



Mysore Diocesan Educational Society

St. Joseph's College of Education

A Synonym for Quality Teacher Education

MILESTONES 2021-22 & 2022-23

" The future starts today, not tomorrow."



St. Joseph's College of Education *A Synonym for Quality Teacher Education*

Accredited by NAAC, Affiliated to University of Mysuru St. Joseph's Complex, Jayalakshmipuram, Mysuru-570012

Archbishop Emeritus Bernard Moras

SANMAARGI

Apostolic Administrator DIOCESE OF MYSORE MYSORE DIOCESAN BISHOP'S HOUSE

3845/M2, Nelson Mandela Road Rajamaarga, Near Highway Circle Bannimantap 'C' Layout MYSURU - 570 015, Karnataka



Dear Students

I am extremely delighted to pen down a message for the Digital Magazine for the year 2021-2023 which is titled "Milestones" of St. Joseph's College of Education. I wish St. Joseph's College of Education all the best and God's blessing.

MESSAGE

Due to corona and other worldwide problems the year 2021-2023 had many challenges to face in the healthcare, education and in administration. God has been good to all of us under these trying circumstances and times.

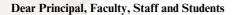
Every educational institution, especially training institutions should prepare the candidates and students to face the challenges trusting in the providence of God. It is only God could show us the way and find right solutions.

Once again, I wish all of you God's choicest blessing.

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Archbishop Emeritus Bernard Moras Apostolic Administrator Diocese of Mysore

FROM THE SECRETARY 'S DESK



On this significant occasion, I am glad to send my best greetings to each and every one of you. It makes me incredibly happy to think about St. Joseph's College of Education, which is soon to publish the college magazine "Milestones."

The commitment, zeal and talent that permeate our academic community never cease to excite me. This magazine serves as a tribute to our institution's dedication to this purpose, which has always been quality in education.

Every advance represents a pivotal turning point. It is vital to consider our past victories, celebrate our current successes, and envisage our future objectives as we go forward in our mission to provide unparalleled quality education and carve the future educators of our country.

"Milestones" is more than simply a magazine; it's a symbol of our passion for quality, innovation, and ongoing development. It displays the integrity of our faculty, the brilliance of our students and the crucial contributions of our support personnel.

Let us keep in mind that each day presents an opportunity to accomplish something new, to improve the lives of our students, and to be a vital part of the society as we continue on our academic reputation. Together, we can focus on motivating the upcoming academic generations.

I want to thank the editing staff and everyone else who helped make "Milestones" a reality. I am eager to see the college community's consistent success and expansion, and I am interested in reading the stories that will appear in this issue of the magazine.

All the best wishes to you in the ever progressive journey of excellence.

With warm regards

Rev. Fr. Vijay Kumar Secretary and Correspondent Mysore Diocesan Educational Society

FROM THE TREASURER'S DESK

It is with immense delight and pride that St. Joseph's College of Education announces the release of its annual magazine, "Milestone" 2021-23. We extend our heartfelt congratulations to this esteemed institution for its commendable efforts in capturing the best of the past years within the pages of this publication.

"Milestones" represent the culmination of years of dedicated vision and unwavering commitment from the educational visionaries who foresee the evolving currents within the field. These milestones serve as enduring reminders of the paths we have taken while relentlessly pursuing a brighter future. Over the last five decades, our institution has achieved significant progress in shaping numerous individuals who have gone on to achieve great success in the realm of education. They stand as living testaments to the enduring spiritual and humane values instilled in them by our institution.

We extend our best wishes to the magazine, seeking God's blessings in abundance. We earnestly hope that "Milestone" will continue to extend its service beyond geographical boundaries, sharing the valuable insights and experiences of our institution with a broader audience.

We look forward to your continued support and cooperation as we celebrate this significant milestone in our institution's journey.

Sincerely

Rev. Fr. Madalai Muthu Treasurer Diocese of Mysore MDES

FROM THE ADMINISTRATOR'S DESK

I extend my warmest greetings to each one of you through the pages of this distinguished magazine "Milestone". As the administrator of this esteemed institution, I am deeply honoured to connect with you, our devoted students, dedicated faculty, and the broader community of MDES who support us in our noble pursuit of knowledge and enlightenment.

In the hallowed halls of our college, adhering to our vision and mission, we have the unique privilege of nurturing the minds and spirits of future educators, the torchbearers of tomorrow.

It is here that we impart not only knowledge but also the values that shape the character of our educators. In our charge lies the responsibility of preparing them to inspire and educate the generations that follow.

Our institution is more than just a place of learning; it is crucible where aspirations, dreams, and dedication are forged into a force for positive change in the field of education and the future generation in the hands of our students and faculty, with their unwavering commitment and dedication.

Within the pages of this magazine "Milestone" you will find a treasure trove of insights, research on experiences, and ideas that reflect the dynamic and ever-evolving journey marking a golden jubilee in the field of education. Our esteemed faculty and talented students have been relentless in their pursuit of academic excellence, contributing to the greater good of the society.

I encourage each of you to delve into the articles and stories contained within these pages, for they are a testament to our shared treasure towards enlightenment and the advancement of educational ideals. The knowledge you find here, the experiences shared, and the innovations presented will undoubtedly inspire and enrich your own educational path.

As we move forward on this educational journey, let us remain committed to the principles that guide us, the mission that unites us, and the vision that propels us, hope that this magazine will serve as a beacon of light and a source of inspiration for all who seek it.

God bless

Rev. Fr. Avinash

Administrator MDES

FROM THE PRINCIPAL'S DESK

It is with great pride and joy that I extend my warmest greetings to all of you as we present the annual magazine of 2021-23, aptly named 'Milestone.' This publication is a testament to the dedication and hard work of our students, faculty, and staff who have come together to create something truly remarkable.

I would like to express my heartfelt appreciation to the management for their unwavering support in making 'Milestone' a reality. Their vision and commitment to academic excellence have paved the way for the remarkable achievements we celebrate in these pages.

I must also commend our talented and diligent editorial board, under the leadership of Dr. Asha .P. Pathrose, Asst.Professor, for their extraordinary efforts in curating, designing, and presenting the content within these pages. Their creative flair and tireless dedication have ensured that 'Milestone' stands as a beacon of our school's achievements and milestones.

This magazine not only chronicles the academic accomplishments of our students but also showcases their artistic talents, sports achievements, and their commitment to community service. It reflects the essence of our institution's spirit, which places a premium on holistic development.

I hope you find 'Milestone' an enjoyable and enlightening read, a true representation of the hard work, creativity, and achievements of our institution's over the past two years. May it serve as a source of inspiration and motivation for all of you, as you continue to strive for excellence in all your endeavors.

Warm regards

Dr. Priya Mathew Principal

FROM THE EDITOR'S DESK



As we embark on a new journey with the latest edition of our college magazine" Milestones", I find myself standing at the editor's desk with a profound sense of gratitude and appreciation for the incredible contributions that have shaped this publication. It is with immense pleasure that I extend my heartfelt appreciation to every individual who has been part of this remarkable endeavour.

Our college magazine is a testament of the collective creativity, dedication, and enthusiasm of our student body. It serves as a canvas for the vibrant colours of our campus life, showcasing the achievements, stories, and talents that make our institution a thriving hub of knowledge and culture.

First and foremost, I would like to express my deepest gratitude to our management for their constant support and guidance in releasing this magazine. Our enthusiastic Principal, Dr.Priya Mathew instilled in us the courage to go ahead and freedom to our talented writers, photographers, and artists to express themselves. Dear versatile writers, your words and images have the power to transport us to new worlds, provoke thought, and inspire action. Your unwavering commitment to storytelling has breathed life into the pages of our magazine, ensuring that it continues to be a source of enlightenment and joy.

The editorial team, under the leadership of Ms. Dorin Johnson, too deserves special mention for their ceaseless efforts in curating, reviewing, and perfecting the content. Your meticulous attention to detail has been instrumental in maintaining the magazine's high standards. Your dedication to the written word and the art of design has transformed ideas into reality.

Our college faculty and staff have played a pivotal role in this endeavor. Their guidance, encouragement, and support have been invaluable. It is through their mentorship that our students have honed their skills and found their creative voices. We are deeply grateful for your belief in the importance of nurturing young falent.

I must also acknowledge the unsung heroes behind the scenes – the technical team, and photographic team. Your hard work ensures that our magazine reaches the hands of eager readers. Your commitment in meeting deadlines and managing logistics is commendable.

To our readers, I extend my warmest wishes. It is your enthusiasm and curiosity that give purpose to our work. We hope that the stories and perspectives shared in this magazine ignite your imagination and provoke meaningful conversations. As you turn the pages, I encourage you to engage with the content, question, reflect, and find inspiration in the narratives we present. With this edition, we celebrate the diversity of our college community. Our magazine aims to be a mirror reflecting the myriad talents, backgrounds, and aspirations that make us who we are. We embrace the rich tapestry of voices within our institution and amplify them through our pages.

In conclusion, I express my utmost appreciation for the collaborative spirit that defines our college magazine. It is a platform where creativity flourishes, ideas find expression, and relationships are strengthened.

Thank you for your unwavering support, and here's to the exciting stories yet to be written.

With regards Dr.Asha P. Pathrose Editor



MOST REV. DR.K.A.WILLIAM

BISHOP OF MYSORE







Dr.Priya Mathew, Principal, St Joseph's College of Education, Mysuru

GALLERY OF MILESTONE 2021-22

MILESTONES 2021-22



Sitting From the Left to Right: Mr. Rakshith M (Faculty), Dr. Chaluvarajaswamy K T (Faculty), Mrs. Anne Jaya Sheela (Faculty), Dr. Priya Mathew (Principal), Dr. Asha P. Pathrose (Faculty), Mrs. Nageswari P. N (Faculty), Mr. Yogesha K.A (Faculty), Dr. Sudhakar James (Faculty)

Standing From the Left to Right: Arjun (Non - Teaching Staff), Mrs. Jowher Fathima (Faculty), Mrs. Mohana Lakshmi (Non-Teaching Staff), Mrs. Yamuna (Non-Teaching Staff), Mrs. Meenakshi V. B (Non-Teaching Staff), Mrs. Radha M.R (Librarian), Mrs. Saraswathi N (Non-Teaching Staff), Mrs. Shruthy Sadasivan (Faculty), Mrs. Shalom Sannutha (Faculty).

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MILESTONES 2021-22



STUDENT COUNCIL 2022

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CLASS REPRESENTATIVES 2022





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HISTORY- ENGLISH & MATHS-ENGLISH 2021-22



ENGLISH- COMMERCE 2021-22

METHODOLOGY WISE ...

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PHYSICS - MATHS 2021-22



BIOLOGY - CHEMISTRY 2021-22

METHODOLOGY WISE ...

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PHYSICS - CHEMISTRY 2021-22



HISTORY - KANNADA 2021-22

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ANNUAL REPORT 2021-22

It is with great pleasure that we present the Annual Report of 2021-2022. In the year 2022, our college achieved remarkable milestones and made significant progress in various areas like academic excellence, sustainability initiatives, innovation, NAAC accreditation process, international seminar and celebration of golden jubilee. Our college continued to uphold its reputation for academic excellence. We achieved a record-high graduation rate, and our college was accredited by NAAC with CGPA 2.93 and B++ Grade during its second cycle.

The 51st batch of students of SJCE joined on 31/01/2022. The principal, Dr. Priya Mathew welcomed them to Josephite family. Students were excited with the new atmosphere, faculty and moreover with the two year B. Ed programme. The orientation for the first semester was given on 09/02/2022. The teachers introduced themselves and gave a complete outlook of the two year course.

Everyone has different talents. The Josephite family is proud of the talent of their students. To identify the new talents, the second years conducted the talents day for the freshers on 09/02/2022. On 08/03/2022 the college celebrated International Women's Day. The second years and the male teachers gave a tribute to all the lady staff.

As the aspiring teachers it is important to develop the teaching and communication skills. The micro teaching session is the first step. On 07/03/2022 the teachers gave the orientation and the second years presented demo for micro teaching. From 08/03/2022 to 15/02/2022 the microteaching workshop session for first years was conducted.

We at St. Joseph's promotes holistic development of students. To inculcate team spirit and physical wellness, sports meets are organized annually. The annual sports meet of SJCE was conducted on 19/03/2022. Both the first years and second years participated in various sports events.

"Theatre is a powerful art form, it teaches lessons about life, society, emotion and more about yourself". As a part of world theatre day the second years performed kolatta in the St. Joseph's school ground on 28/03/2023.

Along with the teaching skills a teacher should be good in academics too. The first internal exam for both first and third semester was conducted from 31/03/2022 to 01/04/2022.

The tutorial sessions for second years, LAC activities for first years and the reflective reading activities for second years were conducted as per the academic calendar.

"The best way to find yourself is to lose in the service of others." As a part of the curriculum the college planned a community living camp for second years for 5 days in Ramanahalli village. They stayed in St. Joseph's Women's Degree College and visited the village and organised rallies and campaigns. They gave the awareness on child marriage, nutrition, cleanliness and women safety. This camp gave insights about simple living, living together and learning together.

Training in core teaching skill is the crux of B.Ed Programme. The simulation for first years were held from 19/04/2023 to 23/04/2022. On 29/04/2022 we celebrated international dance day. As part of this students from both first years and second years performed various dance form.

"No man will make a great leader who wants to it all himself, or to get all the credits for doing it". For a better management of this institution we need the cooperation of students as well. The new students council was inaugurated on 07/05/2022. Sr. Reena Rego was elected and took in charge as the new chairperson. And Mr. Rinto Sebastian as Secretary, MS. Meryl Archana as the Joint Secretary. The members of students council as well as the class representatives were selected and took in charge.

On 19/05/2022, the mock interview for second years was conducted as a preparation for placement and as component of evaluation of Teacher placement. The students were well prepared and attended the mock interview.

The PTA meeting for second years was held on 30/05/2022. The parents interacted with the teachers and discussed the progress of the students. They were also informed about the internship in fourth semester. The second internal was conducted as scheduled as per the academic calendar. Teacher Education institution serves as a resource center for schools From 08/06/2022 to 29/06/2022 the subject wise enrichment programme was conducted for the school MDES teachers.

The semester exam for first and third semester was conducted as per the schedule. On 01/07/2022 the college reopened after the semester break. The orientation for second and fourth semester was given for the students on 04/07/2022.

On 28/07/2022 and 29/07/2022, our college organized an international seminar on Emerging Trends, Challenges and Innovations in Higher Education in collaboration with International Gandhian initiatives for Non-violence and Peace-India/Canada. It was a two day international seminar. Almost 90 delegates from across India participated. Students of SJCE as well as students of PKM College presented papers as part of the international seminar.

One of the greatest means to achieve global peace and harmony is cultural exchange. It opens up the vistas of human understanding and further expands our universal consciousness. Our college initiated a cultural exchange programme with PKM College, Madambam, Kerala.

Being an alumnus is not just a title, but a lifelong commitment to the growth and success of the institution. As part of the Golden Jubilee celebration our college organized an alumni meet on 30/07/22.

The Independence Day programme was conducted on 15/08/2022. All the students and teaching faculty were assembled on the ground. There were several programmes and one of the students shared the significance of the Independence Day.

Another significant milestone of 2022 is NAAC Accreditation process. The NAAC members visited our college on 17/08/2022 and 18/08/2022. We prepared and arranged our college for the NAAC peer team visit.

Teachers day is one of the most important day in our life as teachers. As part of the teachers day celebration, MDES conducted a teachers day program in St. Philomenas Auditorium for all teachers working under MDES. All the teachers from MDES joined for the programme. College level teachers day was celebrated on 10/09/2022 with great zeal and enthusiasm.

The first internals for the second semester was conducted as per the academic calendar. The students of first year visited, DIET, BEO, BRC, different schools and special school from 09/09/2022 to 15/09/2022.

On 01/10/2022 as part of Gandhi Jayanti and humanities day, the students conducted special assembly. The tutorials for fourth semester students were conducted from 01/10/2022 to 07/10/2022. The orientation for MDES placement was given on the same day. On 28/10/2022 there was interview for fourth semester students.

Every year on November 1st, the state celebrates Kannada Rajyostva. We celebrated Kannada Rajyostva on 01/11/2022 by conducting a special assembly and activities in the ground.

On 05/11/2022 the St. Joseph's family celebrated the Golden Jubilee of the institution. It was a big event for us. We invited eminent personalities and honored the staff served in this institution and successful alumni members. The evening glowed with different dance events. It was a visual treat for everyone.

The second internals for both second and fourth semester was conducted as per the academic calendar on 10/11/2022.

The graduation day for the fourth semester was held on 12/11/2022. The first years arranged the programme. This was the last working day for both second and fourth semester students. The college organized an educational trip for fourth semester on 14/11/2022 to Sakleshpura.

The semester exam for second and fourth semester was held on 22/11/2022 to 26/11/2022. The college closed for annual vacation.

COLLECTION OF WORDS

A Journey into the Wild: My Unforgettable Trekking Experience

Trekking is not merely an outdoor adventure; it's an extraordinary journey that unwraps the hidden, untouched treasures of nature, and my recent trekking experience at Patla Betta a mountain range, located on the Bisle Ghat Road in Sakleshpur Taluk of Hassan district, Karnataka was enriching. It is one of the beautiful peaks, the best trekking places and was of no exception. It was a chance to disconnect from the daily grind, to connect with the natural world.

Our trekking adventure began at the heart of the mountains at 7.30 AM in the morning on 28/08/2023. The trail, at first, was a gentle ascent, with a welldefined path and lush greenery on either side. The aroma of the forest was thick with lichens and moss, being a botanist, it made me explore more and the sound of rustling leaves and chirping birds which serenaded our ears. As we walked deeper the path narrowed, and the incline steepened, leading us further into the heart of the mountainous terrain.

The trekking group was a diverse mix of individuals from all walks of life, connected by a common purpose - the love of nature and the thrill of adventure.

As we ventured higher, the air grew thinner, and the terrain more rugged. Yet, it was also here that we reached our most breath-taking destination. The ultimate reward for our efforts, offered a panoramic view that took our breath away with the mist-covered mountains.

My trekking experience was not just a physical journey; it was a soulful communion with the natural world and it is not just about walking; it's about discovering, connecting, and returning with newfound respect for the planet we call home.

-Dhenushree I B.Ed, 2022

SELF BELIEF

MR BEAN

ROWAN ATKINSON

Little Rowan was born in Consett, England, to Anglican farmers Ella May and Eric Atkinson, who had two older sons, Rupert and Rodney. They attended the same prep school as former British Prime Minister Tony Blair (who was two years ahead of Rowan) and went on to study electrical engineering at Newcastle University, with his future looking rather unfunny. Rowan continued his studies at Oxford University, where he earned a master's degree. It was while he was at Oxford that Rowan planted the seeds that would eventually grow the bean we all know and love.

HIS STRUGGLES

During his days at Oxford, he started taking an interest in acting and got enrolled in a comedy group. However, he could not perform well due to a speaking disorder. So he tried his luck with acting, but because of a stammer, many TV shows rejected him. Despite all the hardships, he believed in himself. So, he realized that he could speak fluently. Whenever he played some character, he kept getting rejected because he didn't have a beautiful face and a heroic body. But then he proved everyone wrong and started his own show, "Mr. Bean," which became a global success.

When you are this funny, they call you Mister.

Rowan appeared in a half-hour special TV program called "Mr. Bean" in 1998. From then on, he was popularly known as Mr. Bean. The show became popular at home in the UK and abroad and led to several more TV specials and a big-screen film titled "Bean," which debuted in 1997. Mr. Bean also featured in plenty of other big-screen hits, including "Four Weddings and a Funeral" with Hugh Grant. Rowan also starred in the movie "Mr. Bean's Holiday."

MR. BEAN - Fun Facts

- Mr. Bean was a guest at Prince Charles' wedding to Camilla, Duchess of Cornwall [2005].
- Mr. Bean's daughter Lily makes an appearance in "Mr. Bean's Holiday."
- Mr. Bean was the voice of Zazu in "The Lion King."
- Mr. Bean appeared in "Scooby-Doo."

MR. BEAN SAYS

"People think that because I can make them laugh on stage, I'll be able to make them laugh in person. That isn't the case at all. I am a rather quiet, dull person who happens to be a performer."

> -Dechamma P II B.Ed, 2022

EDUCATION- A BEACON

"Education is the most powerful weapon which you can use to change the world"

- NELSON MANDELA

A direct effect of education develops in each child a perspective of looking at life.The information we are constantly bombarded with, cannot be converted into knowledge without the catalyst called education. Education makes each one capable of interpreting things rightly and applying the gathered information in real-life scenarios. It is not limited to lessons from test books. Real education is obtained from the lesson taught by life.

Education is important as it teaches each individual the right behaviour and good manners, thus making the child civilized. It is instrumental in the development of our values and virtues. Education mould him/her into mature individual capable of planning for the future and taking the right decisions in life.

It gives an insight into living and teachers them to learn from experience. It makes them self- confident and develops their ability to think, analyze and judge. It forms a support system for one to excel in life. It is the backbone of the society.

> Romaina Daimari I B.Ed,2022

INDEFENSIBLE PAIN

She walked among the houses and the trees, amid the laughter and cries, through a spectrum of colors, with feelings that faded and emerged. There was no hope of her returning, as the earthlings had trashed the little hope she had discouraged within herself by trying to take away the chance of resurrection. There is no revival where she lives or breathes. All I can say is that she is a child, a woman, a mother born without additional ornaments but adorned by the conventions into which she was born. Therefore, I grant you the liberty to name her. Something interrupted Shalini; it was nothing personal, just a doorbell. Without any second thought, she closed her diary and hurried towards the door.

"Uncle Ravi... please come in."

A middle-aged man with a weary face entered the house, carrying a torn bag.

"How are you, my child? I just came here to meet the lawyer, Devanath Shashi, to discuss the case."

He looked pale and burdened by the stress and pain he bore. Even her silence and gaze made him feel more powerless. She went to the kitchen and returned with a glass of water to quench his thirst from the scorching sun.

With anticipation, she asked, "How is Kamala aunty?"

And her asthma and pain, she eats after, she's not well."

He remained silent, with tearful eyes, as reflecting on the terrible days made him tremble.

"Uncle, do you need some money?"

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"No, dear, the money I received from my daughter's death is enough for our sustenance. Even in her absence, she is the breadwinner, a breadwinner through death."

Shalini remained silent, but the words of consolation were reflected in her teary eyes, hoping that one day there would be justice. Instead of accompanying him to the door and saying goodbye, her eyes followed the painful steps of a desperate father who knocks on the door for justice against society's inequality towards his daughter.

The school bus's horn interrupted. Shalini snapped back to reality, seeing her daughter running towards her. She knelt and held her tight, as if her daughter were now safe.

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-MERLIN T MATHEW II B.Ed, 2022

"HANDS PAINTED IN HENNA SPEAKS A SILENT LANGUAGE OF LOVE AND CELEBRATION"

The origin of mehndi or henna can be traced back to thousands of years to ancient cultures in different parts of the world with its roots deeply embedded in regions like Middle East, North Africa and South Asia. Mehndi also known as henna is a form of body art originating from ancient India. It involves applying a paste created from the powdered leaves of henna plant to the skin resulting in temporary design ranging from intricate pattern to simple shapes.

Mehndi is commonly used during celebrations especially weddings and is considered a symbol of good luck enjoyed in many cultures. The application of Mehndi on the bride's hands and feet become a central part of pre wedding rituals. Overtime mehndi has spread globally becoming a popular form of temporary body art and self expression. In the language of henna culture symbols dance on the canvas of skin.

> - Tuba Sadiya I B.Ed ,2022

Education of the Heart

WWW

The term "education of the heart" refers to the cultivation and development of emotional intelligence, empathy, compassion, and moral values in individuals. It emphasizes the nurturing of equalities and virtues that contribute to the overall well-being and ethical behaviour of individuals, as well as their abilities to relate and understand others.

The education of the heart goes beyond traditional academic knowledge and focuses on fostering qualities such as kindness, respect, tolerance, gratitude and empathy. It recognizes the importance of social and emotional skills in personal and interpersonal growth and aims to create a supportive and compassionate society.

This form of education recognizes that intellectual development alone is insufficient for individuals to lead fulfilling lives and contribute positively to their communities. It seeks to promote holistic development by fostering emotional literacy, self-awareness and sense of social responsibility. The education of the heart can be incorporated into various aspects of educational systems, including curriculum design, teaching method, and school culture. It encourages educators to create learning environments that promote emotional well-being, empathy and moral values, enabling students to develop into responsible and caring individuals.

Here are a few key aspects that are often associated with the heart of education:

Whole child development: The heart of education emphasizes the importance of addressing the needs of the whole physical and social well-being. It recognizes that academic success alone is not sufficient for a well-rounded education.

Social emotional learning: This management emphazises the responsibility of decision-making. It aims to enhance the students' emotional intelligence and build a positive relationship to others.

Character education: The heart of education includes an emphasis on cultivating positive character traits and values, such as integrity, respect, empathy and perseverance. It recognizes that education should contribute to the development of morally responsible individuals.

Students' engagement and motivation : The heart of education promotes the creation of a learning environment that motivates the students' intrinsic engagement, it involves tailoring, teaching methods of the students' interests, providing opportunities for active learning and encouraging the students to take ownership of their education.

Community and collaboration : Education with heart recognizes the importance of collaboration among students, teachers, parents and the broader community. It values partnerships that support student learning, involvement in community service, and a sense of belonging.

