



P. A. FIRST GRADE COLLEGE

Affiliated to Mangalore University | Recognized by Govt. of Karnataka

COLLEGE CHRONICLE

ANNUAL MAGAZINE

— 2021-2022 —





VISION

To take visible resource
to society and industry through
excellence in education,
training, and skill set
development.



MISSION

To develop students' intellectual
capabilities in Humanities and Social
Sciences, Food Sciences, Computer
Applications, Commerce and
Management to the finest.

To allow for better industry-
Academy collaborations in
employing student solutions based
learning an inclusive society.

To generate new prospects of
employment through continuous
creative exploration of skill sets.





College Chronicle

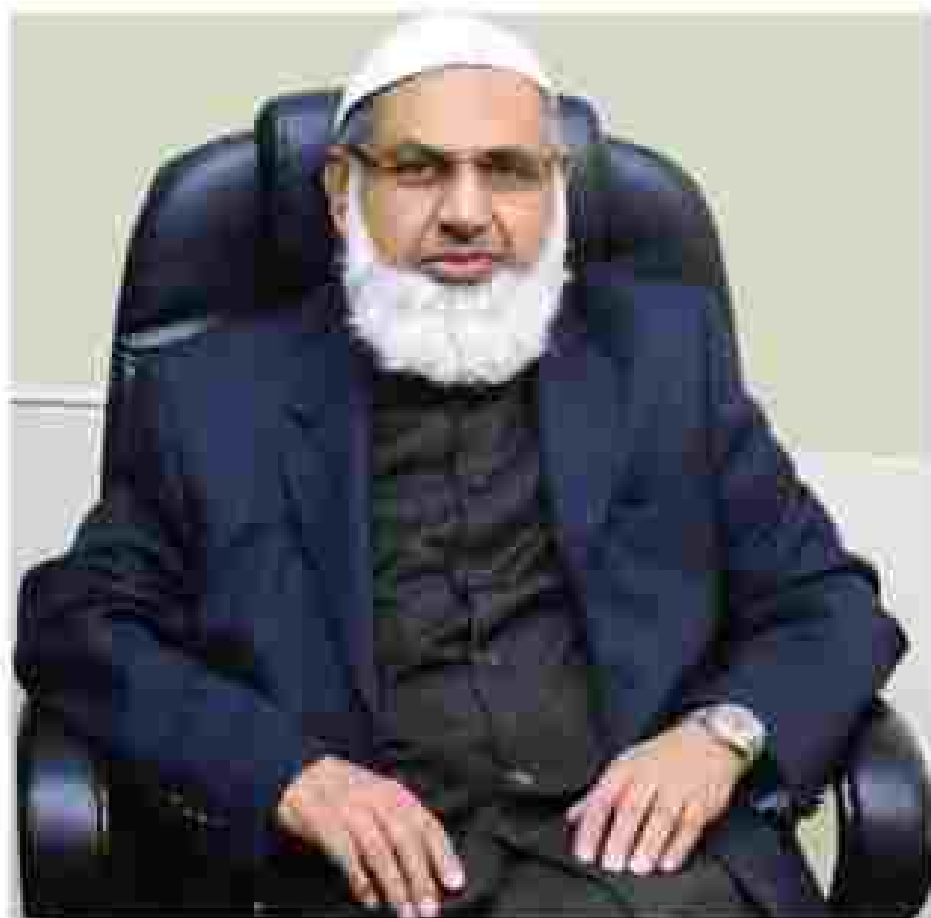
ANNUAL MAGAZINE

— 2021-2022 —

P. A. FIRST GRADE COLLEGE

Affiliated to Marquette University | Recognized by Govt. of Karnataka

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Dr. P. A. Ibrahim Haji

(1943-2021)

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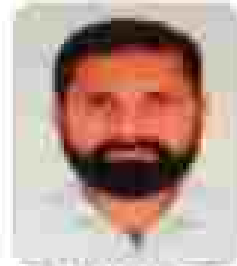
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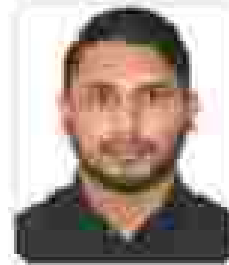
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**EDUPRENEUR AWARD TO MR. ABDULLA IBRAHIM,
MANAGING TRUSTEE - 30th JULY 2022.**



Mr. Abdulla Ibrahim, Managing Trustee, P. A. Educational Trust is Conferred with the most Prestigious Edupreneur of the Year 2022 Award by the Integrated Chamber of Commerce and Industry in a Function held at India International Centre, Delhi

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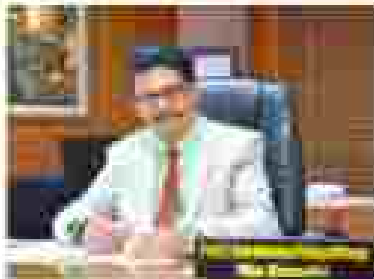
ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ
MANGALORE UNIVERSITY

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ಶ್ರೀ ಪಿ. ಸುಬ್ರಹ್ಮಣ್ಯ ಯಡುಪಾಡಿ
ಶಾಖಾ

Prof. P. Subrahmanya Yadupadithaya
Vice-Chancellor

ಕುವೆಂಪು - 574 195, ಕಾರ್ನಾಟಕ
Mangalapuram - 574 199
Karnataka, India



Date : 17.10.2022

Message

It is a proud feeling to note that since its inception in 1995, P.A First Grade College, an educational institute under the P.A Educational Trust, a PACE Group, has been doing an excellent job in providing quality education to the aspirants from the rural regions of Mangaluru. It is highly appreciated that the college is offering UG Programmes in highly job-oriented subjects, including Food Technology, Food, Nutrition and Dietetics, Computer Science, Commerce and Business Administration.

I am very much delighted to know that the college is bringing out the annual report "COLLEGE CHRONICLE" to showcase the academic excellence achieved in the year 2021-22 and as a platform to portray student's talents in literary and art works. I am happy to note that in addition to regular academic and extracurricular activities, the college has supported the students to explore and flourish their strengths in sports and cultural events. I am sure, all these are well documented in the college magazine.

I appreciate and congratulate the college management committee and members of the editorial board who struggled to bring out "COLLEGE CHRONICLE" in a beautiful manner. I hope the college progresses well to reach a higher height and a bright future for all the students.

(P. Subrahmanya Yadupadithaya)
Vice-Chancellor

Message

Mr. Abdulla Ibrahim
Managing Trustee :



PAFCC is one of the leading and most sought after colleges in Mangalore imparting quality education at an affordable cost. Our vision is to "Educate, Enrichen, and Empower" has been proved to be effective and successful and again accepted and appreciated by the community.

As we complete 20 years of service, what comes to my mind is that - "Success comes to those who work hard and stays with those, who don't rest on the laurels of the past."

We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is changing at such an accelerated rate and we as educators need to pause and reflect on this entire system of Education. Whether our college is well equipped to

prepare our children to face the challenges that the future holds? Questions such as these are factors that motivate us to go through a continuous process of reflection and hence we at PAFCC work at implementing a well-balanced curriculum to ensure that the children who walk into the portals of our College will not just love their college years but truly be prepared to face life's challenges. It was Margaret Mead who said "Children must be taught how to think, not what to think".

Aristotle once said that, "Educating the mind without educating the heart is no education at all." Even as we impart education to match the advancement in technology and globalization, we march our children ahead on moral values and principles. We strive ourselves to help them grow and

develop into sensitive and responsible citizens of the future. We fortunately have a committed, supportive and dedicated teachers caring and co-operative parents, which blend harmoniously to create a student-centric atmosphere here in PAFCC. It is natural to find in this ambience, the innovative use of a variety of thinking activities, strategies and group dynamics so that the classroom becomes alive.

This Annual magazine "College Chronicle" is a milestone that marks our growth, uplifts our imaginations, and gives life to our thoughts and aspirations. It unleashes a wide spectrum of creative skills ranging from writing to editing and even in designing the magazine. I congratulate the entire editorial team for their hard work and dedication that has resulted in the publication of this issue of the college magazine.

Message



Education is the most powerful weapon we can use to change the World.

It is a matter of pride to pen down the message for the annual magazine of PAFGC- "College Chronicle". My heart fills with immense pleasure as I perceive the progress being made at PAFGC. The entire purpose of education is not to restrict itself to imparting bookish knowledge only but inculcate humanitarian values like wisdom, compassion, courage, humility, integrity, and reliability in a student.

Education determines the path of progress and in which PAFGC is very much committed. I extend my warm wishes to the Principal, Staff, and students of PAFGC to continue this journey on the road to excellence.

Mr. K. Ahmed Kutty
Director (Finance)
P.A. Educational Trust (RT)

From the Principal's Desk...



It gives me an immense pleasure to mention that SA First Grade College is bringing out the annual magazine "College Chronicle" of the Academic Year 2021-2022. As we know that, learning is a continuous process from the moment we are born and it is a never ending task. I am sure that this magazine provides lot of insight towards acquiring skills needed for personal and professional growth.

As you scan through the pages, it will delight you with the important milestones that College has achieved during this year. Besides, our budding talents have expressed their thoughts, ideas, hopes, feelings, aspirations and convictions in a creative way. Also, the magazine mentions about the various activities that was held during the Academic Year 2021-22.

Over the years the college magazine has provided an opportunity for students to portray their topics of interest and share their ideas. Publishing a magazine is indeed a tedious and herculean task. As our students are concerned more about their academic excellence, they have to be counsel, persuaded and encouraged to exhibit their writing talents. The response of the students and staff in contributing articles to the magazine was simply overwhelming.

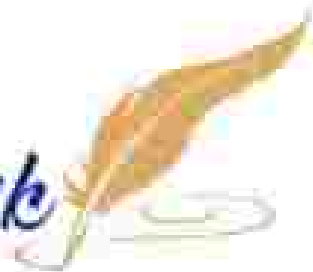
The academic activity is continuously geared up and monitored to sync-up with skills and knowledge required to be confident enough to face the challenging environment. With the spirit and tempo being maintained, I am sure the College is in the right path to occupy a notable place among the top institutions in the country.

I congratulate all the members of the editorial board and all staff & students of SAFGC for contributing their efforts in bringing out this edition of College Magazine.

With you all the Best,

Dr Surjendra J Haxim
Principal

From the Editor's Desk



"A college is a building surrounded by four walls with the future inside". It's a social institution that plays a significant role in igniting the minds of youth and moulding the students.

The name and fame of the institution depend on the caliber and achievements of the students and faculty members.

We are pleased to release "College Chronicles" the annual magazine of MAITC.

The magazine highlights the achievements of students in curricular activities and academics.

We tried to bring forward the hidden writing potential that exists in all. It has been our constant venture to prompt children and teachers, to write about the things that they feel, see, and do. We are proudly projecting the artistic talents of the small class of students. We believe that this kick-off will help them to be the writers they want to be.

