

MIRROR

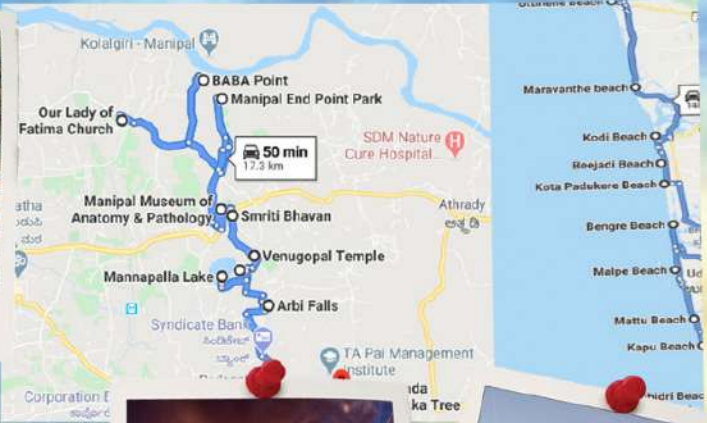
"AN INSIGHT INTO THE CAMPUS"

MAGAZINE - PROSPECTUS



Udupi Group of Institutions, Manipal

S.No. 421, Opp. C.I.B.M, Ananth Nagar, Shivalli, Manipal, Udupi, Karnataka-576104



MAP

MANIPAL MUSEUM OF ANATOMY & PATHOLOGY



ABOUT UDUPI-MANIPAL

Udupi District is an administrative subdivision in the state of Karnataka, India. It is situated in the Canara Coastal region which is an hour's drive from Mangalore the financial capital of coastal Karnataka. There are 7 taluks, 233 villages and 21 towns in Udupi district.

Udupi is known as the temple town for its pilgrimage centres, scenic beauty, literary activities, traditions and cultural heritage. Some of the famous tourist attractions of Udupi which are there on the world map are the archaeologically important Krishna Temple, St.Mary's Island and Mookambika Temple. Being a coastal region the city of Udupi has many famous beaches such as Marawanthe, Malpe, Kaup and Padubidre. Udupi is also a prominent producer of cashew nuts and exporter of flowers such as roses and jasmynes.

The food processing industry of Udupi has grown immensely in recent times. It is well supported by the fisheries industry of the coastal region.

Manipal is an educational hub located at 5 kms away from the city of Udupi. The name Manipal is derived from the word 'Munn' and 'Palla' anglicised to Manipal. 'Munn' means Mud and 'Palla' means lake in Tulu language. Students from different parts of India and other countries are studying at various institutions of Manipal. This combination of students has given rise to an evident global culture to this city. Some of the tourist attractions of Manipal are Manipal Lake, End Point Park, Planetarium, Museum of Anatomy and Pathology, Hasta Shilpa Heritage Village and many more.



CONTENTS

FROM THE EDITORIAL BOARD

**MESSAGE FROM: ADMINISTRATIVE OFFICER
DEAN (ACADEMICS)
VICE-PRINCIPAL**

ALUMNI MESSAGE

ANNUAL REPORT

**PHOTOS : TEACHING STAFF
NON-TEACHING STAFF
STUDENTS**

ACADEMIC ACHIEVERS

ACADEMIC ACTIVITIES

**ARTICLES : ENGLISH
KANNADA
HINDI
MALAYALAM**

DRAWINGS & PAINTINGS

**INDUSTRY OVERVIEW : HOSPITALITY
FOOD TECHNOLOGY
INTERIOR DESIGN
FASHION DESIGN
COMMERCE & BUSINESS
HEALTH CARE
INFORMATION TECHNOLOGY**

PROSPECTUS

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MESSAGE FROM THE EDITORIAL BOARD



Dr. Kshama Shashidhar
Chief-Editor

It is a proud moment for us to present the annual magazine "Mirror". We have scaled the ladder of the magazine of our esteemed institution by stepping into 21st year. The purpose of the magazine is to provide a platform to students to express their creativity and thoughts in the form of Articles, Stories, Short Stories, Travelogues, Poems, Riddles, Jokes, Drawings/ Paintings, Pencil sketches etc. which is an important aspect to develop their personality.

The editorial team members & students have put in their genuine efforts in bringing out the magazine. Pure encouragement from the readers will surely enforce them to be still better

in bringing out better issues in the coming years. Wishing all the best to everyone who had a hand in bringing out this annual magazine "Mirror".

ಪ್ರತಿಭೆ ಎಲ್ಲರಲ್ಲಿ ಇರುತ್ತದೆ ಆ ಪ್ರತಿಭೆಯ ಅನಾವರಣಕ್ಕೊಂದು ವೇದಿಕೆ ಬೇಕು. ಸುಪ್ರವಾಗಿರುವ ಪ್ರತಿಭೆಗೆ ಸುಂದರ ವೇದಿಕೆ ಈ ವಾರ್ಷಿಕ ಸಂಚಿಕೆ. ನಮ್ಮಲ್ಲಿ ಅದ್ಭುತ ಚಿತ್ರ ಕಲಾವಿದರಿದ್ದಾರೆ, ಕುಂಚದಲ್ಲಿ ಅರಳಿದ ಚಿತ್ರಗಳು ಬಣ್ಣದ ಹೂವಂತೆ ಚಿತ್ತಾರವಾಗಿದೆ. ನಮ್ಮಲ್ಲಿ ಮನಮುಟ್ಟುವಂತೆ ಬರೆವ ಬರಹಗಾರರಿದ್ದಾರೆ. ಕಥೆ ಬೇರೆಲ್ಲೂ ಹುಡುಕುವುದು ಬೇಡ ಕಥೆ ನಮ್ಮೊಳಗೆ ಇದೆ ಎನ್ನುವ ಮಾತಿಗೆ ಸಮ್ಮತಿ ಎಂಬಂತೆ ನಮ್ಮ ನಡುವೆ ಇರುವ ಘಟನೆ ಆಧರಿಸಿ ಕವನ ಕವಿತೆಯನ್ನು ಮಲಯಾಳಂ, ಕನ್ನಡ , ಹಿಂದಿ ಮತ್ತು ಇಂಗ್ಲೀಷ್ ಭಾಷೆಯಲ್ಲಿ ಬರೆದಿರುವರು.

ಭಾವನೆ ಮೂರ್ತ ರೂಪ ಬರಲು ಭಾಷೆ ಅಡ್ಡಿಯಾಗದು ಎನ್ನುವುದನ್ನು ಯುವ ಬರಹಗಾರರು ಸಾಬೀತು ಪಡಿಸಿದ್ದಾರೆ. ಈ ಸಂಚಿಕೆಯೊಳಗೆ ನಮ್ಮ ಸಂಸ್ಥೆಯ ವರುಷದ ಸವಿನೆನಪುಗಳ ಪ್ರತಿಫಲನವಿದೆ. ಯುವ ಬರಹಗಾರರ ಪ್ರತಿಫಲನವನ್ನು 'ಮಿರರ್' ಅಲ್ಲಿ ಕಾಣಬಹುದು. ಹೊತ್ತಿಗೆ ನಿಮ್ಮ ಕೈಯಲ್ಲಿದೆ ಸಮಯ ಕೊಟ್ಟು ಓದಿರಿ. ಅನುಭವದ ಮಾತು ನಮ್ಮ ಮುಂದಣ ಹೆಜ್ಜೆಗೆ ದಾರಿ ದೀವಿಗಿಯಾಗುವುದು.



ಶ್ರೀಮತಿ. ಅರ್ಪಿತಾ ಶೆಟ್ಟಿ
ಸಂಪಾದಕರು



MESSAGE FROM ADMINISTRATIVE OFFICER

Education is the backbone of every society and the quality of education determines the quality of the society. Quality is never an accident but the consequence of hard work

Udupi Group of Institutions, Manipal has proved its quality with excellent track record.

The managing committee and the staff members are working earnestly to provide a congenial platform for teaching and learning in an atmosphere with discipline and compassion. Our mission is to impart educational and life skills in a professional manner which will create a friendly environment for youth to enrich their capabilities and to make them responsible citizens with good moral and social values. With more than twenty years rewarding history of achievement in professional education behind us, our institution continues to move forward together with confidence, pride and enthusiasm.

I am very proud to say that our college magazine is a true "MIRROR" of the diligent work of the staff and students. The journal provides a comprehensive picture of the institution's curricular and extra-curricular culture of the institution. I am proud of each and every one who took part with full of enthusiasm in all the co-curricular and extra-curricular activities which was in addition to the mandatory curricular activities. Congratulations to the editorial board members for compiling this magazine and also to everyone who were directly or indirectly involved to produce this excellent work.

Mr. Shinod T.R.
Administrative Officer



MESSAGE FROM DEAN (ACADEMICS)

It gives me immense pleasure to note that the Udupi Group of Institutions, Manipal is bringing out the second edition of the magazine “Mirror” for the academic year 2022-23. This is a productive material and subsidiary skill developing tool for the students.

As you scan through the pages it will illuminate you with the important milestones that the institution has achieved this year. Our budding talents have expressed their thoughts, ideas, hopes, feelings, aspirations and convictions in a creative way. This magazine should be a good source of guidance for the faculty and the coming batches of students in choosing the activities of their choice in their future for building their career.

I extend my heartfelt greetings to all the students and the faculty members of the editorial committee for their efforts to bring about innovative content in the magazine..

Dr.Indira Santosh
Dean (Academics)



MESSAGE FROM VICE-PRINCIPAL

The college magazine “MIRROR” has provided an opportunity for students to portray their topics of interest and share their ideas. Think big is the idea that the team has accepted and acted upon.

The College has grown over the years but has not aged; it continues to be as prestigious, pursuing excellence and professionalism.

It has provided and continues to provide the ideal environment for each one of you to blossom into fine flowers; whose-fragrance should spread wherever you go.

As you scan through the pages, it will enlighten you with the important milestones that college has achieved this year. Publishing a magazine is indeed a tedious and herculean task. In recent years, when our students are concerned more about their academic excellence, they have to be coaxed, persuaded and encouraged to exhibit their writing talents. The response of the students in contributing articles to the magazines was really overwhelming.

The student's articles contributed for the college magazine has shown their intellectual insight and their excellent command on language. On the whole it showcases the true credentials of the students. Once again, my message is: “Aim always High”, as high as the sky to be good citizens and leaders of our beloved country.

Prof. Sharath S. Alva
Vice-Principal - UCPS

MESSAGE FROM FACULTIES



Mr. Vijay B.R. Shetty
Associate Professor

Good health is prerequisite to human productivity & Development process. A healthy community is the infrastructure upon which an economically viable society can be built.

Udupi Group of Institutions, Manipal is a blend of Professional courses & it proposes to produce world class professionals who in turn will promote technology and skills in India & abroad. It always strives for excellence & sets high standards in all sectors of education.

Now I am pleased to know that the students of our institution are successful in bringing out the annual magazine "Mirror" for this academic year. Our students have done stupendous work in bringing out a magazine with their contributions. I express my compliments to the dedicated editorial board members & students for their valuable efforts in bringing out this magazine.

Since its inception in 2004, Udupi Group of Institutions, Manipal is actively involved in nurturing young talents to generate socially responsible professionals rich in calibre. We strongly believe in the intellectual awakening of our students in various learning spheres such as education, cultural events, sports by parenting creativity and inspiring innovation.

As a true reflection of our activities, our institution is releasing second edition of the annual magazine "Mirror". I am sure the magazine gave an important platform to unwrap the hidden talents from students as seen from it's contents. I take this opportunity to compliment the editorial team for their effort to shape this magazine and

I wish this "Mirror" spreads the light of our notable institution. In conclusion, I would like to congratulate the outgoing students with a message that, in this era of privatization and globalization the hallmark to success in life is only hard work. Good luck.



Mrs. Sudha Prabhu
Assistant Professor



Mr. Prashanth G. Naik

Assistant Professor

Education is the kindling of a flame, not the filling of a vessel' – Socrates. Udupi Group of Institutions, Manipal always strives to make students have an enjoyable and enriching learning experience. It is indeed my pleasure to connect with you through this souvenir of communication, 'MIRROR' the annual magazine launched by our institution. It taps into the latent consciousness in the students and provides a suitable platform for it. This opportunity helps students to express their creativities and talents, which leads to the development of literature as an introduction to many genres of literature such as story, poetry, drama, autobiography, biography, travelogue and

essay etc. An educational institution is not just a platform for curricular activities but also it works with co-curricular activities to impart life values. My experience with the design team was great. It helped me to learn new things and grab a better opportunity. It was fun working with them.

ಉಡುಪಿ ಸಮೂಹ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಗಳ ವತಿಯಿಂದ ವಾರ್ಷಿಕ ಸಂಚಿಕೆ (ಮಿರರ್) ಈ ವರ್ಷವೂ ಪ್ರಕಟವಾಗುತ್ತಿರುವುದನ್ನು ತಿಳಿದು ಸಂತೋಷವಾಯಿತು. ಗುಣಮಟ್ಟದ ಶಿಕ್ಷಣ ನೀಡುವುದರ ಜೊತೆಗೆ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಇರುವ ಪ್ರತಿಭೆಯನ್ನು ಗುರುತಿಸಿ ಪ್ರೋತ್ಸಾಹಿಸುವುದು ವಿದ್ಯಾಸಂಸ್ಥೆಗಳ ಜವಾಬ್ದಾರಿ. ಇದು ವಿದ್ಯಾಸಂಸ್ಥೆ ಹಮ್ಮಿಕೊಳ್ಳುವ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳ ಮೂಲಕ ನಡೆಯುತ್ತದೆ. ಈ ಆಶಯದ ಒಂದು ಭಾಗವಾಗಿ ವಾರ್ಷಿಕ ಸಂಚಿಕೆ ಪ್ರಕಟಗೊಳ್ಳುತ್ತಿರುವುದು.

ವಿಶ್ವ ಆರೋಗ್ಯ ಸಂಸ್ಥೆಯು ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯೂ ಹತ್ತು ಕೌಶಲಗಳನ್ನು ಹೊಂದಿರಬೇಕೆಂದು ತಿಳಿಸಿದೆ. ಭಾರತದ ಖ್ಯಾತ ಮನೋತಜ್ಞ ವಿದ್ಯಾರ್ಥಿ ಕ್ಷೇಮಚಿಂತಕ, ಶಿಕ್ಷಣ ತಜ್ಞ ಡಾ|| ಸಿ.ಆರ್.ಚಂದ್ರಶೇಖರ್ ಆ ಕೌಶಲಗಳನ್ನು ವಿದ್ಯಾರ್ಥಿ ಜೀವನದ ಅವಧಿಯಲ್ಲಿ ಗಳಿಸಿಕೊಂಡು ಜೀವನ ಕೌಶಲಗಳನ್ನು ರೂಡಿಸಿಕೊಂಡು ತಮ್ಮ ವ್ಯಕ್ತಿತ್ವವನ್ನು ರೂಪಿಸಿಕೊಳ್ಳಬೇಕೆಂದು ಹೇಳಿದ್ದಾರೆ. ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಸೃಜನಶೀಲ ಬರವಣಿಗೆಯ ಕೌಶಲ, ವಿಮರ್ಶಾತ್ಮಕ ಚಿಂತನಾ ಕೌಶಲ, ಸ್ವಸಹಾಯ ಕೌಶಲ ಇತ್ಯಾದಿಗಳನ್ನು ವೃದ್ಧಿಸಿಕೊಳ್ಳಲು ವಾರ್ಷಿಕ ಸಂಚಿಕೆ ಸಹಕಾರಿ ಎಂದು ಭಾವಿಸುತ್ತೇನೆ. ಸಂಚಿಕೆಗಾಗಿ ತೊಡಗಿಕೊಂಡಿರುವ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಹಾಗೂ ಅವರಿಗೆ ಮಾರ್ಗದರ್ಶನ ಮಾಡಿ ಪ್ರೋತ್ಸಾಹಿಸುತ್ತಿರುವ ಶಿಕ್ಷಕ ವೃಂದಕ್ಕೆ ನನ್ನ ಅಭಿನಂದನೆಗಳು.



ಪ್ರೊ| ಬಿ.ಎ. ಅಚಾರ್ಯ

ಸಂದರ್ಶಕ ಪ್ರಾಧ್ಯಾಪಕರು



Mr. Manoj Poojary

B.Sc. Hospitality Science
Batch: 2008-11
Presently working as
Director (Operations) at
Hotel Manipal Inn,
Udupi.

"Udupi Group of Institutions, Manipal is one of the very few institutions which offers quality education, packaged with the right mix of experienced faculty, inculcating the need for overall personality development and providing the required industrial exposure among the aspiring young minds, thereby moulding them to face the challenges of the outside world. UGI has definitely helped me explore my potential and had given me a platform to exhibit the same and had been instrumental in my successful career."



Ms. Rashmitha

B.Sc. Fashion Design
Batch: 2019-22
Presently working as
Digital Visual Merchandiser
at Rinteger, Bengaluru.

I have been given countless opportunities to grow and learn, both inside and outside the classroom. I had the privilege of working with brilliant minds and passionate individuals who have challenged me to be my best self. Thank you for investing in me and providing me with the tools and resources I need to pursue my dreams. I am honored to be a part of this institution and grateful for all that you do.



Ms. Reema Almeida

B.Sc. Nursing
Batch: 2012-2016
Registered Nurse
Leicester Royal Infirmary
Hospital,
Leicester, United Kingdom

When I think about my life at present, it's definitely because of the support and encouragement received from the institution. Thank you for giving me a safe environment to study and to achieve my dream job. I appreciate the positive drastic growth and development of Udupi Group of Institutions in past years in delivering professional education to the society. All the best.

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Ms. Shahana Faiyyaz

B.Com, A.H.M
Batch: 2018-2021
Presently working as
Sales & Admin Executive at
Megestic Global Logistics
Network , Udupi

During my time at Udupi Group of Institutions, Manipal, I focused on extra-curricular activities in addition to my studies. I am now able to communicate with confidence to my customers from around the world. I appreciate the guidance I received from my college in getting to where I am today. Very thankful to UGI.



Ms. Ashika

B.Sc. Food Technology
Batch: 2018-21
At present working as
Shift Manager at Kauzina
Food Tech. Pvt. Ltd.
Bengaluru.

It's been fortunate to be a part of the SRMSCETR, Bareilly where I got the platform to enrich my skills and henceforth a bright light towards my life, with the support and endeavor of my faculty members all the way with my family.



Ms. Preema Corda

B.Sc. Hospitality Science
Batch: 2018-21
Presently working as
Asst. Front Office Manager at
Juffair Avenue Suites, Al-Juffair,
Manama, Kingdom of Bahrain.

I would like to thank Udupi Group of Institutions, Manipal for being so supportive and helping me throughout to develop my personality thereby making me what I am today. The faculty and college management have been very helpful and friendly. I wish this institution goes on doing great stuff and help students achieve their dreams.

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Ms. Anusree P

B.Sc. Nursing
Batch: 2014-2018
Presently working as
Registered Nurse
Chesterfield Royal NHS
Hospital, UK.

My department encouraged me to explore my talent & potential by providing an exceptional integrated learning environment. I am really grateful to my teachers who have changed my whole aspect towards learning. I express my heartfelt thanks to the institution for giving me the perfect opportunity to explore myself.



Mr. Sampath

G.N.M
Batch: 2017-2020
Presently working as
Occupational Health Nurse at
MRPL Hospital - Mangalore

Udupi Group of Institutions, Manipal is the name which, I can't forget in my whole life. My entire beautiful college life has been spent in it. When I had taken admission here, I was very immature and had no aim. But after spending time here, I've got very good friends and very friendly environment. Teachers are very supportive with friendly nature. All faculties are very nice and infrastructure of the college is also very good.



Mr. Vinuth Kumar

B.B.A with A.H.M
Batch: 2017-20
Designation : Security Officer
Quikjet Cargo Airlines Private
Ltd. (Prime Air), Bangalore.

As far as I know Udupi Group of Institutions, Manipal is a unique college as it imparts education as per the needs of the present competitive environment. It is an institution where the emphasis is given to the overall development of the student with much priority to industrial exposure and personality development so that graduates can lead the world.

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Ms. Shikha N. Shetty

B.Sc. I.D&D
Batch: 2018-21
Presently working as
Associate Interior Designer in
Bonito Designs, Bengaluru.

I really feel proud on saying that I have completed my graduation from Udupi Group of Institutions, Manipal. The thing I admire the most is the support from the institution at every step. My teachers really helped me a lot in brightening my future. I am really thankful to UGI because whatever I am today is just because of it.



Ms. Ruksana Ahamed

G.N.M
Batch: 2019-23
Nursing Officer
Yenopaya Speciality Hospital
Deralakatte, Mangalore

My department encouraged me to explore my talent & potential by providing an exceptional integrated learning environment. I am really grateful to my teachers who have changed my whole aspect towards learning. I express my heartfelt thanks to the institution for giving me the perfect opportunity to explore myself.



Mr. Mohammed Sahal

B.B.A with SCLM
Batch: 2019-22
Logistics Co-ordinator at
Mercedes Benz
(Nasser Bin Khaled Groups)
Doha, Qatar.

I would like to express my heartfelt appreciation for the outstanding education and support you have provided me during my studies. Your commitment to excellence has played a crucial role in shaping the future of many young minds and your dedication in delivering quality education is truly commendable.

I feel the success of your students is a testament to the hard work and passion of faculty members of the institution. The commitment in providing a supportive learning environment, quality resources and opportunities for growth have undoubtedly contributed to the success of the students.

I have no doubt that Udupi Group of Institutions will continue to produce exceptional graduates who will make a positive impact on the world.

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ANNUAL REPORT

Udupi Group of Institutions, Manipal was established in the year 2002 with the aim of providing opportunities for students seeking professional courses. The institutions are affiliated to Mangalore University, Mangaluru/Rajiv Gandhi University of Health Sciences, KSDNEB, Bengaluru, recognized by INC, KNC and approved by Government of Karnataka as per the course and the statutory body requirements. The college for the past two decades has been successful in transforming students into perfect professionals by providing hands-on training with disciplined class room teaching and practical exposure by industrial training. Udupi Group of Institutions offer professional courses such as B.Sc. Hospitality Science, B.Sc. Food Technology, B.Sc. Interior Design & Decoration, B.Sc. Fashion Design, Bachelor of Business Administration (B.B.A), Bachelor of Commerce (B.Com), Bachelor of Computer Application (B.C.A), Aviation Hospitality Management, Supply Chain & Logistics Management courses, Chartered Accountant (C.A) and Company Secretaryship (C.S) Coaching through Udupi College of Professional Studies. B.Sc, M.Sc. and P.C.B.Sc. Nursing courses through Udupi College of Nursing, General Nursing (G.N.M) course through Udupi School of Nursing, Bachelor of Physiotherapy (B.P.T) through Udupi College of Physiotherapy and B.Sc. Medical Lab Technology, B.Sc. Cardiac Care Technology, B.Sc. Respiratory Care Technology, B.Sc. Medical Imaging Technology through Udupi College of Allied Health Sciences. The college has students from all over Karnataka and other states. The institute has a team of dedicated teaching and non-teaching staff members who have been toiling hard for the academic growth of students and their all-round development.

ACADEMIC ACCOMPLISHMENTS

Excellence in academics is the hallmark of a good institution. We are proud to state that the college has secured exceptional results in examinations conducted by Mangalore University, Mangalore and Rajiv Gandhi University of Health Sciences, Bangalore during the academic year 2021-22 and it is an honour to mention that the final year students who have been graduated were placed for jobs in various companies in India as well as abroad.



STUDENTS' PARTICIPATION/ACHIEVEMENTS


- Students participated in Mangalore University Inter-collegiate Kabaddi Tournament held at Govt. First Grade College and Centre for P.G Studies, Thenkanidiyoor, Udupi on 8th December 2021.
- Ms. Sana, student of III year B.Com with A.H.M. has secured First Place in the Mangalore University Inter-Collegiate Karate Women (Kumite 45kg) Tournament held at Mangalore University Campus on 26th February 2022.

- Students participated in "Aakriti "An Inter-collegiate Cultural & Techno Fest organized by Canara Engineering College, Mangalore on 26th, 27th and 28th May 2022 and won 2nd prize in Symphony (Antakshari) & 1st Prize in Eat-O-Meter (Eating competition)
- Ms. Harshitha Gopal Naik student of II B.Sc.F.D participated in Unit Level Poster Making competition held on 26th July 2022 at Dr. G.Shankar Women's First Grade College, Ajjarkad, Udupi, Inter-Unit Level Poster Making competition held on 29th July 2022 at Besant Women's College, Mangalore and State Level Inter-University Poster Making competition held on 3rd August 2022 at Rani Channamma University, Belagavi on the occasion of "Aazadi Ka Amrith Mahotsav".
- Students won Overall Championship in 'DIETIC 3.0' - an intercollegiate fest at P.A First Grade College, Mangalore on 2nd August 2022.
- Students won the overall championship in "Inspirente Wow Fest 2022" an Inter-collegiate Design Fest held on 4th & 5th August 2022 at IDS College, Mangalore.

EVENTS AND ACTIVITIES

- A Faculty Development Programme on "Classroom Management" was held on 27th October 2021. The resource person was JC. Rajendra Bhat K, National Level Trainer, JCI.
- A Seminar was conducted on "Employability Skills" for final year students during October 2021 by late Mr. Subba Rao, Former Lecturer of our institution.
- A recreational visit was conducted for the Staff to Honnavar, Uttara Kannada on 13th November 2021.
- Celebrated 116th Founder's Day of Canara Institute of Bank Management, Manipal at our institution on 19th November 2021.
- A Special Lecture was held for Aviation & Hospitality Management Students by Shri. M. R. Vasudeva, Former Director, Mangalore International Airport, Mangalore on 5th & 12th January 2022.
- Inauguration Ceremony of NSS Unit of the academic year 2021-22 & National Youth Day Celebration was held on 12th January 2022. Mr. Vishak G. Shetty, Lecturer, Poorna Prajna Pre- University College, Admar & Poorna Prajna Evening College, Udupi was the resource person and various activities have been organized by the NSS unit throughout the year.
- Celebrated Republic Day in association with Canara Institute of Bank Management, Manipal, on 26th January 2022.
- As a part of academic curriculum students of B.Sc. Fashion Design visited AdiLakshmi Garment Industry, Kodsarabettu, Nandalike on 2nd March 2022.
- As a part of academic curriculum students of B.B.A and B.Com visited Yashaswi Marine Ingredients, Kodsarabettu, Shivalli, Manipal on 2nd March 2022.
- Students of B.Sc. Nursing participated in Pulse Polio Immunisation programme held from 27th February 2022 to 2nd March 2022, initiated by urban primary Health Centre, Manipal.
- As a part of Talents Day 2021-22, Inter-house Drawing Competition on 4th March 2022, Mehendi Competition on 5th March 2022, Elocution Competition (Tulu, Kannada, Malayalam, Hindi & English) on 11th March 2022, Cooking Competition on 12th March 2022, Flower Arrangement Competition on 18th March 2022, Rangoli Competition & Pottery Craft Exhibition was held in the college campus on 19th March 2022.
- One day special workshop on Pottery Crafts for students of Fashion Design department was held at Potters Cottage Industry, Perdoor, Udupi on 10th March 2022.


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- A Seminar on "Social Skill Development" was organized by the Social Club "Prerana" on 14th March 2022. The resource person was Smt. Soujanya Shetty, Counsellor and Administrative Officer, Dr. A.V. Baliga Memorial Hospital, Udupi.
 - "Talents Day" 2021-22 was organized at Town Hall, Ajjarakadu, Udupi on 30th March 2022.
 - Oath Taking Ceremony and Welcoming Day for students of Department of Nursing, A.H.S & B.P.T was held on 11th April 2022 at Town Hall, Ajjarkad, Udupi.
 - Workshop on 'Fabric Painting' was conducted for students by Ms. Pooja, Fevicryl Trainer on 28th May 2022.
 - A workshop on 'Making of an Effective Teacher' was held for the staff of our organization on 4th June 2022. The resource person was Prof. (Major) Radhakrishna, Master Facilitator in Leadership & HRD.
 - Department of Fashion Design organized a Fashion Show "Fashion Fiesta" on 11th June 2022 at City Centre Mall, Udupi.
 - "Sanjeevani" (Health Club) organized a seminar on "Impact of Yoga in Modern Life" on 25th June 2022. The Resource Person was Dr. Vijay B. Neglur, Professor, Department of P.G Studies in Swasthavritta, SDM College of Ayurveda, Udupi.
 - Organized "Kandodu Onji Dina" on 16th July 2022, near Sea View Resort, Kadekar, Udupi by conducting various aquatic games of Tulunadu for students.
 - A seminar was organized on 'Critical thinking in Nursing' on 28th July 2022. The resource person was Mrs. Parvathi Shankar, Nurse Educator at Parker Jewish Institute for Health Care and Rehabilitation, New York, USA.
 - A Seminar on "Making a successful career in Digital Marketing" held for BBA & B.Com final year students on 10th August 2022. The Resource Person was Mr. Farhan, SEO specialist at Dzzign (A Dubai based company).
 - A Seminar on "Udupi Sarees" was conducted by Mrs. Mamtha Rai, President, Kadike Trust Karkala on the occasion of "National Handloom Day" for students of Department of Fashion Design on 8th August 2022.
 - Celebrated "Azadi Ka Amrith Mahostav" by hoisting the National Flag on 13th, 14th & 15th August 2022 in the campus.
 - Celebrated "Teachers' Day" on 5th September 2022. On this occasion we were honoured to felicitate Prof. B. Ananthayya Acharya faculty member of our institution for his selfless service in the field of education. All the teachers were honoured by Prof. B.A Acharya. Cake cutting ceremony and few games were organized by the students for the teachers.
 - "Pookalam" competition was held on the occasion of Onam and traditional lunch (Onam Sadhya) was served for the students, staff and public on 17th September 2022.
 - Organized a seminar on 'Career Prospects for Nurses' on 21st September 2022 from 2:30 pm to 3.30 pm. The resource person was Dr. Subramanya Nairy, Researcher at Canadian Foundation for Policy Research at Camlops, British Columbia, Canada.
 - Celebrated 'Gandhi & Shastri Jayanti' by organizing various competitions for the students like Mahatma Gandhiji portrait drawing, Elocution and Singing competition in the college campus on 2nd October 2022.
 - Department of Fashion Design organised a fashion show "Fashion Fiesta 2022" on 15th October 2022 where the final year students of B.Sc. Fashion Design showcased their final collections outfits on the ramp.
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- Koti Kanta Gayana was organized on 28th October 2022 in the college campus as per order of Government of Karnataka during which students presented Nadageethe composed by Rastrakavi Kuvempu.