STUDYING AFTER MARRIAGE IS POSSIBLE

For a woman, life after marriage is not what it used to be. After marriage a woman changes a lot. Marriage affects a woman not only physically but emotionally as well. Marriage does not mean that both are in relationship with each other, no! Marriage means agree to share and sacrifice life for each other. A good discussion should be done with life partner after marriage about the education.

Definitely, if a girl is interested in completing her education before her marriage, then her parents will allow her to do so. Many people say that education can be continued after marriage, but they do not understand the difficulties in it. It entirely depends on husband's willingness and the permission of the parents as well.

It is an irony in Indian family system that, a guy can get married at the age of 28 as well, where in if a girl is not married post 18, rumours spread across like some invalid nuisances.

I also believe that girls should complete their studies and reach goals even after marriage. But if husband and family are supportive, then it is possible for a girl to continue the study. But, the number of such family is very less in our country, who support the girl in completing her studies.

In this article some of the information and situation mentioned are very common for married women. Education is just as important for women as it is for men. Men and women have equal rights and both needed to be educated.

> -Mamatha I B.Ed, 2022

Give Life and Cherish Your Life

Education is a life in itself, and through education we give life to others; a gaining of instruction or the information can be given by anybody or can be received by anyone. But the spring of life only can be given by the teacher.

A teacher is a life-giving tree, a tree always gives good out of bad; though it receives bad things from others but it is always determining with its value and it lives with its value. Whatever may happen in its life but accepts everything to one self and give good things to others.

A tree can grow as it wishes, but it can't give life to others. It can look with ever green leaves, and very huge look of the tree it gives shadow and shelter to the birds but it may not produce a fruit. In the same way a teacher can be full of vast knowledge with her degrees, with her experience of being a teacher. If she doesn't have value in herself; Yet she can't give life to others.

A teacher can become an available information giver; but may not bring life to others. A true teacher is the one who treats the students impartially and with honesty to her conscience. Identifying in every child an ability to become something great in the future and encouragement with good guidance to achieve their greater goal in life. She looks at every child; that child has a positive mind and talent to grow in life.

To become a life-giving spring, it is not as easy to others life. It needs the greater courage and self-sacrificing attitude in life; to march forward with positivity; to make a good achiever in life. A student's life is dependence upon the teacher.

Hence the students imitate the teacher in every aspect and follow her footsteps. A teacher builds a good society in the future. A good teacher can bring changes in any student's life. Her students will be filled with values in life and they will be ever ready to face any changes in life and take risks for the good of someone; who is in need of someone's help. The values can only bring changes in oneself and in others' lives. So, give life and cherish your life always with determination from your heart.

- Be a valuable teacher to others.

-Sr Pavithra I B.Ed, 2022

CHALLENGES FACED BY STUDENTS WHILE SWITCHING FROM ONLINE TO OFFLINE CLASSES

As Mahatma Gandhi says "Education means the all-round development of a child". What is all-round development? Does it only mean mental development? No, all-round development means physical, social, emotional and cognitive development. Past few years we were living in a pandemic world. We got habituated to home. Schools, colleges, offices and gyms were closed. For few months we sat in room and we got adjusted to work from home and online classes. Does this online class make sense? As a corona batch student, I say "no". Speaking about elementary school students, children have to learn how to read and write. They have to spell each word. They have to learn basics. Can these kids learn these without the help of a teacher? Teachers play very important role in the development of child.

As we say that teachers are the second parents and school is the second home. During online classes what teacher does was that as they didn't have enough time to cover the portions, so more home work was given to save time. Many of the parents are working, they have no time to teach their children. Most works of child were done by parents and child didn't learn anything. Online test was conducted and all those tests became open book test for children. During those online tests children gained full marks and learned nothing. These kids got promoted to next level.

Teachers feel there is lack of communication between kids. During class hours special attention was given to average, above average, below average and gifted kids. Teachers says that below average and average kids suffered a lot after online classes. Those students struggled to cope up with the concepts because they haven't got any attention from teachers during online classes. As there is a misconception that technology or robots can teach children but its wrong technology is only to help the child to learn and there is always a need of teacher or else children will be online puppets.

-By Anja<mark>li El</mark>izabeth I B.Ed, <mark>202</mark>2

Why Art Education isImportant in School Curriculum ?

Art is a form of creative mindfulness, a means of therapy that creates a relaxed vibe and nourishes our mind, body, and soul. It produces a sense of calm and serenity which stimulates and energizes a student's morale and confidence.

Schools need to develop a balanced school curriculum so as to provide an all-round education for their students. Art education is one of the five essential areas in the overall aim of education set out by the Education Commission: "To enable every person to attain all-round development in the domains of ethics, intellect, physique, social skills and aesthetics according to his/her own attributes so that he/she is capable of life-long learning, critical and exploratory thinking, innovating and adapting to change."

The purpose of the school education is not merely endowing a person with knowledge and a set of skills that one can put to pragmatic use in further life. Apart from that – undoubtedly necessary – component, the ultimate goal of educating school children is helping their development as persons addressing as many facets of their potential as possible. Devising a school curriculum depends to a significant degree on identifying the subjects to be taught and the emphasis put on each of them to ensure that pupils receive harmonious and wholesome education.

Art subjects or simply arts are an integral part of a well-devised and multi-faceted curriculum designed to develop the pupils' talents, skills and abilities to the greatest extent. Art education has multiple benefits for everyone involved: it promotes creativity and inventiveness, ensures better emotional education for the schoolchildren, and improves mental and physical health simultaneously

> Thejaswini I B.Ed, 2022

INDIAN CULTURE

The culture of India refers collectively to the thousands of distinct and unique cultures of all religions and communities present in India. India's languages, religions, dance, music, architecture, food and customs differ from place to place within the country.

Greeting

The Namaste is one of the most popular Indian customs and isn't just restricted to the Indian territory anymore. The UN Secretary-General, greeting everyone with a namaste at the Times Square in New York on the first International Yoga Day. But, what's the significance? The Namaste, or namaskara, or 'namaskar' is one of the five forms of traditional greetings mentioned in the ancient Hindu scriptures, the Vedas. It translates to 'I bow to you', and greeting one another with it is a way of saying 'May our minds meet', indicated by the folded palms placed before the chest. The word Namaha can also be translated as 'na ma' (not mine), to signify the reductions of one's ego in the presence of the other.

Always a festival season

India also sees a large number of festivals, mainly because of the prevalence of diverse religions and groups. The Muslims celebrate Eid, Ramzan, the Christians have Christmas and good Friday, the Sikhs have Baisakhi (harvesting of crop), and the birthdays of their Gurus and the Hindus have Diwali, Holi, Makar Sankranti, the Jains have Mahavir Jayanti, the Buddhists celebrate the Buddha's birthday on Buddha Poornima, and quite honestly, the number is endless. All of these translate to holidays in our book, of course.

Joint Family

Also, in India, there exists the concept of a joint family, wherein the entire family (parents, wife, children and in some cases, relatives) all live together. This is mostly because of the cohesive nature of the Indian society, and also reportedly helps in handling pressure and stress.

The Science Behind Temples

Most temples are located along magnetic wave lines of the Earth, which help in maximising the available positive energy. The copper plate buried under the main idol absorbs and resonates this energy to its surroundings. Going to the temple often helps in having a positive mind and garnering positive energies, which in turn lead to healthier functioning.

-S Meghana I B.Ed, 2022

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CHILD LABOUR IN INDIA

It is disheartening that child labor has been prevalent in India for a long time. Children can be seen working in hotels, restaurants, factories, and households. Employers often choose children as they can work more and demand less.

A widespread problem

Child labor paints a grim picture of the socio-economic conditions of a significant portion of our population. In large families where having a square meal a day is a luxury, young children are compelled to work in hazardous conditions just to put food on the table. They begin to lead lives filled with perpetual unhappiness and frustration.

Prevalence of child labour

Engaging children in labor is a serious social offense. Only a sick society perpetuates this evil practice. Children are meant to live and thrive freely. It is everyone's duty to ensure the full expression of their potential because, "What is done to children, they will do to society."

Conclusion

Government authorities and civil society organizations must collaborate to liberate children working under adverse conditions. They need to be rescued from exploitative work conditions and provided with access to proper education and a healthy living environment. Only through comprehensive measures can the government hope to eliminate all forms of child labor by 2025.

> -Alwin K Benny II B.Ed, 2022

STORY ABOUT COLLEGE LIFE

THE JOURNEY OF MY LIFE AT ST. JOSEPH'S COLLEGE OF EDUCATION

"You loved me and gave yourself for me; you spent your time and energy on me." With just a few more months to go before I leave this college, my heart is filled with tears of joy and sorrow. In this article, I would like to share my experience about my college life.

DR. PRIYA MATHEW

I walked into the college not knowing much about the campus, guided by a stranger. When I entered the office, Priya ma'am welcomed me with a warm smile and a cheerful face. As the days passed, I observed that she was a dynamic, enthusiastic, dedicated, and committed individual. She was a good organizer, firm but loving, and genuinely concerned about every student. She paid attention to the minute details of each student and treated everyone with dignity and respect. I drew inspiration and guidance from Priya ma'am.

DR. ASHA P. PATHROSE

A teacher is the one who shows the way. My journey began with Asha ma'am, a highly knowledgeable person who taught me everything and opened the doors of knowledge. She was deeply committed to her task, and every moment in her classroom was spent productively. As a disciplined teacher, she directed me on the path of life I needed to travel. Even in the late night, she would answer my questions and clarify my doubts. Her sincere and loving feedback provided me with the platform to develop myself and become a disciplined teacher.

MRS. ANNE JAYASHEELA

A teacher is like a second mother. A teacher who is motherly, approachable, loving, and caring builds a strong rapport with the students. She takes a genuine interest in the lives of the students and creates a peaceful and loving atmosphere.

MRS. NAGESWARI P. N.

During my course of study, I found that Mrs. Nageswari is ever-smiling and hardworking. Her simplicity is endearing, and she radiates warmth and love. Even though we had less interaction on certain events and occasions, she is a person who adds color to the day.

MRS. SHALOM SANNUTHA

Mrs. Shalom is a teacher with the potential to engage the entire college with her vibrancy and creative skills. She is a good planner, organizer, and executor, using a variety of activities to make the class interesting.

MR. YOGESHA K. A.

Though I had less interaction with Mr. Yogesh, he played a vital role in coordinating and organizing various activities with great care. He is a very simple and loving person who has a good rapport with officials and effectively carries out planned activities.

DR. CHALUVARAJASWAMY K. T.

From Dr. Chaluvarajaswamy, I learned to be simple and loving towards students. He understands the students' perspective, keeps them calm and peaceful, and provides unwavering support.

MRS. SHRUTHY SADASIVAN

Mrs. Shruthy enters the class well-prepared, providing worldly knowledge, current happenings, and the latest events.

All my teachers are valuable sources of knowledge. Their continuous training and teaching have inspired my life. As I prepare to leave ST. JOSEPH'S COLLEGE OF EDUCATION, I do so with a heart full of gratitude. I carry with me countless memories and valuable inspirations from my dear teachers.

DEAR TEACHERS, YOU ARE SIMPLY THE BEST! THIS IS MY SHORT ARTICLE, A STORY THAT I WILL CHERISH.

> -Sr Arul Mary A II B.Ed, 2022

KEY TO HAPPINESS

What is happiness? We can ask hundreds of people and each of them would probably give different answers. One would say that happiness is being with the loved ones, the second would say that happiness is the stability and the third on the contrary, would say happiness is the unpredictability.

Personally, I consider happiness as simplicity and peace when my family and friends are healthy and happy as well. I recognize that they all are dear to me and able to understand what is going on inside me. I know they will support me in any situation. In return, I am also ready to do much for them. What we do for others, helping them when they need our help advice, or support and obtaining appreciation, is happiness because helping others, we are doing something very significant and necessary.

However, some people might be unhappy. For example, teenagers who have everything to live a happy life, including healthy family, close friends and enough money to satisfy basic need ask their parents to buy the latest model of i phone. In the case, parents could not afford it, some teenagers tend to feel unhappy. After all, one can be a successful leader and have millions as well as prestige, but do not have a loving family and emotional harmony.

In my opinion, material values are not a true measure of happiness. Happiness is the ability to be optimistic in spite of difficulties and the ability to overcome them successfully.

Finally, challenges should be taken as the lessons that life presents us. Even the negative things teach something, give us a new experience or refer to the correct direction.

> -Kaveramma I B.Ed, 2022

MILESTONES 2021-22

Theatre in Education: A Powerful Tool for Learning and Personal Growth

Theatre in Education, (often abbreviated as TiE,) is an innovative and engaging approach to education that harnesses the power of drama and performance to enhance the learning experience. This educational method has been gaining recognition and popularity for its ability to make learning more interactive, immersive, and enjoyable. In this article, we will explore the concept of Theatre in Education and its impact on students and the educational system.

Theatre in Education is not limited to traditional plays and performances. It encompasses a wide range of activities, from role-playing and improvisation to scripted dramas designed to address specific educational objectives. Its primary goal is to make learning more accessible and relatable, bridging the gap between theoretical knowledge and practical understanding.

One of the key advantages of Theatre in Education is its ability to cater to various learning styles. Visual, auditory, and kinesthetic learners all benefit from the multisensory experiences it offers. Through live performances or interactive workshops, students can explore complex subjects, historical events, and social issues in a way that textbooks alone cannot achieve. This approach encourages critical thinking, empathy, and a deeper connection to the subject matter.

Theatre in Education also promotes essential life skills such as communication, teamwork, and problem-solving. When students actively participate in role-playing or improvisational exercises, they learn how to express themselves effectively and collaborate with their peers. These skills are not only crucial for academic success but also for personal growth and development.

Moreover, Theatre in Education can be a valuable tool for addressing sensitive topics like bullying, mental health, and diversity. By using drama as a medium, educators can create a safe space for open discussions and empower students to share their thoughts and experiences.

> - Dr Chaluvarajaswamy K. T Assistant Professor

Poetry is The Rythmical Creation of Beauty in Words.

NATURE

My soul dazzles in nature in the bliss of morning dew. Brings me amazement in the Lord and my soul inclined in the beauty of Nature

Recreated. In my weakness, You saw something of beauty-You saw something to opportunity.

The chirping sound o<mark>f the bir</mark>ds Makes my heart sweet Rustling wind feels the touch of God and my heart in the wonder of creator

The lovely nature lifts my soul makes my heart light. In the bliss of nature abides my soul inclined in nature.

> - Serina Shilpa I B.Ed, 2022

LOVE FOR INSTAGRAM

A platform that reached the peak After the fall of TikTok in India. One might become famous in a moment Like "Badam badam kacha badam" Also can be replaced with AI generated Narendra Modi's voice.

When asked who is your favorite singer. Fourteen hours can be average screen time using it in a week, Leaving no time for writing the assignment. The same Instagram gives you a poem, If I skip sleep for you then you are really special

* Assignment blushing *



-Kulandai Raj I B.Ed, 2022

Work is Worship

Work is worship,

Says the days that have leaped; as we sowed, So, we have reaped.

We've reaped love, from this lovely land; Ploughed it with perseverance, holding each other's hand.

Reflections of ourselves in each other we saw; We saw this place, From woods to concrete grow.

Our daydreams, had many colours; The happiness we shared,

Like the fragrance from flowers.

New ideas, new ways, we've acquired with zeal; New techniques, new thoughts, in this ordeal.

The nook and corner of this place reverberate in our heart; The time we spent together, and found it difficult to part.

Now, the time has come, to wave goodbye, And to embrace each other, refreshing the days gone by.

But a promise we've made, At this final frontier we've learned, That, work is worship

> - Mary Nisheal I B.Ed, 2022

Indebtedness

Life is a boon given by God Life is a tree tied by dreams and is a chance To do good deeds

Life is a gam<mark>e</mark> filled with anxiety For either sweet triumph or bitter defeat

Life is a mixture

Of nectar and strains which spreads out like a vast deep ocean

- Sneha Maria I B.Ed, 2022

Hand in Hand

You are the best teacher ever. I will forget you never! You encouraged me. To be one among we.

You disciplined me to bow. That made me obedient now! You made me comfortable share, even after I go grey hair.

Each lesson you teach helps my goal to reach! You help me to become here Thank you teacher for always going hand in hand with me.

> - Shar<mark>o</mark>n I B.Ed, 2022

Far Away

Not too far away My gaze fell upon The auric line Where the sky met the seaGlazing in different shades of blue. Longing to reach there To embark on a quest

In search of the universal cure, I set out to sail Amidst the obstacles night and day amidst the tempest, hitting hard all the way not abandoning my quest.

I resumed my ride Many a time, my hands reached out to get hold of the horizon Only to find it moved farther away Just as the image of the man In his fruitless endeavor towards the eternal solace. Neither the sailor could reach the horizon

> - Hamna Hassan I B.Ed, 2022

BELONGINGNESS

"I flip through the pages and stopped at one from which the words seemed to jump out at me.

I don't even remember the season. I just remember walking between them and feeling for the first time that I belonged somewhere.

The drive back to the place I called home was lonely. I was left alone with thoughts of mine that questioned my sense of belonging.

Where do I belong?"

-Alwin K Benny II B.Ed, 2022

WHEN MY HEART CRIES

"When my heart cries, It's a cry too shy, As the morning sun shines, And the evening sun dies, In moments of defeat, My heart often cries.

When my heart cries, Still too shy, As unasked fears fall, For reasons oh so small, Seeking a song to belong, My heart often cries.

When my heart cries, So shy, Afraid to be bold, Offered a hand to hold, Yet too afraid to belong, My heart often cries."

-Gopika II B.Ed, 2022

TEACHER

A teacher is like a lamp, who gives the light of knowledge. A teacher is like a captain, who gives direction to our life. A teacher is like a flower, who gives fragrance of education. A teacher is like a pillar, who stands by students.

A teacher is like a gardener, who cultivates good quality in a student. A teacher is like a clock, who has a great patience. A teacher is like a mother, who loves all the children equally. A teacher is like a god, who gives new life and new vision, Oh teacher! You are great, noble and lovable.

> - Rashmitha.S. R I B.Ed

> > , 2022



DAT 5 CLASS WORK 1 MATHS 2 INFORMATICS BREAK 3 ENGLISH 4 SCIENCE

MY CLASSROOM

In a classroom so grand,

Where colors and curtains, a magical fate. A girl with drops, on walls they dance, As the red carpet leads to a dreamy expanse.

With a white roof above, like a canvas so pure, Imagination soars, creativity to endure. Purple curtains frame this vibrant scene, where young minds flourish, like never seen.

In this classroom of wonders, dreams take flight, A symphony of colors, a captivating sight.

With each brushstroke and step, inspiration grows,

As the world unfolds, a masterpiece it bestows.

- Muskan C I B.Ed, 2022

JUBILATE DEO

ST JOSEPH'S COLLEGE OF EDUCATION MOTO: "LOVE, LOYALITY AND SERVICE"

From a distance, the college looks blue and green. From a distance, the young men and women shine like stars lighting up the sky. Once, they were the stars of St. Joseph's, even though they are far. From a distance, they are instruments.

From a distance, the voice of hope, the voice of peace is heard by all those who journeyed. The golden rays of St. Joseph's touch their lives and make them shine in some corner of the world. The memory of St. Joseph's College of Education presses upon their hearts.

It's a long, long journey that you have traveled, Equipping the unpleasant, the unattractive, the weaker sections, the less privileged. We salute you, St. Joseph's College of Education. We stand beneath you with extended hearts and whisper, "All that has been, thanks! All that will be, yes!"

Half-century Anniversary! Congratulations! Love and service were your maxims. Love, loyalty, and service were your mottos. Your 50 years of service are an inspiration and a great example of commitment to the numerous young men and women in society.

We cannot find another like you, dear St. Joseph's College of Education. In your love and service, As the golden jubilee bells ring out, our hearts proclaim, "How can we thank you enough? All that has been, thanks! All that will be, yes! We cannot find another like you, dear St. Joseph's College of Education."

> - Sr. Arul Mary A II B.Ed, 2022

ಕನ್ನಡ ಕಸ್ತೂರಿ

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ಸ್ನೇಹ

ಹಚ್ಚ ಹಸಿರಿನ ಹಾಗೆ ಹಚ್ಚಳೆಯದೆ ಕುಳಿತಿದೆ ನನ್ನ ಮನಸ್ಸಿನಲ್ಲಿ ಸ್ನೇಹವೆಂಬ ಪದ ಕಾಮನಬಿಲ್ಲಿನಲ್ಲಿರುವ ಬಣ್ಣಗಳ ಕಾಂತಿಯ ಹಾಗೆ ಕಾಡುತ್ತಿದೆ ನನ್ನ ಸ್ನೇಹಿತರ ನೆನಪುಗಳು ಮಾಮರದಲ್ಲಿರುವ ಕೋಗಿಲೆಯಾಗೆ ಕೇಳಿಸುತ್ತಿದೆ ನನ್ನ ಸ್ನೇಹಿತರ ಪಿಸುಮಾತು ಮಂಜಿನ ಹಾಗೆ ಕಣ್ಮರೆಯಾಗುತ್ತಿದೆ ನಮ್ಮ ಕಾಲೇಜಿನ ದಿನಗಳು ಕಾಲಚಕ್ರದ ಹಾಗೆ ಉರುಳಿ ಬರಲಿ ನಾವೆಲ್ಲರೂ ಮತ್ತೆ ಸೇರುವ ಕ್ಷಣ ಕೃಷ್ಣ ಸುಧಾಮರ ಸ್ನೇಹದಂತೆ ಪವಿತ್ರವಾಗಿರಲಿ ನಮ್ಮೆಲ್ಲರ ಈ ಸ್ನೇಹ

> - ತನುಶ್ರೀ ಎಂ, ಎಸ್ I B.Ed, 2022

ಹುಡುಕುತ್ತಿರುವೆ

ಹುಡುಕುತ ಹೊರಟಿರುವೆ ದಾರಿಯ ಕಾಣದೆ ಹುಡುಕುವ ನೆಪದಲಿ ವರ್ಷಗಳೇ ಕಳೆದಿವೆ ಕನಸುಗಳೆಲ್ಲ ಗೋರಿಯ ಹಾಗೆ ಸತ್ತು ಬಿದ್ದಿವೆ ಎಲ್ಲಾ ಭಾವನೆಗಳು ನನ್ನಿಂದ ಕದ್ದು ಹೋಗಿವೆ...... ಅಂತರಾಳದ ಮಾತುಗಳು ಮೌನವನು ಬಯಸಿವೆ...... ನನ್ನೆಲ್ಲಾ ಚೈತನ್ಯಗಳು ಹೂವಿನಂತೆ ಬಾಡಿ ಹೋಗಿವೆ...... ಆದರೂ ಹುಡುಕುತ ಹೊರಟಿರುವೆ ಏನೆಂಬುದ ತಿಳಿಯದೆ.....

> - ಛಾಯ ಸಿ ವಿ. I B.Ed, 2022

ಕವನ

ಜ್ಞಾನಕ್ಕೆ ಸಮನಾದದ್ದೂ ಯಾವುದೂ ಇಲ್ಲ.. ಅಜ್ಞಾನವೆಂಬ ಕತ್ತಲನ್ನು ಜ್ಞಾನದ ಬೆಳಕಿನಿಂದ ದೂರ ಮಾಡಿದ... ಬೋಧನೆಯ ಮೂಲಕ ಸಾಧನೆಯ ಹಾದಿ ತೋರಿಸಿದ... ನಾಗರೀಕ — ವೈಚಾರಿಕ ಸಭ್ಯತೆಯ ಬದುಕನ್ನು ರೊಪಿಸಿಕೊಳ್ಳಲು ಮಾರ್ಗ ತೋರಿಸಿದ... ಸಮಸ್ತ ಶಿಕ್ಷಕರಿಗೆ ಶಿಕ್ಷಕರ ದಿನಾಚರಣೆಯ ಶುಭಾಶಯಗಳು...

> ಪೃಥ್ವಿ ಐ. ಎಸ್. I B.Ed , 2022

ಕವನ

ಕನ್ನಡ ಅಂದರೆ ಒಂದಷ್ಟು ಶಕ್ತಿ, ಕನ್ನಡ ಅಂದರೆ ಒಂದು ಯುಕ್ತಿ, ಪಂಪ,ಪೊನ್ನ,ರನ್ನ,ಜನ್ನ, ಕಾಲದಿಂದ ಪುಟ್ಟಪ್ಪ, ವರ ಕವಿ, ರಾಷ್ಟ್ರಕವಿ,ಮುಂತಾದ ಮಹಾನ್ ಚೇತನರನ್ನು ಗುರುತಿಸಿದ್ದು ಎನ್ನ ಭಾಷೆ!

ಯುಗಗಳು ಕಳೆದರೂ,

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ಭೂಮಿ ಆಯಸ್ಸು ಕೊನೆಗೊಂಡರು ಸೂರ್ಯ- ಚಂದ್ರ ಒಂದಾದರೂ ನನ್ನ ಭಾಷೆಗೆ ಕೊನೆ ಇಲ್ಲ... ನನ್ನ ಭಾಷೆಗೆ ನನ್ನ ಭಾಷೆಯೇ ಸರಿಸಾಟಿ....

