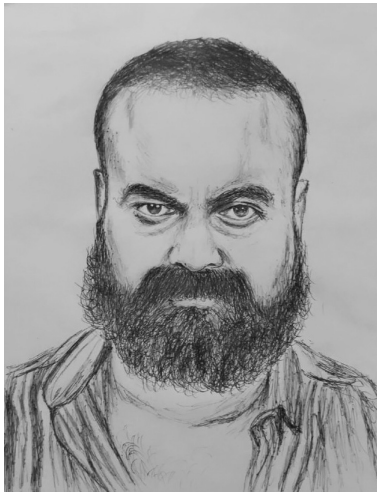
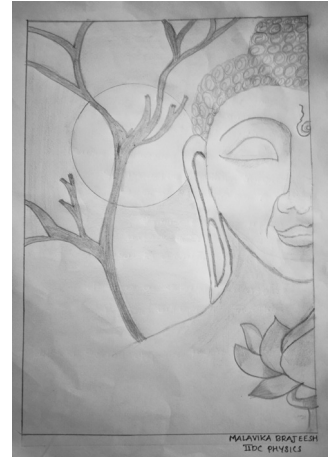
Milan Sam
I DC Botany



Tresa Biju
I DC English



Anna Mariam George
I DC English



Anna Mariam George
I DC English



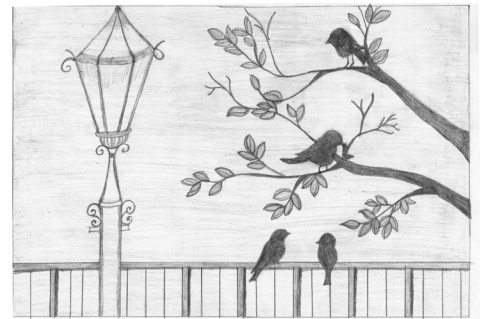
Nandana Binu
I DC English



Arya Jayasankar
I IDC Botany



Gayathri Santhosh
I DC English



Tresa Biju
I DC English

WORTH IT?

Aparna Viswam
I Dc English

Brought home I a cute little pet
I loved it like my life
Put my life on bet
For the little bud I met

Days passed and so did weeks
love and devotion high
A little bleed it cracked
On my finger that fed and pet.

Little did I mind
Little did I know
Drop by drop it took
Months and months I loved
to be bled dry and drop dead
finally, into the dark of depths...

Never should I have
Brought home I a cute little pet
Never should I have
Loved it like my life
Never should I have
put my life on bet
As soon I lie dead and lost.

The porcupine left my home
In search for its new owner.



Union Report

College Union Election 2023 – October 5, 2023

The Alphonsian family woke up to the shocking news of the departure of our beloved Bursar and Head of the Department of English, Rev. Dr. Jose Joseph on October 5, 2023. Nevertheless, the college union elections had to be conducted on the date scheduled by the university, and so the elections were held as informed earlier following the parliamentary mode in the presence of the Principal Rev Dr Shaji John, Vice Principals, and others deputed for election.

The election process consisted of several steps. First, class representatives were elected directly by majority vote from each class. These class representatives then elected the union members. The procedure began with the submission of nominations by candidates interested in contesting for various posts. This was followed by a campaign speech, after which the representatives casted their votes.

The elected union members for the year 2023-24:

CHAIRPERSON - Ms. Ann Sara Johnson

VICE CHAIRPERSON - Ms. Angel Rebecca Santhosh

GENERAL SECRETARY - Ms. Krupa Johnson

ARTS CLUB SECRETARY - Ms. Anna E A

MAGAZINE EDITOR - Ms. Anna Carolin George

UUC I - Ms. Fayza Rasheed

UUC II - Ms. Upanya N S

II PG REPRESENTATIVE - Ms. Akhila Byju

I PG REPRESENTATIVE - Ms. Bhagya M Nair

III DC REPRESENTATIVE - Ms. Gourikrishna S

II DC REPRESENTATIVE - Ms. Annliya P S

I DC REPRESENTATIVE - Ms. Theres V Siby

Snehasmarana

As a tribute to our late Bursar and Head of the Department of English, Rev. Dr. Jose Joseph, the college union collected food wraps from students, teachers,

and non-teaching staff on October 11, 2024, and distributed them at the Mariasadhanam. Over 400 packets were distributed during lunch, and the union members spent the day with the elderly and children.



Krupa Johnson
General Secretary

Union Name Reveal

As part of the college union inauguration ceremony, a flash mob was conducted on November 7, 2024. The union name “KATHIKA” was revealed during the performance, which featured the participation of 20 students from various departments.

College Union Inauguration

The college union inauguration ceremony was held on November 8, 2023 at the College Auditorium. The newly elected union members formally took charge by taking an oath administered by the college Principal Rev Dr Shaji John. The inauguration was officiated by the chief guest, Ms. Jimmy George (Miya George), a renowned cine artist and an alumna of the college. She delivered the inaugural address and also launched the union logo. The official ceremony concluded with cultural performances by students.