FACULTY PARTICIPATION

- Dr. Bhavana Seth participated in the One Day National Webinar on "Mental Well-Being and Stress Management during Covid-19 Pandemic", organised by Department of Education in collaboration with Internal Quality Assurance Cell (IQAC), Srikrishna College, Bagula, Nadia, West Bengal held on 29th September 2021.
- Mr. Annappa Shetty participated in 3 days online FDP on 'Empowering Commerce Teachers for NEP 2020' held from 4th October to 10th October 2021.
- Mrs. Pallavi participated in 3 days online FDP on 'Empowering Commerce Teachers for NEP 2020' held from 18th October to 24th October 2021.
- Mrs. Pallavi has participated in the One Day Workshop on Choice Based Credit System (CBCS) of V semester BBA Syllabus of Mangalore University on 19th November 2021 held at Manjunatha Pai Memorial Govt. First Grade College of Professional and Business Management, Karkala.
- Ms. Asha Melita D'Souza has participated in one day Workshop on 'First Semester NEP B.Com Courses' held at St. Agnes College (Autonomous), Mangaluru on 20th November 2021.
- Mr. Ramakrishna Nayak has attended One Day Workshop and Interaction on "National Education Policy - 2020" held at Dr. G. Shankar Government Women's First Grade College & P.G. Study Centre, Ajjarkadu, Udupi on 29th November, 2021.
- Mrs. Liji K. Oommen has attended One Day Workshop and Interaction on "National Education Policy - 2020" held at Dr. G. Shankar Government Women's First Grade College & P.G. Study Centre, Ajjarkadu, Udupi on 29th November, 2021.
- Ms. Asha Melita D'Souza participated in 3 days online FDP on 'Empowering Commerce Teachers for NEP 2020' held from 30th November to 2nd December 2021.
- Mr. Rakesh Shetty, F&B instructor of our institution had been a Judge for "Khana Khazana" Cooking Competition held at CSI Christa Jyothi Church, Korangrapady, Udupi on 28th August 2022.
- Mr. Vijay B. R. Shetty & Mr. Rakesh Shetty have conducted Cooking Classes for the prisoners at Hiriyaadka jail, Udupi on 26th December 2021.
- Mr. Vijay B. R. Shetty, Associate Professor, had been as a Judge for cookery competition held at St. Peters Church, Petri on 8th September 2022.

National Service Scheme

- Art by NSS Volunteer Samraddhi S. Nayak (II BBA) on Covid awareness.
 - NSS Unit of our institution celebrated "Constitution Day" on 26th November 2021 by live telecasting the Speech delivered by President of our country in Parliament.
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- A Fire Safety Awareness Programme was organized by NSS unit of our institution on 23rd December 2021. The Resource Person was Mr. Sathyaraj, Fire Safety Officer, First Neuro Hospital, Mangalore.
 - Inauguration Ceremony of NSS Unit of the academic year 2021-22 & National Youth Day Celebration was held on 12th January 2022. Mr. Vishak G. Shetty, Lecturer, Poorna Prajna Pre- University College, Admar & Poorna Prajna Evening College, Udupi was the resource person and various activities have been organized by the NSS unit throughout the year.
 - Volunteers of NSS unit visited “Krishnanugraha” Orphanage, Udupi and celebrated ‘Azadi ka Amrit Mahotsav’ by conducting activities for children. Volunteers donated food stuff, clothing etc. and spent memorable time with them on 26th February 2022.
 - Students team of NSS Unit of Mangalore University, headed and guided by NSS program officer of our institution Mr. Sanath Kotian, Lecturer, won Runner-up in State Level NSS Youth Festival 2022 held at University of Horticultural Sciences, Bagalkot from 13th March to 17th March 2022.
 - NSS volunteers participated in National Level NSS Fest held at Canara College, Mangalore on 10th June 2022.
 - Campus Cleaning programme and “Vanamahotsava” by NSS Volunteers held at Government Composite High School, Rajeev Nagar, Manipal on 18th June 2022.
 - Warli Art by Volunteers of NSS unit held at Govt. Composite High School, Rajeev Nagar, Manipal on 18th and 20th June 2022.
 - Celebration of ‘International Day Against Drug Abuse & Illicit Trafficking’ by NSS unit held at Govt. Composite High School, Rajeev Nagar, Manipal on 27th June 2022.
 - A Seminar on ‘Renewable & Alternative Energy Sources was organized by NSS unit of our institution & Science Club of Govt. Composite High School, Rajeev Nagar, Manipal held on 21st July 2022.
 - Collage Making Competition organized by NSS unit of our institution on the occasion of Aazadi ka Amrit Mahotsav on 15th August 2022.
 - ‘Har Ghar Tiranga’ campaign carried out by volunteers of NSS unit & distributed more than 400 flags to the public and students on 12th August 2022.
 - Volunteers of NSS unit celebrated “Sadbhavana Divas” by Oath Taking on 18th August 2022.
 - Beach cleaning activity undertaken by the volunteers of the NSS unit at Maple Beach, Udupi on 20th August 2022.
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CENTRAL LIBRARY



A well-equipped library is an essential and integral component of any education system, especially of higher education. Without a proper information and knowledge infrastructure, no education system can sustain and achieve its stated goals and objectives. Library is a hub of all activities of education.

The institution has a spacious and well equipped library with around 12000 books from various Indian and foreign authors which caters to the needs of students from different streams.

Journals, magazines and newspapers are also available in the library to enrich the knowledge of students in the current scenario.

Total No. of Volumes: 12000 , Total No. of Titles: 3500

E-LIBRARY

The institution library is equipped with all the requirements for the digital access of the information by the students. The library also has access to many pdf versions of the text books.



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Administrative Officer
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Mr. Vishwanath
Cook



Mr. Gopal
Cook



Mr. Ashok
Cook



Mr. Manohar
Cook



Mr. Shaji
Cook



Mr. Raghavendra
Kitchen Helper



Mr. Umesh Bola
Security Staff



Mr. Edwin Lobo
Housekeeping Supervisor



Mr. Thammayya
Housekeeping Staff



Mr. Harish Bangera
Housekeeping Staff



Mr. Bhoja
Housekeeping Staff



Mrs. Vasanthi
Housekeeping Staff



Mrs. Bhoramma
Housekeeping Staff



Mrs. Seetha
Housekeeping Staff



Mrs. Janaki
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Mrs. Parvati
Housekeeping Staff



Mr. Sudhakar
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Mrs. Nirmala
Housekeeping Staff



Mrs. Surekha
Housekeeping Staff

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ADHISHEK K



ABIN SAJI



ADITHYA



AHAMED NIMANSHA



AJITH



AKILESH



ANISH



ARJUN T V



ARUN SIBI



ASHLEY FURTADO



ASHLIN CLAVIN CASTELINO



ASHRITHA



ASHWIN LAWRENCE D SOUZA



ASHWIN SOLOMON KUNDER



ASWIN SUBHASH



ATHMIK K GOWDA



ATHMIK K GOWDA



CHETHAN



DANI JOSEPH



DEVARAG N



DHANUSH KUMBAR G



DHANUSH M BANGERA



DHEERAJ



HARISH



HARSHITH



JAYARAJ MADEVA GOND



JOHNSON PREM KUMAR



JOSEPH SAJI



KALLIANPUR MOHAMMED SHAZIL



KARTHIK K SHETTY



KARTHIK



MANIKANTA SEETHARAMA SHETTY



MANISHA R KANABUR



MENEZES JENITA PRIYA FRANCIS



MIDHUNRAJ V



MOHAMMED ADNAN SHEIK



MOHAMMED FARHAN



MUHAMMED MEKADAN



DHANRAJ SHETTIGAR



NAVEEN M NAIK



NIKHIL S NAIK



NITHESH



NITHIN C PHILIP



NITHIN NAYAK



PARIKSHITH R PRABHU



POOJARY VISHWAS SANJEEVA



PRASAD L



PRATEESH KUMAR



PREETHESH ROAN NORONHA



PUNEETH



PUNITH KUMAR



RAHUL ATV



RAKESHA



RAKSHITH



RANJITH POOJARY



RASHMITH J PALAN



RAZIB



ROHAN MARK MENDONCA



ROYSTAN DESMOND JOSEPH PICARDO



SAHIL AHAMAD J



SAKETH N



SAM SIDNEY



SAYED NABIL



SHAINA MARIYA PASANNA



SHARATH



SHASHIDHARA



SHAVOOL HAMEED



SHWARAJ



SHREYAS A PALAN



SIDDHARTH PRABHU



STEFFI SANDRA MASCARENHAS



SUKESH SHETTY



SUMANTH



SWATHI GANESH POOJARI



VIGNESH KOTIAN



VJESH SHETTY



VISHWANATH



VIVEKANAND MATHPATI



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ADARSH



ALTO SEBASTIAN



ANANYA T J



ARYA KRISHUAN



ASHIKA



ASHISH JIMMY



BIBIMOL BINOY



BIBIN BABY



DEEKSHITH J G



DIYA GRACE SHAJI



JEEVAN NAIK



KAIYA MANJUNATH PATAGAR



MADHUKARA



MANOJ S KOTIAN



MOHAMMED AYMAN KHALIK



MOHAMMED NAMEER SAHEB



NITHISH K GOWDA



PRATHVI C



SHASHANK J R



SHRAVYA



SHWETHA



SISIRA K



SPANDANA H G



SUHAS U



TEJAS MANJUNATH NAIK

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ANNA JOHNKY KUTTY



MARUTI DEVAPPA NAIK



MOHAMMED ALPAZ ALAM



RITHIK



S MOHITH KUMAR

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ABU RAHAMAN



ANTHONY VINOD NAZARETH



AUSTIN DALMEIDA



CLEVAN RODRIGUES



DAYESH



DIVYA N GOUDA



HARSHITHA



KAVYA KAMALAKAR MESTA



LOYAL CARDOZA



MANAVI E R



MINITHA D SOUZA



MOHAMMED NABEEL



MOHAMMED SHAHIL



MOHAMMED SUBHAN SHAGUDON



NAMITA M MESTHA



NITHIN SHETTY



POOJA V PUTHRAI



PRATHEEKSHA



R GURURAJA



RAJABU



RAJESHWARI



SACHIN



SANA



SATYANARAYAN MOHANA ACHARYA



SEEMA



SHEIK ASHAD



SHEIKH AFAN



SIBCHANA SRIYAN



SUDEEP



SUPREETA VENKATESH ACHARI



VJETHA



VISHWAS PRINSON COTHA

B.Sc. Fashion Design Batch 2019-2022



AMISHA S ACHARYA



AMISHA



ANGEL SNEHA MABEN



ANISHA



ANURAGA M



ANUSHKA S



ATHIRA GIREESH



MANOJ V S



MEGHA



NIFA NAZ



NISHA GOMES



NISHMITHA



NIVEDITHA



POOJA B



PRITHVIRAJ SHETTY



RAJENDRA S



RASHMITHA



SUJNANA



SWATHI S SHETTY



VAISHNAVI

Bachelor of Business Administration & Aviation & Hospitality Management Batch 2019-2022



AFTHAB AHMED



AMAL C



ANISHA LARA SOANS



ASWATHY I D



CHARAN KUMAR



DEVADIGA NIHAL LAXMAN



DIVYASHREE



ISHAN SHEIKH



JOYAL THANKACHAN



KARTHIK KUMAR B S
VARAMBALLY



KRUTHIKA M



MOHAMMED AL REHAN RAFIQ



MOHAMMED ANAS



MOHAMMED JASHVEED



MOHAMMED SAHAL SADIQ



MOKSHA J SALIAN



RAYYAN BANU



REEMA SHEIKH



REKHA ACHARYA



SAHAD



SAYED MISBHA



SHAKH IMRAN



SHARAN PUTHRAN



SHIVANI



VIGNESHA

B.Sc. Nursing Batch 2019-2022



AISHWARYA NIVRUTTI
WAOMARE



ALBI SABU



ALEENA THOMAS



AN BEULAH FRANK E



ANAGHA ANS JOSE



ANCY R D



ANSUMOL ANTONY



ANINA KUNJUMON



APARNA PETER



APARNA SHINU



APOORVA



ARYA BABY



ATHIRA BABY



BJOY WILFRED



BLESSY B



CHAITANYA



DEEKSHA



DEEKSHITHA



DHANYAMOL JOSEPH



DHARMISHA K S



DIVYA



DIYA TERRENCE



DONA SEBASTIAN



DORAMARY S



HRIK NAYAR



JOSNI JOSE



JUHIL CHACKO



JULIYA BIJU



JYOTHI SHIVAMOORTHI ILAGER



KAVITA M KAMBALI



KAVITA SHIVARUDRA
GHODAGERI



KAVYA



KOKILA



MAMATHA



MARIYA JOHNSON DAVID



MENANCY L



NAGASHREE



NIMI BARLA



NISCHITHA PRABHU



NISHITHA B



NITHEESHA DIAS



NIVEDITHA



POORNESH



RAKSHITHA



RASHMITHA



RIYA ALMEIDA



SANDEEP SHETTY



SANDRA JACOB



SHIVALAKSHMI P



SHWETHA



SIBIN FRANCIS



SIVA PRASAD R



SONU SABU



SRAJANA



SREELEKSHMI G



SUBHASHINI



SWATHI



THILAK PRABHU



VINALI



VISHAL

General Nursing and Midwifery Batch 2019-2022



AKSHATHA



AMISHA R SHETTY



ANANYA K M



ANURADHA



ASHA



CHAITHANYA KUMARI



CHAITHRA KUMARI



CHAITHRA



DEEKSHA



DEEPTHI



JANARDHANA RAMA NAIK



JOYALINI SERAVO



KAVITHA



MANJULA



PRASHASTHI



ROHINI



RUKSANA SAYED H



SHARMILA HEGDE



SUGUNA



SUMANTHA I R



SUREKHA



SWATHI GOPAL NAIK



SWATHI SABU

B.Sc. Nursing Batch 2019-2022



AKSHATHA



ALENA SEBASTIAN



AMEERSHA A N



ANJUM M



ANNA JOY



ANUSHA



ANVITHA



ASHWINI S R



ASHWITHA K K



B GANESH



CHATHRA GIRIAPPA MOGER



CHAITRA



DARIYA D NADAF



HARSHA VARGHESE



JAYASHRI



K DIVYA



K N PRAJWAL



KEERTHESH



MEGHA R G



MEGHANA B A



NAYANA



NITHEESH KUMAR



PLAVEENA DSOUZA



PRAJWAL SHETTIGARA B



PRAJWAL



RASHMITHA



RAVIKIRAN NAIR



SAHIL PATHAK



SHASHWATH H S



SHIVRAJ M



SHREELATHA



SHREELATHA



SONU PATHAK



SOWJANYA



SUCHITRA B S



SUREKHA MARAKALTHI



SURENDRA



SWATHI NAIR



VIMALA

General Nursing and Midwifery Batch 2019-2022



ABHINAYA



AKSHATA RAMACHANDRA
MOGERI



ALPHA PATRICK FERNANDES



ANUSHA N D



ASHA REMANDI FERNANDIS



DEEKSHITH KUMAR



DEEPA



DHANASHRI DHARMA MOGERI



DHANUJA



LAXMI DATTATREYA NAIK



MADHURA MAHADEV GOUDA



MANJULA MANJUNATH MUKRI



MANJULA



MEGHA L



MOULYA K M



NAYANA RAMACHANDRA
ACHARI



PALLAVI S N



PAVITRA DHARMA NAIK



PRATEEKSHA SHRIDHAR
SHETTY



PRATHEEKSHA



PRATHVI



PRATIGHA MADEV GOUDA



RADHIKA SHANIVKAR NAIK



S NAVYASHREE



SAVITHA



SHILPA



SHRISHTI



SHWETA BABU NAIK



SINDHU GANAPATI ACHARI



SMITHA E



SPOORTHI R



SUBHASHINI T



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Megha

B.B.A.



Reema Sheikh



Afthab Ahmed

B.Com



Anthony Vinod
Nazareth



Loyal Cardoza

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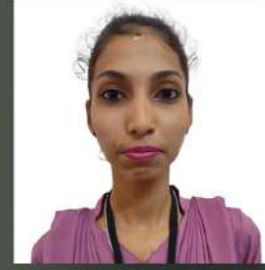


Anvitha



Niveditha

G.N.M



Nayana
Ramachandra
Achari



Amisha R.
Shetty

Academic Achievers 2021-22



TALENTS DAY





TALENTS DAY





SPORTS DAY

KANDODU ONJI DINA





Fashion Fiesta





Bram
Celebration



FASHION BLINGS





NSS Activities



The National Service Scheme (NSS) unit of Udupi College of Professional Studies Manipal (UCPS) was started its annual activities on 12th January 2022. Unit consists of 81 energetic volunteers who are studying in different courses of our institution. Mr. Sanath Kotian, Lecturer of our institution has been appointed as NSS Programme Officer, Mr. Abdus Subhan from II B.Com and Ms.Siya from II B.B.A were selected as NSS Secretaries for the academic year 2021-22. Inauguration of the NSS unit & Orientation Programme for NSS volunteers were conducted on 12th January 2022. Mr.Vishak G. Shetty Lecturer, Poorna Prajna Pre-University College, Admar and Poorna Prajna Evening College, Udupi was the resource person for the programme. He well graced the event by boosting the NSS volunteers with the knowledge of NSS.



Mr. Sanath Kotian
Lecturer and N.S.S Programme Officer

NSS Activities



- A Seminar on 'Renewable & Alternative Energy Sources' was organized by NSS unit of our institution & Science Club of Govt. Composite High School, Rajeev Nagar, Manipal held on 21st July 2022.



- 'Har Ghar Tiranga' campaign carried out by volunteers of NSS unit & distributed more than 400 flags to the public and students on 12th August 2022.



- Collage Making Competition organized by NSS unit of our institution on the occasion of Aazadi ka Amrit Mahotsav on 15th August 2022.



- Volunteers of NSS unit celebrated "Sadbhavana Divas" by Oath Taking on 18th August 2022.
- Beach cleaning activity undertaken by the volunteers of the NSS unit at Maple Beach, Udupi on 20th August 2022.



NEVERLAND MAKES SENSE

Children's stories makes more sense as an adult! That is a fact. For instance, the Peter Pan story, which in a nutshell is Peter Pan a magical boy from a magical land named neverland where no one grows old and can live without any care. He is a hero that goes around the magical land to experience marvelous and exciting adventures.

Another character named Wendy who has to grow up and take responsibilities given by her parents and can no longer play with her little brothers all day long while reciting fictional stories. As story goes Peter Pan takes Wendy along with her brothers and fly with pixie dust of Tinkerbell and reach Neverland where they can live young and happily. At the end Wendy realises that she has to leave the place and get back to her parents where she actually belongs.

As an adult this story just brings more sense to it. I realized that the hero wasn't Peter Pan but Wendy who didn't wanted to grow up and ran away to find comfort just to realise that comfort lies at her home with her family and not on some far away magical land.

Everybody is familiar with the feeling that things are not as they should be. That you're not successful enough, your relationship, looks and life is not satisfying enough that you don't have the things you crave. A chronic dissatisfaction that makes you look outwards with envy and inwards with disappointment.

Due to constant pressure people tend to make their own little world with a personality and storyline of their dreams. This fantasyland has imaginary characters that make them feel safe. They practically live in the made-up world in the course to find comfort instead to making efforts in real life

This creates space between family and friends to connect to us and we end up living an empty life just going with the flow of it without actually enjoying and feeling emotions from real life.

Coming in terms with this situation and differentiating between real and made up world becomes a necessity.

Improving communication with your close ones is an essential step and much needed one for today's youth.

The neverland that we make and live in is not real and only a way to run from our responsibilities in real life. Thus, the children's movie gives an important message to the youth to bid goodbye to our own Neverland and that no matter where you go it never will be your home, your comfort that you yearn for.

In the end, how you experience life is a representation of what you believe about it.

If you attack your core beliefs about yourself and your life, you can change your thoughts and feelings, which automatically changes your behavior. It's pretty mind-blowing that something as simple as self-reflection can hack the pathways in our brain to fight dissatisfaction and be grateful. Being a human is hard, but it doesn't need to be as hard. And, if you actively look, you might find that your life is much better than you think.



Aishwarya Shettigar
II B.Com

TO MY YOUTH

"YOU ARE ONLY YOUNG ONCE, AND IF YOU WORK IT RIGHT, ONCE IS ENOUGH."

1 Teens or 20s can be pretty confusing time in life. Do you remember those days when only sky was limit? The magic of world tends to fade away as we grow, there's a sense of freedom, yet you're weighed down by new responsibilities. You have to deal with the realities of adulting from job hunting to juggling relationships. This may be a hard phase of your life, but this is also the best time to discover WHO YOU ARE.

Being an adult isn't always the utopia we imagined it to be. The pressure of being an adult and feeling like you're too young to meet the expectations of the world. It's completely okay to acknowledge, to make mistakes and to feel emotions. Sometimes life doesn't go the way we want it to be so never forget the inner youth within yourself follow your pace, make new friends live your life to the fullest and remember there is no need to rush.

3 Never compare yourselves to other and be patient with hardwork, you may fail a couple of times but keep moving towards your goal and cherish every moment and memories which comes to you.



Dane Mendonca
II B.Com

PERSONALITY PSYCHOLOGY AND ZEN BUDDHISM

Zen Buddhism has been a topic of interest to westerners for a very long time. Zen Buddhism is a movement that occurred in the 1960s and involves monks, their feats and their monasticism, and the study of doctrines. However, Zen Buddhism is also a social and religious aspect that pertains to the everyday beliefs and customs of the followers in addition to the rituals and traditions followed by believers of the religion.

Buddhism basically originated from India and later spread to China, where the early form of Zen initiated and developed and was more commonly

known as Chan. Zazen is the Japanese name for the meditation posture in which Buddha is said to have achieved enlightenment beneath the Bodhi tree and Bodhi Gaya. Zen Buddhism adheres to the Eightfold Path and the four noble Truths which were taught by Lord Buddha.

The primary practice of Zen Buddhism involves "sitting in zazen" which is a type of meditation, in which the meditator is seated with a straight posture with the hands placed on the lap so that the palms face upwards and the thumbs touch each other lightly. In this way, the practice of meditation is assumed and the meditator understands the nature of the self and begins to learn how to avoid attachments, which is believed to be the root cause of all suffering in Buddhism. The tradition of Zen Buddhism focuses on direct communication between the teacher and the student so that the teacher plays a central role in guiding the students to meditate and perform rituals appropriately.

The meditation practice of Zen Buddhism involves the use of 'Koans' which are questions and stories for the students of Zen Buddhism and cannot be comprehended by them easily. The prime purpose of the Koans is to exhaust the logical activity of the human mind to break the conventional perception of reality.

Through the Koan meditation and interview techniques, the Zen masters stimulate the students to come closer to truth regarding the dependent origination of the self. Zen masters assign a Koan to the student following which the student is seated with the Koan in the Zazen or meditation to comprehend the Koan.

During each interview, students are expected to present their understanding of the Koan to their master. However, this presentation is not through verbal communication, rather it occurs through some kind of physical movement. It depends on the teacher to gauge whether the student is successful in the Koan interview and has the authority to reject the presentation of the student.

The successful solving of the Koan implies that the student has achieved an awakening and a level of consciousness. Zen Buddhism does not emphasize the use and reliance on religious texts and verbal discourses and believes that these things only lead to outward answers rather than the inward quest of the self. The practice of meditation for internal awakening is believed to be the quintessence of the religion and adheres to the basic doctrine of Buddhism that the true nature of an individual is within the individual and this can be attained through mindfulness and meditation which ultimately lead to the enlightenment of an individual.

Anthony Vinod Nazareth
B.Com
Batch 2019-22



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CONTRIBUTION OF TECHNOLOGY TO EDUCATION

Technology gives us many facilities, one of them is being the ability to gain knowledge. With technology we can learn or do almost anything. Education is a necessity to gain knowledge and get success in life. Technology does not mean games and watching videos only. It also provides us e-books, learning sessions, important research data, gadgets that we can use to interact with others etc. Classrooms are also getting smarter with the use of latest technologies like smart boards, projectors, visual enhancements etc.. A pandemic caused by a virus known as the novel COVID-19 forces our government to close all schools and colleges for an indefinite time, leaving the fate of students like us in the dark. In a situation like this technology came as a rescuer for us, today technology enables us to study without going to school.

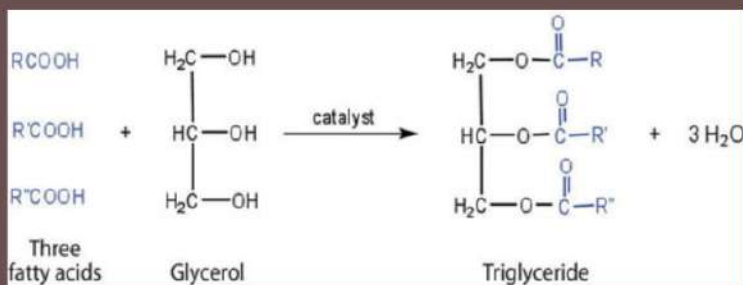
Various sources and applications help us in different forms. Applications like Google Classroom for assignments, YouTube for education lessons, Zoom app for live interactions and doubt clearance, and many other applications which schools are using to provide a blessing for their students in a time of countrywide lockdown. Overall, technology is the central and inalienable part of most of the sectors of society. The scope of "Educational Technology" is huge as the students and teachers are empowered to increase their efficiency in learning and teaching respectively.

Shravya
B.Sc. F. T.
Batch 2019-22



OXIDATION OF FATS AND OILS

Fats and oils have very important role in food processing industries, so it is a very important step to choose good quality fats and oil to produce high quality food products. Different oils have varying shelf life and causes undesirable changes in taste and odor because of breakdown of molecules of triglycerides, and formation of free fatty acid which results into rancidity of fats and oils. Oxidation of fats and oils is one type of rancidity, study of this process helps to determine the shelf life of fats and oils and also maintains food safety and quality. To understand the oxidation of fats and oils first we need to understand about fats and oils. Fats and oils are the lipid compounds which is one of the macronutrient required by human body; they are made up of triglycerides, which is ester composed of three fatty acid units linked to glycerol.



There is a difference in fats and oils because of their physical state and origin i.e, fats are solid at room temperature and are mainly extracted from animal origin whereas oils are liquid at room temperature and are mainly extracted from plants and fishes.

RANCIDITY AND ITS TYPES

Rancidity is a process where fats and oils produce undesirable flavor and odor. There are two types of rancidity:

- Hydrolytic rancidity: The hydrolysis of triglyceride molecule glycerol and free fatty acid in the presence of moisture is termed as hydrolytic rancidity.
- Oxidative rancidity or Oxidation of fat and oil: the spontaneous uptake of oxygen by unsaturated oil which results into undesirable flavor and odor is termed as oxidative rancidity.

OXIDATION/AUTO

OXIDATION/OXIDATIVE RANCIDITY

All these terms have same meaning. In this process when fats and oils exposed to air they take up oxygen and breakdown triglycerides into glycerol and free fatty acids.

For example: We are familiar with the unpleasant experience of eating butter which has undesirable taste and odor this is because of oxidation of fat molecule when butter is exposed too longer to the atmosphere. Oxidation can affect all those food which contain fat and oil in them such as meat, fish, nuts etc.

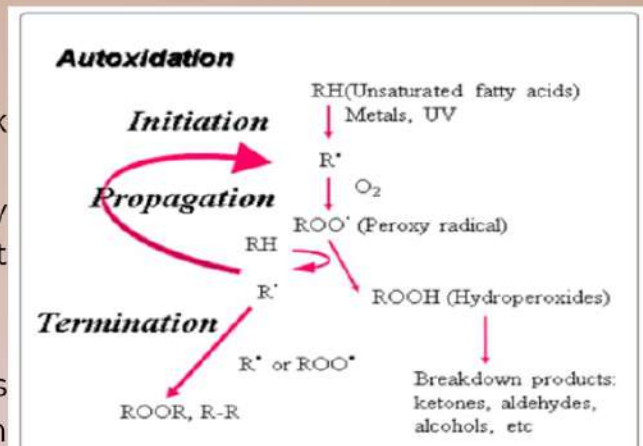
Oxidation fats and oil occur in two stages

First stage: fats and oils take up oxygen, in the presence of light heat and metal fats and oils form free radical which combines with oxygen and form peroxide molecules the new free radical combines with hydrogen and form hydroperoxide take up all oxygen until, all oxygen gets exhausted

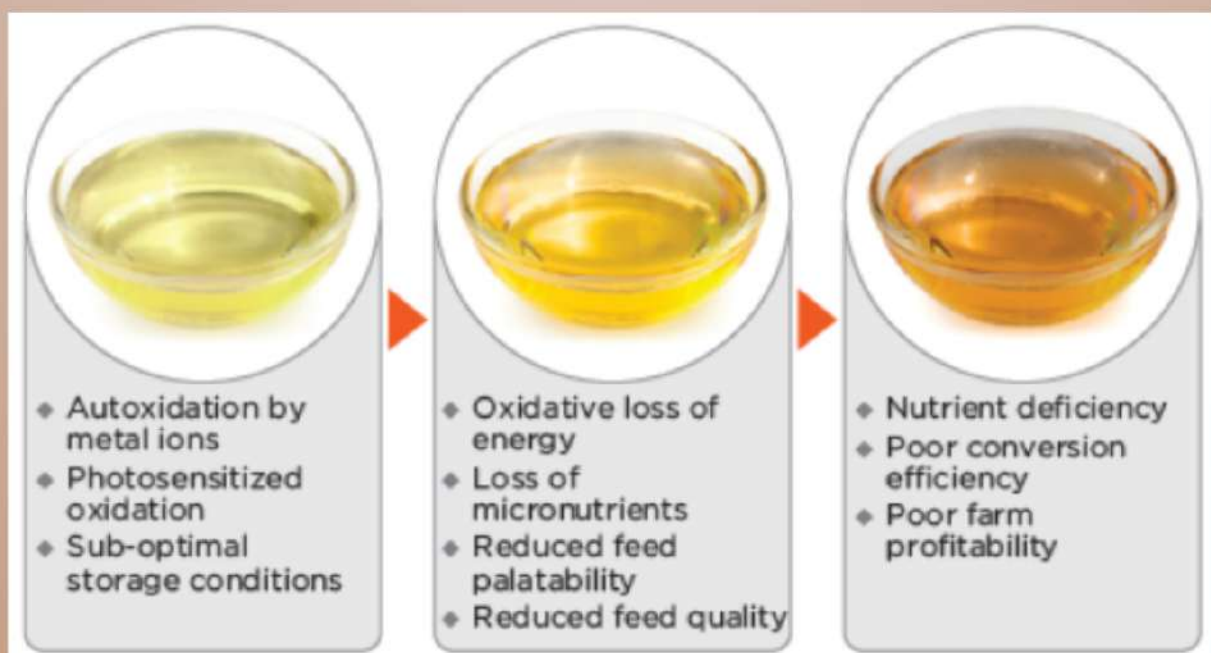
Second stage : peroxides and hydroperoxides formed rapidly breakdown into aldehyde and alcohols, breakdown contributes to the undesirable flavor and odor in rancid fat.

Prevention:

- Store oils and fats in cool dark places
- Keep away from strong smelly foods and use air tight containers
- Avoid exposure to light and air
- Addition of anti-oxidants such as vitamin E and lecithin can prevent oxidation



Duwa Amrin Muskan
III B.Sc. F.T.



HAPPINESS

Happiness is that feeling that comes over you when you know life is good and you can't help but smile. It is an electrifying and elusive state.

Attaining happiness is a global pursuit. Researchers find that people from every corner of the world rate happiness more important than other desirable personal outcomes, such as obtaining wealth, acquiring material goods, and getting into heaven.

According to Aristotle, it's not enough to be skilled or talented in order to live a good life. To achieve happiness, we must be engaged in activities that are intellectually stimulating and that drive us to excellence

Sometimes, life sucks, and sometimes things are fine, but for some reason we still don't feel quite happy. This is why there's more to happiness than comfort. And managing our levels of happiness is an art in itself.

Key factors to our happiness :

- Self acceptance
-
- Autonomy
-
- Environmental mastery
-
- Personal growth
-
- Positive relations with others
-
- purpose in life

Besides feeling good, positive emotions do good things for our brains and bodies. They lower stress hormones, help ease anxiety and depression, and improve our immune system. Feeling some positive emotions every day has a big effect on our happiness and well-being.



Mariam Jo
III B.Sc. Nursing



ತಂತ್ರಜ್ಞಾನ ಸಂಪನ್ಮೂಲ; ಎಲ್ಲರೂ ಹಿತಮಿತವಾಗಿದ್ದರೆ ಚೆನ್ನ

1.