> - ඵු.සේ.ව I B.ed,2022

ನಾಗರಿಕ ಪ್ರಪಂಚದಲ್ಲಿ ಅನಾಗರಿಕ ಜೀವನ

ಶತಮಾನದಲ್ಲಿ ಬದುಕುತ್ತಿದ್ದೇವೆ. ಜಗತ್ತು ಕ್ಷೀಪ್ರ ಬದಲಾವಣೆಯನ್ನು ಪ್ರಸ್ತುತ ನಾವು 21ನೇ ಕಾಣುತ್ತಿದೆ.ಒಂದು <mark>ಪ್ರದೇಶದಿಂದ ಸಾವಿರ ಕಿಲೋಮೀಟರ್ ದ</mark>ೂರದ ಪ್ರದೇಶದಲ್ಲಿ ಇರುವವರನ್ನು ಕ್ಷಣಮಾತ್ರದಲ್ಲಿ ಮುಖಾಮುಖಿ ಮಾತನಾಡಿಸುವ ಸೌಲಭ್ಯ ಇದೆ.ಅಂತಹ ಸೌಲಭ್ಯ ಇದ್ದರೂ ಯಾರಿಗೂ ಮಾತನಾಡಲು ಸಮಯವಿಲ್ಲ. ಆದರೆ ನಾವು 18 ಮತ್ತು 19ನೇ ಶತಮಾನದಲ್ಲಿ ಈ ತರಹದ ತಂತ್ರಜ್ಞಾನ ಸೌಲಭ್ಯವನ್ನು ನೋಡಲು ಸಿಗುವುದಿಲ್ಲ.ಆದರೆ ಅಲ್ಲಿ ಪ್ರೀತಿ,ವಿಶ್ವಾಸ ಎಲ್ಲವೂ ತುಂಬಿತ್ತು.ತಾಳ್ಮೆ,ಸಹನೆ ಇತ್ತು.ಒಂದು ವಿಷಯವನ್ನು ಮತ್ತೊಂದು ಕಡೆ ತಲುಪಿಸಲು ವಾರ ತಿಂಗಳುಗಟ್ಟಲೆ ಸಮಯ ತೆಗೆದುಕೊಂಡರು. ಅದನ್ನು ತಾಳ್ಮೆಯಿಂದ ಸ್ವೀಕರಿಸುತ್ತಿದ್ದರು. ಪ್ರಸ್ತುತ ನಾವು ಕ್ಷಣಾರ್ಧದಲ್ಲಿ ವಿಷಯವನ್ನು ನಮಗೆಲ್ಲಾ ಕಾಯುವ ಮನಸ್ಸಿಲ್ಲ<mark>.ಇಂ</mark>ತಹ ಒಂದು ಶತಮಾನದಲ್ಲಿ ಆದರೆ ತಲುಪಿಸಬಹುದು ಬದುಕುತ್ತಿರುವ ನಾವು ಬದಲಾಗುತ್ತಿದ್ದೇವೆ ಅತ್ಯಂತ ಉತ್ತಮ ಜೀ<mark>ವ</mark>ನ ನಡೆಸುತ್ತಿದ್ದೇವೆ ತಂತ್ರಜ್ಞಾನದಲ್ಲಿ ಮಂಗಳ ಗ್ರಹಕ್ಕೆ ಹೋಗುವಷ್ಟು ಮುಂದೆ ಹೋಗಿದ್ದೇವೆ ಎಂಬ ಭ್ರಮೆಯ ನಾಗರೀಕ ಜೀವನ <mark>ನಡೆಸುತ್ತಿದ್ದೇವೆ . ಎಲ್ಲರ ಮೈ ಮೇಲೆ ಹಾಕಿರುವ ಬಟ್ಟೆ ಮಾತ್ರ ಬಹಳ ಶುಚಿಯಾಗಿದೆ ಅಷ್ಟೇ ಮನಸ್ಸು</mark> ನಾನು , ನನ್ನದು ಎಂಬ ಅಹಂ , ಸ್ವಾರ್ಥದಿಂದ ತುಂಬಿದೆ.

ಉದಾಹರಣೆಗೆ ; ಒಬ್ಬ ವ್ಯಕ್ತಿ ತನ್ನ ವೈಯಕ್ತಿಕ ದ್ವೇಷ ಸ್ವಾರ್ಥದಿಂದ ಒಂದು ದೇಶವನ್ನು ಸರ್ವನಾಶ ಮಾಡಿ ಬದುಕಬೇಕು ಎಂದುಕೊಳ್ಳುತ್ತಾನೆ. ವ್ಯಕ್ತಿ ನಾಗರೀಕನಲ್ಲವೇ, ಅವನು ಶಾಲೆಗೆ ಹೋಗಿಲ್ಲವೇ, ಅವನು ಒಂದೇ ದೇಶದ ಪ್ರಧಾನಿ ಹುದ್ದೆ ಸಿಕ್ಕಿದೆ ಎಂದ ಮೇಲೆ ಕೇವಲ ತನ್ನ ದೇಶದ ಜನರ ಪ್ರಾಣ ಮಾತ್ರ ಅಮೂಲ್ಯ ಬೇರೆ ದೇಶದ ಜನರ ಪ್ರಾಣಕ್ಕೆ ಬೆಲೆ ಇಲ್ಲವೇ ಎಂದು ಅವರನ್ನು ದಾಳಿ ಮಾಡಿ ಕೊಲ್ಲಿಸುವಷ್ಟು ಕೆಟ್ಟ ಆಲೋಚನೆ ಇದೆ ಎಂದ ಮೇಲೆ ಇದು ಯಾವ ರೀತಿಯ ನಾಗರಿಕ ಸಮಾಜವಾಗಲೂ ಸಾಧ್ಯ.ಮಾನವ ಬದಲಾವಣೆ ಎಂಬ ಹೆಸರಿನಲ್ಲಿ ಪ್ರಾಣಿಗಳಿಗಿಂತಲೂ ಕಡೆಯಾಗಿ ತನ್ನ ಜೀವನ ನಡೆಸುತ್ತಿದ್ದಾನೆ.ಅದರಲ್ಲೂ 21ನೇ ಶತಮಾನದಲ್ಲಿ ಬದುಕುತ್ತಿರುವ ನಾವು ಎಲ್ಲರೂ ಎಲ್ಲಾ ವಿಷಯದಲ್ಲೂ ನಾಗರೀಕ ಜೀವನ ಎಂದು ಅನಾಗರಿಕ ಜೀವನ ನಡೆಸುತ್ತಿದ್ದೇವೆ.

ನಮಗೆ ಮಾನವೀಯತೆ ಕರುಣೆ, ಸಹನೆ, ತಾಳ್ಮೆ ಎಲ್ಲವೂ ಮರೆಯಾಗುತ್ತಿದೆ.ಇದನ್ನೆಲ್ಲಾ ಮರೆತು ಬದುಕುವ ನಾವು ಸಹ ಅಷ್ಟೇ ಬೇಗ ಭೂಮಿಯಿಂದ ಮರೆಯಾಗುತ್ತೇವೆ.

> ರೂಪ ಎನ್. I B.Ed, 2022

ಸ್ಪೂರ್ತಿದಾಯಕ ಶಿಕ್ಷಕರು

'ಇಲ್ಲ' ಎಂಬುದನ್ನು ಮರೆಸಿ 'ಇದೆ' ಎಂಬುದನ್ನು ನೆನಪಿಸಿ ಅರಿವೇ ಗುರು ಎಂಬುದನ್ನು ಸಾಕಾರಗೊಳಿಸುವ ಸುಂದರ ಶಿಲ್ಪಿಯೇ...... ಗುರು

ಶಿಕ್ಷಕರೆಂದರೆ ಪಾಠ ಬೋಧಿಸುವವರು ಮಾತ್ರವಲ್ಲ ಸನ್ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುವಂತೆ ದಾರಿ ತೋರುವ ಮಾರ್ಗದರ್ಶಕರು ಪಠ್ಯದ ಜೊತೆಗೆ ಜೀವನದ ಮೌಲ್ಯ ತುಂಬುವ ಗುರುಗಳು ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುತ್ತಾರೆ. ಶಿಕ್ಷಕರಿಗೆ ಮಹತ್ವದ ಸ್ಥಾನ ಕಲ್ಪಿಸಿ ದೇವರಿಗೆ ಹೋಲಿಸಲಾಗಿದೆ ಶಿಕ್ಷಕರು ಪ್ರತಿಯೊಂದು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೂ ಸ್ಪೂರ್ತಿಯಾಗಿರುತ್ತಾರೆ.

ನನ್ನ ಜೀವನದ ಸ್ಪೂರ್ತಿದಾಯಕರಾದಂತಹ ಶಿಕ್ಷಕರು ಎಂದರೆ ಪ್ರಸ್ತುತ ನಾನು ಓದುತ್ತಿರುವ ಸಂತ ಜೋಸೆಫ್ಟರ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು ಪ್ರತಿಯೊಂದು ವಿಷಯದಲ್ಲೂ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಹೊಸತನವನ್ನು ಬಯಸುವ ಏನೇ ಮಾಡಿದರು ಕೂಡ ಒಪ್ಪದೇ ಇನ್ನೂ ಏನೋ ಬೇಕಿತ್ತು ಎಂದು ಹೇಳುವರು ಇದು ಹೊಸದರಲ್ಲಿ ನನಗೆ ಕಸಿವಿಸಿಯನ್ನು ಉಂಟು ಮಾಡಿತು ಆದರೆ ಅವರ ಆಶಯ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿರುವಂತಹ ಗುಪ್ತ ಕೌಶಲ್ಯಗಳನ್ನು ಹೊರ ತೆಗೆಯುವುದು ಎಂದು ತಿಳಿಯಿತು.

ವಿದ್ಯಾರ್ಥಿಗಳ ಪ್ರತಿಭೆಗೆ ವೇದಿಕೆ ಕಲ್ಪಿಸುವಲ್ಲಿ ಅವರು ಸದಾ ಮುಂದು. ಒಬ್ಬ ತಾಯಿ ಮಗುವನ್ನು ಎಷ್ಟು ಜೋಪಾನವಾಗಿ ಆರೈಕೆ ಮಾಡಿ ಆ ಮಗುವಿನ ಮುಂದಿನ ಭವಿಷ್ಯಕ್ಕೆ ಶ್ರಮಿಸುವಳೋ, ಹಾಗೆ ಇವರು ತಮ್ಮ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ತಮ್ಮ ಮಕ್ಕಳಂತೆ ಪ್ರೀತಿಸುವರು ಹಾಗೂ ಅವರ ಏಳಿಗೆಗೆ ಶ್ರಮಿಸುವರು. ವಿದ್ಯಾರ್ಥಿಗಳು ಎಷ್ಟು ಬಾರಿ ತಮ್ಮ ಅನುಮಾನಗಳನ್ನು ಕೇಳಿದರು ಕೂಡ ಸ್ವಲ್ಪ ಕೋಪಿಸಿಕೊಳ್ಳದೆ, ಬೇಸರಗೊಳ್ಳದೆ ತಾಳ್ಮೆಯಿಂದ ಎಲ್ಲಾ ಅನುಮಾನಗಳನ್ನು ಬಗೆಹರಿಸುವರು.

ತನ್ನೆಲ್ಲಾ ಅನುಭವಗಳನ್ನು ಮುಚ್ಚು ಮರೆಯಿಲ್ಲದೆ ಹಂಚಿಕೊಳ್ಳುವರು ಯಾವುದಾದರೂ ಒಂದು ಕೆಲಸವನ್ನು ನಮಗೆ ಮಾಡಲು ಸಾಧ್ಯವಾಗುತ್ತಿಲ್ಲ ಎಂದರೆ "ನೀವು ಮಾಡಬಲ್ಲಿರಿ" ಎಂದು ಪ್ರೋತ್ಸಾಹವನ್ನು ತುಂಬುವರು ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಚಿಂತಿಸುವ ಕೌಶಲ್ಯವನ್ನು ವೃದ್ಧಿಸುವ ಹಂಬಲ ಅವರದು ನೀರು ಕುಡಿದಷ್ಟು ಸುಲಭವಾಗಿ ನಿರರ್ಗಳವಾಗಿ ಮಾತನಾಡುವ ಇವರ ಮಾತುಗಳನ್ನು ಕೇಳುತ್ತಾ ಕುಳಿತರೆ ಸಮಯದ ಕಡೆ ಗಮನವೇ ಇರುವುದಿಲ್ಲ ಮತ್ತಷ್ಟು ಕೇಳಬೇಕು ಎಂದೆನಿಸುವುದು.

ಯಾವುದೇ ರೀತಿಯ ಕಷ್ಟ, ತೊಂದರೆ, ನೋವುಗಳಿದ್ದರು ಕೊಡ ಇವರಾಡುವಂತಹ ಮಾತುಗಳು ಜೀವನದಲ್ಲಿ ಏನಾದರೂ ಸಾಧಿಸಬೇಕು ಎನ್ನುವಂತಹ ಛಲವನ್ನು ಹುಟ್ಟಿಸುವುದು.ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಪುಸ್ತಕದ ಹುಳುವಾಗಿಸದೆ ಅದರಾಚೆಗಿನ ಜ್ಞಾನವನ್ನು ಹಾಗೂ ಜೀವನದ ಮೌಲ್ಯಗಳನ್ನು ತಿಳಿಸಬೇಕು ಎನ್ನುವುದು. (ಆಂಗ್ಲ ಭಾಷೆಗೆ ಮೊರೆ ಹೋಗುತ್ತಿರುವ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಕನ್ನಡವನ್ನು ಉಳಿಸಿ ಬೆಳೆಸುವಲ್ಲಿ ಶ್ರಮಿಸುತ್ತಿದ್ದಾರೆ.)

ನನ್ನ ವಿ<mark>ದ್ಯಾರ್ಥಿ ಜೀವ</mark>ನದಲ್ಲಿ ಸ್ಫೂರ್ತಿದಾಯಕರೆನಿಸಿದಂತಹ ಶಿಕ್ಷಕರು ಇವರು.ಮುಂದಿನ ನನ್ನ ಶಿಕ್ಷಕ ವೃತ್ತಿಯಲ್ಲಿ ಇವರಂತಹ ಶಿಕ್ಷಕಿ ಆಗಬೇಕೆಂಬುದು ನನ್ನ ಆಶಯ. ಧನ್ಯವಾದಗಳು

> <mark>ಪಲ್ಲವಿ</mark>. ಸಿ. ಎಸ್. I B.Ed , 2022

ಸಮಯವೆಂ<mark>ಬ ಸಾಧನ</mark>

ಎಂದೂ ಸಿಗದ ಎಂದು ಬರೆದ ನಾಳೆಗಳನ್ನು ನೆನೆಯಬೇಡ ಇಂದು ಇರುವ ಸಮಯ ಕಳೆದು ಮರುಗಬೇಡ<u>.</u>

ನಮ್ಮವರಲ್ಲದ ಬಗ್ಗೆ ಚಿಂತಿಸಬೇಡ ನಿನ್ನತನವನ ಎಂದಿಗೂ ಮರೆಯಬೇಡ ಸಾಧನೆಯು ಮುಂದೆ ಇರುವುದು ಛಲದಿಂದ ನೀ ಸಾಗು ಮುಂದೆ ಗುರಿ ತಲುಪುವೆ ಒಂದಲ್ಲ ಒಂದು ದಿನ.

> - ದೀಪಿಕಾ . ಎಸ್. I B.Ed

ಕವನ

ಕನ್ನಡದ ಹೆಮ್ಮೆಯ ಕನ್ನಡತಿ ನಾನು ಕಾವೇರಿ ನೀರನ್ನು ಕುಡಿದೆ ಬೆಳೆದನು ಕನ್ನಡವನ್ನು ಪ್ರೀತಿಸುವ ಪ್ರೇಮಿ

ನಾನು ಕನ್ನಡ ನಾಡನ್ನು ಗೌರವಿಸುವೆನು ಕನ್ನಡಕ್ಕಾಗಿ ನನ್ನ ಜನನ ಕನ್ನಡಕ್ಕಾಗಿ ನನ್ನ ಮರಣ

> - ನಿಸರ್ಗ ಎಚ್ ಎಲ್ I B.Ed , 2022

ನನ್ನ ಗುರು

ಅರಿವಿನ ದಾರಿ ತೋರಿದ ಅನ್ನಕ್ಕೆ ಭದ್ರ ಭೂನಾದಿ ಹಾಕಿದ ಜ್ಞಾನ ಭಂಡಾರ ನೀಡಿದ ಸತ್ಯ ಮಾರ್ಗವನ್ನು ತೋರಿದ ಕಣ್ಣಿಗೆ ಕಾಣುವ ನನ್ನ ದೇವರು ನನ್ನ ಗುರು

ಅಂಧಕಾರದಲ್ಲಿ ಬೆಳಕು ನೀಡಿದ ಜ್ಞಾನದ ಹಸಿವಿನ ದಾಹ ತೀರಿಸಿದ ನನ್ನನ್ನು ಈ ಲೋಕಕ್ಕೆ ಪರಿಚಯಿಸಿದ ನನ್ನ ಕಲ್ಲಿನ ರೂಪವನ್ನು ಶಿಲ್ಪ ರೂಪಕ್ಕೆ ಪರಿವರ್ತಿಸಿದ ನನ್ನ ದೇವರು ನನ್ನ ಗುರು

ಸ್ವಾರ್ಥ ವಿಲ್ಲದೇ ನಿಸ್ವಾರ್ಥಿಯಾದ ಸ್ಥಾನದಲ್ಲಿ ತಂದೆ-ತಾಯಿಯಾದ ಪಥದಲ್ಲಿ ಒಳ್ಳೆ ಮಾರ್ಗದರ್ಶಕನಾದ ನನ್ನ ಕಿರುತಿ ಜ್ಞಾನದ ಆರತಿ ಬೆಳಗಿಸಿದ ನನ್ನ ದೇವರು ನನ್ನ ಗುರು.

> - ಪರುಶುರಾಮ I B.Ed ,2022

MILESTONES 2021-22



ಇದು ಜಗತ್ತಿನಲ್ಲಿ ಹಣ ಮತ್ತು ಅದರಿಂದ ಪಡೆಯಬಹುದಾದ ಹಲವಾರು ವಸ್ತುಗಳಿವೆ ಇವುಗಳನ್ನು ನಿರ್ಮಾಣ ಮಾಡಿದ ಮನುಷ್ಯ ಇವುಗಳಿಗೆ ಬೆಲೆ ಕಟ್ಟುತ್ತಲೆ ತನ್ನ ಮೌಲ್ಯವನ್ನು ಮರೆತು ಕುಳಿತಿದ್ದಾನೆ. ಇವೆಲ್ಲವೂ ಒಂದು ಅವಧಿಯಲ್ಲಿ ಕಣ್ಮರೆಯಾಗುವಂತಹವು ಈ ಅವಧಿ "ಸಮಯ" ಇದಕ್ಕೆ ಬೆಲೆ ಕಟ್ಟಲು ಅಸಾಧ್ಯ ಅಂತಹ ಮಹತ್ವಪೂರ್ಣವಾದದ್ದು ಈ ಸಮಯ

ಒಂದು ದಿನ ಅಂದರೆ 24 ಗಂಟೆಗಳೆಂಬ ಸಂಪತ್ತನ್ನು ಸದುಪಯೋಗಪಡಿಸಿಕೊಂಡರೆ ಮನುಷ್ಯ ಏನನ್ನು ಬೇಕಾದರೂ ಸಾಧಿಸಬಹುದು ಸಮಯ ಅತ್ಯಂತ ಮಹತ್ವಪೂರ್ಣವಾದದ್ದು ಎಂಬ ಅರಿವಿರಲಿ. ಕಳೆದು ಹೋದ ಕಾಲ ಮರಳಿಬಾರದು ಎಂಬ ಕಟುಸತ್ಯ ತಿಳಿದಿರಲಿ ಮುತ್ತು ಕಳೆದರೆ ಸಿಕ್ಕಿತು ಹೊತ್ತು ಕಳೆದರೆ ಸಿಗುವುದಿಲ್ಲ ಯಾವ ಯಾವ ಸಮಯದಲ್ಲಿ ಏನು ಮಾಡಬೇಕೆಂದುಕೊಂಡಿರುವೆನೋ ಅದನ್ನು ಮಾಡಿಯೇ ತೀರುತ್ತೇನೆ ಎಂಬ ಧೃಢತೆಯರಲಿ. ಕೈಗೊಳ್ಳುವ ಪುಟ್ಟ ಕಾರ್ಯದ ವಿಷಯದಲ್ಲೂ ಹೆಚ್ಚು ಗಮನವಿರಲಿ ಯಾವುದೇ ಕಾರ್ಯವನ್ನು

ಉತ್ಸಾಹದಿಂದಲೂ ಎಚ್ಚರಿಕೆಯಿಂದಲೂ ಮಾಡದಿದ್ದರೆ ಸಮಯವು ನಷ್ಟವಾಗುತ್ತದೆ ಎಂಬ ಸೂಕ್ಷ್ಮ ತಿಳಿದಿರಲಿ. ಮಾಡಿದ ಕೆಲಸವೊಂದು ಕೆಟ್ಟು ಹೋದಾಗ ತಲೆಗೆ ಕೈಕೊಟ್ಟು ಚಿಂತಿಸುತ್ತಾ ಕುಳಿತುಕೊಳ್ಳುವುದರ ಬದಲು ಅದನ್ನು ಸರಿಪಡಿಸುವುದರ ಬಗ್ಗೆ ಆಲೋಚಿಸುವುದು ಅಥವಾ ಮುಂದಿನ ಕಾರ್ಯಕ್ಕೆ ಗಮನ ಹರಿಸುವುದು

ಲಾಭದಾಯಕ ಸಮಯೋಚಿತವಾಗಿ ಯೋಚಿಸಬಲ್ಲವನು ಎಲ್ಲ ವಿಷಯಗಳಲ್ಲೂ ಜಯಶಾಲಿಯಾಗುತ್ತಾನೆ. ಒಂದೇ ಸಮನೆ ಹರಟೆ ಹೊಡೆಯುವವರ ಸಮಯ ನಿರರ್ಥಕ ಉಪಯುಕ್ತ ಮಾತು ಕತೆಗಳಲ್ಲಿ ತೊಡಗುವವರ ಸಮಯ ಸಾರ್ಥಕ. ಹಣ ಕಳೆದುಹೋದರೆ ಬಾಯಿ ಬಡಿದುಕೊಳ್ಳುವವರೆ ಎಲ್ಲಾ ಸಮಯ ನಷ್ಟವಾಯಿತೆಂದು ದುಃಖಿಸುವವನು ಸಾವಿರಕ್ಕೊಬ್ಬನೂ ಇಲ್ಲ ! ಹಗಲುಗನಸು ಕಾಣುತ್ತಾ ಆಕಾಶ ಗೋಪುರ ಕಟ್ಟುವವರ ಸಮಯ ನಿರರ್ಥಕ. ಸದ್ಭಾವನೆಗಳನ್ನು ತಾಳುತ್ತಾ ಅದರ ಬಗ್ಗೆ ಆಲೋಚಿಸುವವರ ಸಮಯ ಸಾರ್ಥಕ .

ವಿದ್ಯಾರ್ಥಿಗಳ ವಿಷಯದಲ್ಲಿ ಹೇಳುವುದಾದರೆ ಅವರ ಸಮಯವು ವ್ಯರ್ಥವಾಗುವ ಸಂದರ್ಭಗಳು ಬಹಳ. ವಿದ್ಯಾರ್ಥಿಗಳು ಅನಿರೀಕ್ಷಿತವಾಗಿ ದೊರಕುವ ಬಿಡುವಿನ ವೇಳೆಯನ್ನು ಸದುಪಯೋಗಪಡಿಸಿಕೊಳ್ಳಲು ಸಿದ್ಧವಾಗಿರಬೇಕಾಗುತ್ತದೆ.

ಇನ್ನು ನಮ್ಮ ಸ್ನೇಹಿತರು ಬಂಧುಗಳು ಪರಿಚಯಸ್ತರು ಇರಬೇಕಾದ್ದು ಆದರೆ ಇವರೆಲ್ಲ ತಮ್ಮ ಆತ್ಮವಿಶ್ವಾಸದಿಂದ ನಮ್ಮ ಅಮೂಲ್ಯ ಸಮಯವನ್ನು ತಿಂದು ಹಾಕದಂತೆ ಒಂದು ಕಣ್ಣಿಟ್ಟಿರಬೇಕು ಹಾಗೆಯೇ ಅವರ ಸಮಯವೂ ನಮ್ಮಿಂದ ಹಾಳಾಗದಂತೆ ನೋಡಿಕೊಳ್ಳಬೇಕು. ಒಟ್ಟಾರೆಯಾಗಿ ಈಗಲಾದರೂ ನಾವು ಸ್ವಲ್ಪ ಎಚ್ಚರವಹಿಸಿ ಬುದ್ಧಿ ಉಪಯೋಗಿಸಿ ಕಾಲವನ್ನು ವಶದಲ್ಲಿಟ್ಟುಕೊಳ್ಳುವ ತಂತ್ರವನ್ನು ಕಂಡುಕೊಳ್ಳಬೇಕು .ಇದರ ಮೂಲಕ ಮಹತ್ಕಾರ್ಯಗಳನ್ನು ಸಾಧಿಸಬೇಕು ಮಹಾನ್ ವ್ಯಕ್ತಿಗಳಾಗಬೇಕು.