Ms. Noorjahan Begum S A
Asst. Professor and Head
Dept. of Humanities & Social Sciences

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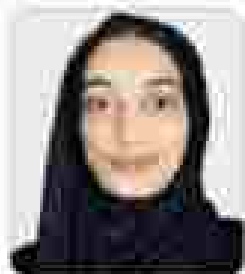
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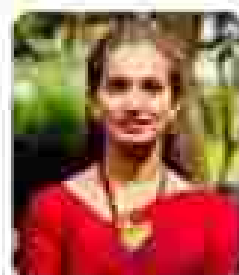
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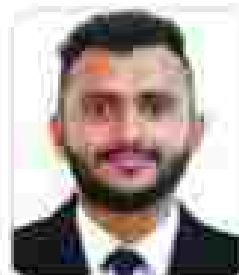
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Lab Instructor (BCA)



Ms. Akshatha
Lab Instructor (FT & FNO)



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Librarian

Meritorious Students

Academic Topper
2019-2022



Ms. Fathima Banoor
3rd year FT
(92.31%)

Academic Topper
2019-2022



Ms. Fathima Riya
3rd year FND
(84.20%)

Academic Topper
2019-2022



Mr. Asif Abdulla Abdul Khader
1st year B.Com
(77.20%)

Academic Topper
2019-2022



Ms. Mariyam Aahida
3rd year BBA
(75.40%)

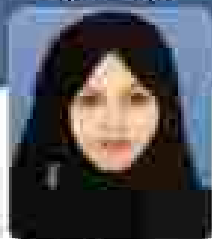
Semester Toppers

Academic Topper
2020-2021



Mr. Muhammad Ameen
2nd year BBA
(78.35%)

Academic Topper
2020-2021



Ms. Fathima Noorfa
2nd year B.com
(86.84%)

Academic Topper
2020-2021



Ms. Hana Mariyam
2nd year FND
(80.90%)

Academic Topper
2020-2021



Ms. Fazeela Hashim
2nd year FT
(78.8%)

Academic Topper
2020-2021



Ms. Sayidha M. K.
2nd year BCA
(71.86%)

**BEST OUT GOING STUDENTS :
2019-22 BATCH**



Mr. Aaif Abdulla Abdul Khader/1st year BCOM



1st year BBA



1st year FE



1st year FGD

CLASS REPRESENTATIVES



1st year BBA - A



1st year BBA - A



1st year BBA-B



1st year BBA-B



2nd year BBA



2nd year BBA



2nd year BBA-B



2nd year BBA-A



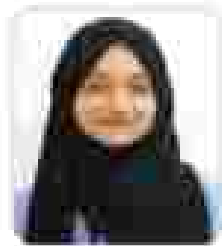
2nd year BBA-B



2nd year BBA-B



1st year BCOM



1st year BCOM



Mr. Sultanrud Nathooza CM
2nd year BCOM



Ms. Maryam Shauqat KM
2nd year BCOM



Ms. Afsah WA
2nd year BCOM



Mr. Mohammed Basit
2nd year BCOM



Mr. Mohammed Jale
1st year FT



Ms. Fatima Rashidat
1st year FT



Ms. Hiba Jallil
2nd year FT



Ms. Fozia Hectia
2nd year FT



Ms. Zahrah Rida
2nd year FT



Mr. Nyo Thakachan
1st year FT



Ms. Fatima Firdi
1st year FND



Ms. S. Firdausy Z
1st year FND



Ms. Hana Maryam
2nd year FND



Ms. Fatima Nabana Gokara
2nd year FND



Ms. Fatumatul Shari
3rd year FND



Ms. Anisa Sahar
3rd year FND



Mr. Wafiyuddin Saad Mubai
1st year BCA



Ms. Fatimatu Asan
1st year BCA



Mr. Mohammed Saqad
3rd year BCA



Ms. Fatimatu Shams
2nd year BCA

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**ENGLISH
SECTION**



William Shakespeare



Alexander Pope



Jonathan Swift



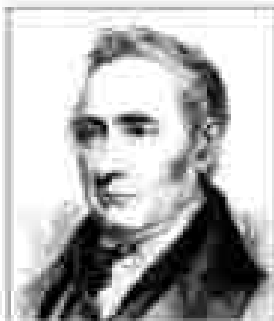
Jane Austen



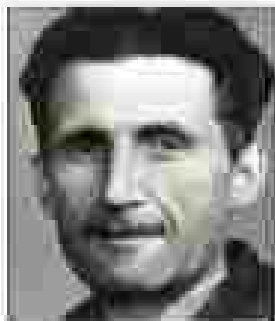
P.B. Shelley



John Milton



George Stephenson



George Orwell



Geoffrey Chaucer



John Dryden



Harold Pinter



Robert Frost



Kamea Das



Bharati Naidu

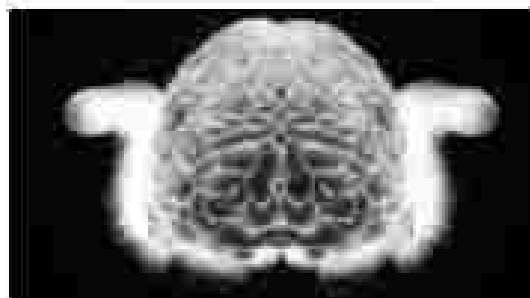


Thomas Hardy



Thomas Gray

HUMAN MIND - The Best Gift to Mankind



"We are shaped by our thoughts; we become what we think" - Buddha

Human Mind is the most unexplored continent on Earth. Though mind is invisible, it is a source of energy within us, just like electricity. There are two types of mind, the conscious mind and the subconscious mind. Conscious mind works when we are awake, whereas the subconscious mind works for 24 hours. We can compare the mind with iceberg, what we can see the iceberg outside water is only 10% and remaining 90% is inside water. Similarly, the conscious mind has only 10% of its powers and subconscious has 90% powers.

We are constantly aware of our conscious mind. We make decisions, we analyze situations with our conscious mind. It is very easy to feel our conscious voluntary actions like moving our hand or leg, which is done by the conscious mind. Conscious mind is the gate keeper of the subconscious mind.

Subconscious mind is responsible for all of our involuntary actions. Our subconscious mind is a vast storehouse of all our past experiences and has influence on all our actions and reactions. Subconscious mind is like a magnet as it attracts all things that resonate with the frequencies of its beliefs. Our inner subconscious mind supports us and provide guidance at times of difficulty and confusion. It also gives us power to carry out tasks and create positive circumstances. Reflexes like automatic action on hearing a loud noise, pulling back our hand on touching a hot surface etc. are controlled by our subconscious mind.

As we all know, success belongs to those who clearly know about their goals & believe in their dreams and convert them into reality. Once our goals are clear, we need to program our subconscious mind with various tools, so that our goals can be definitely achieved in a short time. Generally, people are unaware of the subconscious programming as no one has learnt this in formal education system.

Our mind is like a garden. Just as a gardener cultivates his plot, keeping it free from weeds and growing the flowers and fruits which, he requires, a man gardens and nurtures his mind, weeding out all the wrong, useless and impure thoughts, and cultivating the positive and productive thoughts. Our conscious mind is like a farmer who decides which seeds are to be planted in the subconscious garden. Either we choose positive thoughts that move us forward or we choose negative thoughts that disempower us and lead to disintegration.

Mind reprogramming can help in creating good health, courage, wealth, confidence, relationship, inspiration, success and acceptance. Mind reprogramming will enhance concentration and memory, develop the mental focus and improve our productivity which will result in solving personal and professional problems.

We need to have a proper check on our words. Most of the time we use negative words or statements like: I am sick, I am sad, I am tired, Life is miserable, Bad days are ahead etc. Our mind always says "YES" to our words and hence what we feel & experience is the same as what we speak. It is suggested to use positive words or statements like: I am healthy, I am happy, I am energetic, Life is enjoyable, better days are ahead etc. Even for those positive words, our mind says only "YES" and we experience the same. Hence, it is always suggested to use positive words for leading a happy life.

Let us always maintain our mind cleansed, by forgiving others, by unconditionally loving others, by expressing gratitude, by maintaining positive attitude and by changing our belief system towards positivity.

Our mind needs "fuel" i.e., the positive thoughts, which can be obtained by reading inspirational or motivating books or listening to good motivational speeches daily. Always surrounding ourselves with positive people will make ourselves more positive. Regular meditation and exercise will synchronize our mind & body which keeps us energized always.

Mind reprogramming can be done naturally, i.e., at night and early in the morning. These are the two times when our subconscious is biologically active. During these two timings, we will be in the drowsy state (i.e., alpha state of mind), which is a necessary condition for the mind reprogramming. At this alpha state, we need to visualize what we want to achieve (good health, abundant wealth, happy family, business success etc.), with positive emotions involving all the five senses, as if we have achieved our goals. We should feel the happiness during visualization and believe that our goals are achieved in our mind, later the same will be manifested. Always support the visualization with proper affirmations to make it more believable. Learning self-hypnosis will make your reprogramming your mind more effectively.

As soon as you read this article, start making the list of your goals, which are Specific, Measurable, Action Oriented, Realistic and Time bound. Start visualizing the same with positive emotions involving five senses, just before you sleep and as soon as you wake up early in the morning. Your subconscious mind takes up the task given to it and starts working on it, giving you the results that you desire. You will be thrilled to know the amazing power of your own subconscious mind.

All the best

Dr. SURPRAZ J. HASM

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DATA MINING - A MODERN APPROACH TO DEVELOPMENT

Data mining is the process of analyzing enormous amounts of information and datasets, extracting useful intelligence to help organizations solve problems, predict trends, and find new opportunities.

Data mining includes establishing relationships and finding patterns, anomalies, and correlations to tackle issues, creating actionable information in the process. Data mining is a wide process that includes many different components, some of which are even confused with data mining itself.

The benefits of Data mining

- It helps companies gather reliable information
 - It's an efficient, cost-effective solution compared to other data applications
 - It helps business make profitable production and operational adjustments
 - Data mining runs both new and legacy systems
 - It helps business make informed decisions
 - It helps detect credit risks and fraud
 - It helps data scientists easily analyze enormous amounts of data quickly.
- Nothing is perfect, including data mining.



Major issues in Data mining

- Many data analysis tools are complex and challenging to use. Data scientists need the right training to use the tools effectively
- Speaking of the tools, different ones work with varying types of data mining, depending on the algorithms they employ. Thus, data scientists must be sure to choose the correct tools.
- Data mining techniques are not infallible, as there is always the risk that the information is not entirely accurate. This obstacle is especially relevant if there is a lack of diversity in the dataset.

Data Mining Applications

Data mining is a useful and versatile tool for today's competitive businesses. It finds its application in social, healthcare, marketing, retail, etc.

Scientific Analysis & other applications

Scientific simulation are generating terabytes of data every day. This includes data collected from medical laboratories, data about human psychology, etc. Data mining techniques are capable in analyzing these data. Now we can capture and store more new data faster than we can analyze the old data already accumulated. Example of scientific analysis: Sequence analysis in bioinformatics.

Intrusion Detection:

A network intrusion refers to any unauthorized activity on a digital network. Network intrusion often involve stealing valuable network resources. Data mining techniques plays a vital role in preventing network intrusion, network attacks, and anomalies. These techniques help in selecting and mining useful and relevant information from large data sets. The data mining techniques helps in identifying relevant data for intrusion Detection System. The intrusion Detection system generates alerts for the network administrator to investigate intrusions in the system. For example, detecting security violations.



Ms. Manthan Nisa

Assistant Professor, Dept of Computer Applications



ETHICS

Human values are the great virtues that help people to guide their character as they interact and specialize with fellow human beings. In other words, it is how we expect other people to treat us and what we can give back in return. They are five humane values which include truth, love, right conduct, peace, and non-violence.

Ethics are the set of moral principles that are accepted by all human beings. These animals define the kind of person we are. It is a code of conduct that is supposed to align behaviour within an organization and the social framework.

Primarily ethics in business is affected by three sources - culture, religion, and state laws. It is for this reason we do not have uniform or completely similar standards across the globe. These three factors influence varying degrees of humans, which ultimately get reflected in the organization's ethics. For example, the ethics followed by Infosys are different from those followed by Reliance Industries or by Tata group for that matter. Again ethical procedures vary across geographic boundaries.

Workplace ethics creates a cheerful ambience in the workplace. Workplace ethics leads to happy and satisfied employees who enjoy coming to work rather than treating it as a mere source of burden. Employees also develop a feeling of loyalty and attachment toward the organization.

The best way to promote workplace ethics is to be very specific and careful while recruiting potential employees who would be representing the top levels, especially the human resource department.

Listen to what your employees have to say. Let them come out with their problems. Human resource professionals ought to communicate the organization's policies and code of conduct clearly to the employees on the very first day.

Ms Deepthi Udayar
Head- Dept. of Commerce & Management



IMPACT OF MODERN CULTURE ON YOUTH



Since ancient times, India is known for diversity and prosperity in its Culture. It has one of the oldest civilizations and cultures in the world. Despite such diversity, Indian culture has the immense power to unite people together. There are fifteen national languages recognized by the Indian constitution and these are spoken in over 1000 dialects. With language changing across different parts of the country, culture is also diverse. The Culture of India has played a vital role in its civilization.

