

VISION

Mount Carmel College of Teacher Education for Women, Kottayam, envisions a life-oriented education that empowers the trainees through a humanizing and liberative process, to be agents of transformation and development at different levels of life, with a focus on the formative elements of their lives as prospective educators and on their integral growth. Enabled and empowered, they respond proactively to concerns and conflicts inherent in today's reality, especially those of women and persons who are unable to exercise their freedom to be human, and work for the intergrity of creation. The thrust is in the light of a 'civilization of love' - the kingdom of God, as envisaged and promoted by our foundress, Mother Teresa of St. Rose of Lima.



OUR MISSION

The institution helps the students to grow in the conviction that to 'educate' is a vocation, with the need to internalize and transmit basic human values. It aims at preparing the student trainees:

1. To promote a College /Community/ Society/Nation where spiritual, moral and genuine human values are lived and witnessed.
2. To contribute to the transformation of society through an openness to reality and living the challenges of being socially conscious and socially responsible.
3. To synergize women and those prevented from exercising their right to be human, through enlightening them regarding their basic human rights and helping them achieve the same.
4. To promote inter-cultural and inter-religious harmony and communion through promoting genuine dialogue in an atmosphere of respect and openness; and also facilitate experiential dialogue, whereby people work together for the common good of the human family.
5. To facilitate leadership among the students enabling them to be genuinely other-centred, pro-actively enthusiastic, and spiritually and socially motivated towards personal, group and societal liberation.
6. To provide quality, integral education which is life, vocation and career-oriented; and promoting a climate for human and academic excellence with an openness to learning, research, and the development of professional skills, so that work towards the empowerment of persons and transformation of society will be fostered.
7. To work towards the integrity of creation through being conscious of and alert to the state of devastation and destruction of creation and the serious perils humankind is plunged into; and by promoting programmes /movements that foster inter-connectedness, kinship and eco-justice.



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ANNUAL REPORT 2018–19

MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN

Memoirs of the past year's vibrant campus life of Mount Carmel are revisiting us. Activities, programmes and achievements that brought gratification to everyone throng at the threshold to get chronicled in the annals. And my mind meanders across the annual expanse of time toward the beginning moment.

It was one of the most happy occasions for us when we met here last year on 17th February, having the honoured presence of Sriram Venkataraman IAS, as our chief guest. The annual gathering presided over by Rev. Sr. Tessa CSST, our beloved dignitary, set about the row of events that followed during the year.

Before going into other details I wish to express my strong belief in the intercession of our foundress Mother Teresa of St. Rose of Lima, who has been named as Servant of God by the Holy Catholic Church, to carry out our mission and live up to her visions about our institution.

And I hope, we successfully kept up the tradition of granting excellent service in women's education, and to be more specific, in teacher education for women so far.

The college reopened after a break of two months summer vacation on 4th June 2018. PTA General body meeting was conducted on the same day. Dr. Lissy Koshi taught a class on parenting on that day. Classes for the 2018-20 batch of B.Ed. and M.Ed. programmes commenced on 2nd July 2018.

On 3rd July 2018, an orientation class on "Attitudes and Behaviour of teacher in classroom" was led by Dr. Pushpa Marian, Principal for the new batch of students. This was followed by an ice breaking session by Dr. Lissy Koshi. The noon session was engaged by Dr. Suma Joseph, introducing the B.Ed. Curriculum to the students.

The celebration of the Holy Mass on 4th July was led by Rev. Msgr. Dr. Jose Navaz, Chancellor of Vijayapuram Diocese.

A class on vision and mission of the college was

conducted by Sr. Rosy Lima PW on 11th July 2018, focusing on the importance of cultivating a 'Civilization of Love'.

STAFF

- At present there are eleven teaching and twelve non teaching staff who are sincere, competent and committed to the growth and progress of the institution.
- Dr. Pushpa Marian continues as the member of Academic Council of M.G. University. Dr. Suma Joseph and Ms. Jaya P.J. also continue as members of the Board of Studies of Education of M.G. University. Ms. Jaya P.J. is also a member of Faculty of education.
- Dr. Suma Joseph, Associate Professor in Physical Education continues as the team manager of the M.G. University Women Basketball team.
- Ms. Jaya P.J., Assistant Professor in Education attended the UGC sponsored Orientation course at HRDC, University of Kerala, from 28th February to 27th March 2018 and the UGC sponsored Refresher course at HRDC, University of Kerala from 26th June to 16th July 2018.
- Sr. Rosy Leema P.W., UGC Librarian attended the UGC sponsored Refresher course at HRDC, University of Calicut, from 23rd November to 13th December 2018.

PTA MEETING

- The first PTA meeting of the academic year was held on 4th June 2018. The new batch of 2018-2020 commenced on July 2nd and the corresponding General Body Meeting of the PTA was held on the same day. Executive members and office bearers were selected at the combined meeting. They are

President - Mr. George Cherickal
Vice President - Mr. Mathew Abraham
Executive Members - Mrs Suma Sanjay

- Mrs. Soosamma Chacko
- Mrs. Naveen Lobo

The next PTA executive meeting was convened on 11 February 2019.

UNION AND ARTS CLUB INAUGURATION

- The election to the college Union took place on 14th September 2018. The office bearers assumed charge after oath taking ceremony led by Dr. Pushpa Marian, Principal. On the same day the newly elected College Union as well as the Arts Club were inaugurated by Mrs. Saralakumari, Sub Inspector of Police, Vanitha Wing, Kottayam East Police Station and Idea Star Singer fame Shri. Nandu Kishore respectively. The presidential address was given by Ms. Maria Joseph, the Chairperson.

College Union Members

- Chair person - Ms. Maria Joseph
- Vice Chair person - Ms. Ann Sharon Alex
- General Secretary - Ms. Sunitha Achiyamma Mathew
- Arts Club Secretary - Ms. Thushara T.
- Magazine Editor - Ms. Gilu Anna Johny
- Sports Club Secretary - Ms. Anju Santhosh
- UUC - Ms. Helena Ann Babu
- 2nd Year B.Ed Representative - Ms. Anila Mohanan
- 1st Year B.Ed Representative - Ms. Jismy George
- 2nd Year M.Ed Representative - Ms. Evelin Stalin
- 1st Year M.Ed Representative - Ms. Akhila Devadas.

ORIENTATION PROGRAMMES, SEMINARS AND WORKSHOPS.

- An orientation class on the preparation of learning materials was arranged under the guidance of Mr. Suresh Kumar HSST, SMV, Model HSS TVM, on 4th July 2018.
- On 3rd August 2018, a workshop on theatre arts and drama was handled by Mr. E. V. Philip, Drama Master, Mar Baselious Public School, Devalokam.
- A self-defence training programme was carried out on 31st August and 3rd September 2018 by women police officers Mrs. Rejimol from Kumarakom police station and Mrs. Subhadrakutty from Kidangoor police station. Mrs. Preethi from Vellor police station joined the team on the second day.

- An orientation programme and personality development workshop was organized in our college on 1st September 2018. Classes were led by Brothers of St. Thomas Apostolic Seminary, Vadavathoor.
- 5th September 2018 witnessed a one day workshop on the theoretical and practical aspects of Yoga led by Mr. Sreejith, Yoga Master, M.E.S Training College, Aluva.
- An orientation programme to explain the B.Ed. reviewed syllabus organized by All Kerala Training College Teacher's Association (AKTCTA) was conducted on 15th October 2018,. The one day programme was presided over by Dr. Varghese K. Cherian and was enriched with the presence of teachers from different colleges.
- The 18th State Level Children's Maths Congress in connection with the Kerala Ganitha Sastra Parishad was held at Mt. Carmel College on 12th January 2019. Students from different schools across Kerala actively participated in various competitions arranged for the day.
- A seminar on "Personality Development Challenges and Possibilities as a Women" was arranged on 17th January 2019 as part of the Community Living Camp 2019. The classes were led by Mr. Abhilash Joseph, Counsellor and Training Team Head, IPCAI (Institute for Person Centered Approaches in India).

CELEBRATIONS

- World Environment Day Celebrations were arranged in the College on 5th June 2019 under the leadership of Natural Science students. A video was presented on the ill effects of Plastic Pollution. All students took vows to reduce the use of plastic and say no to plastic.
- International Yoga day as well as Reading day was observed on 21st June 2018. A Yoga demonstration was organized by the 2nd year B.Ed students, in connection with the day.
- Freshers' day was organized by the 2nd year B.Ed students to welcome the new batch of B.Ed and M.Ed on 4th July 2018. This was an occasion for the students to get acquainted with each other. Various cultural events made the day memorable.
- Talent day celebrations- 'Meraki 2018' was held

on 11th July. It was a wonderful opportunity for the first year students to exhibit their talents and abilities.

- Independence day celebrations on 5th September 2018 was marked by hoisting the Flag at Mount Carmel campus. Sr. Jenin delivered the Independence day message and sweets were distributed.
- Teachers day celebrations on 5th September 2018 was an occasion for the students to honour their teachers for their valuable services.
- Ozone day was observed in the college on 14th September 2018 to foster the importance of protecting human life and the environment.
- To commemorate the birth of Mahatma Gandhi, Gandhi Jayanti was celebrated on 1st October 2018.
- As part of National Re-dedication day an oath was taken by the teachers and students of the college on 31st October 2018.
- In association with the Kerala Piravi Celebrations on 1st November 2018, the entire college joined the Bharana Bhasha Pledge initiated by Dr. Pushpa Marian.
- The College celebrated Christmas on 19th December 2018 A live crib presentation by I year B.Ed. students was a speciality of the day. Fr. Mathew Ozhathil (Director, Infant Jesus Seminary) delivered the Christmas message and distributed prizes to the winners of different competitions held in accordance with the Christmas celebrations.
- The republic day flag was hoisted by Sr. Tessa, local manager of the institution on 26th January 2019 at Mt. Carmel School ground. The teaching and non-teaching staff and students of the college were present during the function.
- As part of the International Mother Language day, on 21st February 2019, a pledge emphasizing the importance of mother tongue was administered by Ms. Liz Kuriakose, faculty, Department of Physical science and the students actively participated in the ceremony.

WOMEN CELL

- Women cell inauguration and self- defence training session was conducted on 31st August 2018 in

association with Kerala State Women's Development Corporation Ltd. Mrs. Subhadrakutty, Civil Police Officer, Kidangoor Police Station, Pala Division, inaugurated the function by lighting the lamp and delivered the inaugural address and led a self defence training session. On 3rd September 2018, Self - Defence Training was given to teacher trainees by her team. As part of women cell activities, a seminar on 'Personality Development Challenges and Possibilities as a Woman' was led by Mr. Abhilash Joseph, IPCAI (Institute for Person Centered Approaches in India) Counsellor and Training Team Head on 17th January 2019.

INAUGURATION OF ASSOCIATIONS

- The activities of various associations for the year 2018-19 were inaugurated on 14th September 2018. Dr. Jacob Joseph (Energy and Environment Conservation Society, State President) was the Chief guest. The academic activities of various associations –Daffodils, Ganithika, Scientia, Bios, and Archives were officially inaugurated by the chief guest.

ALUMNAE MEET

- Alumnae Meet was arranged on 12th October 2018. The meeting was presided over by Dr. Pushpa Marian in which a total of 50 alumnae were present. Following the formal session, the election of alumnae executive members and the first General Body meeting for newly elected office bearers were held.

The elected members are

President	- Dr. Soosamma P.A.
Co-ordinator and treasurer-	Sr. Bindhumol T.
Executive members	- Ms. Shilpa Mathew Ms. Dona Elsa Mathew Ms. Preethy Roni Ms. Ashra M. Yoosuf Ms. Sheena Paul Ms. Nissy Annie Babu Ms. Sumy Mathew Ms. Roji Mathew Ms. Athira Prasad Ms. Ann Mariya Raju.

INTERNSHIP PROGRAMME

- The internship of the B.Ed. students was carried out from 25th July to 19th November 2018. The school induction programme for B.Ed. was carried out from 23rd January 2019 to 20th February 2019.
- The internship programme of the M.Ed. students was conducted in four phases. The first phase consisted of internship at various TTI's in Kottayam from 2nd August to 24th September 2018.
- The Second phase consisted of 10 days internship at primary level from 4th November to 21st November 2018. The third phase consisted of secondary and higher secondary school from 28th January to 15th February 2019. The 4th phase consisted of 30 days internship at the B.Ed. level from 1st March.

COMPETITIONS

- On behalf of the International Yoga Day and reading day celebrations, several competitions like power point presentation, quiz etc. were arranged for the students on 21st June 2018.
- On behalf of the independence day celebration, various competitions were set up by the department of Social science on 14th August 2018. This comprised of Patriotic song, quiz etc and English students bagged the first position for the Patriotic song competition.
- The department of Physical science and Natural science conducted different competitions like painting, caption writing and dry wood decoration on 14th September 2018 in connection with the Ozone day celebrations.
- As part of the Gandhi Jayanti celebrations, a drama competition based on the theme Gandhiji was arranged on 1st October 2018 and Social Science students bagged the First prize.
- The Kerala Piravi celebrations of the college witnessed Malayalam news paper reading and Vachakamela competitions on 1st November 2018 which were attractive enough to portray the importance of Kerala culture and tradition.
- To instill the spirit of Communal harmony and National Integration among students, various competitions like painting, essay writing etc. were

organized for the students on 22nd November 2018. 2nd year English students and Mariya George of 1st year B.Ed. Mathematics won the prizes for painting and essay writing respectively.

ARTS FEST

- The offstage events were held before and on 13th December 2018 and this included Essay Writing (English and Malayalam), Poetry writing (English and Malayalam), Short story writing (English and Malayalam), Mehendi Designing, hair dressing, Pencil drawing, Cartoon drawing, Water color painting, Caption writing etc. This was a wonderful opportunity in polishing the creative and artistic abilities within each student. The 7th and 8th of February 2019 were exclusively dedicated for the on stage events like Flower arrangement, Extempore ((English and Malayalam), Instrumental music, Mimicry, Mono act, Kadhaprasagam, Fashion show with newspaper, light music, Classical music, Mappilapattu, Vegetable carving, Kitchen music, Cinematic Dance, Split screen, Spot choreography, Nazrani manka, Monjathi, Purushakesari, Fancy dress etc. Aleena S. George of 2nd year Physical Science was titled as the Kalathilakom and the overall championship was bagged by 2nd year Montessorians.
- In accordance with the Christmas celebrations, Carol, Crib and Santa Claus competitions were held within the college auditorium on 17th Dec 2018. Students actively participated in the events with great enthusiasm and spirit.

SOCIAL VISIT AND

X-MAS CELEBRATION.

- On 18th December 2018, Students of Mt. Carmel College visited Shantibhavan and Abhayabhavan to celebrate Christmas and to convey the message of peace, love and joy to the inhabitants. The programme was planned and presented in an organized manner under the guidance of teaching and non-teaching staff. The students presented the tableau of Christmas Crib and Carol Songs and everyone shared cakes as a token of love and care. The Game session incorporated in the programme helped to make the inhabitants vibrant and energetic.

COMMUNITY LIVING CAMP

- The community living camp for the second year B.Ed. students was organized from 14th to 18th January 2019. The camp was officially inaugurated by Fr. James Mathew, Director, Jeevakarunyalayam Old Age Home in a function presided over by Dr. Pushpa Marian, Principal, Mount Carmel College. The camp was organized with a view to sensitize the participants on civic sense and social skills. The theme for this year's community camp was 'Search your Uniqueness'. The Second year students took turns and cooked food for themselves as well as the teachers. The camp was organized under the Guidance of Dr. Lissy Koshi, Assistant Professor in Education. The camp helped the student teachers to understand the social system, the importance of community living' as well as how it helps and facilitates cooperation among themselves.

STUDY TOUR

- As part of the annual end semester tour, 45 students of 2nd year B.Ed. went about a four day Excursion to Chickmagalure, Bellur and Coorg from 28th January to 1st February 2019, organized by Travel Mates, Tour planners. Dr. Suma Joseph, Ms. Liz Kuriakose and Deepthy K. Anto accompanied the students. The tour was well appreciated by the students.

RETREAT

- The Annual retreat for the year 2018-2019 was held from 12 Feb. 2019- 14 Feb.2019. It was led by Fr. Joshy Madathilparambil and team. The retreat provided a refreshing experience to the students.

SPORTS DAY

- The sports meet was conducted on 15th Feb. 2019 under the guidance of Dr. Suma Joseph. Anju Vijayan, the sports secretary gave the instructions for the day. The parade salute was received by Dr. Pushpa Marian, Principal and Dr. T.C. Thankachan, Assistant Professor, St. Thomas College of Teacher Education, Palai. Following the parade, different competitions like shotput, Javelin throw, Discus throw etc. were

held. Various entertaining and fun creating competitions like Three leg Race, Sack Race and Bomb in the City were also held. Athletic sport events like 100 metres, 200 metres, 400 metres, 800 metres race, long jump and 4x100 metres relay were conducted before hand at Nehru Stadium, Kottayam. Ms. Anju Santhosh was crowned as the individual champion and the group championship was awarded to Montessorians.

CARMEL FEST 2018

- The prestigious Carmel Fest was organized on 26th Feb.2018. The fest was made remarkable with ample participation from the neighboring schools .A variety of interesting and innovative competitions were arranged for the students by different clubs of the college.
 - Daffodils - Cartoon Conversation
 - Ganithika - Mathematics Quiz
 - Scientia - Science Quiz
 - Bios - Poster Presentation on the theme "Save Nature, Save Future"
 - Archives - Extempore (Malayalam)
 - M.Ed. - Collage Presentation
 - Library - Essay Competition (Malayalam)The fest received great appreciation from many.

NATIONAL SCIENCE DAY

- National Science Day celebrations were arranged in the College from 26th to 28th February 2019. Followed by the inauguration session, a workshop on "Eco Friendly Products" was conducted by Dr. Sunil Kumar S., Naturopathy Physician and State Faculty of Suchithwa Mission Kudumba sree unit. Selected students from each department and some of the representatives of Mount Carmel Tailoring centre attended the workshop in which they were taught the procedures of making eco-friendly products like Paper bag, Paper pen, Cloth bag etc.
- On the second day of the celebrations (27-02-2019), an awareness class on the need to save Petroleum Products was taken by Ms. Annie Thomas, External faculty Member of Petroleum Conservation Research Association (PCRA).
- Various programmes in connection with National Science Day were arranged by The departments

of Physical Science and Natural Science on 28th February 2019. It all started with the brief introduction of the theme for this year- “Science for People and People for Science” by Giza Rachel George. A short description of the periodic table was given by Soumya V. Following by this a treasure hunt competition was arranged by the organizers with vibrant participation from the students. 1st year English students were declared as the winners of the game.

MERIT DAY

- In order to recognize and honour the achievement of the students in various intramural cultural competitions and sports events, Merit day was arranged on 27th and 28th February 2019. Prizes were distributed to the winners by Ms. Anni Thomas, External faculty member of Petroleum Conservation Research Association (PCRA) and Mr. Biju B., Kalari and Yoga Instructor, Kumarakom CVN Kalari.

EXTENSION ACTIVITIES

- To supplement the main activities in the curriculum, various extension activities are also arranged by the college.
- Regular visits are carried out by the B.Ed. and M.Ed. students on every Wednesday to Abhaya Bhavan. Different programmes are arranged by the students to entertain the inhabitants and a small refreshment is provided to them as a token of love.
- Flood relief camps were arranged in our college auditorium from 16th to 28th August 2018. Our students distributed clothes and bed sheets to students of Government UP School Nattassery and Holy Family School, Kottayam.
- As part of the extension activity, second year B.Ed. students cleaned Kanjikuzhy Market. On the same day an awareness class on Plastic Pollution was led by Dr. Sunil Kumar S., Naturopathy Physician and State Faculty of Suchithwa Mission, Kudumbasree Unit.

CARMEL TAILORING CENTRE

- Carmel Tailoring Centre has been functioning in the college for the empowerment of the marginalized sections. After completing the

tailoring course, many are employed in tailoring shops and self-help groups.

DAILY ACTIVITIES

- Morning Assembly is conducted in the college on all working days. It starts with the Bible reading by the concerned teacher. Students take up turns to present the ‘Thought for the Day’ and ‘Daily News’. The Preamble to the Indian Constitution is also read aloud by all, during the assembly.

ADD ON COURSE

- Add on certificate course in Counsellor’s training and diploma course in Computer applications was conducted for the B.Ed students.

PLACEMENT PROGRAMMES AND RECRUITMENT

Various placement programmes were conducted at Mount Carmel College by different institutions. The lists are as follows:

- 7th January 2019- Bethlehem International School, Vazhakkulam, Thodupuzha
- 15 February 2019 – Mount Sirai School, Karmel District of Haryana
- 1st March 2019- Viveka Vardhini Public School, Aland, North Karanataka.

Many of our students got appointed at schools within and outside Kerala.

Amalu Mariya Thomas of English, Alphons Joseph and Meenu Tomy of Mathematics, Anila Mohanan of Natural Science, Jinupa Rose Scaria K of Physical Science and Sruthi K Joy of Social Science were selected by Viveka Vardhini School, Aland, North Karnataka. Julie John and Soumya George of English got appointed at Holy Angels Convent school, Musafir Meenu C.M of Physical Science got appointed at SFS Public School and Junior College, Ettumannoor Soumya V of Physical science got appointed at De Paul Public School, Kuravilangad and Sunitha Achiyamma Mathew of Physical Science got appointed at Aravinda Vidya Mandiram, Pallickthode, Kottayam. Sneha Sara Sajeev of Mathematics got appointed at Don Bosco Central School, Puthuppally and Deena Binson of Mathematics got appointed at SKM Public School, Kumarakom. Santeena Thomas

of Social Science got appointed at Life Vally International School, Kottayam. Merin Lobo of Mathematics got appointed at Kristu Jyothi Vidyanikethan, Changanacherry. Neethu Susan Babu of Mathematics got appointed at St. Mary's Residential School, Thiruvalla. Teenamol P.T. of Natural Science got appointed at St. Antony's Public School, Aanakal. Shedhal Anu Raj of Physical Science got appointed at Bethlehem International School, Vazhakulam, Muvattupuzha. Riya Atlee of Physical Science got appointed at Maryward EM School, Puthenvelikara, Ernakulam.

ACHIEVEMENTS

- Dr. Pushpa Marian was awarded "Dr.M.P.Pillai Memorial Literary Award for the literary talent in the field of education by Dr. K. Sivadasan Pillai Foundation for educational research and development on 20th February 2018.
- Dr. Suma Joseph, Associate Professor in Physical Education was a member of the Basket Ball team that won Silver medal in the Asia Pacific Masters Games 2018 in Penang, Malaysia. She was also the captain of the Kerala team which won the National Masters Women's Basketball Tournament 2019 in Dehradun. She was honoured by SBI Kalathipady on Women's Day for her acclaimed achievements in Basketball.
- Mrs. Milliya Susan Joseph was awarded Ph.D. degree in education on the topic 'Developing a Strategy based on Andes Intelligent Tutoring System for enhancing Problem Solving Ability, Critical Thinking and Achievement in Physics of students at Higher Secondary Level' by M.G. University in 2019.
- Our students secured third prize for mime in SAM FEST at Sahodaran Ayyappan Memorial College of Education, Poothotta. The team members are Manisha M, Jismy George, Jisty Joseph, Sandeepamol P.S., Rani Anna Cherian, Rincy Sara Roy, Seersha K.T. and Sruthy Sabu.
- Giza Rachel George got first prize with A grade in western solo, Gilu Anna Johny got first prize with A grade in English Short Story Writing in State Level Training College Youth Festival (Rangolsav) at Peet Memorial Training College Mavelikkara.
- In the same festival our team including Minna Pius,

Gilu Anna Johny, Joicy Martin, Neethu Tom, Nimmy Kurian, Blessy Mol Y and Sonia K.N. got 1st Prize with A grade in group song.

- In the 11th M.G.University Athletic meet for training colleges organized by St.Joseph's Training College, Mannanam on ninth March 2019, our college team secured women overall third position.
- Santeena Thomas got first prize in Discuss Throw and third prize in Shot Put.
- Akhila Devadas got first prize in Javelin Throw.
- Amalu Maria Thomas got second prize in High Jump and third prize in 100 meters Race.
- Anju Santhosh got second prize in 200 meters Race.
- In 4x100 meters Relay, our team Anju Santhosh, Raina Susan, Anila Mohanan and Amalu Maria Thomas got third place.

The following students have qualified SET, KTET and CTET Examination

English

Amalu Mariya Thomas	-	SET, KTET
Asisha Anns Savior	-	SET, KTET
Merin Josephine A	-	SET, KTET
Sara Markos	-	SET, KTET
Ansu Elizabeth Raju	-	KTET
Harsha Philip	-	KTET
Julie John	-	KTET
Soumya George	-	KTET

Mathematics

Deena Binson	-	SET, KTET
Meenu Tomy	-	KTET
Merin Lobo	-	KTET
Neethu Susan Babu	-	KTET

Natural Science

Ayana Sugunan	-	SET
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Physical Science

Aleena S George	-	SET, KTET, CTET
Shedhal Anu Raj	-	SET, KTET, CTET
Sunitha Achiyamma Mathew	-	SET, KTET, CTET
Ann Sharon Alex	-	SET, KTET,
Riya Atlee	-	SET, KTET,
Soumya V	-	KTET, CTET
Athira Joseph P	-	KTET, CTET

Social Science

Santeena Thomas	- SET, KTET
Grace Mary	- KTET

M.Ed. course

A	1
B	7
C	1

SCHOLARSHIPS & ENDOWMENTS

1. Sr.Fidelis Memorial Cash Award for the top scorer in the B.Ed. Degree Examination : Dona Elsa Mathew
2. Sr.Crucifixa memorial Cash Award for the top scorer in Education : Shilpa Mathew
3. Sr.Scholastica Endowment Cash Award for the top scorer in Psychology : Shilpa Mathew
4. Sr.Estelle Endowment Cash Award for the top scorer in English : Dona Elsa Mathew
5. Mrs.Rose D'Lima Thankam Cash Award for the top scorer in Mathematics
(a) Aleena S George
(b) Ashra M. Yoosuf
6. Reena Zacharia Memorial Cash Award for the top scorer in Natural Science : Devi Sruthi
7. Sr.Jean Francis Endowment Cash Award for the top scorer in Physical Science: Shilpa Mathew
8. Sr.Alcantra Endowment Cash Award for the top scorer in Social Science: Athira Prasad
9. Dr. Susamma George Endowment cash award for outstanding Academic Performance : Ayana Sugunan
10. Ms. L. Radha Kumari Endowment cash award for the outstanding performance in Sports & Games : Anju Santhosh
11. Dr. Sr. Philomina Thomas Endowment cash award for the top scorer in M.Ed Degree Examination : Anusha Peter.
12. Dr. Sr. Alice Mathew Endowment cash award for the Best performer of the Alumnae :Ms. Sushin Sunny

UNIVERSITY EXAM RESULT

The Result of the University Exams are as follows:

B.Ed. course

A+	2
A	18
B	23
C	3

BEST OUTGOING STUDENT

- Ms. Aleena S. George was adjudged the best outgoing student of the year.