Instagram Photo Contest

Prior to the inauguration, the college’s Instagram page @alphonsians__ hosted a photo contest that saw participation from over 25 students.

College Youth Festival 2023 – Nattiyam

The college also hosted its annual youth festival “NATTYAM” on December 11-12, 2023. The two-day event featured a wide variety of on-stage and off-stage competitions, with events running from 9:15 am to 3:45 pm on the first day. However, the second day’s events had to be wrapped up by 1 pm due to a visit by the Chief Minister. In total, 46 competitive items were part of the college youth festival.

PSC Registration Campaign

The PSC Registration Campaign at Alphonsa College, Pala was an effort to empower students through the diverse career opportunities available to them. The college union, in collaboration with the Placement Cell, conducted the campaign from December 18-21, 2023. A total of 47 PSC registrations were completed, and many more students were provided with necessary guidelines to complete their registrations.

Christmas celebrations

Alphonsa College celebrated Christmas on December 22, 2024. Competitions related to Christmas Day celebrations were conducted on December 20 and 21. The official event started at 11 am and Rev. Dr. George Ambazhathumkal was the chief guest. As part of the celebrations, the college union, along with the college Jesus Youth and Catholic Students Movement, conducted various competitions such as a Dancing Santa competition and a carol song competition.

Talk with IFS officer

To help students gain awareness about job scopes and responsibilities in their field of interest, the college organized a talk with an IFS (Indian Forest Service) officer on January 16, 2024. 29 students attended the event and interacted with Mr. Jayakrishanan V K IFS. The session helped students gain a deeper understanding of the scope and possibilities within the Indian Forest Service (IFS) and the civil services, as well as guidance on when and how to attempt the examination.

Mollywood Day – Pani Varunund Avaracha

The college union organised Mollywood Day celebrations on January 23, 2024, featuring competitions like movie scene recreation, photo contest, group dance and best actress competition. The event provided a platform for students to showcase their creativity and passion for Malayalam cinema, with the popular dialogue “Pani Varunund Avaracha” from the 2020 film “Trance” being a highlight of the celebrations.

Results:

MOVIE RECREATION

- 1st price - MR04 - Department of chemistry
- 2nd price - MR03- Department of English
- 3rd price - MR02- Department of Maths

GROUP DANCE

- 1st price - GD01- Department of Botany
- 2nd price - GD02- Department of Mathematics
- 3rd price - GD03& GD04 - Department of Economics & Department of English

BEST ACTRESS

- 1st price - BA04 –Ms. Aneena Jayan – 3 DC Economics
- 2nd price - BA01 - Ms. Arya Jayashankar - 2 DC Botany
- 3rd price - BA04 - Ms. Gouri S - 2 DC CND

Arts Day

“Art for change, art for a better tomorrow.” On January 24, 2024, Alphonsa was decked up for the most anticipated arts club inauguration. The event was presided over by Ms. Anna E A, Arts Club Secretary. The chief guest of the day was cine artist Mr. Kalabhavan Prajod, who in the presence of the Principal Rev. Dr. Shaji John lighted the lamp and inaugurated the event. The prizes for the competitions held on Mollywood day were also distributed by the chief guest. The day was eventful with many performances by the students of our college. Mimicry and song performances by the guest livened up the programme.

Maitri Mahotsav

The Alphonsians came together to celebrate the spirit of India during the 75th Republic Day festivities. The college union organized the “Maitri Mahotsav” to commemorate this momentous occasion. A variety of competitions such as Chitransh – painting competition, Upanya – quiz competition and Dhrishti – PPT creation competition, were conducted as a part of the celebrations.

Alumnae Meet

A mega alumnae meet was organized on January 26, 2024. A day for all those who were once the fruits of this college and now nurtures a forest of their own. The chief guest of the day was a proud alumna of the institution, Dr. B. Sandhya IPS.

Sports Day

February 23, 2024 stood witness to a blood-boiling competition and sportsmanship. The union, in asso-

ciation with the physical education department, conducted 13 track and field events and games for students, and games for the teaching and non-teaching staff.

University Youth Festival

The Mahatma Gandhi University Youth Festival was held in Kottayam from February 26, 2024 to March 3, 2024. The land of letters played host to a magnificent student gathering from 5 districts. Alphonsa College Pala registered for a total of 28 events and the participants secured a total of 12 A grades, with Leenu K Jose, 1st year B.A. English Language and Literature student, bagging the first position in Elocution Malayalam.

College day

The college day for the academic year 2023-24 was held on March 4, 2024. The chief guest for the occasion was Shri. Roshy Augustine, the Minister of Water Resources, Government of Kerala. The presidential address was delivered by Ms. Ann Sara Johnson. Dr. Rose Mary Philip, representing the college principal, Rev. Dr. Shaji John, presented the annual college report. The event also saw the distribution of trophies to the overall winners of the arts day and sports day competitions by the chief guest.