ನಾವು ಪ್ರತಿದಿನ ಬದಲಾಗುತ್ತಿರುವ ತಂತ್ರಜ್ಞಾನದ ಯುಗದಲ್ಲಿದ್ದೇವೆ. ವಿಭಿನ್ನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನದ ಅನುಕೂಲಗಳು ಇರುವಂತೆ ಅನಾನುಕೂಲಗಳು ಸಹ ಉಂಟು, ಆದರೆ ಇದರಿಂದ ದೂರವಿರುವುದು ಮೂರ್ಖತನವೇ ಸರಿ. ಇದ ನಮ್ಮ ಬದುಕಿನಲ್ಲಿ ಹಿತಮಿತವಾಗಿ ಅಳವಡಿಸಿಕೊಂಡರೆ ನಮ್ಮ ಬದುಕು ಮತ್ತು ಚೆನ್ನಗುವುದರಲ್ಲಿ ಸಂಶಯವಿಲ್ಲ.

2.

ಆಧುನಿಕ ಔಷಧ ಮತ್ತು ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ದಿನದಿಂದ ದಿನಕ್ಕೆ ಹೆಚ್ಚು ಹೆಚ್ಚು ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಅಸ್ವಸ್ಥತೆಗಳನ್ನು ಗೆಲ್ಲುತ್ತಿದೆ. ಉತ್ತಮ ಆರೋಗ್ಯ ಮತ್ತು ದೀರ್ಘಾಯುಷ್ಯದ ಸಂತೋಷವನ್ನು ನಾವು ಈಗ ತಿಳಿದಿದ್ದೇವೆ ಮತ್ತು ಅನುಭವಿಸುತ್ತೇವೆ. ಒಂದು ದೇಶದ ಮುನ್ನಡೆಯನ್ನು ಗುರುತಿಸುವುದು, ಅಲ್ಲಿನ ಜನರ ಹಾಗೂ ಬಾಣಂತಿ - ಮಗುವಿನ ಆರೋಗ್ಯದ ಮೇಲೆ ಮುಂಚೆ ಅನೇಕ ತಾಯಂದಿರು ಮಗುವನ್ನು ಹೆಚ್ಚು ಕಣ್ಣು ಮುಚ್ಚುತ್ತಿದ್ದರು. ಈಗ

3.

ಆ ಸಂಖ್ಯೆ ಗಮನಾರ್ಹವಾಗಿ ಕಡಿಮೆಯಾಗಿದೆ, ಆದರೆ ಅದೇ ಸಮಯಕ್ಕೆ ನಿಸರ್ಗಿಕವಾಗಿ ಮಗುವನ್ನು ಹಡೆಯು ಬಹುತೇಕ ಜನರು ಇಷ್ಟ ಪಡದೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಮೊರೆ ಹೋಗುತ್ತಾರೆ. ಇದರಿಂದ ನವಜಾತ ಶಿರುವಿನ ದೇಹದಲ್ಲಿ ಉತ್ಪತ್ತಿ ಯಾಗುವ ಅನೇಕ ರಾಸಾಯನಗಳು ಕಡಿಮೆ ಆಗುತ್ತದೆ

4.

ಹಾಗೂ ತಾಯಿಗೆ ಚೇತಸಿ ಕೊಳ್ಳುವ ಸಮಯ ಜಾಸ್ತಿ ಹಿಡಿಯುತ್ತದೆ. ಯಾಂತ್ರಿಕರಣ, ಉತ್ತಮ ಬೀಜಗಳು ಉತ್ತಮ ನೀರಾವರಿ ತಂತ್ರಗಳು ಮತ್ತು ಕೀಟ ನಿಯಂತ್ರಣದ ಅವಿಷ್ಕಾರವು ಜಮೀನುಗಳಲ್ಲಿ ಉತ್ಪಾದಕತೆಯ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸಿದೆ ಮೊದಲಿನಂತೆ ಬೆಳೆ ಹಾಳಾಗಿ ರೈತರು ಕಷ್ಟ ಪಡುವುದು ಕಡಿಮೆಯಾಗಿದೆ. ಆದರೆ ನಮ್ಮ ಆಹಾರದಲ್ಲಿ ರಾಸಾಯನಿಕಗಳು ಜಾಸ್ತಿಯಾಗಿ ಅದರಿಂದ ಆರೋಗ್ಯದ ಮೇಲೆ ಬಹಳಷ್ಟು ಪರಿಣಾಮ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ತಂತ್ರಜ್ಞಾನವು ಸಂವಹನವನ್ನು ಹೆಚ್ಚು ಸರಳವಾಗಿಸಿದೆ.

5.

ತಂತ್ರಜ್ಞಾನದಲ್ಲಿ ವ್ಯಾಪಕವಾದ ಬೆಳವಣಿಗೆಯಿಂದಾಗಿ ಮನುಷ್ಯನ ಬಹಳಷ್ಟು ಬೆಳೆದಿದ್ದಾನೆ. ಆದರೆ, ಯಂತ್ರಗಳ ನಿರುದ್ಯೋಗ ಕಾರಣವೇ. ಯಂತ್ರಗಳ, ನಮ್ಮನ್ನು ಯಾಂತ್ರಿಕವಾಗಿಸುತ್ತದೆ, ನಮ್ಮ ಸಂವೇದನೆಗಳನ್ನು ಅಳವಡುತ್ತದೆ. ನಮ್ಮ ಸೃಜನಶೀಲ ಪ್ರತಿಭೆಗಳನ್ನು ಕುರಿತಂತೆ ಗೊಳಿಸುತ್ತದೆ, ಯಾಂತ್ರಿಕ ಕ್ರಮಬದ್ಧತೆ, ಏಕರೂಪ ಮತ್ತು ಬೇಸರವನ್ನು ನಮ್ಮ ಮೇಲೆ ಹೇರುತ್ತದೆ.

5.

ನಮ್ಮ ಬಯಕೆಗಳನ್ನು ಮತ್ತು ಸಸ್ಯಗಳನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ ಮತ್ತು ನಮ್ಮನ್ನು ಸ್ವಾರ್ಥಿ, ದುರಾಸೆಯ ಮತ್ತು ಕ್ರೂರರನ್ನಾಗಿ ಮಾಡುತ್ತದೆ.





ವೈಜ್ಞಾನಿಕ ಆವಿಷ್ಕಾರಗಳು ಅದರಲ್ಲು ಕಂಪ್ಯೂಟರ್ ಆವಿಷ್ಕಾರವು ನಮ್ಮ ಜೀವನವನ್ನು ಬದಲಾಯಿಸಿದೆ. ಆದರೆ ಒಂದು ಕುಟುಂಬದಲ್ಲಿ ಜನರು ಒಟ್ಟಿಗೆ ಎಲ್ಲರದೇ ನೆರೆಹೊರೆಯವರನ್ನು ಮಾತಾಡಿಸದೆ ಸಮಾಜಿಕ ಜಾಲತಾಣಗಳಲ್ಲಿ ತಮ್ಮನ್ನು ತಾವೇ ಮರೆತು ತೊಡಗಿಸಿಕೊಂಡಿದ್ದಾರೆ, ಸಮಾಜ, ಕೌಟುಂಬಿಕ ವ್ಯವಸ್ಥೆ ಯಲ್ಲಿ ಸಾಕಷ್ಟು ತೊಂದರೆಗಳು ಸಿಗುತ್ತಿವೆ. ಇಂಟರ್ನೆಟ್ ಬಳಕೆಯಿಂದ ಉಪಯೋಗ ದುರುಹಯೋಗ ಎಲ್ಲವೂ ಸಮಪ್ರಮಾಣದಲ್ಲಿ ನಡೆಯುತ್ತಿದೆ. ಅದುದಂದ ಎಲ್ಲವೂ ಹಿತಮಿತವಾಗಿದ್ದರೆ. ಎಲ್ಲವೂ ಮಿತವಾಗಿ ಮಿತವಾಗಿದ್ದರೆ ಚೆನ್ನ.

6.

ಭೌಗೋಳಿಕ ಅಂತರವು ನಿಸ್ಸಂದೇಹವಾಗಿ ಕಣ್ಮರೆಯಾಯಿತು. ಆದರೆ ಮನುಷ್ಯನ ಮನಸ್ಸು ಮತ್ತು ಹೃದಯಗಳ ನಡುವಿನ ಕಂದರ ಹೆಚ್ಚಾಗಿದೆ. ಯಂತ್ರಗಳು ಮನುಷ್ಯನಿಗೆ ವಿರಾಮವನ್ನು ನೀಡಿವೆ, ಆದರೆ ಮನುಷ್ಯನು ತನ್ನ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯವನ್ನು ಹಾಳು ಮಾಡುವ ಅಗ್ಗದ ಮತ್ತು ಅಗತ್ಯ ಮನರಂಜನೆಯನ್ನು ಹಡೆಯಲು ಅದನ್ನು ದುರುಹಯೋಗ ಪಡಿಸಿಕೊಳ್ಳುತ್ತಾರೆ.



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Batch 2019-22

ಆಶಾವಾದಿ ಮಾತ್ರ ಪ್ರತಿ ಕಷ್ಟದಲ್ಲೂ
ಅವಕಾಶವನ್ನು ಕಂಡುಕೊಳ್ಳಬಹುದು

ಪ್ರಗತಿಪರ ದೇಶ ಭಾರತ

1.

ಒಂದು ದೇಶದ ಪ್ರಗತಿಯಾಗಬೇಕಾದರೆ ಆ ದೇಶದ ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯು ಪ್ರತ್ಯಕ್ಷವಾಗಿ ಮತ್ತು ಪರೋಕ್ಷವಾಗಿ ಸಹಕರಿಸಬೇಕು. ಪ್ರಗತಿಯೆಂಬ ಹೆಸರಿನಲ್ಲಿ ನೈತಿಕ ಮೌಲ್ಯಗಳು ಅಥವಾ ಪತನವಾಗಿ ಸಾಮಾಜಿಕ ಸ್ವಾಸ್ಥ್ಯ ಕೆಡುತ್ತಿದೆ. ಒಂದು ದೇಶದ ಪ್ರಗತಿ ಆಗಬೇಕಾದರೆ ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ಪ್ರಗತಿ ಕೂಡ ಬಹು ಮುಖ್ಯ. ಶ್ರೀಮಂತರಲ್ಲ ಹೆಚ್ಚು ಶ್ರೀಮಂತರಾಗಿ ಬಡವರು ಹಾಗೆ ಉಳಿದರೆ ಒಂದು ದೇಶ ಎಂದಿಗೂ ಪ್ರಗತಿಯನ್ನು ಕಾಣಲು ಸಾಧ್ಯವಿಲ್ಲವೆಂದು ಮೊದಲ ಮಹತ್ವ ಶಿಕ್ಷಣಕ್ಕೆ ಇರಬೇಕು.

2.

ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಶಿಕ್ಷಣದ ಅರಿವಿರಬೇಕು. ಎಲ್ಲರೂ ಶಾಲೆಗೆ ಹೋಗಿ ವಿದ್ಯೆಯನ್ನು ಪಡೆಯುವಂತಾಗಬೇಕು ಕಾನೂನಿನ ಪ್ರಕಾರ 14 ವರ್ಷದ ಒಳಗಿನ ಎಲ್ಲಾ ಮಕ್ಕಳು ಕಡ್ಡಾಯವಾಗಿ ಶಿಕ್ಷಣ ಪಡೆಯಬೇಕು ಕೃಷಿ ಉದ್ಯೋಗದಲ್ಲಿ ಭಾರತ ದೇಶವು ಮುಂದುವರಿಯಬೇಕು ಏಕೆಂದರೆ ಕೃಷಿ ಭಾರತದ ಬೆನ್ನಲುಬು ರೈತ ಕೃಷಿ ಮಾಡದಿದ್ದರೆ ನಾವು ಉಣ್ಣುವ ಅಕ್ಕಿ ತಯಾರಾಗುವುದಿಲ್ಲ ಅದಿಲ್ಲದೆ ಮಾನವ ಬದುಕುವುದು ಅಸಾಧ್ಯ ನಿರುದ್ಯೋಗ ಮತ್ತು ಬಡತನ ನಮ್ಮ ದೇಶದ ಪ್ರಗತಿಯ ವೈಫಲ್ಯಕ್ಕೆ ಮೊದಲ ಕಾರಣ ಉದ್ಯೋಗವಿಲ್ಲದೆ ಯುವಕರು ಅರಿಯುತ್ತಿದ್ದರೆ ದೇಶಕ್ಕೆ ದೊಡ್ಡ ನಷ್ಟ ಕೃಷಿ ನಮ್ಮ ದೇಶದ ಪ್ರಧಾನ ಉದ್ಯೋಗವಾದರೂ ಆಹಾರದ ಕೊರತೆಯಿಂದ ಜನರು ಸಾಯುವುದು ವಿಪರ್ಯಾಸವೇ ಸರಿ.

3.

ಸಮಾನತೆ ದೇಶದ ಪ್ರಗತಿಯಲ್ಲಿ ಬಹು ಮುಖ್ಯ. ಅಂಶ ಇಲ್ಲಿ ಯಾರನ್ನು ಮೇಲು ಕೀಳು ಭಾವನೆ ಇರಬಾರದು. ರಾಜಕೀಯ ಪ್ರವೇಶ ಮಾಡುವ ಕೆಲವರಿಗೆ ವಿದ್ಯೆ ಇದ್ದರೂ ಬುದ್ಧಿ ಇರುವುದಿಲ್ಲ ನೈತಿಕತೆ ಬದಲಾಗಿ ಭ್ರಷ್ಟಾಚಾರಕ್ಕೆ ಮೊದಲ ಆದ್ಯತೆ ಎಲ್ಲಕ್ಕಿಂತ ಮುಖ್ಯವಾಗಿ ಸಮಸ್ಯೆಯ ಮೂಲ ವಿರುವುದು ನಮ್ಮ

4.

ಚಾಲ್ತಿಯಲ್ಲಿರುವ ವಿದೇಶಿ ಶಿಕ್ಷಣ ಪದ್ಧತಿಯಲ್ಲಿ ಭಾರತದ ಬಾಂದಳದಲ್ಲಿ ಸಮಸೂಯೋದಯವಾಗಬೇಕು ದೇಶದ ಉದ್ದಗಲಕ್ಕೂ ಯುವಶಕ್ತಿ ಒಗ್ಗೂಡಬೇಕಿದೆ.

5.

ಸಮಾನತೆ ದೇಶದ ಪ್ರಗತಿಯಲ್ಲಿ ಬಹು ಮುಖ್ಯ. ಅಂಶ ಇಲ್ಲಿ ಯಾರನ್ನು ಮೇಲು ಕೀಳು ಭಾವನೆ ಇರಬಾರದು. ರಾಜಕೀಯ ಪ್ರವೇಶ ಮಾಡುವ ಕೆಲವರಿಗೆ ವಿದ್ಯೆ ಇದ್ದರೂ ಬುದ್ಧಿ ಇರುವುದಿಲ್ಲ ನೈತಿಕತೆ ಬದಲಾಗಿ ಭ್ರಷ್ಟಾಚಾರಕ್ಕೆ ಮೊದಲ ಆದ್ಯತೆ ಎಲ್ಲಕ್ಕಿಂತ ಮುಖ್ಯವಾಗಿ ಸಮಸ್ಯೆಯ ಮೂಲ ವಿರುವುದು ನಮ್ಮ ಚಾಲ್ತಿಯಲ್ಲಿರುವ ವಿದೇಶಿ ಶಿಕ್ಷಣ ಪದ್ಧತಿಯಲ್ಲಿ ಭಾರತದ ಬಾಂದಳದಲ್ಲಿ ಸಮಸೂಯೋದಯವಾಗಬೇಕು ದೇಶದ ಉದ್ದಗಲಕ್ಕೂ ಯುವಶಕ್ತಿ ಒಗ್ಗೂಡಬೇಕಿದೆ.

5.

ವಿದೇಶಿ ವಸ್ತುಗಳನ್ನು ಆಮದು ಮಾಡಿಕೊಂಡು ಮಾರಾಟ ಮಾಡುವ ಬದಲು ಸ್ವದೇಶಿ ವಸ್ತುಗಳನ್ನು ಮಾರಾಟ ಮಾಡಬೇಕು. ಸುಮಾರು ವರ್ಷಗಳಿಂದ ಭಾರತ ಪ್ರಗತಿ ಹೊಂದುತ್ತಿರುವ ದೇಶವೆಂದು ಪರಿಗಣಿಸಲ್ಪಟ್ಟಿದೆ ಇಂದಿಗೂ ಪ್ರಗತಿ ಹೊಂದುತ್ತಿರುವ ದೇಶ ಅದು ಯಾವಾಗ ಪ್ರಗತಿ ಹೊಂದಿದ ದೇಶವಾಗುವುದೋ ತಿಳಿಯದು. ವಿಶ್ವಮಟ್ಟದಲ್ಲಿ ನಾನಾ ಸಮಸ್ಯೆಗಳಿಂದ ಆಗರದಿಂದ ಹೊರಬರಬೇಕಾದ ಅಗತ್ಯ ಇಲ್ಲಿದೆ.

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You Must Keep A Strict Eye On Your Health; Let Everything Else Be Subordinated To That.

~ SWAMI VIVEKANANDA ~



ಸಾರಥಿ

1.

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರ ಪೂರ್ವಾಶ್ರಮದ ಹೆಸರು ನರೇಂದ್ರನಾಥ ದತ್ತ .ಅವರ ತಂದೆ ಹೆಸರು ವಿಶ್ವನಾಥದತ್ತ ಹಾಗೂ ತಾಯಿ ಹೆಸರು ಭುವನೇಶ್ವರಿದೇವಿ. ವಿಶ್ವನಾಥ ದತ್ತರು ಸುಪ್ರಸಿದ್ಧ ವಕೀಲರಾಗಿದ್ದರು. ತಮ್ಮ ಮಗನು ಕೂಡ ತಮ್ಮಂತೆ ವಕೀಲರಾಗಬೇಕು ಎಂದು ಅವರ ಮಹದಾಸೆಯಾಗಿತ್ತು. ಆಗಿನ ಕಾಲದಲ್ಲಿ ಕೊಲ್ಕತ್ತಾದಲ್ಲಿ ದೊಡ್ಡ ದೊಡ್ಡ ಜಮೀನ್ದಾರು, ಬ್ರಿಟಿಷ್ ಅಧಿಕಾರಿಗಳು ಸಾರೋಟಿನಲ್ಲಿ ಓಡಾಡುತ್ತಿದ್ದರು.

2.

ಕುದುರೆಗಳನ್ನು ಕಟ್ಟಿದ ಆ ಸಾರೋಟಿಗೆ ಒಬ್ಬ ಸಾರಥಿ ಇರುತ್ತಿದ್ದ . ಬಾಲಕ ನರೇಂದ್ರನಿಗೆ ತಾನು ದೊಡ್ಡವನಾದ ಮೇಲೆ ಸಾರೋಟಿನ ಸಾರಥಿ ಆಗಬೇಕೆಂಬ ಆಸೆ ಉಂಟಾಗುತ್ತಿತ್ತು. ಕುದುರೆಗಳನ್ನು ಕಟ್ಟಿದ ಆ ಸಾರೋಟಿಗೆ ಒಬ್ಬ ಸಾರಥಿ ಇರುತ್ತಿದ್ದ . ಬಾಲಕ ನರೇಂದ್ರನಿಗೆ ತಾನು ದೊಡ್ಡವನಾದ ಮೇಲೆ ಸಾರೋಟಿನ ಸಾರಥಿ ಆಗಬೇಕೆಂಬ ಆಸೆ ಉಂಟಾಗುತ್ತಿತ್ತು.

3.

ಒಮ್ಮೆ ನರೇಂದ್ರನ ತಂದೆ ಅವರನ್ನು ಬಳಿ ಕರೆದು "ದೊಡ್ಡವನಾದ ಮೇಲೆ ನಿನು ಏನೇ ಆಗುತ್ತಿಯಾ?" ಎಂದು ಕೇಳಿದರು. ಅದಕ್ಕೆ ಏನು ಅರಿಯದ ನರೇಂದ್ರನಾಥನು ದೊಡ್ಡವನಾದ ಮೇಲೆ ನಾನು ಸಾರೋಟಿನ ಸಾರಥಿಯಾಗುತ್ತೇನೆ ಎಂದು ಹೇಳಿದರು.

ಅವರ ಮಾತಿನಿಂದ ನರೇಂದ್ರನ ತಂದೆ ಕೋಪ ಬಂದಿತು ಅವರು ಅವನ ಕಪಾಳಕೊಂದು ಏಟು ಕೊಟ್ಟರು ಆಗ ಬಾಲಕ ನರೇಂದ್ರನ ಅಳುತ್ತ ತಾಯಿಯ ಬಳಿಗೆ ಹೋದನು. ಭುವನೇಶ್ವರಿ ದೇವಿಯವರನ್ನು ಸಮಾಧಾನಪಡಿಸಿ ದೇವರ ಕೊನೆ ಕಳೆದುಕೊಂಡು ಹೋದಳು. ದೇವರ ಕೋಣೆಯ ಗೋಡೆಯ ಮೇಲೆ ಶ್ರೀಕೃಷ್ಣನು ಅರ್ಜುನನಿಗೆ ಗೀತೋಪದೇಶ ಮಾಡುವ ಒಂದು ಪಟವಿತ್ತು.

4.

ಅದನ್ನು ಅವಳು ನರೇಂದ್ರನಿಗೆ ತೋರಿಸಿ ಈ ಪಟದಲ್ಲಿರುವ ಶ್ರೀ ಕೃಷ್ಣನು ಕೂಡ ಸಾರಥಿಯೇ ಆದ್ದರಿಂದ ನಿನಗೆ ಸಾರಥಿಯೇ ಆಗಬೇಕೆಂಬ ಆಸೆ ಇದ್ದರೆ ಶ್ರೀಕೃಷ್ಣಂತಹ ಸಾರಥಿ ಹಾಗೂ ಎಂದು ಹೇಳುತ್ತಾಳೆ.

ತಾಯಂದಿರು ತಮ್ಮ ಮಕ್ಕಳ ವ್ಯಕ್ತಿತ್ವವನ್ನು ಹೇಗೆ ರೂಪಿಸಬೇಕು ಎಂಬುದಕ್ಕೆ ಈ ಘಟನೆ ಒಂದು ಉತ್ತಮ ಉದಾಹರಣೆ.



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Batch 2019-22

ಉಂಡಾರಿನ ಶ್ರೀ ವಿಷ್ಣುಮೂರ್ತಿ

1.

ಉಡುಪಿಯಿಂದ ಸುಮಾರು ೧೫ ಕಿ.ಮೀ ದೂರದಲ್ಲಿರುವ ಶಂಕರಪುರದ ಹತ್ತಿರದ ಗ್ರಾಮವೇ ಇನ್ನಂಜಿ ಇಲ್ಲಿನ ಪ್ರಸಿದ್ಧ ದೇವಾಲಯ *ಉಂಡಾರು ಶ್ರೀ ವಿಷ್ಣುಮೂರ್ತಿ* ದೇವಸ್ಥಾನ ಉಂಡಾರು... *ಉಂಡಾರು* ಈ ಊರಿನ ಹೆಸರಿನ ಹಿಂದೆ ಒಂದು ಐತಿಹ್ಯವಿದೆ ಅದೇನೆಂದರೆ.....

2.

ವಿಷ್ಣುಮೂರ್ತಿ ದೇವಾಲಯದ ಅರ್ಚಕರು ಒಂದು ದಿನ ಬೇರೊಂದು ಊರಿಗೆ ಯಾತ್ರೆಯಾಗಿ ಹೋಗುವುದಾಗಿ ನಿರ್ಧರಿಸಿದರು , ಜೊತೆಗೆ ತನ್ನ ಪತ್ನಿಯನ್ನು ಕರೆದುಕೊಂಡು ಹೋಗುವುದಾಗಿ ಯೋಚಿಸಿದರು . ಅರ್ಚಕರು ಯಾತ್ರೆಗೆ ಹೋದರೆ ದೇವಸ್ಥಾನದಲ್ಲಿ ದೇವರಿಗೆ ನೈವೇದ್ಯ ಮಾಡಲು ಯಾರು ಇಲ್ಲದಿದ್ದ ಕಾರಣ ಬ್ರಹ್ಮಚಾರಿಯಾದಂತಹ ತನ್ನ ಮಗನಲ್ಲಿ ನೈವೇದ್ಯವನ್ನು ಮಾಡಲು ಹೇಳಿ ನೈವೇದ್ಯ ಮಾಡುವ ಪರಿ ಹೇಳಿಕೊಟ್ಟರು .

3.

ನೈವೇದ್ಯ ಮಾಡುವ ಪರಿಯನ್ನು ಚೆನ್ನಾಗಿ ಅರ್ಥೈಸಿಕೊಂಡ ವಟುವು ನೈವೇದ್ಯವನ್ನು ಮಾಡಲು ಒಪ್ಪುವನು ವಟು ವು ತುಂಬಾ ಮುಗ್ಧನಾಗಿದ್ದನು ಆಗಿರುವಾಗ ನೈವೇದ್ಯ ಎಂದರೆ *ದೇವರೇ ನಮ್ಮ ಎಂದು ಪ್ರತ್ಯಕ್ಷರಾಗಿ ನಾವು ಇಟ್ಟ ನೈವೇದ್ಯವನ್ನು ಸ್ವೀಕರಿಸುವನು* ಎಂಬ ಭಾವನೆ ಮೂಡಿತು ತಕ್ಷಣವೇ ವಟು ಅರ್ಚಕರ ಬಳಿ ಹೋಗಿ.. ಅಪ್ಪಾ..... ನೈವೇದ್ಯ ಸ್ವೀಕರಿಸಲು ದೇವರು ಬರುವನೋ.....!??? ಎಂದು ಪ್ರಶ್ನಿಸುವನು ಅದಕ್ಕೆ ಅರ್ಚಕರು ತಮಾಷೆಯಾಗಿ ಹೌದಪ್ಪಾ..... *ದೇವರು ಬರುವನು* ಎಂದು ಉತ್ತರಿಸುತ್ತಾರೆ *ದೇವರು ಬರುವನು* ಎಂಬ ಅರ್ಚಕರ ಮಾತು ವಟುವಿನ ಮನಸ್ಸಿನಲ್ಲಿ ಗಾಢವಾಗಿ ಬೇರೂರಿತ್ತು . ಇತ್ತ ಅರ್ಚಕರು ತಾವು ಕೈಗೊಂಡ ಯಾತ್ರೆಯನ್ನು ಆರಂಭಿಸುವರು

4.

ಸಮಯ ಕಳೆಯಿತು ಮಧ್ಯಾಹ್ನ ನೈವೇದ್ಯದ ಸಮಯವಾಯಿತು . ವಟುವು ಸ್ನಾನಾಭ್ಯಂಗವನ್ನು ಮಾಡಿ ನೈವೇದ್ಯವನ್ನು ಶ್ರದ್ಧಾ ಭಕ್ತಿಯಿಂದ ತಯಾರಿಸಿ ಶ್ರೀ ವಿಷ್ಣುಮೂರ್ತಿ ದೇವರ ವಿಗ್ರಹದ ಎದುರು ತಂದಿಟ್ಟು ಮನಸಾರೆ ಭಕ್ತಿಯಿಂದ ಪ್ರಾರ್ಥಿಸುವನು ಸ್ವಲ್ಪ ಹೊತ್ತಿನಲ್ಲಿ ಕಣ್ಣೆರೆದು ನೋಡಿದಾಗ ನೈವೇದ್ಯಾವ್ ಖಾಲಿಯಾಗಿದೆ ಹಾಗೆ ಉಳಿದಿತ್ತು ಇದು ವದುವಿನ ಮನಸ್ಸನ್ನು ಬೇಸರಗೊಳಿಸುತ್ತದೆ ದೇವರಲ್ಲಿ ನಿನಗೆ ನಾನೆಂದರೆ ಇಷ್ಟವಿಲ್ಲವೇ....?? ನನ್ನಿಂದ ಏನಾದರೂ ತಪ್ಪಾಗಿದೆಯೇ ??? ಇಂತಹ ಅಸಮಾಧಾನ ಪ್ರಶ್ನೆಯನ್ನು ಕೇಳುವನು

5.

ಅನಂತರ ತನ್ನನ್ನು ತಾನು ಸಮಾಧಾನಪಡಿಸಿಕೊಂಡು ದೇವರಿಗೆ ನೈವೇದ್ಯದ ಜೊತೆಗೆ ಬೇಯಿಸಿ ಉಪ್ಪಿನಲ್ಲಿ ಹಾಕಿದ ಮಾವಿನ ಕಾಯಿ ಬೇಕೋ ಏನೋ ...?? ಎಂದೆಣಿಸಿ ತನ್ನ ಮನೆಯಲ್ಲಿದ್ದಂತಹ ಬೇಯಿಸಿ ಉಪ್ಪಿನಲ್ಲಿ ಹಾಕಿದ ಮಾವಿನಕಾಯಿ ತಂದು ಶ್ರದ್ಧಾ ಭಕ್ತಿಯಿಂದ ಪ್ರಾರ್ಥನೆಯನ್ನು ಶ್ರೀ ದೇವರಿಗೆ ಅರ್ಪಿಸುವನು ಆದರೂ ದೇವರು ಬಾರದ ಕಾರಣ ವಟುವು ತನ್ನನ್ನು ತಾನು ಶಿಕ್ಷಿಸಿಕೊಳ್ಳಲು ನಿರ್ಧರಿಸುವನು

6.

ಶಿಕ್ಷಿಸಿಕೊಳ್ಳಲು ಅಲ್ಲಿ ಏನು ಸಿಗದ ಕಾರಣ ಅಲ್ಲಿಯೇ ಇದ್ದಂತಹ ಶ್ರೀ ವಿಷ್ಣುಮೂರ್ತಿ ದೇವರ ವಿಗ್ರಹಕ್ಕೆ ತನ್ನ ತಲೆಯನ್ನು ಜಜ್ಜುತ್ತಾನೆ..... ಬರಲಾರಂಬಿಸುತ್ತದೆ, ತಕ್ಷಣವೇ *ಮಗು ನಿನ್ನ ಭಕ್ತಿಗೆ ಸಂತ್ರಪ್ತನಾಗಿ ನೈವೇದ್ಯ ಸ್ವೀಕರಿಸಲು ನಾನೇ ಬಂದಿರುವೆ* ಎಂಬ ಅಶರೀರವಾಣಿಯೊಂದು ಕೇಳಿ ಬರುತ್ತದೆ ವಟು ಎದ್ದು ನೋಡುವಾಗ ನೈವೇದ್ಯದ ತಟ್ಟೆ ಹಾಗೂ ಮಾವಿನಕಾಯಿ ಅಲ್ಲಿ ಇರುವುದಿಲ್ಲ



7.

ವಟು ದೇವರು ತಾನು ನೀಡಿದಂತಹ ನೈವೇದ್ಯವನ್ನು ಸ್ವೀಕರಿಸಿದನು ಎಂದು ಬಹಳ ಸಂತಸದಿಂದ ಇರುವನು... ಇತ್ತ ಅರ್ಚಕರು ಹಾಗೂ ಅರ್ಚಕರ ಮಡದಿ ತಾವು ಕೈಗೊಂಡ ಯಾತ್ರೆಯನ್ನು ಮುಗಿಸಿ ಹಿಂತಿರುಗಿ ಬರುವರು . ಮನೆಗೆ ಬಂದ ಅರ್ಚಕರು ತನ್ನ ಮಗನಲ್ಲಿ ನೈವೇದ್ಯದ ಬಗ್ಗೆ ವಿಚಾರಿಸುವರು .

8.