A thanksgiving mass was arranged at Mount Carmel Chapel on 21st March 2019, as a token of gratitude for all the blessings that God had showered upon us throughout this academic year. This was followed by the blessing of the renovated College Auditorium by Rev. Fr. Basil Paduva, Vicar of Good shepherd Forane Church, Kottayam.

The achievements and credits enjoyed by the college owe a lot to the sincere efforts of our teaching and non-teaching staff as well as our dear students and also our PTA association.

My first words of gratitude are due to the president of our governing body Rev, Sr. Chris CSST, our manager Rev. Sr. Christabelle CSST and our local manager Rev. Sr. Tessa CSST. The maintenance work of our auditorium is a mark of their grave concern and solid support for our institution. Rev.Sr.Chris and Rev.Sr.Christabelle repeatedly visited our college and gave specific directions for the smooth functioning of the institution. I gratefully remember their help and blessings.

I cannot pass even a day without remembering Rev. Sr. Tessa's help and support both moral and practical. Thank you Sr. Tessa.

A sincere word of thanks to the PTA Vice-President Mr. Mathew Abraham who completed the renovation work by the auditorium in time and in appreciable manner.

I express my deep and sincere gratefulness to the reverend sisters. I thank the heads and teachers of our practice-teaching schools for their support, co-operation and goodwill.

Now let us raise our hearts to the Almighty God in gratitude for all his blessings that was everything for us. Thank you.

Dr. Pushpa Marian
Principal

CLUB REPORTS

ENGLISH ASSOCIATION DAFFODILS

The Literary Club of the English Association for the academic year 2018-19 of Mount Carmel College of Teacher Education for Women - 'Daffodils' derives its name from the famous poem by Wordsworth titled 'Daffodils.'

The literary club functions under the supervision of Dr. Mary Sheba Jose, our teacher educator. The executive members of our Literary Association are as follows:

President: Julie John

Vice-President: Sara Markos

Secretary: Soumya George

BULLETIN BOARD

The bulletin board was one of the initiatives of the English club which was useful in different ways especially to know about the recent news in English literature as well as current affairs. The duty to collect

the news was bestowed upon the members of the group, and the person who collected and pasted the news on the bulletin board had to make sure whether other members of the group read and understood the recent updates.

WORKSHOP

A workshop was conducted as part of the English club for the better preparation and presentation of teaching materials, charts and models. It was a good experience for all of us to participate in such a workshop and it helped us to improve our presentation skills such as handwriting, grammar, structure of the charts, simple presentation of ideas, better display of the unfamiliar words etc.

CARMEL FEST

The Carmel Fest was conducted on 26th February 2019. A variety of events were conducted as part of the fest. It was really an output of great hard work and organization taken up by the teachers and students of Mount Carmel College of Teacher Education for Women. The Daffodils club had conducted a cartoon competition on the topic, 'The Importance of Reading'. A total of 5 groups consisting of 2 members each participated in the competition. The instructions regarding the competition were given by Amalu Maria



Thomas and Ashisha Ann Savior. The first and second prizes were won by Vidyaniketan School and Baker Memorial School respectively. All the participants were given participation certificates as a token of encouragement.

MANUSCRIPT MAGAZINE



The literary club Daffodils collected the articles written by its members, and compiled it into a manuscript magazine. It was made very attractive and informative. The manuscript magazine was meant to keep alive the artistic talents of a batch of beautiful and energetic students for the coming generations.

The activities of Daffodils for this year were very useful and helpful to the members to improve our language skills as well as subject skills. Several language tasks and activities were organized in the English class in order to develop their communicative skills. On the whole, the programmes conducted were very effective and beneficial for the academic and cultural development of the students.



Mathematics is the language in which God has written the universe. Pure mathematics is in its way, the poetry of logical ideas. The Mathematics association plays a significant role in motivating the students. This was the driving force that led to the formation of 'Ganithika'. The office bearers for the

academic year 2018 - 2019 of Ganithika were:

President : Meenu Tomy

Vice-President : Sreelakshmi S. Nair

Secretary Sneha Sosa Koshy

INTER -SCHOOL MATHEMATICS QUIZ COMPETITION



We the members of Ganithika, the Mathematics club of Mount Carmel college of Teacher Education For Women organised an Interschool Mathematics quiz competition for high school students on 26th February 2019 in accordance with the Carmel Fest. Students from various schools participated in the five-round competition. They were General round, History round, Identification round, Puzzle round and Rapid fire round.

The schools that came up in the first three places were:

1. Mount Carmel GHSS, Kanjikuzhy

2. Holy Family HSS, Kottayam

3. M.D.Seminary HSS, Kottayam

Dr. Pushpa Marian, Principal of Mount Carmel College of Teacher Education distributed the trophies and certificates to all the winners. Consolation prizes were also given.

CHILDREN'S MATH CONGRESS

The Kerala Ganitha Shasthra Parishad organised 18th State Level Childrens Math Congress at Mount Carmel College on 12th January 2019 in cooperation with Ganithika. The function was inaugurated by Sri. B. Radhakrishna Menon, Financial Committee Chairman, Cochin Shipyard. A project presentation competition was organised for LP, UP, H.S and HSS on the topics, Wonder World Of Numbers, Perimeter & Area, Triangles, Quadrilaterals & Circles, Conic Section & Applications respectively. Along with it there was a Mathematics drama competition as well.

All the participants were given certificates. The winners were presented with certificates & mementos.

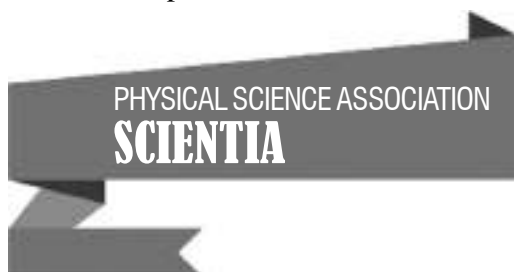
MANUSCRIPT MAGAZINE



We brought out a Manuscript magazine named, 'Rhythmos'. The first copy was handed over by the president of Ganithika, Ms. Meenu Tomy to Dr. Pushpa Marian on 17th April 2019. The magazine comprised of games, facts and other interesting facts based on the concept of symmetry.

NEWSLETTER

A news letter, named 'Ganithika News' was prepared by our association. The first print of Ganithika News was handed over to Dr. Pushpa Marian on 17th April 2019. The letter was yet another innovative expression of the students.



'Scientia' derived from a Latin word meaning 'knowledge' is the Physical Science association that helps students to enhance their creativity and exhibit their skills in building up scientific temper and scientific attitude.

The Office bearers of the association for the academic year 2018-19 are:

1. President: Aleena S. George
2. Vice - President : Sr. Tincy Babu
3. Secretary : Sunitha Achiyamma Mathew
4. Joint Secretary : Meera Ann
5. Treasurers : Jinupa Rose Scaria, Akhila Ramachandran Nair

Ozone day Celebrations

As part of the World Ozone Day celebration, 'Scientia' had conducted a programme on 14th September 2018. Dr. Jacob Joseph (Energy and Environment conservation society, State President) was the chief guest of the programme.

Various competitions like painting competition, caption writing and dry wood decoration were held during the programme. Students from all departments participated in the programme.

Carmel Fest



As part of Carmel fest, 'Scientia' had organised an interschool science quiz competition on 26 th February 2019. There were 6 teams enrolled for the competition with each team comprising of 2 members. The teams from M.T Seminary H.S.S, Vidyanikethan H.S.S. and Baker Memorial H.S.S. participated in the competition. After the preliminary round 5 teams were selected for the next round. It had four rounds such as General round, Visual round, Riddle round and Rapid fire round. The enthusiastic participation of all the students made the programmes a successful one. The winners of the competition are as follows:

- Ist Prize: M.D. Seminary H.S.S. Kottayam
- 2nd Prize: Mt. Carmel G.H.S.S. Kottayam
- 3rd Prize: Holy Family H.S.S. Kottayam

Science Day Celebration

On behalf of 'Scientia' Science Day, celebrations were conducted on 27th and 28th February 2019. On 27th February a seminar on Conservation of Energy was lead by Mrs. Annie Thomas, External Faculty of Petroleum Conservation Research Association (PCRA). She explained about the importance of spreading awareness about the conservation of

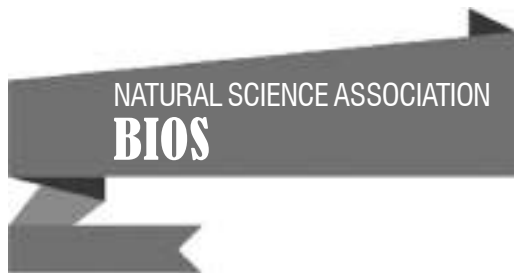


petroleum products for the future generation.

On 28th February 2019, our Science day Celebrations started with a presentation based on the theme 'Science for the People; People for Science' by Ms. Giza Rachel George. After the presentation we had a small Science Treasure Hunt where the students from all departments participated with great enthusiasm. The team representing first year English department, Ammu E.V. and Sreeshma Babu won the Prize.

Manuscript and Newsletter

All the students of Physical Science department had extended their wholehearted support in the making of the Manuscript magazine and Newsletter. The Manuscript magazine has showcased the creativity and artistic talents of the students.



The natural Science club of Mount Carmel College of Teacher Education for Women is named as BIOS. The activities initiated by the club for the academic year 2018-19 were undertaken under the guidance of Ms. Jaya P.J, faculty in charge. The following students were elected as the office bearers of the club for the academic year 2018-19:

- President- Ayana Sugunan
- Vice President – Anju Pradeep Kumar
- Seretary- Anila Mohanan
- General Secretary : Renjitha P.R.
- Treasurer – Teenamol P.T.

WORLD ENVIORNMETAL DAY CELEBRATION



We the members of Natural Science association 'BIOS' celebrated world environment day on 5th June 2018, The programme was inaugurated by our principal Dr. Pushpa Marian by planting a tree in our campus. Plants were also distributed to the students and teachers of our college.

SCIENCE DAY CELEBRATION



Natural Science Association organised a "Poster Designing' Competition on 21st February 2019. The Competition was organised for students of various schools on the topic 'Save Nature, Save future.' The students of M.D. Seminary HSS, Kottayam bagged the first prize. Mount Carmel GHSS, Kottayam received the second prize and the third prize was received by Holy Family HSS, Kottayam.

MANUSCRIPT MAGAZINE



The Students of Natural Science together contributed their best to compile an attractive and informative manuscript Magazine- BIOS 2018-19.



The Social Science Association of Mount Carmel College of Teacher Education for Women is entitled as 'Archives'. The word 'archives' is derived from the Latin word *Archivum* meaning repository of official records.

The Social Science Association conducted various programmes during the academic year 2018-19, under the guidance of Dr. Anjana B. Nair, Assistant Professor, Department of Social Science. The office bearers of the association for the year 2107-18 are:

President – Santeena Thomas

Secretary – Anjaly Sabu

INDEPENDENCE DAY CELEBRATION



The Social Science Association 'Archives' celebrated Independence Day on August 14, 2018. The formal function started at 2 p.m. The meeting was presided by Ms. Soosamma. The association members presented a mime during the function. To show respect to the nation, they lighted lamps and arranged it in the shape of India. A quiz competition and a patriotic song competition was also conducted on the same day.

REPUBLIC DAY CELEBRATION

The association of Social Science, conducted various programs as part of Republic Day. Republic day celebration was conducted on 25th January 2018. An exhibition of models prepared by Social Science students was conducted. The formal function started at 1.30 pm. The meeting was presided by Dr. Pushpa Marian Principal, Mount Carmel College of Teacher Education for Women. The message was given by Ms. Soosamma. A Skit competition and Group song competition was also conducted on the same day.

CARMEL FEST



As part of Carmel Fest, an Interschool Extempore competition in Malayalam was conducted.

MANUSCRIPT MAGAZINE



The students of the Social Science Department also came together to prepare a manuscript magazine, 'Archives 2019'.



Dr. Mary Sheba Jose
Associate Professor (English)

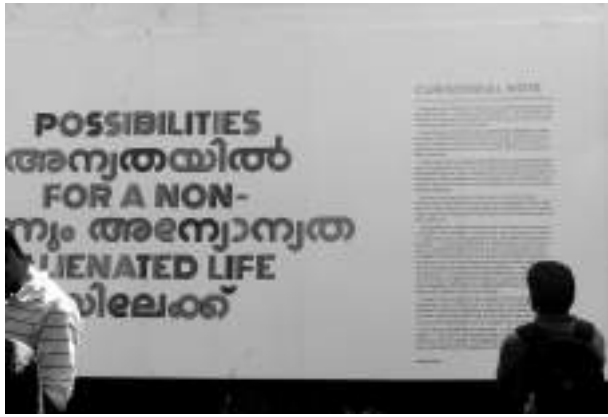
BIENNALE REMINISCENCES 2018-19 @ KOCHI

A recent milestone in Kerala was the Kochi-Muziris Biennale, which was an international exhibition of contemporary art held in Fort Kochi. It is known to be the largest art exhibition in India and in addition to this the biggest contemporary art festival in Asia. The Kochi-Muziris Biennale is an initiative of the Kochi Biennale Foundation and is conducted with the support of the Kerala government. This gala event started on 12th December, 2018 and ended on 29th March, 2019 and took place in a range of venues centred near Fort Kochi Mattancherry, as well as Durbar Hall in Kochi. The curator of Biennale 2018-19 was Anita Dube, who was assisted by its co-founder Bose Krishnamachari. The theme of this year's Biennale was *Possibilities of a Non-Alienated Life*. In keeping with the curatorial theme, Dube had invited almost 94 practitioners from over 30 countries,

forming a dynamic range of social contexts and artistic approaches.

We set out early to visit the Kochi-Muziris Biennale, with beating hearts and artistic sentiments filling in our minds. It was an odd group (reminded me of Robert Browning's *The Pied Piper of Hamelin*—uncles, aunts, husbands, wives, cousins, children—of different ages, tastes and mindsets). Once we reached the venue, we realized that we would never attain our dream, for the exhibition was extensively sprawled all over Kochi, with shows being held in existing galleries, halls and buildings. Within minutes, all of us got immersed in the modern art forms from Indian and international artists, portrayed through various mediums like contemporary art, paintings, sculptures, installations and more.

The onlookers felt empathy as they observed the



installations recollecting the recent tragic floods that hit the state of Kerala. We felt spooked by the graffiti from renowned street artists splashed onto various structures of Kochi's streetscapes. The satirical cartoons named *Billboard* visible in Kochi's dense commercial areas made the viewers laugh. There was the documentation of the musical collective *Oorali*, as they made their tour along Kerala's coastline, in order to offer a public workshop and performance space, as part of a tribute to the fishing communities who saved our lives.

Quite a number of installations offered food for thought for the educated thinker, but the common mind was at times confused and bewildered. There were art exhibits made of wood, old bottles, spare parts of machines, dry leaves, light bulbs, thrash.....but with no doubt, each had a story to tell. As one of our aunts commented, "No wonder that they say that art originates in the mind of crazy people! It was better if we had gone shopping!" (T.S.



Eliot must be turning in his grave!)

As part of non-alienating the public, there were installations and projects that were quite interactive. There was Kerala-born artist Vipin Dhanurdharan's Community Kitchen, which featured an open kitchen where one could use the ingredients provided to cook a meal and share it with others. Chinese artist Sing Dong's 'Water Temple' called upon visitors to create unique murals by painting with water on a glass wall. Artist-cum-activist Aquí Thami's Sister Library aimed to spark conversations around the representation of women in literature.

The icing on the cake was the immense generosity shown by the organizers of the Kerala Muziris Biennale, to raise funds for flood victims, in return for the support and assistance provided by the locals. The materials from the dismantled installations will be reused to build 12 houses. A live auction namely ARK (Art Rises for Kerala) will be scheduled wherein famous works by over 38 artists will be sold and the proceeds will go to the CM's Distress Fund.

Our visit to Biennale 2018-19, finally came to its fag end, filled with mixed feelings of frustration and elation. Still there were a few things that our group enjoyed whole-heartedly. It was a trip to the Fort Kochi Beach near St. Francis Church. We greatly relished the time we went cafe hopping as we treated our taste buds to the city's enticing local cuisine and scintillating continental flavours.



Maria George
I B.Ed., Mathematics

"Lord make me an instrument of your peace,
Where there is hatred, let me sow love.
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy
O divine master grant that I may
Not so much seek to be consoled as to console;
To be understood as to understand;
To be loved as to love
For it is in giving that we receive-
And it's in pardoning that we are pardoned.
And its in dying that we are born to eternal life.
Amen" - St. Francis of Assissi

From my very childhood, I was fortunate to experience Jesus in a number of ways, especially the Holy Masses and the adorations had helped me a lot in maintaining a friendly relation with Lord Jesus. My first holy communion in fact had a deep impact on me.

I was alone for eight years. I used to pray rosary standing on my knees and had asked for Mother Mary's intervention in providing me with a sibling, as a result of which I was blessed with a younger brother while studying in third standard.

One fine first Saturday, I had been to Marian Retreat Centre, Anakkara to take part in the first

Saturday convention led by Rev.Fr.Dominic Valamnall. The source and summit of a Christian's life should be the complete dependence on God and to beg for the Lord's mercy which is unconditional.

A person filled with the Holy Spirit will be able to experience Jesus faster. The Holy Spirit renews our mind, gives us strength to proclaim the word of God with much vigour and enthusiasm. Those who have experienced Jesus in their lives have witnessed great miracles in every walks of their life.

What should be the priority of a Christian is clearly explained in the Holy Bible in the book of Mathew, Chapter 6 words 33, "But seek first the kingdom of God and His righteousness, and all these things will be added to you" (Mathew 6:33).

So, instead of begging for material prosperity, let us focus our attention to our redeemer. Let Jesus be my priority, let his decisions be my decisions, let my presence give my companions a divine touch, let my heart be filled with a heavenly joy which only the Holy Spirit can give. Then at that moment, I can say like St. Paul " I'm crucified with Christ; and it is no longer I who live ,but it is Christ who lives in me" (Galatians 2:20).

The Christian life is not a matter of behaving like Christ, but of allowing Christ himself to live in and through us as stated in the prayer of St.Francis of Assissi, who is known to be the 'second Christ'.

NO BAD DOGS



Giza Rachel George
II B.Ed., Natural Science

Recently I came to read that the best therapist has fur and four legs. I don't know how many of you agree to this statement. But as a dog lover and the owner of two wonderful dogs, I can assure that dogs are the best therapists. Dogs are like mirrors, they reflect us in them. If the dog is aggressive, so are we. If the dog is excited, so are we. There are no bad dogs, only bad owners.

Dogs are so loyal. This is very evident from the movie 'Hatchiko', which is based on a true story. Akita (the dog) greeted his owner at the train station everyday when he returned home from work and this continued for 9 years even after his owner's death. Akita used to return to the train at the same time every day for nine years, in the hope that she will, one day, meet her owner again.

Some people would say that dog's are loyal just because they depend on us for food and shelter. But, when we see how dogs behave when their human friends come back after a long time or when

they don't come back at all, we know it's more than just food.

Dogs are man's best friends. The friendship between man and dog can be traced back to thousands of years. Dogs didn't become man's best friend for no reason. They give us unconditional love everyday. Sometimes I feel that we humans don't deserve it, as there are too many stories of dogs being mistreated, but yet they love us back. If you want a true loving loyal friend, get a dog and befriend him.





Sunitha Achiyamma Mathew
II B.Ed., Physical Science

WHO AM I ?

IDENTITY CRISIS OF LIGHT

Back in my memories there was a phrase that gave me birth. "Let there be light" and that was me. But I don't have any identity. Further in this 21st century everyone has a biometric identity, but I don't have any. How can I define myself? If you try to define me, there are two choices for you.

One day I met with Electron, my friend. He was worried with some problem and that was because of me. You may be wondering what the problem with me is. So I will tell you my story.

I am Light. People call me in many names. That is not a problem for me. But the problem is that I have a dual personality syndrome. I behave like a particle sometimes and like a wave all other times. At last they defined this disease as "Dual Nature of Radiation".

Some people say that I am made up of particles called photons. Some others say I am made up of electromagnetic waves. I know both of them. Photons are really amazing. They are called quantum of light. Scientists say that I am moving like discrete packets of energy. This packet of energy is called photons. Great scientists Max Planck and Albert Einstein supported this concept. Actually I was enjoying all these. All people were observing me and studying about the phenomenon I was exhibiting. That was quite surprising for me when I realised

that particle nature of me helped a lot to explain black body radiation phenomenon, photoelectric effect, Compton effect etc.

You may be wondering what all these phenomenon are. You will come to know about these later.

My second personality is something different. When I am in this personality I have two companions, electric waves and magnetic waves. You may be familiar with these two guys. Scientists found out that these guys are perpendicular to each other and travel in a perpendicular direction. That together forms me "the electromagnetic wave." I am travelling in a direction which is perpendicular to each other.

My other phenomena like interference, diffraction, polarisation are explained clearly using this wave nature of mine. Scientists like Huygen and Thomas Young worked for it. Quite surprising right?

My poor friend Electron has also been detected with this dual personality. Great scientist Louis de Broglie said that, since radiation and matter are two entities in nature, matter also should have dual nature. Since electron has very small mass, it was detected by Parisson and Germer experiment in which he also shows wave nature in addition to his particle nature. Who am I? It is not a problem for me. Let it be like that.

ARE WOMEN SAFE IN OUR SOCIETY?



Blessy Mol Y
I B.Ed., English



Over the past few millennia, the status of women have been subjected to various changes. Unlike the past when women were restricted to the four walls and treated as slaves in the male dominant society, there has been drastic change in the social order and women are now treated with equal importance. In present times, women are aware about their rights and most of them are highly educated too. Many of them manage to shoulder the dual responsibility of a house wife and a working woman simultaneously. In spite of all this, the women are still subjected to humiliation and torture of different dimensions at various stages of their lives.

In this 21st century of technology where women have been advancing a rapid way, the question still arises as to "how many of us women feel safe to walk around the streets without fear of being mocked or harassed by anyone?" How many of them are safe at home or school? From the mother's womb till their death, a woman is in danger. Rituals, rules and restrictions mould her childhood.

Violence and neglect are the results of her lifetime service. She is treated as a goddess and at the same time she gets ill - treated in the society. The existing laws have proved that they couldn't save the women who is a mother and a sister. Even though the women get higher positions as well as respect in the society, still the molestation- rape ratio keeps on hiking day by day. After all, freedom provided for the women has a huge effect to an extent, but the attitude towards women remain the same.

Day by day the crimes against women are increasing at a rapid rate. Times have changed, society has been modernized, but the mentality that women are inferior still prevails in the mindset of some people. "Will women be really safe in the next generation"?



metamorphosis

embracing a life of becoming

The time is 9.30 p.m. and I am sitting in my room, with a paper and pen to transform my thoughts into words. I feel like I am wandering in wilderness as there is no set boundary to which I should limit my thoughts. To be more specific, I am free to scribble down anything and everything that comes to my mind. I am not forced to prepare something on a specific topic. The court is open to me - freedom in its infinity.

Many thoughts are getting flashed into my senses - friends, family, childhood, ambition, life, college days, people, world, universe and much more. Since I feel like it is time to pull back my wandering mind to its original state, I am limiting myself to the very recent adventure cum happy memory of mine:

The school induction programme

My training programme marked the transformation from the comfort zone of being a student to the risky teacher life. The very first day I signed the attendance register was a moment of pride



Gilu Anna Johny
I B.Ed., English

for me, which I will cherish all throughout my life.

The unforgettable saree days, "staff room" fun, substitution hours, lesson plans, flash cards, charts, laptop tricks, ppts, teacher's version, activity books etc were special in themselves. The school days had even discovered the beautician within me, especially when it came to the annual day celebrations.

Those were days when 'Good Morning, Miss' became a refrain from the starting point of our

classroom cum staffroom, till one reached their destined classrooms. It even continued all the way to and fro the hostel. These love filled wishes were more than enough to make our days.

The real fun begins the moment one enters the allotted classroom. The first reaction of the students, shows their excitement of skipping the original hour. Next comes in their enthusiasm of seeing their new 'miss'. Following this is their superfast, delphic prayer before class. (If you ever want to get a hint of what they pray, trust me you will surely have to make them repeat it, at least twice).

The prayer is accompanied by the 'shruthi' perfect "Good morning, Miss". I still wonder whether this is the first practice ground for future playback singers and composers.

In the war to finish the assigned lesson plans, one will have to employ different strategies like creative activity cards, decorated flash cards, videos, ppts, charts etc in such a way that the students are abstained from carrying out their own businesses in the class. These were occasions that dug up the creative other, within myself.

No student escapes the eye of the teacher. If at all one has felt so, it may be only because the teacher had ignored it letting you free. This was another great revelation I got during those days.

The last day of the induction programme reveals the true worth of a teacher. The pupils and the teacher are both alike in their feelings of getting separated from each other. Their small gifts and words of love are more than enough to cherish a life time.