> ಮೋನಿಕಾ R I B.Ed ,2022

MILESTONES 2021-22

ಹೂವು

"ತನಗಾಗಿ ಸ್ವಲ್ಪ ಸುತ್ತಲಿನ ಪ್ರಪಂಚಕ್ಕೆ ಸರ್ವಸ್ವ ಉದಾರ ಚಿಂತನೆಯನ್ನು ಒಳಗೊಂಡು ಸಾದೃಶವೇ ಎಂದರೆ ಹೂ .ಹೂ ಯಾರಿಗೆ ತನಿಷ್ಟ ವಾಗುವುದಿಲ್ಲ ಹುಟ್ಟಿನಿಂದ ಸಾಯುವವರೆಗೂ ಹೂವಿನ ಸಂಗತಿ ಇಲ್ಲದೆ ಜೀವನ ಸಾಗುವುದೇ ಇಲ್ಲ ಅಂತ ಹೂವಿನಿಂದ ನಾವು ಬದುಕಲ್ಲಿ ಕಲಿಯೋದು ಅದೆಷ್ಟು ವಿಚಾರಗಳಿವೆ.

ಮುಂಜಾನೆಯ ಸೂರ್ಯೋದಯಕ್ಕೆ ಅರಳಿ ನಿಂತ ಸುತ್ತಲಿನ ಪ್ರಪಂಚಕ್ಕೆ ತನ್ನ ಸುಗಂಧ ಪ್ರಪಂಚವನ್ನು ಹೆಸರಿಸುತ ಸಂಜೆಯೊಳಗೆ ತನ್ನ ಆಯಸ್ಸು ಅನುಭವಿಸುವ ಮಲ್ಲಿಗೆ ಅಂತ ಹೂವಿನಂದ ತಮ್ಮ ಜೀವನಕ್ಕೊಂದು ಸಾರ್ಥಕ ಪಾಠವಿದೆಯಲ್ಲವೇ

ಕವಿಗಳಿಗೆ ಹೋಲಿಸಲು ಹೋಗಬೇಕು ಮದುವೆ ಅಂತಹ ಶುಭ ಸಮಾರಂಭಗಳಲ್ಲಿ ಹೋಗ್ಬೇಕು ಅದು ಎಷ್ಟು ಕೋಮಲವಾಗಿರಬೇಕು ಎಂದು ಹೇಳುವುದುಂಟು ಬದುಕು ನಾಲ್ಕು ದಿನದಿಂದ ಆದರೂ ಸರಿ ಅದು ಸಾರ್ಥಕತೆಯ ತಕ್ಕೊಂಡುಯಬೇಕು ಸ್ವಾರ್ಥವಿಲ್ಲದ ಸಹಾಯ ಸುತ್ತಲಿನ ಪ್ರಪಂಚದ ಸಂತಸಕ್ಕೆ ನೀರಿರುತ್ತವದಿಂದ ಮಲ್ಲಿಗೆಯಾಗಬೇಕು ಅಥವಾ ಯಾವುದಕ್ಕೂ ಪ್ರಯೋಜನ ಬರದ ಮಸೂದ ಹೂವಾಗಬೇಕೆ? ನಿರ್ಧಾರ ನಮ್ಮದೇ....

> ಪ್ರಥಮ ವರ್ಷದ ಪ್ರಶಿಕ್ಷಣಾರ್ಥಿ I B.Ed

ಕವನ

ನನ್ನಜ್ಜ

ನನ್ನ ಬದುಕಿನ ಕಣ್ಮಣಿ ನನ್ನಜ್ಜ ನಿಮ್ಮ ನಗುವೊಂದೇ ಸಾಕು ಈ ಮನಕೆ ನನ್ನಜ್ಜ... ನನಗೆ ಸ್ಫೂರ್ತಿಯ ಚಿಲುಮೆ ನನ್ನಜ್ಜ ನನ್ನೆಲ್ಲಾ ನೋವು – ನಲಿವುಗಳ ಬೆನ್ನೆಲುಬು ನನ್ನಜ್ಜ... ಅಮ್ಮನ ಅಳುವಿಗೆ ಕರಗುವ ಮನಸ್ಸುಳ್ಳವರು ನನ್ನಜ್ಜ ಅಮ್ಮನಿಗೆ ಅಮ್ಮನಾಗಿ ಸಾಂತ್ವಾನ ನೀಡುವ ಮಡಿಲು ನನ್ನಜ್ಜ... ನಾನು ಪುಟ್ಟ- ಪುಟ್ಟ ಹೆಜ್ಜೆ ಇಡುವಾಗಿನಿಂದಲೂ ನನ್ನೊಂದಿಗಿರುವ ನನ್ನಜ್ಜ ನನ್ನನ್ನು ರಕ್ಷಿಸಿ ಕಾಯುತ್ತಿರುವ ರಕ್ಷಾಕವಚ ನನ್ನಜ್ಜ... ನನ್ನ ಬದುಕಿನ ಬಲ,ಛಲ ನನ್ನಜ್ಜ ಮತ್ತೊಬ್ಬರಿಗೆ ಆಲದ ಮರದಂತೆ ನೆರಳಾಗಿರುವವರು ನನ್ನಜ್ಜ... ಸರಳತೆಯ ವ್ಯಕ್ತಿತ್ವದ ವ್ಯಕ್ತಿ ನನ್ನಜ್ಜ ಸಹಸ್ರಾರು ಶಿಷ್ಯವೃಂದವನ್ನು ಹೊಂದಿರುವ ಜೇನುಗೂಡು ನನ್ನಜ್ಜ... ವರ್ಣನೆಗೆ ನಿಲುಕದವರು ನನ್ನಜ್ಜ ನಾ ಸದಾ ಆಭಾರಿಯಾಗಿರುವೆ ನಲ್ಮೆಯ ನನ್ನಜ್ಜ...

<mark>ಕಾಂಚ</mark>ನ ಎಸ್. I B.Ed ,2022

ಕವನ

ಕ್ಷಮಯಾ ಧರಿತ್ರಿ ಪ್ರಾರಂಭ ಹೆಣ್ಣೇ ಅಂತ್ಯವು ಹೆಣ್ಣೆ ಸೃಷ್ಟಿಯ ಮೂಲ ಹೆಣ್ಣಿ ನಮ್ಮೆಲ್ಲರನ್ನು ಹಡೆದ ತಾಯಿಯು ಹೆಣ್ಣ ತಾಯಿಗೆ ಸಮವಿಲ್ಲ ಈ ಜಗದೊಳಗೆ ತಾಯಿಗಿಂತ ಬಂಧುವಿಲ್ಲ ಹೆಣ್ಣೆಂದರೆ ಒಂದು ಮಮಾಕಾರದ ಮರವಿದ್ದಂತೆ ನಾವುಗಳು ಆ ಮರವನ್ನು ಸುತ್ತುವರಿದ ಬಳ್ಳಿಗಳು ಮರವಿಲ್ಲದೆ ಬಳ್ಳಿಗಳಿಗೆ ಜಾಗವಿಲ್ಲ ಹೆಣ್ಣೇ ಇಲ್ಲದೆ ಜಗತ್ತಿನಲ್ಲಿ ಸೃಷ್ಟಿಗೆ ಕಾರಣವಿಲ್ಲ ವಾತ್ಸಲ್ಯ ಪ್ರೀತಿ ಕರುಣ ಪ್ರೀತಿ ಕೋಪ ಸಹನೆ ತಾಳ್ಮೆ ಇವೆಲ್ಲವು ಅಮ್ಮನೆ ನೀಡಿದ ಬಳುವಳಿ.....

> - ಮನೋಜ್ ಕೆ.ಬಿ I B.Ed ,2022

ಸಂಜೆಯ ಸೂರ್ಯ

ಏನನ್ನು ಚಿಂತಿಸುತ್ತಿರುವೆ ಮನದ ಚಿಂತೆಯು ಚಿತ್ತವನ್ನು ಬಂಧಿಸಿದೆ ಮೋಡ ಕವಿದ ಸಮಯದಲ್ಲಿ ನಿನ್ನ ಮೊಗದ ಮಂದಹಾಸದ ಮರೆಯಂತೆ ಸದಾ ನಗುತಿರು ಸಂಜೆಯ ಸೂರ್ಯನಂತೆ ಚಂದ್ರ ಬರುವನು ಮನ್ಮಥನಂತೆ ತಂಪಾದ ಗಾಳಿಯು ಮೈ ಸೋಕಲು ನಕ್ಷತ್ರ ಅರಳಿವೆ ಮಲ್ಲಿಗೆಯಂತೆ ಸದಾ ನಗುತಿರು ಸಂಜೆಯ ಸೂರ್ಯನಂತೆ

> - ಕೆಂಪಲಿಂಗ ಟಿ I B.Ed ,2022

THEFTER

GALLERY OF SPECIAL PROGRAMMES

SPECIAL PROGRAMMES

*



AIISH VISIT 2022



TEACHER'S DAY 2022



ODANADI YOGA PROGRAMME 2022

SPECIAL PROGRAMMES

*



UGADI CELEBRATION 2022





POWER OF 2 RUPEES 2022

SPORTS MEET 2022



TALENTS DAY 2022

SPECIAL PROGRAMME

*





NATIONAL SPINACH DAY 2022



WORLD THEATRE DAY 2022





ALUMNI MEET 2022

23

PTA MEETING 2022

INTERNATIONAL SEMINAR 2022





SPECIAL TALK BY MISS JILL, REPRESENTATIVE OF - INTERNATIONAL GANDHIAN INITIATIVES FOR NON - VIOLENCE AND PEACE (IGINP) -INDIA/CANADA



NAAC VISIT (II CYCLE) 2022



Exit Meeting



Cultural programme



Interaction with students



Interaction with teachers



Finalising the Report



Welcoming the Peer Team



Visiting Practice Teaching schools

GLIMPSES OF GOLDE<mark>N JUBILEE</mark> CELEBRATION 2022



Honouring of Retired Staff



MILESTONES 2021-22

Release of Golden Jubilee souvenir



Blessing and Laying of Foundation Stone of St. Joseph's P. U. College and Auditorium



Cultural events

GRADUATION DAY 2022

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MILESTONES 2022-2023

"Creativity is seeing what everyone else has seen, and thinking what no one else has thought."

GALLERY OF MILESTONE 2022-23

MILESTONES 2022-23



Sitting From the Left to Right: Dr. Sandeep S (Faculty), Mr. Yogesha K. A (Faculty), Dr. Chaluvarajaswamy K. T (Faculty), Mrs. Anne Jaya Sheela (Faculty), Fr. Avinash (Administrator - MDES), Fr. Vijay Kumar (Secretary - MDES), Dr. Priya Mathew (Principal), Dr. Asha P. Pathrose (Faculty), Mrs. Nageswari P. N (Faculty), Mrs. Bhagya. S (Faculty).

Standing From the Left to Right: Mrs. Shruthy Sadasivan (Faculty), Mrs. Shalom Sannutha (Faculty), Mr. Jeevan Kishore (Non-Teaching Staff), Mrs. Mohana Lakshmi (Non-Teaching Staff), Mrs. Meenakshi V B (Non-Teaching Staff)

EDITORIAL BOARD 2022-23

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- : Dr. Asha P. Pathrose
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THE 51st BATCH 2022-23





STUDENT COUNCIL OF 2023

MILESTONES 2022-23



CLASS REPRESENTATIVE 2023



DISCIPLINE COMMITTEE 2023

MILESTONES 2022-23



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METHODOLOGY WISE



HISTORY -ENGLISH, COMMERCE - ENGLISH AND MATHS -ENGLISH 2023



PHYSICS - MATHS 2023



ANNUAL REPORT 2022-23

It is with great pleasure that we present the Annual Report of St. Joseph's College of Education for the academic year 2022-23. This report highlights the various activities and achievements of our college during this period, emphasizing our commitment to excellence in education and holistic development of our students. The academic year 2023 for third semester commenced on 03/01/2023. Dr. Priya Mathew, the principal, welcomed the students.

The orientation for third semester was given on 04/01/2023. The students were given the syllabus of each paper and the activities to be completed.

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Faculty Development programme were organized on 10/01/2023 and 17/01/2023. Dr. Priya Mathew was the resource person for Referencing and Citation in Research on 10/1/23 and Ms. Shruthy Sadasivan was resource person on "Constructivism- 5E Model Lesson Planning" on 18/1/23.

As part of women's safety, SJCE conducted an awareness talk on Human trafficking on 24/01/2023. Mr. Stanley of Odanadi, an NGO was the resource person. He shared his experience on how they managed to rescue several trafficked girls.

On 26/01/2023, we celebrated the republic day. Along with the support of teachers the secondyear students organised the Jo Fiesta. The students prepared different dishes and got good amount of profit which was used for charity.

At the beginning of the academic year, we organized a comprehensive Orientation Program for the newly admitted students on 06/02/2023. This program aimed to familiarize them with the college's academic environment, facilities, and support services. It also provided an opportunity for them to interact with faculty and seniors, ensuring a smooth transition into B.Ed college life. Entering the new courses with enthusiasm, students were exposed to the college environment. They had a new goal, new set of friends, new mentors and new ambience.

For the third semester students, as part of art and drama a two-day art workshop was organised on 17/02/2023. Students were divided into 4 groups and were assigned to complete different art designs on cotton cloth.

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The talents day for first semester students was held on 17/02/2023. The students showcased their talents and utilized the opportunity well. We are proud to say that our college has many talented students.

Twelve students presented papers at the national level seminar organized by PKM College of Education, Kannur in collaboration with St. Joseph's College of Education on 24/02/2023 and 25/02/2023.As part of MoU between both institution a cross cultural academic interaction programme was organised at PKM College of Education on 25/2/2023.

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On 21/02/2023 we celebrated the International Mother Language Day. Kannada methodology students were the coordinators of special programme on this day and there were different activities from all methodologies

Every year we celebrate National Science Day. On behalf of the national science day, we steered various activities and programmes from 22/02/2023 to 28/02/2023. There were competitions like tableau, character representation and self-composed songs. The students put their maximum effort for the programme and it entertained everyone. The chief guest of the valedictory programme was Prof.Geetha N,Professor,Dept of Biotechnology,University of Mysore. This event served as a platform for showcasing various scientific projects and experiments conducted by our students.

To recognize and appreciate the contribution of women in our society, we celebrated Women's Day. We organized various events, workshops, and discussions to empower and inspire our female students. The day was a tribute to the strength, resilience, and achievements of women. On 10/03/2023 we celebrated international women's day. In this connection our college arranged a special talk on women health by Dr.O Nanda, Assistant Prof.JSS Ayurvedic Medical College.In connection to Women's day a free health check up was organised for all students.

The student council 2023 was inaugurated on 11/03/2023.Rev Fr. Vijaykumar, Secretary, MDES presided over the function and Rev.Fr. Edward Saldanha was the Chief Guest who gave a special talk on Teaching Profession.

We celebrated the feast of our Patron, St.Joseph on 18/3/23 with great reverence and vigour. Holy mass was conducted followed by cultural programme. Hardwork, honesty, loyalty, dedication and sacrifice, the core values practiced by St.Joseph were highlighted and motivated everyone to follow his path.

Ugadi, the new year festval of our state was celebrated on 24/3/23 to inculcate cultural values. This day also stresses on the importance of accepting both hardship of life and sweetness of life equally.

As part of the art and drama the second years performed drama on each of their pedagogy from 11/04/2023 to 13/04/2023. It was a new experience for their juniors. They used different styles of narration and entertained the audience. On 21/4/23 International Dance Day was observed.

On 29/04/2023 the PTA meeting was conducted for second years. Most of the parents attended the meeting even in their tight schedule. The parents could track their child's progress and got the information regarding the teaching practice.

The life is incomplete without sports. As part of the sports day on 06/05/2023 both the first years and second years participated in group events. Both boys and girls displayed their talent in basketball, volleyball, throw ball, cricket and football.

From 16/05/2023 to 20/05/2023 the second years of SJCE went for a community living camp in Doddekoppalu, Mysuru along with faculty members. The students visited different villages and performed the awareness program as well as skits. It was an opportunity for our students to experience the life of villagers. The University examination of third semester was conducted as per schedule and a week-long break was given to students and staff.

The orientation for fourth and second semester was conducted on 19/06/2023. As the aspiring teachers it is important to have the skills in teaching. Teaching practice is the best period to improve their teaching and communication skills. On 10/07/2023 Dr. Asha P Pathrose gave the orientation on teaching practice. On 17/07/2023 the teaching practice started for second years.

In order to equip students to deal with different needs of adolescent students, a Special Talk was organised for the students on 13/7/2023. Dr. Bharathi Kulashekhara, counsellor was the resource person.

From 25/07/2023 to 28/07/2023 the first-year students visited different schools as part of the school visits and from 02/08/2023 to 04/08/2023 the first-year students visited special school, residential school and DIET.

On 15/08/2023 we celebrated 76th Independence Day. The Josephites conducted special programmes in the school ground. The tutorials and internal exams for both semesters were conducted as per the academic calendar.

It is the supreme art of the teacher to awaken joy in creative expression and knowledge. Every year we celebrate the teacher's day on 5th of September. The teacher's day celebration was held in St. Philomena's College auditorium on 02/09/2023 for MDES family. And on 05/09/2023 we celebrated in the college. The fourth semester students celebrated their first teacher's day. There was a special half day programme on the same day.

From 07/09/2023 to 25/09/2023 non-ICT simulation and ICT simulation for the first years were conducted. After the 50 days of practice teaching which started on 17/07/2023 the second-year students completed their internship programme on 29/09/2023.

On 09/10/2023 as part of the Yuva Sambrama our college performed a dance programme. The students of our college performed their best and got selected for the second round. Gandhi Jayanthi and Sasthry Jayanthi was celebrated on October second.

With regard to Humanities Day, the first-year students visited the Old Age home on 16/10/2023. A special talk on Mental Health and Mobile was organised by Specialists from Prerana Hospital, Mysuru on 17/10/23. The second internals for both second and fourth semester was conducted on 19th and 20th of October.

On 31/10/2023 the graduation day for second year students was conducted. St.Joseph's College of Education remains dedicated to providing a nurturing environment for our students to excel academically, socially, and culturally. This annual report is a testament to the collective efforts of our students, faculty, and staff in achieving our goals and upholding the institutional values.

We extend our gratitude to all who have been a part of this remarkable journey. With unwavering commitment and dedication, we look forward to another successful academic year ahead.

COLLECTION OF WORDS

Culinary Adventures: Exploring Exotic Cuisines from different Cultures

In a world as diverse as ours, where every corner unfolds a new culture and every culture boasts its unique flavours, embarking on a culinary adventure becomes a passport to understanding the world. Exotic cuisines, rich in history, tradition, and taste, offer a delightful journey for the senses. Let's set out on a gastronomic expedition, exploring the exotic cuisines that make our world a flavourful mosaic.

1. Savouring the Spices of India: A Journey through Indian Cuisine

India, with its vast geographical and cultural diversity, offers a myriad of culinary delights. From the fiery curries of Kerala to the aromatic biryanis of Hyderabad, Indian cuisine is a tapestry of spices. Delve into the world of masalas, tandoors, and chutneys as we uncover the secrets of Indian gastronomy.

2. Umami Wonders: The Art of Japanese Cuisine

Japanese cuisine, celebrated for its aesthetics and precision, goes beyond sushi and ramen. Explore the delicate balance of flavours in traditional Kaiseki, the soul-soothing warmth of miso soup, and the artistry behind sushi-making. Discover how Japanese chefs turn every meal into a work of art.

3. The Charm of Mediterranean Flavors: A Taste of Greece and Beyond

The Mediterranean diet is renowned for its health benefits and vibrant tastes. Journey through Greece, Italy, and Spain, savoring olives, olive oil, fresh seafood, and sun-ripened tomatoes. Learn about the cultural significance of meals in these regions and how they have inspired chefs worldwide.

4. From Pho to Banh Mi: Exploring the Diverse Cuisine of Vietnam Vietnamese cuisine is a symphony of flavours - sweet, sour, salty, bitter, and umami. Explore the bustling street food markets of Hanoi, savour the rich, aromatic broth of Pho, and enjoy the crispy perfection of Banh Mi. Uncover the influence of French colonialism on Vietnamese culinary traditions.

5. Spice and Everything Nice: A Culinary Safari in Morocco

Moroccan cuisine, with its tagines, couscous, and aromatic spices, is a tantalizing experience. Dive into the heart of Moroccan souks, exploring the vibrant colours and flavours of Ras el Hanout, saffron, and preserved lemons. Discover the hospitality of Moroccan tea ceremonies and the art of slow-cooked tagines.

> -Sarah <mark>II B.Ed,</mark> 2023

MILESTONES 2022-23

Wall Poster

Poster 1: Oh! I'm getting old and shredding away.

Poster 2: Hey be polite...I'm already shattered and I'm shredding like tears.

Poster 3: Hey oldies...

Poster 1: Oh! Here comes the new junk.

Poster 2: Who is he?

Poster 1: Hoh...that's Babylon...the Oscar winner.... mm.

Poster 2: Hmmm

Poster 3: You old junkies aren't gone?

Poster 1: Hey...mind your words.... your movies are laid on our hearthstone.

Poster 3: Ohh...masters... oldie legends.... hahahaha....

Posters 3: What's there in you guys?... we made the new innovations and uses various technologies... just not black and white like you.

Poster 1: How dare you....

Poster 2: Hey... be cool, never mind him....

Poster 3: Hahahaha.....

The wall: Hey why are you guys fighting.... you are just papers or movie posters...all of you will be torn away in the weekend on by the next monsoon...

The wall: Everything changes... but me...I'm bearing all of you...the beautiful pain of me is now vanished...actually I'm the hearthstone you fools lay on....

Poster 3: Who even consider you stiff giant...hahahaha....

The wall: Yeah... I'm the fool.... waiting for a free day....

(The dark clouds emerged in the sky announcing the arrival of monsoon. The water drops sliding through the wall. Minute later... the sun smiles again.)

Stranger: Hey... the new movie is released...don't forget to paste the posters....

-Albin Paul I B.Ed, 2023

"Reading is to the mind what exercise is to the body"

Reading is a habit that is doomed as something unnecessary in today's world. Technological advancements have lead to a state where even for academics reading the text is unnecessary as there are plenty of softwares that are capable of analyzing the text and summarizing it in simple terms. The ability to understand an unfamiliar text is reducing day by day as we are used to the summarized version rather than the original one. Using fancy and rich vocabulary has become something very common as there is a software or a search engine that can do it for us, they are not used by understanding the meaning of the particular word. Reading books requires the reader to imagine what is being conveyed.

The capacity to imagine is diminishing as we resort for education that is "marks" centered and do not provide a chance for the students to develop a habit of reading not just their discipline but also information from different streams so that they develop their vocabulary and imagination. A typical example is a book that holds a special place in my heart. The book is "Mysteries of the Universe" by Anish George. This particular book had at least two words that were new to me and I had to search for the meaning to understand the information. Reading the preface also gave new vocabulary. Reading such books should be encouraged in case students as they grow.

This helps them in becoming capable of analysing new information by themselves, comprehending its meaning and to generate a response that is out of the ordinary. Writing grammatically correct essays or articles is a easy task as we have many software like 'grammarly' which corrects your content and eradicates any errors. In the long run, this will result in the person becoming incapable of framing a grammatically correct sentence without the assistance of such technologies. The digital future has the ability to make access towards rich content and books easier, but if the digital advancements lead to a point where it erases the beautiful habit of reading, it is something that all have to put their thoughts into. Let's cherish this wonderful ability that we have.

-Annu Pr<mark>athe</mark>eksha I B.Ed, 2023

Coorg and it's Cuisines

The cuisine of Coorg is a blend of South Indian and Kodava cuisine. The Kodavas are the indigenous people of Coorg and their cuisine is characterized by the use of local spices, herbs, and meats.

Some popular dishes from Coorg include:

1. Pandi Curry: This is a spicy pork curry that is a staple in Coorgi cuisine. It is made with pork, onions, tomatoes, and a blend of spices.

2. Noolputtu: This is a steamed rice noodle dish that is usually served with coconut chutney or chicken curry.

3. Akki Roti: This is a flatbread made with rice flour and served with coconut chutney or chicken curry.

4. Koli Curry: This is a chicken curry that is made with a blend of spices and coconut milk.

5. Baimbale Curry: This is a vegetarian dish made with bamboo shoots, coconut, and spices.

6. Kadambuttu: This is a steamed rice ball dish that is usually served with pork curry or chicken curry.

7. Coorgi Pork Fry: This is a spicy pork dish that is made with onions, garlic, and a blend of spices.

8. Kachampuli: This is a souring agent that is used in many Coorgi dishes. It is made from the fruit of the Garcinia gummi-gutta tree.

Overall, Coorgi cuisine is known for its bold flavors and use of local ingredients. It is definitely worth trying if you are ever in the region.

CHASHMA DECHAMMA K.G II YEAR B.Ed 2023

MATHEMATICS RIDDLES ...

1. What has a beginning but no end and is always growing but never gets old?

2. What is always changing but never moves and is always present but never seen?

3. What has a volume but no weight and surface but no sides?

4. I am a number but I am not a digit.
I am a fraction but I am not a decimal.
I am always positive but I am never greater than one.

5. Why was the equal sign so humble?

- 6. Why did the two fours skip lunch?
- 7. I have no beginning and no end. But I can be counted and measured I can be positive, negative or zero What am I?