ಆಗ ಅರ್ಚಕರು ಆಗಲಪ್ಪ ನೈವೇದ್ಯದ ತಟ್ಟೆಯನ್ನು ತೆಗೆದುಕೊಂಡು ಬಾ ಎನ್ನುವರು . ಆಗ ವಟುವು ನೈವೇದ್ಯದ ತಟ್ಟೆ.....?? ಅದನ್ನು ದೇವರು ಕೊಂಡು ಹೋಗಿರುವನಪ್ಪಾ ಎಂದು ಉತ್ತರ ನೀಡುವನು . ಈ ಉತ್ತರದಿಂದ ಕೋಪಿತರಾದ ಅರ್ಚಕರು ಕೋಲಿನಿಂದ ಹೊಡೆದು ಬಡಿದು ಕೇಳುವರು

ಯಾವುದೇ ರೀತಿ ಕೇಳಿದರು ವಟುವಿನಲ್ಲಿ ಉತ್ತರವನ್ನು ಬದಲಾಗಲೇ ಇಲ್ಲ. ಗೋಪಿ ತನಾದ ಅರ್ಚಕರು ಪ್ರಯಾಸ ಮಾಡಿ ಸುಸ್ತಾಗಿರುವ ಕಾರಣ ವಿಶ್ರಾಂತಿ ಪಡೆಯಲು ಹೋಗುತ್ತಾರೆ

9.

ವಿಶ್ರಾಂತಿ ಪಡೆದುಕೊಳ್ಳುತ್ತಿರುವಾಗ ಅರ್ಚಕರ ಕನಸಿನಲ್ಲಿ ಸಾಕ್ಷಾತ್ ಶ್ರೀ ವಿಷ್ಣುಮೂರ್ತಿ ಸ್ವಾಮಿಯೇ ಬಂದು *ನೀನು ನಿನ್ನ ಮಗನ ಮಾತನ್ನು ಪರಿಶೀಲಿಸಬೇಕಿತ್ತು ನೀನು ನಿನ್ನ ಮಗನಿಗೆ ನೋಯಿಸಿ ನನ್ನನ್ನು ನೋಯಿಸಿದೆ ಆ ನೈವೇದ್ಯವನ್ನು ನಾನೇ ಸ್ವೀಕರಿಸಿರುವೆ..... ನಂಬಲು ಅಸಾಧ್ಯವಾದರೆ ದೇವಸ್ಥಾನದ ಎದುರಿನ ಕೊಳದಲ್ಲಿ ನೈವೇದ್ಯದ ತಟ್ಟೆಯು ಚೂರು ಕೊಳೆಯಾಗದೆ ಇರುತ್ತದೆ* ಎಂದು ಹೇಳಿ ಶ್ರೀದೇವರು ಕನಸಿನಿಂದ ಹೋಗುವರು

ನಿದ್ರೆಯಿಂದ ಎಚ್ಚರಗೊಂಡ ಅರ್ಚಕರು ಕೊಳದ ಬಳಿ ಹೋಗಿ ಪರಿಶೀಲಿಸಿದಾಗ ಅಲ್ಲಿ ನೈವೇದ್ಯದ ತಟ್ಟೆ ಇರುವುದು ಖಚಿತವಾಯಿತು .

10.

ಇಂತಹ ಪವಾಡ ಇನ್ನಂಜೆ ಗ್ರಾಮದಲ್ಲಿ ನಡೆದ ನಂತರ ಈ ಗ್ರಾಮವನ್ನು *ದೇವರು ಉಂಡ ಊರು ಉಂಡಾರು* ಎಂದು ಕರೆಯಲಾಯಿತು

11.

ಅಂದಿನಿಂದ ಇಂದಿನವರೆಗೂ ಅಂದರೆ ಪ್ರತಿ ದೀವಿಗೆ ಅಮಾವಾಸ್ಯೆಯ ದಿನ (ದೇವರು ಪ್ರತ್ಯಕ್ಷರಾಗಿ ಉಂಡ ದಿನ ದೇವಿಗೆ ಅಮಾವಾಸ್ಯೆ) ಅಂದು ವಟು ಶ್ರೀ ದೇವರಿಗೆ ಇಟ್ಟಂತಹ ನೈವೇದ್ಯ ಬೇಯಿಸಿ ಉಪ್ಪಿನಲ್ಲಿ ಹಾಕಿದ ಮಾವಿನ ಕಾಯಿ ಸಹಿತವಾದ ಪ್ರಸಾದ ಅನ್ನಸಂಪರ್ಪಣೆಯ ಮೂಲಕ ಊರ ಜನರಿಗೆ ದೊರಕುತ್ತಾ ಬಂದಿದೆ



Akshatha Nayak
I B.Sc. R.C.T

ಜೀವನ ಅನ್ನೋದು ಸೋಲು-ಗೆಲುವಿನ ಆಟ,
ಗೆದ್ದವನಿಗೆ ಸೋಲಬಾರದೆಂಬ ಭಯ ಇದ್ದರೆ,
ಸೋತವನಿಗೆ ಗೆಲ್ಲಲೇಬೇಕೆಂಬ
ಭಲವಿರುತ್ತದೆ.

ನಮ್ಮೂರು ತೀರ್ಥಹಳ್ಳಿ

Sushmitha Castelino
I B.Sc. H.S.



1.

ಮಲೆನಾಡಿನ ಅದ್ಭುತ ಗಿರಿಕನ್ಯೆಯರ ಮಧ್ಯೆ, ನೀರೆಯರೆ ನಾಚಿ ನೀರಾಗುವಂತಹ ಸುಂದರ ಪ್ರಕೃತಿ ಸೊಬಗಿನ ಆಸರೆಯಲ್ಲಿ, ನಿತ್ಯಹರಿದ್ವರ್ಣದ ದಟ್ಟ ಕಾಡಿನಲ್ಲಿ ಹಾಯಾಗಿ ಅವಿತು ಕುಳಿತಿರುವ ತೀರ್ಥಕ್ಷೇತ್ರವೇ ನಮ್ಮೂರು ತೀರ್ಥಹಳ್ಳಿ

2.

ತೀರ್ಥಹಳ್ಳಿಯು ಶಿವಮೊಗ್ಗ ನಗರದಿಂದ ಸುಮಾರು 65 ಕಿಲೋ ಮೀಟರ್ ಗಳಷ್ಟು ದೂರವಿದ್ದು ರಸ್ತೆಯ ಮೂಲಕ ಉತ್ತಮ ಸಂಪರ್ಕ ಹೊಂದಿದೆ. ಹಿಂದೆ ಇದನ್ನು "ಹಿಮವಿಲ್ಲದ ಕಾಶ್ಮೀರ "

3.

ನಮ್ಮೂರಿನ ಹೆಸರಿನ ಇತಿಹಾಸ ಹೇಳುವುದಾದರೆ ಹಿಂದೆ ಪರಶುರಾಮ ತನ್ನ ತಾಯಿಯ ಹತ್ಯೆ ಮಾಡಿದುದರ ಪಾಪ ಪರಿಹಾರಕ್ಕಾಗಿ ತನ್ನ ಕೊಡಲಿಗೆ ಹಿಡಿದ ರಕ್ತವನ್ನು ತೊಳೆಯಲು ಯಾವ ನದಿ ಹಳ್ಳ ಕೊಳ್ಳಗಳಿಗೂ ಸಾಧ್ಯವಾಗದೇ ಇದ್ದಾಗ ಮಾರ್ಗಶಿರಾ ಬಹುಳ ಅಮಾವಾಸ್ಯೆಯ ದಿನ ತೀರ್ಥಹಳ್ಳಿಯ ತುಂಗಾ ನದಿಯ ಕೊಂಡದಲ್ಲಿ ತೊಳೆದಿದ್ದರಿಂದ ಕೊಡಲಿಯ ರಕ್ತದ ಕಲೆ ಹೋಯಿತಂತೆ ಹಾಗಾಗಿ ಈ ತೀರ್ಥದ ಕೊಂಡದಿಂದಾಗಿ ಇಲ್ಲಿಗೆ 'ತೀರ್ಥಹಳ್ಳಿ' ಎಂಬ ಹೆಸರು ಬಂದಿದ್ದಂತೆ

4.

ನನಗೆ ತೀರ್ಥಹಳ್ಳಿ ನೆನಪಾದಾಗಲೆಲ್ಲ ಮೊದಲು ಮನಸ್ಸಿಗೆ ಬರುವುದು ಇಲ್ಲಿನ ಅದ್ದೂರಿ ಜಾತ್ರೆ ಎಳ್ಳಮಾವಾಸ್ಯೆ ಪ್ರತಿ ವರ್ಷ ಡಿಸೆಂಬರ್ ತಿಂಗಳು ಕೊನೆ ಅಥವಾ ಜನವರಿ ಮೊದಲ ವಾರದಲ್ಲಿ ಬರುವ ಈ ಜಾತ್ರೆಗೆ ಲಕ್ಷಾಂತರ ಜನರು ಆಗಮಿಸುತ್ತಾರೆ. ತೀರ್ಥ ಸ್ನಾನ, ರಥೋತ್ಸವ, ತೇಪೋತ್ಸವ ಎಂದು ಮೂರು ದಿನ ಮೂರು ಹಂತಗಳಲ್ಲಿ ಜಾತ್ರೆ ಜರುಗುತ್ತದೆ.

5.

ಮೊದಲನೇ ದಿನ ಭಕ್ತಾದಿಗಳು ತುಂಗಾ ನದಿಯ ಪರಶುರಾಮ ಕೊಂಡದಲ್ಲಿ ತೀರ್ಥ ಸ್ನಾನ ಮಾಡುತ್ತಾರೆ ತಾವು ಮಾಡಿದ ಎಲ್ಲಾ ಪಾಪಗಳು ತೊಳೆದು ಹೋಗುತ್ತದೆ ಎಂಬ ನಂಬಿಕೆ ಇದೆ. ಎರಡನೇ ದಿನ ರಾಮೇಶ್ವರ ದೇವರ ತೇರನ್ನ ಎಳೆಯುತ್ತಾರೆ. ಮೂರನೇ ದಿನ ಬಹಳ ಸಂಭ್ರಮದಿಂದ ತೆಪೋತ್ಸವ ಆಚರಿಸುತ್ತಾರೆ. ಅಂದು ದೇವರನ್ನು ತೆಪ್ಪದಲ್ಲಿ ಇಟ್ಟು ನದಿಯಲ್ಲಿ ಪೂಜೆ ಮಾಡುತ್ತಾರೆ ಶ್ರೀ ರಾಮೇಶ್ವರ ದೇವಸ್ಥಾನವು ಇಲ್ಲಿನ ಪ್ರಮುಖ ದೇವಾಲಯವಾಗಿದೆ. ಈ ದೇವಾಲಯದಲ್ಲಿ ಋಷಿ ಪರಶುರಾಮನು ಸ್ಥಾಪಿಸಿದ ಶಿವಲಿಂಗವಿದೆ. ಗರ್ಭಗುಡಿಯ ಹೊರಗೆ ದುರ್ಗಾ ಮತ್ತು ಗಣಪತಿಯ ವಿಗ್ರಹಗಳಿವೆ.

6.

ಎಲ್ಲರಿಗೂ ತಿಳಿದಿರುವಂತೆ ನಮ್ಮೂರು ಪ್ರಸಿದ್ಧವಾಗಿರುವುದು ರಾಷ್ಟ್ರಕವಿ ಕುವೆಂಪು ಅವರಿಂದ ಕುವೆಂಪು ಎಂಬ ಪುಟ್ಟ ಹಳ್ಳಿಯಲ್ಲಿ ನಿಸರ್ಗದ ಮಡಿಲಿನೊಳಗೆ ಕವಿ ಮನೆ ಇದೆ. 150 ವರ್ಷಗಳಷ್ಟು ಹಳೆಯದಾದ ಮನೆಯನ್ನು ಪುನರ್ ನಿರ್ಮಿಸಿ ಸಾರ್ವಜನಿಕ ವೀಕ್ಷಣೆಗೆ ನೀಡಲಾಗಿದೆ. ನೋಡಲು ಬಲು ಸುಂದರವಾಗಿದೆ ನಮ್ಮ ಕವಿ ಮನೆ ಮುಖ್ಯ ದ್ವಾರದ ಮೂಲಕ ಮನೆಯನ್ನು ಪ್ರವೇಶಿಸುತ್ತಿದ್ದಂತೆ ಮೂರು ದಿಕ್ಕು ಚೌಕಿಗಳುಳ್ಳ ಮೂರು ಅಂತಸ್ತಿನ ಹೆಮ್ಮನೆಯ ಒಳಾಂಗಣದ ದರ್ಶನವಾಗುತ್ತದೆ. ಅಂಗಳದ ನಡುವಿನ ತುಳಸಿ ಕಟ್ಟಿ ಗಮನ ಸೆಳೆಯುತ್ತದೆ. ಇವರ ಮನೆ ಹತ್ತಿರವೇ ಕುವೆಂಪುರವರನ್ನು ಸಮಾಧಿ ಮಾಡಲಾಗಿದೆ. ಎಂದಾದರೂ ತೀರ್ಥಹಳ್ಳಿಗೆ ಹೋದರೆ ಕವಿಮನೆ ವೀಕ್ಷಿಸುವುದನ್ನ ಮರೆಯಬೇಡಿ.

7.

ಮಲೆನಾಡಿನ ಪ್ರಮುಖ ಪಟ್ಟಣಗಳಲ್ಲಿ ಒಂದಾಗಿರುವ ತೀರ್ಥಹಳ್ಳಿ ಸುತ್ತಮುತ್ತ ಅನೇಕ ಪ್ರವಾಸಿ ತಾಣಗಳಿವೆ. ಇಲ್ಲಿನ ಆಗುಂಬೆಯಲ್ಲಿ ಸೂರ್ಯಾಸ್ತಮಾನದ ದೃಶ್ಯವನ್ನು ಕಣ್ತುಂಬಿಕೊಳ್ಳಲು ಹೆಚ್ಚಿನ ಜನರು ಬರುತ್ತಾರೆ. ಶರಾವತಿ ನದಿಯ ಉಗಮ ಸ್ಥಾನ ಅಂಬು ತೀರ್ಥ 'ಒಂದು ಪ್ರವಾಸಿ ತಾಣವಾಗಿದೆ. ಸಿದ್ಧೇಶ್ವರ ಬೆಟ್ಟ ಹಾಗೂ ಆನಂದಗಿರಿ ಬೆಟ್ಟ ಪ್ರಮುಖ ಬೆಟ್ಟಗಳು ಇಲ್ಲಿವೆ ಮತ್ತು ಕುಂದಾದ್ರಿ ಎತ್ತರವಾದ ಬೆಟ್ಟ ಇಲ್ಲಿ ಕೊಳ ಮತ್ತು ಜೈನರ ದೇವಾಲಯವಿದೆ. ೯ನೆಯ ಶತಮಾನದಲ್ಲಿ ಕೆಳದಿಯ ನಾಯಕರು ಕಟ್ಟಿದ ಕವಲೇದುರ್ಗ ಕೋಟೆಯು ತನ್ನದೇ ಪ್ರಸಿದ್ಧಿಯನ್ನು ಪಡೆದಿದೆ ಚಿಪ್ಪಲ ಗುಡ್ಡೆ ಪುತ್ತಿಗೆ ಮಠ ತುಂಗಾ ನದಿ ಮೃಗವದೆ ರಾಮ ಮಂಟಪ ಹೀಗೆ ಮುಂತಾದ ಪ್ರವಾಸಿ ತಾಣಗಳಿವೆ. ಭತ್ತ ಮತ್ತು ಅಡಿಕೆ ಇಲ್ಲಿನ ಮುಖ್ಯ ಬೆಳೆಗಳು. ಇಲ್ಲಿನ ಜೇನು ಸಾಕಾಣೆ ತುಂಬಾ ಜನಪ್ರಿಯವಾಗಿದೆ. ಇಲ್ಲಿನ ಕಾಡಿನಲ್ಲಿ ಕರಿಮರ ಹೊನ್ನೆ ತೇಗ ಗಂಧ ನಂದಿ ಮುಂತಾದ ಬೆಲೆ ಬಾಳುವ ಮರಗಳು ಬೆಳೆಯುತ್ತವೆ. ಬತ್ತ ಇಲ್ಲಿನ ಪ್ರಮುಖ ಬೆಳೆಯಾದರಿಂದ ಇಲ್ಲಿನ ಬಹುತೇಕ ಆಹಾರವು ಅಕ್ಕಿಯಿಂದ ಮಾಡಲ್ಪಟ್ಟಿರುತ್ತದೆ.

ತನ್ನ ತಾಯಿಯ ಪ್ರೀತಿಯ ಮಗ

1.

ತನ್ನ ತಾಯಿಯ ಪ್ರೀತಿಯ ಮಗ
ನನ್ನ ಅಮ್ಮನ ವಿಶ್ವಾಸಿ ಪತಿ,
ತಂಗಿ ತಮ್ಮಂದಿರ ಬಲಿಷ್ಠ ಅಣ್ಣ
ಮೂರು ಮಕ್ಕಳ ಮುದ್ದಿನ ಅಪ್ಪ
ಪ್ರತಿಯೊಬ್ಬರ ವಿಶೇಷ ಕಾಳಜಿ ಇರುವ
ಕುಟುಂಬ ಸದಸ್ಯ ನೆರೆಹೊರೆಯವರ ಮಿತ್ರ
ಕೆಲಸಗಾರರ ಸಾತ್ವಿಕ ದನಿ ಸಮಾಜದಲ್ಲಿ
ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೊಳಿಸಿದ ಅಂತರ್ಮುಖಿ
ನನ್ನ ಅಪ್ಪ

2.

ಅವರ ಆಕಸ್ಮಿಕ ಅಗಲುವಿಕೆಯಿಂದ ಬಲು
ದುಃಖಿತನಾದ ನನಗೆ ಹೀಗೊಂದು ಸಂದೇಶ
ಓದಲು ಸಿಕ್ಕಿತು. "**Every time I think
of you I thank my god**". ಇಷ್ಟೊಂದು
ಸಕಾರಾತ್ಮಕ -ಸಾಂತ್ವಾನದ ನುಡಿಗಳು
ಎಂದೆನಿಸಿತು .ಅಂದಿನಿಂದ ಅವರ ಬಗೆಗಿನ
ವಿಚಾರಗಳನ್ನು ಅವರ ಜೀವನ ಶೈಲಿಯನ್ನು
ಮೆಲುಕು ಹಾಕಲು ಕುಳಿತ ನನಗೆ ,ಅಪ್ಪ
ಕಟ್ಟಿಕೊಟ್ಟ ದೊಡ್ಡ ಆಸ್ತಿ ಅವರು ಬದುಕಿ
ತೋರಿದ ದಾರಿ ಎಂದೆನಿಸಿತು
."ಕಷ್ಟದಾಯಕವಾದ ಬಾಲ್ಯ ತನ್ನ 19ನೇ
ವಯಸ್ಸಿನಲ್ಲಿ ಹಿರಿಯ ಮಗನಾಗಿ ಇಡೀ
ಕುಟುಂಬದ ಜವಾಬ್ದಾರಿಯನ್ನು ನಿರ್ವಹಿಸಿ
ಎಲ್ಲರೂ ಒಳಿತಲ್ಲ ಬಯಸಿದ ಧೀಮಂತ
ವ್ಯಕ್ತಿ .ಸದಾ ಹಸನ್ಮುಖಿಯಾಗಿರುತ್ತಿದ್ದ ಅಪ್ಪ
ಅವರ ಜೀವನದಲ್ಲಿ ಪಾಲಿಸಿದ ಹಾಗೂ ಅತೀ
ಪ್ರೀತಿಯಿಂದ ನಮಗೆ ತೋರಿದ
ವಿಚಾರಗಳನ್ನು ಲೇಖನದಲ್ಲಿ ಹಂಚಿಕೊಳ್ಳಲು
ಬಯಸುತ್ತೇನೆ

3.

**Helping hands are better than
praying lips.**

ಪ್ರಾರ್ಥಿಸುವ ತುಟಿಗಳಿಗಿಂತ ಸಹಾಯ
ಮಾಡುವ ಹಸ್ತಗಳು ಮೇಲು :ತನ್ನ ಬಳಿ
ಸಹಾಯ ಕೇಳಿ ಬಂದ ಎಲ್ಲರಿಗೂ
ಸ್ಪಂದಿಸುತ್ತಿದ್ದ ನನ್ನ ತಂದೆ ತನ್ನಿಂದ
ಯಾವುದೇ ಸಹಾಯ ಸಾಧ್ಯವಿಲ್ಲವೆಂದಾದರೆ
ಮಾತ್ರ ಪ್ರಾರ್ಥನೆಯ ಭರವಸೆಯನ್ನು
ನೀಡುತ್ತಿದ್ದರು

4.

Forgive and forget ಕ್ಷಮಿಸು ಮತ್ತು
ಮರೆತು ಬಿಡು :ಕ್ಷಮಿಸು ಎಂದೇಳುವುದು
ಬಲು ಸುಲಭ .ಆದರೆ ನಡೆದ ಕಹಿ
ಘಟನೆಗಳನ್ನು ಮರೆತು ಪುನಃ
ಮೊದಲಿನಂತೆ ಒಳ್ಳೆಯ ಸಂಬಂಧ
ಇರಿಸಿಕೊಳ್ಳುವುದು ಕಷ್ಟ .ನಮಗೆ
ನೋಯಿಸಿದವರನ್ನು ಕ್ಷಮಿಸಿ ಆ
ಘಟನೆಯನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಮರೆತು
ಬಾಳುವುದು ಒಳಿತು

5.

ನಿನಗೆ ಇತರರು ಮಾಡಿದ ಉಪಕಾರವನ್ನು
ಮರೆಯಬೇಡ :ಒಬ್ಬ ವ್ಯಕ್ತಿಗೆ ಹತ್ತರಲಿ
ಒಂಬತ್ತು ಬಾರಿ ಊಟ ಬಡಿಸಿ ,ಒಂದು ಸಲ
ಊಟ ಬಡಿಸದೆ ಇದ್ದರೆ ಆ ವ್ಯಕ್ತಿಗೆ ಒಂದು
ಬಾರಿ ಊಟ ಬಡಿಸಲಿಲ್ಲವಲ್ಲ ಎಂಬುದು
ಸದಾ ನೆನಪಿನಲ್ಲಿರುತ್ತದೆ .ಆದರೆ ಹಾಗೆ
ಆಗದಿರಲಿ .ನಮಗೆ ಒಂದೇ ಒಂದು ಬಾರಿ
ಬಡಿಸಿದೆ(ಉಪಕಾರ ಮಾಡಿದೆ) ವ್ಯಕ್ತಿಗೂ
ಕೃತಜ್ಞತೆ ಭಾವ ವ್ಯಕ್ತಪಡಿಸಬೇಕು.

6.

ಒಳಿತನ್ನ ಪ್ರಶಂಸಿಸು :ಒಂದು ದೊಡ್ಡ ಬಿಳಿ
ಹಾಳೆಯಲ್ಲಿ ಒಂದು ಚಿಕ್ಕ ಕಪ್ಪು ಚುಕ್ಕಿ ಇದೆ
ಅಂದುಕೊಳ್ಳೋಣ ನಿನಗೆ ಅದರಲ್ಲಿ ಏನು
ಕಾಣುತ್ತಿದೆ ಎಂದು ಕೇಳಿದರೆ ಹೆಚ್ಚಾಗಿ ಬಿಳಿ
ಭಾಗವನ್ನು ಪರಿಗಣಿಸದೆ ಆ ಚಿಕ್ಕ ಕಪ್ಪು
ಚುಕ್ಕಿಯನ್ನು ಕಂಡು ಈ ಹಾಳೆ ಚೆನ್ನಾಗಿಲ್ಲ
ಎನ್ನುವುದು ಸರಿಯಲ್ಲ. ಅರ್ಥಾತ್
ಎಲ್ಲರಲ್ಲಿರುವ ಒಳ್ಳೆಯ ಗುಣಗಳನ್ನು
ಪ್ರಶಂಸಿಸಿ ಸಾಧ್ಯವಾದಲ್ಲಿ ಅನುಕರಿಸಿ
ಬೇರೆಯವರಿಂದ ಏನನ್ನು ಅಪೇಕ್ಷಿಸಬೇಡ
:ಪ್ರತಿಫಲ ಬಯಸದೆ ಮಾಡುವ ಕೆಲಸಗಳು
ನಿಜವಾದ ಸೇವೆ .ಇದೇ ಜೀವನದಲ್ಲಿ ಸುಖ
ಶಾಂತಿ ನೀಡುವ ಅಸ್ತ ಇಂತಹ ಹಲವು
ವಿಚಾರಗಳನ್ನು ಬದುಕಿ ತೋರಿಸಿದ ವ್ಯಕ್ತಿ
ಅಪ್ಪ .



7.

ಅಪ್ಪ !.....ಇಂದು ಪ್ರಪಂಚದ ಯಾವುದೇ ಮೂಲೆಯಲ್ಲಿ ಹುಡುಕಿದರೂ ನೀವು ನನಗೆ ನೋಡಲು ಸಿಗಲಾರಿರಿ ನಿಮ್ಮ ಕರೆ ಎಷ್ಟು ಹೊತ್ತು ಕಾದರೂ ನಿಮ್ಮ ಸ್ವರ ನನಗೆ ಕೇಳಲು ಸಿಗಲಾರದು. ನಿಮ್ಮ ಸಾಂತ್ವನದ ಮಾತುಗಳನ್ನು ಎಷ್ಟು ಬಯಸಿದರು ಅವು ಸಿಗಲಾರವು. ನಿಮ್ಮನ್ನ ಅಪ್ಪಿಕೊಳ್ಳಲು ಮನಸ್ಸಾದರೂ ಅದು ಈಗ ಸಾಧ್ಯವಾಗದು. ನಿಮ್ಮ ಜೊತೆ ಕಳೆದ ಪ್ರತಿಯೊಂದು ಕ್ಷಣ ಈಗ ಸುಂದರ ನೆನಪುಗಳು ಇಂದು ನೀವು ದೈಹಿಕವಾಗಿ ನನ್ನೊಂದಿಗೆ ಇಲ್ಲದಿದ್ದರೂ ನೀವು ಕಟ್ಟಿಕೊಟ್ಟ ಬಹುದೊಡ್ಡ ಆಸ್ತಿ ಬದುಕಿ ತೋರಿಸಿದ ದಾರಿ ನನಗೆ ಸದಾ ಮಾರ್ಗದರ್ಶನ ನೀಡುತ್ತಿವೆ. ನೀವು ಪ್ರೀತಿಯಿಂದ ನೀಡಿದ ಎಲ್ಲ ದಾರಿ ದೀಪವನ್ನು ನನ್ನ ಜೀವನದಲ್ಲಿ ಪಾಲಿಸಿ ನಿಮ್ಮನ್ನು ನನ್ನಲ್ಲಿ ಜೀವಂತ ವಿರಿಸುವ ಪ್ರತಿ ಪ್ರಯತ್ನವನ್ನು ನಾನು ಸದಾ ಮಾಡುವೆ ಅಪ್ಪಾ.....!



Ms. Aurin Madtha
Guest Faculty

ಬದುಕು ಬದಲಿಸಿದ ಮಾತುಗಳು



ನೀನು ಬಡವನಾಗಿ ಹುಟ್ಟಿದ್ದರೆ ಅದು ನಿನ್ನ ತಪ್ಪಲ್ಲ. ಆದರೆ ನೀನು ಬಡವನಾಗಿ ಸತ್ತರೆ, ಅದು ಖಂಡಿತ ನಿನ್ನದೇ ತಪ್ಪು. ---> **ಬಿಲಗೇಟ್ಟ**



ಕೇವಲ ಸಾಮಾನ್ಯ ಜನರು ಮಾತ್ರ ಅಸಾಮಾನ್ಯ ಕೆಲಸಗಳನ್ನು ಮಾಡಬಲ್ಲರು. ---> **ಜೋನಾಥನ್ ಡೈಯರ್**



ನಿಮಗೆ ಯಾವುದಾದರೂ ಒಂದು ಕೆಲಸವನ್ನು ಮಾಡಲು ಮೋಟಿವೇಷನ್ ಬೇಕಾದರೆ ಆ ಕೆಲಸವನ್ನು ಮಾಡಬೇಡಿ. ---> **ಈಲಾನ್ ಮಸ್ಕ್**



ನಿಮಗೆ ಸೂರ್ಯನಂತೆ ಮಿಂಚುವ ಆಸೆಯಿದ್ದರೆ ಮೊದಲು ಸೂರ್ಯನಂತೆ ಉರಿಯುವುದನ್ನು ಕಲಿಯಿರಿ. ---> **ಡಾ.ಎ.ಪಿ.ಜಿ. ಅಬ್ದುಲ್ ಕಲಾಮ್**



ನೀವು ಬೇರೆಯವರ ತಪ್ಪುಗಳಿಂದ ಕಲಿಯಬೇಕು. ಏಕೆಂದರೆ ಎಲ್ಲ ತಪ್ಪುಗಳನ್ನು ನೀವೇ ಮಾಡಿ ಕಲಿಯುವಷ್ಟು ದೊಡ್ಡ ಜೀವನ ನಿಮ್ಮ ಬಳಿಯಿಲ್ಲ. ---> **ಆಚಾರ್ಯ ಚಾಣಕ್ಯ**



ನೀವು ಬೇರೆಯವರ ತಪ್ಪುಗಳಿಂದ ಕಲಿಯಬೇಕು. ಏಕೆಂದರೆ ಎಲ್ಲ ತಪ್ಪುಗಳನ್ನು ನೀವೇ ಮಾಡಿ ಕಲಿಯುವಷ್ಟು ದೊಡ್ಡ ಜೀವನ ನಿಮ್ಮ ಬಳಿಯಿಲ್ಲ. ---> **ಆಚಾರ್ಯ ಚಾಣಕ್ಯ**



ನಮ್ಮ ಹಣೆಬರಹವನ್ನು ನಿರ್ಧರಿಸುವ ಜವಾಬ್ದಾರಿ ನಕ್ಷತ್ರಗಳ ಮೇಲಿಲ್ಲ, ಅದು ನಮ್ಮ ಮೇಲೆನೇ ಇದೆ. ---> **ವಿಲಿಯಮ್ ಶೇಕ್ಸ್‌ಪಿಯರ್**



ನಮ್ಮ ಹಣೆಬರಹವನ್ನು ನಿರ್ಧರಿಸುವ ಜವಾಬ್ದಾರಿ ನಕ್ಷತ್ರಗಳ ಮೇಲಿಲ್ಲ, ಅದು ನಮ್ಮ ಮೇಲೆನೇ ಇದೆ. ---> **ವಿಲಿಯಮ್ ಶೇಕ್ಸ್‌ಪಿಯರ್**

ಎಲ್ಲರ ಜೀವನದ ಗುರಿ



Reema Fernandes
I.B.Sc. F.D.

ಜಾನ್ ಲೆನ್ನನ್ ಎಂಬ ಪ್ರಸಿದ್ಧ ಹಾಡುಗಾರ ಚಿಕ್ಕವರಿದ್ದಾಗ ಅವರಮ್ಮ ಅವರಿಗೊಂದು ಮಾತು ಹೇಳಿದ್ದರಂತೆ. ಬದುಕಿನಲ್ಲಿ ಸಂತೋಷಕ್ಕಿಂತ ಮಿಗಿಲಾದದ್ದು ಯಾವುದು ಇಲ್ಲ ಸಂತೋಷ ನೆಮ್ಮದಿ ಎಂಬುವುದು ಪರಿಪೂರ್ಣ ಬದುಕಿನ ಕೀಲಿ ಕೈಗಳಿದ್ದಂತೆ ಎಂದು ಹೇಳಿದ್ದರು. ಅದು ಲೆನ್ನನ್ ಮನಸ್ಸಿನಲ್ಲಿ ಆಳವಾಗಿ ಬೇರೂರಿತ್ತು. ಮುಂದೆ ಅವರು ಶಾಲೆಗೆ ಸೇರಿದರು.