Merit Day 2024

The annual merit day was conducted on March 5, 2024. The chief guest of the day was Rev. Dr. James John Mangalath, Principal of St. Thomas College Palai. The presidential address was delivered by Rev. Dr. Shaji John, Principal of Alphonsa College Pala. The union report of the academic year 2022-23 was presented by the former General Secretary, Ms. Fyruza Rahim, which was then submitted to the chief guest for approval.

The winners of the college youth festival and various competitions organized by the departments were awarded prizes during the ceremony. Rank holders of the academic year 2022-23 were also honored. Prizes for the competitions held on sports day for teaching and non-teaching staff were also distributed. The latter part of the day was made vibrant with performances by the students.

Common Farewell

A farewell was organized for 3 DC and 2 PG students

on March 7, 2024, in the college auditorium. Rev. Dr. Shaji John, Principal, Vice Principals, teachers, and student representatives joined to make this gathering memorable for the outgoing students. The students were presented with candles to light and the class representatives delivered brief remarks, which were then followed by captivating performances by 3 DC and 2 PG students.

Women's Day Celebrations – SAHA

SAHA was a union initiative to introduce and distribute menstrual cups to the students and staff of the college and make the campus a pad-free campus. The menstrual cups were sponsored by Sree Hariharaputhra Mathrusamithi, and the event was conducted in association with the Rotary Club Pala and the Sargakshetra Women's Forum. Ms. Nisha Jose inaugurated the event. The students and staff were educated about the usage of menstrual cups through informative sessions.

Expedia

Expedia 2024 was a youth engagement initiative for girls of classes X, XI, and XII. It was a two-day camp organized on April 8 and 9, 2024. Resource persons from various fields were brought in to provide an orientation for students on current trends in the job market, mental health, life skills, and more. A field visit to IIIT, Kottayam campus was organized on the first day, and a visit to Kavalipuzha Beach on the second.

Environment Day Celebrations

“When a plant is planted, a planet is planted.”

In commemoration of World Environment Day, the Kathika College Union planted saplings of Avocado and Lemon Bush in the college premises, to advocate the need for planting more trees for a better tomorrow. Years from now, may the trees bear fruits and be witness to the joyful moments of Alphonsians!

Convocation Ceremony

History repeated itself as Alphonsa College Pala maintained its position as the university topper with the highest number of rank holders and A+ holders under the Mahatma Gandhi University after the 6th semester results were declared. In an effort to honor the graduates, a convocation ceremony was held on June 6, 2024. The guests of honor for the day were Dr. C. T. Aravindakumar, MG University Vice Chancel-

lor, Msgr. Dr. Joseph Thadathil, Manager of Alphonsa College Pala and Adv. Sebastian Kulathunkal, Member of the Kerala Legislative Assembly, who attended on behalf of Shri. Jose K. Mani, M.P.

The ceremony began with the students entering the auditorium in a procession, followed by the welcome address by Rev. Dr. Shaji John, Principal of Alphonsa College Pala. The certificates and mementos for the rank holders and A+ holders were also distributed on the same day. This was followed by the oath-taking ceremony initiated by Dr. Sr. Minimol Mathew, Vice Principal of Alphonsa College Pala. The students were then officially declared graduates.

In the absence of Shri. Jose K. Mani, M.P., Adv. Sebastian Kulathunkal, Member of the Kerala Legislative Assembly, distributed the 15 laptops sponsored by Shri. Jose K. Mani to the department heads.

Freshers Orientation

In an effort for friendly induction, a week-long orientation program was held for first-year students from July 1, 2024, to July 5, 2024.

On July 1, 2024, Alphonsa College welcomed a new batch of students starting a new beginning. The Mahatma Gandhi University - Undergraduate Programme (Honours) was inaugurated by the chief guest, Dr. Babu Michael, Syndicate member, M.G. University, followed by the live stream of the Chief Minister's inauguration ceremony.

From July 2, 2024, sessions on a wide variety of topics were conducted for the students. They were introduced to the legacy of Alphonsa College Pala by Rev. Dr. Shaji John, Principal, and a session decoding the FYUGP was conducted by Sri. Manjesh Mathew, Assistant Professor, St. Thomas College, Pala, and Master Trainer MGU-FYUGP. Various clubs and academic gateways were also introduced to the students.

On July 4, 2024, the vision, mission, and best practices of the college were introduced to the students by Lt. Anu Jose. They were made aware of the various campus facilities by Ms. Cilcila T. Joy, followed by interactions with clubs and forums. The afternoon featured an informative session with the faculties and mentors of the Civil Service Institute Pala, and a cultural fiesta.

July 5, 2024, was the last day of the orientation week. Clubs under the union were introduced to the students

by Ms. Krupa Johnson, followed by two sessions introducing the National Service Scheme and scholarships.