ANSWERS

- 1) Number Line
- 2) Time
- 3) Shadow
- 4) Probability
- 5) Because it knew it wasn't less than or greater than anyone else.
- 6) Because they already eight!
- 7) Number

Chemistry

Once upon a time in a high school Chemistry class there were two friends Sarah and John, who sat next to each other. They were lab partners and spent their time working on experiments together. Sarah was meticulous, always double-checking measurements, while John was known for his curious nature.

One day they were tasked with creating a simple chemical reaction to produce a colourful display. Sarah carefully measured out the reactants but John feeling adventurous decided to add a small amount of mysterious substance he had secretly brought from home.

As they mixed the chemicals a brilliant burst of colours erupted from their beaker far more vibrant than anyone else's in the class. The teacher and their classmates were amazed by the unexpected beauty of their experiment. It turned out that John's secret ingredient was a bioluminescent compound he had extracted from fireflies.

This experiment became the talk of the school, Sarah and John's Vhemistry teacher encouraged their creativity. From there on, they continue to explore the wonders of Chemistry, combining Sarah's precision with John's curiosity to create a perfect balance in their scientific endeavours. They went on to win awards and scholarships showing that sometimes a little bit of curiosity can lead to remarkable discoveries in the world of Chemistry.

Dheeraj Karthik
 I B.Ed, 2023

The Enchanting World of Bioluminescence

Bioluminescence is a fascinating natural phenomenon that has captured the imagination of scientists and nature enthusiasts alike. It refers to the production and emission of light by living organisms, and it occurs in a variety of marine and terrestrial species. This captivating display of light is not only visually stunning but also serves several important ecological purposes.

Marine creatures such as jellyfish and deep-sea fish are well known bioluminescent organisms. They produce the light through a chemical reaction between luciferin and the enzyme luciferase, resulting in a beautiful and mesmerizing glow. This bioluminescent light serves various functions, including attracting mates, luring prey and even deterring predators.

In the deep, dark ocean, bioluminescence is a crucial adaptation. Many deep-sea organisms use it for camouflage, breaking this silhouette by emitting faint lights, that match the surroundings water. Some species create dazzling light displays to confuse or distract potential threats.

Bioluminescence is not limited to the oceans. It can also be found in terrestrial organisms, like fireflies, which use their mesmerizing flashes to communicate and find mates during the summer nights.

Understanding the intricate mechanisms behind bioluminescence not only help us appreciate the beauty of nature but also contributes to scientific advancements in various fields, including medical research and biotechnology. Researchers continue to explore the depths of luminous world, unlocking its secrets and harnessing its potential for the benefits of humanity.

> Mary Smith. T I B.Ed, 2023

Unlocking the Inner Freedom: A Journey to Liberation

Inner freedom, the profound emancipation of one's mind and spirit, is a concept that transcends the limits of internal circumstances and societal constraints. In the complex labyrinth of human existence, inner freedom emerges as an enigmatic beacon that illuminates the path towards genuine self-discovery and liberation.

Actually, what is meant by inner freedom? From where it will get?

Inner freedom is not a solitary destination, but a voyage that each individual embarks upon uniquely. This journey is a varied as the souls that undertaken it and its manifestation may differ greatly from one person to another.

So inner freedom is that acquired by one's itself. Inner freedom leads to liberation and wisdom which gives the will power to face challenges in life. One person's path to inner freedom may be intertwined with the search for their authentic self. It often begins with the conscious that leads to the recognition that genuine happiness can only be found in the unapologetic embrace of their true self. The realization that one's worth is not determined by external validation is a significant milestone on this journey. It makes the transition from conformity to selfexpression.

An external aspects inner freedom is the ability to navigate life's adversities with grace and resilience. It equips individuals with mental fortitude to face challenges.

Unlocking the inner freedom and control over mind leads to the liberation and wisdom. Through the eyes of single individual, how inner freedom is not passive state but an active engagement with life.

> Arathy E. R I B.Ed, 2023

India 2050

2050, India stands as a nation transformed, showcasing remarkable progress and resilience on various fronts. The journey to this point has been marked by significant advancements in technology, economy, society, and sustainability.

Technological innovation has been a cornerstone of India's growth. The country has emerged as a global hub for cutting-edge technologies, particularly in artificial intelligence, biotechnology, renewable energy, and space exploration. Indian cities boast smart infrastructure, efficient public services, and widespread digital connectivity, bridging urban-rural divides.

Economically, India has surged forward, becoming one of the world's largest economies. A balanced approach to industrialization and sustainable development has propelled the nation, reducing poverty and improving the standard of living for a vast majority. Trade and collaborations with nations across the globe have strengthened India's position in the global market.

Society in 2050 is more inclusive and egalitarian, with improved healthcare, education, and social welfare systems. Quality healthcare is accessible to every citizen, and breakthroughs in medical research have eradicated or effectively managed several diseases. The education system emphasizes skill development, creativity, and critical thinking, empowering the youth to contribute effectively to a knowledge-based economy.

Environmental sustainability is a top priority, with India leading the charge in renewable energy adoption and climate change mitigation. Green technologies, coupled with widespread environmental awareness and conservation efforts, have significantly reduced the nation's carbon footprint and ensured a greener future.

In this future vision of India, cultural diversity and heritage remain vibrant and celebrated. The country continues to cherish its rich traditions while embracing a modern, globalized outlook. Harmony and peace prevail, fostering a sense of unity among the diverse population.

In conclusion, India in 2050 epitomizes progress and prosperity through technological advancement, economic growth, societal well-being, environmental sustainability, and preservation of cultural heritage. The nation stands as a beacon of hope and an inspiration for the world, showcasing what can be achieved through determination, unity, and forward-thinking policies.

Appu Venugopal I B.Ed, 2023

MILESTONES 2022-23

Maths Fun

Teacher: What is the past participle for the word 'grew'?

Student: Grown

Teacher: What is the past participle for the word 'flew'.

Maths student:

Grew=grown

Flew=?

Few*grown

Grew = flown

Teacher: What is girlfriend?

Maths student:

Addition of problem Subtraction of money Multiplication of enemies Division of friends

Ajay: Happy Birthday Vijay.

Vijay: SinQ* Ajay CosQ

Ajay: What? Vijay: SinQ = Tan Q CosQ

Borappa S I B.Ed

PATIENCE

Patience is your ability to wait without becoming annoyed. It's when you exercise self-control rather than lashing out and complaining.

Staying mindful of your emotions, behaviour and surroundings is a lot to practice. Patience benefits your relationships, stay healthy over an extended period of time. It also teaches you to regulate your emotions so that your well – being remains strong. With dedication and sustained efforts everyone can develop patience. You can find a moment of patience in stressful situations by being mindful of others and your surroundings. Practicing gratitude also leads to patience.

To be a good leader, you need to understand that everyone contributes something special. When leaders demonstrate patience, productivity, creativity and collaboration increases. In workplace patient atmosphere can complete tasks calmly and form strong, collaborative relationships. With patience you can make more rational realistic decisions, develop persistence and resilience allows you to be a better listener.

The importance of patience in life isn't for yourself. It's for your relationships, career and personal life. Your patience inputs others, as it shows people how patience can bring a sense of peace in an otherwise fast-moving world.

> -AKSHATHA A.J I B.Ed, 2023

The Foundation of Marine Food Webs

Phytoplanktons word derived from the Greek words "phyto" means "plants" and "plankton" meams "made to wander or drift". Phytoplanktons are defined as drifting or wandering plants. They are single-celled, normally microscopic (< 100 μ m in diameter) and are autotrophs. Planktons are the microscopic milieu or plants of aquatic ecosystem. These are polyphyletic group with utmost variation in size, shape, colour, type of metabolism, and life history traits.

Various factors can promote or inhibit phytoplankton growth. These include sunlight, salinity, temperature, pH, tides, water currents and nutrients, such as nitrogen, phosphorus, carbon, silica, iron etc. Phytoplankton is normally present in all types of water and are very beneficial to the ecosystem depending upon their numbers. These organisms are main producers of the aquatic food web. Zooplanktons are microscopic drifting or wandering animals are feed upon phytoplankton.

Phytoplanktons are important in maintaining the global carbon cycle. During photosynthesis, phytoplankton uses carbon and returns oxygen to the water and atmosphere. When plankton die, the organism sinks to the bottom of the water body taking the carbon with them, thus creating a "carbon sink". The amount of oxygen released into the atmosphere by phytoplankton is estimated to be around 50%.Phytoplankton's are a good indicator of environmental change. However, if environmental conditions are perfect (i.e., sunlight, temperature, salinity etc.), phytoplankton can double the rate of reproduction in the same time period.

> -Deepika II B.Ed, 2023

Two Years of B.Ed. and Lots of Memories Later!

When I went to seek B.Ed. admission at SJCE, I was told that I was the first person to get admitted to the batch of 2021 - 2023. Two years down the road and a lot of memories later, it still feels surreal. The fun times of organizing, participating and volunteering in numerous celebrations, international seminar, NAAC visit, Alumni meet, Golden Jubilee celebration, CLC Camp, Teaching Practice and everything else in between, now it all seems like a distant memory.

The biggest takeaway from these two years is – People. I say 'people' because whenever I addressed my classmates, I'd say "People". I used to say so because of the huge number, but somewhere down the line they really did become my people. If left to chance, I would have been a year earlier or a year late to B.Ed. But I think I was destined to take on the B.Ed. journey with this batch. They have been the best of the best; one can ever hope for in a class and in friendship. Don't get me wrong, we were not perfect, we all had our quirks. That didn't stop us from being the best fit. From all the innumerable noteworthy things to the insignificant things, I got the opportunity to do in these past two years are all hijacked by the accompanying good times, all thanks to my people. I am so glad that I can always call them "My People".

I have always called myself a friendly person, once I put my guard down. All my friends would remember two versions of me, before getting to know me and after getting to know me. I have always been that person. It didn't change in these two years. The friendships I hold, are very dear to my heart. I will always be grateful for the friendship that came my way during these past two years. Needless to say – friendship goals were achieved. And I feel it's tainted my heart forever – these friendships. Oh! What wonderful days.

I chose to do B.Ed. during the lowest point of my life. But boy, am I glad that I did so. The faculty of this institution remind me of family. They are so tight knit and function as a whole with such grace, that I identify myself with them. Each and every one of them is magnificent. Their dedication and hard work are impressive at the least. Their constant push is what makes me want to continue in the teaching profession. I want to be just like them, humble yet filled with wisdom.

It feels like yesterday, that I stepped into this campus. And Abracadabra!! It's two years already. When I look back, I see joys, tears, hard work, discipline, consistency, friendships, love, learning and most of all growing. Growing as a teacher and as an individual. A sense of gratitude overwhelms my heart as I type these words. Two years and lots of memories later, I feel like the world's my oyster.

-Meryl Archana II B.Ed, 2023 Global view

PRICE OF WAR

"Price of war" is something which cannot be estimated. The marks which it makes over world peace remains forever

But who really pays the 'price of war' is the easiest question to answer. It is none other than innocent common man, who are nowhere related to the cause of conflict. As the war between two former Soviet Republics, Russia and Ukraine become a new disaster in human history, resulting economic stagnation force people to reduce the size of their food basket and family budget.

Both these nations being the top ones in food grain production and export, it's no wonder that these days the world population is feeling difficult even to fill their stomach.

Hike in food prices is not only an issue faced by a single country alone. People of different nationalities face this problem with varied intensity. But the stand alone feature of the current crisis is that, this phenomenon is not limited to less developed or developing nations alone, as it had already began to carve the less advantaged of so called 'developed nations'.

LEBANON

A country in fertile crescent, Lebanon was always a fertile ground for weeds of violent conflicts. And just now, as when the people here were about to enjoy a break from all such disturbing issues, the time had again pulled them into the hell of hunger. 80% of Lebanon's food grain imports was from Russia and Ukraine, and as the war 2 disrupted this, the country fell into an existential crisis. Majority of citizens in the once wealthy nation is facing great difficulty even to meet their ends.

HORN OF AFRICA

Countries in the horn of Africa depend heavily on Russia and Ukraine for their cooking oil and grain imports. Sudan, South Sudan, Ethiopia, Kenya and Somalia are likely to be the hardest hit. Various African nations are already facing ahuge loss of livestock population due to frequent draughts. This, combined with rising price for staples will lead to famine in different parts of Africa.

A GERMANY AFTER MERKEL

Under its former Chancellor, Angela Merkel, German economy was strong enough to provide a life of prosperity not only for itself, but for all its EU neighbor's. But just as she stepped down, everything had turned upside down. When the import of Gas from Russia was stopped as part of war sanctions, once rapidly growing German industry reached a standstill. Current German leaders promised to produce more solar and wind energy, but the nation's potential to do so is in no par with its requirements. As food prices reached new heights, the most affected in Germany are families with single earning member and people living in rented house.

-Lloyd George II B.Ed, 2023

Lessons, Laughter, and Learning on Campus

When I came here I had a bald head and a big beard, and now...

At every new place you learn a few things and forget a few things in short you replace some old knowledge with new one.

The list of those things is a lot, as there are 5 institutions in the campus out of which MDES and the School i couldn't explore much but i learnt a lot from the rest three the BEd, Degree & PU.

One of the things which irritates my students is when I ask them to present their knowledge in short or bullet points hahaha So here is a summary of what I learnt.

I came from Byjus which was a land of energetic chaos and landed in MDES which is the epitome of systamatic work culture and maintenance of physical and digital records. There I was working Gen Z there & here I worked with Gen X & Millennials. There i was sitting the whole day with laptop and here covering 7-9k steps a day and on exam days it goes above 10k.

So you can figure out the rest. I was lucky to have friendly colleagues with whom I had a lot of fun and learnt a lot from. My father told me to be a yes man on the job to be able to learn quickly & to help your colleagues however you can, and i hope you could see my efforts & forgive my mistakes.

I'm grateful to the painstaking efforts, and hardwork of all the fathers. It is thanks to them that I got an opportunity to serve and learn so many things in this great institution. Finally to my students who taught me a lot, i had a wonderful time with you all. I feel I was lucky since you were such quick learners with Educational technology & ICT, but i really loved teaching GSS & planning for it. The one piece of advice I'll give you is never give advice for free, so that's why I won't give any advice here and end my speech hahaha.

> Radhakrishnan K V Asst.Professor

The Journey of Achievement and Failure

"Life is a roller coaster of experiences, filled with moments of triumph and times when we fall short of our goals. The pursuit of achievement is often intertwined with the specter of failure. This article explores the delicate balance between success and setbacks, highlighting the valuable lessons we can learn from both.

The path of achievement is the sweet fruit of hard work, dedication, and perseverance. It is the result of setting goals and relentlessly working towards them. An achievement comes in various forms - personal, professional, academic or even in relationships. When we succeed, it boosts our confidence and gives us a sense of purpose. Achievements can range from small victories like acing a test to significant milestones like a successful career or a loving family. The importance of failure while achievement is undoubtedly gratifying, it is often failure that teaches us the most profound lessons. Failure is not a sign of weakness, but rather a stepping stone towards success. When we fail, we learn to adapt, to overcome obstacles, and to gain resilience. Failure serves as a reality check, helping us grow and evolve. It is the silver lining in the clouds of disappointment.

Achievements and failures are two sides of the same coin, and they are integral to the human experience. Both offer invaluable lessons. Shaping us in to better versions of ourselves. It's essential to celebrate our achievements and embrace our failures as stepping stone to future success. Remember that every great accomplishment is often built on a foundation of setbacks and learning. In the end, what matters is not how many times we fall, but how many times we get back up and keep striving for our goals.

> -Sr. Prema II B.Ed, 2023

Teaching Practice Insights

My teacher trainee journey began in July 2023 and with it came a multitude of lessons that no textbook or lecture could have adequately prepared me for. My experience was an intensive immersion into the art and science of teaching. It offered a wealth of insights which I want to share.

Passion – It is the heartbeat of effective teaching. It was my passion for teaching that propelled me to move forward each day, even when challenges loomed large. Passion, I realised, is also contagious.

Adaptability – The ability to adjust, modify, and evolve teaching methods and strategies is not just a skill; it is a survival tool. I learned to read the room, understand student engagement, and make real-time adjustments to my lessons. Furthermore, adaptability extended beyond lesson plans – like sudden technological glitches.

Importance of Relationships – I discovered that taking time to connect with each student on a personal level paid dividends in terms of their engagement and overall classroom atmosphere. These relationships also allowed me to better understand my students' strengths, challenges and individual learning styles, enabling me to tailor my teaching to their needs. Nurturing these relationships requires time, empathy, and active listening.

Lifelong Learning – To be effective in my role, I needed to stay current in technology, strategies, research and content. To learn, is not just a choice, but a responsibility. We need to strive to provide the best possible learning experiences for students.

Resilience – The journey was not without obstacles. All through those times, resilience was my guiding light. The key is not to dwell on setbacks but to persevere through them, seeking solutions and learning from mistakes. I cultivated a growth mindset that allowed to view each hurdle as a chance to refine my teaching skills.

Patience and Persistence - Patience enabled me to provide individualised support and guidance to students who required extra time and assistance. Persistence reminded me that growth comes from adversity when I encountered moments of frustration and self-doubt. These qualities need to be modeled for students too.

Classroom Management – I carefully organised my lessons and activities to ensure that there was a proper flow of instruction. I incorporated a variety of teaching strategies, such as group work, hands-on activities, and technology integration, to keep students engaged.

The lessons that I have learned are the stepping stones to a future filled with potential. I thank all my fellow teacher trainees for sharing this reflection with me.

-Vaishnavi R. K. II B.Ed, 2023

HARD WORK LEADS TO SUCCESS

There lived a six-year-old boy who used to work hard. But gradually he was left behind, he has not been really studying much. He faced number of problems but never disclosed any. He was struggling and lagging behind. He started feeling lonely and isolated.

Once he paid a visit to the library and fell in love with books. He started to read more and more books. He read novels, jokes, articles, stories and much more. But once when he read the Biographies of great personalities like A.P.J Abdul Kalam, Sachin Tendulkar, Milkha Singh, Thomas Alva Edison, MS Dhoni, etc. He was amazed.

He starts loving them and realized the struggle that they went through before they reached their goal. He realized that he needs to work hard and achieve goal. He then, from that day onwards worked very hard and achieved his all ambitions.

Hence, one should always keep hope on one self and never stop trying.

-Vijay Kumar II B.Ed, 2023

Teachers are the Beating Heart of Education....

Teachers are indeed considered the beating heart of education, and their role is critical in shaping the learning experiences of students. Teachers possess in-depth knowledge and expertise in their respective subjects. They are equipped with the necessary qualifications, training, and experience to effectively deliver the curriculum to the students. Teachers provide instruction and guidance to the students, facilitating their learning process. They break down complex concepts, present information in a structured manner, and use various instructional strategies to create diverse learning styles and abilities. Teachers have the power to inspire and motivate their students. They can ignite curiosity and passion for learning, encouraging students to explore new ideas and pursue their interests. A dedicated and enthusiastic teacher can make a significant impact on the students' attitude towards education.

Teachers understand that each student is unique and has different learning needs. They strive to prove individual attention and support to help students overcome challenges and reach their full potential. They can identify strengths and weaknesses, offer personalized assistance, and create a nurturing learning environment. Teachers serve as role models for students, embodying qualities such as integrity, discipline and perseverance. They can impart valuable life lessons, teach social skills and promote ethical values contributing to the holistic development of students. Teachers establish and maintain a conductive learning environment through effective classroom management and discipline. They create structures and routines that focus on engagement and respect among students. It is important to recognize and appreciate the significant role that teachers play in education; their dedication, passion and commitment contribute to shaping the future generation and society as a whole.

Heart to heart communication between a teacher and their student is a deeply meaningful and impactful form of connection. It goes beyond the traditional exchange of information and fosters a sense of trust, empathy and understanding between two individuals. The teacher creates an environment of openness and empathy, allowing the student to express their concerns and challenges. The teacher actively listens, acknowledges the student's feelings and offers support. By granting an extension and showing a genuine desire to help, the teacher demonstrate care and understanding. This heart-to-heart communication fosters trust and encourages the student to seek further guidance if needed, ultimately leading to a positive and supportive learning environment.

The communication of teachers, either verbal or nonverbal is an important factor required by students to become successful in their educational pursuit. Communication motivates the students to enhance their abilities. It also encourages the students to work hard.

In conclusion, the education of the heart is an essential component of a well-rounded education. While traditional academic subjects provide valuable knowledge and skills, the education of the heart focuses on nurturing empathy, compassion, kindness, and emotional intelligence. By prioritizing the education of the heart, we can cultivate a more harmonious and inclusive society. It equips individuals with the tools to navigate among interpersonal relationships, resolve conflicts peacefully and contribute to the well-being of their communities. It also encourages individuals to act with integrity, promoting ethical decision-making and responsible citizenship.

"POETRY IS NEARER TO VITAL TRUTH THAN HISTORY"

Poetry

MILESTONES 2022-23

Need For Self-Discipline

To lead a goal-oriented life, I need you. To win the battle against idleness, I need you. To avoid distractions, I need you. To overcome temptations, I need you. To change and mould my life, I need you. To stay motivated and focused, I need you. To have a "never give up" attitude, I need you. To be active and dynamic, I need you. To be a broad-minded person, I need you. To "walk the talk," I need you. To be patient and persistent, I need you. To have strong willpower, I need you. To stay away from bad habits, I need you. To build a positive attitude towards everything, I need you. To slowly and steadily run the race of life, I need you. To become a credible teacher, I need you.

- Ja<mark>mes</mark> Robert I B.Ed, 2023

Her words

People asked her, "Why are you so rude to all" She, replied it was, cry which separates me from fall.

Her reply, made everyone quite Which was then realized The choice was made right So, all her failure was paralyzed.

She stood up like a rose Where she believed in her Everyone mocked, but she gave a pose That was a moment, every problem was blur. This made her feel less afraid So, she say's I did it.

- Virgin Mary A I B.Ed, 2023

Whispers of a Girl's Heart

In a world where stars and dreams unfurl, There walks a gem, a precious pearl With grace and strength, A radiant spirit, the girl, in life.

Her laughter is so melody, A song so sweet In her presence the world feels complete. With every step, she paints a trail A masterpiece of courage, she will Never fail.

She carries stories in her eyes so deep. In her heart, the promise she will keep A force of nature, gentle yet strong In her presence we all belong.

She is the symbol of hope and light, Guiding us through the darkest night With wisdom, love and dreams to twirl.

> - Aysha Nitha I B.Ed, 2023

Fragile Girl

In this crowded space I dwell, Yet fell alone, an empty shell, Anyone can shatter me apart, Satisfying cravings in their heart.

But I stood up, unwavering and strong, Even when they judged me all along. I fuelled myself with positivity's fame, To cast my own political claims.

The world around so cold and gray, Yet she fought on, day by day With shattered dreams and hopes so frail She wore a brave, but tired, veil.

> - Tsering Dolma I B.Ed, 2023

WHISPER BENEATH THE STARRY GLEAM

Beneath the moon's soft silver beam, At night, they share a dream, Whispered secrets, a quiet scheme, In starlit skies, a tranquil gleam,

In this moment, two heart redeem, Love's embrace, a timeless stream, Their bond strong like an endless seem, In each other's arm, they find their theme

> - NGODUP SANGMO I B.Ed, 2023

Breathed thoughts

My sighs smell the sin, With the pebbles of tears running Forth my eyes, I sigh, I smile, I wish.... The thoughts spreading through thy Veins... Pushing me from inside, crushing me and Finally withered off...with a deep sigh The breathed thoughts breezing on my drooping Eyes... Fluttering lips waiting for the Warmth Of the lost smile. Finally, the heaviness of my sin **Slowly became** Lightened, filed high up like ped of Feathers...in Cool breeze my eyes...waiting for The heavy monsoon to shower Then I sign, I smile, I wish.

> - Athira s I B.Ed, 2023

DEATH

In shadows deep where secrets hide A journey starts, a final ride Gold or copper Black or white We all will wither under his sight

Through twilights gate with perfect stride The hooded knight rides to end all pride Men will rise and fall like winter wheat Like petals withered, mere souls at his feet

A vicissitude from this mortal coil To realms beyond where spirits toil You could run he'd know where You could hide he'd be there

Is this chapters end that cannot be mend Eternal silence that couldn't be bend do we still live where memories linger Stories & love in those eyes do we shimmer

In death we find what truly lives Legends and Legacy the soul shrives Eternal silence is not what awaits Achilles Heracles all stand at the gates Story or epic a timeless thread Life is all just but how you tread Don't we all live but to meet that death.

> - Harikrishnan P I B.Ed

I'm the kind of girl

Who is quiet in large groups or around people I don't know; you only see the real me if we're close. I smile and laugh a lot, especially at the most inappropriate times. I'm a hopeless romantic.

I trip over air, upstairs, and over people's feet. I am the hardest person to offend, but it is all too easy to make me feel horrible. I hate telling people about my problems; they don't need to worry about me.

I'm the one who listens to other people's problems. I believe people should not be judged before one takes the time to get to know them, yet I am guilty of doing that exact thing. Love to think rather than talk.

I'm awkward, clumsy, shy, strange... but this is me. Take it or leave it.