India is treated as an example in the whole world when it comes to its roots in tradition and culture. 'Culture' has components like ideas, customs, and social behaviour of a particular people or society, which differs from region to region. Indian culture is somewhat different from Western culture. India has its standing when it comes to culture and all the norms which are performed by Indians. Ethics and traditions which we follow as Indians could be a major point in maintaining that standing in the world and concerning this, we can infer that it would be difficult for us to digest the new culture which is 'Western Culture'. Western Culture is the heritage of social norms, ethical values, traditional customs, belief systems, and political systems of the Western world.

Changes in Indian Culture that are Positive for Indian Society :

With technology becoming less and easily portable people from different parts of the world are interacting together. Today they can easily learn each other's culture and traditions. So technology has made this world's smaller place and made the people come closer to know each other's lifestyle and culture. Nowadays people of a country are well known about the culture and traditions of other countries and so their knowledge has broadened. People are becoming more independent. They are no more restricted by their methodologies. New thinking is evolving in society.

Today people of our country are moving to other parts of the world for higher education and to learn better techniques. Now a girl in our country is no more restricted to the home and a woman is a housewife. Things are changing. Girls are also getting opportunities for better education and lifestyle, same as the boys. Old traditions and wooden customs are changing. These changes are the seeds for a better society where girls and women have the same right as boys and men. These changes are empowering our girls and women.

Negative Aspects of Changes in Indian Culture :

As stated earlier that "every coin has two faces". So, if there are some positives, negatives also lie within. The changes in Indian Culture are also giving some negative consequences. Some of them are discussed below :-

With growing technology, competition in the market is also rising. People are spending lots of time in the office and at the workplace. Consequently, they do not have much time to spend with their family, especially with their children. So, nowadays parents have less time to care for their children in contrast with earlier days, where extreme care was given to a child by his family members. So the present generation of children is very much unaware of our Indian Culture. No one is there to make them understand that. At present this is not a major issue, but in the future, it will be of great concern. No one of us will ever want that our future generation will remain unaware of our Indian Culture.



Ms. Ranjashree

Assistant Professor, Dept. of Commerce & Management

AMAZING BENEFITS OF PART-TIME JOBS FOR STUDENTS

The first thought that hits us when we think of part-time jobs for students is, can we balance both work and study? The answer is – yes, we can. With diligent planning, it is possible to balance your work and studies.

Studying full-time and working as part-time is certainly a juggling act. However, the advantages of doing it outweigh the disadvantages. Being a part-time worker not only allows you to clear some of your student loans, but also gives you valuable social and professional experiences. Part-time jobs are also a great way of fulfilling your needs in your town, without dipping into your savings.

One of the biggest reasons for working part-time is to reduce substantial educational loans or expenditures. It may not completely reduce your need for a student loan, but they certainly help in covering other academic or social expenses. This helps lighten the burden of one's head as one while allowing you the luxury of a comfortable life.

One of the obvious part-time job advantages for students is having a steady income to meet the basic necessities such as bills, groceries, and transport cost a lot more than we realize. The occasional cash flow not only enables you to pay your bills, but also, pay of the extra expenses that pop up. Depending on your expenditures, you can also set aside some extra cash and use that money for annual concert, a road trip, etc.

Millennials get a lot of grief for not having good industry or team management skills. While there may be a grain of truth to it, once you find yourself working a fast-paced job, learning these skills will make you more confident. Gaining experience in a workplace helps you to develop relevant skills such as communication, teamwork, timekeeping, and interpersonal skills just to name a few.

While we live in a digital age of sending friend requests online, nothing beats real-life connections and contacts. By working part-time jobs in any organization, you make new friends and meet people from all walks of life. Socializing and meeting the right people may even result in a full-time job right out of school.

Gaining work experience during college days gives a serious boost to your resume. Employers prefer to hire employees with some understanding of the work ethics and workplace environment. Having real-life work experience not only gives you an edge over the fresher but also shows your dedication and hard work.

Part-time job benefits for students also include having a sense of independence. Juggling between academics and work teaches you a lot of things. You learn how to manage time, handle finances, and also live a social life. The number of skills you pick up, the things you make, and the way you learn how to fund your education yourself, will bring a sense of independence to your life. So, when you step out into the world, you will be more than ready to face it.

As a college student, your greatest priority should be your education. However, life is all about balancing the act. With careful planning, you can ace your studies, work part-time, and still have a fun-filled college experience!

Ms. Chaitra N V

Assistant Professor, Dept. of Commerce & Management



BEKAL FORT

Location Details: Kozhikode (LAT & LONG) - 12.3822°N, 75.0139°E

Elevation: Bekal Fort is one of the famous tourist spots in Kozhikode, Kerala. It's mainly the fort which is built by laterite rocks. It is exactly located on the shore of the Arabian Sea. Hence, one can enjoy the beauty of the fort and the charming waves.

This rocky fort is located 15 km South of Kozhikode town on the way to Kozhikode via Uthama and Pothichal at the northern tip of Kerala. This is one of the biggest forts in Kerala which is maintained well throughout the year. The beach along to the fort is called Bekal Fort Beach. People who come to Kozhikode arrive here in large fleets to see the rocky fort and also to enjoy the serene beauty of the Arabian Sea. It is situated above the Metamorphosed rocks as the base layer and above which laterite rocks are visible. For the construction of the fort, rocks are used of laterite type, which are commonly found in the Kozhikode district. The fort is completely built with laterite stone with a polygonal shape and this is one of the most famous fort in Kerala.

Connect back: Bekal was one of the important port towns in south Kerala. There was well trade connection with Europe from here. It was under the control of the Vijayanagara Empire. Later the control was taken over by the Deccan Nizam. And this fort was built by Dargappa Nayak in 1550 AD.

They also constructed the Chandygarh fort. Few people believe that the fort was initially built by Kolathiri Raja and later Sivappa Nayak reconstructed it (1545-1600 AD). The area witnessed many battles between Balder Ali and the British since it was a trading centre as well as a port. Tipu Sultan of Mysore made this area an administrative Centre for Taluk and Malabar region. After the fall of Tipu Sultan in 1799 AD, the fort was captured by the British. The beach is too rough, with hard rocky terrain exactly at the inside of the Bekal Fort, danger as highly recommended walking zone.

Why Bekal Fort is a popular site in Kozhikode?

- A historical monument.
- It is a fort built by a king in ancient times.
- There is a tower fitted with beautiful paintings.
- An ancient temple with its famous masonry.
- Two stone carvings built from laterite rock.
- An ancient mosque built by Tipu Sultan (King).
- Various walking and passenger ways.
- Rock Garden.



There have been plants along the walking path on the beach, which helps one to enjoy the scenic beauty of the coast. During the night time, the entire Bekal Fort is lit up with special lights which will its beauty in a new dimension.

People who are interested to watch the birds can especially enjoy the shore birds including waterfowl, terns, and other birds. One can also see the White-bellied Sea Eagle, which is a majestic bird of the coastal region which feeds on sea fishes as well as sea snakes.



Ms Gopika

Assistant Professor in English

COVID-19 and Nutrition

Medical nutrition therapy may have a key role in the COVID-19 pandemic. The role of nutrition is critical to health and development. The relationship between diet and disease is evident in several ways; malnutrition affects the immune system and thus increases susceptibility to disease, vitamin deficiencies or suboptimal intake can worsen or have a causal role in disease, and an unhealthy diet is a predisposing factor for chronic diseases such as cardiovascular disease and cancer. Malnutrition seems to be implicated in viral infections. Taking the role of nutrition in disease prevention and therapy as a starting point, several considerations can be made on its potential role in the COVID-19 pandemic. Older individuals and/or those with comorbidities, such as diabetes, obesity, cardiovascular disease, lung problems, and kidney and liver diseases, and with special nutrition needs seem to be more vulnerable to the pandemic. Breastfeeding is recommended for COVID-19-positive or suspected-positive mothers (after taking appropriate precautions) since it is the best diet for infants. It is noted that the virus seems not to be detectable in breast milk. In addition, breast milk provides antibodies and generally protects against infectious diseases, along with vaccines, which produce antibodies transferred to the baby. It is noted that COVID-19 vaccination in pregnant and breastfeeding women is safe and effective. In this context, there is no contradiction for breastfeeding. Moreover, breast milk may help against malnutrition in children, which increases in the era of COVID-19. "There is no diet to prevent coronavirus". However, since the host's metabolism greatly influences the course of the disease, a healthy balanced diet should be followed. Provision of vitamins and minerals, such as vitamins A, C, D, E, and B complex, selenium, iron, zinc, copper, and omega-3 fatty acids, which play a role in the immune system often acting synergistically. To optimize vitamin D, a few minutes of sunlight exposure should be considered along with vitamin D-rich and enriched foods. Although several lines of evidence indicate a role of vitamin D supplementation in acute respiratory tract infection, and ongoing studies with COVID-19 patients have included vitamin D as an adjunct therapeutic line in their protocol, the supplementation with vitamin D is not officially recommended for COVID-19 prevention and/or treatment. Although there is no diet to prevent coronavirus, the aim is to follow a healthy diet to boost the immune system. Optimal nutrition and dietary nutrient intake impact the immune system and therefore the only sustainable way to survive in the current context is to strengthen the immune system. There is no evidence found that supplement can cure the immune system except Vitamin C, which is one of the best ways to improve the immune system. A proper diet can ensure that the body is in the proper state to defeat the virus. Therefore the existing evidence suggests that the only sustainable way to survive in the current situation is to strengthen the immune system. An adequate intake of zinc, iron, and vitamins A, B 12, B6, C, and E is essential for the maintenance of immune function. A balanced diet will guarantee a strong immune system that can help withstand any attack by the virus. A proper diet can help to ensure that the body is in the strongest possible state to battle the virus.



Ms Seethi CK

Assistant Professor, Dept. of FT & FND

HOW TO COPE WITH NEGATIVE EMOTIONS WITH OR WITHOUT FOOD

Humans are emotional beings and we are designed to get pleasure from Food. It is impossible to separate food from emotions. Eating is just one of the many ways to cope up with negative emotions.

People who emotionally eat several times a day may even feel guilt or shame after eating this way. Emotional eating affects both men and women. It may be caused by a number of factors including stress, hormonal changes or raised hunger cues.

Humans must eat to live. So, it is important to distinguish between emotional cues and true hunger cues. Some of the main features of emotional hunger are even after binging on food, not feeling a sensation of fullness, craving only certain foods and it comes about abruptly.

Discovering another way to deal with negative emotions is often the first step toward decreasing emotional eating. It takes a time to shift the mindset from reaching for food to getting involved in other forms of stress relief. One need to experiment with variety of activities to find what works for them.

Take common offenders out of pantry : Donating or keeping away the foods in the pantry that one often reach out for binging may help in breaking the cycle. Also postpone trips to the grocery store when one is feeling upset.

Drive away distractions : Eating in front of the television, computer or some other distractions tend to gulp more food. Focusing on food, the time and the level of hunger gives the mind time to catch up the stomach.

Move your Body : Some people find relief in getting regular physical activity. A jog or walk around the block may help in emotional moments. Study has showed that regular yoga may be a useful preventive measure to help diffuse emotional issues such as depression and anxiety.

Work on positive self-talk : Feeling of shame and guilty are associated with emotional eating. Instead of coming down hard, try learning from the setback. Use it as an opportunity to plan for the future.

Eat a healthy diet : One need to make sure that enough nutrients are getting to the body for the normal functioning and wellbeing. It is easier to spot the difference when an individual is indulged in eating for stress or sadness and eating well thought out the day.

Food may help ease emotions initially but addressing the feeling behind the hunger is important in long term. Taking the process day by day will eventually lead to a better understanding of oneself as well as toward the development of more healthy eating habits.