Movie Promotion: Big Ben

The movie promotion for the Malayalam thriller "Big Ben" directed by Bino Augustine, was organized on campus on July 5, 2024, and was moderated by Ms. Krupa Johnson. An interactive session was followed by a performance by Ms. Aditi Ravi, who was joined by the Alphonsians.

Alphonsian Week 2024

In honour of the patron saint of the institution, it was a tradition for the Alphonsian Week to be held every year, an event that got forgotten with the pandemic. Kathika College Union takes immense pride to have brought back the forgotten tradition. July 22 to 25 was declared the Alphonsian Week 2024 and a wide variety of competitions were held.

On July 22, 2024, a tableau competition was organised and active participation from all departments were witnessed.

Tableau Competition

First Prize – Department of Economics

Second Prize – Department of History

Third Prize – Department of English

On the following day, 23 July, 2024, the Nasrani Manga competition was organised, consisting of 5 rounds, and the prestigious title was secured by Ms. Dona Rose Mathew of 3 DC English.

Nasrani Manga Competition

Nasrani Manga – Ms. Dona Rose Mathew, III DC English

1st Runner Up – Ms. Jerin Thomas, III DC Chemistry

2nd Runner Up – Ms. Shincy Sebastian, II DC History

Following the Nasrani Manga Competition, the Nasrani Food Stall and the Puthenpana Competitions were organised on 24 July 2024.

Puthenpana Recitation

First Prize – Ms. Jisna Jose, III DC Physics

Second Prize – Ms. Aileen Maria Shibu, I DC Maths

On 25 July 2024, a group song competition was organised wherein the students had to present a song

written and composed by the students themselves. Regardless of the demanding nature of the competition, it turned out to be a master stroke.

A video making competition was also organised as part of the Alphonsian Week celebrations.

With the Alphonsa Day celebration on July 26, 2024, the Alphonsian Week celebrations came into conclusion. The Chief Guest was Rev. Fr. Joseph Thengumpally, HM, St. Thomas HS Pala, and Vicar, Alphonsagiri Church.

Independence Day Celebrations – Aarav

In honour of the 77th Independence Day of our nation, the union organised a diverse set of competitions including nail art, film review, digital poster designing, poem writing, slogan writing, patriotic song, mime and spot dance.

Ethnic Day– Advaya

13 August 2024 stood witness to the vibrance of ethnic diversity at Alphonsa College Pala. A department-wise musical drama competition and ethnic show competition were organised along with Rangoli Designing and Mehendi Designing competitions as part of the ethnic day 2024.

Musical Drama Competition

First Prize – Department of Economics

Second Prize – Department of Chemistry

Third Prize – Department of History

Ethnic Show

First Prize – Department of History

Second Prize – Department of Economics

Third Prize – Department of Mathematics

Mehendi Designing Competition

First Prize – Ms. Anakha Sukumaran

Ms. Athulya K Thomas

Second Prize – Ms. Raya Hazeem

Ms. Pavithra Manoj

Third Prize – Ms. Sheharban Beevi

Ms. Arsha Meera

Teachers' Day

A good teacher can change everything! To show our love and respect for their unwavering support, a small gathering was organised for our beloved teachers of

the institution wherein they were presented with a token of love followed by fun games.

Mega Thiruvathira Competition @ Kottayam

A team representing Alphonsa College Pala participated in the Mega Thiruvathira competition at K C Mammen Mappila Hall on September 11, 2024. Ms. Gouiri Rajesh, Ms. Riya Jaison, Ms. Linera Jomon, Ms. Anjana M A, Ms. Sruthy Mol S, Ms. Bhagya Lakshmi, Ms. Anagha, Ms. Architha, Ms. Aleena Mol, Ms. Nandana Vijayakumar, Ms. Anagha K S and Ms. Chaithra were the Alphonsians part of the team.

Onam – Thimirthonam

On September 12, 2024, the roars were heard to welcome Mahabeli. A nadanpattu competition was held in the morning followed by the union organised celebrations from 11:30 am which consisted of Thiruvathira, Onakalikal and cultural performances by various departments. Prior to the onam celebrations, Keralangana competition was organised on 11 September 2024 wherein the title was bagged by Ms. Gowri S of 3 DC CND.

Winners of the Keralangana Competition

Title winner – Ms. Gowri S, 3 DC CND

1st Runner Up – Ms. Arya Jayashankar, 3 DC Botany

2nd Runner Up- Ms. Chaitra, 2 DC Economics

Diamond Jubilee Valedictory Function – October 9, 2024

Diamond Jubilee Valedictory Function was organised on October 9, 2024, concluding the yearlong diamond jubilee celebrations. Shri. Bharath Suresh Gopi, Hon. Minister of State and Petroleum and Natural Gas and The Minister of Tourism joined as the Chief Guest of the event along Mar. Joseph Kallaragattu, Patron, Alphonsa College Pala, blessing us with the Presidential Address followed by the Key-note Address by Msgr. Dr. Joseph Thadathil, Manager, Alphonsa College Pala, and other felicitation speeches by the esteemed guests.