A teacher is a parent, friend, guide, nurse, care taker, doctor, counsellor and much more to each student. Being a teacher is awesome in all respects.

I am sure that each B.Ed. trainee who attended the induction programme is eagerly waiting for their days of being a real teacher.

ഒത്തിരി പ്രതീക്ഷകൾ ചാർട്ട് രൂപത്തിലും ഫ്ലാഷ് കാർഡ് രൂപത്തിലും, വീഡിയോകളുടെ രൂപത്തിലും മിന്നിമറഞ്ഞ ദിനങ്ങൾ...

ചോക്കുകൊണ്ട് ബോർഡിൽ സ്വപ്നങ്ങൾ കോറിയിടാനുള്ള, എന്നിലെ പഴയ സ്കൂൾ കുട്ടിയുടെ ആഗ്രഹം സഫലമായ നിമിഷങ്ങൾ...

തള്ളക്കോഴിയുടെ ചുറ്റും കോഴികുഞ്ഞുങ്ങൾ കൂടുന്നതുപോലെ പൊതിഞ്ഞുകൂടിയ കുട്ടിപ്പടകൾ...

എല്ലാം എന്നിലെ മിസ്സ്, 'മിസ്സ്' ചെയ്യുന്നു
പോകാൻ വെമ്പുന്നു ഞാൻ,
തിരികെയെൻ സ്വപ്നകുട്ടിലേക്ക്
കാത്തിരിക്കുന്നു ഞാൻ
ഓർമ്മകൾ ഉണർത്തും സുന്ദരദിനങ്ങൾക്കായി...
വീണ്ടും ഒരു തിരിച്ചുപോക്കിനായി.



THE HEART OF EDUCATION



Sonia K.N
I B.Ed., Mathematics

I read in the news papers that another student is driven to death in Kolkata as corporal punishment continues to be practised in schools. There is an urgent need to train teachers in the ways of correcting "misbehaviour" among students. Instead of dehumanising children by using violent disciplinary tactics, teachers may embrace more positive approaches to correct misbehaviour.

Teacher should also have the skill and knowledge to identify the emotional problems of the students . Understanding the subject deeply and knowing the students are the most important functions of a

teacher. By creating a homely atmosphere in the classroom, students are free to share their problems, feelings etc.

Parents and teachers play an important role in everyone's life. Parents should not expect too much from their children and always keep blaming them. Instead of scolding them parents should try to encourage them to do better.

Every student has his own identity. Education is the powerful tool for change. Teachers and parents should listen to their children and help them to follow the right path.



UNDERSTANDING THE TRANSGENDER COMMUNITY



Anju Vijayan

II B.Ed., Natural Science

Transgender people are individuals whose gender identities do not pertain to their biological sex, and thus they differ from the stereotype of how men and women normally are. “Transgender” does not include sexual orientation or physical sexual characteristics, but is in fact a less clinical term which pertains to gender identity and gender expression. Thus transgender people encompass those people whose identity and behaviour do not adhere to the stereotypical gender norms. They may be gay, transsexual, transvestite, or gender queer.

Since the beginning of time and the existence of mankind, transgenders have been very much a part of the society. It is just that they have been given a name and a status in the society in recent times and now there is even medical technology available especially for them.

In India, transgender people include hijras/kinners (eunuchs), Shiv- Shaktis, Jogappur, Sakhi, Jogtas, Aradhes etc. In fact, there are many who do not belong to any of the groups but are transgender persons individually. Transgenders fall under the LGBT group (lesbian, gay, bisexual and transgender). They constitute the marginalised section of the society in India and thus face legal, social, as well as economic difficulties.

In a landmark judgement in 2014, the Supreme Court observed that the transgender community, generally known as hijras in this country are a section of Indian citizens who are treated by the society as unnatural and generally objects of ridicule and even fear on account of superstition. In its judgments, the Supreme Court passed the rule that in view of the

constitutional guarantee, the transgender community is exhibited to basic rights i.e Right to personal liberty, dignity, freedom of expression, Right to education and empowerment, Right against violence, discrimination and exploitation, and Right to work. More ever, every person must have the right to decide his/ her gender expression and identity, including transsexuals, transgenders, hijras and should have right to freely express their gender identity and be considered as a third sex. Thus, today the transgender people in India are considered to be the third gender.





THE VALUE OF DISCIPLINE



Grace Mary
II B.Ed., Social Science

Discipline is an essential element in the building up of character. It is the quality of our mind which we really require in the process of nation building. If the people are not disciplined properly our democracy cannot thrive on. India is a land of thousand diversities. Our unity depends on the practice of discipline. A mind is said to be healthy only when it is disciplined. Discipline is not only a piece of knowledge but also an experience.

Punishment is not the surest means to bring up discipline. Discipline must be cultivated from childhood itself. Strict discipline spoils the creativity of a child. A child absorbs what he sees and bears around him.

So our elders and teachers must be the best models of discipline in their manners, deeds and words. The elders are to be blamed for the

indiscipline among our children.

At least some of the leaders are responsible for the indiscipline among our people. If the words and deeds of our elders are not the same, how can our children learn the lessons of discipline? In short, the future of our democracy and society depends on the natural outcome of well-defined discipline.

THE POWER OF A

smile



Ann Mary Clement
II B.Ed., English

A smile on the face makes a man different from others. It makes one beautiful and attractive too. If a person does not smile, it is very difficult to deal with him. A man without a smile cannot enjoy life. To look beautiful, people use different kinds of cosmetics and spend a lot of money for this. But a smile is the best cosmetic that makes our faces beautiful. Moreover it is not at all expensive. We can wear a smile on our face without paying anything.

Once Swami Vivekananda was walking on a street with his disciples. One of the disciples had a sad face. Vivekananda did not like it. He became a little angry. He said, "Why do you keep your face covered? When you go out of the room you must have a smiling face. A smile is a powerful weapon too. We can use it to deal with our enemies. If someone gets angry, try this weapon. You will turn the enemy into a friend". The words of Gandhiji are to be noted here. He once said, " You are not fully dressed till you wear a smile on your face". A smile on the face is a clear sign that you are happy and satisfied. A smiling face will give you many friends. A smile makes other people happy.



HOW TO BECOME A GOOD TEACHER



Narmadha Sakthivel
II. B.Ed., English

A teacher builds the younger generation for a brighter society. So it is the teacher's duty to know and understand each student. It is one of the most essential qualities to become a good teacher. The teacher should not only teach the lessons, but also be a good guide, facilitator, motivator, encourager and a role model for the students.

The students should feel free to say anything openly to the teacher. The teacher should bring the students into a brighter world and help them to aim high. The teacher should understand the family background of each and every student and help them in all possible ways. The teacher should see every student as his / her own children and treat them equally without showing any discrimination in personality. The teacher should understand the student as a whole and should focus on his/her overall personality development. Above all, a good teacher should be highly dedicated to his/her profession.



Dr. Lissy Koshi
Assistant Professor
(Education)

CURRICULUM AND LEARNING OUTCOMES: THE DISCORD

It is futile to know too many things if one is not going to use them. Wouldn't it be really beneficial for students interested in Einstein and Darwin to devote more time to study relativity and evolution than to study how Shakespeare interpreted life? It is important to prepare students for the future instead of having them know too many things that they may not use in future.

Curriculum should reinforce long-term educational goals like developing students' ability to engage in thoughtful, reasoned argumentation. It should foster students' analytical capabilities or the dispositions employers and the society value. Skill training should form a major part of curriculum and these skills should match not only with the demand of the job market but also should be at par with basic life skills necessary for successful and efficient living.

The main purpose of education is to scaffold the child to imbibe, internalize, appreciate and get moulded in accordance with the knowledge that is imparted to them. The appreciation component of learning has by and large gone with the wind. Higher education overemphasizes on grades and marks.

Aren't we drifting away from the real purpose? Unfortunately today, the real spirit of education is seemingly drowning away into unreachable depths. We should provide education which helps the students to truly learn and internalize what they have learnt. It is then that education cater to develop the abilities of the learner and help proper transformation of individuals and ultimately shape the society ideally. Is today's curriculum tailored to achieve these learning outcomes? Shouldn't this divide between the higher education curriculum and learning outcome be fixed?

The mainstream courses should be designed to enable or rather train our student to be adept at specified jobs. The curriculum should include elective courses or add on courses that provide employability training. The myriad of students pursuing job specific coaching after completion of a long tenure of mainstream education speaks aloud the incompleteness of our higher education curriculum. In order to evaluate the learning outcomes in a specific subject taught in a university, a common external exam specific to the type of institution is desirable. The curriculum should clearly state how

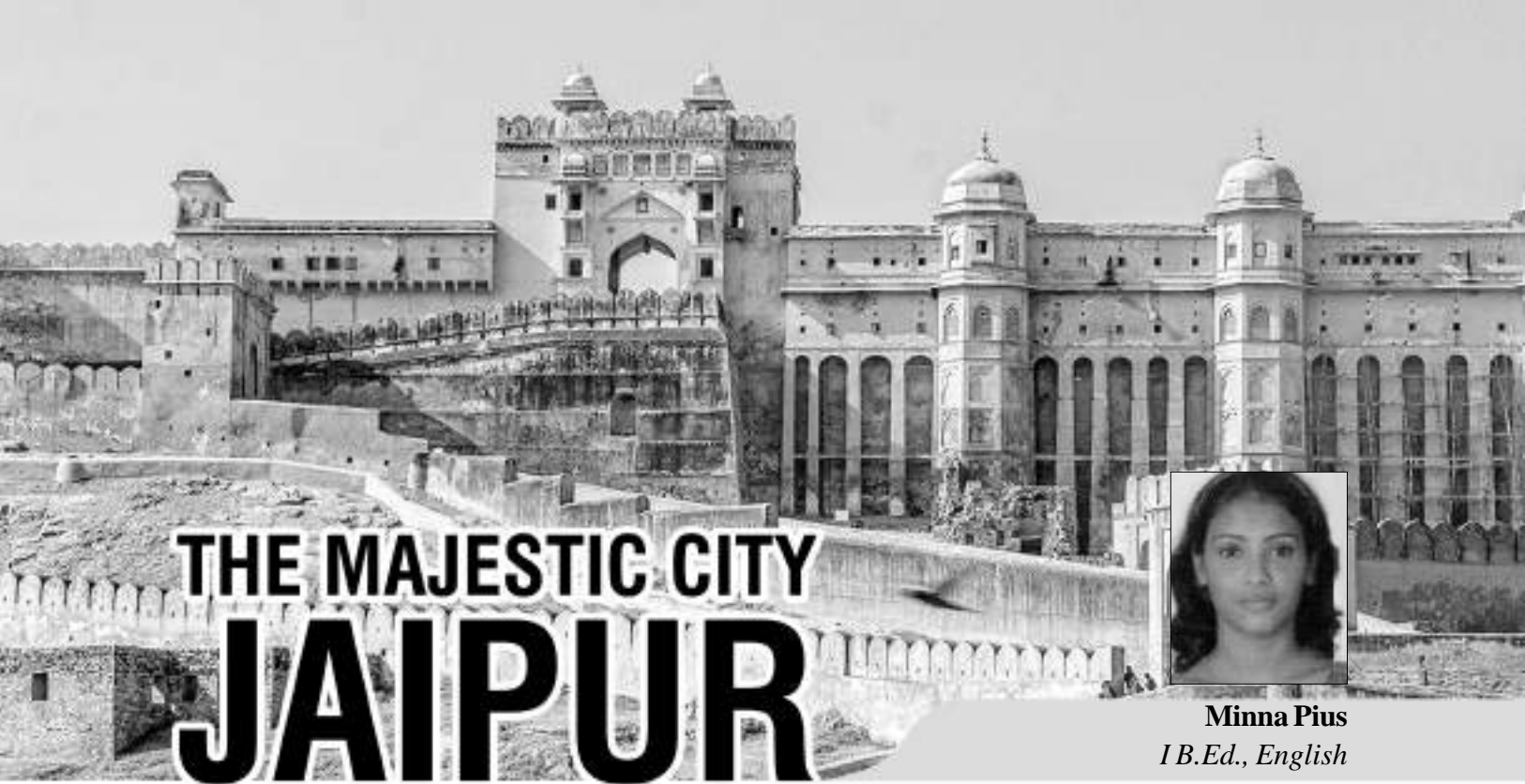


the learning outcome are met and how it would be useful in shaping career path of a student in that specific discipline. This designing of curriculum should be done by an external agency (private/government board) whose members should not only be educators but also prospective employers in the area of discipline. Many know that India is one of the top countries in the world when it comes to student suicide and given the breakneck nature of the present day life, things may only get worse a few year down the line. The parents and the teachers thus have an added responsibility as the group having direct interaction with today’s learners at the grass root level. The young generation should be encouraged to do what it loves to do with reachable goals rather than trying to pressurise them into goals that are not their choice and end up in an unhappy future. A better understanding of this issue of discord between the curriculum and expected learning outcomes can be had by assessing how today’s curriculum has affected

the career paths of students, their quality of life, their happiness quotient and their value systems. The contents in the curriculum that may not be of use in future should be replaced by contents that train the students for the future.

Curriculum should focus on learning outcomes such as making the students curious, innovative, creative, resilient to adapt to new changes, rather than developing the memorizing skill to store information and recalling them while testing. Most career will become automated in future; so curriculum should not be much of information and testing. To be precise, our curriculum should strive to develop human intelligence.

But our current divorcing of contemporary higher education system from the expected learning outcomes seems untenable for the long haul. It’s time for smart policymakers, educators, and testing experts to layout a new path.



THE MAJESTIC CITY JAIPUR



Minna Pius
I B.Ed., English

In the year 2018, I set out to visit the desert capital Jaipur, along with five of my friends. It was during my Post-graduation days that I decided to go on an unplanned trip to explore and learn something new.

I started from my hostel at 6.30 pm and reached the bus station in Delhi by 7.30 p.m. Unfortunately, the tickets booked were from another bus station. Knowing that we are late and expecting to miss the bus, we rushed to the destined bus station. The moment we saw our bus, it started moving. We ran along and literally chased the bus. It took only a minute for this to happen. We still believe it to be a miracle.

We reached the Pink city by 6.30 a.m. and booked rooms for ourselves to rest for a while. By 9.00 am, we hired an Innova for rent and started to explore the city. We had a delicious breakfast and headed to our first destination by 10.00 am. It was a different experience to move along the pace of the city.

Jaipur is all about pink walls and vibrant colours of the buildings. 'Hawa Mahal' is the palace of winds. It is constructed with red and pink sandstone and the architecture resembles a honeycomb. It is intricate and fascinating to see the small windows that welcomes the wind through.

Our next destination was Amer Fort. It is a historical monument and it stands out in terms of architecture and design. We reached there by 11.15 a.m. Then we headed to City Palace. It is a perfect example of the legacy and royalty of the Rajput Kings.

Our next destination was Jantar Mantar. Astronomical constructions are seen here and it tracks the time, predicts the eclipses and identifies the stars and planets. It was almost noon when we left the place.

We had a sumptuous meal at a traditional Dhabba and we enjoyed talking about the crowd of people, the city and its monuments and the serenity and charm of the place.

The most interesting part was the visit to Jal Mahar. It is a water palace situated in the river Man Sagar. The majestic look of this palace is clearly seen as a reflection in the water. The lights of the palace add to its beauty.

Jaipur is known for its delicacies. The variedness in culture and clothing are so satisfying for the mind. The people are welcoming and there is richness in the clothing, culture and food. It was indeed a fabulous experience.



Divya Mohanan
I B.Ed., Mathematics

A LONG SIGH OF MY LIFE - BOOKS

Let me introduce the reason for the title; 'A Long Sigh of my Life, books'. This implies the importance of books in my life. They open a wide world of knowledge around me. I realise the fact that studying text books is not real education. It is much more than that. I am confident enough to tell you all about books.

"Man does not live by bread alone." This means that, life has some meaning beyond the ordinary worldly existence. There is art, literature and other cultural forms which make life meaningful. Among these, literature plays a major role in forming human culture. Books are key to open the vast treasure house of literature.

Reading is one of the best hobbies of man. According to Francis Bacon, "Reading makes a man perfect." Books provide rich treasures to man. He derives entertainment, enlightenment and enjoyment from good books. Books can be broadly classified into two divisions; prose and verse. Prose includes

both fiction and non-fiction. Fiction has two main divisions - novels and short stories. Non-fiction includes history, criticism of literature and other branches of human knowledge.

Verse may be said to be the pioneer form of literature. Poems have enchanted man from his earliest existence, though not in written forms. Poems range from simple lyrics to great epics.

Good books teach us how to become good human beings. Books increase human knowledge. They contain both theoretical exercises and practical wisdom. According to a wise saying "A good book is the precious life blood of a man." This means that books are vital to man.

In recent times, the advent of visual media like the T.V and internet have posed a threat to the habit of reading. This situation has to be changed. Enjoying and making use of visual media should not, in any way, hamper the reading habit.

SEE THINGS DIFFERENTLY



Deena Binson
II B.Ed., Mathematics

Some people are always grumbling because roses have thorns. Yet I am thankful that thorns surround roses. See things differently and always be positive. You will find happiness in everything. This is a simple secret for success.

Socrates was loved by everyone. But his wife was quarrelsome. Even his students found it difficult to adjust with his wife. One day Socrates was teaching his students. Suddenly his wife quarrelled with him in a loud voice. But Socrates continued the class. Seeing this, his wife became angry. So she poured a bucket of water over Socrates. He said jokingly to his students that 'usually after a thunder, there is a shower.'

See things positively and you will begin to feel happiness in life. Be patient and calm and never be quarrelsome. Be good with everyone, even if they are not good to you.

Your attitude determines your future. Your negative attitude can ruin your beautiful life. But your positive attitude can make a happy life. Change your attitude and thereby your future will change.





EDUCATION AT 20-30



Aleena S. George
II B. Ed., Physical Science

“Education of mind without the education of heart is not an education at all”.

Aristotle

Education plays a vital role for the integral development of a nation, especially a developing nation like India. Only a nation with proper education system can be a developed nation. As Kalam said, the future generation is formed in the four walls of a classroom and, education has the power to create, transform and rebuild a nation.

Though we have many esteemed institutions like IISCs and IITs, the questions pointing towards us are; whether we are able to provide a flawless education to our students? Do we have to take more powerful initiatives to build a proper educational system? What all steps can we take to reform our educational system? What must be our educational system during the 2020's? etc.

Let's have a look at the various factors to be incorporated to build a powerful educational system by 2020-2030.

Inclusive Education

The recent suicides of some Dalit students in our country showed the failure of our democratic country

to protect the needs and rights of the marginalised sections of our society. Rohit Vemula and his words are still haunting us. So the education system must comprise of all the sections of our society and it will be a great milestone in our path towards development.

Women Education

"Educating a man means educating that person only but educating a woman means educating a society."

A sad truth behind women education is that about 65 million women are unable to access education across the globe. An educated woman can generate an educated generation and an educated society. Violence against women and violation of her rights can be uprooted through educating women. Also it helps for proper improvement in the life standards.

A Fair and Equal Educational System

Nowadays money decides the fate or the future of a student . The situation is so pathetic that students

without minimum eligibility are enrolling for courses like M.B.B.S, B. Tech etc. The fact is that they will be the degree holders, but of no use for the society and nation.

Adequate training should be provided for poor students or marginalised to enrol in esteemed educational institutions.

Now, a great milestone in our educational system is that CBSE is giving online training for NEET aspirants so that all can have access to that course. Likewise, this change must be adopted in various other fields of study.

Exchange Programmes

Even though we have many foreign exchange programmes, it should be more effective for the students. Tendency of students to flow to foreign countries must be avoided. They must be educated to serve their mother nation.

Critical Pedagogy

Education to question the existing practices must be provided, since a corrupt nation cannot be a developed nation. Education must help the marginalised to raise their suppressed voices to revolt against the discrimination and injustice in the society.

Inspire the Students to Follow the Patterns of Great Leaders

The whole world mourned when our leader Dr. Abdul Kalam expired. The nation still lacks these types of leaders to guide us. He was a perfect human being with immense potentials. So an educational system that creates such leaders is the need of the hour.

For development in all the arenas like Sports, Cinema, Politics, Science etc., students must be trained, according to their aptitudes and interests.

National Education

Even though we have so many degree or post graduate holders, we have many unemployed educated youth. So importance must be given to professional education.

Training in Newly Emerging Fields

Nanotechnology, Criminology, Physics etc are emerging fields in Science or Technology. If students are given proper training we may not rely on other countries for jobs in these fields.

Say No to 'Brain Drain'

Our students must be educated or trained and must be given proper opportunities and remuneration to work in their own mother country.

Proper Implementation of Right to Education Act

Right to education act implies the free and compulsory education of children between the age of 6 to 14. Primary education must be provided for students since they are the future generation. If they are not educated, our dream of being a developed nation can never be achieved.

Value Education

As Aristotle said "Education of mind without the education of heart is not an education at all". Education without values is of no use. Education must lead to proper inculcation of values, rather than confining to the text - books. Students must be taught values that leads them to be perfect human beings.

Smart Learners

Rather than rote learners, the aim of education must be to create smart learners. They have to be trained according to their skills. A "Sachin Tendulkar" must not be replaced by Prof C.V. Raman. Development of a country implies proper opportunities to do projects or training in foreign universities to improve knowledge and skills in their respective fields.

The sole aim of education is the overall development of personality. Overall development implies development in almost all arenas of life. So an educated man can lead a nation effectively. Education is the route of development of a nation. So it is important for a nation like India which is in the path of development to provide or implement a proper educational system in our nation.



Jinupa Rose Scaria K.
II B.Ed., Physical science

PARENT- CHILD RELATIONSHIP

A healthy parent- child relation is a mandatory need of the hour. Communication gap with parents ensues extreme indulgence of children into the digital world. Healthy parent-child relation depends on the healthy and effective communication between the two. But when a communication gap comes in between the relations, it results in devastating consequences.

Communication gap is today's minor issue which is fast taking the form of a big problem. In today's era, the communication between parents and children has been lost somewhere. As a result, it is affecting the lifestyle of both the generations. Many a times without proper communication, the parent-child relationship suffers and sometimes even ends abruptly.

Besides it also creates other paths for the children to take up, for eg: lack of quality time with parents results in the excess use of mobile phones and extreme indulgence in the digital world by children.

If the parents are asked where their children spend their maximum time, the answer would definitely be as follows: social sites, online games or the internet. This is prominently true though it would not be wrong to say that we are living in a digital era. There is a need to adopt the modern techno lifestyle to go shoulder to shoulder with the world, but something goes in excess by crossing the limit, which is unacceptable.

This could be the prominent reason why the lines

of communication between parents and children are faltering today. At the same time parents also need to take a step forward for spending quality time with their wards. Another reason may be the busy schedule of a parent, which is diverting a child to indulge in the digital world.

Good communication skills should be taught from birth and continue throughout adulthood. In order to have a good parent- child relationship with open communication, there must also be mutual respect and spending of quality time together. Today the children are spending a lot of time on the internet and sometimes modern technology is being misused by them. Children in the present time have crossed the limit to an extent resulting in dangerous outputs. The social sites or internet has now become the place of much wonder as it is dangerous.

Over the recent past it has been found that the dark side of the internet isn't limited to underground forms or parts that are near impossible to access. Following a number of internet related problems due to children's continuous indulgence in the digital world, it has become the need of the hour for a safe and effective use of the internet.

Therefore solving this menace has become the dire need of the hour. There is a need to educate children about the safe and effective use of the internet. Make children explicitly aware of the rules for the acceptable use of the internet and display rules in this regard prominently. Keeping children away from excess use of smart phones and building a friendly environment for them where they would share everything openly without any fear, is mainly in the hands of parents than anybody else, as parents play a prominent role in shaping the future of their kids.



COMMUNAL HARMONY AND NATIONAL INTEGRATION

“Where the mind is without fear and the Head is Held high
Where the knowledge is free
Where the world has not been broken up into Fragments
By Narrow Domestic Walls
Where the Mind is led Forward by thee
Into Ever- Widening Thought and Action
Into That Heaven of Freedom, My Father, Let my Country Awake.”

- Rabindranath Tagore



Mariya George
I B.Ed., Mathematics

Introduction

India is one of the ancient civilizations in the world with a kaleidoscopic variety and rich cultural heritage. The diversities and differences in beliefs, faith and worship of Indian people has enriched the country.

The Preamble to the Constitution described India as a Sovereign Socialist Secular Democratic Republic and secures to all its citizens liberty of thought, expression, belief, faith and worship.

Articles 25 to 30, in particular, guarantee to everyone the right to freedom of religion, freedom of conscience and the right to freely profess, practice and propagate religion.

The National Foundation for Communal Harmony (NFCH) observes the Communal Harmony Campaign Week every year from 19th to 25th November. The last working day of this week is celebrated as Flag Day of the Foundation. The Indian Flag represents the hopes and aspirations of



the people of India. It is the symbol of our national pride. The Flag Day spreads the message of communal harmony and national integration.

Importance of Communal Harmony And National Integration

Communal Harmony refers to the harmony, acceptance and love among the people of various communities belonging to different castes, races and religion.

Communal Harmony is the most important precondition for feeling of unity and national integration in India.

National Integration is the awareness of common identity amongst the citizens of a country. It means that though we belong to different castes, religions and regions and speak different languages, we recognize the fact that we are all one.

This kind of integration is very important in the building of a strong and prosperous nation. National Integration deepens natural relations among all the people living in a country.

National Integration is very important for a vast and diverse country like India. To make people aware about the importance of national unity, National Integration Week is celebrated every year from November 19 to November 25.

India is a country where people of different religions, cultures, traditions and creeds live together.

So because of these variations, differences among the people over some issues are likely to emerge.

National Integration works as a thread which ties the people in oneness despite all such differences. It is the beauty of our country that a festival related to any religion is celebrated together with all the communities participating in it. This is why India is known as a country with unity in diversity.

Role of Education in National Integration and Communal Harmony

“The most important and urgent reform needed in education is to transform it, to, endeavour to relate it to the life, needs and aspiration of the people and thereby make it the powerful instrument of social, economic and cultural transformation necessary for the realization of the national goals. For this purpose, education should be developed so as to increase productivity, achieve social and national integration, accelerate the process of modernization and cultivate social, moral and spiritual values.”