ಒಂದು ದಿನ ಅವರ ತರಗತಿ ಶಿಕ್ಷಕಿ ಎಲ್ಲ ಮಕ್ಕಳಿಗೆ ಒಂದು ಪ್ರಶ್ನೆ ಕೇಳಿದರಂತೆ. ಶಿಕ್ಷಕಿ ಮಕ್ಕಳಿಗೆ ಕೇಳಿದ್ದು- "ಮುಂದೆ ಬದುಕಿನಲ್ಲಿ ನೀವೇನಾಗಬೇಕು ಎಂದು ಬಯಸುತ್ತೀರಾ?. ನೀಡಿದರು, ವೈದ್ಯ, ಶಿಕ್ಷಕ, ಶಿಕ್ಷಕಿ, ವಕೀಲ, ಇಂಜಿನಿಯರ್ ಎಲ್ಲರೂ ಅವರವರ ಏನಾಗಬೇಕೆಂದು ಹೇಳುತ್ತಾ ಹೋದರು. ಲೆನ್ನನ್ ಸರದಿ ಬಂದಾಗ ಆತ ನಾನು ಸಂತೋಷವಾಗಿರಬೇಕು ಎಂದನಂತೆ. ಅದಕ್ಕೆ ಟೀಚರ್ ಹೇಳಿದರು -ಲೆನಿನ್, ನಿನಗೆ ನನ್ನ ಪ್ರಶ್ನೆ ಅರ್ಥವಾಗಿಲ್ಲ ಅನ್ನಿಸುತ್ತದೆ. ನಾನು ಕೇಳಿದ್ದು ನಿನ್ನ ಬದುಕಿನ ಗುರಿ ಏನು ಎಂದು?. ಲೆನಿನ್ ಹೇಳಿದ 'ಇಲ್ಲ ಮಿಸ್, ನನಗೆ ನಿಮ್ಮ ಪ್ರಶ್ನೆ ಅರ್ಥವಾಗಿದೆ. ಆದರೆ ನಿಮಗೆ ಜೀವನ ಏನೆಂದು ಅರ್ಥವಾಗಿಲ್ಲ! ಹೌದು, ಸಂತೋಷವಾಗಿರುವುದೇ ಎಲ್ಲರ ಜೀವನದ ಗುರಿಯಲ್ಲವೇ?"

ಅಪ್ಪ

ಅಪ್ಪ ನೀನು ನನ್ನ ಅಪ್ಪ ನನ್ನ ಬಾಳ ತುಂಬಾ ಹರುಷ
ಮರೆಯಲಾರೆ ನಿನ್ನ ನಾ ಸಾವಿರಾರು ವರುಷ
ನೊಂದ ಗುರುತು ಬಹಳ ಕಂಡದ್ದು ನಗುವ ಮುಖ
ಎಲ್ಲಾ ನಮಗೆ ಕೊಟ್ಟು ನೀ ಬಯಸಲಿಲ್ಲ ಸುಖ

ನಮಗೆಲ್ಲಾ ಕೊಟ್ಟೆ ನೀ ಹರಿದ ಬಟ್ಟೆ ತೊಟ್ಟೆ
ಕಷ್ಟ ನೂರಿದ್ದರು ನಿನ್ನೊಳಗೆ ಹುಡುಗಿ ಇಟ್ಟೆ
ಸಂಸಾರ ಸಾಗಿಸಲು ಬಹಳ ಶ್ರಮ ಪಟ್ಟೆ.
ಆದರೂ ಅದೇಕೋ ದೂರವೇ ಉಳಿದುಬಿಟ್ಟೆ.

ನೆನ್ನೆ ನೋವ ಕಂಡೆ ನಿನ್ನ ಎರಡು ಕಣ್ಣಲ್ಲಿ
ನೋವು ನಿನಗೆ ಹೆಚ್ಚು ಬಿದ್ದಾಗ ನಾನು ಮಣ್ಣಲ್ಲಿ
ಆಡ ಬಯಸುವೆ ಆಟ ಮಗುವಾಗಿ ನಿನ್ನೊಂದಿಗೆ
ಮರೆಯಲಾರೆ ನಿನ್ನ, ನೆನಪ ನನಗೆಂದೆಂದಿಗೂ

ಭಯದಿ ಅವಿತ ನೆಂಪು ನಿನ್ನ ಬೆನ್ನಲ್ಲಿ
ಮಗುವಾಗಿ ಆಡುವಾಸೆ ನಿನ್ನ ಬಳಿಯಲ್ಲಿ
ಮಗುವಾಗಿ ಮಲಗುವಾಸೆ ನಿನ್ನ ತೋಳಲ್ಲಿ
ಮಗುವಾಗಿ ನಲಿವ ಆಸೆ ನಿನ್ನ ಜೊತೆಯಲ್ಲಿ!

Vinayaka G.R.
I.B.C.A



महिला सशक्तिकरण

एक परिवार को एक साथ लाने के लिए महिला का जरूरत पड़ता है। एक महिला घर के लिए आदार स्तंभ है। पंडित जवाहर लाल नेहरू द्वारा कहा गया वाक्य "लोगों को जगाने के मशहूर वाक्य लिये महिलाओं का जागृत होना जरूरी है।

लैंगिक भेदभाव राष्ट्र में सांस्कृतिक, सामाजिक, आर्थिक और शैक्षिक अंतर ले आता है जो देश को पीछे की ओर ब्रेक ढकेलता है। भारत के संविधान में उल्लेखित समानता के अधिकार को सुनिश्चित करने के लिए महिलाओं को सशक्त बनाना सबसे प्रभावशाली उपाय इस तरह की बुराईयों को मिटाने के लिए ये जरूरी है कि महिलाएं शारीरिक, मानसिक और सामाजिक रूप से मजबूत हों। चूंकि एक बेहतर शिक्षा की शुरुआत बचपन से घर पर हो सकती है। महिलाओं के उत्थान के लिए स्वस्थ परिवार स्वस्थ परिवार की जरूरत जो राष्ट्र के सर्वोच्च विकास के लिए आवश्यक है।

सरकार को महिलाओं के वास्तविक विकास के लिए, पिछड़े ग्रामीण क्षेत्रों में जाना होगा और वहाँ की महिलाओं का सरकार की तरफ से मिलने वाली सुविधाओं और उनके अधिकारों को हूँन सभी को देना होगा।

Vinitha Maria D'Souza
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अंधविश्वास

अंधविश्वास वह होता है जब किसी भी बात को बिना सोचे समझे बिना किसी आधार के चरम सीमा के परे जाकर मानना फिर वो भगवान की भक्ति हो या किसी इंसान की।

अंधविश्वास का असली कारण है डर। मरने का डर, परीक्षा में असफल होने का डर, नौकरी मिलने का डर आदि ऐसे कई डर जिसके कारण व्यक्ति अपने आप को कमजोर महसूस करता है, उसे दूर करने के लिए कई तरह के कार्य करने पर मजबूर हो जाता है और बड़ी कार्य उसे कहीं ना कहीं अंधविश्वासी बना देता है। भारत देश में सबसे ज्यादा अंधविश्वास है, क्योंकि यहाँ भगवान को अधिक माना जाता है जिसका कोई लोग गलत फायदा उठाते हैं। मैं मानती हूँ कि ईश्वर में आस्था भी जरूरी है तथा मन में श्रद्धा होना भी, परंतु सबसे अधिक जरूरी है सही और गलत के बीच के अंतर को समझने की क्षमता रखना। किसी भी मनुष्य को सबसे ऊपर मानव धर्म को रखना चाहिए क्योंकि मानव धर्म से बड़ा कोई और धर्म नहीं है।

हमारे अंदर में बसे हुए इसी डर का फायदा का ढोंगी बाबा उठाते जो अपने आप फायदा वह सारे को भगवान का नाम देकर ऐसे पाप करते हैं जो कोई सोच भी नहीं सकता। ऐसे कई उपाय हैं जिसकी मदद से हम अंधविश्वास को मात दे सकते हैं। खुद पर भरोसा करना अंदर के डर को दूर करना, कर्मठ बनना तथा सच्चाई को सहजता से स्वीकार करने से हम अंधविश्वास को दूर भगा सकते हैं ताकि मानवता का कल्याण हो खल्ले तथा हमारा भारत देश और भी आगे बढ़ सके।

LAXMI KURLE
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मानव और समाज

यूनान के महान दार्शनिक अरस्तु के अनुसार, "मनुष्य एक सामाजिक प्राणी है" अक्षरशः सत्य प्रतीत होती है, यदि हम इसे सरल भाषा में कहें तो दोनों समाज और मनुष्य एक दूसरे के पूरक हैं यदि समाज का निर्माण मनुष्यों ने किया तो समाज ने उनके विकास में महत्वपूर्ण भूमिका निभाई।

मनुष्य पृथ्वी पे आया तो अकेला था परन्तु यहाँ वह अकेले अपना जीवन यापन नहीं कर सकता। एक दूसरे की सहायता की आवश्यकता पड़ी, जिसके लिए समाज या परिवार का होना आवश्यक हुआ और फिर परिवार से समाज और समाज से शहर, राज्य और राष्ट्र का निर्माण हुआ।

सामाजिक जीवन से पृथक मनुष्य जीवन की कल्पना नहीं की जा सकती, मनुष्य का चहुमुखी विकास समाज मे रह कर ही संभव है, समाज ही व्यक्ति के लिए वो सारी सुविधाएँ उपलब्ध कराता है जो उसके विकास के लिए परमावश्यक होती है।

मनुष्य को अपनी आवश्यकताओं के लिए समाज की और समाज को अपने अस्तित्व के लिए मनुष्य की जरूरत होती है। ये भी माना जाता है कि प्राचीन काल में जब मनुष्य अकेला था तो स्वयं को जीव जंतुओं से बचाने के लिए उसने झुंडों में रहना प्रारम्भ किया धीरे-धीरे ये झुंड परिवार में बदले और परिवारों ने अपनी आवश्यकतों की पूर्ति के लिए विकास करना शुरू किया तब जाके समाज का निर्माण हुआ।

पुराने समय में संयुक्त परिवार हुआ करते थे और उनमे आदर्शता थी जो एक सभ्य समाज का निर्माण करती थी, परन्तु अब परिस्थिति बिलकुल बदल गयी है अब लोग स्वयं को समाज का हिस्सा तो मानते है, परन्तु समाज के प्रति उनके क्या कर्तव्य है भूलते जा रहे हैं, अब मनुष्य संक्युत परिवार में रहना उचित नहीं समझता वह स्वयं के स्वार्थ को सर्वोपरि मानते हुए आत्मकेंद्रित होता जा रहा है।

वर्तमान में मनुष्य का दृष्टिकोड समाज को लेकर बदल गया है अब उसके लिए समाज का अर्थ सिर्फ उस क्षेत्रफल तक सिमित हो गया है जहाँ वो रहता है लेकिन शायद लोग ये भूलते जा रहे हैं की समाज का अस्तित्व मनुष्य जीवन की आधारशिला है, यदि मनुष्य समाज में प्रसिद्धि पाता है तो लोगो के बीच उसका आदर सम्मान बढ़ जाता है, आज के समय में मनुष्य जिस भी क्षेत्र में उन्नति कर रहा है वो समाज की ही तो देन है।

यदि कोई भी मनुष्य किसी भी क्षेत्र में उपलब्धि प्राप्त करता है तो सर्वप्रथम उसे उस समाज के नाम से संबोधित किया जाता है जिसका वो हिस्सा होता है, मनुष्य अपने अधिकारों एवं कर्तव्यों का निर्वाह समाज में ही रहकर कर सकता है यदि समाज न हो तो फिर इन अधिकारों और कर्तव्यों का क्या मतलब।

समाज मनुष्य के लिये वो प्रतिविम्ब है जिसमें प्रत्येक दिवस वो अपनी अभिलाषाओं एवं आकांक्षाओं को पूरा होते देखता है, हालांकि ये सर्वविदित है की समाज का निर्माण मनुष्य ने किया है परन्तु वर्तमान में समाज मनुष्य के जीवन का अभिन्न अंग बन गया है। समाज मनुष्य के विचारों की अभिव्यक्ति करता है अरे ये समाज ही तो है जो आदिकाल से मनुष्य की सभ्यता एवं संस्कृति का उद्घोषक रहा है, मनुष्य का शरीर तो नाशवान है परन्तु समाज हमेशा जीवित रहता है उन गौरव गाथाओं के परिचायक के रूप में जो उसके अस्तित्व की पहचान को परिलक्षित करती है।

अतः समाज और मानव दोनों एक सिक्के के दो पहलु हैं एक शरीर तो दूसरा आत्मा, तभी तो कहा गया है की मनुष्य एक सामाजिक प्राणी है।

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जीवन एक सुंदर तोहफा और यात्रा है

जीवन की दार्शनिक परिभाषा अपनी जैविक परिभाषा से व्यापक रूप में भिन्न है। जीव विज्ञान जीवन के भौतिक पहलुओं को ही मानता है, जबकि दर्शन उन गुणों को मानता है जो जीवन को दूसरों के लिए योग्य बनाता है। इस निबंध में हम जीवन को समझने की कोशिश करेंगे, और जैविक और दार्शनिक दोनों बिन्दुओं से इसे देखने की कोशिश करेंगे।

जीवन एक सुंदर उपहार है

हम में से अधिकांश लोगों का मत है कि जीवन एक सुंदर उपहार है। जीवन को एक सुंदर उपहार के रूप में देखा जाता है क्योंकि इसके कारण दूसरों के लिए इसका मूल्य होता है। इस ग्रह का प्रत्येक जीवन एक विशिष्ट उद्देश्य के लिए होता है। पेड़, पशु, पक्षि, मनुष्य, कीड़े, सभी अपने-अपने तरीके से ग्रह और अन्य जीवन के विकास में योगदान करते हैं।

इसके अलावा, मानव जीवन एक बहुत बड़ा उपहार है क्योंकि यह मौजूदा जीवन रूपों में सबसे शक्तिशाली है। मनुष्य के पास सपने देखने, काम करने और लक्ष्य हासिल करने जैसी असाधारण क्षमता होती है, और इस ग्रह पर इस तरह की कोई अन्य प्रजाति नहीं है। इसके अलावा मनुष्य अच्छे और बुरे दोनों कारणों से ग्रह के प्रत्येक जीवन को प्रभावित करता है। मानव जीवन एक उपहार है क्योंकि यह अन्य कमजोरों और कमजोर जीवन को बचाने के लिए और उसका संरक्षण करने के लिए होता है। यह दार्शनिक जीवन की सौहार्द या सुंदरता थी। अब जीवन की भौतिक सुंदरता पर ध्यान देते हैं। मनुष्यों को असाधारण रूप से निपुण अंगों और कुशल मस्तिष्क के साथ बनाया गया है, जिससे उन्हें दूसरों से श्रेष्ठ माना जाता है। इन शक्तियों कि वास्तविक सुंदरता जीवन के सभी अच्छे कारणों से कितने जीवन को प्रभावित करता है यह उसपर निर्भर करता है।

जीवन की पूर्वावश्यकताओं में से एक है जीवन का विकास। जहां जीवन है वहां विकास है। जैसे विकास की अवस्थाएं होती हैं वैसे ही जीवन की यात्रा चलती है। आइए हम मानव जीवन के उदाहरण पर विचार करें। जब बच्चा पैदा होता है, तो वह छोटा होता है और उनका शारीरिक और मानसिक रूप से विकास नहीं हुआ होता है, लेकिन जैसे-जैसे समय बीतता है वैसे ही बच्चा बढ़ता रहता है। इसी तरह अन्य सभी प्रजातियों के साथ भी होता है।

समय के साथ-साथ जीवन बढ़ता है और अधिक प्रमुख हो जाता है। प्रत्येक वर्ष बीतने के साथ ही बच्चे समझदार और बड़े होते जाते हैं, और वो जल्दी ही एक स्मार्ट युवा हो जाते हैं। अन्य जीवन रूपों के साथ भी ऐसा ही होता है। यहां बहुत सारी नई चीजें हैं, और सभी अनुभव बढ़ने के साथ-साथ ही सीखते हैं। इसलिए यह कहना गलत नहीं होगा कि जीवन विकास और अनुभवों की यात्रा है और सभी को समझदार और मूल्यवान बनाने के लिए है।

यह हमेशा ध्यान में रखना चाहिए कि जीवन एक बहुत मूल्यवान उपहार है, लेकिन यह केवल मानव जीवन ही नहीं है, यहां तक की सबसे कमजोर प्रजातियों का जीवन भी बहुत मूल्यवान होता है, जैसे कि ऋषियों में से एक बुद्धिमान ऋषि का जीवन होता है।

Ananya Nayak
II B.Sc. H.S



माँ

जब अकेला रहा तो उसकी याद आयी
,अँधेरे में था तो उसकी याद आयी।
जब भूख लगी तो उसकी याद आयी
नींद नहीं आयी तो उसकी याद आयी।
सोचने में कितनी आसान लगती थी ये ज़िंदगी
जब खुद से जीना सीखा तो उसकी याद आयी।
तभी भी लगा की माँ इतनी मतलब कैसे हो सकती है
हमसे भी ज्यादा हमारे लिए कैसे सो सकती है।
लेकिन सच तो ये है की वो माँ ही होती है
जो हमारा पेट भरकर खुद भूखा है।

അയാൾ

അന്നൊരു ഞായറാഴ്ചയായിരുന്നു, അയാൾ അവിടെ പോകാനുറപ്പിച്ചിരുന്ന ദിവസം. കുറച്ചുനാളുകളായി ഈയൊരു ചിന്തയിൽ തന്നെയിരുന്നു അയാൾ. പോകാതിരിക്കാൻ കഴിയില്ലായിരുന്നു, കാരണം അത്ര ദയനീയമാണ് അയാളുടെ ഇപ്പോഴത്തെ അവസ്ഥ. കൂടാതെ ഭാര്യയുടെ കുറപ്പെടുത്തലുകൾ വേറെയും....കുറെയധികമായി സഹിക്കുന്നു ഇനിയും വയ്യ. ഒരു പക്ഷെ അവൾ മാത്രമായിരിക്കും അയാളെ ശരിയായി മനസ്സിലാക്കിയ ഒരേയൊരാൾ. ഈ കുറപ്പെടുത്തലിന്റെ കാരണവും അതു തന്നെയാവാം. പൊങ്ങച്ചങ്ങളിൽ മുങ്ങിയുളളൊരു ജീവിതമായിരുന്നല്ലോ അയാളുടേത്.. ഭാര്യയുടെ മുന്നിൽപ്പോലും ആളാകാതെ ശ്രമിച്ചിട്ടുള്ളു എന്നും. അതു കൊണ്ടു തന്നെ ഭാര്യയിൽ നിന്നും പലതും അയാൾ മറച്ചുവെച്ചിരുന്നു.. പക്ഷെ എന്തോ ഒരബദ്ധവശാൽ ഇത് അവളോട് ഒന്നു സൂചിപ്പിക്കേണ്ടി വന്നു. പിന്നീട് പല രാത്രികളിലും വഴക്കിടാൻ അവൾക്കതൊരു വിഷയമായി. ഒന്നോർത്താൽ അവൾ പറയുന്നതാവാം ശരി..അതുകൊണ്ടാണല്ലോ കാരിരുമ്പിന്റെ മുർച്ചയുള്ള അവളുടെ കുറപ്പെടുത്തലുകൾക്കു മുന്നിലും അയാൾ നിശബ്ദനായിപ്പോകുന്നത്. ഇനിയും അവളുടെ മുന്നിൽ പിടിച്ചുനിൽക്കുന്നതെങ്ങിനെയെന്ന് അയാൾ ഭയപ്പെട്ടിരുന്നു. അമ്പതിനായിരം രൂപ ! അതൊരു നിസ്സാരതുകയല്ലല്ലോ!! പ്രത്യേകിച്ച് അയാളുടെ ഇപ്പോഴത്തെ അവസ്ഥയിൽ.... ആയ കാലത്ത് ജീവിതത്തെ നിസ്സാരമായി കണ്ടിരുന്നതിന്റെ ഫലമായിരിക്കാം അയാൾ ഇന്നനുഭവിക്കുന്നത്. ചോദിക്കുന്നവർക്കൊക്കെ വഴിവിട്ട്



സഹായിക്കുക എന്നത് അയാളുടെ ഒരു ദൗർബല്യമായിരുന്നു..

വാങ്ങിയവരാരും തന്നെ പിന്നീട് ഇതു വഴി വന്നതുമില്ല. ഇനിയൊട്ട് വരികയുമില്ല .. പക്ഷെ അയാൾക്കതറിയില്ലെങ്കിലും അയാളുടെ ഭാര്യക്കുതിൽ ഒട്ടും സംശയമില്ലായിരുന്നു.

മനമില്ലാമനസ്സോടെയെങ്കിലും അയാൾ പോകാൻ തീരുമാനിച്ചതും ഭാര്യയുടെ ഈ നിർബന്ധം ഒന്നു കൊണ്ടു മാത്രമാണ്.

ഏഴുമണിയ്ക്കുള്ള ബസ്സിൽ പുറപ്പെട്ടാൽ ഒരു പതിനൊന്നിന് മുമ്പായി അവിടെയെത്താം.

ടൗണിലേയ്ക്ക് ഒരു പത്തു മിനിട്ടു നടക്കാനുള്ള ദൂരമേയുള്ളൂ, എടിഎംമില്ലൊന്നു കയറുകയും വേണം. ഒരിക്കലും പിൻവലിക്കില്ലെന്നുറപ്പിച്ച് വച്ച പണമാണ് . ഓരോ അത്യാവശ്യങ്ങൾ വരുമ്പോഴും എടുത്തെടുത്ത് അതും തീരാറായി. എന്തു ചെയ്യാം യാത്രാക്കൂലി ഇല്ലാതെ അയാൾക്കവിടെ പോകാനാവില്ലല്ലോ.

"എടീ ഞാൻ അവിടം വരെയൊന്നു പോയിട്ട് വരാം" അത്രയും പറഞ്ഞ് അയാൾ തലേദിവസം തേച്ചു മടക്കി വച്ച മുണ്ടും ഷർട്ടുമെടുത്തിട്ട് കണ്ണാടിയുടെ മുന്നിൽ ചെന്നു നിന്ന് മുഖസൗന്ദര്യം ഉറപ്പുവരുത്തി.

"പോയാൽ മാത്രം പോര കിട്ടാനുള്ള പൈസയുടെ കണക്ക് പറഞ്ഞ് വാങ്ങിയതിനുശേഷം വന്നാൽമതി. കൊല്ലം കുറെയായില്ലേ, ഒരോ അവധിയ്ക്ക് വരുമ്പോഴും ഞാൻ പറയാറില്ലേ നിങ്ങളോട് അവിടം വരെയൊന്ന് പോയിനോക്കാൻ. അവൾ വീണ്ടും പരാതിയുടെ ഭാഗ്യക്കെട്ടഴിച്ചു തുടങ്ങി.

"അതെങ്ങനെ! എന്റെ വാക്കിന് എന്നും പുല്ലുവിലയായിരുന്നല്ലോ. ഇനിയും എവിടൊക്കെ കൊടുത്തു കാണുമെന്ന് ആർക്കറിയാം!

അവിടെച്ചെന്ന് നിങ്ങളുടെ നിസ്സഹായാവസ്ഥ അയാളെ ബോധ്യപ്പെടുത്തണം. വെറുതെയല്ലല്ലോ, നിങ്ങൾക്ക് തരാനുള്ളതല്ലെ . ഒരാവശ്യത്തിന് കടം വാങ്ങിയാൽ തിരിച്ചുകൊടുക്കാൻ എന്താണാവോ ഇവർക്ക് ഇത്ര മടി! അവർ നിർത്താനുള്ള ഭാവമില്ല, ഭാര്യയുടെ കുത്തുവാക്കുകൾക്ക് കാര്യമില്ലാത്തതു നിൽക്കാതെ അയാൾ മുറ്റത്തേക്കിറങ്ങി. ഇനിയും ഇവിടെ നിന്നാൽ ശരിയാവില്ലെന്ന് ബോധ്യമുള്ളതുകൊണ്ട് അയാൾ ബസ്സ്റ്റോപ്പ് ലക്ഷ്യംവെച്ചു നടന്നു തുടങ്ങി.

ടൗണിലെ ആദ്യം കണ്ട എടിഎം-ൽ കയറി ആകെ ഉണ്ടായിരുന്ന അയ്യായിരത്തിൽനിന്നും നാലായിരം പിൻവലിച്ചു. ഒരു ദൂരയാത്രയല്ല, എന്തെങ്കിലും കുറച്ചുരൂപ കൈയിലില്ലെങ്കിൽ ശരിയാവില്ല...അവിടെ കുട്ടികൾ ആരെങ്കിലും കാണാതിരിക്കില്ല. കുറച്ച് പലഹാരങ്ങളും വാങ്ങണം, ബേക്കറികൾ തുറക്കണമെങ്കിൽ ഇനിയും സമയമേറെയുണ്ട്...അവിടെ ചെന്നിറങ്ങിയതിനു ശേഷം വാങ്ങിക്കാമെന്ന കണക്കുകൂട്ടലോടെ അയാൾ ബസ്സ്റ്റോപ്പ് ലക്ഷ്യം വെച്ചു തന്നെ നടന്നു.

അവധി ദിവസമായതുകൊണ്ട് ബസ്സ്റ്റോപ്പിൽ യാത്രക്കാരുടെ ബാഹുല്യം കുറവായിരുന്നു... അതയാൾക്കൊരാശ്വാസമായി തോന്നി. കാര്യത്തിൽപ്പിന്നെ വിരാമമിടാൻ അധികസമയം വേണ്ടി വന്നില്ല. അതുവഴി വന്ന ആദ്യത്തെ ബസ്സിൽത്തന്നെ അയാൾ കയറിപ്പറ്റി. നാലു മണിക്കൂറിന്റെ ഒരു ദീർഘദൂരയാത്രയ്ക്കു വേണ്ട തയ്യാറെടുപ്പുകളോടെ ബസ്സിന്റെ മദ്ധ്യഭാഗത്തെ ഒരു സീറ്റിൽത്തന്നെ അയാൾ സ്ഥാനം പിടിച്ചു.

കൂട്ടുകാരനെ കാണാൻ കഴിഞ്ഞില്ലെങ്കിലോ എന്ന ഭയം അയാളെ അലട്ടിക്കൊണ്ടിരുന്നു.. തരാനുള്ള പണത്തിന്റെ കണക്കു പറഞ്ഞ് ചോദിക്കുന്നതിന്റെ ഒരു ജാഘ്രത വേറെയും.

ചിന്തകളുടെ വേലിയേറ്റം അയാളെ അസ്വസ്ഥനാക്കിക്കൊണ്ടേയിരുന്നു.കൊടുത്ത ശീലമുള്ളു,കിട്ടാനുള്ളതൊന്നും ചോദിച്ചു വാങ്ങിയ ശീലം ഇന്നുവരെ ഉണ്ടായിട്ടില്ലല്ലോ.

എന്തായാലും ഒരു നാലുമണിക്കൂറിന്റെ ഇടവേളയുണ്ടല്ലോ ,അതിനിടയിൽ നമുക്ക് അയാളുടെ ഈ കൂട്ടുകാരനെയൊന്ന് പരിചയപ്പെടാം.

ദിനേശൻ,അതാണയാളുടെ പേര്,ദുബായിലെ ഒരു പ്രൈവറ്റ് കമ്പനിയിൽ ഡ്രൈവറായിരുന്നു. പ്രായം കൊണ്ടും പക്ഷത കൊണ്ടും മറ്റുള്ളവരുടെയെല്ലാം ദിനേശേട്ടനായി മാറിയ വ്യക്തിത്വം. സ്ഥിരമായി ഭക്ഷണം കഴിച്ചുകൊണ്ടിരുന്ന ഒരു റസ്റ്റോറന്റിൽ വെച്ചാണ് അയാൾ ദിനേശേട്ടനുമായി പരിചയപ്പെടുന്നത്, അതു പിന്നീട് വലിയൊരു സൗഹൃദത്തിലേക്കു വഴി മാറുകയായിരുന്നു.

റൂമിൽ ഒരാളുടെ ഒഴിവ് വന്നപ്പോൾ ദിനേശേട്ടനെ റൂമിലേക്കു ക്ഷണിച്ചു. യാതൊരു മടിയും കൂടാതെ ദിനേശേട്ടൻ ആ ക്ഷണം സ്വീകരിച്ചു. ഏകദേശം എട്ടു വർഷത്തോളം അയാളെ ഒപ്പം ചേർത്തു പിടിച്ചു. ഈ എട്ടുവർഷത്തിനിടയിൽ ഏവരാരും ആദരിക്കപ്പെടുന്ന ഒരു വ്യക്തിത്വത്തിനുമായി മാറിയിരുന്നു ദിനേശേട്ടൻ.

മകളുടെ കല്യാണത്തിനെന്നും പറഞ്ഞു നാട്ടിൽപോയ ദിനേശേട്ടൻ പിന്നെ തിരിച്ചു വന്നില്ല. റൂമിൽ നിന്ന് പലരും അദ്ദേഹത്തെ പണം കൊടുത്ത് സഹായിച്ചാണ് യാത്രയാക്കിയത്,കൂട്ടത്തിൽ അമ്പതിനായിരം രൂപയുടെ ഒരു ചെക്ക് അയാളുടെ വകയും.

പെൺമക്കളെ കല്യാണംകഴിച്ചു കൊടുക്കേണ്ടി വരുന്ന ഒരാളിന്റെ അവസ്ഥയെക്കുറിച്ചാർത്ത് ഒരു സഹായം എന്ന നിലയിൽ കൊടുത്തു പോയതാണ്. അത് ഇത്തരത്തിലാവുമെന്ന്

പ്രതീക്ഷിച്ചതേയില്ല...

ദിനേശേട്ടന്റെ തിരോധനം മനസ്സിലേക്കുവന്നപ്പോൾ മുനിവ് വളരെ വലുതായിരുന്നു.. പലരേയും പറ്റിച്ചു മുങ്ങിയ ഒരു കുലദ്രോഹിയെ അങ്ങിനെ എളുപ്പം മറക്കാൻ ആർക്കും കഴിയില്ലല്ലോ.

അതിന്റെ പഴി മുഴുവൻ അയാളുടെ തലയിൽ കെട്ടിവയ്ക്കാൻ ശ്രമിച്ചപ്പോൾ അയാൾക്ക് സഹിക്കാവുന്നതിനും അപ്പുറമായിരുന്നു.

ദിനേശേട്ടനെക്കുറിച്ചന്വേഷിക്കാൻ അദ്ദേഹത്തിന്റെ നാട്ടുകാരായി ആരും തന്നെ അവിടെ ഇല്ലായിരുന്നു.

പലരും അതിനായൊരു ശ്രമം നടത്തിയെങ്കിലും ദിനേശേട്ടനെക്കുറിച്ച് ഒരു വിവരവും ആർക്കും കിട്ടിയില്ല . പിന്നീടെന്നോ മുനി വൃത്തിയാക്കുമ്പോൾ കിട്ടിയ ഒരു പാസ്‌പോർട്ടുകോപ്പി ആരും അറിയാതെ സൂക്ഷിച്ചു വെച്ചു. ആ പാസ്‌പോർട്ടുകോപ്പിയുടെ പിൻബലത്തിലാണ് അയാൾ ദിനേശേട്ടനെ കാണാൻപോകുന്നത്.