-MIGMAR LH<mark>A</mark>MO I B.Ed, 20<mark>23</mark>

TANGLED MIND

A cloud of thoughts that never rest Filling my mind with endless stress Overthinking, my constant state Leaves me lost in a tangled fate

Each decision feels like a test As I worry what's best My mind a warzone of doubt Stuck in a cycle I can't get out

My thoughts swirl like a hurricane Leaving me with a constant strain What-if scenarios never cease An endless maze I can't release

I wish at times I could let go Of the thoughts that overflow And find peace within myself Embracing life without constant help

Until then I'll try to find a way To tame my thoughts each and every day For overthinking is a trap Leaving me to feel like I can't adapt

> - Kruthika I B.Ed , 2023

Life

Today you are alive But tomorrow Do whatever you want Never bother what people say Remember it is your life and not others Hide your pain with an amazing smile.

Life is too short Understand the reality of life never look back If you know who you are that's enough Don't waste your valuable time for proving yourself Just enjoy every single moment.

> - Sahana M I B.Ed, 2023

SOMEONE

Her happiness was Decided by someone. Her dreams were dreamt By someone. She lived a life directed By someone. Finally, she was no one.

> - Sherly A I B.Ed, 2023

Kindness

K — "Kindness is the golden chain by which society is bound together."

I – "In a world where you can be anything, be kind".

N – "No act of kindness, no matter how small, is ever wasted".

D – "Dare to be kind".

N – "Never lose a chance of saying a kind word".

E - "Every act of kindness grows the spirit and strengthen the soul".

S – "Small act of kindness can bring a smile".

S - "Simple act of kindness can make a big difference".

- Tejaswini S I B.Ed, 2023

Friendship

In the garden of life, where flowers bloom so fair, A friendship blossoms, a bond beyond compares. Through stormy day and skies so blue, A friend stands by, forever true.

In laughter and tears, we find our way, With friends who brighten each and every day, They lift us up when we are feeling low, In their embrace, find a warm, soft glow.

A friendship rare ad truly divine With laughter, trust and moments we'll share In the realm of friendship, we find love everywhere

> - Sariga K I B.Ed 2023

Bittu [Rohan]

He's incredibly loving, So incredibly caring, He affectionately calls me sunny, And playfully calls me bunny. He's the apple of my eye, The sparkling stars in my sky, The strength of mine, Because, I raised him so fine.

> - Maria Sharlin.H I B.Ed, 2023

SHADES OF BLUE

Not too far away My gaze fell upon The auric line Where the sky met the sea Glazing in different shades of blue.

Longing to reach there To embark on a quest In search of the universal cure I set out to sail Amidst the obstacles

Night and day Amidst the tempest, hitting hard all the way Not abandoning my quest, I resumed my ride

Many a time, my hands reached out To get hold of the horizon Only to find it moved farther away Just as the image of the man In his fruitless endeavour Towards the eternal solace.

Neither the sailor could reach the horizon Nor could the man quell all his worries.

> - Hamna Hassan II B.Ed, 2023

Jokes

I am a toto I saw a reto I asked her photo And she gave me a face tattoo I have a cat That is fat It sits on a mat And it catches the rat.

> - Nagamma S I B.Ed, 2023

It was you "Maa"

I, born naked and bare, Maa who clad me and took care Who sang lullaby for my sleep, Told fairy tales not to weep. 'First step', thou helped me to walk, And opened my tiny mouth to talk At home, taught me ABC Now what a fantastic world I see! Whenever I had fallen ill, From school when I returned Who rushed to doctor and got a Recieved with snacks and kiss, And looked after night and a Not a single day I would never miss. For all how could I repay?

From school when I returned Who rushed to doctor and got me pill Recieved with snacks and kiss, And looked after night and day F a single day I would never miss. For all how could I repay? Who taught scripture, and gave me insight Now everyday "for good" I fight, Maa, thou made me a woman Fit to face boldly the world as I can, For thine goodness, how shall I thank? Without you my world is blank.

> — Roshini Divya Christina M I Year BEd 2023

ಕನ್ನಡ ಕಸ್ತೂರಿ

ARRARAR



ಕನ್ನಡ

ಕನ್ನಡ ಕೇವಲ ಮೂರು ಅಕ್ಷರಗಳ ಪದ ನಾನೆ ನೋಡಬಲ್ಲೆ ಎಂದು ಕೇಳಿದ ಕೇಳುವವರಿಗೆ ನಾನು ಹೇಳುವುದು ಇಷ್ಟೇ, ಸೂರ್ಯನ ಕಿರಣಗಳ ಸಾಲಿನಲ್ಲಿ ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲಿ ಶಬ್ಧದಲ್ಲಿ ಅರಳುವ ಹೂವಿನ ರೀತಿಯಲ್ಲಿ ಹರಿವ ಕಾವೇರಿಯ ಜುಳು ಜುಳು ಶಬ್ಧದಲ್ಲಿ ಧುಮ್ಮಿಕ್ಕುವ ಶರಾವತಿಯಲ್ಲಿ ಶ್ರೀಗಂಧದ ಕಂಪಿನಲ್ಲಿ ಹಂಪಿಯ ಕಲೆಗಳಲ್ಲಿ ನಗುವ ಮಗುವಿನ <mark>ತು</mark>ಟಿ <mark>ಅಂಚಿ</mark>ನಲ್ಲಿ ತಾ<mark>ಯಿಯ</mark> ಲಾಲಿ ಹಾಡಿನಲ್ಲಿ ಮ<mark>ಲ್</mark>ಲಿಗೆಯ ಪರಿಮಳದಲ್ಲಿ ಕೋಲಾರದ ಚಿನ್ನದ ಗಣಿಯಲ್ಲಿ ಕುವೆ<mark>ಂಪು</mark> ಕಾವ್ಯದಲ್ಲಿ ಕನ<mark>್ನಡಿಗನ</mark> <mark>ಹೃದಯದಲ್ಲಿ</mark> ಪ್ರತಿ<mark>ಯ</mark>ೊಬ್ಬ ಸ್ವಾಭಿಮಾನಿ ಮಿಡಿ<mark>ಯುವುದೊಂದೇ ಕನ್ನ</mark>ಡ ಕನ್ನಡ ಕನ್ನಡ

> ಸುನೀತಾ ವಿ ಆರ್. II B.Ed ,2023

ಓ ಹಣವೇ ,ಅದೆಷ್ಟು ಹೆಸರು ಬದಲಿಸಿಬಿಟ್ಟೆ ...?

ಗುಡಿಯ ಒಳಗೆ ನಿನ್ನ ಹೆಸರು ಕಾಣಿಕೆ -ಹರಕೆ. ಗುಡಿಯ ಹೊರಗೆ ನಿನ್ನ ಹೆಸರು ಭಿಕ್ಷೆ. ನೌಕರನಿಗೆ ಕೊಟ್ಟರೆ ನಿನ್ನ ಹೆಸರು ಸಂಬಳ ಕಾರ್ಮಿಕರಿಗೆ ಕೊಟ್ಟರೆ ಕೂಲಿ. ಬಲಿಷ್ಟರಿಗೆ ಕೊಟ್ಟರೆ ನಿನ್ನ ಹೆಸರು ದೇಣಿಗೆ ಕನಿಷ್ಟರಿಗೆ ಕೊಟ್ಟರೆ ದಾನ, ಸರ್ಕಾರಕ್ಕೆ ಕಟ್ಟಿದ್ದರೆ ತೆರಿಗೆ .. ನಿವೃತ್ತಿಯಲಿ ವೃದ್ಧತಿಗೆ ಪಿಂಚಣಿ ವೇತನ...ಕಟಕಟ್ಟೆಯಲಿ ಕಟ್ಟಿದ್ದರೆ ದಂಡ ...ಕಾರ್ಯ ನಿಮಿತ್ಯ ಕಳ್ಳ ದಾರಿಯಲಿ ನಿನ್ನ ಹೆಸರು ಲಂಚ ...ಸಾವಿನ ಮನೆಯಲ್ಲಿ ಸಂಭ್ರಮಿಸುವ ನಿನ್ನ ಹೆಸರು ಪರಿಹಾರ .ಹೋಟಲನಲ್ಲಿ ಬಿಲ್.. ಮೋಟಾರ್ ನಲ್ಲಿ ಬಾಡಿಗೆ ... ಕರುಣೆ ಮರೆತ ಕೈಗಳಲ್ಲಿ ನಿನ್ನ ಹೆಸರು ಸುಪಾರಿ ... ಒಟ್ಟಿನಲ್ಲಿ ನೀನು ನಿಜವಿಲ್ಲದ ಸಂಚಾರಿ...! ಬಡವರಿಗೆ ಬಗ್ಗದ ವ್ಯಾಪಾರಿ ...!

ಹಿರಿದಾರಿಯಲ್ಲಿ ಹಿಗ್ಗುವೆ. ಕಿರಿದಾರಿಯಲ್ಲಿ ಕುಗ್ಗುವೆ ಪ್ರಚಾರಕೆ ಅರಳುವೆ, ವಿಚಾರಕೆ ಬಾಡಿವೆ. ತಪ್ಪು ನಿನ್ನದಲ್ಲ ಹಣವೇ, ನೀ ಆಡಿಸುವವರ, ಕೈ ಬೊಂಬೆಯಾಗಿರುವೆ…! ಸಾವಿರಾರು ಹೆಸರಿರುವ ನಿನಗೆ ನಿಷ್ಠೆ ಯಾವುದು.? ಪ್ರತಿಷ್ಠೆ ಯಾವುದು.? ಎಂದು ಅರಿಯದ ಅಮಾಯಕಾರಿಗೆ ನೀನು ಗಗನ ಕುಸುಮ

> - ರಮೇಶ ತೆಲಗಾಣಿ. II B.Ed ,2023

ಅಮ್ಮ

ಅಳುತ್ತ ಭೂಮಿಗೆ ಕಾಲಿಟ್ಟಾಗ ಅಮ್ಮನ ಪ್ರೀತಿಯ ಪರಿಚಯ ನನಗಾಯಿತು. ನನ್ನ ಲಾಲನೆ, ಪಾಲನೆ ಪೋಷಣೆಯ ಜವಾಬ್ದಾರಿಯು ನನ್ನ ತಾಯಿದಾಯಿತು. ಅಮ್ಮ ಎಂಬ ಮೊದಲಕ್ಷರವ ಕಲಿಸಿದಳು, ಮೊದಲ ಹೆಜ್ಜೆ ಇಡಲು ಆಸರೆಯಾದಳು. ವಿನಯದ ಜೊತೆ ವಿದ್ಯೆ ಕಲಿಸಿದಳು. ನನ್ನ ಭವಿಷ್ಯಕ್ಕಾಗಿ, ನನ್ನ ಸಂತೋಷಕ್ಕಾಗಿ, ಮನೆಯ ಬೆಳಕಾಗಿ ಇಂದಿಗೂ ಶ್ರಮಿಸುತ್ತಿರುವ ಜೀವ ನನ್ನ ಅಮ್ಮ.

> <mark>- ರಾ</mark>ಜೇಶ್ವರಿ II <mark>B.E</mark>d ,2023

ನೆನಪಿನ ಹಾದಿಯ<mark>ಲಿ</mark>

ಎಲ್ಲರೂ ಒಂದಾಗಿದ್ದವು, ಸಂತ ಜೋಸೆಫ್ ಎಂಬ ಹಕ್ಕಿಯ ಗೂಡಿನಲ್ಲಿ, ಈಗ ಹಾರಬೇಕಾಗಿದೆ ನಮ್ಮದೇ ಆದ ದಾರಿಯಲ್ಲಿ, ಸಾಗಲಿ ಎಲ್ಲರ ಜೀವನ ಇನ್ನು ಮುಂದೆ ಹರುಷದಲ್ಲಿ ಇಲ್ಲಿನ ಅನುಭವ<mark>ವನ್ನು ಸೇರಿಸೋಣ ನೆನಪಿನ ಬು</mark>ಟ್ಟಿಯಲ್ಲಿ

> ಸರ್ವ ಮಂಗಳ .ಆರ್ II B.Ed,2023

ಅಮ್ಮ

<mark>ಒಂಬತ್ತು ತಿಂಗಳು ಹೊತ್ತು ಸಾ</mark>ಕಿದವಳು <mark>ಪ್ರೀತಿ</mark> ವಾತ್ಸಲ್ಯ <mark>ತುಂಬಿ ಬೆಳೆಸಿ</mark>ದವಳು ಹಸಿದಾಗ ಹೊಟ್ಟೆ ತುಂಬಿಸಿದವಳು <mark>ಅಳುವಾಗ ಕಣ್ಣೀರು ಒರೆಸಿ</mark> ಸಲಹಿದವಳು <mark>ತಪ್ಪು ಮಾಡಿದಾಗ ಬೈದು ಬುದ್ಧಿ</mark> ಹೇಳಿದವಳು ಹೊರ ಹೋದರೆ ಕರೆ ಮಾಡುವಳು ಯಾವಾಗ ಬರುವೆ ಮನೆಗೆ ಎಂದು ಕಷ್ಟ ಬಂದರೆ <mark>ದೇವರಿಗೆ ಹರಕೆ ಕ</mark>ಟ್ಟಿ ಉಪವಾಸ <mark>ವ್ರತ ಮಾಡುವಳು</mark> ನನ್ನವ್ವ ಇವಳು <mark>ಕಪ್ಪು ನೆಲ ಫಲವತ್ತಾದ</mark> ಭೂಮಿಗೆ ಸಮನಾದವಳು <mark>ನಂಬಿದವರ ಕೈಬಿಡದೆ</mark> ಕಾಪಾಡುವಳು ಈ ಭೂಮಿ ತಾಯಿ <mark>ನಂಬದೇ ಇದ್ದರೂ ನಮ್ಮ</mark> ಕಾಪಾಡುವಳು ನಮ್ಮ ತಾಯಿ..

> <mark>ವಿನ</mark>ೋದ ಕೆ ಎಲ್ I1 B.Ed , 2023

ಸ್ವಾರ್ಥವೇ ತುಂಬಿರುವ ಪ್ರಪಂಚದಲ್ಲಿ ನಿಸ್ವಾರ್ಥಕ್ಕೆ ಉದಾಹರಣೆ ಆಕೆ... ತನ್ನೆಲ್ಲ ನೋವನ್ನು ಮರೆತು ನನಗೆ ಪ್ರೀತಿ ತೋರಿಸಿದವಳಾಕೆ... ಮನದಲಿ ಎಷ್ಟೇ ನೋವಿದ್ದರೂ ನೋವ ತೋಡಿಕೊಳ್ಳದವಳಾಕೆ... ನಿನ್ನ ಮಡಿಲೆಂಬ ಸ್ವರ್ಗದಲ್ಲಿ ಮಲಗಿದೊಡನೆ ನಿಶ್ಚಿಂತಳಾಗಿ ಬಿಡುವೆನು ನಾ... ಒಮ್ಮೊಮ್ಮೆ ರೇಗಿ ಬಿಡುವೆನು ನಾ.. ನಿನ್ನ ತ್ಯಾಗವ ಅರಿಯದೆ, ಕ್ಷಮಿಸಿ ಬಿಡು ನನ್ನ ತಪ್ಪು ತಿಳಿಯದೆ... ಸುಖ ದುಃಖಗಳಿಗೆ ಬೆಲೆ ಇಲ್ಲ ನೀ ಇಲ್ಲದೆ... ಸದಾ ನೆರಳಾಗಿರು ಹೀಗೆ ನನ್ಹಿಂದೆ... ನೀನಿಲ್ಲದಿದ್ದರೆ ಈ ಬದುಕಿಗೆ ಅರ್ಥ ಎಲ್ಲಿದೆ...?

ಕವನ

ರಕ್ಷಿತಾ.ಎಸ್.ಎಂ. II B.Ed,2023

ನನ್ನ ಬದುಕಿನ ಗುರುಗಳು

ನನಗೆ ಬರೀ ಶಾಲೆಯಲ್ಲಿ ಅ, ಆ, ಇ, ಈ ಕಲಿಸಿದವರು ಮಾತ್ರ ಗುರುಗಳಲ್ಲ..... ಕಷ್ಟದಲ್ಲಿದ್ದಾಗ ಇಷ್ಟಪಟ್ಟು ಸಹಾಯ ಮಾಡಿ, ಹೆಗಲಿಗೆ ಹೆಗಲು ಕೊಟ್ಟ ನಿಂತ ಸ್ನೇಹಿತರು..... ಅಜ್ಞಾನವೆಂಬ ಕತ್ತಲೆಯಲ್ಲಿದ್ದಾಗ ಜ್ಞಾನದಾಹವನ್ನು ನೀಗಿಸಿ ಬದುಕಿನ ದಾರಿಯನ್ನೇ ಬದಲಿಸಿದ ಹೊತ್ತಿಗೆಗಳು..... ನಡುದಾರಿಯಲ್ಲಿ ಅಳುತ್ತಾ ನಿಂತಿದ್ದಾಗ ಕಣ್ಣೀರೊರಸಿ ಕೈತುತ್ತು ನೀಡಿದ ಕರುಣೆಯ ಕೈಗಳು.... ಸಹ್ಮಕೊಟ್ಟು ಜಗತ್ತನ್ನು ಪರಿಚಯಿಸಿದ ಪೂಜ್ಯ ತಂದೆತಾಯಿಗಳು...... ಹೊಟ್ಟೆಬಟ್ಟೆಗಿಲ್ಲದೆ, ಓದಿಗೆ ದುಡ್ಡಿಲ್ಲದೇ ಅಲೆಯುತ್ತಿರುವಾಗ ಕರೆದು ಕೆಲಸ ಕೊಟ್ಟ ಮಹಾತ್ಮರು..... ತಪ್ಪು ಮಾಡಿದಾಗ ಪಶ್ಚಾತ್ತಾಪ ಪಡುವಂತೆ ಮಾಡಿದ ಆತ್ಮಸಾಕ್ಷಿಯ ಅರಿವು..... ಮುಗುಳುನಗೆಯಲ್ಲಿ ಹಗೆಯ ಸಂಚನ್ನು ಮುಚ್ಚಿಟ್ಟು ವಂಚಿಸಿದ ನಯವಂಚಕ ಸಮಯಸಾಧಕರು..... ಬದುಕೇ ಬೇಡವಾದಾಗ ಬದುಕಿಗೆ ಸ್ಫೂರ್ತಿಯಾಗಿ ಬಂದ ಜೀವದ ಗೆಳಯ..... ಸಂಕಷ್ಟಗಳನ್ನು ಸವಾಲಾಗಿ ಸ್ವೀಕರಿಸುವುದನ್ನು ಕಲಿಸಿದ ಬರಿಬಾದ ಬದುಕು..... ಹೇಗೆ ಬದುಕಬೇಕು ಎಂಬುದನ್ನು ತೋರಿಸಿಕೊಟ್ಟ ಮಹಾನ್ ಸಾಧಕರು..... ಹೀಗೆ ಎಲ್ಲರೂ ನನ್ನ ಪಾಲಿಗೆ ಬೆಲೆಕಟ್ಟಲಾಗದ " ಉತ್ತಮ ಶಿಕ್ಷಕರು ". ಏಕೆಂದರೆ "ವರ್ಣಮಾತ್ರಂ ಕಲಿಸಿದಾತನೂ ಸಹ ಗುರು".

> ಚಂದನ ಎಸ್ .ಸಿ II B.Ed,2023

ಕನ್ನಡ ನಾಡು ನುಡಿ

ಶತಶತಮಾನಗಳ ಇತಿಹಾಸವುಳ್ಳ ನುಡಿ ಕನ್ನಡ ಸಹಸ್ರಾರು ಕವಿಶ್ರೇಷ್ಠರಿಗೆ ದೀವಿಗೆಯಾದ ನುಡಿ ಕನ್ನಡ ಉತ್ಕೃಷ್ಟ, ಚೈತನ್ಯಭರಿತ ಸಾಹಿತ್ಯ ಪರಂಪರೆಯನ್ನುಳ್ಳ ನುಡಿ ಕನ್ನಡ 'ವಿಶ್ವ ಲಿಪಿಗಳ ರಾಣಿ' ಎಂದೆನಿಸಿಕೊಂಡ ನುಡಿ ಕನ್ನಡ ...!

> ಕಾವೇರಿಯಿಂದ ಗೋದಾವರಿಯವರೆಗೆ ಹಬ್ಬಿದ ನಾಡಿದು ಕೃಷ್ಣೇ, ತುಂಗೆಯರು ಮೈದುಂಬಿ ಹರಿವ ನಾಡಿದು ಸದಾ ಹಚ್ಚ ಹಸಿರಿನಿಂದ ಕಂಗೊಳಿಸುವ ಬೀಡಿದು ಕಲೆ ವಾಸ್ತುಶಿಲ್ಪಕ್ಕೆ ಜಗತ್ಕೀರ್ತಿ ಪಡೆದ ನಾಡಿದು ಶ್ರೀಗಂಧಕ್ಕೆ ತವರಾಗಿ ಮೆರೆದಿರುವ ರಸದ ಬೀಡಿದು...!

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ವಿಶ್ವದೆಲ್ಲೆಡೆ ತನ್ನ ಕಂಪನ್ನು ಪಸರಿಸಿರುವ ನುಡಿ ಕನ್ನಡ ನಿತ್ಯ, ನಿರಂತರ ಬಳಸಿ, ಬೆಳೆಸಿ, ಉಳಿಸುವೆ ನಾ ಕನ್ನಡ ನನ್ನುಸಿರಿರುವ ತನಕ ಹೇಳುವೆ ನಾ ಕನ್ನಡ ತನು ಕನ್ನಡ, ಮನ ಕನ್ನಡ, ನುಡಿ ಕನ್ನಡ ನನ್ನೆಲ್ಲಾ ಸರ್ವಸ್ವವೂ ಕನ್ನಡ ಕನ್ನಡ ಕನ್ನಡ ...!

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ಚೇತನ್ ಪಟೇಲ್.ಜಿ.ಎಸ್. II B.Ed ,2023 ಮಾತು ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಬಹಳ ಮುಖ್ಯ ಅದರಂತೆ ಕೇವಲ ಮಾತುಗಳಿದ್ದರಷ್ಟೇ ನಾವು ವಿಕಾಸ ಹೊಂದಲು ಅಥವಾ ಇನ್ನೊಬ್ಬರೊಂದಿಗೆ ಹೊಂದಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಿಲ್ಲ ಬದಲಾಗಿ ನಮ್ಮ ಆಲೋಚನೆಗಳು ಕೂಡ ಉತ್ತಮವಾಗಿರಬೇಕು ನಾವು ಯಾವ ರೀತಿಯಲ್ಲಿ ಆಲೋಚನೆಯನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುತ್ತೇವೆಯೋ ಆ ರೀತಿ ನಮ್ಮ ಸುತ್ತಲಿನ ವಾತಾವರಣ ನಿರ್ಮಾಣವಾಗುತ್ತದೆ. ಎಂಬುವುದರಲ್ಲಿ ಯಾವುದೇ ಸಂದೇಹವಿಲ್ಲ ಕೆಲವೊಮ್ಮೆ ನಾವು ವಿಚಾರ ಮಾಡುತ್ತೇವೆ ನಾನು ಹೊರಗಿನಿಂದ ಎಲ್ಲರ ಜೊತೆ ಉತ್ತಮವಾಗಿ ಮಾತನಾಡಿ ಬೆರೆತು ಎಲ್ಲರೊಂದಿಗೂ ಉತ್ತಮವಾಗಿದ್ದೇನೆ ಆದರೆ ನನ್ನ ಆಲೋಚನೆಗಳು ಯಾರಿಗೂ ತಿಳಿಯುವುದಿಲ್ಲ ಅದನ್ನು ಅರಿಯುವುದು ಇನ್ನೊಬ್ಬರಿಗೆ ಅಸಾಧ್ಯ ಎಂದರೆ ಅದು ನಮ್ಮ ತಪ್ಪು ಕಲ್ಪನೆ ಎಷ್ಟೋ ಬಾರಿ ನಮ್ಮಲ್ಲಿ ಬಂದಂತಹ ಆಲೋಚನೆಗಳು ಕೂಡ ನಮ್ಮ ಸಹಪಾಠಿಗಳಿಗೆ ನೆರಹೊರೆಯವರಿಗೂ ಅಷ್ಟೇ ಯಾಕೆ ದಾರಿಯಲ್ಲಿ ಹೋಗುವಾಗ ಒಂದು ಸನ್ನಿವೇಶ ಬಂದರೆ ಅಪರಿಚಿತರಿಗೂ ನಮ್ಮಂತೆಯೇ ಆಲೋಚನೆಗಳು ಬರಬಹುದು ಅದು ಒಳ್ಳೆಯದೇ ಆಗಿರಲಿ ಅಥವಾ ಕೆಟ್ಟ ಆಲೋಚನೆಗಳು ಆಗಿರಲಿ ಇದರ ಬಗ್ಗೆ ಮಾತನಾಡುವಾಗ ನನಗೆ ಒಂದು ಕಥೆ ನೆನಪಾಗುತ್ತದೆ.