*Report of the University Education Commission
(Dr. S. Radhakrishnan Commission)*

The Core objective of National Policy on Education 2016 (NPE 2016) is that education should aim to develop pride in India and in being an Indian. It should be seen as a powerful route to reduce regional and social disparities, and enabling choice and freedom to the individual to lead a productive life and participate in the country’s development. The 2016 National Policy on Education reiterates the role of education in inculcating values and providing skills and competencies for citizens and in enabling

him to contribute to the nations well - being. Education should enable our children and youth to become world citizens, with their roots deeply embedded in Indian culture and traditions.

Challenges to National Integration in India

India is a country of immense diversity comprising of various languages, religions and castes etc. Castes are further divided into sub- castes, the languages are divided into dialects and most importantly religions are also divided into sub-religions. The major problems and issues impacting National Integration are as following:

Ethnic Diversity

Our nation is the home of a number of diverse groups and so its diversity poses a latent threat to the unity of the country. The Indian society has always been divided in terms of caste, creed, religion and languages. The British had also benefited out of these in their intention of dividing the country. The divisive tendencies were manifested sharply during the Nationalist movement for freedom which, ultimately, resulted into throwing out of the British from India only because of the efforts of national leaders such as Mahatma Gandhi, Sardhar Vallaabhahi Patel, Gopalakrishna Gokhale and many other eminent personalities towards national integration.

Communalism

Narrow attitudes prevailing over diverse religious identities are among major threats to the national integration. Though our country is a secular country and treats all the religions equally, sometimes communal conflicts erupt leading to tragic loss of lives and property.

Cultural Differences

Cultural differences is yet again a major threat to national integration. Cultural differences often lead to agitations and protests among people.

Regionalism

Regionalism or provincialism is a major obstacle in the path of national integration. The narrow sense

of provincialism in different states of the country is increasing leading to social disharmony among people.

Linguistic Differences

India is a vast country where different languages are spoken. The people come close to each other only through language, which necessitates the importance of a national language which can tie the whole country together. So far we do not have a single language that can serve as a medium of communication throughout the country.

Casteism

Even though the reservation of seats in government jobs and educational institutions has been given to bring disadvantaged people into the main stream, it has sometimes resulted in conflicts and agitations on the basis of caste, posing a threat to national integration.

Economic Disparity

The rising gap between the rich and poor is leading to mutual animosity among them.

Lack of Leadership

Right kind of leadership is essential for fostering the spirit of national integration among all sections of society. But to fulfil their vested interests, social and political leaders stir up feelings of ethnicity, provincialism and sectarianism. Such deeds doesn't allow the feelings of national integration to take roots.

Conclusion

The harmony among various communities will accelerate national integration. The sense of oneness is a vital parameter for the prosperity of a nation. Children are the assets of our country. Activities that foster involvement of children in promoting Cultural Harmony and National Integration shall be encouraged. Keeping this in mind, the National Foundation for Communal Harmony (NFCH) has made it a point to involve all segments of the society particularly, students in the observance of the Communal Harmony week and Flag Day of the Foundation for spreading the message of peace and harmony.



NEVER GIVE UP



Sr. Saritha Tirkey
II B.Ed., Social Science

Most people give up when they are very close to their dreams and ambitions. If only they had tried a couple more times again, they would have won and attained success. But since they gave up too early, now they are nothing, but a heap of mess. The lesson that can be learnt is, 'never give up the fight'. Whatever happens in life, you have to push forward with all your might. Quitting is like a disease that eats up all your confidence and weakens you steadily. You should take control of it at an early stage. So if you have reflected on it, never give up hope in your life so that you will be in control of yourself. Don't give up because you can't do

something. Don't give up because you can't achieve something. Don't give up because you are able to do nothing.

To fulfil your dreams, you will have to be brave. Never think of quitting as an option. Instead think of things that will give you motivation. Attaining success is like winning a game. If you don't get up and stand whenever you fail, the world will make fun of you.

You must push on and continue the fight by trying again and again with all your might. Never give up. Enjoy life to the last breath you take.

The Joy of Teaching



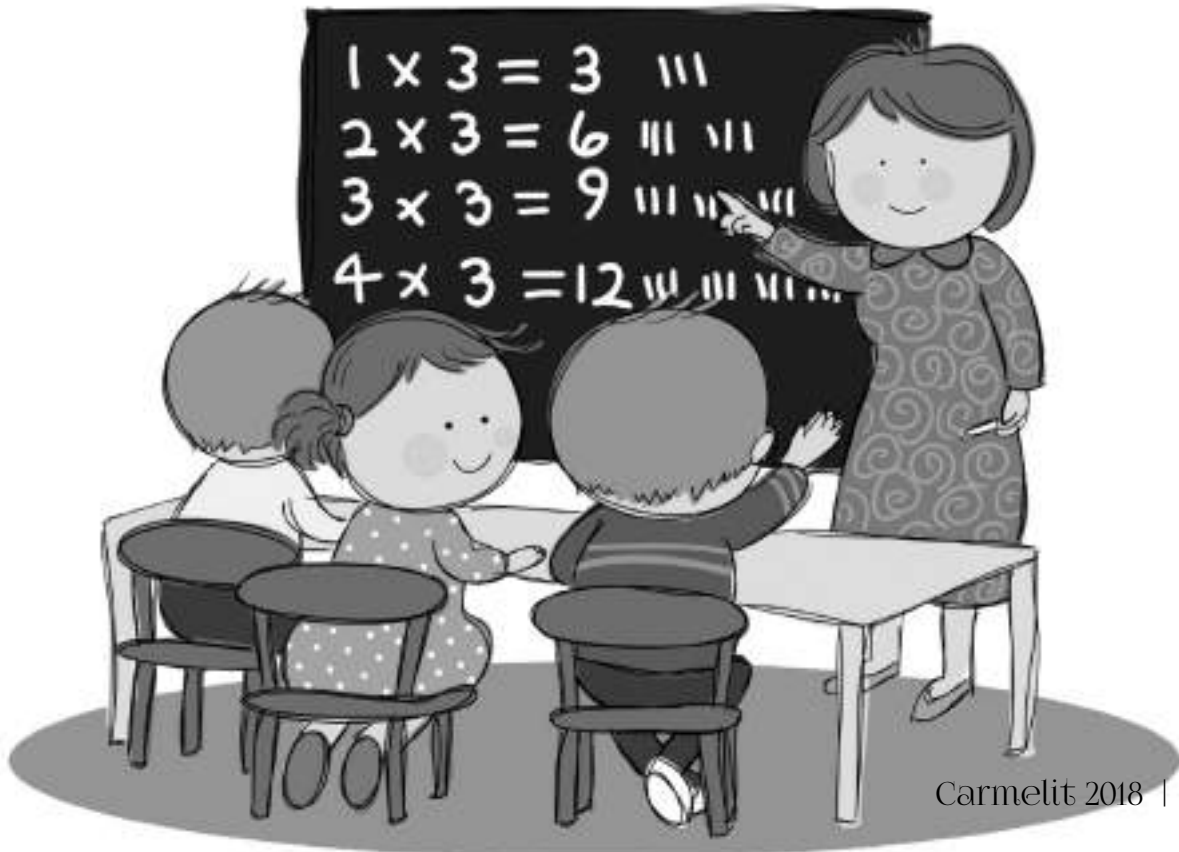
Santeena Thomas
II B.Ed., Social Science

Teaching has attracted many for different reasons. For some it might be the status associated with it. For some it might be the convenience, but for me it's because I see it as a platform to influence the future. It is said that time is everything. We, the teachers get the luxury of the right time to influence the future before us. What I realised is that you don't need to do great things, but it's the little things that the students notice. It's not about being too strict or being too lenient, it's about knowing where to draw the line.

Today, teaching has become more challenging as the child is no more a clean slate but a mind filled

with necessary and unnecessary thoughts, understanding and misunderstanding. The present condition is like a twisted web, and clearing the right path for them makes climbing Mount Everest like a walk in the park.

Yet I still have hope because at the end, teachers are able to influence children. They are willing to change but they need a reason to do so and here comes in, the role of a teacher. A teacher should become the reason for change in the life of every student. Teaching is my life and through it I want to build up the future.



Voice of the INNER SELF



Amalu Jacob
I B.Ed., Mathematics

There is a story that goes something like this: An Old man told his grandson, "My son, there is a conflict between two wolves inside us all. One among them is Evil. It is selfishness, hatred, jealousy, greed, ego, etc. The other one is Good. It represents love, peace, humility, kindness, empathy and truth."

The boy thought for sometime on this and asked.

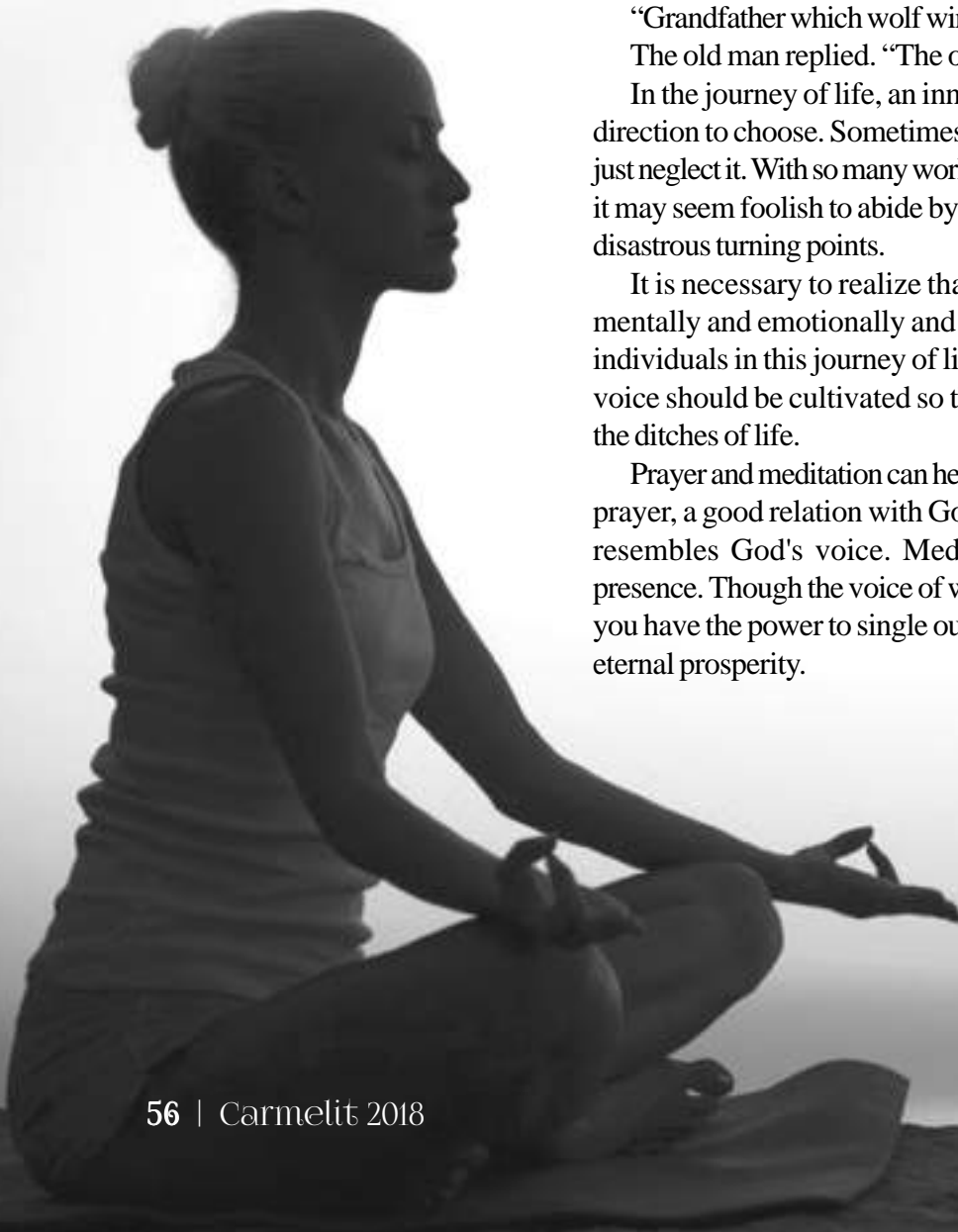
"Grandfather which wolf wins?"

The old man replied. "The one you feed wins."

In the journey of life, an inner voice works, signalling the right direction to choose. Sometimes you consider it and other times you just neglect it. With so many worldly pleasures enthralling your senses, it may seem foolish to abide by this inner voice. This may end up in disastrous turning points.

It is necessary to realize that inner guidance elevates you both mentally and emotionally and prepares you to become promising individuals in this journey of life. A habit of listening to your inner voice should be cultivated so that you can successfully overcome the ditches of life.

Prayer and meditation can help one to cultivate this habit. Through prayer, a good relation with God is established and the inner voice resembles God's voice. Meditation is feeling aware of God's presence. Though the voice of worldly desires haunt you, remember you have the power to single out the divine voice that directs you to eternal prosperity.



TEACHER Changes Lives



Sneha Sosa Koshy
II B.Ed., Mathematics

It is not an exaggeration to say that a great teacher can change a student's life. There are endless number of great teacher stories that attest to the benefits of a strong relationship between an educator and a pupil.

As some of the most influential role models for developing students, teachers are responsible for more than just academic enrichment. If you want to be great educator, you must connect with your pupils and reach them on multiple levels, because the best teachers are committed to their student's well being, both inside and outside the classroom. By forging strong relationships, educators are able to influence virtually every aspect of their student's lives, teaching them the important life lessons that will help them succeed beyond term papers and standardized tests.

A great teacher makes learning fun, as stimulating, engaging lessons are pivotal to a student's academic success. Some students who are more prone to misbehaviour, truancy or disengagement are more dependent on an engaging teacher. Making your classroom an exciting environment for learning will hold the students' fascination and students learn best when they are both challenged and interested. It's a part of motivating students, which may not be easy, but which will benefit students immeasurably in the long run.

Inspiring students is integral to ensuring their success and encouraging them to fulfil their potential. Students who are inspired by their teachers can accomplish amazing things and that motivation always stays with them. Inspiration can also take many forms, from helping a pupil through the academic year and their short term goals, to guiding them towards their future career. Years after graduation, many working professionals will remember a particular teacher as one who fostered their love of what they currently do and attribute their accomplishments to that educator. Teacher can also be a trusted source of advice for students weighing important life decisions. Educators can help their pupils pursue higher education, explore career opportunities and complete events they might otherwise have not thought themselves were able to do. Teachers undoubtedly have the ability to change the lives of students.



WHEN WE SAY GOOD BYE...

We are about to bid goodbye to our Alma Mater - Mount Carmel. We merely thought that farewell will fill our hearts with so much of sadness and pain.

Yes, there will be a wonderful world awaiting outside for us with unseen colours and new fragrances as we part to begin a new journey seeking the treasures life has in store for us. But, thankfully we are just humans and we always cling to the past.

I clearly remember the day I walked in through the gates of Mount Carmel as if it was yesterday. I was tensed, excited and anxious. The colourful welcome day had turned out to be a frightening one for some of us as we heard a long list of rules and regulations and lots of do's and don'ts. But as soon as the classes started, we were lifted up to a magical world.



Thushara T.

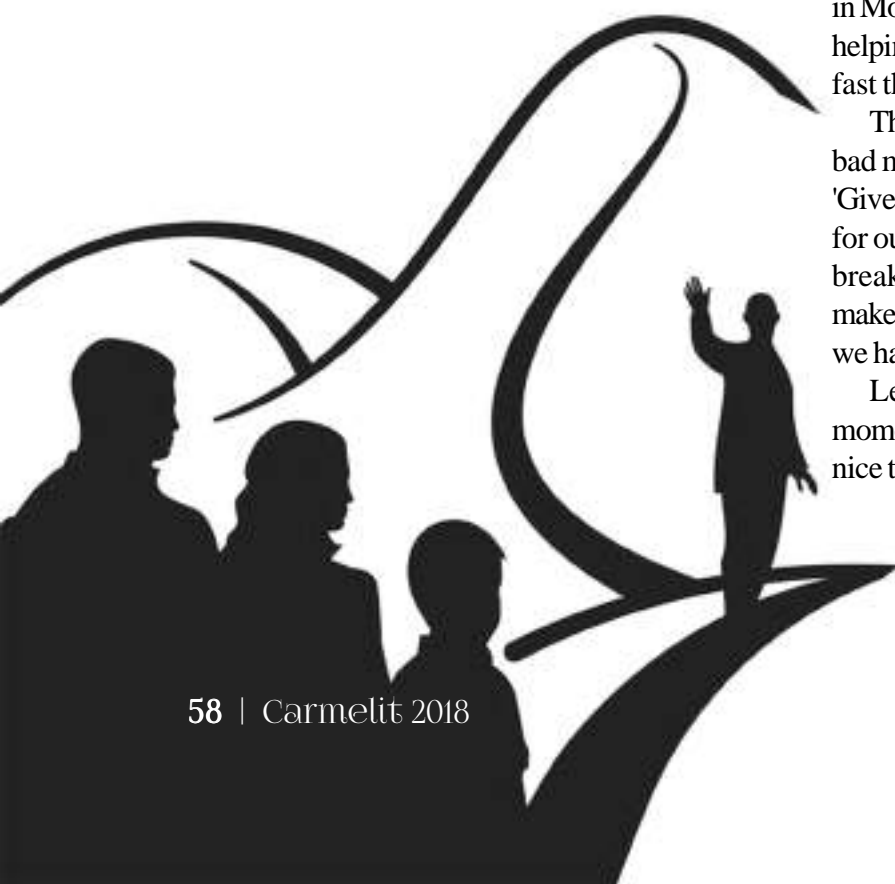
II B.Ed., Social Science

Even before we knew, what we sociologically call psychological rapport and 'we' feeling had grown between us. Teachers encouraged us to come forward and to take initiative always. The classrooms were more than just four walls. It was a place to discuss things, take stand, spread rumours, express opinions and feelings.

The Onam and X'mas celebrations, cultural programmes, youth festivals, college community living camp, college tour, internship programmes and other activities made us more attached to our teachers and each other. Even though each moment in Mount Carmel was good, it was all about sharing, helping caring and having lots of fun together. How fast those days had gone.

The memories of signing the Discipline book, the bad marks which made us to sing that famous line, 'Give me some sunshine...'. Those stiffened get outs for our stupidity, the puppy love followed by heart breaking break ups and the tears afterward, will make us laugh in the future. But those sweet moments we had enjoyed together will make our eyes moist.

Leaving the past memories that haunts for a moment, I wish my friends a successful future and a nice time ahead.



MIRROR



Sophy John

I B.Ed., Natural Science



She stays on the opposite wall,
Reflecting images indulgently
On her unblemished crystal – clear countenance
The crystal beauty of the wall
Establishing acquaintance with admirers
Silent, unprejudiced and truthful
Reflecting visages elegant, ugly and venerable
Peering at her rectangular countenance
Men are often cruel
Ever threatening her with sharp-edged blades
Uncomplaining and gracious is she
As a goddess divine
Young damsels are her comrade
Ever caressing with rosy cheeks and cherry lips
And sprinkling sweet, perfumed face powder
On her unblemished crystal clear countenance
As time passes by and by
Beauty fades as a waning rose
Ornamenting ones head with gold
And faces with wrinkles unheard of
What mystery abounds in her
To reveal life in different stages
Of a child to youth, manhood and old age
It's the tale of every mirror.



Sara Markose
II B.Ed., English

A GUIDING LIGHT

I see the unquenchable fire
Ablazing, emitting a light
That touches my soul
How I yearn to make it mine

I tried to engulf it
Alas, I got burnt
Hark, to the voice within me
The light is to share and guide

I watch the light little by little
Which lighted up my very soul
A mist raised from my eyes
Far now I see a brighter world

I share the light with others
And gaze in wonder
At the spreading brightness
A spirit to guide the new world

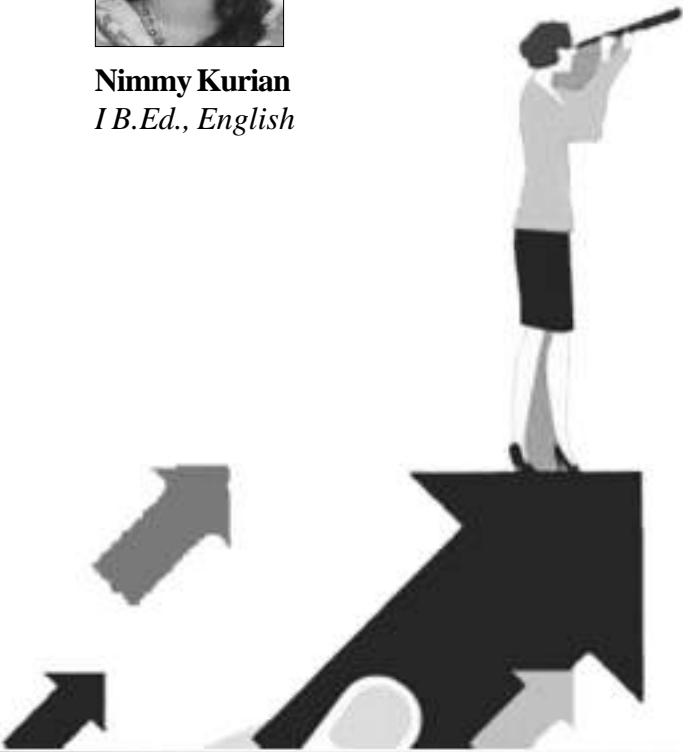
Men and women of different race and creed
Move forward carrying their own torches
Filling the world with equals
I foresee an enlightened world.



Nimmy Kurian
I B.Ed., English

Vision

Darkness wapped twice
perturbing visor vision.
Dilate drops drizzle
shrinking my world.
Piebald photograph reveal
philistine demeanour.
Blessed are you
warble eyelashes.
Perceiving lanterns
laud its creator.
Vanished remnant veil
rise with the lark
with new anticipation.



WHAT IS LIFE?

Life is a book in which,
our present, past and future stages come.
Life is a book in which,
we play many good and bad roles.
Life is a dream in which,
we experience joy and sorrow.
Life is a struggle in which,
we win or fail.
Life is a riddle in which,
the question comes "What is life"?



Ammu E.V.
I B.Ed., English



All Yet None Like a Mom



Rinu James
II B.Ed., Mathematics

Just like the moon
Adorns the dead of night
So does your guidance
Enhance me Mom!

Just like the redolence
Makes the blooms soothing
So does your nurturing touch
Calm me whenever I weep, Mom!

Just like the tides
Embolden the briny deep
So does your words energize me
Whenever I get disheartened, Mom!

Just like a lamp
Wipes out the dark
So does your reassuring words
Irradiate my mind, Mom!

Just like the sky
Covers the terrain
So is your love
Spread over my soul, Mom!

Above all this, just like the heart
Is inseparable from its throbbing
So is my bond
Eternal with you, Mom!





Sr. Smitha Cyriac
II B.Ed., Social Science

LIFE - A MIRAGE

Life is a mirage,
All we have is today,
Tomorrow is a mirage,
Happiness of life
Like chasing a mirage,
In the endless road of life,
True love is a mirage,
Like a butterfly fluttering
You run after her.
Everything we own is a mirage
You cannot lose something
Which is not yours,
Running after a mirage
Gives birth to hopelessness

When not discovered
Churning us in an endless
Cycle of suffering
That is life - a mirage
A quest to follow a mirage
Creation of our mind
The illusion of happiness
The illusion of being loved
Life is a mirage.

The Guardian Angel



Donie Dominic
I B.Ed., Mathematics



There is a Guardian Angel
Who comes with us everywhere
There are angels all around us.
They follow our foot steps
And are always with us.

Open up the heart and mind
And just invite the Guardian Angel
The Almighty God created
For our welfare and safety
Oh! My beautiful Guardian Angel.

The Angel can guide us, protect us
Save us from danger
She brings happiness to our lives
Helps us in difficult times

We can feel the Angel's presence, shelter
And most of all peace of mind
Ask the angel for her guidance
And nestle in the joy she brings
As she fills our lives with love.



Manisha M.
I.B.Ed., Physical Science



Fragments of IMAGINATION

In those days passion came to me, as a fairy
I don't know, how it found me, may be
Some where from the broken paths of life
Or as a spark from the sleep of laziness.
Colourful dreams, thousands of images,
Begin to bloom in the eyes of mind
The clock on the weak nail,
Ticked the time to fly with golden wings
I can see the colours of the rainbow,
Bells are ringing from the chariot of life.
Tombs of imagination are covering the
Roof of snow, tiled with moon light
Love birds are chirping in the courtyard
Wild woods are echoing their voices.
The tenderness of love can be heard.
I am floating in the clouds with angels.

The Art of BALANCE



Rincy Sara Roy
I.B.Ed., English

Life is a mystery,
one has to travel through
Experience teaches the art of
living a better life
Do not be too selfish
as you forsake the joy of caring for others
nor too selfless,
as you forget to live your life.
Strive not to be a miser
as one cannot carry the
treasures to eternity
Nor be a spender
who is too lavish
and unthoughtful about the future.
Try not to love others
in extremity
as it can hurt you,
nor have any hatred
towards others
which can harm you.
Do not be a destroyer
of things,
as it is easy to do so
but not so easy to create it.
Do not fritter away time
as one may regret it later.
Time is precious
time and tide waits

for no man.
Foster your potential
in time with God's plan
that brings satisfaction to
your heart.
Do not be quick to answer
The words uttered
can't be taken back.
Do not allow anger to
control you,
Nor be too soft spoken
And bearing that
Makes you explode at once.
Life has a lot to teach
It's easy to preach
But hard to follow.
These ideals are a reminder
that life can be peaceful
when all is in balance.
But these are only the
virtues to be followed
on earth.
Without nurturing our
soul and being in
union with God,
What do we hold
for eternity?