Freshers' Day and Talent Day 2024

The freshers' day and talent day was organised on October 9, 2024, where the auditorium witnessed the gems of Alphonsa marvelling the crowd again and again.

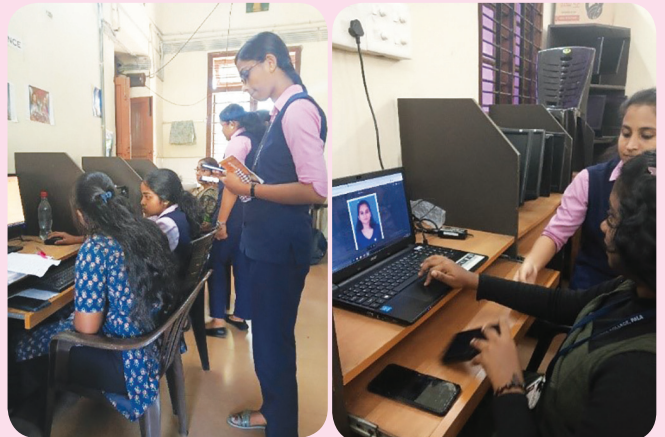
OATH TAKING CEREMONY



INSTAGRAM PHOTO CONTEST WINNERS



PSC REGISTRATION



SNEHASMARANA



ARTS DAY



ALPHONSIAN WEEK



Inauguration



Tableau -I



Visiting St. Alphonsa's Church



Tableau -II

EXPEDIA DAY



MOVIE PROMOTION



TEACHERS DAY



ETHNIC DAY CELEBRATION



INTERACTION WITH IFS OFFICER



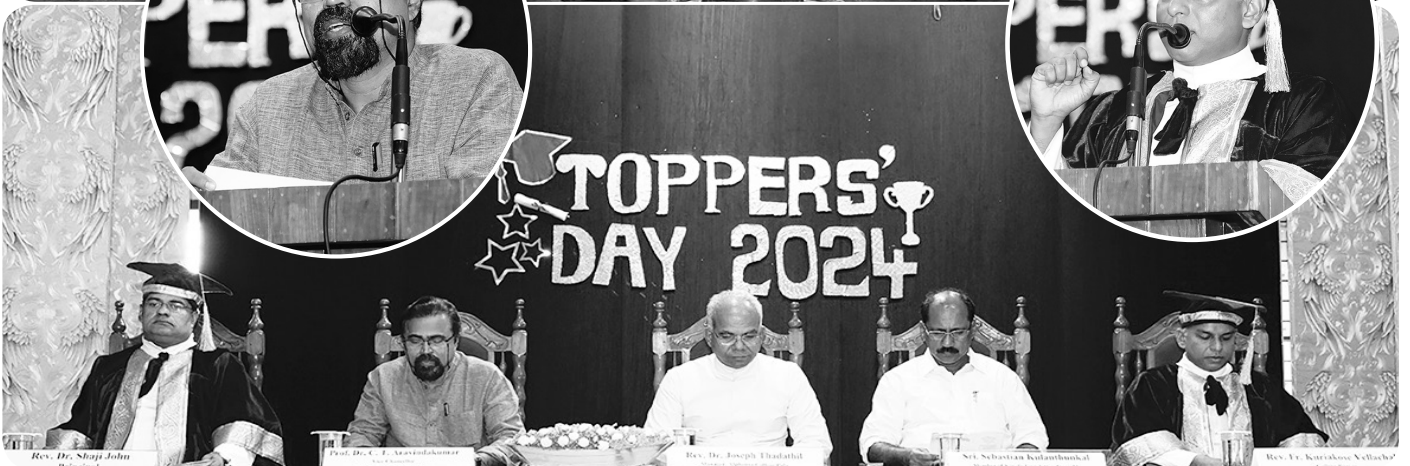
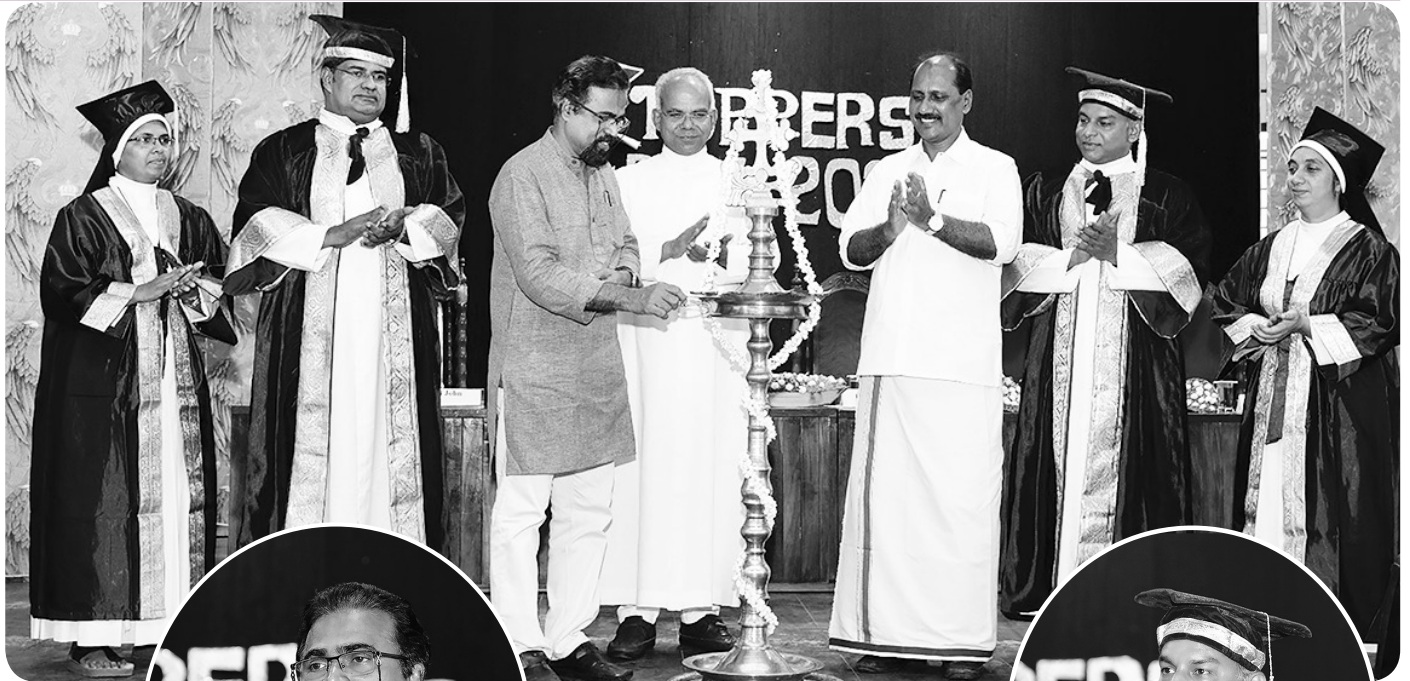
INDEPENDENCE DAY-RANGOLI DESIGNING