Ms. Ravi

Assistant Professor, Department of FDE&D



BRAN-A NUTRITIOUS BYPRODUCT OF FOOD INDUSTRY AND ITS APPLICATION IN BAKING INDUSTRY

Bran is a byproduct of cereal industry which is an important source of dietary fibre, minerals and phytochemicals. Although its use in food and feed industry has increased in the last decade, the major part of bran is only used as livestock feed. Remaining small percentage is used for food purpose. A study conducted in the last year regarding potential uses of bran in the food industry. Still consumers give preference to refined wheat flour to whole grain products since the texture and flavour properties of bran are less acceptable. Use of bran in food application is challenging due to some technological drawbacks. For example, in bread bran supplementation weakens the structure and baking quality of the dough.



Supplementation of bran in bread is successfully accomplished only when processing techniques such as pre-fermentation is adopted which increases the quality. Pre-treatment method is necessary to improve the quality of bread and helps in improving bran accessibility of health promoting factors. Bran can be classified as branched bran or regular bran, coarse weatings or fine bran and fine weatings based on two characteristic features such as particle size and endosperm content. Coarse bran is made up of coarse size bran particles and it has a lower endosperm content which is due to removal of endosperm during milling from the outer layers of kernel. Side streams containing bran have more endosperm which is recovered further down in milling process.

Bran is a complex biological material that has a specific biological structure and chemical composition as well as physical properties. Bran is a matrix of multiple layers of acetylmuricic acid β -glucan which represents more abundant cell wall polysaccharides. Bran is also an important source of phenolic compounds. Ferulic acid is most abundant one. It has potential biological activities such as antioxidant, antimicrobial, anti-inflammatory. But most of the ferulic acid is converted to acetylmuricic acid, limiting its bio-availability and bio-availability. Effect of bran incorporation into bakery products modulates dough rheology. So it is difficult to manufacture bakery products. Glutin network provides the main component for water absorption in refined flour.

When bran particles can interfere with gluten network by impact framework of gas cells and thus gas retention, which narrows baking quality and reduces the specific volume. Higher water absorption of wheat-bran is due to greater number of hydroxyl groups which allow more water interaction through hydrogen bonding. Another reason which affect the water absorption is the presence of arabinoxylan which tightly bind water in the dough thus reducing the availability of water for development of gluten network. Other parameters such as dough development time and dough stability are indicators of kneading properties of dough and flour strength. Wheat bran incorporation causes increase in dough development time and reduction in the dough stability. This is due to occurrence in interruption of gluten network.

Wheat bran is highly nutritious and an excellent source of fiber. It may benefit digestion and heart health and could even reduce breast and colon cancer risk. However, it's unavailability for people with gluten or fructan intolerances, and its phytic acid content may inhibit the absorption of certain nutrients. Wheat bran offers many benefits for your digestive health. It is a concentrated source of insoluble fiber, which adds bulk to your stool and accelerates the movement of stool through your colon. In other words, the insoluble fiber present in wheat bran can help relieve or prevent constipation and keep your bowel movements regular. In addition, studies have shown that wheat bran can reduce digestive symptoms, such as bloating and discomfort, and is more effective in increasing fecal bulk than other forms of antibiotic fiber (psyllium and certain fruits and vegetables). Wheat bran is also rich in perianths, which are fibres that act as a source of food for your healthy gut bacteria, increasing their numbers, which, in turn, promotes bowel health.



*Ms. Sneha S.
Assistant Professor, Department of PDSNU*

THE PEN IS MIGHTIER THAN THE SWORD

The famous saying "Pen is mightier than Sword" signifies that writing is a more powerful tool than violence. A Pen can accomplish a lot more than a sword. It indicates that the power of writing is eternal, while the power of the sword is short-lived. A pen slings and presents something valuable to the reader.



Writing is stronger than war and hatred. If we glance the world history pen has brought many changes in the world, including India. Many events in Indian society such as knowledge about the constitution, Democracy, Fundamental Rights, Human Rights, Secularism, etc. has to reach the corners of the entire nation. If the citizens of the nation are aware of this, automatically they start raising questions. Questioning the Mind and Writing hand is very important in present Indian society.

The thoughts and ideas once implemented can bring massive change. We have to speak against the unethical system and Discriminatory policies of the government.

The pen is a constructive weapon for writers, which can bring changes in society. As a citizen of India we need to protect our national, our constitution, and the diverse culture of India.



*Ms. Rashmi Kona
Assistant Professor in Political Science*

Essence of Music



Music can reach parts of the brain that words cannot, they say! What an interesting fact, isn't it?

While we have a vast genre of music around the world that includes Pop, Rock, Hip-hop, Jazz, Punk rock, Funk, and Techno, we live in a country where every form of art is permeated with a lot of admiration or may we say, worshiped. Indian Music has deeply inspired various artists across the world. It has its essence of beauty in not just Hindustani or Carnatic Classical but also Bollywood and Folk music in different states and local languages.

Indian Music has a great history. There are legends like Tansen and Tyagaraj from the past and then there are living legends like A.R. Rahman. Our country is blessed with so much diversity that it has provided so many opportunities to explore and give out incredible talent and professional opportunities to people to pursue their talent and receive global appreciation.

It is a treat to watch how music is celebrated in India. From classical music concerts to Bollywood concerts in schools and colleges, this art has become one of the best forms of entertainment for all generations.

Our lyrics to songs or lyrics this form of art, not just for the sake of it or even as a profession. It is not always to entertain or to get entertained.

The power of music can be enormous. Ancient stories made us believe that it was possible to stop the waves of the sea by singing songs. Raag MeghMalhar could bring us rain, which is no less than magic.

Music can be therapy for someone to heal from his or her pain or it could be one way of getting better concentration or having a better health condition with all the vocal exercise one can get while singing. Americans spend more than four hours a day listening to music.

There are no boundaries to what language we listen to if the tune is mesmerizing. A South Indian who understands nothing in Punjab, can easily vibe to all the Punjabi music in the gym or an Indian who understands nothing in Spanish could easily dance to Spanish music at a party because it's amazing. It could be a language in itself and probably that explains, "Words fail, music speaks!"

Ms. Vanishree
Assistant Professor, Dept. of Commerce & Management
and IQAC, Coordinator



Student- Teacher Rapport

This generation of student or good morning is long gone. Today, the so-called New generation greets with a "Hi". We have moved on to a more rational atmosphere. The educational field is something that can never be expelled. The modern student-teacher relationship is not defined by obedience and acceptance, but by question and analysis. They have all the information, at the click of a button. The ideal student-teacher relationship exists when the student is better than the teacher.



Significance learning is only possible through a significant relationship. The realization that students don't need me to learn but instead to take care of them can solve the majority of the problems. In reality, they don't care how much I know, until they know how much you care.

In India, we have an educational system that forces students to accept whatever is taught to them. Time has changed and we must change accordingly. Once we stop comparing our students to the good old school days we had, half of the problem is solved. Technology and the pandemic period a great challenge to us, and somewhere we failed to handle the students.

It is important to maintain a friendly relationship with the students. They feel restricted and bogged down in an unfriendly atmosphere. However, it is equally important to maintain a careful distance from the students and not to become over-friendly.

It has been observed that even an introvert student reacts positively to the companionship of a friendly teacher. Teachers should divert themselves from 'Default teaching' in which the problems are highlighted instead of their potential. Each student is unique in their way. It is the teacher's responsibility to help them recognize their talent and identify what they are capable of.

As D. H. Lawrence said we need to humble "a pack of mindy hounds, who hunt to hunt knowledge". We often complain that the last benches are mischievous, noise makers, and arrogant. But being the last benches doesn't mean that they are stupid or unproductive. It is the image that we have framed about them in our minds. Bringing them closer, if not in the classroom, at least in our hearts may create many wonders.

Entering into the classroom keeping aside all pre-conceived notions and with an unprejudiced mind will help us to be good architects to our students. A teacher's impact on their students is immeasurable. Teachers can sometimes turn up to be the godless or devil of someone's life. But if a student remembers a teacher for a life time it is more than anything a teacher can aspire.



*Ms. Mumeta A.
Assistant Professor in English*

The Concept Of "NEW NORMAL NUTRITION"



As Hippocrates said "Let food be thy medicine and medicine be thy food" has proven to be most important in the present era of the pandemic which was a huge challenge across the globe. Here enters the concept of "New Normal Nutrition" which is an old concept but becomes trending today only because people realize the importance of nutrition in keeping one's body and mind healthy. Optimal nutrition and dietary nutrients make impact the immune system, therefore the only sustainable way to survive in the current context is to strengthen the immune system. Let me explain how the food you eat makes you exactly what you are.

I'll start by saying that the concept of boosting the immune system through diet is flawed, as boosting refers to something that is stimulated above the normal level. A good diet cannot boost the immune system, but it's important to maintain a functional immune system by avoiding immunodeficiency due to malnutrition or micronutrient deficiencies. You can effectively support your immune system by eating a balanced diet that contributes to the rapid increase in B cells and T cells, the two white blood cells play a vital role in secreting antibodies and killing off infections. It is important to note that no single food or nutrient will prevent illness. Also, the immune system is incredibly complex and influenced by a variety of other factors, including stress level, age, sleep, and other medical conditions.

A few key micronutrients have been identified as critical for the growth and function of immune cells including Iron, Vitamin C, Vitamin A, Vitamin D, Vitamin E, and Zinc. Iron is a component of enzymes critical for immune cell function and the sources include red meat, beans, milk, and fortified cereals. Vitamin A helps protect against infections by keeping the skin and tissues in the stomach, intestines, and respiratory systems healthy. It can be obtained from the sources like orange and red fruits, and vegetables like carrots, apricots, and bell pepper. Vitamin C stimulates the formation of antibodies and the production, function, and movement of white blood cells. Sources include citrus fruits like oranges, grapefruit, strawberries, and tomatoes. Vitamin D helps regulate antimicrobial proteins that can directly

kill pathogens. Sources include sunlight; fatty fish, like salmon; egg yolks; and fortified dairy. Vitamin E works as an antioxidant to protect the integrity of cell membranes from damage caused by free radicals. Sources include seeds, nuts, vegetable oils, and peanut butter. Zinc is needed for wound healing and supports immune response which can be obtained from sources including meats, whole grains, milk, seeds, and nuts.

Let's see the healthy dietary routines that have to be followed to add up these nutrients to make your immune system strong:

Eat fruits daily (guava, apple, banana, strawberry, cantaloupe melon, grapefruit, pineapple, papaya, orange, Longman fruit, Blackcurrant, guamelo). Eat fresh vegetables (green bell peppers, garlic, ginger, kale, lima, cucumber (dried), broccoli, green chili, pepper). Eat whole grains and nuts, unprocessed maize, corn, wheat, millet, brown rice, or rice such as yam, potato, uru, or cassava). Use nuts like almonds, coconut, and pistachio. Red meat can be eaten (once or twice per week, and poultry 2-3 times per week. Use foods from animal sources (e.g., fish, eggs, and milk), and for snacks, choose fresh fruits and raw vegetables rather than foods that are high in sugar, salt, or fat. Avoid irregular snacking. Do not overcook vegetables as it leads to the loss of important nutrients such as vitamins and minerals. When using dried or canned fruits and vegetables, choose varieties without added sugar or salt. Make sure the food is prepared and served at acceptable temperatures (37°C for 2 mins). Limit the salt intake and consume unsaturated fats (found in avocado, fish, nuts, soy, olive oil, canola, corn oil and sunflower) rather than saturated fats (found in butter, fatty meat, coconut and palm oils, cheese, ghee, and cream). Drink 8-10 glasses of water every day. It helps to transport nutrients in the blood, gets rid of waste, and regulates the body temperature. Avoid all fizzy, carbonated, concentrated juices, and all drinks which contain sugar. Maintain a healthy lifestyle of exercise, meditation, and regular sleep. Adequate sleep will help to support immune functioning.



Ms. Jennie
Assistant Professor, Dept. of IT & IIT

LOW-CODE AND NO-CODE

Low-code and no-code software development:

Software service requirements never go away, although they do get more complex as software development advances. The strain on software development teams is now constant, and new talent is unwilling to work under such demanding conditions. For these reasons, low-code and no-code software development technologies have quickly gained a lot of popularity in the industry. It is important to realize that the need for actual coding in the software development process will never be completely replaced by low-code and no-code tools and platforms. However, as it is utilized for developing applications without any coding skill, more individuals are extracting the benefits it offers.