THE SNOW



Teenamol P.T.
II B.Ed., Natural Science

When I was young
I was a block of white snow
I was placed high above the mountain
And I was adored by all.
But, when I grew up
The summer in my life started
And so, in the scorching heat
I began to melt-
When I became the water, I fell down
To the valley near the mountain
I could flow down easily
In whatever way I liked
There I joined with the stream
First it carried me to show
The beauty of the valley
Which made me ecstatic.

But, I didn't know where it would end
Later the stream introduced me
to a new world, which was stronger.
I felt that it was my world
And I joined it with deep happiness.

Rainbow



Sr. Jamuna P.V.
I M.Ed., Mathematics

What a wonderful sight
The sky looks in all its majesty and might
A seven-coloured view
My spirit renew
A joyful sight in the sky
Which makes my heart jump up
Beautiful colours in the sky
Violet, indigo, blue and green
A colourful bow in the sky
Yellow, orange and red
What a wonderful sight
Heavenly beauty I can't put it right.

Nature



Ashamol V.A.
II B.Ed., Natural Science

You are coming from earth
You are endless for worth
You are the end for man.

You are flowing through the river
You are blooming like a flower
Your birth is from earth.

You are growing like a banyan
You are sensitive like touch-me- not
You are coming from earth.

You are floating like a cloud
You are chirping like a sparrow
Your birth is from earth.

LIGHT IN THE MIDST OF DARKNESS



Merin Josephine A.
II B. Ed., English

I stand still; thinking about something-
lingering my thoughts awaiting
through the smoky values a sudden expulsion!
Where emotions motion the final sublimation.

What am I thinking of... searching
depth to surface, right to left... chasing
thy mind disturbed... oh! I can't bear
Yes, I got it! Finally I do hear.

I, think about education of my Dream,
a beautiful and delightful realm
I look above; I can see stars
twinkling in the midst of dark hours.

Early in the morning. I can see women sweeping
working the whole day without eating..
Sisters... May I ask you - Are you getting a worth of life
When you do your work of a wife.

Are you aware of a great woman who
climbed Mount Everest
She toiled without any rest.
Are you aware of the first woman Governor
She was an uncompromisable reformer

Do you like to go far away beyond the
women have conquered it like Kalpana Chawla.

Do you like to travel by train
I know the first woman who drive it with her brain,
Sisters! Is it not the world that has changed,
In all fields of study women have ranged
She came out of the cocoon that made her imprisoned
Who excel in everything that has been accustomed.

But still I can see.... clinging to tradition,
that makes everyone unaware of transition
You can stand fixed to your convention
without saying no to education

Knowledge must be distributed equally,
without any discrimination that is usually seen
Preserve and save culture
instead of highlighting the insignificant flaws

Let it purify the society
with the most diligent piety.
Let knowledge protect our nation,
And free all from the discrimination

Yes, my dream is lucid....
For the wish is like a liquid

Knowledge shines bright like the north star
When the earth reached its hour.

Let the light blaze to aristocrats,
extremists, rationalists and materialists
Let it wipe out casteism, honour killing,
rape, lust and self-killing.

Let everyone be in the light
to get rid of the non-light
Let everyone realize - with courtesy
the sublimity of the utmost ecstasy
In this haze, I can see no violence,
no inequality, no injustice
The lynching mob has vanished
true justice has triumphed

The stars keep shining
up above glowing and winking
The light has been spread
my sister's chairs have been shed

With the broom they wiped off superstitions,
which were carried through generations...
They solved the puzzle of inequality
which rustled our identity.

All are in the path of light
All are in light
I resolved what my dream was
It was knowledge to preserve all.

Purgation

Bosom core squeals
squelching all its dreams
squirms by venomous stab
squeezing my goblet.

Ache perturbing my vision
clouded by sobs
in the eternal paradise
Bespangled with glistened
stained tear drops



Nimmy Kurian
I. B.Ed., English



Anju Vijayan
II B.Ed., Natural Science

My Teddy Bear

He sits upon his pillowed throne
A joyous smile upon his face
And though his ears may seem outgrown
He carries them with pride and grace.

He encourages me to continue and try
A friend in need is he to me
When human tongues make me cry
My dearest companion gives me sympathy

To him I always bare my soul
He lifts me when I am feeling low
And when I flounder and miss my goal
He never says, "I told you so."

My friends make fun of me gleefully
Some may tease, but I don't care.
I hope that I may never be
Too old to love my Teddy Bear.



Enduring Love

The epitome of love
The love that nurtures me
An icon of self-sacrifice
The reason behind everything I am now
The precious guide and companion
My favourite censorer
Holds me beside in both
my bliss and woe
Taught me the language of love
peaceful as a dove
The tender kiss that cures me
The acme of boundless love
Bears the name "Mother".



Roshni Joyson
I.B.Ed., English

SANCTUM

When the sun vanishes, staining the sky
With shades of red
When the noise and rush for accomplishments
And survival starts subsiding
When the struggles of the day, the pain
Of long lost ambitions and the fear
Of uncertainty starts pricking my soul,
Into your arms, my mom, I nestle and
My tears transform into sweet memories.



Sherin Mary Thomas
I.B.Ed., Social Science



Hilda Rona K.A
I B.Ed., Mathematics

FUN STUFF!

- *What number can only go up?*

Ans. Your age

- *What is heavier, a pound of feathers or a pound of cotton?*

Ans. Neither, they both weigh a pound.

- *Two girls were born to the same mother, at the same time, on the same day, in the same month and in the same year and yet somehow they're not twins. Why not?*

Ans. Because there was a third girl, which makes them triplets.

- *A ship anchored in a port, has a ladder which hangs over the side. The length of the ladder is 200 cm. The distance between each rung is 20 cm and the bottom rung touches the water. The tide rises at a rate of 10 cm an hour. When will the water reach the fifth rung?*

Ans. The tide raises both the water and the boat, so the water will never reach the fifth rung.

- *If it took eight men ten hours to build a wall, how long would it take for four men to build it?*

Ans. No time at all, the wall is already built by the previous 8 men.

IDENTIFY ME



Karthika Pradeepkumar
I B.Ed., Mathematics

Across

- The country where many famous mathematicians came from.
- Namesake of the theorem with $a^2 + b^2 = c^2$
- Greek philosopher and founder of the Academy of Athens.
- Accepted Euler's Position in the Berlin Academy when Euler left for St. Petersburg and is known for Pisano period.
- The Mathematical Sequence in which any number in the sequence is the sum of the two previous numbers.
- Invented a puzzle cube that has sold over 350 million units.
- A French Lawyer at the Parliament of Toulouse, France and known for the technique, Adequality.

Down

- German Mathematician who invented Set theory.
- French Mathematician famous for Mean Value Theorem.
- German born theoretical Physicist famous for the formula $E = mc^2$
- Greek Mathematician often referred to as the 'father of geometry.'

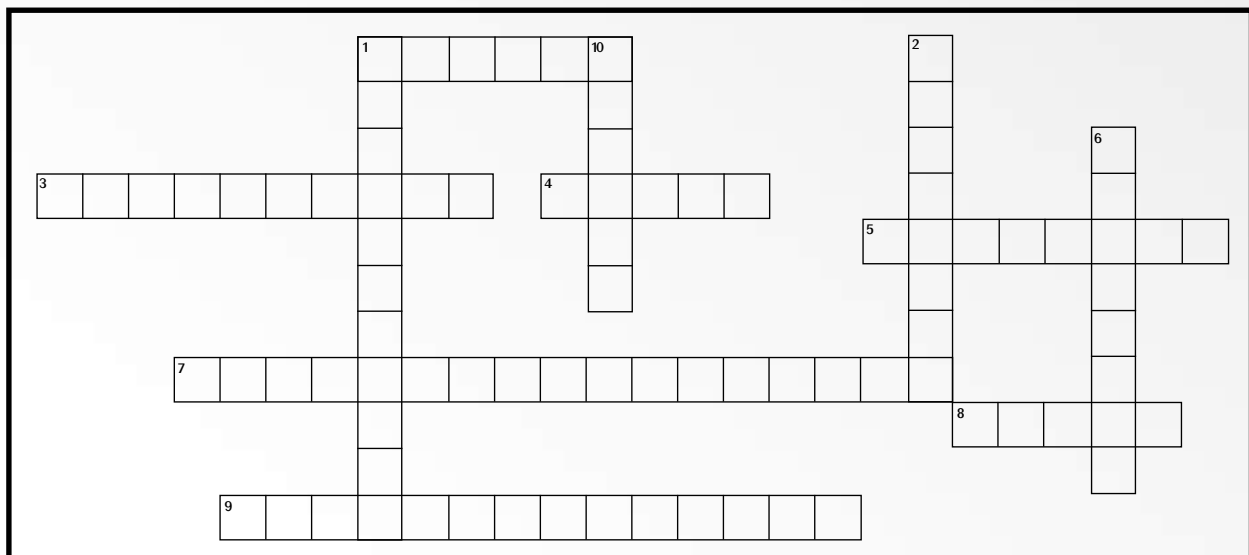
Answers

Across

- Greece (3) Pythagoras
- Plato (5) Lagrange
- Fibonacci sequence (8) Rubik
- Pierre De Fermat

Down

- George Cantor
- Lagrange
- Einstein
- Euclid





Bitcoin



Sneha Sara Sajeer
II B.Ed., Mathematics

Bitcoin is a form of electronic cash, which is used and distributed electronically. Bitcoin is a decentralized digital currency and not controlled by a person or any institution. It is an open source software released in the year 2009 and introduced by a group of programmers, under the alias Satoshi Nakamoto.

The main advantage of Bitcoin is its independence from world governments, banks and corporations. The transactions are verified by a set of network nodes through the process of cryptography and gets recorded in a public distributed ledger called block chain. Bitcoin gives its users, total control over their finances. They can be exchanged for other currencies, products and services.

During a transaction, if someone tries to change just one letter or number in a block of transactions, it will also affect all the following blocks and hence the mistake or fraud attempt can easily be spotted.

The Bitcoin network process payments normally takes just a few minutes for someone on the other side of the world to receive the money. Once you send your Bitcoins to someone, there is not a chance of getting it back, unless the recipient sends it back to you.

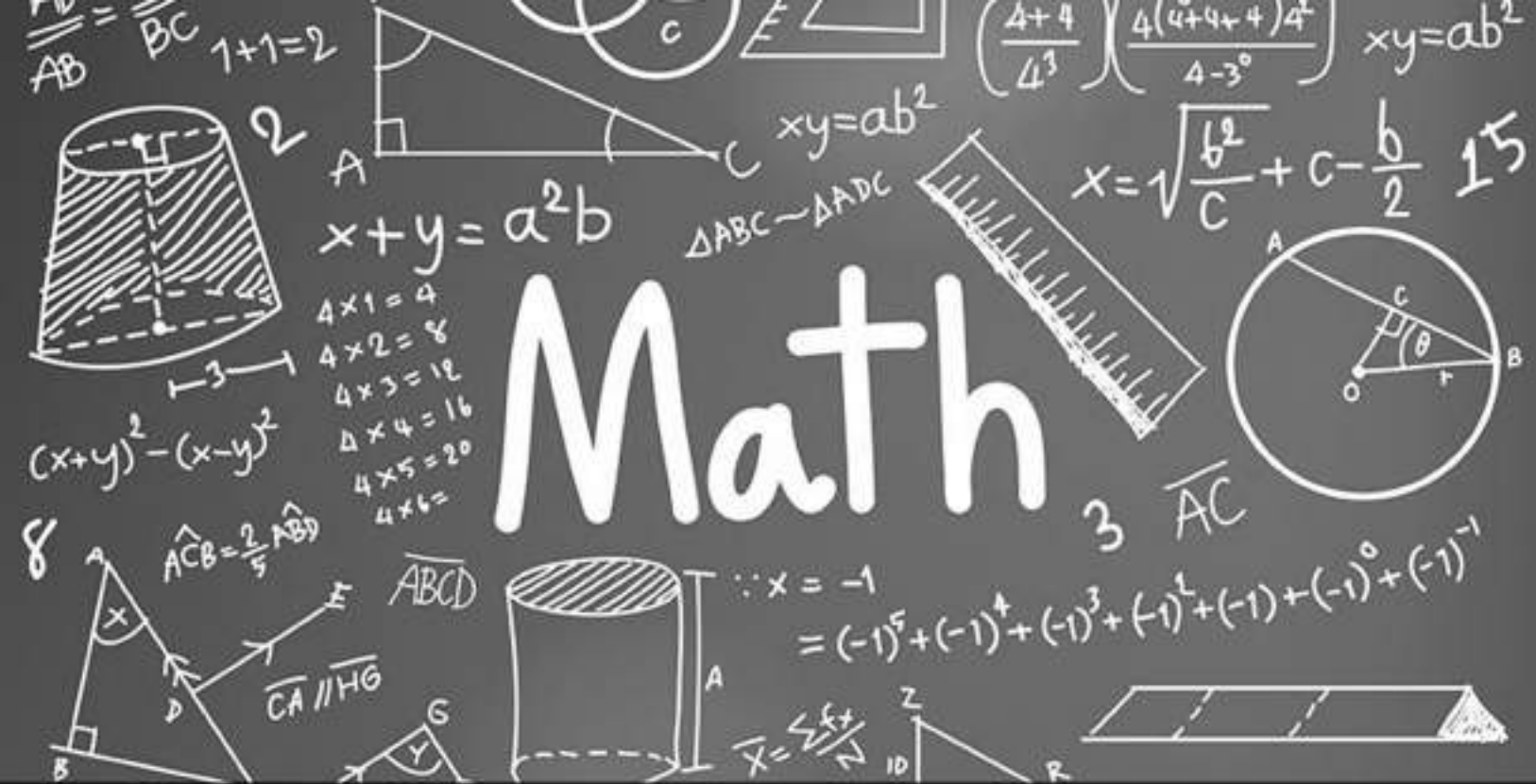
Bitcoins can be used for paying hotel bills, buying property and other online purchases as well. The bitcoins became seven times more valuable over the last year and reached a rate of \$5000 for one bitcoin.

FUNNY FACTS OF SCIENCE



Aleena S. George
II B.Ed., Physical Science

- There are 206 bones in the adult human body and there are 300 in children.
- The loudest sound is produced by the blue whale which is up to 188 decibels.
- The human eye blinks an average of 4,200,000 times a year.
- It requires approximately 12 hours for the entire digestion of food.
- The only alphabet not appearing in the periodic table is “J”.
- Starfish don’t have brains.
- Emus and kangaroos cannot walk backwards.
- The human brain is 80% water.
- Lobsters have blue blood.
- Ants do not sleep.
- Grasshoppers have ears in their bellies.
- Octopus have three hearts, nine brains and also blue blood.



20 INTERESTING & AMAZING FACTS ABOUT MATHS



Agnes P. Varghese
I.B.Ed., Mathematics

Words such as formulas, equations and calculations sound boring for those who hate mathematics as a subject. Whereas as it is fun for those who have keen interest towards solving equations/problems. October 14th is celebrated as Word Maths day. Let us know some interesting and amazing facts about Mathematics.

1. What comes after a million, billion and trillion? A Quadrillion, quintillion, sextillion, septillion, octillion, nonillion, decillion and undecillion.
2. Plus (+) and Minus (-) sign symbols were used as early as 1489 A.D.
3. 2 and 5 are only primes that end in 2 or 5.
4. 12345678987654321 is the product of 111, 111, 111X111, 111, 111. Notice the sequence of the numbers 1 to 9 and back to 1.
5. Have you ever noticed that the opposite sides of a die always add up to seven (7)
6. Trigonometry is the study of the relationship between the angles of triangles and their sides.
7. Abacus is considered as the origin of calculator.

8. Here is an interesting trick to check divisibility of any number by 3. A number is divisible by three, if the sum of the digits of that number is a multiple of three.
9. Do you know the magic of number nine? Multiply any number with nine and sum all individual digits of the result to make it single digit, the sum of all these individual digits would always be nine.
10. If you add up the numbers 1-1000 consecutively (1+2+3+4+5+....) the total is 5050.
11. Have you heard about a palindrome number? It is a number that reads the same backwards & forward. Eg. 12421
12. Have you heard about Fibonacci? It is the sequence of numbers. It is the result of adding 2 numbers before it. Eg. 1,1,2,3,5,8,13, 21,34....



Ayana Sugunan
II B.Ed., Natural Science

NOBEL PRIZE WINNERS – 2018

- Frances Arnold – Nobel Prize in Chemistry
For the directed evolution of enzymes.
- George P. Smith – Nobel Prize in Chemistry
For the phase display of peptides and antibodies.
- Greg Winter – Nobel Prize in Chemistry
For the phase display of peptides and antibodies.
- Arthur Ashkin – Nobel Prize in Physics
For the optical tweezers and the application in biological system
- Donna Strickland – Nobel Prize in Physics
For the method of generating high intensity – ultra short optical pulses.
- General Mourao- Nobel Prize in Physics
For the method of generating high – intensity, ultra short optical pulses.
- James P. Allison- Nobel Prize in Physiology or Medicine
For their discovery of cancer therapy by inhibition of negative immune regulation
- Tasuku Honjo – Nobel Prize in Physiology or Medicine
For their discovery of cancer therapy by inhibition of negative immune regulation



SCIENCE RIDDLES



Siji Mary Jacob

II M.Ed., Physical science

- 1. When the son of the water returns to the parent, it dies. What is it?*
Ans: Ice
- 2. Many have heard it, but nobody has ever seen it. It will not speak back until spoken to. What is it?*
Ans: An echo
- 3. What did the scientist say when he found 2 atoms of helium?*
Ans: He He
- 4. What is black when you buy it, red when you use it and grey when you throw it away?*
Ans: Charcoal
- 5. What did the angry electron say when it was repelled?*
Ans: Let me atom
- 6. What is the centre of gravity?*
Ans: The letter 'v'
- 7. What element is a girl's future best friend?*
Ans: Carbon
- 8. I am a God, a planet and I can measure heat. Who am I?*
Ans: Mercury
- 9. What kind of chemical element hates to be a follower?*
Ans: Lead
- 10. Which is the most uninteresting of all the periodic elements?*
Ans: Boron
- 11. Which two periodic elements, when combined 'heal'?*
Ans: Helium & Aluminium
(HE + AL)
- 12. What number do nickel and neon make when combined?*
Ans: Nine (Ni + Ne)
- 13. What is a Christian priest's favourite part of physics and chemistry?*
Ans: Mass
- 14. What period of time has the least weight?*
Ans: A light year
- 15. What is the loneliest of all Chemistry concepts?*
Ans: The Singularity.

$$\begin{aligned}
1 \times 1 &= 1 \\
11 \times 11 &= 121 \\
111 \times 111 &= 12321 \\
1111 \times 1111 &= 1234321 \\
11111 \times 11111 &= 123454321 \\
111111 \times 111111 &= 12345654321 \\
1111111 \times 1111111 &= 1234567654321 \\
11111111 \times 11111111 &= 123456787654321 \\
111111111 \times 111111111 &= 12345678987654321
\end{aligned}$$

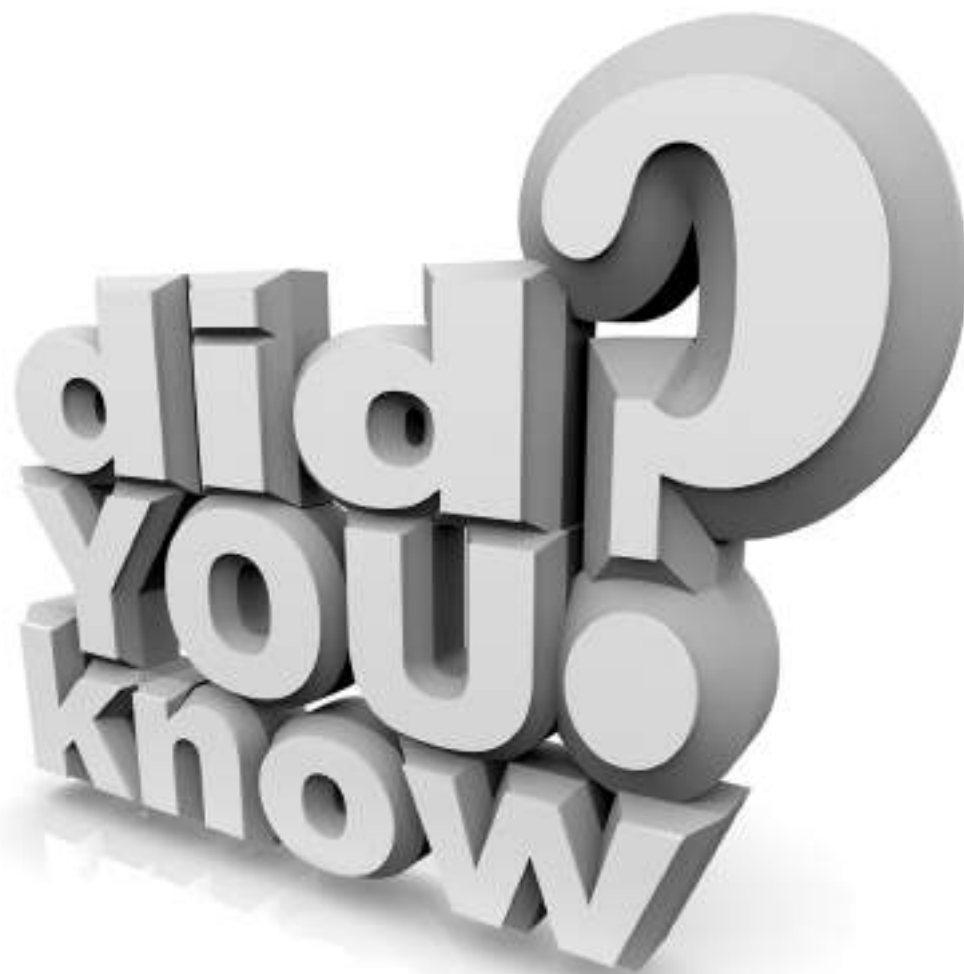
FUN MATH



Merin Lobo
II B.Ed., Mathematics

Neat Patterns

$12, 345, 679 \cdot 9$	$=$	$111,111,111$		
$12, 345, 679 \cdot 18$	$=$	$222,222,222$		
$12, 345, 679 \cdot 27$	$=$	$333,333,333$		
$12, 345, 679 \cdot 36$	$=$	$444,444,444$		
$12, 345, 679 \cdot 45$	$=$	$555, 555, 555$		
$12, 345, 679 \cdot 54$	$=$	$666, 666, 666$		
$12, 345, 679 \cdot 63$	$=$	$777, 777, 777$		
$12, 345, 679 \cdot 72$	$=$	$88, 888, 888$		
$12, 345, 679 \cdot 81$	$=$	$999, 999, 999$		
$0.9 + 1 = 1$			$999,999 \cdot 1$	$= 0, 999, 999$
$1.9 + 2 = 11$			$999,999 \cdot 2$	$= 1, 999, 998$
$12.9 + 3 = 111$			$999,999 \cdot 3$	$= 2, 999, 997$
$123.9 + 4 = 1111$			$999,999 \cdot 4$	$= 3, 999, 996$
$1234.9 + 5 = 11111$			$999,999 \cdot 5$	$= 4, 999, 995$
$12345.9 + 6 = 111111$			$999,999 \cdot 6$	$= 5, 999, 994$
$123456.9 + 7 = 1111111$			$999,999 \cdot 7$	$= 6, 999, 993$
$1234567.9 + 8 = 11111111$			$999,999 \cdot 8$	$= 7, 999, 992$
$12345678.9 + 9 = 111111111$			$999,999 \cdot 9$	$= 8, 999, 991$
			$999,999 \cdot 10$	$= 9, 999, 990$



Anupriya P.V.
II B.Ed. Physical Science

- The hardest chemical in your body is your tooth enamel.
- The ethylene gas produced by a ripening apple ripens other apples as well as many other type of products.
- Our hair contains sulphur bonds.
- The reason behind crying while peeling onion is synpropanethial s-Oxide.
- Glass is actually a liquid, it just flows very, very slowly.
- Graphite and diamond are made of carbon.
- Human body contains enough carbon to provide lead for about 9000 pencils.
- The chemical name of water is dihydrogen monoxide.



SOLAR AND LUNAR ECLIPSES 2019



Riya Atlee

II B.Ed., Physical Science

2019 will have plenty in store for astronomy fans across the world, with a total solar eclipse, an annular solar eclipse, a total lunar eclipse and more. Here are five solar and lunar phenomena to watch in 2019.

January 6: Partial Solar Eclipse

On January 6, star gazers in parts of East Asia and the Pacific will be able to witness a partial solar eclipse.

A solar eclipse occurs when the sun is obscured by the moon. If the sun, moon, and Earth are lined up, you get a total solar eclipse. But if that alignment is tilted a little, it can result in partial solar eclipse and only part of the sun will appear to be blocked by the moon.

January 21: Super Blood Wolf Moon Eclipse

On Jan, 21, People in North America, South America, Greenland, Ireland and more will be able to view this phenomenon.

During the event, the moon will fall completely into the Earth's shadow and appear red – coloured and slightly larger than usual for about an hour.

July 2: Total Solar Eclipse

On July 2, people in parts of Chile and Argentina will be able to witness a total solar eclipse just before sunset.

A total solar eclipse occurs when the moon blocks the entire view of the sun, leaving just the corona visible to those viewing from Earth.

July 16: Partial Lunar Eclipse

On July 16, people in parts of Europe and Asia, as well as parts of South and East North America, South America and Australia, will be able to view a partial Lunar Eclipse.

A Partial lunar eclipse occurs when the Earth moves between the sun and the moon, but the bodies are not perfectly aligned.

December 26: Annular Solar Eclipse

The day after Christmas 2019, people in Eastern Europe, Asia and Northern and Western Africa will be able to witness a 'ring of fire' caused by an annular solar eclipse.