SPORTS DAY



TOPPERS' DAY



Rev. Dr. Shaji John
Principal

Prof. Dr. C. T. Aravindakumar

Rev. Dr. Joseph Elhadid

Mr. Sebastian Indrathambal

Rev. Fr. Kuriakose Vellachery



Toppers' Day Inaugurated by Prof. Dr. C.T. Aravindakumar

JUBILEE YEAR VALEDICTORY CEREMONY- INAUGURATION



JUBILEE YEAR VALEDICTORY CEREMONY- INAUGURATION



FRESHER'S ORIENTATION



DEPARTMENT OF COMMERCE



PG & UG DEPARTMENT OF CHEMISTRY



Industrial Visit



PG Department of Chemistry



Youth Festival B Level Winners



Visiting Institutions for Differently Abled Children.



Teacher's Day



Visiting Schools by Department of Chemistry

PG DEPARTMENT OF ENGLISH



Winners of College Youth Festival; Department of English



Community Outreach Program



Reading Week Celebration



English Association Inauguration



Reading Week Celebration



Visiting the tomb of St. Alphonsa

DEPARTMENT OF MALAYALAM



National Seminar on Gender & Literature conducted by the Department of Malayalam



National Seminar conducted by the Department of Malayalam



Seminar conducted by Sahithya Akademi in collaboration



Departmental Activity- Department of Malayalam

DEPARTMENT OF PHYSICS



DEPARTMENT OF MATHEMATICS



DEPARTMENT OF ECONOMICS



DEPARTMENT OF HINDI



GPS Map Camera

Pala, Kerala, India
Pm28+xrg, Arunapuram, Pala, Puliyanloor, Kerala

DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS



Silver Jubilee Celebration by CND Department



Cancer awareness programme by CND Department



Pala, Kerala, India
PM38+8RG, Arunapuram, Pala, Puliyanloor
Lat 9.703509°
Long 76.667037°
10/11/23 02:49 PM GMT +05:30

Food Safety Day Celebration by CND Department

DEPARTMENT OF FASHION TECHNOLOGY (B.Voc)



Christmas Stall by Department of Fashion Technology



World Embroidery Day Celebration



Notepad Making Competition

DEPARTMENT OF HISTORY



Donation of books to department by the Alumni



Invited Lecture by Dr. Rosamma Sony, former HOD, Department of History, KE College Mannanam, Member of Kottayam District Panchayat.