ദിനേശേട്ടൻ പോയിട്ട് വർഷങ്ങളായെങ്കിലും പാസ്‌പോർട്ടിലുള്ള അഡ്രസ് വച്ച് കണ്ടുപിടിക്കാൻ ബുദ്ധിമുട്ടുണ്ടാവില്ലെന്ന ആത്മവിശ്വാസം അയാൾക്കുണ്ട്.

ഏകദേശം പതിനൊന്നിനു മുൻപു തന്നെ അയാൾ ലക്ഷ്യസ്ഥാനത്തെത്തി. അടുത്തു കണ്ട ബേക്കറിയിൽ കയറി കുറച്ച് മിറിയും ചിപ്പും വാങ്ങി കൈയ്യിൽ വെച്ചു. ഒരോട്ടോക്കാരനെ വിളിച്ച് കയ്യിലുള്ള അഡ്രസ് കാണിച്ചു കൊടുത്തു ..ആളെ അത്ര പരിചയമില്ലെങ്കിലും അവിടെ എത്താനുള്ള വഴി അയാൾക്കറിയാമായിരുന്നു. വലിയ ബുദ്ധിമുട്ടൊന്നും ഇല്ലാതെ തന്നെ ഓട്ടോക്കാരൻ അയാളെ ദിനേശേട്ടന്റെ വീട്ടുമുറ്റത്തെത്തിച്ചു.

കോളിംബെല്ലിൽ വിരലമർത്താൻ ശ്രമിക്കുന്നതിനു മുൻപ് തന്നെ മെലിഞ്ഞുണങ്ങിയ ഒരു സ്ത്രീരൂപം വാതിൽപ്പടിയിൽ പ്രത്യക്ഷപ്പെട്ടു.

"ആരാ എവിടുന്നു മനസ്സിലായില്ലല്ലോ" വളരെ ദയനീയമായിരുന്നു അവരുടെശബ്ദം.

"ഞാൻ ഇത്തിരി ദുരേണിന് വരികയാണ്, ദിനേശേട്ടനെ ഒന്നു കാണണമായിരുന്നു. ഞങ്ങൾ ദുബായിൽ ഒരുമിച്ച് താമസിച്ചിരുന്നവരാ"

നൊടിയിടയിൽ അകത്തേയ്ക്ക് പിൻവലിഞ്ഞ സ്ത്രീരൂപം

കുറച്ചു സമയത്തിനുശേഷം പുറത്തേയ്ക്കു വന്നു.

"മൂപ്പർ ഓളോട് അകത്തേയ്ക്ക് വരാൻ പറഞ്ഞു"

അതിൽ എന്തോ ഒരു പന്തികേട് തോന്നിയെങ്കിലും അയാളത് കാര്യമാക്കാതെ സ്ത്രീയെ അനുഗമിച്ചു.

പടപടാ മിടിക്കുന്ന ഹൃദയത്തോടെയാണ് അകത്തേയ്ക്ക് പ്രവേശിച്ചതെങ്കിലും അവിടെ കട്ടിലിൽ ഒരുവശം മുഴുവൻ തളർന്നു കിടക്കുന്ന ആ മനുഷ്യരുപത്തെ തെല്ലൊരു ഞെട്ടലോടെയാണ് അയാൾ നോക്കി നിന്നത്.

അതു ദിനേശേട്ടനാണെന്ന് ഒറ്റനോട്ടത്തിൽ മനസ്സിലായെങ്കിലും അയാൾക്കത്

ഉൾക്കൊള്ളാനാവുമായിരുന്നില്ല. പക്ഷെ സത്യാവസ്ഥ ആ സ്ത്രീയുടെ വായിൽ നിന്നു തന്നെ പുറത്തുവന്നപ്പോൾ മറിച്ചൊന്നും പറയാൻ അയാളുടെ നാവ് പൊന്തിയില്ല.

താൻ വന്നതെന്തിനെന്ന് പോലും അയാളുടെ ചിന്തയിൽ നിന്നും മറഞ്ഞിരുന്നു.

ജീവനു തുല്യം സ്നേഹിച്ചു വളർത്തിയ മകൾ

വിവാഹത്തലേന്ന് വീട് പണിക്ക് വന്നിരുന്ന

വാർക്കപ്പണിക്കാരന്റെ കൂടെ ഒളിച്ചോടി പോയപ്പോൾ

ലോലഹൃദയരായ ഏതൊരു പിതാവിനും

സംഭവിക്കാവുന്നത് തന്നെയാണ് ദിനേശേട്ടനും

സംഭവിച്ചത്. തളർന്നു വീണ ദിനേശേട്ടൻ പിന്നീടിന്നു

വരെ ആരോടും സംസാരിച്ചിട്ടില്ലത്രേ!

ചലനമറ്റു കിടക്കുന്ന ദിനേശേട്ടന്റെ മുഖത്തേയ്ക്ക്

നിർവികാരതയോടെ ഒരു നിമിഷം കൂടി നോക്കി നിന്ന

ശേഷം പോക്കറ്റിലെ അവശേഷിക്കുന്ന നോട്ടുകൾ

അയാൾ പുറത്തെടുത്തു.. തിരിച്ചുപോകാനുള്ള

യാത്രാക്കുലിയും ഭക്ഷണത്തിനുള്ള പൈസയും മാറ്റിവെച്ച്

ബാക്കിയുള്ള തുക ദിനേശേഷ്ടന്റെ കിടക്കക്കരികിൽ
വെച്ചുകൊണ്ട് അയാൾ തിരിച്ചുനടന്നു.....

ആരോടും പരിഭവമില്ലാതെ...

(കടപ്പാട് : ജെനു മൂക്കുതല)



Mr. Sasidharan N
Assistant Lecturer

കാറ്റ്

മന്ദമന്ദമായ് മന്ദമന്ദമായ് വന്നു ഞാൻ
ചലനം കുറഞ്ഞ്...

പൂവാകുന്ന മേനിയെ തൊട്ടുണർത്തി
നിൻ പ്രണയമാകും സുഗന്ധത്തിൽ ചേർന്നലിഞ്ഞു
ഞാൻ...

നിൻ കവിളാകും ഇതളുകൾ ചുംബിച്ചുണർത്തി
വിടരുന്ന പുഞ്ചിരി കണ്ടു ഞാൻ...

അറിയാതെ മനസാൽ മന്ത്രിച്ചു പോകുന്നു ഞാൻ
കാലമാകും അശ്വമേ നീ തരു

വീണ്ടുമൊരു ജന്മം ഈ ഇതളുകളിൽ ചേർന്നലിയുവാൻ...



Anjana K
I B.Sc. FT



മാധ്യമങ്ങളുടെ അതിപ്രസരണം

നില തെറ്റി അലയുന്ന ഈയാം പാറ്റകളെപ്പോലെ ഓരോ ദിനവും കുതിച്ചുപായുന്ന ഒരു കൂട്ടം ജനത ഇന്നിന്റെ നേർക്കാഴ്ചയാണ്. എന്തിനെന്നോ ഏതിനെന്നോ അറിയാത്ത ജീവിതമായി ഇന്നിന്റെ തുടിപ്പുകൾ മാറിയിരിക്കുന്നുവോ? ചിന്തിക്കേണ്ട സമയം അതിക്രമിച്ചിരിക്കുന്നു. മാധ്യമങ്ങളുടെ അതിപ്രസരണം ഇന്നിന്റെ താളനിലയെ അതിദാരുണമായി ബാധിച്ചിരിക്കുന്നു എന്ന കാര്യത്തിൽ തർക്കമില്ല.

ജനിച്ചു വീഴുന്ന പിഞ്ചു പൈതൽ മുതൽ വാർദ്ധക്യവീഥിയിൽ സഞ്ചരിക്കുന്നവർ വരെ മാധ്യമ യുഗത്തിന്റെ ഈടുറ്റ ചലനമായി മാറിയിരിക്കുന്നു. കളിപ്പാട്ടങ്ങൾക്ക് പകരം ഇന്ന് കുഞ്ഞുങ്ങൾക്ക് വേണ്ടത് മൊബൈൽ ഫോണും മറ്റ് ഇൻറർനെറ്റ് ഉപകരണങ്ങളും ആണ്. "അമ്മ" എന്ന് ആദ്യമായി ഉച്ചരിക്കാൻ പോലും സാധിക്കാത്ത ഒരു തലമുറയിലൂടെയാണ് ഇന്ന് നാം ജീവിക്കുന്നത്. കുടുംബം ആരെന്നും കൂടപ്പിറപ്പ് ആരെന്നും അവർ ജീവിതത്തിന്റെ പ്രഥമവീഥിയിലുള്ളവർ ആണെന്നും ചിന്തിക്കാൻ പോലും ഇന്നുള്ളവർക്ക് സമയമില്ല എന്നുള്ളതാണ് യാഥാർത്ഥ്യം.

ഒരു നാണയത്തിന്റെ ഇരുവശങ്ങൾ പോലെ നന്മയും തിന്മയും ഇടചേർന്നതാണ് മാധ്യമ ലോകം. പക്ഷേ അവയെ വേർതിരിച്ചു കാണുക എന്നതാണ് കാഠിന്യം. ഇന്നിന്റെ മാധ്യമ യുഗത്തിന്റെ ക്രൂരതയിൽ തകർന്നടിയുന്ന എത്രയോ ജീവിതങ്ങൾ.. ഏറെ വേദനാജനകമായ കൃത്യങ്ങളാണ് ഇന്ന് മുന്നേറിക്കൊണ്ടിരിക്കുന്നത്. തകർന്നുവീഴുന്ന ജീവിതങ്ങൾക്കു മുന്നിൽ കണ്ണീരൊഴുക്കുന്ന ഒരുപാട് കുടുംബങ്ങളുണ്ട്. മാധ്യമങ്ങളുടെ കടന്നാക്രമണം ആഴ്ന്നിറങ്ങുന്നത് ഒരു വ്യക്തിത്വത്തെ മാത്രമല്ല മറിച്ച് ഒരു കുടുംബത്തെയാണ്, ഒരു സമൂഹത്തെയാണ്. ജീവിത

ക്രമസമാധാനം തന്നെ കൈകളിൽനിന്ന് അറ്റുപോയ
എത്രയോ ജീവിതങ്ങൾ ഇന്ന് നമുക്ക് മുന്തിലുണ്ട്.
എന്നിട്ടും അവയെ തിരിച്ചറിയാൻ കഴിയാതെ പോകുന്നത്
എന്തുകൊണ്ട് എന്ന ചോദ്യം ഇന്നും മുന്തിട്ടുനിൽക്കുന്നു.

ഇൻറർനെറ്റ് യുഗത്തിലൂടെ
പരിചയപ്പെട്ട്, ഇന്നലെ കണ്ട ആൾക്ക് വേണ്ടിയും
അവരുടെ ആഗ്രഹങ്ങൾക്കും അഭിലാഷങ്ങൾക്കും
വേണ്ടിയും ജന്മം തന്ന മാതാപിതാക്കളെയും
കുടുംബാംഗങ്ങളെയും മാറ്റിവയ്ക്കുന്ന ഇന്നിന്റെ
തലമുറയുടെ അവസ്ഥ ഏറെ ദാരുണമായി
നോക്കിക്കാണേണ്ട അവസ്ഥയായി മാറിയിരിക്കുന്നു.
തെരുവീമിയിൽ ചെന്നായ്ക്കളാൽ വലിച്ചുകീറപ്പെട്ട
എത്രയോ ജീവിതങ്ങളാണ്.. അലറുന്ന സിംഹത്തെ പോലെ
ആരെ വിഴുങ്ങണം എന്ന് ആലോചിച്ച് ചുറ്റി
സഞ്ചരിക്കുന്ന തെരുവ് നായ്ക്ക് നൽകപ്പെടേണ്ടതാണോ
ഓരോ ജീവിതങ്ങളും? ചിന്തിക്കേണ്ട സമയം
അതിക്രമിച്ചിരിക്കുന്നു.

എന്നിരുന്നാലും ഇന്നിന്റെ
തലമുറയ്ക്ക് ഉപേക്ഷിച്ചു കൂടാൻ ആകാത്ത ഒന്നായി
മാറിയിരിക്കുന്നു മാധ്യമങ്ങൾ. ഒരു വ്യക്തിയെ
സംബന്ധിച്ച് ഭൗതികവും ആത്മീയവും വിജ്ഞാന
പരവുമായ ആവശ്യങ്ങൾക്ക്, വളർച്ചയ്ക്ക്
അത്യന്താപേക്ഷിതമായ ഒന്നാണ് മാധ്യമ ലോകം. എന്നാൽ
അവയെ വേർതിരിച്ചു കണ്ട് നന്മയ്ക്കായി
പ്രയോജനപ്പെടുത്തുക എന്നുള്ളതാണ് കാര്യഗൗരവം
ഏറിയ ഒന്ന്. ജീവിതചര്യയിലൂടെ മുന്നേറുമ്പോൾ
തിരിച്ചറിയേണ്ട ഒന്നാണ് നമ്മുടെ ജീവിതത്തിന്റെ
പ്രാധാന്യം. അഥവാ ജീവിതത്തിന്റെ അർത്ഥം. അവ
വരുംതലമുറയ്ക്ക് ഉതകുന്നതാക്കുക എന്നുള്ളതാണ്
പ്രധാനം. ഓരോ മാധ്യമങ്ങളെയും തൊട്ടറിഞ്ഞ് നന്മയ്ക്ക്
ഉതകുന്നത് ആക്കാൻ നമുക്ക് കഴിയുന്നിടത്താണ് വിജയം.

ഇന്ന് നഷ്ടപ്പെടുത്തി കളയുന്ന ഓരോ ജീവിതങ്ങളും നാളെക്കുള്ള ചോദ്യചിഹ്നമാണ്. ജീവിതമാകുന്ന വഞ്ചി തുഴയുമ്പോൾ മുന്നോട്ടുവരുന്ന തടസ്സങ്ങളെ അതിജീവിക്കാൻ ഇന്നിന്റെ മാധ്യമയുഗങ്ങൾക്ക് സാധിക്കണം. ഇന്ന് പ്രശോഭിക്കുന്ന ഓരോ വളർച്ചയ്ക്കു പിന്നിലും മാധ്യമ യുഗം ഉണ്ട് എന്നുകാര്യം അഭിവാച്യമാണ്. എന്നാൽ നന്മയ്ക്ക് ഉദകത്തക്കവിധം ആക്കിയില്ലെങ്കിൽ നഷ്ടമാകുന്നത് ഓരോ ജീവനാണ്, സമാധാനവും സന്തോഷവും ആണ്.

ജീവിതവീഥിയിൽ കടന്നുവരുന്ന പൊള്ളയായ അഭിലാഷങ്ങൾക്കായി മാധ്യമങ്ങളെ പ്രയോജനപ്പെടുത്താതിരിക്കുക. മറിച്ച് ആവശ്യങ്ങൾക്കായി മറ്റു ഉല്ലാസ കാര്യങ്ങൾക്കായി മാധ്യമങ്ങളുടെ ജാലതയെ പ്രശോഭിപ്പിക്കുക. അങ്ങിനെ വരും തലമുറയ്ക്ക് മാതൃകയായി മാറാൻ സാധിക്കട്ടെ!

"ലോകാ സമസ്താ സുഖിനോ ഭവന്തു"

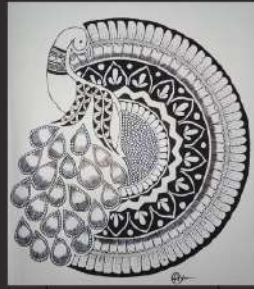


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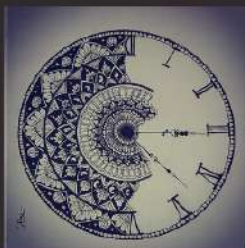
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**B.SC. H.S
HOTEL MANAGEMENT**



HOSPITALITY INDUSTRY

“Its not your guests job to remember you, it is your obligation and responsibility to make sure the guest don't have the chance to forget you.” - Patricia Fripp

The idea of hospitality is what lies in the center of the tourism industry. The term Hospitality has been derived from a French word “Hospice” which means “Taking care of the travelers”. In Old times, locals used to let the travelers rest on kitchen floors or other extra spaces during their journey. There were no purpose-built resting facilities for tourists until monasteries decided to build one. This gave birth to lodging services. In the late 1700s, Inns came into being. Inns were nothing but a shelter by the road where travelers can stop to take rest and get some food. They would also take care of traveler's horses while they rest. This is the time when the seeds of the modern hospitality facility were planted. What we see today is the growth of the past two millennia. Here's how the lodging facilities evolved with time.

In the year 1980, the United Nations World Tourism Organization announced the day of September 27 as “World Tourism Day”. UN World Tourism Organization defines tourism as “Activities of persons traveling to and staying in different places for not more than a consecutive year for leisure, business or traveling purpose.”

The inception of traveling is as old as mankind. Our ancient civilizations traveled great lengths in search of food and shelter. Over the period of time, the purpose of traveling changed. The mere act of traveling has now become a giant industry. The tourism industry is a collage of various services like transportation, food, and beverages, lodging, travel agencies, entertainment, etc... Back in the old times, land and water were the only means of transportation. And they were often considered risky. But as the innovations gave birth to more convenient and safer ways of transportation, the tourism industry saw humongous growth in the number of travelers all around the globe. The tourism industry that we see today is the product of evolution in the hospitality sector, Innovations in transportation, advancements in communication technology, etc.

The hotel industry has always contributed largely in terms of revenue for any healthy economy. The modern hotel industry in 1960 valued around \$3 Billion, which crossed the mark of \$25 Billion in the year 1990. These numbers went down due to attacks of 9/11 and recession in the early 2000s. But the industry and its people stood strong and got back its lost pace soon in the new decade. Today, the hotel industry is worth more than \$500 Billion providing jobs to 4.5 million people.



The scope of the hospitality industry comprises of a range of businesses that provide services and facilities such as accommodation, food and beverage, entertainment, gaming and related products.

The term “hospitality” has become accepted over the years as a generic word, which describes the well being of services and facilities related to tourists and travellers.

The hospitality industry is represented in every country in the world and is diverse and complex.



It encompasses a range of free-standing hospitality businesses and is also a component of a wide range of venues whose primary function is not hospitality.

The hospitality industry consists of broad category of fields within the service industry that includes lodging, restaurants, event planning, theme parks, transportation, cruise line, and additional fields within the tourism industry. The hospitality industry is a several billion dollar industry that mostly depends on the availability of leisure time and disposable income.

A hospitality unit such as a restaurant, hotel, or even an amusement park consists of multiple groups

such as facility maintenance, direct operations (servers, housekeepers, porters, kitchen workers, bartenders, etc.), management, marketing and human resources.

The hospitality industry covers a wide range of organizations offering food service and accommodation. The hospitality industry is divided into sectors according to the skill-sets required for the work involved. Sectors include accommodation, food and beverage, meeting and events, gaming, entertainment and recreation, tourism services and visitor information

In hospitality, technology is a complicated problem. For an industry that has historically excelled and set the bar for customer experience, buying technology solutions has not been on the top of the list. Not because hoteliers like to be old fashioned, but because until recently guests really didn't care. Guests do care about the quality of the mattresses; they care about the wear in the carpets. They care about hot water, air conditioning and operational elevators.

But innovation and competitive advantage in guest experience and comfort is not going to come from installing an elevator or hot water. Those innovations were solved a long time ago. On the material side of comfort, innovation has pretty much plateaued. The future of innovation in guest experience is through technology.



FOOD TECHNOLOGY



FOOD TECHNOLOGY-SCOPE AND FUTURE

Food is the first and the foremost requirement of the people for their survival. It provides nutrients like proteins, carbohydrates, fats minerals and vitamins. It involves cultivation of field crops, horticulture, animal raising and aquaculture. The food processing industry has vital role in the economic development and can trigger improvement in productivity, agriculture and improve the income of farmers. The food industry is the complex network of farmers and diverse businesses that together supply much of the food consumed by the world population. Although there is no formal definition for the term, the food industry covers all aspects of food production and sale. It includes such areas as the raising of crops and livestock, manufacture of farm equipment and agrochemicals, food processing, packaging and labelling, storage, distribution, regulatory frameworks, financing, marketing, retailing, catering, research and development, and education. The food processing industry in India is made up of three groups they are Primary food processors, Informal or Cottage scale industries and Formal or Large scale processing food industries. Industry can also be cross categorized into a number of sectors such as fruits and vegetables processing, grain processing, meat and poultry processing, milk and milk products, fish processing, consumer food industries and bakery products. Food processing is the methods and techniques used to transform raw ingredients into food for human consumption. Food processing takes clean, harvested or slaughtered and butchered components and uses them to produce marketable food products. Sophisticated technologies define modern food production. They include many areas. Agricultural machinery, originally led by the tractor, has practically eliminated human labour in many areas of production. Biotechnology is driving much change, in areas as diverse as agrochemicals, plant breeding, and food processing.

Many other areas of technology are also involved, to the point where it is hard to find an area that does not have a direct impact on the food industry. Computer technology is also a central force, with computer networks and specialized software providing the support infrastructure to allow global movement of the myriad components involved. As consumers grow increasingly removed from food production, the role of product creation, advertising, publicity become the primary vehicles for information about food.



With processed food as the dominant category, marketers have almost infinite possibilities in product creation. Regulation corresponds to the legal terms and restrictions imposed by government authority. Examples of regulation in the food industry include attempts to control such aspects as: standards of production, storage, and distribution; prices; wages; pollution effects; and qualifications and guarantees of employment. To meet the current demand of food materials, the industrial food processing sector has emerged. The food processing sector in the country is mainly handled by the unorganized sectors. About, 42% of the output comes from the unorganized sector, 25% comes from the organized sector and the rest of it comes from the small scale players. The small-scale food processing sector is a major source of employment and adds value to crops by processing. It is a major source of food in the human diet.

The small-scale food processing sector is, however, under increasing threat and competition from the large manufacturers who, through economies of scale and better presentation and marketing.



Good packaging lies at the very heart of presentation and thus customer appeal. It is an area of vital importance for small and medium food manufacturers if they are going to continue to compete and expand. With food processing, it is possible to maintain a nutritious and safe food supply for the millions of people that inhabit both urban and rural areas. Improvement in processing efficiency, by increased yield of usable product, is a tangible means of reducing food loss and increasing food supply. Demand for increased convenience of food preparation in the home, institution and restaurant has created a need from processing industries for food ingredients as well as new food forms. India is the world's second largest producer of food next to China, and has the potential of being the biggest with the food and agricultural sector.



The total food production in India is likely to double in the next ten years and there is an opportunity for large investments in food and food processing technologies including high pressure processing (HPP), electrical impedance spectroscopy (EIS), ultrasound, low water activity food, vacuum frying, innovative transduction process to supply safe fresh snack, and false labeling prevention technique. Skills such as food preparation, GMP(Good Manufacturing Practices), QA (Quality Analysis) and handling equipments such as Pasteurizer, Sterilizers, HPP, PEF (Pulse Electric Field) etc., are required especially in areas of Canning, Dairy and Food Processing, Packaging, Frozen Food/Refrigeration and Thermo-Processing.

The consumer product groups like confectionery, Soya-based products, mineral water, high protein foods, soft beverages, alcoholic and non-alcoholic fruit beverages, etc. India produces nearly 16% of the world's total food grain production. It is one of the largest producers of agricultural produce. With a population expected to reach to about 590 million people by 2030 in urban India, India has a huge potential domestic demand for processed foods other than the demand from the exports. There are many socio-economic factors that are driving the demand side of the Indian Food Processing Industry.

The changing consumption patterns, both in tier 1 and tier 2 cities, rising income levels among the middle-class and changing lifestyles, are some of the factors providing the demand side push for the Food Processing Industry. Moreover, the central government has given a priority status to all agro-processing businesses along with the health food and health food supplements is another rapidly rising segment of this industry which is gaining vast popularity.

Fashion Design



FASHION RULES THE WORLD

In the 21st century the style trends of the fashion industry dominate the world more than they ever did, and control not only the way people dress but also trends in home ware design, makeup fashion and people's overall attitudes. Nowadays, fashion is bold and daring, and this reflects a noughties generation that is not afraid to say what they think, or wear what they want. Fashion is not just a means of clothing your body, it is the essence of your personality and beliefs, and designers are well aware of the power they hold.

Fashion influences not only what we wear, but everything we do, say, and even think. This is why fashion does indeed rule the world.

Fashion has always been at the forefront of innovation — from the invention of the sewing machine to the rise of e-commerce. Like tech, fashion is forward-looking and cyclical. The fashion sector is also one of the largest industries in the world, estimated to be worth more than \$3T by the end of the decade. Today, fashion technology is growing at a faster pace than ever.

Robots that sew and cut fabric, AI algorithms that predict style trends, clothes to be worn in virtual reality — an array of innovations show how technology is automating, personalizing, and speeding up the fashion space. Seizing the opportunity to open more revenue streams and business models, fashion companies are partnering with technology providers, snapping up startups, and even building their own tech.

The AI system could enable brands to create personalized clothing for a person based solely on their engagement with visual content.



At a more macro level, it could also allow a brand to recognize broader fashion trends much earlier based on data from its user base.

The data could be used to guide the design of a product or an entire label. As with pretty much every other industry, automation and robotics are coming for fashion manufacturing.

Robo-cutting fabrics has been possible for years, but sewing presents a challenge, as robots have difficulty working with pliable, elastic fabrics. Advances in soft robotics will infiltrate garment-making in the future. The push for sustainability in fashion

Consumers drive brands to go green and do good

“A circular fashion industry is defined as a regenerative system in which garments are circulated for as long as their maximum value is retained, and then returned safely to the biosphere when they are no longer of use.” — Motif

Sustainability has become a crucial emerging trend across sectors, including retail, in the past few years. The push toward eco-friendly shopping is being felt in the apparel sector, as consumers are wising up to the negatives of fast fashion. Socially conscious shoppers are embracing the growing movement of “slow fashion,” which focuses on sustainable materials and transparent, ethical labor and manufacturing.

Resale and consignment platforms like Depop, thred UP, and Poshmark that allow people to buy and sell used clothes have gained popularity as sustainability becomes more important for consumers.

Reselling extends the life of a garment, delaying (but not preventing) the day it gets thrown away. While a preference for secondhand clothing might lower the demand for new garment production in the long term, it also encourages consumers to buy more, not less.

A shift to more sustainable materials is not the only way the fashion industry is embracing more environmentally-friendly practices. Some startups are developing new kinds of textiles instead. Alternative materials — like plant-based, lab-grown leather — could play a big role in making the fashion industry more sustainable.

The result of all this will be a sector that becomes increasingly streamlined while simultaneously offering more options than ever before. A wave of new manufacturing processes, distribution channels, and even raw materials and fabrics will increasingly allow brands to offer hyper-personalized products and experiences, while also catering to the consumer-led push for sustainability.



INDUSTRY, COMMERCE AND BUSINESS

Business represents organized efforts by an individual or group of individuals engaged in making a living. Business comprises all profit seeking activities and enterprises that provide goods and services necessary to an economic system.

Industry and Commerce

Business activities may be broadly classified into two categories: (i) Industry, and (ii) Commerce. Industry is concerned with the production of goods and materials, while commerce is mainly concerned with their distribution.

Industry

The production side of business activity is referred as industry. It is a business activity, which is related to the raising, producing, processing or manufacturing of products. The products are consumer's goods as well as producer's goods. Consumer goods are goods, which are used finally by consumers .E.g. Food grains, textiles, cosmetics, etc. Producer's goods are the goods used by manufacturers for producing some equipment etc. Expansion of trade and commerce depends on industrial growth. It represents the supply side of market.

The term industry refers to that part of the business activity which is concerned with:

- Extracting materials like coal, iron ore, petroleum(called extractive industry);

- Processing and converting raw materials into finished products like soap, bread, fans, machines, cement (called manufacturing industry); and
- Construction activity like buildings, dams, bridges, roads (called construction industry). Thus, the activities of human beings engaged in extraction, production, processing, construction and fabrication of goods come under industry. In another sense, industry means a group of factories usually specializing in a particular product line. For example, all those factories which produce cotton textiles together constitute cotton textile industry. All the cement factories together constitute cement industry.

Classification of Industries

- There are various types of industries. These are mentioned as follows: -
- **Primary Industry:** Primary industry is concerned with production of goods with the help of nature. It is a nature-oriented industry, which requires very little human effort. e.g. Agriculture, farming, forestry, fishing, horticulture, etc.
- **Genetic Industry:** Genetic industries are engaged in re-production and multiplication of certain species of plants and animals with the object of sale. The main aim is to earn profit from such sale. e.g. plant nurseries, cattle rearing, poultry, cattle breeding etc.
- **Manufacturing Industry:** Manufacturing industries are engaged in transforming raw material into finished product with the help of machines and manpower. The finished goods can be either consumer goods or producer goods. E.g Textiles, chemicals, sugar industry, paper industry etc at another place

- **Construction Industry:**

Construction industries take up the work of construction of buildings, bridges, roads, dams, canals, etc. This industry is different from all other types of industry because in case of other industries goods can be produced at one place and sold at another place at another place

- **Service Industry:**

In modern times service sector plays an important role in the development of the nation and therefore, it is named as service industry. The main industries, which fall under this category, include hotel industry, tourism industry, entertainment industry, etc.

- **Commerce**

While industry is concerned with the production of goods, commerce is concerned with making the same available to those who need them. It embraces all those functions which are essential for maintaining a free and uninterrupted flow of goods. Therefore, the term commerce includes 'trade' and 'aids to trade'.

- **Trade**

The term 'trade' is used to denote buying and selling. Therefore, one who buys and sells is a trader. A trader is a middleman between the producer and the consumer. Trade may be wholesale trade or retail trade. A wholesale trader purchases in large quantities from the producers, and sells in small quantities to the retail traders. A retail trader is one who purchases from the wholesale trader or sometimes directly from the producer, and sells in smaller quantities to the ultimate consumers.

- **E- Commerce**

The internet is now a flourishing industry. With the technology advancing at a fast rate, more and more people are open to computers and internet. Increasingly they are learning to utilize the Internet for their day to day needs.



Interior
DESIGN & DECORATION

Starlight B

THE INTERIOR DESIGN INDUSTRY

Interior design professionals provide the owners of homes and many kinds of businesses with functionally successful and aesthetically attractive interior spaces. An interior designer might specialize in working with private residences or with commercial interiors such as hotels, hospitals, retail stores, offices, and dozens of other private and public facilities. In many ways, the interior design profession benefits society by focusing on how space and interior environment should look and function.

The Interior Design industry, is comprised with professionals who are engaged in the planning, designing, decorating the interior spaces. The Confederation of Indian Industry (CII) attributes the growth of interior design to the growth of the Indian real estate industry, a growing population, rising income levels and urbanization. Employment of interior designers is projected to grow 5 percent over the next ten years. Market for interior designing in India is all set to absorb new and aspiring talent. Due to the rising significance of interior design, this profession has become one of the best ever emergent fields in India.

The rising urbanization rate, increasing real estate activities, mushrooming population, surging per capita income, and launch of construction and infrastructure development projects by the government are fueling the expansion of the Indian interior design market. Because of these factors, the market reached \$22 billion revenue in 2020, and it will likely exhibit huge expansion from 2021 to 2030. The COVID-19 pandemic has severely disrupted global trade, operations of financial organizations, industrial establishments, infrastructure companies, households, and businesses. It has also affected engineering and construction projects in India, which has subsequently caused a massive financial setback to construction companies, thereby reducing the need for interior designing services and hampering the progress of the market.



Indian interior design market is categorized into residential and commercial, depending on end use. Between these two, the commercial category is predicted to contribute the higher revenue to the market in 2030. As the work culture of the country changes, commercial establishments and offices are requiring high-end interior designing services. This is, in turn, fueling the demand for professional interior designers who can make the space functional, comfortable, and aligned with the philosophy of the company that will rent the office space. They provide a professional appearance to the establishment, which would be hard to achieve otherwise.