Users can create the applications without having any coding skills. It permits the creation of software applications by both programmers and non-programmers, as well as the creation, distribution, and maintenance of various software solutions requested by users. Software development processes can be supplemented with low-code and no-code options. All of this background labor is included into platforms with minimal or no code. Applications created utilizing these platforms function just as effectively as those created using more conventional techniques that involve developers coding the code manually.

Ms. Chandra

Head Dept. of Computer Applications



The Tribute

*Sensed the coldness of the breeze,
I couldn't help the thoughts of my beloved ones.
Blessing my family members under this day,
the walls of my twin sisters cracked my mind.*

*Here we play, we dance and sing,
here we had great fun and joy,
and here lies my little one,
very still, like a frozen lamb in butcher's!*

*How can I quench my past days' thoughts,
The game of hide and seek we play-
Prayers to GOD for her peaceful rest,
With the happiness and joy in heaven with thee.*



Mr. Xavier Linder

Assistant Professor in English

A BRIEF INTRO OF VIRTUAL REALITY : DEFINITION & APPLICATIONS



Virtual reality is a use of computer technology that has been around for about 25 years, especially for gaming. According to many accounts, the phrase refers to "a realistic and immersive computer simulation of a three-dimensional environment, created using interactive software and hardware, and experienced or controlled by movement of the body". It enables users to explore and interact with virtual surroundings in a way that approximates reality, as it is perceived through the users' senses.

Fully interactive virtual reality provides highly realistic imagery and sensory feedback (sound, vibrations, etc.) through headsets or mobile devices. When the immersive simulation is well-designed and executed, the result is a lifelike experience that can enhance learning for users.

As technology and experience have advanced, artificial intelligence (AI) has provided virtual characters with the ability to respond more realistically. 3-D audio and improved haptic feedback and devices also contribute to a much more immersive experience.

Virtual reality (VR) is being used for gaming but VR and Extended Reality (XR) are going to shape our future in so many more ways than gaming. Virtual reality applies to learning "hard skills" and "soft skills" and analysis and reaction in many situations and occupations. From healthcare to real estate, recruitment, and education, VR is used widely in the field of entertainment. VR marketing is also becoming popular for businesses to create virtual campuses of universities.

USE CASES FOR VIRTUAL REALITY

- Architecture
- Military
- Sports
- Designing & Art
- Marketing
- Conferences & Events



Mr. Mohammed Shafiqul
2nd year BCA

"ADVERSITY IS THE DIAMOND DUST HEAVEN POLISHES ITS JEWELS WITH"

The history of the world is the story of the survival of the fittest of those who fought against adverse circumstances and achieved great victories. The people who faced adversity fiercely eventually won, and became an inspiration for the generation to follow. Since the dawn of time, it was adversity coupled with necessity which gave rise to inventions.

From fire to antibiotics it was man's intrinsic quality of rising to the challenge, which made humanity the top inheritor of the earth. Some personalities who have an impact working against all odds APJ Abdul Kalam, Santa Miera, Kalpana Chawla, are some of them. These people have been renowned in their respective fields through their optimism, hard work and an urge to fulfill their ambitions. "We will overcome these floods kept cropping up everywhere when Kerala was struck by heavy devastation due to flood. Much before the NDRF the army, the navy and the coast guard were deployed in Kerala's sinking villages and towns, the locals realising the ferocity of the flood water, banded together to move on their own. They turned out to be superheroes. Evacuating people from inaccessible areas and through turbulent waves. Together, the people who probably didn't even know each other's names stuck their necks out for each other, showing remarkable courage in the face of adversity. A bridge of peace and communal harmony was built."

Adversities teach us many valuable lessons of life. They test the natural instincts of a man just as herbs give out their secret fragrance when they are crushed. Adversity is a boon to the artist it which stimulates his artistic qualities. Great tragedies were produced by men who suffered from adversity such as Milton and Homer were ideal poets but they wrote marvellous verses. Shakespeare is an important writer because he gave us his tragedies.

Adversity saves us from false notions. It is an eye-opener. It relieves us of our life-dreams and idealistic fantasies. It takes us nearer to God. Shakespeare is right when he says "sometimes the uses of adversity". It is well said that prosperity multiplies friends and adversity tries them and is a touchstone to judge the friendship.

Adversity is one of the best teachers since it helps us to know how to grip our minds as well as balance ourselves in practical lives achieving steadiness and strength without getting additional hurdles. Adversity teaches us more about life, compared to prosperity. Parents allow their children to face a certain amount of struggle in life as it will make the children struggle and make them stronger.

*Ms Fahmida Yasmin
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ARTIFICIAL INTELLIGENCE



Artificial Intelligence (AI) is defined as the ability of a machine to perform cognitive functions we associate with the human mind such as perceiving, reasoning, learning, interacting with the environment, problem solving and even exercising creativity. There are varying views on Artificial Intelligence. AI globally consider this as the biggest disruptive technology that would bring accelerated growth and productivity, whereas other view of it is a rather negative sense combined with huge job losses. Artificial Intelligence is the simulation of human intelligence by machines. It is the fastest growing development in the world of technology and innovation.

Furthermore many experts believe that AI could solve the major challenges and the crisis.

Artificial Intelligence has applications in various other fields such as military, law, videogames, government, science etc. Hence, it is clear that AI has the massive number of different applications. AI is also important because it can give under prices insight into their operations that they may not have been aware of. In some cases, AI can perform better than humans. It is job-oriented and reduces time for data entry. But it is very expensive and requires technical expertise.

*Mr. Ahmad Naveen Jashin,
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Chasing my DREAM



Miracles start to happen when you give as much energy to your dreams as you do to your fears. Everyone has a dream to achieve something in his/her life. As a student, my dream is to achieve good marks. Other than the education, I am much more interested in becoming famous and popular in creative activity. Since my childhood, I liked painting and drawing. During my school days I was also eager to participate in such competitions. Every human being must have some hobby in life in which a person work with interest to get much satisfaction and amusement. This hobby keeps me happy in my spare time and it brings happiness to my mind.

When I completed my higher secondary, I was stuck at home due to the corona virus. So, I decided to spend my time with some innovative ideas. Finally, I got an order from my friend and it was the first step toward my goal and I realized that anything is possible when you have the right people there to support you. So, I came up with social media by opening an account on Instagram by naming PS_PUBSHT. For few weeks, it was difficult to maintain, but then it went smoothly. So, I prefer to earn from that and I think we appreciate it more. I want to be an independent woman, a woman who could pay her bills, a woman who could run her own life. When college started it became a part-time work for me and also faced many difficulties to maintain both my career and education. I have learned that childhood dreams can help life goals get underway, all that needs to be included is persistence, hard work, ethics, and drive. Even though accomplishing goals is not easy, only goals can set up a bright future and create structure in one's life.

In the next few years, I will have conquered one of the most important goals I have ever set myself to achieve which is to become a Dietitian. For me to obtain this goal I will have to focus on my business which makes my dreams proud. I will have to be completely focus on both my career and education for the targeted goals to be completed. So, for all the students, I would like to summarize that Get up and chase your dreams.

Ms. Fathimath Fathema

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DIFFERENT DANCE FORMS

"DANCE ENABLES YOU TO FIND YOURSELF AND LOSE YOURSELF AT THE SAME TIME". What is DANCE? let me guess what comes into your mind, dance is an art where a group of people or individuals thought of some choreography and they perform it on a stage, right? but it is not dancing. DANCE means, it is art through which we can express our feeling, we can show our emotions, dance build empathy, dance teaches healthy self-expression, and dance helps to fight depression. Dance can connect one another. Dance should have come from the heart. It is a process of feeling and then moving through that feeling and then sharing it with others.

Dance is one thing that is performed on every occasion. Dance is the way of every one's living. Many of us make dance as our career. Some of us love for dance and passion for dance is beyond anything else. It is one thing where there is no age barriers and there are no restrictions for people to dance. 'Anybody can dance' you don't need to study dance if you have the potential. When you hear the music, automatically your heart will say to you to dance. Dance makes you happy and also it keeps you healthy as well.

"DANCING IS SIMPLY THE MOST BASIC AND RELEVANT OF ALL FORMS OF EXPRESSION."

In our world, there are many dance forms. Everyone in the world is independent and also has different choices to select different dance forms. There are more than twenty dance forms all over the world. Some of them are kathakali, bharat, bharamasayam, hip hop, tap dance, kathak, kuchipudi, modern dance, bellywood, swing dance, jazz dance, Odissi, Manipuri Rasi Leela, Mohiniyattam, Salsa, Folk dance, Break dance, Flamenco, waltz, Aero dance, Bhangra, Indian classical dance, Belly dance, Tango, Polka, Thiruvallara, Ojipari, these are some of the dance forms and there are so many. Different states and different countries have different dance forms; for example Bharatanatyam has been originated in Tamil Nadu and Ballad dance forms originated in Italy.

Through dance, we can tell stories. Some kind of folk dance tells a culture foundational stories, while others may simply emphasize cultural pride. Through dance, we can keep our culture and tradition alive.

"I DO NOT TRY TO DANCE BETTER THAN ANYONE ELSE, I ONLY TRY TO DANCE BETTER THAN MYSELF." Do not listen to anyone, just do what makes you happy. If you are happy while dancing then just go with it.

DO WHAT YOUR HEART SAYS.



Ms. Rubaya Reshda
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Rapid Changes in the Economy

As we all know, economic growth is the most powerful instrument for reducing poverty and improving the quality of life in developing countries. Growth can generate virtuous circles of prosperity and opportunity. Strong growth and employment opportunities improve incentives for parents to invest in their children's education by sending them to school. This may lead to the emergence of a strong and growing group of entrepreneurs, which should generate pressure for improved governance.

Asian countries are increasingly tackling the agenda of "inclusive growth". India's most recent development plan has two main objectives: raising economic growth and making growth more inclusive, policy mirrored elsewhere in South Asia and Africa.

Future growth will also need to be environmentally sustainable. Improved management of water and other natural resources is required, together with a movement towards low-carbon technologies by both developed and developing countries. With the proper institutions, growth and environmental sustainability may be seen as complements, not substitutes.

'Historically nothing has worked better than economic growth in enabling societies to improve the life chances of their members, including those at the bottom.'

Dans Rodrik, Harvard University, says 'One economic study recipe: Globalization, Institutions and Economic Growth (2007)'

The central role of growth in driving the speed at which poverty declines is confirmed by research on individual countries and groups of countries. For example, a flagship study of 14 countries in the 1990s found that for the decade, poverty fell in the 11 countries that experienced dramatic change.

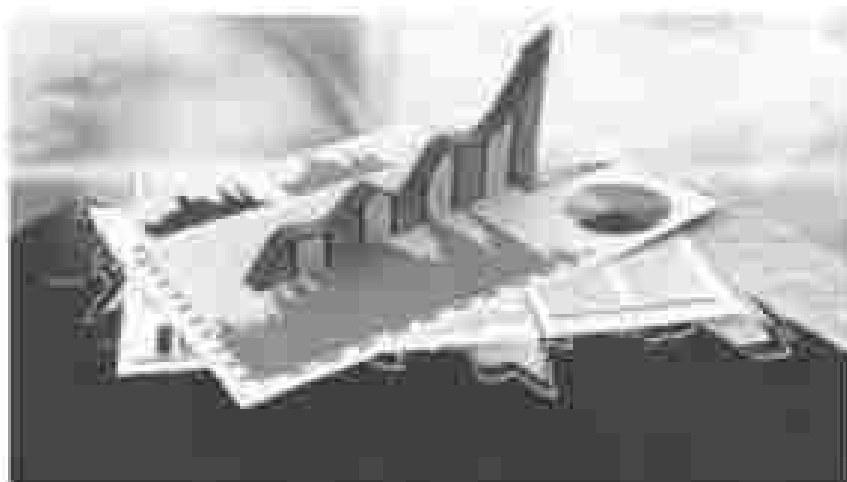
Among these 14 countries, the poverty reduction was particularly spectacular in Vietnam, where poverty fell by 7.5 percent a year between 1993 and 2002, halving the poverty rate from 54 percent to 29 percent. Other countries with impressive reductions over this period include El Salvador, Ghana, India, Tunisia, and Uganda, which declined in the poverty rate of between three and six percent a year.