DEPARTMENT OF BOTANY



Inauguration of Two day National Seminar on “ Research trends in Biodiversity Conservation and Sustainable Management”



Neelakurinji Photoexhibition



Botany Association inauguration by Mr. Paul V Karanthanam, Member of Kerala State Higher Education Council



Alphagreen_ World Environmental Day Celebration in collaboration with Federal Bank



- OUR SALIENT PROGRAMS**
- Re-life Psychiatric Counselling (11am to 5pm)
 - Occupational Therapy
 - Orchestra " Rhythm of Mind"
 - Ka... [Drama Troupe]
 - So... [Student Development Program]
 - ... [Environmental Program]

DEPARTMENT OF ZOOLOGY



National Seminar conducted by the Department of Zoology



Bee Keeping



Planting saplings

NSS



DEPARTMENT OF POLITICAL SCIENCE



Gandhi Jayanthi Celebration by Department of Political Science



Observance of Constitution Day by Department of Political Science

UNIVERSITY YOUTH FESTIVAL





College Athletics Team



College Aquatic Team



College Basketball Team



College Cross Country Team



College Kho Kho Team



College weight Lifting Team



College Volleyball Team



Sports Day Conducted by the Department of Sports

INTER-UNIVERSITY & NATIONAL LEVEL MEDAL WINNERS



AKHILA BABU
ATHLETICS



AKHINA BABU
ATHLETICS



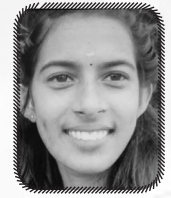
ALEENA SEBASTIAN
ATHLETICS



ANCY M S
ATHLETICS



ANEETTA VARGHESE
ATHLETICS



ANJANA A M
ATHLETICS



ANUMOL THOMAS
ATHLETICS



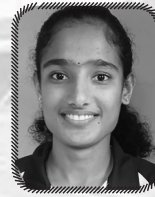
APARNA K NAIR
ATHLETICS



FATHIMA NASLA P C
ATHLETICS



KAVITHA B S
ATHLETICS



KAVITHA B S
ATHLETICS



LEKSHMI S REGI
ATHLETICS



MANEESHA M P
ATHLETICS



MARIYA THOMAS
ATHLETICS



MARIYA VINCENT
ATHLETICS



MEGHA MARIYAM MATHEW
ATHLETICS & BOXING
ATHLETICS



NAGAMMA RAVEENDRA BAJE
ATHLETICS



NANDITHA UDAYARAJ
ATHLETICS



NIVYA ANTONY
ATHLETICS



NUTHALAPATTI SRIVALLIKA