The Indian interior design market is divided into renovation works and new works, based on decoration type. Here, the new work category dominated the market in 2020, and it is predicted to retain its dominance during the forecast period, on account of the burgeoning requirement for houses due to the booming urban population. As people are rapidly shifting to the secondary and tertiary sectors, which are primarily based in urban areas, from the primary sector, for earning their livelihood, the population of urban areas is soaring, which is driving the need for urban housing. Furthermore, the growing corporate sector in Indian metropolises is supporting the market growth.

North India held the largest share in the Indian interior design market in 2020, and this trend is predicted to continue in the forthcoming years. This is attributed to the launch of numerous housing projects by public organizations and private builders and the surging number of corporate offices of multinational and national companies in the region.

The Indian interior design market players are entering into collaborations to offer novel interior designing solutions to clients.



Livspace (Home Interior Designs E-Commerce Pvt. Ltd.), which is a platform for home renovation and design in India and various Southeast Asian countries, and Signify N.V. entered into a partnership. As per the terms and conditions of the collaboration, the lighting products developed by Signify N.V. are now available to the architects and interior designers in India who are designing and renovating homes on Livspace's platform.

Home Interior Designs E-Commerce Pvt. Ltd., Morph Design Co., The KariGhars, Ace Interior, Design Qube, Chaukor Studio, and Lipika Sud Interior Pvt. Ltd. are some of the major Indian interior design market players.

The main reason for the growth of the commercial category is the booming commercial real estate sector in India. As India is experiencing a transition in the work culture, the interiors of the offices are playing an important role. The rapid urbanization in major cities, such as Delhi, Mumbai, Ahmedabad, Bangalore, Chennai, Kolkata, Hyderabad, and Pune, has reshaped the Indian way of life.

Professional interior designers are able to make the space comfortable and aligned with the philosophy of the client's brand. They can come with better ideas on how to best utilize the office space and reflect the nature of work and the working environment.

According to the India Brand Equity Foundation, the Indian real estate sector has witnessed rapid growth in recent times with a rise in the demand for office as well as residential spaces. The reason for the growth is the shift in the work culture and a developing taste for high-end lifestyle in India. This, in turn, is leading to the development of new designer commercial spaces and well-designed, elegant homes, hence helping the Indian interior design market.

In India, real estate investments are increasing. Commercial real estate and co-working spaces are the most popular from the point of investments in the country.

Because the real estate market is expected to expand in the future, interior designing services will be in high demand. For their business and residential environments, people are opting for theme-based designs.



Various themes, such as Mediterranean, European, and ethnic Indian, are becoming increasingly popular nowadays. A skilled interior designer can assist in fusing numerous decorative styles, such as contemporary, modern, classic, Indo-Western, and Western, to produce interiors that are unique, beautiful, and pleasing to the senses.

B.COM



AVIATION INDUSTRY

What is aviation industry?

The aviation industry encompasses almost all aspects of air travel and the activities that help to facilitate it. This means it includes the entire airline industry, aircraft manufacturing, research companies, military aviation, and much more.

The importance of the modern aviation industry is difficult to overstate, but one of the main reasons for this importance is the globalised nature of the industry, helping to connect different continents, countries and cultures. As a result, global aviation has been key in facilitating efficient travel to distant places, enriching many lives in the process.

The aviation industry has also been a key contributor to global economic prosperity, not only as a result of the tourism industry boosting local economies, but also because it has allowed for improvements to global trade.

Meanwhile, the aviation industry also directly provides millions of jobs for people around the world, with examples including everything from pilots and cabin crew, through to air traffic controllers and aerospace engineers. On top of this, the aviation industry has helped to create many jobs in the wider travel and tourism industry too.

Why Aviation?

The civil aviation industry in India has emerged as one of the fastest growing industries in the country during the last three years. India has become the third largest domestic aviation market in the world and is expected to overtake UK to become the third largest air passenger market by 2024.

A rising proportion of middle-income households, healthy competition amongst Low-Cost Carriers, infrastructure buildup at leading airports and supportive policy framework has given a positive push to the aviation sector. With the entry of national and international airline companies the aviation sector has not only grown but it also created employment opportunities.

Get a career in aviation industry

A career in aviation industry is a dream for many; firstly because of the handsome remuneration and secondly the reputation in the society. Not to mention the career growth and free perks that comes along with aviation jobs. Also, some people like to choose aviation jobs because of their passion to aircrafts and aviation industry.

The first profession that comes to mind when thinking of a career in the aviation industry is that of a Pilot but it is worth knowing that there are a plethora of other career profiles that candidates can pursue in this field. Some of the popular job profiles that candidates can hope to pursue in this field are:

- Aircraft Electrical Installer or Technician
- Pilot
- Air Traffic Controller
- Quality Control Personnel
- Ground Staff
- Aircraft Manufacturing Engineer
- Airport Operations Manager
- Aviation Maintenance Technician
- Flight Steward/Stewardess (Airhostess)
- Air Ticketing Staff
- Cargo agent
- In-Flight Catering

The aviation industry is experiencing rapid growth. The growth is contributing significantly to the growth of the global economy. According to estimates provided by IATA, the total number of passengers will continue to rise in the next two decades and double by the year 2034. Moreover, the number of destinations will continue to increase as nations upgrade their infrastructure and open new routes. As a result it will create new jobs and facilitate international trade and tourism.



The information collected by this mat is analysed and used to develop an image of the base of the feet, which will show physiotherapist where to place pressure when we walk, as well as how to move. This information can be used for far more than just issues relating to the feet, as even the slightest deviation in a person's gait can affect the health all through the body. A small pain can radiate from the foot and into the lower leg, or affect how a person walks in such a way that causes them to hunch their back, or tilt their neck. Gait scanners can therefore be used to address issues that to most people would seem completely unrelated to our feet. Blood flow restriction (BFR) therapy is a training and rehabilitation strategy involving the use of cuffs or bands placed around a limb. This partially restricts blood flow to the muscle and occludes venous outflow. It is a new, unconventional way to rehabilitate muscle injuries and weakness, particularly those occurring in the arm or leg. The application is normally paired with low-intensity resistance exercises. This allows the individual to train their muscles without placing excessive weight on the limb, while still reaping similar benefits to conventional strength training. The COVID-19 pandemic led to a boom in telehealth and IT infrastructure investments. Data-driven telemedicine systems, virtual health care systems and connected vital sign monitoring technologies make it easier for patients to consult with providers, regardless of location. Virtual hospitals and health care facilities bring health care services to underserved rural areas and developing nations, while hybrid care models allow existing health care networks to serve patients who can't or won't seek in-person treatment. Informatics can do more than expand access to essential health services, however. It can also help people get the care they need more quickly. Greater health-focused information technology investment is associated with shorter wait times. Whatever technological advances happen, regardless of amazing new machineries, at the end of the day it is humans who are treating other human beings.

SUPPLY CHAIN AND LOGISTICS INDUSTRY

Supply Chain Management is considered as the backbone of the economy as it makes sure for an efficient and economical flow of goods and other commercial sectors. Logistics is one of the most important basic industries for any economic growth. Today each and every organization stands at a forefront because of their effective & efficient supply chain network. It includes the management of the flow of products from the place of origin to the place of consumption. This industry has several integrated processes like material handling, warehousing, packaging, transportation, shipping security, inventory management, supply chain management, procurement, and customs service. The generation today is completely depend on internet, preferring everything to be delivered at their doorstep with minimum time, which is now possible because of Logistics Operations. Logistics industry in India is growing rapidly. It is a vast field with enormous opportunities for talented and energetic future managers in India as well as abroad. The scope of BBA Logistic supply chain Management & logistics is flourishing every day, as the numbers of Retail & FMCG companies are increasing in India. It is also increasing due to rise in supply chain spending faster than the overall economy and company management recognizing the importance of Supply Chain Management (SCM). Efficient adoption of digitalization and a paradigm shift from retail purchases to E-commerce websites have put enormous pressure on the logistics industry. The supply chain management has to be stronger than ever to meet the rising expectations of the millennial consumer – lower cost, zero defects and faster delivery. Flexibility, transparency and traceability in shipments and varying lot sizes are other challenges being faced by the industry. With delivery options like normal, next day and same day openly available to customers, it has

become imperative for companies to change their strategies and collaborate efficiently. Today there are so many colleges & universities offering different type of courses in the same domain. Logistics & Supply chain Management in India aims to make skilled professionals in “New Age Career”. However, outsourcing logistics activities to experienced logistics service providers (LSP), also known as third-party logistics (3PL), will facilitate companies getting efficient and customized logistical support while concentrating on the core competencies. Today, there are many large multi-national LSPs that offer complete supply chain solutions across globe. Apart from core logistics activities such as transportation and warehousing, LSPs also offer value-added services such as customs clearance, freight forwarding, import/export management, inventory management, assembly/installation, packaging and labeling, distribution, after sales support, reverse logistics, etc.

The logistics firms are moving from a traditional set-up to IT integrated operations to reduce the incurring costs and meeting the service demands. The growth of the Indian BBA Logistics sector also depends much on its soft infrastructure like education, training and policy framework as much as the hard infrastructure. All types of business (E-commerce and FMCG) need logistics managers to help with inventory and account receivable. In small businesses may one person in charge of these duties, while large corporations have entire logistics and supply chain management department. Career opportunities in the field of procurement, logistics, operations and supply chain management are vast and lucrative. The question most professionals in this field face today is, Should I get certified? The answer to this question comes down to your personal career objectives and how certification can help you achieve them. Certification courses are an excellent way to enhance your knowledge, expertise and performance in the field of



procurement, logistics, operations and supply chain management. Logistics industry in India is growing rapidly. It is a vast field with enormous opportunities for talented and energetic future managers in India as well as abroad. Bachelor of Business Management and Bachelor of Commerce in Logistics Management - this degree takes 3 years to complete, and by its completion, the student will be competent in the understanding and interpreting of logistics management principles.

The sector's push towards constant skill up-gradation makes it a great option for people looking for a lifetime of professional growth. While it has a rich demand for skills, the sector has no inherent gender bias, offering equal opportunities to women. A degree course in supply management gives the candidates job opportunities not only within the industry, but also in the outside sector as Customer Service Manager, Fulfillment Supervisor, Supply Chain Analyst, Consultant, Transportation Manager, Warehouse Operations Manager, Shipping Coordinator and Export Executive. To support India's fast-paced economy growth logistics industry is very essential. In addition, companies having manufacturing and distribution operations needs trained professionals in Logistics. In short, nearly every size and type of organization requires motivated, well-groomed individuals to become their supply chain leaders of the future.

BBA



Here E-commerce websites take a front seat, moving out to the millions of people searching for your kind of product or services online. Putting it simply, E-commerce or electronic commerce means buying and selling of goods and services on the internet. Before making any decision in business, it is worth taking into consideration the benefits, the company would reap on implementation of the new strategy of E-commerce.

- **Industry and E-commerce**

E-Commerce or electronic commerce, a subset of E-business, is the purchasing, selling, and exchanging of goods and services over computer networks (such as the internet) through which transactions or terms of sale are performed electronically. In practice, this term and a newer term, E-business, are often used interchangeably. For online retail selling, the term E-tailing is sometimes used. Electronic commerce is the conduct of financial transactions by electronic means. With the huge success of commerce on the internet, E-commerce usually refers to shopping at online stores on the World Wide Web, also known as E-commerce web sites.

- **Business**

A business is an organization where people work together. In a business people work to make and sell products or services for those who are in need of the same. The business owner is the person who hires people for work. A business can earn a profit for the products and services it offers.

- Few types of business
- Service Business
- Manufacturing Business
- Merchandising Business
- Sole Proprietorship
- Partnership
- Corporation
- Multi-National Corporations (MNCs)
- Franchises



- **Being an entrepreneur**

Entrepreneurship is the art of planning, decision-making, and making of critical investments in the face of uncertainty. It is as well as the ability to organize and the drive to diversify and innovate in the organization.

An entrepreneur is somebody who fosters an orchestration of action, obtains the consequential, physical and human resources to commence another endeavor and operationalizes it and is liable for it's prosperity or disappointment. The abilities and skills that an entrepreneur should possess probably include as a matter of first importance, being a pioneer with a game-changing thought or conceivably innovative idea that can prosper in a congested commercial hub.

Running a business entails more than simply managing and investing for an entrepreneur; it also entails market innovation and discovery to stay ahead of the curve and become the market leader.





MEDICAL COURSES



EVOLUTION OF HEALTH CARE AND TECHNOLOGICAL ADVANCES

Health care is the maintenance or improvement of health via the prevention, diagnosis, treatment, amelioration, or cure of disease, illness, injury, and other physical and mental impairments in people.

In the 21st Century, health care systems across the world are focusing policy efforts on improving the quality of healthcare delivered to their population. In contrast, healthcare quality improvement in earlier time periods arose from a series of seemingly unrelated incidents and developments.

Prior to 1800, medicine was a "family affair." Women were expected to take care of illnesses within the family and only on those occasions of very serious, life threatening illnesses were doctors summoned. Called as "domestic medicine," early medical practice was a combination of home remedies and a few scientifically practiced procedures carried out by doctors.

The practice of midwifery i.e., attending women in childbirth and delivering babies, was a common profession for women, since most births took place at home. Until the mid-eighteenth-century medicine was based on the ancient Greek principle of "four humours", blood, phlegm, black bile, and yellow bile. Balance among the humours was the key to health and disease was thought to be caused by too much or too little of the fluids. When needed, people called on "bone-setters" and surgeons, most of whom had no formal training.

In 1854, when the British troops fought in Crimea and the surrounding area to force Russians to leave the Turkish territories of Moldavia and Wallachia, cholera and diarrhea were responsible for a great deal of mortality among the British troops, and the British government sent a group of nurses to accompany Florence Nightingale to Turkey to help care for the soldiers.

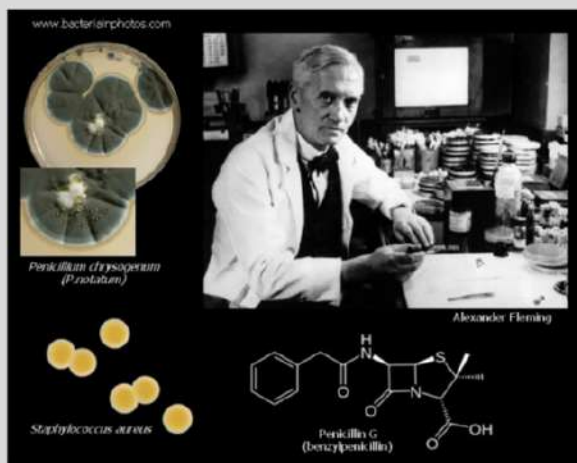
Within six months of the arrival of Florence Nightingale, the death rate from disease dropped from 42.7% to 2.2%. Some of Nightingale's specific improvements were, the reduction of overcrowding (beds had to be spaced three feet apart), provision of ventilation, the removal of horses that were being stabled in the hospital basement, assuring the sewers leading from the hospital were flushed several times a day and disinfecting the latrines/drains. She documented that if improvements had been implemented prior to admitting soldiers to the hospital, thousands of innocent deaths would have been prevented. In 1895 Wilhelm Conrad Rontgen accidentally discovered X-rays in Germany by producing a fast stream of electrons that come to a sudden s



top at a metal plate. His discovery revolutionized the ability to diagnose and Musculo-skeletal disorders and injuries. Historians identify Louis Pasteur as one of the "greatest benefactors to humanity of all time". He was a French chemist who discovered that disease was caused by microorganisms or microbes, which later became known as germ theory. This evidence led to the wide-scale adoption of antiseptic practices by physicians and hospitals. Pasteur's research also led to the development of "pasteurization," which utilizes heat to destroy harmful microbes in perishable food while leaving the food undamaged.

When the first pandemic in the world, called as Influenza Pandemic killed fifty million or 1/5 of the world's population, representing more people that died during World War I.

During this frightful time the quality tools were, quarantine (including ships entering the country), mandatory medical exams for all immigrants entering the country, communication in the form of weekly newsletters that contained information about the latest outbreaks. Mostly importance was given to the use of quarantine and usage of masks while in public. Sir Alexander Fleming, is a scientist who accidentally discovered the “wonder drug”, Penicillin. He was also known as a “sloppy scientist,” where cultures that he worked on were constantly forgotten, and his lab, was normally in a state of great disorder. Once, after returning from a month-long vacation, he observed that mold had developed accidentally on a staphylococcus culture plate and that the mold had created a bacteria-free circle around itself. His experiments led to the discovery of penicillin in 1928. Prior to the discovery of penicillin, death could occur with minor injuries, such as scrapes and from diseases such as strep throat, syphilis and gonorrhoea. By accidentally finding penicillin, he pushed the medical world to a whole new level, saving countless of people who would die of minor injuries.



Medical care in India was impacted by western studies and became more science-solid. Mind-reading exoskeletons, digital tattoos, 3D printed drugs,

RFID (Radio Frequency Identification) implants for recreational purposes: mind-blowing innovations are coming to medicine and healthcare almost every single day. Augmented, virtual, and mixed reality are all technologies opening new worlds for the human senses. While the difference between these technologies might seem arbitrary at first, it greatly determines how they could be used in healthcare. While AR (Augmented Reality) lets users see the real world and projects digital information onto the existing environment, VR (Virtual Reality) shuts out everything else completely and provides an entire simulation, and mixed reality is able to interact with the world while projecting information into it. Thus, AR (Augmented Reality) can be used by surgeons for projecting potentially life-saving information into their eyesight during operations, VR (Virtual Reality) can be used in psychiatry to treat phobias efficiently, and mixed reality is able to bring revolutionary novelties to medical education, or pre-operative surgical planning, among others.

In August 2015, an epilepsy drug called Spritam was approved which is made by 3D printers. It prints out the powdered drug layer by layer to make it dissolve faster than average pills.

3D printing drugs in odd shapes; such as dinosaurs or octopuses are already available to make it easier for kids to take pills. With the development in 3D printing, applying so-called digital tattoos or electronic tattoos on the skin for some days or even weeks became possible. Some researchers use gold nanorods, others graphene or various polymers with rubber backing to apply the tattoo on the skin without causing irritation. These kind of flexible, waterproof materials impervious to stretching and twisting coupled with tiny electrodes are able to record and transmit information about the wearer to smartphones or other connected devices. They could allow healthcare experts to monitor and diagnose critical health conditions such as heart arrhythmia, heart activities of premature babies, sleep disorders and brain activities noninvasively.

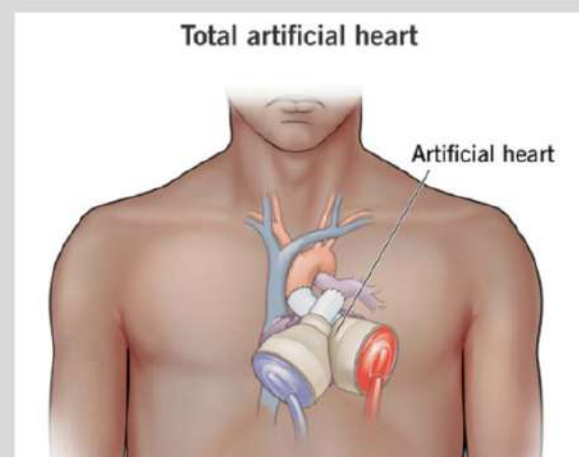
Moreover, by tracking vital signs 24 hours a day, without the need for a charger, it is especially suited for following patients with high risks of stroke. Regarding technological development, there is always a risk for the emergence of so far unknown illnesses and conditions. New types of diseases might appear due to the excessive use of virtual reality solutions, video consoles or smartphones. Examples include virtual post-traumatic stress disorder (v-PTSD), which might be the diagnosis for gamers who participate in large virtual battles wearing VR masks (such as Call of Duty) and experience similar symptoms as those soldiers who fought in real wars. video-game epilepsy, in fact, is well-documented and the subject of a recent trial which found that video games, in particular, were more likely to provoke seizures in subjects with photosensitive epilepsy than standard television programs, even if the same screen is used for both. But the most common is the so-called 'text neck', the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Research has geared up lately in the area of brain-computer interfaces (BCI).

Dr. Gary Marcus said that brain implants today are where laser eye surgery was decades ago, but the field will advance significantly in the upcoming years. Retinal chips in future will be capable of giving perfect eyesight or the ability to see in the dark, a cochlear implant may grant a perfect hearing or a memory chip bestowing almost limitless memory. Although that's really galactic leaps away, the first neuroprosthetics is already on the market: we can purchase cochlear implants, and retinal implants – the latter was approved in 2013. Implants for people with Parkinson's disease send electrical pulses deep into the brain, activating some of the pathways involved in motor control. Rarer, but also in use, are brain implant therapies for people paralyzed by spinal cord injury or other neurological damage.

A chip inserted into the brain reads electrical signals that are translated by a computer to restore some movement and communication.

Surgical robots are the prodigies of surgery. The most commonly known surgical robot is the da Vinci surgical system, features a magnified 3D high-definition vision system and tiny wristed instruments that bend and rotate far greater than the human hand. With Intuitive's da Vinci, surgeons operate through just a few small incisions and it has been used in over 8.5 million procedures worldwide.

Within this procedure, the surgeon is 100% in control of the robotic system at all times. The robot's added value is to assist the surgeon in suturing, dissecting and retracting tissue. Surgical robots can dramatically increase operations' precision. Professor Zoltan Takats, developed the intelligent surgical knife, iKnife. It works by using an old technology where an electrical current heats tissue to make incisions with minimal blood loss. With the iKnife, a mass spectrometer analyses the vaporised smoke to detect the chemicals in the biological sample.



This means it can identify whether the tissue is malignant in real-time.

The technology is instrumental in detecting cancer in its early stages, thus shifting cancer treatment towards prevention.

A total artificial heart (TAH) is a pump that is placed in the chest to replace damaged heart ventricles and valves. (Ventricles pump blood to the lungs and other parts of the body.)

Once the pump has been placed in the chest, a machine called a driver controls the pump outside the body. The pump and driver help blood flow to and from the heart, replacing the function of a healthy heart. A total artificial heart can help improve quality of life and allow a longer life.

To say medical education has not kept pace with changes in the practice of medicine would be an understatement. The significant redesign of medical education is based on the principal theory that all medical students spend the first one or two years of total program learning foundational sciences and the latter years applying that knowledge to clinical practice. It was an appropriate model for the era, formalized during a time when rapidly changing discoveries in physiology and microbiology were revolutionizing the practice of medical education. Ensuring all students of different medical fields keep pace with the changes and apply them in practice is paramount.

Be it films, digital images, or integrated file-sharing systems, radiology has historically been the leader in applying technological advancements to workflow and patient care. That trend shows no slackening.

Perhaps the most innovative technology is one that will be used with pathology, says Eliot Siegel, MD, professor of diagnostic radiology and nuclear medicine. It's liquid biopsy, and it could completely change how one diagnoses cancer. It's a simple blood draw to screen for various biomarkers that indicate cancer and lead to more personalized treatment. Additionally, liquid biopsy could be used with focused ultrasound to gather samples from brain tumours, leading to more accurate diagnoses and staging. Work is also underway to pair liquid biopsy with radiomics - the extraction and analysis of quantitative features from diagnostic images. The goal is creating an imaging biobank to support clinical decision-making. Interest in and hype around artificial intelligence (AI) has swirled in radiology for several years.

Although actual implementation was slow, it's beginning to pick up with MRI, PET, CT, and nuclear medicine. The greatest deep learning advance, however, will be with improved image quality. By processing collected raw data, new AI tools can improve contrast and spatial resolution, allowing for faster scan times, higher quality images, and potential dose reductions. A word of caution is to always investigate and ensure the data used to train the AI system is diverse enough to provide accurate guidance. Technology moves at light speed these days, and the advancement of technology in the medical laboratory is no different. These are some of the most recent impressive developments that have been going on in medical laboratories across the world.

Technology has been on the path to creating artificial organs and life support systems for decades now, with pacemakers being a great example. However, scientists have been making great strides in developing artificial cells that can mimic the effects of real cells found within the human body. These cells are created with tiny, synthetic gel material and are extremely useful for healing wounds and guarding against bacteria.

This is the first big step that will hopefully be able to create blood cells, brain cells and many other components of the human body.

While adhesive bandages do the job well, there are times when a quicker and more permanent solution is necessary.

Scientists are hard at work on an "anti-bleeding gel" that, when applied to a wound not only seals it instantly but starts the clotting process as well. This means that one can stop a dangerous wound in its tracks and start the healing process almost instantly. It is a time of rapid technological advancement and a flood of new technologies is expected to invade the rehabilitation room. Whether through technological or scientific advances, physiotherapy is always looking for new ways to improve patient care. These technology platforms have made therapy more convenient and attractive for patients.

A gait scanner is a specialised mat that detects pressure when a person walks across it.

B.C.A



INFORMATION TECHNOLOGY IN MODERN WORLD

Digital technology is driving significant changes across just about every area of our lives. New developments and advancements mean that there are all kinds of jobs in the IT industry, creating opportunities for many different professionals. As this fascinating area continues to grow, we take a detailed exploration of the IT industry and all it can offer. As well as examining the types of jobs available, the skills you'll need.

Perhaps a better term for measuring IT industry is the 'Digital Transformation Market'. Essentially, this refers to the integration of digital technology across areas of businesses. This adoption of technology results in a fundamental change to the organisation and the way they operate. Of course, the word 'digital' itself has many definitions and can refer to all sorts of different areas. For some companies, it means going paperless and introducing software and technology. For others, it means a greater focus on emerging technologies such as cloud computing, big data analytics, and machine learning.

All kinds of sectors are embracing this digital transformation. While industries such as E-Commerce and banking have already taken big strides, E-Learning, health care, and supply chain are all starting to make progress. The IT industry is a broad and varied one, with all sorts of career options available. Given how vast it is, it can sometimes be difficult to narrow down some of the key roles. What's more, as well as many established positions, there are also plenty of emerging ones.

If you want to go into the IT industry, you'll want to start by thinking about some of the types of jobs available.

Technical IT

Technical IT jobs often require a lot of specialist knowledge and focus on the creation and implementation of various technologies.

Popular roles include:

Software developer: Also known as a computer programmer, this job focuses on writing computer code to create and implement new software. It's often a problem-solving role, and software developers work across all kinds of projects.

UX designer: A user experience (UX) designer works to create usable, enjoyable, and accessible products and technology. It requires elements of design, psychology, business, and technical knowledge.

QA analyst: QA analysts are problem-solvers. They test websites and software to check for bugs and problems, documenting their findings as they go. Often, they work closely with developers to deliver a successful project.

Game developer: This role is similar to a software developer, as they design, program, and test games. Games developers can work independently or in large teams.

Creative digital roles

Creative digital roles often centre on delivering content for the end-user. They're usually expressive and more artistic than other areas. Examples include:

Web designer: Web designers are responsible for planning, designing, and creating the layout of a website or web pages. They use code to combine text, graphics, video, and other content to create something appealing to the user.

Copywriter: Copywriters create all kinds of written content for the purpose of selling, educating, persuading, and other reasons. They write articles, advertising content, E-mail marketing, and other forms of media.

Social media manager: As you might expect, this role is focused on digital marketing across social media channels. Professionals in this role work to create campaigns, build relationships with customers and increase brand awareness.

UI designer: These professionals work closely with UX designers. However, user interface (UI) designers focus more on the visual side of customer interaction. They design the various elements that users interact with when using technology.

If you're hoping to get a job in the IT industry, you'll need to have a fairly diverse set of skills and understanding. Many businesses are looking for candidates with a range of both hard and soft skills. Although the technical knowledge needed to do the job is important, the less tangible skills that make good employees (such as communication and problem-solving) are also essential. When it comes to the specialist knowledge you'll need to find a digital job, there are countless skills we could choose. However, here are just a few that might come in useful:

Data analytics: We're all producing huge amounts of data each day, and those who can analyse and interpret it are in high demand.

Coding/programming: Understanding how computers are programmed and being able to write code means you'll always find work in the digital industry.

Social media: Many social media platforms have gone beyond just a place to share pictures. They're now a viable sales and marketing channel, and those who can maximise the potential of social are in high demand.

Blockchain: Blockchain is the technology behind cryptocurrencies like Bitcoin. As an emerging area of expertise, many companies are trying to get on board with this innovative technology.

Content creation: One area that's common to just about every sector of the digital industry is content. Creating the words, images, videos, and audio that help to inform, describe, and sell, is an art form in itself.

The less-teachable skills are those that are common across just about every sector. Employers frequently look for a mix of the following:

Collaboration: In the digital industry, you'll need to work with a diverse range of other professionals. Being able to forge productive relationships that bring out the best in others is highly desirable.

Emotional intelligence: This skill is closely linked to the others in this section. It's the ability to use and manage your emotions in a positive way, as well as to recognise the same in others.

Adaptability: The digital industry moves and changes rapidly. Those who can adjust and adapt with these changes will always be in demand.

Creativity: Ultimately, this is an industry that rewards new ways of thinking. Whether you're creating content, code, or business processes, creativity is a valuable asset to have.

Artificial Intelligence has become the keyword which defines the future and everything that it holds. Not only has Artificial Intelligence taken over traditional methods of computing, but it has also changed the way industries perform. From modernizing healthcare and finance streams to research and manufacturing, everything has changed in the blink of an eye.

Artificial Intelligence has had a positive impact on the way the IT sector works; in other words, there is no denying the fact that it has revolutionized the very essence of the space. Since the IT sector is all about computers, software, and other data transmissions, there is a relatively important role Artificial Intelligence can play in this domain.

Artificial Intelligence is a branch of computer science that aims at turning computers into intelligent machines, which would otherwise not be possible without a human brain. Through the use of algorithms and computer-based training, Artificial Intelligence and Machine Learning can effectively be used to create expert systems that will exhibit intelligent behavior, provide solutions to complicated problems, and further help to develop stimulations equivalent to human intelligence within machines.

IT is a fascinating and rapidly growing sector with plenty of opportunities.

The types of job roles available span all kinds of different areas, meaning that there's something for just about anyone. With the right skills, knowledge, and ambition, you can start your own career in the IT industry.



PROSPECTUS



Udupi Group of Institutions, Manipal

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www.udupicolleges.edu.in | admissions@udupicolleges.edu.in

Udupi Group of Institutions, Manipal



COURSES OFFERED

- HOTEL MANAGEMENT
- FOOD TECHNOLOGY
- INTERIOR DESIGN & DECORATION
- FASHION DESIGN
- COMPUTER APPLICATIONS (B.C.A)
- BUSINESS ADMINISTRATION (B.B.A)
- COMMERCE (B.COM)
- AVIATION & HOSPITALITY MGMT.
- SUPPLY CHAIN & LOGISTICS MGMT.
- ARTIFICIAL INTELLIGENCE, BIG DATA ANALYTICS & CYBER SECURITY
- C.A/C.S/C.M.A COACHING
- NURSING (B.Sc, M.Sc, P.C.B.Sc)
- GENERAL NURSING (G.N.M)
- PHYSIOTHERAPY (B.P.T)
- MEDICAL IMAGING TECHNOLOGY
- MEDICAL LAB TECHNOLOGY
- CARDIAC CARE TECHNOLOGY
- RESPIRATORY CARE TECHNOLOGY
- DIPLOMA IN MEDICAL IMAGING TECH.
- DIPLOMA IN MEDICAL LAB TECH.
- DIPLOMA IN OPERATION THEATRE AND ANAESTHESIA TECH.
- DIPLOMA IN X-RAY TECH.