China alone has lifted over 450 million people out of poverty since 1979. Evidence shows that rapid economic growth between 1985 and 2001 was crucial to this enormous reduction in poverty.

Economic growth is not just associated with reducing poverty. There is also clear evidence for a positive link between economic growth and broader measures of human development.

Growth is essential if governments are going to provide public services, which directly benefit the poor. Although aid may provide initial support, increase in public expenditure in developing countries must ultimately be financed by collecting greater tax revenues.

As we discussed few words about the economy, we know that economic growth is determined by the combination of production and development brought by different countries by utilizing abundant capital and labor.



Mr. Mohammed Ashiq
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FOOD, ITS BENEFITS, AND DETRIMENTS



When it comes to food, many people have many different thoughts. Either food for them can be an unneeded happiness, a detrimental factor, or a fuel of survival but the actual definition of food describes it as a substance needed for living beings to maintain life, growth, and well-being of that particular individual. Food can be the cure or a causative factor for diseases based on how it is consumed and a major problem that is faced today is that people do not understand it. They also do not understand the difference between food and feed nor do they know when diet it. Whenever asked about it they just simply say, "I'm not on any diet" they do not understand that their everyday consumption of food is their diet.

As stated above food can be the cure or causative factor of disease. Food is your food has cured you if consumed properly, if not it can be the reason for your diagnosis. A good example of it is obesity. Obesity can also be cured by the food and it all depends on how it is consumed. About 75% of an individual's body weight depends on his/her diet, not 25% depends on other physical activity. Generally, overweight people tend to eat more causing weight gain, or not eat at all trying all these extreme, exotic diets found to cause metabolic problems.

"Skipping meals can help with weight loss": it's a myth believed by many people and it has been proven wrong by the research. While skipping meals the body will change with the intake of fewer calories, Research shows that the complication of skipping meals can differ depending on an individual's age, general health, and diet. Some of the common effects of skipping meals are the wrong type of weight loss, increase risk of some diseases, and missing meals can cause binge eatings like junk food. Skipping meals can decrease the total amount of calorie intake for the

day causing a jumpstart in weight loss. However, it causes the body to undergo starvation mode and when the body reaches this point it begins storing fat which can ultimately lead to an increase in belly fat. It can ultimately lead to developing type 2 diabetes mellitus (DM), heart disease, and cancer. Feeding the body regularly and a balanced diet is a key to staying healthy. Sometimes skipping meals can cause unintentional cravings for junk food, because skipping meals can cause certain micronutrient deficiencies causing these cravings. For example, magnesium deficiency can cause chocolate cravings, calcium deficiency can cause a craving for oily foods, and chromium, copper, and phosphorous deficiency can cause sugary food cravings.

Skipping meals is not good for you as overeating is also not good for you. Overeating can cause sleep deprivation causing short or long-term effects on our organs and weight. "It takes about 20 minutes for your brain to send the signal to the stomach to let you know that you're full. Overeating occurs when you continue to eat beyond this point of fullness," stated Erica Levy a research dietitian at MD Anderson. When you overeat, your body uses some calories you consumed for energy, the rest are stored as fat. Overeating can lead to obesity, which can increase the risk of type 2 DM, heart disease, cancer, etc.

Food can affect hormones and these hormones play a vital role in keeping you healthy. That is why you must choose and eat healthy food. An imbalance in reproductive hormones can cause reproductive problems like PCOD, and PCOS which can lead to infertility in women. Non-availability of healthy food can cause anemia in young adults, as they are low in iron and folic acid. A deficiency of calcium and vitamin D can lead to a predisposition to osteoporosis and osteomalacia. Unhealthy eating can also lead to eating disorders like Anorexia, Bulimia, and binge eating disorders that can be fatal if not treated.

In conclusion, when it comes to unhealthy eating it is not just overeating or under eating, it's also the type of food you choose to eat. It is essential for us to learn healthy eating and identify basic food groups and their portion sizes to include them in our diet. Good nutrition promotes not only better physical health and reduces susceptibility to diseases but also contributes in cognitive development.

Mr Ashikamman
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1st Year FND.



LETTER TO MY LOST FRIEND

'Your absence' hitting me hard
 And pulling me into darkness.
 'Your presence' irritated me
 And made my console.
 'Your smile' chase my eyes
 And broke my heart.
 And 'Your Voice' drive me crazy
 Then pull me down.
 Everyone says a breakup hurts!!
 But I asked them did they lost their best friend ever
 Because I know
 That state hurts more
 One day we are sitting together and having all the good moments together,
 And the next day you became just
 A memory!
 I still wonder why you choose to leave this earth so soon!
 But now it feels like okay,
 You may leave the world but
 Not me,
 I don't want to say goodbye and you are in the stars
 Because, those six feet never felt so far and,
 You still remembered with my
 Silent tear!!

YOU STILL LIVE IN MY HEART

(based on a true incident)

Ms. Fathimath Mozhumoon Nazrin

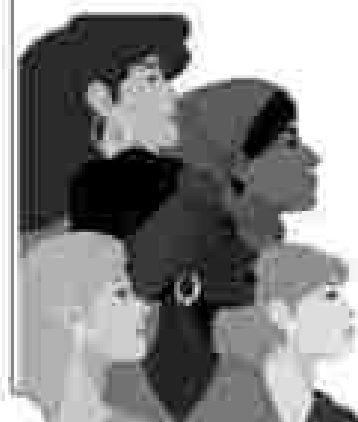
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LIFE OF WOMEN

Women are always discriminated against and oppressed by others. But I am not saying that men are not discriminated against women. When we compare, women face more discrimination. When I say this, I should admit that women themselves oppress other women. This is the sad reality. When I talk about the abuse, I can say a lot of discrimination that takes place at school, college, at work, bus, and at workplaces. At work, women are being abuse from their bosses. When we go outside wearing our favourite dress, people always stare at us and misunderstand that we are wearing that dress to get attention. But in reality, we are wearing that dress for ourselves and not for others. Even at home when boys are allowed to come home at night and girls should come home before sunset. Girls feel discriminated against when they are not allowed to go outside without permission. Even after getting a job, girls are not allowed to come home late at night. When they come home at night, society says that she is not a good girl. Only after marriage family does not interfere much in a girl's life. But sometimes even after marriage, they have to take permission from their husband or in-laws to go outside or to do something. I am not saying that all families are like that. But some families don't give much freedom to girls just because of their gender. Domestic violence is another problem that women are facing. Recently many cases were reported about this in news. Earlier many domestic violence cases were not much reported mainly because they are not educated and are dependent on men. Domestic violence is there for many years but women did not give any complaint and did not ask for help. Also, people who saw this did not interfere because it is not their business. Now also even when she comes to her home because of this abuse, she is advised to go back to her husband's family and adjust, saying that all women face this. At last, because of not able to face this abuse anymore, they decide to end their life. Then only her family understands her and come forward to help, but then it is too late. Moral policing is another topic that we cannot avoid. When men and women sit together or talk to each other or go outside they have to face moral policing. People are interested in other's life more than theirs. Life for women is not easy. Throughout her life, she has to face some kind of discrimination and oppress more than men.



Ms. Savitri N. R.
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1st year BCA



POSSIBILITY

I looked at my watch, it was 5 past midnight. You told me that you had no intention of staying when you joined Ibrahim and I thought to myself, would we have met each other even had we not met the way we did and in the next few seconds it wasn't just in my head anymore.

You had told me you swiped right because I mentioned in my bio that I wrote. So perhaps we would have met each other at one of those slam poetry events where I would have been thrown on by what you would have received. Would I have been able to muster enough courage to actually come up to you and say "hey that was really nice"?

A signboard once said "Catch flights not feelings" - and we were pretty much on the same page about this wacky advice. And that made me think, would I have jumped into you on my flight to Lagos. If not that, then would we have crashed into each other at Jagers at the Inhabitat Festival? Would have been a stroke of good luck.



Mr. Muhammed Amir Munkhafa
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Soul in Darkness

*Staring into the dark
Reflecting all my past
Breaching all the mask
For it seemed so vast
Then least four sorrows
They eyes shed tears
For all those straight arrows
and all those hidden fears
I stand here staring
to all those that remain
For I have been in despair
to all those that change
Our words have been detached
with all those spoken silence
Our emotions have been mismatched
with all those expressed violence
They breath in great sorrow
They voice hiding within
while we drift into hollows
wrenched in our milks*



*Ms. Parvathy Vitha
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The blending of native cultures in Goan cuisine

Goan cuisine consists of many regional foods which are popular in Goa. Goa is an Indian state located in India's west coast on the shore of the Arabian Sea. The use of kokum and covegar is another distinct feature in Goan cuisine and the use of rice, seafood, coconut, vegetables, meat, and local spices are some of the main ingredients in Goan cuisine. Without this Goan food is considered incomplete.



The cuisine of Goa originated from its Konkani roots. The cuisine of Goa was influenced by the 451 years of Portuguese rule. Many Catholic dishes are either similar to or variants of their Portuguese counterparts in both naming and their use of ingredients. The Sultanate rule that preceded the Portuguese also influenced the Goan cuisine.

The culture of Goa is an amalgamation of Indian culture and Portuguese culture. The long Portuguese rule has indeed influenced the culture in many ways and due to this many of the Portuguese traditions are reflected in the Goan culture even today. Just like the crafts and arts of Goa, also reflect Hindu, Muslim and Christian origins. So too the Goan cuisines are a blend of native cultures of India and Portuguese, but this cultural blend is not only limited to this.

Let us look at how Muslim cuisine got blended with Goan cuisine. That is the cuisine that was influenced by the Sultanate rule that preceded the Portuguese and left an impact on the Goan cuisines. All these also led to the blending of native cultures in the Goan cuisine.

Talking about Muslim Goan cuisine, Muslims' staple foods are rice and fish. Seafood is usually preferred. Mutton and chicken are a form of delicacy especially served during festivals like Eid. But it is indeed not just limited to the Goan Muslim cuisine which has influences of Persian, Arabic, and Turkish cuisines. But despite that, it has assimilated into Goan gastronomy as well that it is now a part of the fabric of the Goan culinary culture. This culinary heritage although does not have any written record of the origin of these recipes and has been orally passed down from one generation to another. The early Muslim settlers adapted very well to the Goan cuisine. Today we can see that a lot of good Muslims prefer eating fish curry over meat and not only that even the equigrains that they use to bring spices show a strong Goan influence.

Some examples of Muslim Goan cuisine are as follows:

First, we have *Maleoda*, which is generally considered a sacred food item which was generally prepared with wheat, flour, honey, and milk. The dough was kneaded and then flattened and baked on a pan and then broken down into cookie crumbs and to which dry fruits were added. The change that goes Muslims brought was that they used jaggery instead of honey and added desiccated coconut, giving this Arabic dish a Goan influence. Another such dish is the *mutton sukka*. Since neither the camel nor lamb was available for consumption in Goa to the Arabs who came from Meccah and Persia for horse trade with local rulers and were used to eating rich gravies of camel meat or lamb, a type of sheep. They started preparing the *mutton sukka* on items that is well known for its rich taste of coconut and freshly ground spices. It is prepared by coating mutton pieces with the thick *masala paste* and cooking them. The freshly ground spices give a rich spicy flavor.

No meal can be thoroughly enjoyed without a dessert, so now let us talk about some of the Muslim Goan cuisine desserts. The popular ones are *shree khurma* and *moong ki kheer*, both usually prepared for special occasions like Eid. *Shree khurma* is a popular dessert in a Muslim household. *Shree* means milk in Persian and *khurma* means dates. The dish is cooked in a traditional manner using dried *vermicelli*, milk, and dry fruits. The Goan Muslims replace cow's milk with coconut milk and sugar with jaggery while the *vermicelli* is steamed instead of fried, this is done on other occasions.