ATHLETICS



REMYA K R
ATHLETICS



RESHMA G
ATHLETICS



RESHMA JOY
ATHLETICS



ROSMI CHACKO
ATHLETICS



SOPHIYA SUNNY
ATHLETICS



SREELEKSHMI T S
ATHLETICS



TILNA TOMY
ATHLETICS



VEENA R K
ATHLETICS



AMRUTHA P
VOLLEYBALL



ANAMIKA C
ATHLETICS



ANANYA VINOD
VOLLEYBALL



ANEETTA ANTONY
VOLLEYBALL



JAYALAKSHMI M B
VOLLEYBALL



NANDANA P P
VOLLEYBALL



NIVEDITHA JAYAN
VOLLEYBALL



SNEHA S
VOLLEYBALL

INTER-UNIVERSITY & NATIONAL LEVEL MEDAL WINNERS



VENGURLEKAR VAIDHEHI
VOLLEYBALL



ADITHYA M
NETBALL



ANUPRIYA K.V
NETBALL



NEHA MARY SUNI
NETBALL



PARVATHY SURESH E P
NETBALL



RADHIKA M M
NETBALL



SARIKA S NAIR
NETBALL



SONA JIJI
NET BALL



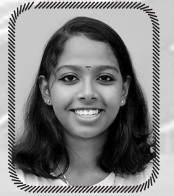
SREEAKSHMI M
NETBALL



SREELAKSHMI VIJAYAKUMAR
NETBALL



TASA DRAVID SAINDHAV K B
NETBALL



KEERTHANA B
SOFTBALL



AMRUTHA K.N
SWIMMING



GOPIKA G
SWIMMING



SNEHA JOLLY
SWIMMING



ASWATHY MOHANAN
KHO KHO

WINNING GV RAJA AWARD

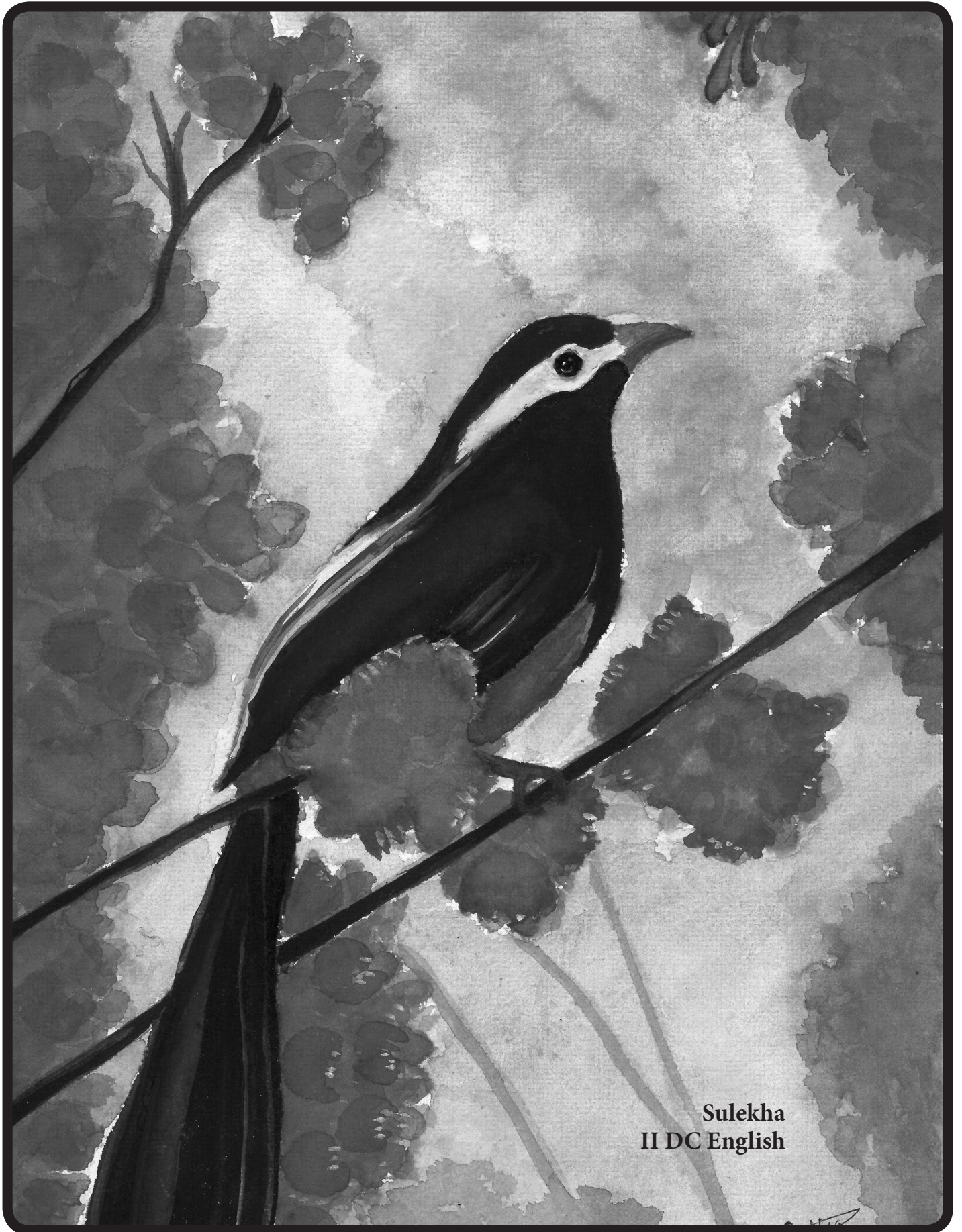


Alphonso College winning the prestigious GV Raja Award



Congratulations

Keerthana B, represented India and participated in the Asia Cup Junior Softball Championship held at China.



Sulekha
II DC English



Charishma Shaji
I DC Physics

നന്ദി,

അറിയാദ്യുരത്തിന്റെ അങ്ങേക്കോസിൽ വെളിച്ചവുമായി
കാത്തുനിന്ന ദൈവത്തിന്...

വീണ്ടുചോൾ കൈപിടിച്ചുയർത്തിയ അച്ഛന്...

അക്ഷരം, അമ്മിഞ്ഞപ്പാലിൽ ചുരന്നുതന്ന അമ്മയ്ക്ക്...

അറിവിൽ നിന്നും നെറിവിലേക്ക് വളർത്തിയ അദ്ധ്യാപകർക്ക്...

ഏതവസ്ഥയിലും കരുത്തുപകർന്ന കൂട്ടുകാർക്ക്...

മാഗസിൻ പ്രവർത്തനങ്ങളുടെ ഭാരം ചുമന്ന്

മുന്നേ നടന്ന റോഡ് മേരി മിസ്സിന്...

ഉത്സാഹം പാവം നെയ്യാൻ തോളോടു തോൾ ചേർന്ന അപർണ്യയ്ക്ക്...

കരുത്തോടെ കൂടെ നിന്ന കഴിക യൂണിയനിലെ സഹോദരങ്ങൾക്ക്...

വൈവിധ്യമാർന്ന വർണ്ണങ്ങൾകൊണ്ട്

മാഗസിൻ സമ്പന്നമാക്കിയ ഓരോരുത്തർക്കും...

അവസാനതാളുവരെ മടക്കിത്തന്ന സ്വീകരിച്ച സഹൃദയർക്ക്...

നന്ദി





ALPHONSA COLLEGE PALA