SCHOLARSHIP & EDUCATION LOAN ASSISTANCE

COLLEGE BUS FACILITY AVAILABLE

HOSTEL FOR BOYS & GIRLS AVAILABLE

TRAINING & JOB PLACEMENT ASSISTANCE

Udupi Group of Institutions, Manipal

Udupi Group of Institutions, Manipal started in the year 2002 by establishing professional colleges approved by Government of Karnataka namely Udupi College of Professional Studies, Manipal (Affiliated to Mangalore University) and Udupi College of Nursing, Manipal (Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru, Recognised by I.N.C & K.N.C). The pivotal aim of the institution is to provide opportunities for students seeking professional courses. The increased interest of the student community in the streams of professional education, institution started a few more colleges namely Udupi School of Nursing, Manipal (Approved by Karnataka State Diploma in Nursing Examination Board, Bengaluru), Udupi College of Physiotherapy, Manipal and Udupi College of Allied Health Sciences, Manipal (Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru).



Courses Offered - **Udupi Group of Institutions, Manipal**

Professional/Management Courses

Courses affiliated to Mangalore University & Approved by Govt. of Karnataka

Udupi College of Professional Studies

HOTEL MANAGEMENT

- B.Sc. H.S - 4 year
- * with Abroad Training (optional)

FOOD TECHNOLOGY

- B.Sc. F.T - 4 year

FASHION DESIGN

- B.Sc. F.D - 4 year

INTERIOR DESIGN & DECORATION

- B.Sc. I.D&D - 4 year

BUSINESS ADMINISTRATION

- B.B.A - 4 year

COMMERCE

- B.Com - 4 year

COMPUTER APPLICATION

- B.C.A - 4 year

ADD-ON COURSES:

- **AVIATION & HOSPITALITY MANAGEMENT**
- **SUPPLY CHAIN & LOGISTICS MANAGEMENT**
- **ARTIFICIAL INTELLIGENCE, BIG DATA ANALYTICS & CYBER SECURITY**

COACHING:

- **COMPANY SECRETARY (C.S)**
- **CHARTERED ACCOUNTANCY (C.A)**
- **COST & MANAGEMENT ACCOUNTING (C.M.A)**

Medical Education Courses

Courses affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru & Approved by Govt. of Karnataka

Udupi College of Nursing (Recognized by I.N.C & K.N.C)

- B.Sc. Nursing (Basic) - 4 year
- P.C.B.Sc. Nursing - 2 year
- M.Sc. Nursing - 2 year

Udupi College of Physiotherapy

- B.P.T - 4 year + 6 month Internship

Udupi College of Allied Health Sciences

- MEDICAL IMAGING TECHNOLOGY**
- B.Sc. M.I.T - 3 year + 1 year Internship
- MEDICAL LAB TECHNOLOGY**
- B.Sc. M.L.T - 3 year + 1 year Internship
- CARDIAC CARE TECHNOLOGY**
- B.Sc. C.C.T - 3 year + 1 year Internship
- RESPIRATORY CARE TECHNOLOGY**
- B.Sc. R.C.T - 3 year + 1 year Internship

Courses under K.S.D.N.E.B (Karnataka State Diploma in Nursing Examination Board, Bengaluru)

Udupi School of Nursing

- GENERAL NURSING & MIDWIFERY**
- G.N.M - 3 year

Diploma Courses Recognized by Paramedical Board, Karnataka

- D.M.I.T** - Diploma in Medical Imaging Technology - 3 year
- D.M.L.T** - Diploma in Medical Lab Technology - 3 year
- D.O.T & A.T** - Diploma in Operation Theatre & Anaesthesia Technology - 3 year
- D.X.T** - Diploma in X-Ray Technology - 3 year

HOTEL MANAGEMENT

B.Sc. Hospitality Science (B.Sc. H.S)

Programme Specifics:

4 Year Programme in Hospitality Science including industrial training

Eligibility:

Pass in PUC or 10+2 or HSC or JOC/Diploma (Arts/Commerce/Science)

Affiliation/Approval:

Affiliated to Mangalore University and approved by Government of Karnataka



Course Overview:

Hospitality Science is a service industry which focuses on serving the needs of food, recreation and accommodation to its clients from varied communities. It is an area of study that covers a wide range of topics concerned with the operational aspects of food and beverage industry. Education in hospitality science develops skills of the students to effectively manage different responsibilities such as front office, reservation service, food and beverage service/food and beverage production, housekeeping and also marketing and administrative/managerial aspects. Since it is a profession related to tourism it provides extensive opportunities for travel and working abroad.





Job Prospects

- Hotel Industry (Executive Chef, Food & Beverage Manager, Executive Housekeeper, Front Office Manager, Restaurant Manager etc.)
- Cruise - Ship Hospitality Service Operations, Club Management
- Airline/Railway Catering
- Hospital Catering
- Industrial/Institutional Canteen, Food Court Management
- Tourism Associations such as State Tourism Development Corporations
- Hospitality Services in the Defence Services
- Hospitality Services in MNCs & Event Management
- Faculty in Hotel Management Institutions



Dr. Kshama Shashidhar
Professor

“Education is the premise of progress in every family, community and ultimately the very soul of every person. This enlightens the society where everyone tries to focus on education.”

B.Sc. Food Technology (B.Sc. F.T.)

Programme Specifics:

4 Year Programme in Food Technology

Eligibility:

Pass in PUC or 10+2 or HSC or JOC/Diploma (Science)

Affiliation/Approval:

Affiliated to Mangalore University and approved by Government of Karnataka



Course Overview:

Food Technology is the application of food science to the selection, preservation, processing, packaging and distribution of food and food products. The course provides in-depth knowledge and practical skills regarding food manufacture, food microbiology, food chemistry, dairy technology, food entrepreneurship etc. It is relatively a new field with good career options.





Job Prospects

- Food Manufacturing & Processing
- Agro-Biotech, Dairy & Poultry Firms
- Bakeries, Confectionaries & Breweries
- Food Packaging
- Food Safety Auditing
- Food Microbiologist, Food Chemist
- Food Quality Controllers
- Food Inspectors
- Healthcare Industry
- Product Developers
- Food Technologist

“



Robinson Varghese - Lecturer

Industry needs professionals who can use technology to produce best quality and quantity of food that meets the daily requirements of the people. This is where food technology specialists play their roles.

”



B.Sc. Interior Design & Decoration (B.Sc. I.D & D.)

Programme Specifics:

4 Year Programme in Interior Design & Decoration

Eligibility:

Pass in PUC or 10+2 or HSC or JOC/Diploma
(Arts/Commerce/Science)

Affiliation/Approval:

Affiliated to Mangalore University and
approved by Government of Karnataka



Course Overview:

Interior design is the art and science of enhancing the interior of a building to achieve a healthier and more aesthetically pleasing environment for the people using the space. Education in interior design will prepare the students to acquire special skills of this industry such as color balancing, knowledge of material/fabrics, styles and trends, sense of creativity, space planning, familiarity with codes, problem solving skills, commitment to client services, communication and strong computer skills. A student of the interior design course will learn to be sensitive to cultural, social, and practical concerns of the client and will examine materials, furniture, lighting, and emerging technologies in this perspective.





Job Prospects

- Freelance Designer
- 3D Drafting
- Colour Consultant
- Aircraft Interior Designer
- Residential/Commercial Designer
- Own Designing Firms



“



Indra Kumar Shetty - Lecturer

Interior design is a creative and specialised field which makes interior space both functional and beautiful by determining the requirements of a space/client and customising the furnishings using appropriate color, light and materials within the desired budget.

Harshitha Shetty - Lecturer

Interior designers work closely with architects, civil engineers and construction labourers to determine how an interior space can be furnished considering it to be aesthetically and functionally good for occupants. There are wide range of opportunities in retail companies for interior designers.



”

B.Sc. Fashion & Apparel Design (B.Sc. F & A.D)

Programme Specifics:

4 Year Programme in Fashion & Apparel Design

Eligibility:

Pass in PUC or 10+2 or HSC or JOC/Diploma
(Arts/Commerce/Science)

Affiliation/Approval:

Affiliated to Mangalore University and approved
by Government of Karnataka



Course Overview:

The Degree in Fashion Design combines fashion studies with intensive studio practice. A fashion design student will undergo training and knowledge development regarding visualising hand or computer-aided design (CAD), producing a design, planning, sourcing, selecting and buying fabrics. The student also learns about general trends relating to fabrics, colours and shapes. They are trained to have fine eye for details, developing ranges, understanding design from a technical perspective and production.





Job Prospects

- Clothing/Costume Designers
- Freelance Designer/Stylist
- Fashion Illustrator
- Fashion Predictor
- Footwear & Accessory Designers
- Pattern Cutter/Grader
- Marketing for Fashion Companies
- Manufacturing Clothing & Accessories
- Fashion Research & Development
- Fashion Merchandizer
- Sustainability Expert for Forward-Thinking Fashion Companies
- Fashion Journalist

“

Vidya Shetty - Lecturer

Fashion Design is one of the most creative courses and considered as a professional education stream not only in India but abroad as well. To build a future in this field, one needs to have an artistic and creative personality. The aspirants need to be good at drawing and possess the knack to express their ideas by means of helpful sketches.



”



Bachelor of Business Administration (B.B.A)

Programme Specifics:

4 year Programme in Business Administration

Eligibility:

Pass in PUC or 10+2 or HSC or JOC/Diploma
(Arts/Commerce/Science)

Affiliation/Approval:

Affiliated to Mangalore University and approved
by Government of Karnataka



Course Overview:

In the course of Bachelor of Business Administration, emphasis is placed on knowledge and analytical skills required in business, with the focus on management and application. Building on core subjects of business management, the program aims to enhance the students' personal development, teamwork and presentation skills. The key areas of management such as Marketing, Human Resource Management, Operations Management, Commercial Law and Organizational Behavior are dealt in detail. These are complimented by Qualitative Methods as well as Accountancy and Finance.

Job Prospects

- Banks, Business Consultancies
- Marketing Organizations
- Educational Institutions
- Multinational Companies
- Financial Organizations
- Export Companies
- IT Industries
- Event Management Companies

Bachelor of Commerce (B.Com)

Programme Specifics:

4 year Programme in Commerce

Eligibility:

Pass in PUC or 10+2 or HSC or JOC/Diploma (Arts/Commerce/Science)

Affiliation/Approval:

Affiliated to Mangalore University and approved by Government of Karnataka



Course Overview:

Graduate programme in commerce aims to facilitate understanding of the operational aspects of business. The syllabus is designed in a manner to develop competency of the students in core subjects like Accounting, Finance, Banking, Insurance, Marketing, Business Law, Human Resources and Taxation. It also focuses on application of finance and computer application relating to concepts of Commerce. Students have the opportunity to pursue higher studies such as Master of Commerce (M.Com), Master of Business Administration (M.B.A), etc.

“



Pallavi - Lecturer

The field of business administration and commerce has become prominent with the rapid growth of industrialization which has made the trade corporations think of a scientific approach towards business.

”

Job Prospects

- Tax Advisory Services
- Financial Services
- Banking
- Insurance Services
- Manufacturing Services
- Stock Market
- Export Import Business
- Accounting, Auditing etc

Bachelor of Computer Applications (B.C.A)

Programme Specifics:

4 year Programme in Computer Applications

Eligibility:

Pass in PUC or 10+2 or HSC or JOC/Diploma
(Arts/Commerce/Science)

Affiliation/Approval:

Affiliated to Mangalore University and approved
by Government of Karnataka



Course Overview:

Bachelor of Computer Applications (BCA) is one of the popular courses among the students who want to make their career in the IT (Information Technology) field. With the rapid growth of IT industry in India, the demand of computer professionals are also increasing day by day. The duration of the course is 4 year and divided into 8 semesters. It includes subjects like database, networking, data structure, core programming languages like 'C' and 'Java'. This course provides opportunities to the students who are interested to work in IT sector as Software Analyst, System Administrator, System Engineer, etc.

Job Prospects

- Software Analyst
- Technical Outsourcing
- Computer System Organizer
- Networking Manager
- System Engineer
- Web Developer
- Software Developer
- System Administrator
- Database Management Professional
- Information Security Professional
- Information Management Professional
- System Security Officer

Chartered Accountancy (C.A), Company Secretary (C.S) and Cost & Management Accounting (C.M.A)

Chartered Accountant (C.A), Company Secretary (C.S) and Cost & Management Accountant (C.M.A) are the best elite professions in the world. Students of B.Com course may opt for C.A/C.S/C.M.A coaching during their B.Com course itself.

The levels of coaching are as follows:

CA - Foundation Programme

- Intermediate Programme
- Final Programme

CS - Foundation Programme

- Executive Programme
- Professional Programme

C.M.A - Foundation Programme

- Intermediate Programme
- Final Programme



Job Prospects

CA:

- Accountant
- Finance Executive
- Financial Planning Analyst
- Tax Advisor
- Independent Professional Practice
- Faculty for CA/CMA/CS etc.

CS:

- Company Secretary
- Legal Advisor
- Financial Manager
- Project Manager
- Capital Market & Investor Relations Manager
- Independent Professional Practice etc.

CMA:

- Financial Analyst
- Management Accountant
- Cost Accountant
- Financial Risk Manager
- Chief Financial Officer (CFO)
- Corporate Controller etc.

Add-on Career Oriented Programme

- Aviation and Hospitality Management
- Supply Chain and Logistics Management
- Artificial Intelligence, Big Data Analytics & Cyber Security

Affiliation/Approval:

Affiliated to Mangalore University and approved by Government of Karnataka.

Add-on Course Overview:

Add-on courses are special capsule courses which are integrated into the mainstream courses by the Mangalore University in order to give the extra edge to the students to get jobs in any of the multiple industries other than the profession chosen at the graduate level. The option of choosing or not choosing and if chosen the field of the add-on course is the choice of the student. Classes and practicals for the add-on courses are conducted separately and the student at the end of the course receives certificate from the university for the selected add-on course. Student will receive a 'Certificate Course' certificate at the end of the first year, a 'Diploma Certificate' at the end of the second year and an 'Advanced Diploma' certificate at the end of the completion of the third year of study. These certificates are in addition to the graduate certificate which the student will obtain at the end of the course from the university in the mainstream he/she has chosen such as Business Administration, Hospitality Science, Commerce, or any of the graduate programmes under Mangalore University offered by the institution.

Aviation and Hospitality Management

Students are enriched with skill development in the areas of aviation geography, functional layout of the airport, planning travel itineraries and international aviation laws. Further in relation to the hospitality industry catering science, food and beverage marketing, trends in hospitality industries, procuring, processing and storage of food materials and hospital catering are taught. Communication, finance, budgeting, and management which are common to both areas are also dealt with.



Jayaprada K.P. - Associate Professor

Hospitality means a warm welcome of a guest. From time immemorial, hospitality has been associated as a second nature to man. However, hospitality began as a profession much later.

Aviation on the other hand, lets the students gain an insight into aviation industry and gain skills in various areas such as cabin crew to ground staff, to ticket management, to aviation training. Aviation and Hospitality are both fields which look into the aspects of guest satisfaction.



Job Prospects

- Customer Service Manager
- Tourism Officer
- Tour manager
- Air Cabin Crew/Air Hostess
- Fire Risk Assessor
- Human Resources Officer



Supply Chain and Logistics Management



A student who has opted for this add - on course will undergo classes and necessary practical sessions regarding information technology, transport infrastructure, transport operations, warehouse, packaging, material handling, global supply chains and operational planning. Purchasing, materials handling, logistics, transportation, inventory control, and supply chain management have continued to evolve, causing many areas to intersect with one another.

- Job Prospects**
- Demand Planning Analyst
 - Procurement Manager
 - Distribution Centre Supervisor
 - Supply Chain Consultant
 - Sourcing Manager
 - International Logistics Manager
 - Inventory Control Manager
 - Master Production Scheduler

Artificial Intelligence, Big Data Analytics & Cyber Security

Cyber Security Analysts rely on vast volumes of security event data to predict identify characterize and deal with security threats. These analysts must understand and make sense of these huge datasets in order to discover patterns which lead to intelligent decision making and advance warnings of possible threats and this ability requires automation. Big data analytics and artificial intelligence can improve cyber defence. Students who opt this add-on course undergo necessary theory & practical sessions at various levels of their studies.



- Job Prospects**
- Chief Information Security Officer
 - Business Intelligence Developer
 - Data Base Developer
 - Big Data Engineer
 - AI Engineer
 - Robotic Scientist



Udupi College of Nursing

B.Sc. Nursing

Programme Specifics:

4 Year Bachelor Degree

Eligibility:

Pass in PUC/HSC/10+2 Exam with minimum 50% marks in Physics, Chemistry and Biology. (SC/ST Candidates - minimum 40% marks)

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru, recognized by INC, KNC and approved by Government of Karnataka



Course Overview:

This course demonstrates competency in the knowledge and skills in providing comprehensive nursing care based on the problem-solving approach in hospitals and communities.

Career options include employment in areas like hospitals, nursing homes, clinics and health departments, railways and defence etc.



Dr. Indira Kumari
Dean Academics/Principal

“Nursing as a profession offers meaningful career filled with many opportunities, challenges and rewards. Nursing is all about the patient. It is a career that helps save lives, bring happiness to individuals and their families and comfort to those in need.”



M.Sc. Nursing

Programme Specifics:

2 Year Masters Degree in any one of the following speciality

- Medical and Surgical Nursing
- Paediatric Nursing
- Obstetrics and Gynaecological Nursing
- Psychiatric Nursing
- Community Health Nursing

Eligibility:

- Minimum of 55% marks in B.Sc. Nursing/ Post Basic B.Sc. Nursing
- Registered Nurse

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru, recognized by INC, KNC and approved by Government of Karnataka

P.C.B.Sc. Nursing

Programme Specifics:

2 Year Graduation Programme

Eligibility:

1. Pass in G.N.M. (General Nursing and Midwifery)
2. Applicant should be a registered nurse

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru, recognized by INC, KNC and approved by Government of Karnataka

Course Overview:

M.Sc. Nursing is a post graduate course in theories and principles of nursing and allied sciences. This course involves the study of nursing education and research and knowledge on various specializations within Nursing.

M.Sc. Nursing graduates can obtain jobs in multi-speciality units/hospitals, private or government Hospitals, academic and research areas, nursing homes, old-age homes or armed forces. Any M.Sc. graduate can also work as a faculty in nursing college, be a nurse trainer, staff nurse, nursing supervisor, etc.



Course Overview:

Post Certificate B.Sc. Nursing (P.C.B.Sc.) is a two year under - graduate programme pursued by candidates for higher education in nursing. This is a special course meant for the diploma nurses who want to update their qualification to a graduate level. A graduate programme in nursing motivates nurses to maintain and keep up with clinical competence for providing quality services. It develops teaching, administrative and research skills and also promotes personal and professional growth for better opportunities in the field of nursing.

Employment in areas like hospitals, nursing homes, clinics and health departments, railways and defence etc.



Udupi School of Nursing

General Nursing and Midwifery (G.N.M)

Programme Specifics:

3 Year Diploma Programme

Eligibility:

Pass in PUC or 10+2 or HSC
(Arts/Commerce/Science)

Affiliation/Approval:

Affiliated to KSDNEB Bengaluru, recognized by
KNC and approved by Government of Karnataka.



Course Overview:

This course focuses on the provision of taking care of individuals, families and communities. The subjects have been designed in such a way to develop skills in order to assist the sick to attain, maintain and recover optimal health and quality of life from conception to death.

Diploma nurses are hired in capacities such as staff nurses, emergency room nurses, community health nurses, nurse midwife, industrial nurses, school health nurses, etc.

“

Sudha Prabhu Assistant Professor

From mental health to care of aged or to rehabilitation, there are many areas which can make positive impact on the professional life of a nurse. As different levels of qualifications are achieved there will be parallel progress in the careers too. Nursing is not only a rewarding profession but also comes with unlimited opportunities.



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Udupi College of Physiotherapy

Bachelor of Physiotherapy (B.P.T)

Programme Specifics:

4 Year Undergraduate Programme

Eligibility:

Pass in PUC or 10+2 or HSC
(Science)

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru and approved by Government of Karnataka



Course Overview:

Bachelor of Physiotherapy is an in-demand course where students are placed in health institutes, hospitals etc or they can start their own practice as well. Given the change in lifestyle and increase of sedentary lifestyle the human body is more prone to pains and injuries. Physiotherapy is used to help them regain their life balance once again.

The career requires close contact with the patients and therefore compassion, good communication and understanding the problems of patients are some vital skills to succeed in the profession.



Arpita Prasad Shanbhag - Lecturer

Paramedical is a science that deals with the pre hospital emergency services. This course supplements and supports doctors to complete their medical work. Health care is one of the fastest growing fields which requires trained person to complete its day to day work. Any medical purpose without paramedics is incomplete and it is the starting point of any medical treatment.



Udupi College of Allied Health Sciences



B.Sc. Medical Imaging Technology

B.Sc. Cardiac Care Technology

B.Sc. Respiratory Care Technology

B.Sc. Medical Lab Technology

About:

Allied Health Science courses are job oriented courses which teach an individual and change him into a competent health care worker. There is an increasing realization of the significance of paramedical personnel in the health sector, particularly in trauma and accident care. Health care delivery systems are undergoing fast changes and the demand for expert personnel is on the rise. This, in turn, has increased the demand for such courses in recent times.

B.Sc. Medical Imaging Technology

Programme Specifics:

4 Year Undergraduate Programme including one year of Internship

Eligibility:

Pass in PUC or 10+2 or HSC (Science)

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru and approved by Government of Karnataka



Course Overview:

Medical imaging technology is a radiological science. With a degree in medical imaging technology an individual works both in hospitals and labs.

Scope of medical lab technology includes conducting x-rays for patients, assisting surgeons during major

surgeries, assessment of technical quality of images, maintenance of medical imaging equipment, giving suggestions regarding different imaging techniques, preparation of patients for different radiological procedures and assist physicians in any kind of radiological procedures.

B.Sc. Cardiac Care Technology

Programme Specifics:

4 Year Undergraduate Programme including one year of Internship

Eligibility:

Pass in PUC or 10+2 or HSC (Science)

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru and approved by Government of Karnataka



Course Overview:

B.Sc. Cardiovascular Technology course help students in acquiring better management skills for different cardiac disorders. The course trains students in applying specialized occupational theory and utilising the practical knowledge to have skills required to understand the concepts to work solely as a cardiovascular technologist and in other positions related to it. Students learn to effectively communicate in matters relating to technical issues, science and technology concerning cardiovascular ailments.



Supriya Sara Soans
Lecturer

“ The job of a technician is to perform tasks that require less medical training before and during the procedure. Cardiac Technologists assist physicians during invasive cardiovascular testing and procedure. ”



B.Sc. Respiratory Care Technology

Programme Specifics:

4 Year Undergraduate Programme including one year of Internship

Eligibility:

Pass in PUC or 10+2 or HSC (Science)

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru and approved by Government of Karnataka



Course Overview:

Respiratory Care Technology is a relatively new branch of Allied Health Sciences and a profession devoted to the scientific application of technology in order to assist in the diagnosis, treatment, management and care of patients with cardiopulmonary and associated diseases.

Respiratory therapists work with doctors and other healthcare professionals to evaluate, treat and care for patients who have breathing and other cardiopulmonary disorders.

In respiratory therapy programme students learn to perform diagnostic tests and limited physical examination. Respiratory therapy programs teach students to diagnose and treat cardiopulmonary problems and to help patients maintain their cardiopulmonary health.

Respiratory therapy curriculum typically covers coursework related to the health, function and treatment of the heart and lungs. Completion of clinical practice hours is often part of the degree requirements.



B.Sc. Medical Lab Technology

Programme Specifics:

4 Year Undergraduate Programme including one year of Internship

Eligibility:

Pass in PUC or 10+2 or HSC (Science)

Affiliation/Approval:

Affiliated to Rajiv Gandhi University of Health Sciences, Bengaluru and approved by Government of Karnataka

Medical technologists are an integral part of the medical profession. These professionals get involved in practical and technical work to aid correct diagnosis and effective functioning of Biochemical Laboratories.

The career prospects in this field depend on the academic and technical skills of the technologist/technician. Initially he/she joins any laboratory as a certified medical laboratory technician.

These days with the growth in the private sector there are so many private hospitals, nursing homes, blood banks, pathology laboratories etc. Hence, the demand for laboratory technicians is on the up-swing.

Udupi College of Paramedical Sciences

D.M.L.T

(Diploma in Medical Lab Technology)

D.M.I.T

(Diploma in Medical Imaging Technology)

D.O.T & A.T

(Diploma in Operation Theatre & Anesthesia Technology)

Duration - 3 Year

Eligibility - SSLC/PUC/Degree

Course Overview:

B.Sc Medical Laboratory Technology (M.L.T) is an Undergraduate Programme. It is concerned with the diagnosis, treatment and prevention of diseases through the use of clinical laboratory tests.

As vital members of the health care team, medical laboratory professionals play a critical role in collecting the information needed to give the best care to an ill or injured patient. The fact is that the practice of modern medicine would be impossible without the tests performed in the laboratory.



With adequate knowledge and experience, Medical Laboratory Technologists can advance to supervisory or management positions in laboratories and hospitals.

They can also work as Laboratory Manager/Consultant/Supervisor, Health Care Administrator, Hospital Outreach Co-ordinator, Laboratory Information System Analyst/Consultant, Educational Consultant/Coordinator etc.

Additional opportunities are available in molecular diagnostics, molecular biotechnology companies and in vitro fertilization laboratories as well as in research labs.

Clinical Training:



Affiliated Hospitals:

- District Hospital, Udupi
- Mahesh Hospital
- Yenepoya Hospital
- Primary Health Center, Kaup
- Primary Health Center, Manipal
- A V Baliga Hospital, Udupi
- Bapuji Child Health Institute & Research Centre, Davanagere
- Dharwad Institute of Mental Health Sciences

Clinical Training is an integral part of medical, paramedical and nursing education. In today's modern teaching, simulation has taken up a major part in the students' training program. However, clinical training at hospital is still the most important part of practical teaching for the health-related courses. Students are posted at various hospitals for their clinical experiences. Students train mainly at the Udupi District Hospital. The District Hospital, Udupi reaches to multiple groups of patients with various health problems. Being a hospital run by the Government of Karnataka, it caters to patients of all economic zones. While posted at the District Hospital, students are exposed to various levels of care such as primary, secondary and tertiary. Being a referral hospital, patients from in and around villages and towns reach out to the hospital.



Facilities and Co-Curricular Activities

Library

A spacious and well equipped library with recent edition books from India and abroad are available to the students. The library also subscribes to Indian and foreign journals on all specializations. The back volumes are also available for reference.



Remedial Teaching Sessions

To help the students who have difficulty in understanding the subjects, special coaching classes are arranged after college hours, wherein professionals teach and clarify their doubts. These teachers assess the internal marks, identify their learning weaknesses and coach them accordingly.

Co - Curricular Activities

Opportunities are provided to the students to develop and showcase their talents during different programs such as Lamp Lighting Ceremony, Talents' Day, Annual Day, etc. Professional skill development is encouraged by conducting special events during World AIDS Day, World Cancer day, International Nurse day, World Health Day, etc.

Hostel and Mess Facilities

The hostel offers comfortable stay for the students within the campus during their course of study. The hostel is clean and comfortable and each room is provided with adequate facilities for study and stay. The hostel has a recreational hall, prayer hall and television. Mess facilities are available with a well maintained dining hall within the hostel. Vegetarian/ Non - vegetarian meals are prepared hygienically and served aesthetically.



Sports, Games and Cultural Programmes

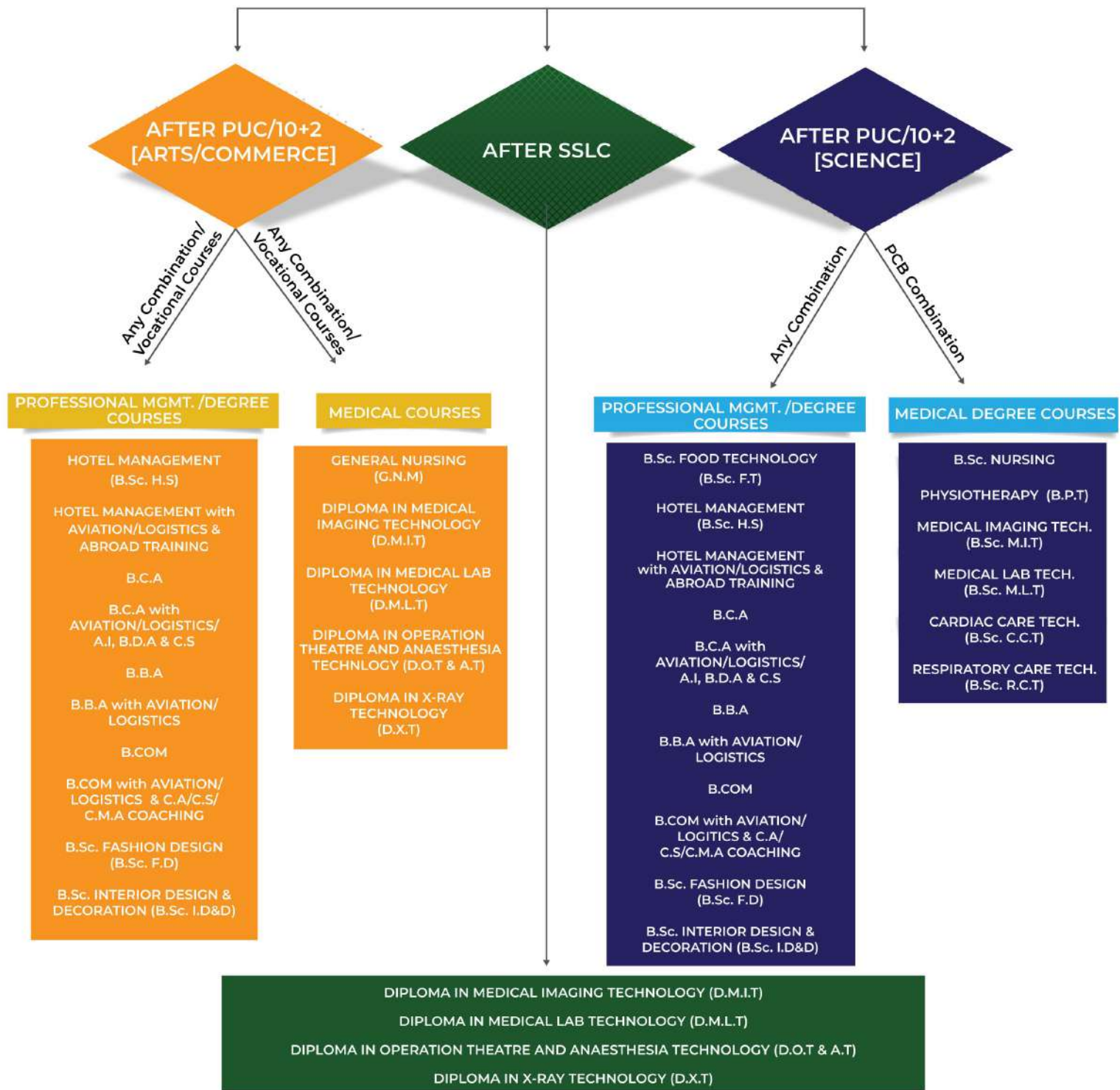
Along with academic studies, sports, cultural and other activities are regularly organized by the college every year.

Examination Centre

Rajiv Gandhi University of Health Sciences has appointed Udupi College of Nursing as theory and practical examination centre for all nursing colleges in Udupi District since 2005.



STREAM-WISE COURSE OPPORTUNITIES



SCHOLARSHIPS

Students are eligible for scholarship from the Trust of the Institution on the basis of their II PUC/10+2 percentage.
 90% and above - Rs 25,000/- 80% to 90% - Rs.15,000/- 60% to 80% - Rs.10,000/- 50% to 60% - Rs.5,000/-

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