Next, we have *moong ki kheer* for the preparation of which first whole moong lentils are cooked in jaggery syrup and coconut milk to form a thick sweet dish.

Thicker textured rice dumplings are another typically prepared dish by the Goans, which is quite similar to the Goan *satura*, but here the dumplings use coconut milk instead of toddy. And this is how the blending of native cultures in Goan cuisine is brought about, especially in Muslim Goan cuisine.

Ms. Fathima Nuhma
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WHY SHOULD PLASTIC BE BANNED?

Plastic is a substance that is non-biodegradable and it is harmful to the environment. Most countries banned plastic because of its harmful effects on nature. It is a threat to wildlife, nature, and human health. It takes 400 and more years to decompose.

Most of the trash in the cities is plastic waste or plastic cover which pollutes the city. We should avoid using plastic to save our nature and make it pollution free. The chemicals that are produced by plastic wastes cause many health problems in the living organisms and are a cause of degenerative diseases like cancer. The content of plastic in the soil makes the soil infertile. The disposal of plastic waste in water bodies contaminates the water and spread diseases. Plastic leads to the drainage problem. Proper disposal of plastic should be encouraged to avoid the above problems. Although we can't stop using plastic completely, we should reduce its use as far as possible. We should use eco-friendly covers and paper instead of plastics.

Causes of plastic pollution:

- No proper disposal of plastics.
- No recycling.
- Disposal of waste in water bodies.
- Unnecessary usage.

Tips to reduce the usage of plastics:

- Try to reuse the plastics.
- Dispose of plastic waste in the correct recycling containers.
- Carry a cloth bag while going shopping.
- Minimize buying packed products.
- Replace plastic container with steel or glass containers.
- Avoid using plastic-based products.
- Avoid single-use plastics.

"Reduce usage of plastics and save the environment."



*Ms. Aishwari Sanjay
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2nd year FND*



WINSOME SIGHT

Though it had become the memory
The scent lingers there still
Those comable days ain't enough
To quench the thirst of my spirit

In the twilight as I keen
Throughout all days, I've ever seen
The Beauty of the precious land
The aroma of the atmosphere

Blessed with rain showers, glossy
The face wore a smile brightly
Sending salutations with tears
weeping for sins I bear

With heavy hearts, I want to
Leave all my troubles and worries
Grant me a small burial place
In Medina, as my resting place

Calling Out for beloved Rasool
To have a look at this soul
From you, the eternal love we get
Sending blessings without regret

Mr Abdul Hakeem
202191511195
E' for Allah



VIOLENCE IS NEVER THE SOLUTION



"I object to violence because when it appears to do well, the good is only temporary; the evil it does is permanent" stated Mahatma Karamchand Gandhi which is one of the trust words ever spoken. People hating and being hated in the name of religion, political parties, race, color, status, and gender, it is just unacceptable. You might be of a certain color, certain cast, certain religion, or even status but when your skin peels off you are just a mixture of mineral phase, hydrocarbonate, and organic phase material called skeleton which is just going to get decomposed by soil one day.

While people cause violence to get revenge, they don't realize they are evoking pain, anger, and vengeance in society bringing a storm of violence causing a disturbance in peace which eventually ends up in loss of 3 to 4 lives of innocent victims. Moving forward with violence is like fueling a fire which only increases the burn. There is a famous saying "Put out the fire before it ignites, next you're fighting and kill them with kindness". Here the fire is referred to violence and they are asking to put it off before it even starts with your fight and use kindness as your weapon against inequality.

Ms. Ashikamam
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1st year PND



Nature



Dear nature
 is it because
 your sky never cared of how vast it stretched
 nor the hill of its height that kissed the sky,
 or that the water never
 boasted of the last land it ate
 nor the tree of its roots that mighted the water's flow,
 or
 that dried meadows never low of their brown
 nor the new leaves over-proud of their green,
 is it they never spoke nor listened?
 or
 that each time one spoke, all else listened?
 is it they never disturbed nor helped?
 or
 that never too high of own heights and else's lows
 nor too low of own lows and else's ups,
 your superiorities and inferiorities never clashed?
 no ego? never?
 How could you be so low-cost, hard harmonious?!
 it was never so costly but just rich in itself to be, is it?
 It was never too heavy? but too light to be felt, is it?
 then why not us?!

Ms. Kadeerja Parha
 202501512107
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MENTAL HEALTH



Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel and behave. Mental health includes our emotional, psychological and social well-being. People sometimes use the term mental health to mean the absence of a mental disorder. It is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well and contribute to their community. Practicing self-care can help to improve a person's mental health by reducing the risk of illness, increasing energy levels, and managing stress.

Mental health is important at every stage of life, from childhood and adolescence through adulthood and it does not exist on its own. It is an integral and essential part of overall health. It gives an individual feeling of worth, control, and understanding of internal and external functioning. The interaction between individuals and society becomes critical in building healthy communities which in turn can promote mental health. An individual in a state of good mental health will have a strong sense of self and others.



My Ayesha Fatima

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FASCINATING PSYCHOLOGY!!



Psychology has become a very important and popular topic today. It deals with many problems of everyday life. Psychology helps us to understand the behaviour of the people around us, to find out why they behave differently and what forces are responsible to make them so different from others. It tries to explain wide array of factors involved in what we human beings do. The principles explained by psychology gives us a rational basis of understanding of what we and others do. Psychology has been defined in many ways. In ancient days people were analysing the behavioural aspects on the basis of philosophy. They believed that there is a soul in every individual and this is responsible for all our actions.

This view led to the opinion that the subject matters of psychology must be the study of soul. But this definition could not answer the questions regarding the existence of soul and its accessibility for study. This condition led to a new definition by Greek philosophers who defined psychology as a 'Science of Mind'. This too got rejected.

Later, Wilhelm Wundt, a psychologist who established the first psychological lab at university of Leipzig in Germany defined psychology as study of consciousness. Later different development has begun to define psychology as a behaviour of human as well as animal beings.

Today this is the most acceptable definition. It includes cognitive activities like thinking, reasoning, intelligence, imagining memory, etc., co-active activities like walking, dancing, fighting and feeling joy, happiness, sympathy, anger, jealousy etc. in a person.

Hence, psychology is defined as the study of science or behaviour of the organism and its mental state. Psychologists do experiments and makes others to report; psychology is following all the principles of science like principle of behaviour, formulation of hypothesis, verification, generalization etc.

The primary modern applications for psychology revolve around protecting people from emotional and physical harm while providing them with mental bandwidth to handle the psychological perils of many people daily. Issues like relationships, workplace stress and financial difficulties all can be affected by psychological symptoms that requires diagnosis and managing. Essentially, people can have more successful career, better relationship, more self-confidence and overall better communication.

Ms. Nishita E.
ORIGINATOR
CBCA



THE REAL FAMILY MAN

This is a story of a boy named Meliyudden Shaif. A boy whose family background was very pathetic. They didn't even have a single penny to buy a plate of rice, atleast to have 3 meals in a day.

Shaif's mother was a great warrior who had struggled to feed her kids; she even made herself starve and fed her children so that their tummies gets filled.

Shaif has 7 siblings and they lost their father at their young age. Elder son was a coolie and was looking after his family. Others were made to learn at a far place where Shaif can study without paying any fee.

At this circumstance, a marriage alliance came for his elder sister and somehow, they managed to make the arrangements for the marriage. But the relation didn't go well. She got divorced after having a baby, who is dumb and deaf. It was very difficult for them to move on. By this time Shaif was graduated and he was working in many places as a professor, a tutor etc. He managed to look after his family.

Days passed, Shaif decides to go to Dubai. There he worked under some companies and all of a sudden, he got a chance to enter into a real-estate company. Seeing his work, the company decided to appoint him as the manager. Now he earns more than others in his locality. But Shaif didn't forget the way he came. Though he is one of the richest entrepreneurs we know in our locality, he is a simple man who like simplicity, a man who comes forward to give charity whenever he gets a chance. He tries to uplift the entire society along with his family.

Now Shaif is a well-known person and charity giver. He respects his mother and tries to fulfill all her wishes. Whenever he gets a chance to advise someone he tells "just get educated, then see the miracle that happen to him and his family". (I wish, I could be like him in the future)



Mr. Meliyudden Shaif Minnal

(0374215002)

17.BC4





TEACHING & NON TEACHING STAFF



TEACHING STAFF



1st Year FND



2nd Year FND



3rd Year FNO



4th Year FT



2nd Year FT



3rd Year FT



1st Year BBA - A



1st Year BBA - B



2nd Year BBA



3rd Year BBA - A



3rd Year BBA-B



1st Year B.Com.



2nd Year B.Com.



3rd Year B.Com.



1st Year BCA



2nd Year BCA



RED CROSS VOLUNTEERS



ICD COMMITTEE



COMMERCE & MANAGEMENT ASSOCIATION



IT ASSOCIATION



FOOD SCIENCES ASSOCIATION



NSE VOLUNTEERS



TRAINING & PLACEMENT CELL



PUBLIC SPEAKING CLUB



IQAC TEAM



LITERARY ASSOCIATION



MAGAZINE TEAM



ENVIRONMENTAL CELL



SPORTS COMMITTEE



ANTI-HUMAN TRAFFICKING CELL



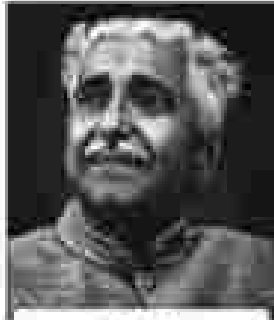
FINE ARTS ASSOCIATION



PHOTOGRAPHY TEAM



କରୁଣା
ବିଭାଗ



શ્રી ૧૦૦



શ્રી ૧૦૧



શ્રી ૧૦૨



શ્રી ૧૦૩



શ્રી ૧૦૪



શ્રી ૧૦૫



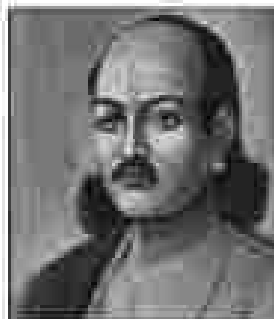
શ્રી ૧૦૬



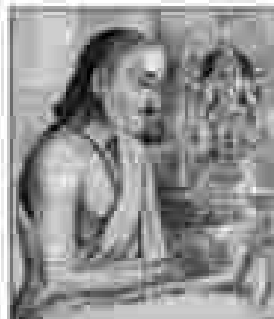
શ્રી ૧૦૭



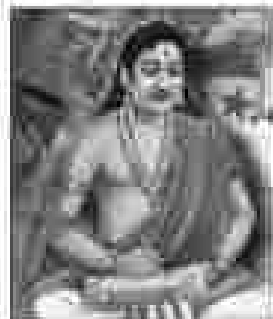
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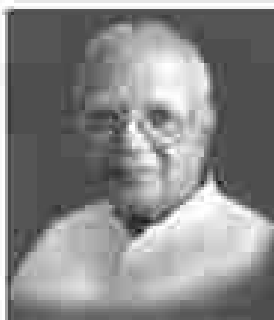
શ્રી ૧૦૯



શ્રી ૧૧૦



શ્રી ૧૧૧



શ્રી ૧૧૨



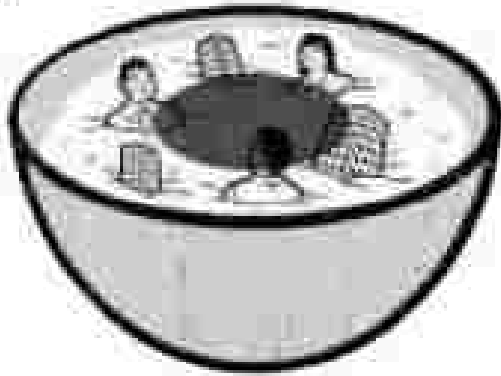
શ્રી ૧૧૩



શ્રી ૧૧૪



શ્રી ૧૧૫



ಆಧುನಿಕತೆಯಲ್ಲಿ ಸಂಬಂಧಗಳ ಅಳವಡು

ಮನುಷ್ಯನು ಸಂಘವೇನೂ ಅಲ್ಲವೆಂದು ಹೇಳುವುದು ಸಾಮಾನ್ಯವಾಗಿದೆ. ಆದರೆ ಇತ್ತೀಚಿನ ಎಲ್ಲರೊಂದಿಗೆ ಒಡನಾಡುತ್ತಾಳೆ ಮತ್ತು ಆದರೆ ಉತ್ತಮ ಸಾಧನವನ್ನು ಉಪಯೋಗಿಸಿ ಸಂಬಂಧಗಳ ಸಾಧನವನ್ನು ಮಾಡುತ್ತಿದ್ದಾಳೆ.