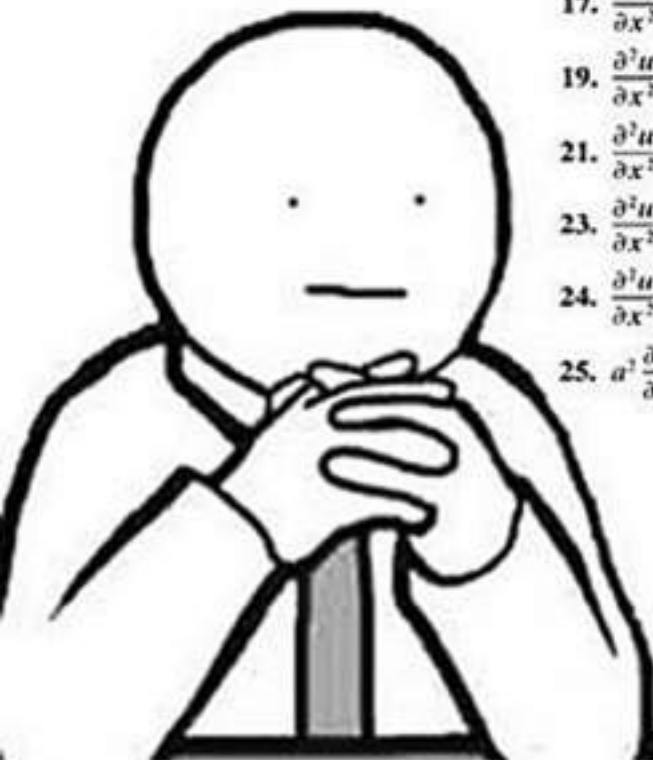
An annular solar eclipse occurs when the moon appears to cover the centre of the sun, leaving just the sun's outer edges visible forming a so called 'ring of fire'. Annular comes from the Latin word for 'ring', annulus.

GENERAL Quiz



Sherin Ann Abraham
II B.Ed Social Science

- Grand Central Terminal, Park Avenue, New York is*
A. Largest Railway station
B. Highest Railway Station
C. Longest Railway station
Ans: **Option A**
- Entomology is the Science that studies*
A. Behaviour of human beings
B. Insects, C. The formation of rocks
Ans: **Option B**
- Eritrea, which became the 182nd member of the UN in 1993, is in the continent of*
A. Asia, B. Europe, C. Africa
Ans: **Option C**
- Garampani Sanctuary is located at*
A. Junagadh, Gujarat, B. Diphu, Assam
C. Kohima, Nagaland
Ans: **Option B**
- For which of the following disciplines is Nobel Prize awarded?*
A. Physics and Chemistry
B. Physiology or Medicine
C. Literature, Peace and Economics
D. All of the above
Ans: **Option D**
- Hitler's party which came into power in 1933 is known as*
A. Labour Party, Nazi Party
C. Democratic Party
Ans: **Option B**
- The Homolographic projection has the correct representation of*
A. Shape, B. Area, C. Baring
Ans: **Option B**
- The great Victoria Desert is located in*
A. Canada, B. West Africa, C. Australia
Ans: **Option C**
- The intersecting lines drawn on maps and globes are*
A. Latitudes, B. Longitudes
C. Geographic Grids
Ans: **Option C**
- 26th August is celebrated as*
A. Earth Day, B. Sadbhavana Divas
C. None of these
Ans: **Option B**
- Where is the Railway Staff College located?*
A. Pune, B. Allahabad, C. Vadodara
Ans: **Option C**
- The famous Dilwara Temples are situated in*
A. Uttar Pradesh, B. Rajasthan
C. Maharashtra
Ans: **Option B**
- Who is the author of the book "Nineteen Eighty Four"?*
A. Thomas Hardy, B. Emile Zola
C. George Orwell
Ans: **Option C**
- What did J.B. Dunlop invent?*
A. Pneumatic rubber tyre
B. Automobile wheel rim, C. Rubber boot
Ans: **Option A**
- Plants receive their nutrients mainly from*
A. Chlorophyll, B. Atmosphere, C. Soil
Ans: **Option C**



$$17. \frac{\partial^2 u}{\partial x^2} + \frac{\partial^2 u}{\partial x \partial y} + \frac{\partial^2 u}{\partial y^2} = 0$$

$$19. \frac{\partial^2 u}{\partial x^2} + 6 \frac{\partial^2 u}{\partial x \partial y} + 9 \frac{\partial^2 u}{\partial y^2} = 0$$

$$21. \frac{\partial^2 u}{\partial x^2} = 9 \frac{\partial^2 u}{\partial x \partial y}$$

$$23. \frac{\partial^2 u}{\partial x^2} + 2 \frac{\partial^2 u}{\partial x \partial y} + \frac{\partial^2 u}{\partial y^2} + \frac{\partial u}{\partial x} - 6 \frac{\partial u}{\partial y} = 0$$

$$24. \frac{\partial^2 u}{\partial x^2} + \frac{\partial^2 u}{\partial y^2} = u$$

$$25. a^2 \frac{\partial^2 u}{\partial x^2} = \frac{\partial^2 u}{\partial t^2}$$

$$18. 3 \frac{\partial^2 u}{\partial x^2} + 5 \frac{\partial^2 u}{\partial x \partial y} + \frac{\partial^2 u}{\partial y^2} = 0$$

$$20. \frac{\partial^2 u}{\partial x^2} - \frac{\partial^2 u}{\partial x \partial y} - 3 \frac{\partial^2 u}{\partial y^2} = 0$$

$$22. \frac{\partial^2 u}{\partial x \partial y} - \frac{\partial^2 u}{\partial y^2} + 2 \frac{\partial u}{\partial x} = 0$$

INTERESTING FACTS ABOUT MATHEMATICS



Meenu Tomy
II B.Ed. Mathematics

- Zero is the only number which cannot be represented by Roman Numbers.
- 2 and 5 are the only primes that end in 2 or 5.
- An icosagon is a shape with 20 sides.
- Among all shapes with the same perimeter, a circle has the largest area.
- Among all shapes with the same area, circle has the shortest perimeter.
- 40 when written 'Forty', is the only number with letters in alphabetical order while 'one' is the only number with letters in reverse order.
- Four is the only number spelt with the same number of letters as the number itself, in English language.
- From 0 to 1,000, the letter 'A' appears only in 1000 (one thousand).
- A Jiffy is an actual unit of time for $(1/100)^{\text{th}}$ of a second.
- Palindromic numbers are numbers that read the same backwards and forwards.

“5 DAYS-120 HOURS”

COMMUNITY LIVING CAMP 2019-SEARCH YOUR UNIQUENESS

Giza Rachel George (II B.Ed., Natural Science), Santeena Thomas (II B.Ed., Social Science)

DAY 1

I opened my eyes in the morning struck with the thoughts of the coming days I had to spend with my friends in the Community Living Camp 2019. I was excited and at the same time doubtful about the new environment I was about to face for the next 5 days.

The college gates opened before us a new world of surprises. The trainees transformed into trained experts in every field. There were Master chefs, professional speakers and dance masters in the lot. And here it begins....

Cleanliness was the first law. For many, it was a new and first hand experience. But everyone did their part with the utmost sincerity and it was an enjoyable experience as it reminded us of the childhood days playing with mud and for some it was a beach experience. The formal inauguration of the camp followed. Rev. Fr. James Mathews gave the inaugural address. The camp theme was presented by Father. Father tried his best in engaging the students who were anxious about the coming days. What followed was a surprisingly tasty and healthy lunch proving that the mathematicians had a measurement for each recipe.

As part of searching our own unknown capacities, we were given opportunities to examine our own acting skills. Santhosh Pandit would have been impressed by the acting skills of each. The aroma of cardamom from the kitchen lured the artists to enjoy the tea and crispy banana fries.

All freshened up and assembled in the hall for some quiet time with God, followed by dinner where they served hot rice gruel and curry. After the busy schedule of the day, all were excited to perform their talents to blow the stage with their colourful performance. Group songs and melodies made the night enjoyable. Lord Krishna and his Radha rocked the stage. Krishna was a bit apprehensive as the

young girls were carrying buckets instead of pots and mistook them as cleaning ladies. The tribal dance was rendered with utmost perfection creating confusion among the viewers about the performers' original nativity. The absences of mini screens had given peaceful sleep to all.

DAY 2

“Our God is so big and so strong and mighty”.... the volume of the morning wake up song was so loud that we realised the strength of God. ‘Health is wealth’ is the motto of Raina Susan who showed yogic asanas where some of us were entangled by our own hands and legs. After filling ourselves with the 'boost' for the day, we were entertained by the news reading by students from the English department, who had reported the lemon missing case in the kitchen that happened the other day. The Social Science department broke our fasting with delicious tapioca and chilly chutney which brought tears of joy and hotness in our eyes.

The programme schedule was rightly followed on time while even the clock had a doubt. We got ready for the debate which was planned for the day. The fiery debaters fired bullets against each other on the topic ‘Equity v/s Equality Cutting Across Gender’. Keeping aside the role of a debater, we wore the attire of an actor and the time we spared for the shooting was fruitful and beautiful. All of sudden, we all became actors, directors and camera men. A break for the day was served with hot chicken curry and yummy yoghurt. From debaters to participants, from actors to dancers, the camp was really demanding that we ourselves did not notice the role change. Flash mob invoked in our minds, the feeling of being a social being; where the mob highlighted the concern on saving Alapad.

The Street play was yet another push on ourselves

for being close to the community. The sun went to rest and the moon took up the role, all of us got refreshed up and thanked God for the day's blessings. Among ourselves there were hidden talents and unsaid words. Making the days theme apt, Anila Mohanan and Anjaly made our spirits bright by their kindling thoughts.

DAY 3

The day again began with a bang and everyone tried to hide under their sheets thinking they won't be seen. Chilly water pierced our faces as we fought to gain consciousness. What followed was an attempt to develop an interest in attaining fitness. The events of the day began by becoming guinea pigs to the cooking endeavours of the English department and we were delightfully surprised. All raced to the bus stand to catch the bus to Navajeevan. Finally the zumba session paid off as we were able to dive into the bus. Once we reached the destination, we were asked to remove the weeds from the garden. All enthusiastically engaged themselves with the task. The scarcity of weeds made it a competitive affair as the student teachers tried to collect the biggest heap of uprooted weeds. Eventually our active participation helped in completing the task. We then assembled for a heart touching session by the founder of Navajeevan, Shri. P.U. Thomas. The session was



truly a blessing for us, it had the effect of 10 sermons. The lunch was delicious even though simple. We set back to our dens and the remaining time was spent for practice for the street play. The street play was based on the current issues faced by Allappad and so it was given the theme "Save Allappad". The play was to be performed on the college premises which had enough access to the public. The night was still young and the media committee decided to scare us through a horror short film, but ended up being scared themselves. A futuristic film in a foreign language which was not familiar to many was being shown. It was as if we were put into a sleeping mood because all were soon fast asleep. Thus ended another eventful day of the Community Living Camp.

DAY 4

The lyrics of the morning song was made by heart by all, the first utter flipped open our eye lids. The day was themed "Spread your wings" and all of us stood up spreading and stretching our hands. Anjaly was so determined in making us break dancers, that she rented the steps of Michal Jackson in her zumba. The news reporters sharpened their expertise that even the speck of dust was reported from the scene. The yummy breakfast was served in the form of upmavu, which was a mini vegetable mart as such. The vitamin rich upmavu throttled us to get ready for an interactive session on the banner of the college Women Cell. The talk was about the topic, 'Challenges and responsibilities of a woman', which was handled by Abhilash sir, a professional speaker in the field. He was an expert in mixing up the humor





and rumor regarding the status of women in the present society. The two and a half hour class just stimulated our gastric juices and it was diluted by the delicious gobi manjurian and vegetable pulavu. After filling up with that, we rushed ourselves to perform our flash mob before the tiny tots of Mount Carmel A.V.L.P school.

After the flash mob, we ran to catch a bus. Dramatically we stopped the bus and the bus driver got confused about from where all the lady elves came out. We got down in front of the Boys Home, at Thiruvanchoor. The gate opened before us and all of us were excited to meet the naughty tots. Hot and crispy banana fries and tea were being served before them when we met them. There were Laurels and Hardys, Humptys and Dumptys who played their naughty tricks upon us. The evening was hectic and we got freshened up after coming back. The days went swiftly that we didn't notice it was the fourth day. All were excited to go home but were also sad to leave the lot.

DAY 5

The last day began with great joy as well as pain. The camp was reaching an end. But the prospect of home cooked meals and comfortable beds made everyone spring into action. Natural Science students were the kitchen experts for the day and there was



no room for disappointment. The menu was a lavish one which made us forget homemade food for a moment.

The day began with games though everyone got lost in the treasure hunt. There were no stones left unturned. Some misunderstood the game and began collecting all the clues which left others clueless. What followed was utter chaos and confusion, timely advice and action ended the game on a happy note.

All assembled at the auditorium for an open and truthful evaluation. All got an opportunity to share their experience. The last meal was served which gave us energy for the cleaning that followed. The students toiled hard in making the auditorium and college premises sparkly clean. All cleaned with vengeance and dedication. Thus ended our Community Living Camp on a successful and satisfying note.

The efforts of the College Union members and Dr. Lissy Koshi were highly appreciated thus making the camp a memorable one.



Maria Joseph
II B.Ed, Social Science

ജൂൺ

FILM REVIEW

Debutant director Ahammed Khabeer's movie "June" is a wonderful piece of work which beautifully portrays a girl in her high school days. It also showcases her friendship, her family and her love. It is packed with lots of emotions and comedy. The film beautifully shows the affection that the father and daughter shares. The film truly presents a nostalgic feeling of the best of school days.

Rajisha Vijayan competently, plays the title character in June as June Sara Joy which depict the protagonist's life from age 16 to about a decade later. June Sara Joy is the only child of her parents. The story begins when she is getting ready to join class XI. It is then followed by the period from school to college, career and married life. The nostalgic moments include the girls trying to hitch up their skirts when their mothers aren't looking, the games, the competitions, the romance, the inspiring teacher etc.

At school, most of her friends are from the same

old classes but there are also some new admissions including the shy Noel Varghese. June is attracted to Noel and they have certain romantic feelings for each other. The rest of the story deals with how their life proceeds and in the course of time June becomes more matured, where she develops her own perspectives about life, relationships and her future.

This film includes varied visuals effects and superb music that suits the movie. Rajisha Vijayan successfully portrays the character as June. She has performed her role with utmost dedication. Joju George once again has proved that he is a wonderful performer. The rest of the characters also performed their roles impressively.

June makes some relevant statements and is an effort that should be appreciated. This is one of those films that will make you come out of the theatre with a smile.



Study Tour

“Live with no excuses and travel with no regrets.” Every year the teacher trainees embark on a journey to a place of importance in order to rejuvenate our minds from the hectic work at college. For this, we the 2017-2019, B.Ed batch, organised a study tour to Chikmangalore, Belur and Coorg. Even though we started the trip on 28th January 2019, the planning was done months before. It was the first time we had a long journey together and the teacher educators Ms. Liz Kuriakose and Dr. Suma Joseph along with Deepthi chechi (Office Staff) accompanied us which added more happiness to our trip.

It was a day which brought a smile on the face of all of us. The journey commenced with a small

prayer. Around 3 p.m. we took up our luggage and boarded the bus. The journey began, so did the fun blast. Everyone was a new self. We saw the child-like behaviour hidden in our classmates. The silent ones began running around in the aisle. There was laughter everywhere. We were all excited and enjoyed our journey to Chikmangalore. At around

Shedhal Anu Raj
II B.Ed., Physical Science

Amalu Mariya Thomas
II B.Ed., English

9.00 a.m., we reached our first destination and checked into the hotel.

After a quick shower, we got out and went to have breakfast. We walked to the restaurant. There we had a new experience. It was quite fanciful. Usually when we go to a restaurant, people come and ask what we need. But there, they came in with gigantic thalis filled with idlis, dosas, poori, raitha, upma, curry, sambar etc. Without any further delay, they began their duty of serving all these food items. Everyone of us was confused about what to eat, how to eat and how to tell them to stop serving. We decided not to panic and just concentrate on what we loved to do ie., to eat. Everyone began to dig deep into their plates filled with mountains of food. Finally, we achieved our mission. After a tiny cup, literally a tiny cup of coffee, we got out of the restaurant. Then we went to Mullangiri on a jeep. On the way to the hill, we stopped at Chickmangalore which is a religious tourist place.

The trip to the hill resumed again. The last lap of this hill journey was on foot. The view from the top of the hill was mind-blowing. We took some time to get soaked in the cool breeze. From there, we went to Seetalangiri well known for its beautiful water falls. Everyone rushed into the falls where they could stand and drench themselves in the cool water.

Then we went to have lunch, prepared by our truck drivers, after which we headed to Suicide Point. This was a long journey. Even though it was a long and tiresome way, the chit chats with our classmates made it easy to climb. These trips taught us many lessons. Life may not be smooth always. At times we will have to encounter steep hills and mountains. The journey might be painful, but what that awaits us in the end, will be beautiful in all its might.

To climb these hills in life will be tiring, but the love and care of our loved ones will make it enjoyable and memorable. The view of the landscape and even the clouds from the top gave us a heavenly feeling.

On the third day of our tour, we had breakfast at Chickmangalore and proceeded to Belur. It is a place well known for water games. We planned to spend about 4 hours at Belur.

Yagatchi water sports offers a variety of water sports and we opted for kayaking, rafting and banana ride. The rides were simply superb. In rafting, a group consisting of 1-14 students padded the raft and moved along the water. We drifted with the waves. Of the rides, the most adventurous was the Banana ride. After the water sports, we proceeded to 'Chennakesava Temple' which was built in Gothic architecture style. Then, we headed to Coorg for the most awaited moment of the tour -the D.J. Party at Coorg. We all rocked the night. Thus, the 3rd day of our tour ended successfully.

Since, it was the last day of our tour, we were all excited to enjoy it to the maximum. Our forest destination was the Dubare Elephant Camp at Coorg. Dubare is known for its Elephant camp-a forest camp, on the banks of the river Kaveri in the district of Kodaku, Karnataka. We spent almost an hour there. For all of us, the experience at the Elephant camp was a novel one.

Bamboo Forest was our next destination. It was a relaxing place which was completely tranquil and serene. There was a Deer Park and river inside it. As the place was really ravishing, we didn't take off our fingers from the camera. Adjacent to this forest, there was a shopping area where we could bargain and get things at low cost. We all enjoyed the shopping time.

Next we headed to the famous Golden Temple. It was a Buddhist monastery and one of the famous tourist places to visit in Coorg. The main attraction of this place is the magnificent Namdroling Monastery. It was a mesmerising experience for all of us.

After, 14 hours of journey we reached our college at 5.30 am. Then we all went back to our homes with sweet and cherishing memories...



Sunitha Achiyamma Mathew
II B. Ed., Physical Science



നവലോകത്തിൽ സ്ത്രീ സുരക്ഷിതയോ?

ആദിയിൽ ദൈവം മനുഷ്യനെ സൃഷ്ടിച്ചു അവനു കൂട്ടായി അവനിൽ നിന്ന് സ്ത്രീയേയും. സ്ത്രീ അമ്മയാണ്, ഭാര്യയാണ്, സഹോദരിയാണ്, മകളാണ്. സമൂഹം സ്ത്രീക്ക് നൽകുന്ന ഈ നാമങ്ങൾ എത്രമാത്രം പ്രസക്തമാണ് എന്ന് ഇന്ന് ചിന്തിക്കേണ്ടിയിരിക്കുന്നു.

നവലോകത്തിൽ സ്ത്രീ സുരക്ഷിതയോ? വളരെ കാലിക പ്രസക്തിയേറിയ വിഷയമാണിത്. വളരെ ന്യൂനപക്ഷത്തിൽ മാത്രം നടക്കുന്ന കുറെ അധികം അതിക്രമങ്ങൾ മാധ്യമങ്ങൾ പെരുപ്പിച്ച് കാണിക്കുമ്പോൾ നമുക്ക് തോന്നാം ഈ ലോകത്തിൽ സ്ത്രീ ഇല്ലാതാക്കപ്പെട്ടുകൊണ്ടിരിക്കുകയാണെന്ന്. പക്ഷേ നമുക്ക് ചുറ്റും ഉള്ള ലോകത്ത് ചിലപ്പോൾ അങ്ങനെ ഒന്നും കണ്ടുവെന്ന് അല്ലെങ്കിൽ ഉണ്ടാവണമെന്ന് യാതൊരുറപ്പുമില്ല. എന്നിരുന്നാലും സ്ത്രീയുടെ സുരക്ഷിതത്വം സമൂഹത്തിന് നഷ്ടപ്പെട്ടുകൊണ്ടിരിക്കുകയാണ്.

സ്ത്രീ ആയി ജനിച്ചതു കൊണ്ട് മാത്രം മാത്രം പ്രായമുള്ള പിഞ്ചുകുഞ്ഞുങ്ങളെ വരെ പീഡിപ്പിച്ചുകൊല്ലുന്ന ഒരു ലോകത്തെ ആണ് നമുക്ക് ഇന്ന് കാണാൻ കഴിയുന്നത്. നവലോകം എന്ന് പറയുമ്പോൾ ശാസ്ത്രസാങ്കേതിക വിദ്യയിലും, സൗകര്യങ്ങളിലും ഏറെ മുൻപിൽ തന്നെ എന്നു നമുക്ക് പറയാം. പക്ഷേ സ്ത്രീകളെ സംരക്ഷിക്കുന്ന കാര്യത്തിൽ എന്തുകൊണ്ട് ഈ മുന്നേറ്റം കാണുന്നില്ല.

കേരളത്തിൽ തന്നെ എത്രയോ പെൺകുട്ടികളാണ് നരാധമൻമാരുടെ അതിക്രമങ്ങളിൽ തങ്ങളുടെ ജീവൻ അർപ്പിച്ച് കടന്നുപോയത്. ജിഷയു സൗമ്യയും ഒക്കെ വെറും “ഹാഷ്ടാഗ്”കളിൽ മാത്രം ഒതുങ്ങിപ്പോകുന്ന ഒരു നവലോകം. ‘ജസ്റ്റിസ്

ഫോർ’.... ഈ വരയിൽ ഇനി അടുത്തത് ആർ എന്ന് അന്വേഷിക്കുന്നതാവും നല്ലത്. അത്രേ ഉണ്ട് സ്ത്രീ സുരക്ഷിതത്വം നവലോകത്തിൽ. അതിക്രമങ്ങൾ നേരിടുന്നത് പൊതുസ്ഥലങ്ങളിൽ ആവാം സ്വന്തം വീടുകളിൽ പോലും ആകാം. സ്വന്തം പെൺമക്കളെ നശിപ്പിക്കുന്ന അച്ഛന്മാർ ഇന്ന് വിരളമല്ല. അപ്പോൾ സ്ത്രീ എവിടെ ആണ് സംരക്ഷിത. സംരക്ഷിക്കേണ്ട പുരുഷ ജനത അവൾക്ക് എതിരെ തിരിഞ്ഞാൽ ആരാണ് ഇനി അവൾക്ക് തുണ. നവലോകത്തിൽ പുതുതലമുറയുടെ ജീവിതം നോക്കിയാൽ ഒരു കാര്യം മനസിലാക്കാൻ സാധിക്കും- ബന്ധങ്ങൾക്ക് എത്രമാത്രം വില നൽകുന്നുണ്ടെന്ന്. സമൂഹമാധ്യമങ്ങളിൽ കൂട്ടുകൂട്ടുന്ന ചെറുപ്പക്കാർ സ്നേഹം നടിച്ച് എത്ര പെൺകുട്ടികളെയാണ് ചതിച്ചിരിക്കുന്നത്. സ്നേഹം എന്ന വാക്കിനു ഒരു പ്രാധാന്യവും കൊടുക്കാതെ വെറും ആഘോഷം മാത്രം ആണ് ഇന്നത്തെ പ്രണയങ്ങൾ. ആ പ്രണയങ്ങളിൽ ആത്മാർത്ഥമായി പങ്കുചേരുന്ന പെൺകുട്ടികൾ എത്രമാത്രം സുരക്ഷിതയാണ് അവന്റെ അടുത്ത്.

ഇന്നത്തെ സമൂഹത്തിനു സംഭവിച്ചുകൊണ്ടിരിക്കുന്നത് എന്താണ്? മുല്യതകർച്ചയാണ് എന്ന് പറയാം. സ്ത്രീകളെ അമ്മയെപ്പോലെ ബഹുമാനിക്കുന്ന സഹോദരിയെപ്പോലെ കരുതുന്ന ഒരു മുല്യം ഇന്ന് ഇല്ലാതായിക്കൊണ്ടിരിക്കുകയാണ്. രാത്രിയിൽ ഒറ്റയ്ക്ക് ഒരു പെൺകുട്ടിയെ കണ്ടാൽ അതെന്റെ ഉത്തരവാദിത്വം ആണെന്ന് വിചാരിക്കാതെ അതെന്റെ അവസരമാണെന്ന് വിചാരിക്കുമ്പോഴാണ് എല്ലാ പ്രശ്നങ്ങളും ആരംഭിക്കുന്നത്. അത് തിരിച്ച് ആയിരുന്നെങ്കിൽ എത്ര സ്ത്രീകൾ ഇപ്പോൾ സുരക്ഷിതരായി നമ്മോടൊപ്പം ജീവിക്കേ

ണ്ടതായിരുന്നു. ദൈവം പുരുഷനു ഏൽപ്പിച്ച ഉത്തരവാദിത്വം ആണ് സ്ത്രീയെ സംരക്ഷിക്കുക എന്നത്. അത് സ്വന്തം ആവണം എന്നില്ല. സ്ത്രീയായി ജനിച്ച ഏതൊരുവളെയും സംരക്ഷിക്കുമെന്ന് ഉറച്ച തീരുമാനം എടുക്കാൻ കഴിയുന്ന ഒരു സമൂഹം ഉണ്ടായാൽ അവിടെ സ്ത്രീ വളരെയധികം സുരക്ഷിത ആയിരിക്കും.