ಒಂದು ಊರಿನಲ್ಲಿ ಒಬ್ಬ ರಾಜ ಮತ್ತು ಒಬ್ಬ ಗಂಧದ ಕಟ್ಟಿಗೆ ವ್ಯಾಪಾರಿ ಇದ್ದರು ಇಬ್ಬರು ಉತ್ತಮ ಸ್ನೇಹಿತರಾಗಿದ್ದರು. ರಾಜನು ಎಲ್ಲಾ ವೈಭೋಗ, ಆಸ್ತಿ, ಅಧಿಕಾರ ಇದ್ದರೂ ಗೆಳೆತನ ಮಾತ್ರ ಬಿಟ್ಟಿರಲಿಲ್ಲ. ಒಂದು ದಿನ ಇಬ್ಬರು ಸಾಯಂಕಾಲ ಸಮಯ ವಾಯು-ವಿಹಾರ ಮುಗಿಸಿ ತಮ್ಮ ತಮ್ಮ ಮನೆಗಳಿಗೆ ಹಿಂದಿರುಗಿದರು ನಂತರ ಗಂಧದ ವ್ಯಾಪಾರಿ ತನ್ನ ಗೋದಾಮಿಗೆ ಹೋಗಿ ನೋಡಿದ ಅಲ್ಲಿ ಅವನ ಗಂಧದ ಮರಗಳೆಲ್ಲವೂ ಹತ್ತಿ ಹಾಳಾಗುತ್ತಿರುವುದನ್ನು ನೋಡಿ ಅವನ ಮನಸ್ಸಿನಲ್ಲಿ ಒಂದು ಆಲೋಚನೆ ಬಂತು. ಅದೇನಂದರೆ ಒಂದು ವೇಳೆ ತನ್ನ ಸ್ನೇಹಿತನಾದ ರಾಜ್ಯ ಸತ್ತು ಹೋದರೆ ಈ ಗಂಧದ ಮರಗಳೆಲ್ಲವೂ ಖರ್ಚಾಗುತ್ತದೆ ಆಮೇಲೆ ಆರಾಮಾಗಿ ಜೀವನ ಮರುದಿನ ಸಾಗಿಸಬಹುದು ಎಂದು ಯೋಚನೆ ಮಾಡಿದ ಮತ್ತೆ ರಾಜ ಮತ್ತು ಗಂಧದ ವ್ಯಾಪಾರಿ ವಾಯುವಿಹಾರಕ್ಕೆಂದು ಉದ್ಯಾನವನಕ್ಕೆ ಬಂದರು ಆ ಸಮಯದಲ್ಲಿ ರಾಜ ತನ್ನ ಸ್ನೇಹಿತನನ್ನು ಕೇಳಿದ "ಗೆಳೆಯ ನನ್ನ ಬಗ್ಗೆ ಏನಾದರೂ ಕೆಟ್ಟ ಯೋಚನೆ ಮಾಡಿದೆಯಾ" ಎಂದು ಕೇಳಿದ ಆಗ ಅವನ ಸ್ನೇಹಿತ "ಯಾಕೆ ಗೆಳೆಯ ನಿನಗೆ ಈ ಪ್ರಶ್ನೆ ಬಂತು" ಎಂದ ಆಗ ರಾಜ ಉತ್ತರಿಸದೆ "ಇಲ್ಲ ನಿನ್ನ ಬಗ್ಗೆ ನನ್ನ ಮನಸ್ಸಿನಲ್ಲಿ ಒಂದು ಕೆಟ್ಟ ಆಲೋಚನೆ ಬಂತು. ಅದೇನಂದರೆ ಒಂದು ವೇಳೆ ನೀನು ಸತ್ತು ಹೋದರೆ ನಿನ್ನ ಆಸ್ತಿ ಗಂಧದ ಮರಗಳೆಲ್ಲ ನನ್ನ ರಾಜ್ಯದ ಸ್ವತ್ತು ಆಗುತ್ತೆ ಎಂಬ ಆಲೋಚನೆ ಬಂತು" ಎಂದು ರಾಜ ಹೇಳಿದ ತಕ್ಷಣವೇ ಗಂಧದ ವ್ಯಾಪಾರಿ "ನನ್ನನ್ನು ಕ್ಷಮಿಸಿ ಬಿಡು ಗೆಳೆಯ ನಾನು ನೀನು ಸತ್ತು ಹೋದರೆ ಗಂಧದ ಮರಗಳೆಲ್ಲ ಖರ್ಚಾಗುತ್ತವೆ ಎಂದು ಯೋಚನೆ ಮಾಡಿದೆ ನನ್ನನ್ನು ಕ್ಷಮಿಸಿ" ಎಂದು ಹೇಳಿದ ಆಗ ರಾಜ ಅವನಿಗೆ "ಅಯ್ಯೋ ಹುಚ್ಚಪ್ಪ ನನಗೆ ಹೇಳಿದ್ದಾರೆ ದೇವಸ್ಥಾನಕ್ಕೆ ರಥ ಮಾಡಲು ನಿನ್ನ ಮರಗಳನ್ನೆಲ್ಲ ಕೊಳ್ಳುತ್ತಿದ್ದೆ" ಎಂದು ತಿಳಿಸಿದ.

ಪ್ರಸ್ತುತ ದಿನಗಳಲ್ಲಿ ನೋಡುವುದಾದರೆ ಯಾರಿಗೂ ತಾಳ್ಮೆಯಿಂದ ಆಲೋಚನೆ ಮಾಡುವ ಶಕ್ತಿಯೇ ಇಲ್ಲದಂತಾಗಿದೆ ಇನ್ನೊಂದು ವಿಪರ್ಯಾಸ ಎಂದರೆ ತಾಳ್ಮೆ ಎನ್ನುವುದನ್ನೆ ನಾವು ರೂಡಿಸಿಕೊಂಡಿಲ್ಲ ಅಂತಹವುದರಲ್ಲಿ, ಉತ್ತಮ ಆಲೋಚನೆಗಳು ಬರುವುದು ತುಂಬಾ ಕಷ್ಟ ಎಲ್ಲರಲ್ಲೂ ಅಂದರೆ ಸಾಮಾನ್ಯವಾಗಿ ಯೋಚಿಸುವ ಜನರು ಭೀಮನಂತೆ ಉರಿಯುತ್ತಾರೆ. ಪಂಪನನ್ನು ತನ್ನ ವಿಕ್ರಮಾರ್ಜುನ ವಿಜಯದಲ್ಲಿ ತುಂಬಿದ ಸಭೆಯೊಳಗೆ ದ್ರೌಪದಿಯನ್ನು ಅವಮಾನಿಸಿದಾಗ ಕೌರವರ ಕುರಿತು ಹೇಳುವ ಮಾತಿದು.

"ಕುಡಿವೆನು ದುಶ್ಯಾಸನನುರುಸ್ಥವಳವ ಸೀಳಿ ಉಕ್ಕುವ ರಕ್ತವನು ಹೊಕ್ಕು ಉಡಿವೆನು ಪಿಂಗಳಾಕ್ಷನ ಊರುಗಳ ಗದಾಘಾತದಿಂದ ನುಚ್ಚು ನೂರುಗೊಡೆವೆನು ಅವನ ನವರತ್ನ ಕಚಿತತೆ ಮುಕುಟ ನಂಬು ನನ್ನ ಕಣ್ಣಿಂದ ಕಿಡಿಯು ಕೆಂಡವು ಚಿಮ್ಮುತ್ತಿದೆ ಕಂಡೀ ಅಹಿತರನು ಪಂಕೇಜವಕ್ತ್ರೇ "

ಇಂತಹ ತಾಳ್ಮೆ ಇಲ್ಲದ ಮನಸ್ಸಿನಿಂದ ಏನನ್ನು ಉತ್ತಮವಾದದ್ದನ್ನು ಆಲೋಚಿಸುಲು ಸಾಧ್ಯವಿಲ್ಲ ಉತ್ತಮ ಆಲೋಚನೆಗಳು ಉತ್ತಮ ವಾತಾವರಣವನ್ನು ಸೃಷ್ಟಿಮಾಡುತ್ತವೆ ಕೆಟ್ಟ ಆಲೋಚನೆಗಳು ಕೆಟ್ಟ ಪರಿಸರವನ್ನು ರೂಪಿಸುತ್ತವೆ ಎಂಬುದು ಅಕ್ಷರಶಃ ಸತ್ಯ.

> ಶೇಕ್ಷಾವಲಿ II B.Ed ,2023

ವಿದ್ಯಾರ<mark>್ಥ</mark>ಿಯ ಜೀವನ

ವಿದ್ಯಾರ್ಥಿಯ ಜೀವನವು ವ್ಯಕ್ತಿಯ ಜೀವನದ ಅತ್ಯಂತ ಸ್ಮರಣೀಯ ಹಂತಗಳಲ್ಲಿ ಒಂದಾಗಿದೆ. ವಿದ್ಯಾರ್ಥಿಯ ಜೀವನದ ಹಂತವು ನಮ್ಮ ಜೀವನದ ಅಡಿಪಾಯವನ್ನು ನಿರ್ಮಿಸುತ್ತದೆ. ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ನಾವು ಕೇವಲ ಪುಸ್ತಕಗಳಿಂದ ಕಲಿಯುವುದಲ್ಲ.

ನಾವು ಭಾವನಾತ್ಮಕವಾಗಿ ,ದೈಹಿಕವಾಗಿ, ತಾತ್ವಿಕವಾಗಿ ಮತ್ತು ಸಾಮಾಜಿಕವಾಗಿ ಬೆಳೆಯಲು ಕಲಿಯುತ್ತೇವೆ. ಹೀಗಾಗಿ ಈ ವಿದ್ಯಾರ್ಥಿ ಜೀವನ ಅತಿ ಪ್ರಮುಖ<mark>ವಾದ ಭಾ</mark>ಗ ಎಂದು ಹೇಳಬಹುದಾಗಿದೆ.

ವಿದ್ಯಾರ್ಥಿ ಜೀವನವು ಶಿಸ್ತು ಮತ್ತು ಅಧ್ಯಯನವನ್ನು ಕಲಿಯಲು ನಮಗೆ ಸಹಾಯಮಾಡುತ್ತದೆ. ಅದರ ಹೊರತಾಗಿಯೂ ಜೀವನವು ಸಾಕಷ್ಟು ಆನಂದದಾಯಕವಾಗಿದೆ. ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಹೋರಾಟ ಕಡಿಮೆ ಬೆಳ್ಳಿಗೆ ಬೇಗ ಎದ್ದು ಶಾಲೆ ಅಥವಾ ಕಾಲೇಜಿಗೆ ತಯಾರಾಗಬೇಕು ಅಂತೆಯೇ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಬಸ್ ನಿಲ್ದಾಣಕ್ಕೆ ಭಾವಿಸುವುದು ತುಂಬ ರೋಮಾಂಚನಕಾರಿಯಾಗಿದೆ .ತಾಯಂದಿರು ನಿರಂತರವಾಗಿ ನಮಗೆ ಯದ್ವ ತದ್ವ ಮತ್ತು ತಡವಾಗಿ ಬರಬಾರದು ಎಂದು ನೆನಪಿಸುತ್ತಾರೆ. ಎಲ್ಲಾ ತಾಯಂದಿರಿಗೂ ಇದು ಮಂತ್ರಕ್ಕಿಂತ ಕಡಿಮೆ ಇಲ್ಲ. ಇದರ ಜೊತೆಗೆ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಇತರ ರೋಚಕ ಕ್ಷಣಗಳಿವೆ ನಾವು ಕೆಲವೊಮ್ಮೆ ನಮ್ಮ ಮನೆ ಕೆಲಸವನ್ನು ಪೂರ್ಣಗೊಳಿಸಲು ಮರೆತುಬಿಡುತ್ತೇವೆ ಮತ್ತು ಶಿಕ್ಷಕರು ಅದನ್ನು ಕೇಳಿದಾಗ ನೋಟ್ಬುಕನ್ನು ಹುಡುಕಿದಂತೆ ನಟಿಸುತ್ತೇವೆ. ಅದರ ಜೊತೆಗೆ ಪರೀಕ್ಷೆಯ ಸಮಯವೂ ಮೂಲೆಯಲ್ಲಿದೆ ವಿನೋದವು ಸ್ವಲ್ಪ ಸಮಯದ ವರೆಗೆ ನಿಲ್ಲುತ್ತದೆ ಆದರೆ ಹೆಚ್ಚು ಸಮಯ ಇರುವುದಿಲ್ಲ. ವಿದ್ಯಾರ್ಥಿ ಜೀವನದ ಬಗ್ಗೆ ಅತ್ಯಂತ ರೋಮಾಂಚನಕಾರಿ ವಿಷಯವೆಂದರೆ ಸ್ನೇಹಿತರೊಂದಿಗೆ ಪಿಕ್ನಿಕ್ ಮತ್ತು ಪ್ರವಾಸಗಳಿಗೆ ಹೋಗುವುದರಿಂದ ನೀವು ನಿಮ್ಮನ್ನು ಆನಂದಿಸಬಹುದು ಮತ್ತು ಬಹಳಷ್ಟು ಆನಂದಿಸಬಹುದು.

ಸ್ನೇಹಿತರೊಂದಿಗೆ ಪರೀಕ್ಷೆಯ ಪಲಿತಾಂಶಕ್ಕಾಗಿ ಕಾಯುವುದು ಕೂಡ ಖುಷಿಯಾಗುತ್ತದೆ.ನಿಮ್ಮ ಗೆಳೆಯನ ಅಂಕಗಳ ಬಗ್ಗೆ ಕುತೂಹಲ ಹೆಚ್ಚು ಅಂಕ ಗಳಿಸಿದರೆ ಚಿಕ್ಕ ಚಿಕ್ಕ ವಿಷಯಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿ ಜೀವನದ ಸಾರಾ ಅಡಗಿದೆ. ಆಟಗಳ ಅವಧಿಯ ಉತ್ಸಾಹ ಅಥವಾ ಹೊಸ ಶಿಕ್ಷಕರ ಬಗ್ಗೆ ಕಲಿಯುವುದು. ವಿದ್ಯಾರ್ಥಿ ಜೀವನವು ನಮಗೆ ಶಿಸ್ತನ್ನು ಕಲಿಸಿದರೆ ಅದು ನಮಗೆ ಬಹಳಷ್ಟು ವಿನೋದವನ್ನು ನೀಡುತ್ತದೆ. ಇದು ಪ್ರತಿಯೊಬ್ಬರ ಜೀವನದಲ್ಲಿ ಮರೆಯಲಾಗದ ಸಮಯ.

> ಸ್ಪಂದನ. ಪಿ II B.Ed ,2023

ಕವನ

ಬದುಕು

ಬದುಕೆಂಬ ಬಾಳ ಪಯಣದೊಳಗೆ ಬದುಕುವ ಹಂಬಲವಿಲ್ಲವಿದ್ದರೆ ಬದುಕಿಗೆ ಎಲ್ಲಿದೆ ಬೆಲೆ ? ಬದುಕುವ ,ಬದುಕಿಸುವ ,ಬದುಕು ಕಲಿಸುವ ಅರ್ಥ ಗೊತ್ತಿದ್ದರೂ ಆದರೂ ಅರ್ಥವಾಗದು ಈ ಬದುಕಿನ ಪಯಣ.

ಗೊಂದಲ

ಯಾರು ಉರಿ ಹೂತ್ತಿಸದೆಯೇ ಹೇಗೋ ಹೊತ್ತಿಕೊಂಡು ಪ್ರಜ್ವಲಿಸುವ ಕಾಡ್ಗಿಚ್ಚಿನಂತೆ ಈ ಗೊಂದಲಗಳು.

> ಆಶಾಕುಮಾರಿ NS II B.Ed ,2023

ಕನ್ನಡ

ಈ ಧರೆಯಿಂದ ಗಗನದವರೆಗೂ ಬೀಸುವ ಗಾಳಿ ಏರುತ್ತಿದೆ ಕನ್ನಡ ಕಾಶಿ ಯಿಂದಕನ್ಯಾಕುಮಾರಿವರೆಗೂ ಹರಿಯುವ ನೀರು ಹೇಳುತ್ತಿದೆ ಕನ್ನಡ ಕರುನಾಡಲ್ಲಿ ಹುಟ್ಟಿರುವ ನಾನು ಪ್ರತಿಯೊಂದು ಕ್ಷಣ ಹೇಳಬೇಕು ಕನ್ನಡ ಕನ್ನಡ

ಕನ್ನಡ ಕನ್ನಡ ನಾಡು ಚಂದ ಕನ್ನಡ ನುಡಿ ಚಂದ ಕನ್ನಡ ಕಣ್ಮಣಿಗಳ ನೆನೆದಿರೆ ಆನಂದ ಕರುನಾಡಲ್ಲಿ ಈ ಜನ್ಮ ಎಲ್ಲರ ಅನುಬಂಧ

> <mark>ಇಂದ್ರಾಣಿ</mark> II B.Ed ,2023

ವಿಜ್ಞಾನ

"ಬೆಳಕಿಲ್ಲದೆ ಆಹಾರವಿಲ್ಲ . ಆಹಾರವಿಲ್ಲದೆ ಶಕ್ತಿ ಇಲ್ಲ. ಶಕ್ತಿ ಇಲ್ಲದೆ ಯುಕ್ತಿ ಇಲ್ಲ. ಅನುಭವವಿಲ್ಲದೆ ಜ್ಞಾನವಿಲ್ಲ. ಜ್ಞಾನವಿಲ್ಲದೆ ವಿಜ್ಞಾನವಿಲ್ಲ."

ವಿಜ್ಞಾನವೆಂಬ ದೀವಿಗೆ ಎಂದಿಗೂ ಬೇಕು ಜೀವಿಗಳಿಗೆ ವಿಜ್ಞಾನ ದಿಂದ ಹೊರಹೊಮ್ಮುವ ಪ್ರಯೋಗ ಸೃಷ್ಟಿಸುವುದು ಹೊಸದಾದ ಯುಗ.

ಅಜ್ಞಾನವೆಂಬ ದುಷ್ಟಶಕ್ತಿಯ ಮುಕ್ತಿಗೆ ವಿಜ್ಞಾನವೆಂಬ ಜ್ಞಾನವೇ ಶಕ್ತಿ. ಅಜ್ಞಾನವು ಅಳಿಯಲಿ, ವಿಜ್ಞಾನವು ಬೆಳೆಯಲಿ ವಿಜ್ಞಾನದ ವೃಕ್ಷದ ಪೋಷಣೆ, ನಮ್ಮೆಲ್ಲರ ಹೊಣೆ.

ವಿಜ್ಞಾನದ ಸಿದ್ಧಾಂತ, ಜಗತ್ತಿಗೆ ವೇದಾಂತ ಸೃಷ್ಟಿಸಬೇಕೆಂದೆ ಹೊಸದಾದ ಯುಗದ ನಿರ್ಮಾಣ. ವಿಜ್ಞಾನದ ಸಿದ್ಧಾಂತವು ಮಾಡುವುದು ಅಜ್ಞಾನದ ನಿರ್ಣಾಮ ವಿಜ್ಞಾನವನ್ನು ಬೆಳೆಸಿರಿ ಹೊಸದಾದ ಜಗತ್ತನ್ನು ನಿರ್ಮಿಸಿರಿ.

> ಸಿಂಧು ಸಿ ಎಂ II B.Ed, 2023

ಗಣಿತ

ಗಣಿತವೆಂಬುದು ಜೀವನದ ಲೆಕ್ಕಾಚಾರ ಸ್ವಲ್ಪ ತಿಳಿದುಕೋ ಅದರ ಆಚಾರ ವಿಚಾರ ತಿಳಿದಿದ್ದರೆ ಅದು ನಿನ್ನ ಗ್ರಹಚಾರ ಅರಿತು ನಡೆದರೆ ಬದುಕು ಸಾಕ್ಷಾತ್ಕಾರ ಹೆಚ್ಚು ಹೇಳುವುದು ಬೇಡ ಅದರ ಸಮಾಚಾರ ಯಾಕಂದ್ರೆ ಅದು ಎಲ್ಲರಿಗೂ ಗೊತ್ತಿರುವ ವಿಚಾರ

> ಚಂದನ ಸಿ, ಆರ್ II B.Ed ,2023

ಪ್ರಕೃತಿಯೊಳಗೊಂದು ನನ್ನ ಶಾಲೆ

ಪ್ರಕೃತಿ ಒಂದು ಸುಂದರ ಅದ್ಭುತ ಈ ಅದ್ಭುತದಲ್ಲಿ ಜೀವಿಸುವ ನಾವೇ ಪುಣ್ಯವಂತರು, ಪ್ರಕೃತಿಯು ಎಲ್ಲ ಜೀವರಾಶಿಗಳ ಜನ್ಮಸ್ಥಳವಾಗಿದ್ದು. ಇದರಲ್ಲಿ ಹಲವಾರು ಪಕ್ಷಿಗಳು ಅದರ ಚಿಲಿಪಿಲಿ ಹಚ್ಚಹಸಿರಿನಿಂದ ಕೂಡಿರುವ ಮರಗಿಡಗಳು ,ಹಲವಾರು ಜಲಪಾತಗಳು ತುಂಬಿದ ಈ ವಾತಾವರಣವನ್ನು ಸವಿದಂತಹ ನಮ್ಮ ಕಣ್ಣಿಗೆ ಹಬ್ಬವೇ ಸರಿ.

ಪ್ರಕೃತಿಯಲ್ಲಿ ನೀರು ಗಾಳಿ ಬೆಳಕು ಎಲ್ಲವೂ ನಮಗೆ ಅತ<mark>ಿ ಮುಖ್ಯವಾಗಿ ಬೇಕಾಗಿದೆ</mark>. ಆದ್ದರಿಂದ ನಾವೆಲ್ಲರೂ <mark>ಪರಿಸರವ</mark>ನ್ನು ಉಳಿಸಿ ಬೆಳೆಸಿ ರಕ್ಷಿಸಿ ಸಂರಕ್ಷಿಸಬೇಕು.

<mark>ಓ ನ</mark>ನ್ನ ಶಾಲೆ

ನೀನೋದು ಜ್ಞಾನ ಮಂದಿರ ಜ್ಞಾನದ ದೇಗುಲ ನಿನ್ನೊಡನೆ ಕಳೆದಿಹೆನು ಅಪರೂಪದ ಕ್ಷಣಗಳನ್ನು ನಿನ್ನೊಡನೆ ಪಡೆದಿಹೆನು ಸಾವಿರ ಅನುಭವಗಳನ್ನು ನನ್ನ ಎಡರು- ತೊಡರುಗಳನ್ನು ಸರಿಪಡಿಸುವ ಸುಜ್ಞಾನ ಮಂದಿರ ನಿ ನ್ನನ್ನು ವರ್ಣಿಸುವಲ್ಲಿ ನಾ ಅಸಹಾಯಕಳು ಓ ನನ್ನನೆಚ್ಚಿನ ಶಾಲೆ ನಾ ಚಿರ<mark>ಮ</mark>ಣಿ ನಿನಗೆ ನಾಅಭಾರಿ....

> ಕಾವ್ಯಶ್ರೀ. ಆ<mark>ರ್</mark> II B.Ed ,2023

ನೇಸರ

ಮರೆಯಾಗುತ್ತಿದ್ದಂತೆ ಮುಂಜಾವಿನ ಮಂಜು ಇಬ್ಬನಿಯಾಗಿ ಹರಡಿತು. ಹಕ್ಕಿಗಳ ಚಿಲಿಪಿಲಿ ಕಲರವ ಕೇಳಿ ಸಿಟ್ಟಾಗಿ ಎದ್ದ ಸೂರ್ಯ ಕೆಂಪಾಗಿ ಮೂಡಿದ ಸ್ವಲ್ಪ ಹೊತ್ತು ಸುಮ್ಮನಿದ್ದು ಬಿಸಿಯ ಶಾಖ ತೋರಿಸಿದ. ಸಂಜೆಯ ರಾಗಕ್ಕೆ ತಂಪಾದ ಗಾಳಿಯೊಂದಿಗೆ ಮನತಣಿಸಿದ. ಇಡೀ ದಿನದ ಪಯಣ ಬೇಸರವೆಂಬ ನೆಪಕ್ಕೆ ನೀರಿನಲ್ಲಿ ಮುಳುಗಿ ಹೋದ.

> ಚಂದನ ಸಿ, ಆರ್ II B.ed, 2023

ಬಾಲ್ಯದ ನೆನಪು

ಬಾಲ್ಯದ ನೆನಪುಗಳ ಚಂದ, ನಾ ಆಗಿದ್ದೆ ಅಮ್ಮನ ಪ್ರೀತಿಯ ಕಂದ, ಅದನ್ನ ನೆನೆದಾಗ ಆಗುವುದು ಆನಂದ.

ಅಮ್ಮ ದೃಷ್ಟಿಯಾಗಬಾರದೆಂದು ಇಡುತ್ತಿದ್ದಳು ಬೊಟ್ಟು, ಆ ಬೊಟ್ಟನ್ನು ಇಟ್ಟು ಕೆನ್ನೆಯ ಮೇಲೆ ಇಡುತ್ತಿದ್ದಳು ಮುತ್ತು.

ಅಪ್ಪನ ಹೆಗಲ ಮೇಲೆ ಕೂತು ನೋಡುತ್ತಿದ್ದಾಗ ಜಗತ್ತೇ ಸುಂದರ, ಅಮ್ಮನ ಕೈ ತುತ್ತನ್ನು ತಿಂದು ಬೆಳೆದ ಅವಳ ಮಡಿಲೇ ಮಂದಿರ.

ಶಾಲೆಗೆ ಹೋಗುತ್ತಿದ್ದಾಗ ಬರುತ್ತಿದ್<mark>ದ ಆ ಮಳೆಯ</mark> ಚಟಪಟ ಸದ್ದು, ಕೆಸರಲ್ಲಿ ಬಿದ್ದು ಎದ್ದಾಗ ನಗುತ್ತಿದ್ದರು ಸ್ನೇಹಿತರು ಕದ್ದು.

ಮನೆಗೆ ಹೋದಾಗ ಅಮ್ಮ ಬೈದು ಹಚ್ಚುತ್ತಿದ್ದಳು ಮುದ್ದು, ಬೈದಳು ಎಂದು ಮುನಿಸಿಕೊಂಡಾಗ ಪ್ರೀತಿಯಿಂದ ಮಾಡುತ್ತಿದ್ದಳು ಮುದ್ದು.

ಇದನ್ನೆಲ್ಲಾ ನೆನೆದಾಗ ಆಗುವುದು ಮನಕ್ಕೆ ನೆಮ್ಮದಿ, ಇದೆಲ್ಲ ಇರುವುದು ಕೊನೆಯವರೆಗೂ ಸವಿ ನೆನಪಾಗಿ, ಎಂದಿಗೂ ಇರುವ ಮುದ್ದು ಮನಸ್ಸಿನ ಮಗುವಾಗಿ.

> ಮೇಘ.K.S II B.Ed , 2023

ತಾಯಿಯ ಬೆಲೆ

ಮನೆಯೆಂಬ ದೇವಾಲಯದಲ್ಲಿ ತಾಯಿಯೆಂಬ ದೇವರ ಬಳಿ ಮಕ್ಕಳಿಂಬ ಭಕ್ತರು ಬಂದು ಬೇಡುವ ವರಕ್ಕೆ ಯೋಚನೆ ಇಲ್ಲದೆ ವರ ನೀಡುವ ತಾಯಿಯೇ ನಿಜವಾದ ದೇವರು

ತಾಯಿ ಪ್ರೀತಿಯ ಸ್ವರ್ಗ ವಾತ್ಯಲ್ಯವೆ ಬದುಕಿಗೆ ದಾರಿ ಅವಳ ಮಮತೆಯ ಮಕ್ಕಳಿಗೆ ದಾರಿ ದೀಪ

ತಾಯಿಯನ್ನು ಮೀರಿದವರಿಲ್ಲ ಅವಳ ಋಣವಿಲ್ಲದವರಿಲ್ಲ ಅವಳು ಯಾರಿಗೂ ವೈರಿಯಲ್ಲ ಇದೇ ಅವಳ ಶ್ರೇಷ್ಠ ಗುಣ ತಾಯಿಯೇ ಶ್ರೇಷ್ಠ ದೇವರು ನನಗೆ ತಾಯಿಯೇ ಮೊದಲ ದೇವರು......

ಅಪೂರ್ವ ವಿ II B.Ed ,2023

ಜೀವನದ ಸಂಚಿಕೆ ಕವನ

ಬರಿಯದೇ ಮೂಡುವುದಿಲ್ಲ ಕವನಗಳು ಹರಿದು ಬರಬೇಕು ಒಳಭಾವಗಳು ನೊಂದ ಬೆಂದ ಬದುಕಿನ ಕಥೆಗಳು ಎಲ್ಲ ತಿಳಿದವರು ಆಗುವರು ಕವಿಗಳು ಕಲಿಸುವುದು ಎಲ್ಲವನ್ನು ತಾನೇ ಪ್ರಕೃತಿ ಅರಿವ ನದಿಯ ಜುಳು ಜುಳು ನಾದ ಸುಯ್ಯನೆ ಬೀಸುವ ತಂಗಾಳಿಯ ಮೋಡ ಸುಪ್ರಭಾತದಿ ಇಂಪಾದ ಹಕ್ಕಿಗಳರಾಗ ಮನದ ಬಗೆಯ ನೀಗುವ ದಾರಿದು ಇಡಲು ಎಲ್ಲವನ್ನು ನಿತ್ಯ ಸಂತಸದಲಿ ಅಂಚಿ ಎಲ್ಲರೊಡೆನೆ ಉತ್ತಮ ಭಾವಗಳು ತಿಳಿಸಬೇಕು ಎಲ್ಲ ಸತ್ಯದ ಅನುಭವಗಳು

ನಾನು ಕವಿ ಅಲ್ಲ ಕವಿಯ ಭಾವಗಳು ನನಗಲ್ಲ ನನ್ನವ ಎಂಬ ಭಾವಗಳು ಕವಿಯಲ್ಲಿ ನನ್ನವರೇ ಎಂಬ ಭಾವಗಳು ಕವಿಯಲ್ಲಿ ಬರೆದ ಭಾವಗಳ ಮಜಲುಗಳು ಮಂಥನದ ಭಾಷ ಅದರಲ್ಲಿದೆ ಕೆಲವು ಸಲ ಕನಸಲ್ಲಿ ಕಂಡಿದ್ದು ರಕ್ತ ಮಾಂಸ ಹೃದಯದ ವೇದನೆಗೆ ಚಾಲನೆ ಬಿತ್ತಲು ಹೊರಟ ಅಕ್ಷರ ನಾಟಿ ನೀಟ್ ಆಗದೆ ಅಂಕು ಡೊಂಕುಗಳ ಸಾಲು ಮರಳಿ ಯತ್ನಿಸಿದ ಸಮಾಧಾನ ಒಮ್ಮೆಮ್ಮೆ ಕಲ್ಪನೆಗಳ ಕಳಸು ಮನದ ತುಂಬೆಲ್ಲ ಬರಿ ಹಕ್ಕಿಗಳ ಹಾರಾಟ ಅದುವೇ ನನಗೆ ಅಕ್ಕರೆ ಚಿಗುರಿದ ಹಾಸಿಗೆ ಹನಿ ಹನಿ ನೀರು ನೆರಳು.

> ಶರಣಬಸವ ಜಿರಳ II B.Ed ,2023

GALLERY OF SPECIAL PROGRAMMES

01

SPECIAL PROGRAMMES 2023



REPUBLIC DAY 2023



ESSAY COMPETITION ON NATIONAL YOUTH DAY 2023



REV.FR. EDWARD SALDANHA 2023



TALENT'S DAY 2023



MARTYR'S DAY 2023



NATIONAL VOTER'S DAY 2023





ART WORKSHOP 2023



MATHRUBHASHA DIVAS 2023



UGADI 2023



MILESTONES 2022-23

STUDENT'S COUNCIL INAUGURATION 2023



WORLD POETRY DAY 2023



ST JOSEPH'S FEAST 2023

SPECIAL PROGRAMMES



SPECIAL TALK ON WOMEN'S HEALTH DR. NANDA 2023



MILESTONES 2022-23

FREE HEALTH CHECKUP 2023



CONCEPT REPRESENTATION ON SCIENCE DAY



GLIMPSES OF WOMEN'S DAY 2023



DRAWING AND PAINTING COMPETITION 2023

SPECIAL PROGRAMMES



INAUGURAL ADDRESS ON SCIENCE DAY 2023



WORLD THEATRE DAY 2023



WORKSHOP ON SELF LEARNING: ONLINE AND DISTANCE MODE COURSE 2023



TALK ON DEALING WITH ADOLESCENCE 2023



INTERNATIONAL YOGA DAY 2023

5

ONAM CELEBRATION 2023



INDEPENDENCE DAY 2023



JO-FIESTA 2023





GANDHI JAYANTHI 2023



INTERNATIONAL DEMOCRACY DAY 2023

SPECIAL PROGRAMMES



TALK ON MENTAL HEALTH 2023



SPORTS DAY 2023

GRADUATION DAY 2023









Club Activities

BBBB

English Language Club 2021-23

"The conquest of learning is achieved through the knowledge of languages"

The English Language Club of St Joseph's College of Education has organized various programmes under the guidance of Dr, Asha P Pathrose. The students of English pedagogy was part of language club. The main aim of this club is to foster the Learning of English language and also to make student aware about the importance of English language.

This year the club has organised various activities which are designed to develop vocabulary, fluency in the language, familiarise learners with linguistic expressions, to develop linguistic competence, sharpen creativity and trigger logical thinking. Those activities not only focus on students from literature backgrounds but also involves all the students from various pedagogies.



The language club organised a poem recitation competition for students to increase their appreciation for language and cement their mastery of public speaking. Various other activities are conducted in the classroom by allotting last 5 minutes to students and they have to present any concept, Facts, Information etc. related to English language. This activity not only makes the listeners more informative but also helps to develop the communication skills and builds selfconfidence.



National reading month is celebrated by displaying one book per day along with the brief note about the author and book throughout the month of February to encourage reading for all ages and promotes reading as a key feature for learning, social, and professional development. The reader could also borrow the book and return it within a specified time. This activity motivates the students to pick up a book and read.

English is the most essential language in the field of education. There are many countries where English is learned as a second language. It won't be wrong if we say that English dominates the learning and research field. Not just this field, English has become a basic language of communication.



Social Science Club 2021-2023

"Social Science helps us to better understand and appreciate the diversion human experience "

The Social Science Club of St. Joseph's College of Education under the guidance of Dr. Chaluvarajaswamy K.T. organised various programmes. We the students of History pedagogy are the members of Social Science Club. The main aim of this Club is to promote interest in Social Science, critical thinking and analysis, enhancing general knowledge, promoting the sense of national pride and cultural appreciation and fostering research and inquiry. This year the Club has organized various activities like Field trip, Celebrating Diversity, Workshops and Exhibition, collectively to promote holistic and inquirybased approach to education, enhancing both teaching and learning process.



The Social Science Club organized a special Independence Day celebration as part of Azadika Amrit Mahotsav. The event featured patriotic songs and a musical play, highlighting the rich heritage of India's struggle for Independence and it's cultural diversity. The performance by the Social Science Club students along with the musical play created a deeply moving and patriotic atmosphere. The event successfully conveyed the importance of India's Independence struggle and celebrated the country's cultural diversity.

The Social Science Club organized workshop on topic "Orientation on 5E Model lesson Plan", Resource person was Shruthy Sadasivan. It was an highly effective workshop. It gives an immense importance to educators, who looking to enhance their teaching practice. It effectively conveyed the principles of the 5E model, enabling participants to create students-centered engaging and effective lesson plan.



The Social Science Club organized an in house Educational and Enlightening Exhibition. This event aimed to showcase the knowledge and creativity of students in various fields of Social Science while fostering a sense of inquiry and critical thinking, where all the Social Science Club members participated in the event with their own model. The Exhibition was a resounding success achieving it's educational and awareness raising goals. It created an environment of learning and curiosity as students and visitors engaged in thoughtful discussions and explored the fascinating world of Social Science.



The Social Science Club activities throughout the year have not only enhanced our understanding of the social science but also fostering a sense of community, cultural appreciation and personal growth.

Eco - Club 2021-2023

The Chemistry -Biology Pedagogy students of batch 2020-2022, belonging to the Eco Club launched a remarkable initiative to promote environmental awareness and sustainability, with the leadership of Professor, Mrs. Anne Jaya Sheela. They repurposed one-sided sheets and chart papers to create notepads adorned with artistic cover pages, featuring slogans on Earth preservation, environmental protection, and climate change mitigation.



The primary objectives of this project were:

To reduce waste by reusing one-sided sheets and chart papers. To raise awareness about environmental issues.





To celebrate World Environment Day meaningfully.

To provide the college community with practical, eco-friendly notepads.

On World Environment Day, which falls on June 5th, 2022, the notepads were formally released and distributed to students, teachers, and administrative staff.

The notepads served various purposes, including note-taking, drawing, and as reminders, effectively spreading the message of environmental awareness. They were well-received and became a part of daily life within the college.

This project serves as an inspiration for future endeavors to engage students in eco-friendly activities and foster a sense of responsibility toward our planet.



Math m-rates Club 2021-2023

Inception

Math π – rates club was established on July 1st, 2016 under the leadership of Prof. Mary Jose and Dr. Priya Mathew with the objective of fostering Math love among students. Activities

Values of Mathematics

In order to develop a positive attitude towards learning Math, the student teachers were given the opportunity to explore the values that are imbibed through mathematical concepts. The teacher trainees explored various math concepts from class VIII to class X, and documented the same as part of Mathematics Pedagogy assignment.

Paper Presentation

Teacher trainees presented research papers based on the data collected on values of Mathematics, under the guidance of Dr. Priya Mathew, at the National Seminar organized by PKM College of Education, Kannur.



International π - Day On account of the International π - Day, a celebration was held to appreciate the beauty of π . The celebration ended with various games involving π .



Cos Y Not: Integration of ICT

The first year teacher trainees of Mathematics department organised a programme named `Cos Y Not` to encourage students to integrate ICT applications in Mathematics classroom. Three different activities were the highliht of the day. Orientation on Geogebra, Quiz using Quizzes app and value based games.



Web-resource: Padlet Preparation

The teacher trainees were asked to choose a topic of their choice and prepare a Padlet on the same. The students actively took part in this activity. All the padlets thus prepared were then compiled together for any future reference.

GeoGebra Workshop

A GeoGebra workshop was organized for the teacher trainees of the II year. The workshop succeeded in educating the upcoming teachers about the innovative ways to integrate ICT in the teaching learning process. The teacher trainees then explored GeoGebra, and the resulting work was compiled for any future reference.

The Team – Making Math Fun!



Commerce Club 2022-2023

ABOUT OUR CLUB

We students of commerce pedagogy, 2022 -23 batch, established Commerce club to create a platform to learn more on business, economy and Commerce.

OUR ACTIVITIES

Preparing Innovative Learning Aids

As TLMs has a wider scope while teaching Commerce subject, we together developed some attractive TLMs which was helpful for us in our practice teaching. Commerce wheel was the best among all the TLMs developed by our club members.

Paper Presentation

With support from our group effort our members presented thematic paper on topic related to Commerce teaching at the international seminar organized by our college, and at the national seminar organized by PKM college of education, Kannur, Kerala.

> Supporting Pedagogy Drama Seminar on Economy of Foreign Nations



Keeping touch with business news....

Our club ensured that all students of Commerce pedagogy are utilizing the library period for reading business and commerce related news. During free time, debate was organized amongst us in relation to economic problems highlighted in the newspaper.



our motto

Open the door of Commerce to all

Our Aims •To create a platform for developing new methods for teaching commerce. •To update overselves with changes in commerce field. •To analyze the performance of Indian and International trade. To prepare attractive and innovative teaching learning aids.



Science Club Activities 2021-2023

National science day

Date :22-02-2023 To 28-02-2023

St. Joseph's College of Education, Mysuru celebrated National Science day as week-long festivity, with a motto "Science for all". The theme for National Science day 2023 is "Global Science for Global well-being" which indicates our country's emerging global role and raising visibility in the international arena.

The students were divided into 5 groups - Vitamins, ISRO, Alteréum, Evotech and Stars. Following were the programmes organised.On 22nd February 2023 - "Group introduction and Tableau presentation",on 23rd February 2023 - "Logo and badge making Competition" and "Observation and Memory game". On 27th February 2023 -"Drawing and Painting Competition" were conducted.



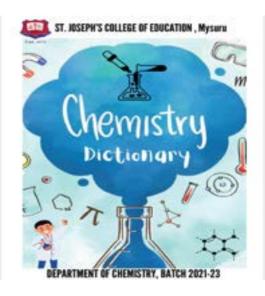
The valedictory function began at 3.30 pm in the evening which was presided by Rev Fr. Vijay Kumar Secretary and Correspondent, MDES. Mrs. Anne Jaya Sheela, Co-ordinator of this year's Science Day Programme, welcomed the gathering, Prof. N Geetha (DOS in Biotechnology, University of Mysore) was the Chief Guest. There was an innovative Lighting of Globe by the dignitaries.



CHEMISTRY DICTIONARY Released on: 30/10/2023

The Chemistry dictionary, a collaborative effort by Chemistry pedagogy students of St. Joseph's College of Education, Mysuru, aims to serve as a valuable resource for students, educators and enthusiasts in the field of Chemistry.

This assignment began with an intensive research phase. The students delved into 8th, 9th and 10th Std textbooks (State and Central) to compile a list of essential Chemistry terms and their definitions. They worked in teams to ensure accuracy and clarity, under the guidance of Mrs.Anne Jaya Sheela, Asst. Professor, Chemistry Methodology. The final edit was done by Mr. Sourav which included illustrations on each page.



Abhivyakti Kannada Literary Club 2021-2023

We are delighted to present the annual report of the Abhivyakti Kannada Literary Club for the year 2023. This year has been full of diverse literary and cultural activities that have enriched our club and enhanced our engagement with the Kannada language and culture.

Tribute to Sa Ra Abubakar (13th January 2023): Club began the year by paying tribute to the renowned poet Sa Ra Abubakar, celebrating her contributions to Kannada literature.

KTET Coaching (19th January):

Club organized a KTET coaching program using Google Forms to assist our members in preparing for the Karnataka Teacher Eligibility Test.

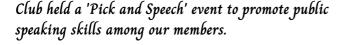
Tribute to Da Ra Bendre (31st January): In January, club also paid homage to the legendary Kannada poet Da Ra Bendre, celebrating his timeless literary works.

Ugadi Celebration (24th March): Club celebrated Ugadi, the Kannada New Year, with great enthusiasm, fostering a sense of community and cultural unity.

Debate Competition on the Use of Mobile in Education (17th April):

To encourage critical thinking, we organized a debate competition on the topic of the use of mobile devices in education.

Folk Song Singing Competition (28th April) Club organized a folk song singing competition to showcase the rich cultural heritage of Karnataka. . TLM Making Workshop (29th April) A hands-on workshop was conducted to teach members the art of creating Teaching-Learning Materials (TLM). Demo of Interactive Whiteboard (5th October) Club hosted a demonstration of interactive whiteboards to keep our members updated on modern educational technologies. Kavi Jayanti (21st April) Club celebrated Kavi Jayanti, a day dedicated to honoring renowned poets, further nurturing our love for Kannada literature. Pick and Speech (20th April) Basava Jayanti (24th April) In remembrance of Basava Jayanti, Club honored the 12th-century philosopher, poet, and social reformer, Basavanna.









PHOTOGRAPHV















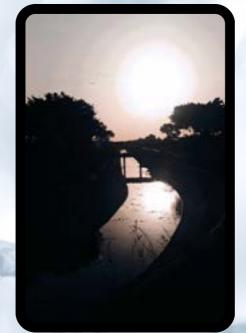
By -Asha Kumari I B.Ed 2023















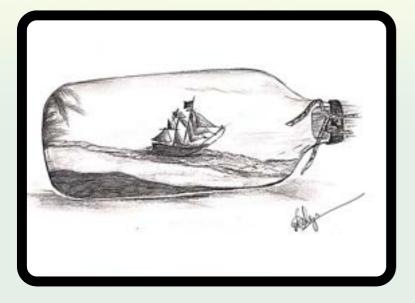
By - Sharon II B.Ed 2023







By - Sourav II B.Ed ,2023



By - Drishya II B.Ed , 2023



By - Kavana II B.Ed, 2023













By- Shabari II B.Ed, 2023



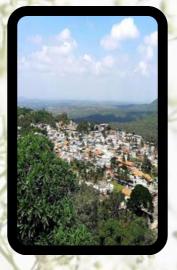














Ramyashree I B.Ed , 2023



Mohana Lakshmi Staff



Shrimukhi II B.Ed, 2023







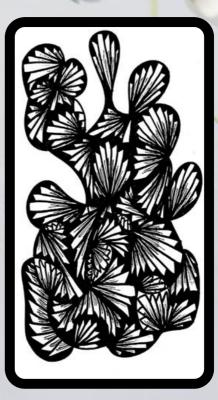


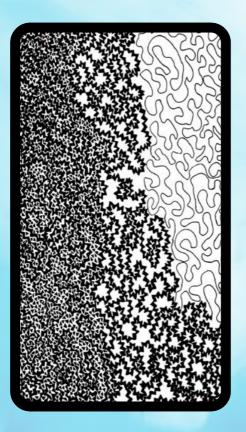




By- Avril II B.Ed, 2023

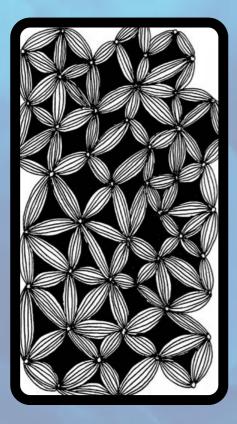


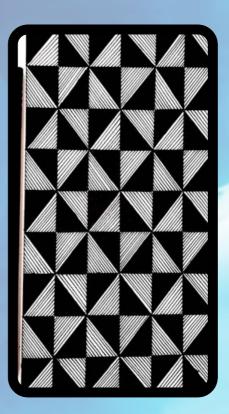


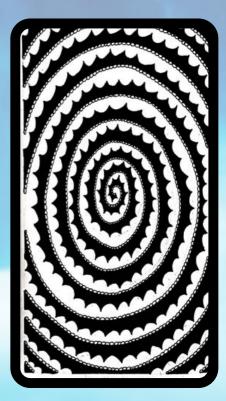


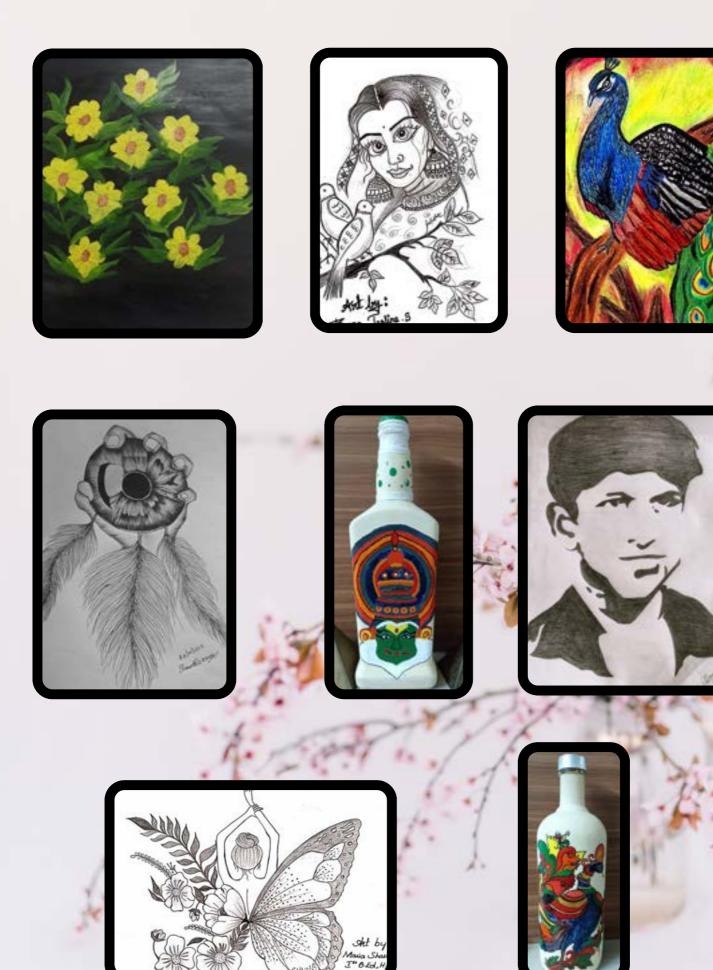


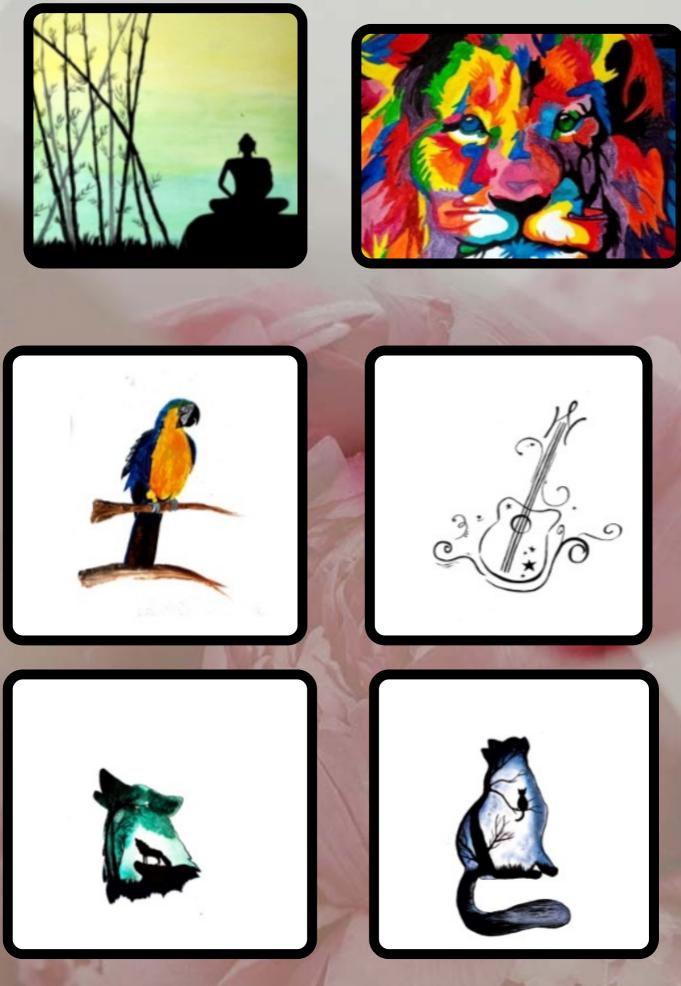
By - Monisha II B.Ed, 2023







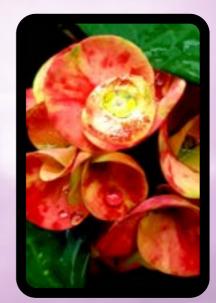




By - Jyothi II B.Ed, 2023















By - Mythri I B.Ed, 2023



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