നവലോകത്തിൽ സ്ത്രീകൾ പോലും മറ്റു സ്ത്രീകളെക്കുറിച്ച് ബോധവതികൾ ആണോ എന്ന് സംശയിക്കേണ്ടിയിരിക്കുന്നു. ശബരിമല പ്രശ്നത്തിൽ സ്ത്രീകൾ ഒന്നിച്ച് മുന്നിട്ടിറങ്ങിയതു പോലെ കേരളത്തിലെ സ്ത്രീ വിരുദ്ധതയ്ക്ക് എതിരായി എത്ര സ്ത്രീകൾ ഇറങ്ങി നിരത്തുകളിൽ? സ്ത്രീ സമൂഹത്തിൽ അരക്ഷിതയായി തുടരുമ്പോൾ സുരക്ഷിതത്വം ഉറപ്പാക്കാൻ വേണ്ടി എന്തു കൊണ്ട് സ്ത്രീകൾ സമരം നടത്തുന്നില്ല. സ്ത്രീ പീഡിപ്പിക്കപ്പെട്ടാൽ അത് അവളുടെ തെറ്റുകൊണ്ടാണെന്ന് വിശ്വസിക്കുന്ന ഒരു സ്ത്രീ സമൂഹമാണ് കേരളത്തിൽ. അവരും സമൂഹമാധ്യമങ്ങളിൽ അവരുടെ വേവലാതികൾ പറഞ്ഞ് അവസാനിപ്പിക്കുന്നു.

ഈ അടുത്ത് നമുക്കിടയിൽ പ്രബലമായ ഒരു വിഷയമായിരിക്കുന്നു “മീടൂ” ഹാഷ് ടാഗുകൾ. സ്ത്രീകൾ അവരുടെ ജോലി സ്ഥലങ്ങളിൽ നേരിടുന്ന അതിക്രമങ്ങൾ ആരോടും പറയാതെ ഇരിക്കുന്ന ആ കാലം മാറി. അവർ അവർക്ക് ഉണ്ടാകാൻ പോകുന്ന മാനക്കേട് ഓർക്കാതെ പ്രതികരിക്കുന്ന ഒരു കാഴ്ചയാണ് നമ്മൾ കണ്ടത്. സ്ത്രീ അത്രമേൽ സഹിച്ചു. സഹിക്കാവുന്നതിലും അപ്പുറം ആയതുകൊണ്ടാണ് ഇപ്പോൾ അവർ പ്രതികരിക്കുന്നത്. അവർ പ്രതികരിച്ചപ്പോളാണ് പല മേഖലകളിലും സ്ത്രീ സുരക്ഷിത അല്ലായിരുന്നു എന്ന് സമൂഹം തിരിച്ചറിയുന്നത്. മാന്യമായ പല പുരുഷന്മാരും അവരുടെ സുഖത്തിനുവേണ്ടി അവരുടെ കീഴിൽ ജോലി ചെയ്യുന്ന സ്ത്രീകളെ ഉപയോഗിക്കുകയായിരുന്നു. അവർ ഒരു നാൾ പ്രതികരിക്കും എന്ന് അവർ അറിഞ്ഞിരുന്നില്ല. അങ്ങനെ മുഖംമൂടി അഴിഞ്ഞു വീണ അനേകം പ്രമുഖരെ നമ്മൾ കണ്ടു. ഇതൊക്കെ എന്താണ് നമുക്ക് കാട്ടി തരുന്നത്. സ്ത്രീ ഈ നവലോകത്തിൽ ഒട്ടും തന്നെ സുരക്ഷിത അല്ല എന്നുതന്നെയാണ്. സ്ത്രീകളെ അവരുടെ അനുവാദം ഇല്ലാതെ സ്പർശിക്കാൻ പോലും പാടില്ലാത്ത അവസരത്തിൽ പുരുഷമേധാവിത്വം കാണിക്കാൻ അവളുടെ മേൽ ബലം പ്രയോഗിക്കുന്ന സമൂഹത്തിൽ സ്ത്രീ അരക്ഷിത തന്നെയാണ്. സ്ത്രീകൾക്കു സംരക്ഷണം നൽകേണ്ട പോലീസുകാർ പോലും സ്ത്രീക്ക് ഒരു

വിലയും നൽകാത്ത സംഭവങ്ങൾ ഉണ്ടായിട്ടുണ്ട്. നീനു എന്ന പെൺകുട്ടി സഹായം അഭ്യർത്ഥിച്ച് പോലീസ് സ്റ്റേഷനിൽ എത്തിയപ്പോൾ അവളോട് എത്ര മനുഷ്യത്വം ഇല്ലാതെയാണ് അവർ പ്രതികരിച്ചത് എന്ന് നമുക്ക് അറിയാം. നിയമപാലകർ തന്നെ ഇങ്ങനെ ആണെങ്കിൽ സ്ത്രീക്ക് എവിടെയാണ് നീതി കിട്ടുന്നത്.

നീതിക്കുവേണ്ടി ബഹളം വയ്ക്കുന്ന ഒരു കുട്ടം സ്ത്രീകളെ ‘ഫെമിനിറ്റികൾ’ എന്ന് മുദ്രകുത്തി നാണം കെടുത്തുന്ന ഒരു സമൂഹത്തെയും നമുക്ക് ഇന്ന് ഇവിടെ കാണാൻ സാധിക്കും. സ്ത്രീകൾ അവരുടെ അവകാശങ്ങൾ ചോദിച്ചാൽ, പുരുഷനോട് തുല്യത ആഗ്രഹിച്ചാൽ, അവരോട് നടത്തുന്ന അതിക്രമങ്ങളോട് പ്രതികരിച്ചാൽ, നീതിക്ക് വേണ്ടി ഏതറ്റംവരെ പോകാൻ തീരുമാനിച്ചാൽ അവർക്ക് ഒരു ദുഷിച്ച പേര് നൽകി അടിച്ചമർത്താൻ നോക്കുന്ന ഒരു സമൂഹം. പ്രതികരിച്ചതിനും, ‘ഇരയോടൊപ്പം’ നിന്നതിനും ആ സ്ത്രീകൾക്ക് ലഭിച്ചത് എന്താണ്. പാർവതിയേപോലുള്ള പ്രതിഭകളായ നടികൾക്ക് അവരുടെ അവസരം നഷ്ടപ്പെടുത്തുന്ന പ്രവർത്തികളാണ് ഇവിടെ നടന്നിട്ടുള്ളത്. അങ്ങനെ ഒക്കെ പ്രതികരിച്ചാൽ നിന്നെ ഇല്ലാതാക്കിക്കളയും എന്ന് ഭീഷണി മുഴക്കുന്ന സമൂഹത്തിൽ എങ്ങനെയാണ് സ്ത്രീ വളരെ സുരക്ഷിത ആണെന്ന് പറയാൻ കഴിയുന്നത്.

സ്ത്രീ നവലോകത്തിൽ അരക്ഷിതയാണ്. അവർക്കുവേണ്ടി പ്രതികരിക്കുന്നവർക്കുപോലും അതിക്രമങ്ങൾ നേരിടുന്ന ഒരു പുതുലോകത്തിലാണ് നാം ജീവിക്കുന്നത്. സ്ത്രീകളെ പീഡിപ്പിക്കുന്നവർക്ക് ഭയം തോന്നാൻ എന്തെങ്കിലും നിയമവ്യവസ്ഥ ഇന്ത്യയിൽ ഉണ്ടായിട്ടുണ്ടോ? ഗൾഫ് രാജ്യങ്ങളിൽ ചെയ്യുന്ന പോലെ വധശിക്ഷ നൽകിയാൽ ഗോവിന്ദചാമിയെ ഒക്കെ തീറ്റിപ്പോറ്റേണ്ട ഗതികേട് ഇന്നത്തെ സമൂഹത്തിനു ഉണ്ടാവില്ലായിരുന്നു. എവിടെ സ്ത്രീ ബഹുമാനിക്കപ്പെടുന്നുവോ അവിടെ സ്ത്രീ സുരക്ഷിതയായിരിക്കും. സ്ത്രീകളെ സംരക്ഷിക്കാൻ എല്ലാവരും തയ്യാറാവുന്ന ഒരു ദിനം ഉണ്ടായാൽ അന്നു മുതൽ അവർക്ക് തല ഉയർത്തി നടക്കാം. അവർക്ക് ധൈര്യമായി പറയാം. ഇത് എന്റെ നാട് ഇവിടെ ഞാൻ സുരക്ഷിതയാണ്. അങ്ങനെ ഓരോ സ്ത്രീകളും ഉറക്കെ പറയാൻ വെമ്പുന്ന ഒരു കാലം ഉണ്ടാവാൻ പ്രാർത്ഥിക്കുക. ആരെയും പേടിക്കാതെ ഒന്നിനെയുംകുറിച്ച് വ്യാകുലപ്പെടാതെ സമാധാനത്തോടെ ജീവിക്കാൻ സ്ത്രീക്ക് കഴിയുന്ന ഒരു പുതുലോകം ഉണ്ടാവട്ടെ. അതിനായി കാത്തിരിക്കാം.



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പ്രളയത്തെ അതിജീവിച്ച ജീവിതം

പൊന്നിൻ ചിങ്ങമാസത്തിലെ ഐശ്വര്യത്തെ വരവേൽക്കാൻ കാണുംവിറ്റും കാത്തിരുന്ന കണ്ണുകളെ ഈറനണിയിച്ചുകൊണ്ട് ആ വാർത്തകൾ മാധ്യമങ്ങളിൽ മുഴങ്ങിക്കൊണ്ടിരുന്നു. ആകാംക്ഷയുടെയും ആശങ്കയുടെയും ഇടയിലേക്ക് ഒരു ഇടിത്തീ പോലെ ആ റെഡ് അലർട്ട് മുഴങ്ങി. നിമിഷങ്ങൾക്കകം കേരളക്കരയിലേക്ക് ആർത്തലച്ചുകൊണ്ട് തിരമാലകൾ ഒഴുകിയെത്തി. ഒരായുസ്സുകൊണ്ട് നേടിയതെല്ലാം നിലംപതിക്കുന്നത് നിസംഗതയോടെ നോക്കി നിൽക്കാനും അഭയത്തിനായി പരക്കം പായാനും തുടങ്ങിയ കരങ്ങൾ പിടിച്ചുയർത്തുവാനായി പാഞ്ഞുവന്ന ആ സഹോദരങ്ങൾക്ക് പ്രതിഫലമോ പ്രശസ്തിയോ വേണ്ടായിരുന്നു. എങ്ങനെ വള്ളത്തിൽ കയറും എന്ന് വിഷമിച്ച ആ ഉമ്മമാർക്ക് ചവിട്ടു പടിയാകാനും തയ്യാറായി അവർ. ഉയർന്ന പദവിയും ആഡ്യതയും മാറ്റിവെച്ച് തോമസിന്റെയും ശങ്കരന്റെയും ഉസ്മാന്റെയും മുഖം പലരും അന്ന് ആദ്യമായി കണ്ടു. ആ ഒരാഴ്ചക്കാലം അവർ അറിഞ്ഞു ആ സഹോദരങ്ങളുടെ ചങ്കിലെ പാട്ടുകൾ. അവർ അത് ഏറ്റുപാടി. പല അഭയാർത്ഥി ക്യാമ്പുകളിലും അന്ന് സാഹോദര്യത്തിന്റെ ഓണം അവർ ഒന്നിച്ച് ആഘോഷിച്ചു.

നൂറ്റാണ്ടുകൾക്ക് മുമ്പ് നാം ആഘോഷിച്ചിരുന്ന ഒരു ഓണക്കാലമല്ല ഇന്ന് നാം ആഘോഷിക്കുന്നത്. സ്വാർത്ഥതയുടെ സൗധം കെട്ടി അതിനുള്ളിൽ മദിച്ചവരും ഇല്ലായ്മയുടെ ഓലക്കുടിലിൽ നക്ഷത്രങ്ങളെ സ്വപ്നം കണ്ടവരും ഒരു പോലെ ആ ദുരന്തത്തെ മുന്നിൽ കണ്ടു. അതിജീവനം ഒരു വലിയ ചോദ്യചിഹ്നമായി വഴിമുട്ടി നിന്നു. ഏറെ വാഗ്ദാനങ്ങൾ പറഞ്ഞ് വോട്ടുകൾ തേടിയവരും വീണ്ടും വീണ്ടും വാഗ്ദാനങ്ങൾ പറഞ്ഞ് മറ്റുള്ളവരിലേക്ക് കൈകൾ നീട്ടി. അവിടേക്ക് ഒഴുകിയ കോടികൾ എവിടേക്കാണ് പോയതെന്ന് അറിയാതെ അവർ ഇപ്പോഴും വിദൂരതയിലേക്ക് കണ്ണും നട്ട് നിൽക്കുന്നു.

എങ്കിലും ഇന്ന് കേരളീയന്റെ ഹൃദയമിടിപ്പിന്റെ താളം ഒന്നാണ്. കരങ്ങൾ കോർത്ത് വീണ്ടും കേരളത്തെ നെയ്തെടുക്കുവാൻ പല സന്മനസുകളും മുന്നോട്ടു വന്നു. നമ്മെ തകർക്കുവാനായി ആർത്തിരമ്പിയ തിരമാലയ്ക്കു മുന്നിൽ സ്നേഹത്തിന്റെ ചങ്ങല കെട്ടി കേരളത്തിന് കവചം തീർത്ത മലയാളിയുടെ ആത്മബലത്തിനു മുമ്പിൽ ലോകം സാദരം പ്രണമിച്ചു. മറ്റൊരു അതിജീവനത്തിന്റെ കഥ അവൻ ഈ മണ്ണിൽ എഴുതിച്ചേർത്തു.

മനുഷ്യസ്വഭാവത്തെക്കുറിച്ചുള്ള അപഗ്രഥനം



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ഒരു വിഷയത്തെ ആസ്പദമാക്കി പ്രസംഗിക്കുവാൻ ഉദ്ദേശിക്കുന്ന വ്യക്തിക്ക് ആ വിഷയത്തെപ്പറ്റി അറിവുണ്ടായിരിക്കണം എന്നത് ഏറ്റവും പ്രധാനമാണ്. വായനയിൽക്കൂടിയും മറ്റു വ്യക്തികളിലൂടെയും അറിവു നേടാമെങ്കിലും അതെപ്പോഴും ഭാഗികമായിരിക്കുകയേയുള്ളൂ. എന്നാൽ ഒരാൾ ഏതെങ്കിലും ഒരു വിഷയത്തിൽ പരിപൂർണ്ണ ജ്ഞാനിയായിരിക്കുമെന്നും കരുതരുത്. കാരണം അറിവിന്റെ മഹാ സാഗരത്തിലെ ഒരു കണികയെക്കുറിച്ചുപോലും ഭാഗികമായ അപഗ്രഥനം നടത്തുവാൻ മാത്രമേ മനുഷ്യർക്ക് കഴിഞ്ഞിട്ടുള്ളൂ. ലോകത്തിൽ വിശകലനം ചെയ്തു പഠിക്കുവാൻ അനവധി കാര്യങ്ങളുണ്ടെങ്കിലും നാം നിത്യേന ഇടപഴകുന്നതോ അഥവാ കണ്ടുമുട്ടുന്നവരോ ആയ വ്യക്തികളുടെ ധനാത്മകവും (പോസിറ്റീവ്) ഋണാത്മകവും (നെഗറ്റീവ്) മായ സ്വഭാവസവിശേഷതകളെ ഒരളവുവരെയെങ്കിലും വിലയിരുത്തുവാൻ നമ്മിൽ ഭൂരിഭാഗം പേരും ശ്രമിക്കാറുണ്ട്. ഇത് ചിലപ്പോൾ ബോധപൂർവ്വമായോ അല്ലാതെയോ സംഭവിക്കാം.

ഒരു വ്യക്തിയെക്കുറിച്ച് എത്രതന്നെ വിലയിരുത്തിയാലും ആ വ്യക്തിയുടെ തനതായ സ്വഭാവ വൈരുദ്ധ്യങ്ങൾ ആ വ്യക്തിയ്ക്കു മാത്രമേ അറിയുകയുള്ളൂ. ഒരാളുടെ സംസാരം, നോട്ടം, ഭാവം, വസ്ത്രധാരണം, പരസ്യമായ സ്വഭാവസവിശേഷതകൾ എന്നിവമൂലം അയാളുടെ സ്വഭാവത്തിന്റെ ഒരുവശം മാത്രമേ ഗ്രഹിക്കാൻ പറ്റുകയുള്ളൂ. ഒരു വ്യക്തിയുടെ രഹസ്യസ്വഭാവങ്ങൾ അഥവാ രഹസ്യപ്രവർത്തനങ്ങളാണ് ആ വ്യക്തിയുടെ സ്വഭാവത്തിന്റെ ആണിക്കല്ല്. ഓരോരുത്തരും അവരവരുടെ യഥാർത്ഥസ്വഭാവങ്ങളെ പ്രത്യേകിച്ച് സ്വഭാവ വൈകല്യങ്ങളെ ബോധപൂർവ്വമായി ഒളിച്ചുവ

യ്ക്കാൻ ശ്രമിക്കുന്നവരും അതനുസരിച്ച് പരസ്യ പ്രകടനങ്ങൾ നടത്തുവാൻ ശ്രമിക്കുന്നവരുമായിരിക്കും. കാരണം ഇന്നത്തെ സാഹചര്യത്തിൽ ഒരാളുടെ ബലഹീനവശങ്ങൾ മറ്റൊരു വ്യക്തി ഗ്രഹിക്കാനിടയായാൽ സാമൂഹ്യ രംഗത്ത് വിലയിടിവ് ഉണ്ടാകുമെന്നുള്ള ഭയമാണ്.

ഒരു വ്യക്തി എപ്പോഴും നല്ല വശങ്ങൾ അഥവാ സവിശേഷതകൾ മാത്രമേ പരസ്യമായി പ്രകടിപ്പിക്കാറുള്ളൂ. ഇതിൽ നിന്നും ഒരു വ്യക്തിയുടെ ചിന്തകളും പ്രവർത്തനങ്ങളും ഏകദേശമായി മനസിലാക്കാവുന്നതുമാണ്. ഒരു വ്യക്തി സംഭാഷണത്തിനിടയ്ക്ക് പ്രയോഗിക്കുന്ന ചില പദങ്ങൾ മാത്രം അപഗ്രഥിച്ചും ആ വ്യക്തിയുടെ സ്വഭാവ സവിശേഷതകൾ വിലയിരുത്താം. ദീർഘമായ സംഭാഷണമദ്ധ്യേ ഒരു വ്യക്തി കൂടുതൽ വാചാലനാകുമ്പോൾ യഥാർത്ഥമായ 'പൂച്ച' പുറത്തു ചാടുന്നതും ശ്രദ്ധേയമാണ്. അപ്പോൾ എത്ര തന്നെ മികച്ച നിലയിൽ പെരുമാറാൻ ശീലിച്ചവരായാലും ശ്രമിക്കുന്നവരായാലും അവരുടെ ബലഹീന വശങ്ങളുടെ ചില സൂചനകൾ അവരിയാതെ തന്നെ പുറത്തുവരുന്നതുമാണ്. അത് ആ വ്യക്തിയുടെ യഥാർത്ഥ മാനസികാവസ്ഥ വെളിപ്പെടുത്തുന്നു.

മനുഷ്യസ്വഭാവങ്ങളുടെ പൊതുവായ അപഗ്രഥനങ്ങളിൽ കൂടി മനുഷ്യസമൂഹത്തെ നന്മകളിലേക്ക് ഉയർത്തിക്കൊണ്ടുവരാനും സാധ്യമാകുമെന്നതിനാൽ, മനുഷ്യ സ്വഭാവങ്ങളെ അപഗ്രഥിച്ചു പഠിക്കുന്നത് സാമൂഹ്യ പുരോഗതിയിൽ വമ്പിച്ച നേട്ടങ്ങളുണ്ടാക്കുന്നതുമാണ്.

'സദാചാരം' അന്യമാകുന്ന ബോധങ്ങൾ...



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നമ്മുടെ സമൂഹം നിലനിൽക്കുന്നത് ചില യഥാർത്ഥ സ്ഥിതികമായ സങ്കല്പങ്ങളിലൂടെയും കാഴ്ചപ്പാടുകളിലൂടെയുമാണ്. ഒരു പക്ഷേ, മറ്റു രാജ്യങ്ങളെ കഴിഞ്ഞും നമ്മുടെ ഇന്ത്യൻ സമൂഹത്തിന്റെ കാഴ്ചപ്പാടുകളും സങ്കല്പങ്ങളും അല്പം കൂടി ഇടുങ്ങിയതാണെന്ന് പറയേണ്ടി വരും. 'സദാചാര' ബോധം എന്നൊക്കെ പേരിട്ട് നാം വിളിക്കുന്ന ഈ സാമൂഹിക 'ദുരാചാര'ത്തെ നാം കുറച്ചു കൂടി ഗൗരവമായി കാണേണ്ടിയിരിക്കുന്നു എന്നതാണ് സത്യം.

'സദാചാര' ബോധത്തിൽ എന്നും സമൂഹത്തിന്റെ താല്പര്യം കൂടുതലായിട്ട് 'ലൈംഗിക' സദാചാരം എന്ന വിഷയത്തിൽ തന്നെയാണ് എന്നതിൽ തർക്കമില്ലല്ലോ? അനുദിനം പത്രമാധ്യമങ്ങളിലൂടെയും സമൂഹമാധ്യമങ്ങളിലൂടെയും നാം മനസ്സിലാക്കേണ്ട സത്യം, ലൈംഗികതയെക്കുറിച്ചുള്ള നമ്മുടെ സാമൂഹിക നിലപാടുകളും സങ്കല്പങ്ങളും വളരെ അപകടമാണെന്നതാണ്. അപര്യാപ്തമാണെന്നതാണ്.

മറ്റു സംസ്കാരങ്ങളെ അന്ധമായനുകരിച്ചുകൊണ്ട്, കുത്തഴിഞ്ഞ ഒരു സാംസ്കാരിക ബോധം സൃഷ്ടിച്ചെടുക്കണമെന്നല്ല പറഞ്ഞുവരുന്നത്. ആൺകോയ്മയിൽ നിന്നുമാത്രം സൃഷ്ടിക്കപ്പെടുകയും ഇന്നും ആചരിക്കപ്പെടുകയും ചെയ്യുന്ന പിന്തിരിപ്പൻ കാപട്യങ്ങളെ ഇനിയെങ്കിലും നാം തിരിച്ചറിയണം.

എല്ലാ സ്ത്രീകളും കേവലം തന്റെ സംതൃപ്തിക്കു വേണ്ടി സൃഷ്ടിക്കപ്പെട്ട ജീവികളാണെന്നും, ഒരിക്കലും സ്ത്രീ പുരുഷനു സമമല്ല എന്നും ചിന്തിക്കുന്ന ഒരു സമൂഹത്തിലാണ് ഈ 'സദാചാര'

രബോധം' തഴച്ചു വളർന്നിരിക്കുന്നതെന്ന് നാം തിരിച്ചറിയേണ്ടതുണ്ട്.

സ്ത്രീകളും തന്നെപ്പോലെ തന്നെ മനുഷ്യരാണെന്നും തനിക്കുണ്ടെന്നവകാശപ്പെടുന്ന മേൽക്കോയ്മകളെല്ലാം സംസ്കാരത്തിന്റെ സൃഷ്ടികൾ മാത്രമാണെന്നും പുരുഷൻ മനസ്സിലാക്കുന്നതോടെ മാത്രമേ സദാചാരം പൂർണ്ണമാവൂ.

എന്നാൽ സ്ത്രീകൾക്ക്, തങ്ങൾക്കൊപ്പം തന്നെ സാമ്രാജ്യവും അവകാശവും കൈവന്നത് സങ്കല്പിക്കാൻ പോലും ഇവിടെ പുരുഷന്മാർക്ക് കഴിയുന്നില്ല. നമ്മുടെ നാട്ടിൽ പള്ളിപ്പെരുന്നാളുകൾക്കും കലയാണങ്ങൾക്കും മാത്രമേ നാം സ്ത്രീ സാന്നിധ്യം കൂടുതലായി കണ്ടിട്ടുള്ളൂ. പുരുഷനുമായി അടുത്തിടപഴകുന്ന സ്ത്രീകളെല്ലാം മോശക്കാരാണെന്നുമൊക്കെയുള്ള ചിന്തകൾ സദാ നമ്മിൽ 'സദാചാര ബോധം' ഉണർത്തുന്നു. സദാചാരബോധങ്ങൾ പാറപോലുറച്ച കുടുംബസാഹചര്യങ്ങളിൽ നിന്നു വരുന്നവർ തന്നെയാണ് ഒരു സ്ത്രീയുടെയും പുരുഷന്റെയും സ്വകാര്യതയിലേക്ക് കടന്നുചെന്ന് അവരെ ഉന്നത 'നിലവാര'മുള്ള അസഭ്യവാക്കുകൾ ചൊരിയുന്നതെന്നുള്ള സത്യം പറയാതെ തന്നെ നമുക്ക് മനസ്സിലാക്കാം.

നമ്മുടെ സുഹൃത്തിന്റെ സദാചാര സങ്കല്പങ്ങളെ അല്പം കൂടെ വിശാലമാക്കാൻ നമുക്ക് സാധിച്ചെങ്കിലും നമ്മളിനിയും മാനസികമായി ഒരു പാട് വളരാനുണ്ടെന്നതിന്റെ നേർസാക്ഷ്യമാണ് നമുക്ക് ചുറ്റും നാം കാണുന്നത്. സദാചാരബോധങ്ങൾ ദുരാചാരബോധങ്ങളായി മാറാതിരിക്കട്ടെ!! നല്ലൊരു നാളെ വിദൂരമാകാതിരിക്കട്ടെ!!



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സുഹൃത്തു

മനുഷ്യർ ഭൂമിയിലേക്ക് ഏകനായി പിറന്നു വീഴുന്നു. ആദ്യം അമ്മയുടെ സൗഹൃദം, ശേഷം അച്ഛന്റെയും, ബന്ധുക്കളുടെയും സൗഹൃദം. അനാഥർക്ക് അപ്രാപ്യമായ സൗഹൃദങ്ങൾ. എങ്കിലും ജീവിതയാത്രയിൽ അവരും പല സൗഹൃദങ്ങളുമായി കൂട്ടിമുട്ടുന്നു. അത് നാം നിനച്ചിരിക്കുമ്പോൾ കിട്ടണമെന്നില്ല. ഈ യാത്രയിൽ നാം ഒരുപാട് പേരെ കാണുന്നു. അറിയുന്നു. സംസാരിക്കുന്നു. ഇടപഴകുന്നു. അവരെ എല്ലാം നാം ഓർത്തിരിക്കാറുണ്ടോ? ഇല്ല. ചിലരെ മാത്രം ഓർക്കാറുണ്ട്. ചിലപ്പോൾ അവർ ചെയ്ത സഹായമോർത്താവാം. ചിലപ്പോൾ ഉപദേശം. ചിലപ്പോൾ നമ്മുടെ മനസ്സ് വായിച്ചറിയാനുള്ള കഴിവ് ഉണ്ടെന്ന് തോന്നിയതിനാലാവാം. അതാണ് യഥാർത്ഥ സുഹൃത്ത്. അത് നമുക്ക് പ്രതീക്ഷിക്കാതെ കിട്ടുന്ന പുണ്യമാണ്. ഒരു സുഹൃത്തിനെ ലഭിക്കാൻ പണമോ സൗന്ദര്യമോ വേണമെന്നില്ല. മറിച്ച് പരസ്പരം മനസ്സിലാക്കാൻ കഴിയുന്ന നല്ലൊരു മനസ്സുമാത്രം മതി. നമ്മുടെ ജീവിതത്തിൽ ഒരാളെയെങ്കിലും നമ്മൾക്ക് നല്ല സുഹൃത്തായി ലഭിച്ചിട്ടുണ്ടെങ്കിൽ നമ്മൾ ഭാഗ്യവതികളാണ്. കാരണം ആ നല്ല സുഹൃത്ത് നമ്മൾക്ക് എന്നും ഒരു മുതൽക്കൂട്ടാണ്. നല്ലത് ഉപദേശിച്ചു തരാനും മോശമായവയിൽ നിന്ന് പിന്തിരിപ്പിക്കാനും ചിരിക്കുമ്പോൾ കൂടെ ചിരിക്കാനും കര

യുമ്പോൾ ആശ്വസിപ്പിക്കാനും ടെൻഷൻ അടിക്കുമ്പോൾ ഒരു All is well പറയാനും ദാഹിക്കുമ്പോൾ ആവശ്യപ്പെടാതെ തന്നെ വെള്ളമെടുത്തുതരാനും മറക്കുമ്പോൾ ഓർമ്മിപ്പിക്കാനും അങ്ങനെ നീണ്ടുപോകും ഒരു നല്ല സുഹൃത്തിന്റെ സ്വഭാവവിശേഷങ്ങൾ. ഒരു നല്ല സുഹൃത്ത് കളിയാക്കുമോ? വഴക്കുപിടിക്കുമോ? കളിയാക്കും. പക്ഷേ നമ്മുടെ മനസ്സിനെ വേദനിപ്പിക്കുന്ന രീതിയിലാവില്ല. പകരം പിന്നീട് ഓർത്ത് ചിരിക്കാൻ കാരണമായേക്കാവുന്ന കളിയാക്കലുകൾ. അല്ലാതെ നമ്മൾ വല്ല പൊട്ടത്തരവും മണ്ടത്തരവും കാണിച്ചാലും, ഗൂഡ് പറഞ്ഞുപ്രോത്സാഹിപ്പിക്കുന്നവർ നമ്മുടെ നല്ല സുഹൃത്തല്ല. ചെറിയ ചെറിയ കളിയാക്കലുകളിലൂടെ നമ്മെ ചിന്തിപ്പിക്കുന്നവർ, നമ്മെ വളർത്തുന്നവർ ആണ് യഥാർത്ഥ സുഹൃത്ത്. നമ്മെ നമ്മുടെ പാതയിൽ കൊണ്ടുവരാൻ, നമ്മുടെ വളർച്ചയ്ക്ക് വേണ്ടി അവർ ചിലപ്പോൾ വഴക്കും പിടിക്കും. വഴക്ക് പിടിക്കണമല്ലോ വേണ്ടിവന്നാൽ. അത് മനസ്സിലാക്കാതെ നാം ആ സൗഹൃദം നഷ്ടപ്പെടുത്തിയാലോ? നമുക്ക് തന്നെ പോയി. ജീവിതത്തിൽ എന്നും നല്ല ഓർമ്മകൾ സമ്മാനിക്കുന്നതാവണം ഒരു നല്ല സുഹൃത്ബന്ധം. ആ ഓർമ്മകൾ ഒരിക്കലും നശിക്കില്ല. മറക്കില്ല. കാരണം സൗഹൃദമാണ് ഈ ലോകത്തിലെ ഏറ്റവും വലിയ സമ്പത്ത്.



Sr. Ancy Anto
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വീട്+സ്നേഹം= ഭവനം

വീട്, ഒരു വ്യക്തിയുടെ സ്വകാര്യ അഭിമാനമാണ്. എത്ര വലുതായാലും ചെറുതായാലും ഭംഗി കുറഞ്ഞാലും സൗകര്യങ്ങളൊന്നുമില്ലെങ്കിലും എന്റെ വീടാണ് എന്റെ ലോകം. വീടിനെക്കുറിച്ച് പറയുമ്പോൾ നൂറ് നാവാനെന്നിക്ക്, എന്റെ നാട് ലോകത്തിലെ ഏത് സ്ഥലങ്ങളെക്കാൾ നല്ലതുമാണ്. നാം ആരു തന്നെയായാലും ലോകത്തിൽ എവിടെയൊക്കെ യാത്ര ചെയ്താലും സ്വന്തം വീട്ടിലേക്ക് തിരിച്ചു ചെല്ലുമ്പോഴുണ്ടാകുന്ന, (ജനിച്ച് വളർന്ന ഇടത്തിലേക്ക് കയറുമ്പോഴുണ്ടാകുന്ന) ആ അനുഭൂതി മറ്റൊന്നാണ്. ആ സുഖം, അനുഭവിക്കാത്തവരായി ആരും തന്നെയുണ്ടാകണമെന്നില്ല. വീട്ടിലേക്ക് പോകാനായി കൊതിക്കുന്ന നമ്മുടെ മനസ്സിന്റെ ആഗ്രഹം തന്നെ, അത് നമുക്ക് തന്നിരുന്ന സ്നേഹാന്തരീക്ഷത്തെയാണ് സൂചിപ്പിക്കുന്നത്. ഭൂമിയിലേക്ക് ജനിച്ചു വീണ നാം, നിലത്ത് നീന്താൻ പഠിച്ചതും നടന്നു തുടങ്ങിയതും, വിദ്യാഭ്യാസ കാലഘട്ടവും നമ്മുടെ ദുഃഖവും സന്തോഷവും ഒക്കെ പങ്കിട്ടനുഭവിച്ചതും നമ്മുടെ വീട്ടിൽ ആണ്. വെറും കല്ലും മണ്ണും ഉപയോഗിച്ച് പണിതീർത്ത വീട് ഒരു ഭവനമായിരുന്നെങ്കിൽ മാത്രമേ നാം ഈ അനുഭൂതിയിലൂടെ കടന്നുപോകുകയുള്ളൂ. ഒരു വീട് ഭവനമാകണമെങ്കിൽ സ്നേഹം എന്ന അടിത്തറമേൽ ആയിരിക്കണം കുടുംബാംഗങ്ങൾ ഭവനം നിർമ്മിക്കേണ്ടത്. സ്നേഹമില്ലാത്ത വീടാണ് നരകതുല്യമായി മാറുന്നതും ആരും ഓർക്കാൻ ഇഷ്ടപ്പെടാത്തതും.

ഒരു വീടിന്റെ ഭൗതികസ്ഥിതിയിലേക്ക് ഒന്നു

കണ്ണോടിച്ചാലോ? അനേകം വാതിലുകളും ജനാലകളും കാണാൻ സാധിക്കും. വാതിൽ - വാ.... ഇതിലേ എന്ന് പറഞ്ഞുകൊണ്ട് എല്ലാവരെയും തന്നിലേക്ക് സ്വാഗതം ചെയ്യുന്നു. വീടിന്റെ ഉള്ളിൽ സ്നേഹവും സുരക്ഷിതത്വവും ഉണ്ടാകണം. ആ സുരക്ഷിതത്വത്തിലേക്കാണ് വീട് നമ്മെ സ്വാഗതം ചെയ്യുന്നതും. ഒരു മനുഷ്യൻ യഥാർത്ഥത്തിൽ മനുഷ്യനായി തീരുന്നത് അവന്റെ അല്ലെങ്കിൽ അവളുടെ ശാരീരിക ഘടന വച്ചുകൊണ്ട് മാത്രമല്ല മറിച്ച് ആത്മാവും മനസ്സുമാണ് ഒരാളെ യഥാർത്ഥ മനുഷ്യനാക്കി മാറ്റുന്നത്. നമ്മുടെ ഓരോരുത്തരുടെയും ജീവിതവും ഒരു ഭവനത്തിന് അനുരൂപമായിരിക്കണം. ഭവനം ഏവരെയും, കള്ളനെനോ നല്ലവനെനോ എന്ന് മുഖനോട്ടമില്ലാതെ വാ... ഇതിലേ എന്ന് സ്വീകരിക്കുന്നതു പോലെ നമ്മുടെ മനുഷ്യവ്യക്തിത്വവും ചുറ്റുമുള്ളവരെ നമ്മിലേക്ക് സ്വീകാര്യതയുള്ളതാക്കി മാറ്റണം. കണ്ടാൽ കണ്ടാമുഗം എന്ന് നാം വിളിക്കുന്ന പല മനുഷ്യരും ഉണ്ട്, അവർക്ക് മനുഷ്യത്വം കുറവും മൃഗത്വം കൂടുതലുമാണ്. നാം നമ്മുടെ സ്വഭാവരീതിയിൽ മൃഗത്വമാണോ മനുഷ്യത്വമാണോ കാണിക്കാൻ? വെറും കല്ലുകൊണ്ടും മണ്ണുകൊണ്ടും പണിതീർത്ത വീട് പോലും എല്ലാവരെയും സ്വാഗതം ചെയ്യുന്നു, മനുഷ്യനായി പിറന്നു വീണ എനിക്ക് ഇതിന് സാധിക്കുന്നുണ്ടോ? മനുഷ്യരിലെ മനുഷ്യത്വത്തിന് ശോഭമങ്ങിയ ഈ കാലഘട്ടത്തിൽ വീട് നമ്മെ പഠിപ്പിക്കുന്നു. വാ... ഇതിലേ...



Sreeshma Babu
I B.Ed., English

Teachers Are Social Engineers

വിദ്യാ അഭ്യസിക്കുക എന്നത് ഒരു വിദ്യാർത്ഥിയുടെ പ്രഥമമായ കർമ്മം ആണ്. വിദ്യാ വിദ്യാർത്ഥിക്ക് പറഞ്ഞ് നൽകുവാൻ ഒരു വ്യക്തി ആവശ്യം ആണ്. ആ വ്യക്തി ആണ് ഗുരു അഥവാ അധ്യാപകൻ.

നമ്മുടെ ഭാരതീയ ഗുരു സങ്കല്പം അനുസരിച്ച് ‘ഗു’ എന്ന വാക്ക് അന്ധകാരത്തെയും ‘രു’ എന്ന വാക്ക് നിരോധനത്തെയും സൂചിപ്പിക്കുന്നു. അതായത് ഇരുട്ടിനെ അഥവാ അജ്ഞതയെ അകറ്റുന്നവൻ ആണ് ഗുരുനാഥൻ അഥവാ അങ്ങനെ ഉള്ളവൻ ആയിരിക്കണം ഗുരുനാഥൻ.

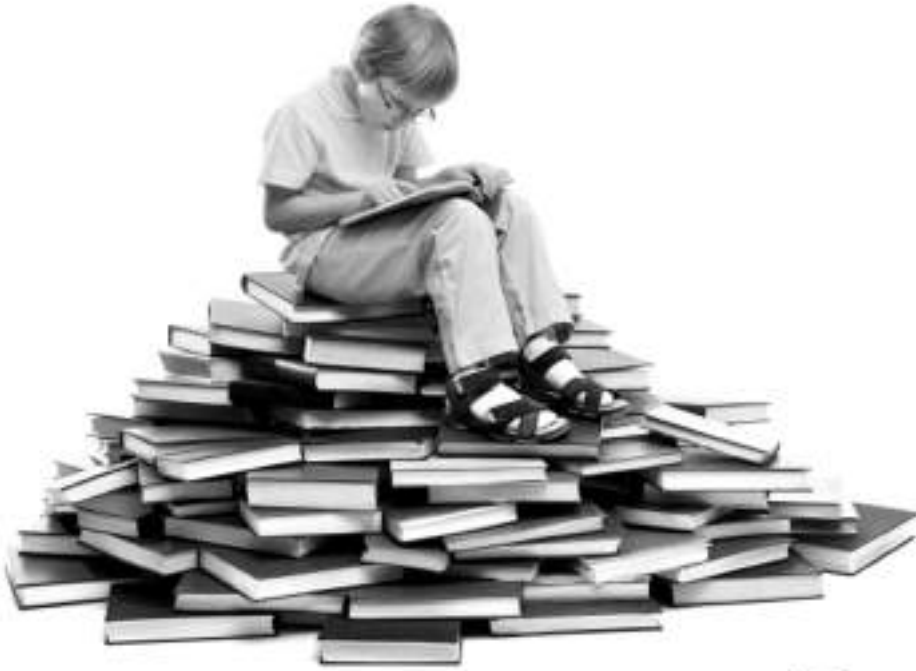
ഒരു നല്ലകാര്യം, അത് നല്ല രീതിയിൽ പറഞ്ഞുകൊടുക്കാൻ സാധിക്കുന്നവൻ ആരോ, അവൻ ആണ് അധ്യാപകൻ. ഒരു നല്ല അധ്യാപകനെ അങ്ങനെ സാധിക്കൂ.

“Teachers are social engineers” ഇങ്ങനെ ഒരു ചൊല്ലുണ്ട്. ഒരു സമൂഹത്തെ നല്ല രീതിയിൽ സൃഷ്ടിക്കുകയാണ് ഒരു നല്ല അധ്യാപകന്റെ കടമ. എന്നാൽ ക്ലാസ് മുറിയിൽ ആയിരിക്കുമ്പോൾ അവന്റെ ശിഷ്യരെയും ക്ലാസ് മുറിയുടെ പുറത്ത് ആയിരിക്കുമ്പോൾ, ഒരു സമൂഹത്തെയും ശരിയായ

ദിശയിൽ നയിക്കുകയാണ് ഒരു നല്ല അധ്യാപകന്റെ ധർമ്മം.

നമ്മുടെ ഇന്നോളം വരുന്ന ലോകചരിത്രം പരിശോധിക്കുകയാണെങ്കിൽ ഒരു നല്ല അധ്യാപകനെ കാണുവാൻ സാധിക്കും. അത് വേറെ ആരും അല്ല യേശുക്രിസ്തു ആയിരിക്കും. യേശുക്രിസ്തു ലോകത്തിലെ ഏറ്റവും നല്ല ഒരു ഗുരുനാഥൻ ആയിരുന്നു. ഗിരിപ്രഭാഷണത്തിലൂടെയും നല്ല ഉപമകൾ വഴിയും അദ്ദേഹം തന്റെ ശിഷ്യരെയും മറ്റു ജനങ്ങളെയും പഠിപ്പിക്കുകയുണ്ടായി. അദ്ദേഹം അന്ന് മനുഷ്യരുടെ ഇടയിൽ ഉണ്ടായിരുന്ന അജ്ഞതകളെ എല്ലാം തുടച്ചു മാറ്റി. ആയതിനാൽ യേശുവിനെ ഒരു നല്ല ഗുരു ആയി ലോകം അംഗീകരിച്ചു.

നമ്മുടെ ഭാരതീയ സങ്കല്പം അനുസരിച്ച് മാതാ, പിതാ, ഗുരു, ദൈവം എന്ന് ആണ്. ഒരു വ്യക്തിക്ക് അവന്റെ മാതാവും പിതാവും കഴിഞ്ഞാൽ പിന്നീട് ഗുരുവിനാണു സ്ഥാനം. ഒരു നല്ല ഗുരുവിന് ഒരു വിദ്യാർത്ഥിയുടെ മനസ്സിൽ ആഴത്തിൽ കടന്നു ചെല്ലുവാൻ സാധിക്കുന്നു. അവനിൽ സ്വാധീനം ചെലുത്തുവാൻ സാധിക്കുന്നു.



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വായനാശീലം

വായിച്ചാലും വളരും
വായിച്ചില്ലെങ്കിലും വളരും
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വായിച്ചില്ലെങ്കിൽ വളയും
(കുഞ്ഞുണ്ണി മാഷ്)

ഇന്ന് മനുഷ്യരിൽ ഇല്ലാതായ്കൊണ്ടിരിക്കുന്ന ഒരു ശീലമാണ് വായന. നല്ല അറിവുള്ള മനുഷ്യരെ വാർത്തെടുക്കുന്നതിൽ വായനയ്ക്കുള്ള പങ്ക് വളരെ വലുതാണ്. അതിനാലാണ് കുഞ്ഞുണ്ണിമാഷ് ഇപ്രകാരം പറയുന്നത്. നല്ല ആരോഗ്യം ഉണ്ടാകാൻ ഭക്ഷണം കഴിക്കുന്നത് പോലെ നല്ല ചിന്തകളും വിജ്ഞാനങ്ങളും ഉണ്ടാകുവാൻ നല്ല നല്ല പുസ്തകങ്ങൾ വായിക്കണം. വായിക്കുവാനുള്ള ക്ഷമയും തെരഞ്ഞെടുക്കുവാനുള്ള ക്ഷമതയും ഒരു കുട്ടിയെ സംബന്ധിച്ച് അത്യാന്താപേക്ഷിതമാണ്. കുട്ടികളിലെ പുസ്തകങ്ങളുടെ തെരഞ്ഞെടുപ്പ് തെറ്റായ ദിശയിലാണെങ്കിൽ അവർക്ക് വഴിതെറ്റാൻ അത് ഒരു പ്രധാനപ്പെട്ട കാരണം ആകും.

ഗുരുക്കന്മാരെ പോലെ അറിവ് പകർന്നു നൽകുന്ന ശേഖരങ്ങളാണ് പുസ്തകങ്ങൾ. വായിച്ചുകൊണ്ടിരിക്കുന്ന വ്യക്തികളുടെ അറിവും ചിന്തയും അനുദിനം വിളങ്ങി കൊണ്ടിരിക്കുന്നു. എന്നാൽ വായനാശീലം ഇല്ലാത്ത വ്യക്തി അറിവിലും വ്യക്തിത്വം ഇല്ലായ്മയിലും താഴേക്ക് അധഃപതിക്കുന്നു.

ന്നു. സഹജീവിയെ തിരിച്ചറിയുവാനും സമൂഹത്തിലെ നന്മ-തിന്മകൾ മനസിലാക്കുവാനും വിദ്യാലയത്തെ പോലെ തന്നെ പുസ്തകങ്ങൾക്കും പങ്കുണ്ട്. അതിനാൽ നമ്മുടെ ചുറ്റുപാടുകളിൽ തന്നെ വായനാശീലമുള്ള വ്യക്തികളോട് ചോദിച്ചാൽ ഏറെക്കുറെയും അവരുടെ മിത്രങ്ങൾ പുസ്തകങ്ങൾ തന്നെ എന്ന് അറിയുവാൻ സാധിക്കും.

പുതിയ സാങ്കേതിക വിദ്യകളുടെ കടന്നുകയറ്റമോ, ദൃശ്യ-ശ്രാവ്യ മാധ്യമങ്ങളുടെ അതിപ്രസരമോ വായനയെ ബാധിക്കുവാൻ ഇടയാക്കൂ. ആയതിനാൽ വിദ്യാലയങ്ങളിൽ അക്ഷരങ്ങളുടെ ശക്തിയും വായനാശീല സംസ്കാരവും കുട്ടികൾക്ക് പരിചയപ്പെടുവാൻ അധ്യാപകർ പ്രത്യേകം സമയം കണ്ടെത്തേണ്ടതായിട്ടുണ്ട്.

ആയതിനാൽ മലയാളിയെ എഴുത്തും വായനയും പഠിപ്പിക്കാൻ ജീവിതം മാറ്റിവെച്ച പി.എൻ. പണിക്കരുടെ ചരമദിനമായ ജൂൺ 19 വായനാദിനമായി ആചരിക്കുന്നതിനോടൊപ്പം ഒരുപാട് നല്ല പുസ്തകങ്ങൾ എഴുതുവാനും വായിക്കുവാനും ആസ്വദിക്കുവാനുമുള്ള ആശംസകൾ ഞാൻ നിങ്ങൾക്ക് നേരുന്നു. പുസ്തകങ്ങളുമായുള്ള കൂട്ട് നിങ്ങളുടെ ആയുസ് വർദ്ധിപ്പിക്കുന്നതോടൊപ്പം നിങ്ങളുടെ അറിവുകളും ചിന്തകളും വളർത്തുകയും ചെയ്യുന്നു.



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അനുഗ്രഹത്തിന്റെ നാൾവഴികൾ

ബാല്യകാലത്തിന്റെ ചാപല്യങ്ങളിൽ ചെമ്പരത്തി ചെടിയിൽ അടിച്ചും ചോദ്യങ്ങൾ ചോദിച്ചും ഉത്തരം പറയാത്ത കുട്ടികളെ എഴുന്നേൽപ്പിച്ചു നിർത്തി വഴക്കുപറഞ്ഞും...

ഇടുക്കിയുടെ മലനിരക്കുകൾക്കിടയിലെ കൊച്ചു ഗ്രാമത്തിൽ തഴച്ചുവളരുന്ന ചെമ്പരത്തി ചെടികൾ ആയിരുന്നു എന്റെ ആദ്യ വിദ്യാർത്ഥികൾ. അന്നറിഞ്ഞില്ല ഉള്ളിൽ ഉറങ്ങുന്ന സ്വപ്നം ഒരു അധ്യാപിക ആവുകയാണ് എന്ന്. എനിക്ക് നിന്നെ കുറിച്ച് ഒരു സ്വപ്നമുണ്ട് എന്ന് പറഞ്ഞ ദൈവത്തിന്റെ പദ്ധതിയും ഇതാണ് എന്നറിഞ്ഞില്ല.

പഠിയ്ക്കാൻ അത്ര മിടുക്കി ആയിരുന്നില്ല എങ്കിലും ഓർമ്മയിൽ ഇന്നും മായാതെ നിൽക്കുന്ന പൂഞ്ചിരിക്കുകയും ശാസിക്കുകയും സ്നേഹിക്കുകയും ചെയ്ത ചില അധ്യാപകരുടെ മുഖങ്ങൾ തെളിച്ചത് എന്റെ ബുദ്ധിയുടെ നേർവെട്ടം ആയിരുന്നു. വ്യക്തിപരമായി സ്നേഹിക്കുകയും പരിഗണിക്കുകയും തിരുത്തുകയും വളർത്തുകയും ചെയ്ത എന്റെ പ്രിയപ്പെട്ട അധ്യാപകർ എന്റെ ഭാവിയുടെ പ്രകാശവലയങ്ങളിലേക്ക് ഓരോ ദിവസവും എന്നെ ആകർഷിക്കുകയായിരുന്നു. അങ്ങനെ പതിയെ പതിയെ കെമിസ്ട്രിയും, ഫിസിക്സും ബയോളജിയും, മലയാളവും എന്റെ തലച്ചോറിൽ ദഹിച്ചു തുടങ്ങി.

യാത്ര തുടർന്നു. അറിയാത്ത വഴികളും അന്ധ

കാരത്തിന്റെ പ്രതിഫലനവും അന്തമില്ലാത്ത അഗാധഗർത്തങ്ങളും ജീവിതത്തിന്റെ മറുപുറമായ പ്ലോൾ തെളിഞ്ഞു തന്ന ദീപങ്ങൾ, വഴികാട്ടിയായി എന്നും പറയാതെ വയ്തു. ജപമാല മണികൾ ഉരുട്ടി പ്രാർത്ഥിച്ച കൈകൾ അക്ഷരം കുറിച്ചപ്പോൾ അത് അന്ധകാരത്തിൽ അണയാത്ത വിളക്കായി. ഓർക്കുവേൾ കണ്ണുനീറുന്നു. ദൈവവിളിയുടെ പിന്നിലും ഈ കെടാത്ത വിളക്ക് ഒരു വഴികാട്ടിയായിരുന്നു. നിർണ്ണായക തീരുമാനങ്ങൾ ജീവിതത്തിൽ എടുത്തപ്പോൾ ഓർമ്മയിൽ തെളിഞ്ഞതും ജീവൻ വച്ച അധ്യാപകമൊഴികളായിരുന്നു.

ദൈവമേ നീ നടത്തിയ വഴികൾ അവസാനം ദീപം തെളിയ്ക്കാൻ എന്നെയും ഒരുക്കി വളർത്തി. നടത്തിയ വഴികൾ കഠിനമായിരുന്നു എങ്കിലും വലിയ ലക്ഷ്യങ്ങൾ അതിനു പിന്നിൽ ഉണ്ടെന്ന് ഞാൻ കണ്ടില്ല. അതെ. മലമുകളിൽ കാറ്റിനെയും മഴയെയും പ്രതിരോധിച്ചു നിൽക്കുന്ന മരങ്ങൾക്കാണ് കാതൽ ഉള്ളത്. അല്ലാത്തവ പാഴ്ചരങ്ങൾ ആണ്. കാതലുള്ളവളാകാൻ പ്രതിസന്ധികൾ അനിവാര്യമാണ് എന്ന് ഇന്ന് മനസ്സിലാക്കുന്നു. നടത്തിയ വഴികൾ അനുഗ്രഹത്തിന്റെതായിരുന്നു. വിദ്യാപകർന്നു തന്ന എല്ലാ അധ്യാപകരെയും സ്നേഹപൂർവ്വം ഓർക്കുന്നു.

ആയിരം നന്ദിയോടെ.