ಪ್ರಕೃತಿಯು ಸಂಬಂಧಗಳನ್ನು ಒಂದು ಮುಖ್ಯ ಸಾಧನವನ್ನು ಮಾಡುತ್ತದೆ. ಸಂಬಂಧಗಳು ಉಪಯುಕ್ತ ಮತ್ತು ಮಾನವ ಯೋಗ್ಯವಾದ ಆಧಾರವಾಗಿಯಾಗಿದೆ. ಉತ್ತಮವಾಗಿ ದೊರಕದಿದ್ದರೆ ಆಧುನಿಕತೆಯ ಪರಿಣಾಮವಾಗಿಯಾಗಿ ನೈಜ ಸಂಬಂಧಗಳು ಮಾನವತ್ವವನ್ನು ಒಂದು ಕೌಶಲವಾಗಿ ಸಂಬಂಧಗಳಿಗಿಂತ ಮಾನ್ಯ ಸಂಬಂಧಗಳಿಗೆ ಹೆಚ್ಚಿನ ಜ್ಞಾನವನ್ನು ನೀಡುತ್ತದೆ. ಕರಿಯಿಂದ ಕೂಡಿದ ಕಿರಿಯಿಂದಲೂ ಮೊದಲಿನಿಂದಲೂ, ಇವೆಲ್ಲವೂ ಮಾನವನಿಗೆ ಒಂದು ಒಳಗಡೆ ನೈಜ ಸಂಬಂಧಗಳಿಗೆ ಹೆಚ್ಚಿನ ಒಳಗಡೆಗಾಗಿ. ಕೌಶಲವನ್ನು ನೀಡುತ್ತದೆ ಮತ್ತು ಸಮಯ ಮಾಡುತ್ತದೆ. ಕೌಶಲವನ್ನು ಒಳಗಡೆ ಮಾಡುವ ಮೂಲಕ, ಅವರೊಳಗೆ ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ. ಸಂಬಂಧಗಳನ್ನು ಮಾಡುವುದು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ.

ಅದರಲ್ಲಿ ಸಂಬಂಧಗಳು ಮಾನವ ನೈಜ ಆಧಾರಗಳಾಗಿ ಮೊದಲಿನಿಂದಲೂ ಒಂದು ಒಳಗಡೆಗಾಗಿ. ಆಧುನಿಕತೆಯು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ ಮತ್ತು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ. ಸಂಬಂಧಗಳನ್ನು ಮಾಡುವುದು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ. ಸಂಬಂಧಗಳನ್ನು ಮಾಡುವುದು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ.

ಕರಿಯಿಂದ ಕೂಡಿದ ಕಿರಿಯಿಂದಲೂ ಮೊದಲಿನಿಂದಲೂ, ಇವೆಲ್ಲವೂ ಮಾನವನಿಗೆ ಒಂದು ಒಳಗಡೆಗಾಗಿ. ಆಧುನಿಕತೆಯು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ ಮತ್ತು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ. ಸಂಬಂಧಗಳನ್ನು ಮಾಡುವುದು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ. ಸಂಬಂಧಗಳನ್ನು ಮಾಡುವುದು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ.



ಅನಿತಾ ಎಂ
ಕುಟುಂಬ ಸಂವಹನ
ಮಾನ್ಯತೆ



ಅರ್ಜುನ್ ಬಿರ್
ಕುಟುಂಬ ಸಂವಹನ
ಮಾನ್ಯತೆ

ಅಧುನಿಕತೆಯು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ ಮತ್ತು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ.

ನುಡಿಮಾತು

ಕಿರಿಯಿಂದ ಕೂಡಿದ ಕಿರಿಯಿಂದಲೂ ಮೊದಲಿನಿಂದಲೂ, ಇವೆಲ್ಲವೂ ಮಾನವನಿಗೆ ಒಂದು ಒಳಗಡೆಗಾಗಿ. ಆಧುನಿಕತೆಯು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ ಮತ್ತು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ. ಸಂಬಂಧಗಳನ್ನು ಮಾಡುವುದು ಸಂಬಂಧಗಳನ್ನು ಮಾಡುತ್ತದೆ.

ನುಡಿಮಾತು



ನಾನು ಬಾಕಿಯಲ್ಲಿ ಇಡೀದಾಗಿ ನನ್ನ ಸಾಯಿಗೆ ಇದುವಾಗ
 ನಾನು ಕೈ ಹಿಡಿದು ಇಡೀದಾನ ನನ್ನ ತಂದೆಗೆ ಇದುವಾಗ
 ನಾನು ತಿಳಿದು ಅಡೀದಾಗ ನನ್ನ ಗುರುರಿಗೆ ಇದುವಾಗ
 ಅಂತರಾಷ್ಟ್ರೀಯ ಮೈದಾನದಲ್ಲಿ ಇಡೀದಾಗಿ ನನ್ನ ರಾಜ್ಯ
 ಅಧಿಕಾರವು ಇಡೀದಾಗ ಕೂಡಿದ್ದರೆ ಕ್ರೀಡೆಯಲ್ಲಿ ಆಯಿದ
 ಕ್ರೀಡೆಯನ್ನು ನಡವುವಾಗ, ಇದುವೇ ಅಧಿಕಾರ
 ಆದುವೆ.



ಇಸಾಹೂರ ಮಿ
 ರ್ಷದ್ ಖಾನ್

ಗೊಂದಲದಲ್ಲೊಂದು ತವಿತೆ

ಇನಿತೆಗೊಂದು ಬರೆಯಬೇಕೆಂದು ತವಿತೆ
 ಬರೆಯಬೇಕೆಂದು ಕೇಳಿ ಹೇಳಿದ ತವಿತೆ
 ಮನುಷ್ಯನು ಏನು ಬರೆಯಬೇಕು ತವಿತೆ
 ತವಿತೆಗೆಯದೆ ಇದುವರೂ ಗುರುಬೇಕೆಂದು ತವಿತೆ

- ಬರೆಯಬೇಕು ನಾನು ನನ್ನ ಕೆಲಸ
- ಬರೆಯಬೇಕು ನಾನು ನನ್ನ ದೇಶ
- ಬರೆಯಬೇಕು ನಾನು ನನ್ನ ಬಳಿಯ
- ಬರೆಯಬೇಕು ನಾನು ನನ್ನ ದೇಶದ ಜನತೆ

ಹೆಚ್ಚಿನವರೂ ನನ್ನ ಬರೆಯ ನನ್ನ
 ಬರೆಯಬೇಕು ತವಿತೆ ನಾನು ನನ್ನ ಬರೆಯಬೇಕು
 ಬರೆಯಬೇಕೆಂದು ತವಿತೆಗೆ ತವಿತೆ
 ಬರೆಯಬೇಕು ನಾನು ನನ್ನ ದೇಶದ ಜನತೆ

- ಬರೆಯಬೇಕೆಂದು ತವಿತೆ ಕೇಳಿದ
- ತವಿತೆಗೆಯದೆ ಬರೆಯಬೇಕೆಂದು
- ನಾನು ನನ್ನ ದೇಶದ ಜನತೆ
- ಅವು ಬರೆಯಬೇಕೆಂದು ತವಿತೆಗೆಯದೆ

ತವಿತೆಗೆಯದೆ ನಾನು ಇದುವರೂ
 ತವಿತೆಗೆಯಬೇಕೆಂದು ನಾನು ನನ್ನ
 ತವಿತೆಗೆಯದೆ ತವಿತೆಗೆಯದೆ ತವಿತೆ
 ತವಿತೆಗೆಯದೆ ತವಿತೆಗೆಯದೆ ತವಿತೆ

- ತವಿತೆಗೆಯದೆ ನಾನು ಇದುವರೂ
- ನಾನು ನನ್ನ ದೇಶದ ಜನತೆ
- ನಾನು ಇದುವರೂ ತವಿತೆಗೆಯದೆ
- ನಾನು ಇದುವರೂ ತವಿತೆಗೆಯದೆ ತವಿತೆಗೆಯದೆ ತವಿತೆ

ಬರೆಯಬೇಕೆಂದು ನಾನು
 ನಾನು ನನ್ನ ದೇಶದ ಜನತೆಗೆಯದೆ ನಾನು
 ಬರೆಯಬೇಕೆಂದು ತವಿತೆಗೆಯದೆ ತವಿತೆ
 ತವಿತೆಗೆಯದೆ ತವಿತೆಗೆಯದೆ ತವಿತೆಗೆಯದೆ



ನಾನು ತವಿತೆಗೆಯದೆ
 ತವಿತೆಗೆಯದೆ ತವಿತೆಗೆಯದೆ
 ತವಿತೆಗೆಯದೆ ತವಿತೆಗೆಯದೆ

ಅವನೊಬ ನಶೆಯುಅ

ಮೌಠಿ ಅರಳಿ, ಕಡಾ ಮಾಗುಳುಗಳವನು
ಎಲ್ಲರ ಪ್ರಕರಣ ಗ್ರಹಣವಾಗಲಿ ಅದರ,
ಮನರಿಗಿನ ಮನವೀಲಾದ ಪ್ರಕರಣವಾಗಲಿ.
ಮದಕಾ ಮಳುಳುಯರು ಯಾರೋ ಕೆಳಕೆಡ್ಡೆಯಂತೆ ಅಂತು
ಅಂದಾಯಿತುರು ಅದರಂ ಅದಕ್ಕಿಲ್ಲದ ತೊರೆತೆಲ್ಲದೆಯರು
ಮನ ಕಾಶರಿಯರ ಅದರಂತೆ ಮನಿಯಾಗಲಿ,
ಅದರೋ ಮನಿಯಾಗಲಿ, ಮನಿಯರೇ ಮನಿಯಾಗಲಿ ಕಾಯಗಾಂ.

ಬಳ್ಳಿಯ ಶೈಲಿತವಾಗಿ, ದುಬಿ ಮುಯ್ಯುಗಳಿಗಲ್ಲು,
ಸಂತವರ ಕ್ಷಣಕವಲ್ಲು, ನನಿಯರು ಕೊಪೆಯಾಗಿ
ಅದರ ಅರಿವಿಲ್ಲವಂತೆ ಎಂತೆಪ್ಪರು ಎಲ್ಲರಿಗಿ
ಕೈಯ ಕಾಗಣ, ಕಾಶ ಕತ್ತಿ ಕಾಯಕಳು
ಮನವೀಲೋ ಕಾಶವಿಲ್ಲದೇ, ಕೈಕಾಪಿಲ್ಲದೇ
ಶೈಲಿಯವಿಲ್ಲದೇ? ಎಂತೆಪ್ಪು ಕಾ ಕಾಶ!

ಕಾಶರಿಯರ ಕಾಯಕಳುಕೆ ಕಾಶು
ಕೈಯ ಕಾಶುಕಳುಕೆ ಅಂತು ಕೊಪು ಕಾಯಕಳು
ಮನಿಯರು ಕಾಶ ಕಾಶು ಮನಿಯರೇ ಕಾಶು
ಕುನಿಯರೇ ಮನಿಯರೇ ಕಾಶುಕಳುಕೆ ಕಾಶು,
ಕೆಳಕೆಪ್ಪು ಅಂತು, ಮನು ಅಂತು ನಶೆಯರೊಂದರೇಗೆ?



ಮುನೀಶ ಎ
ಕೆಳಕೆಪ್ಪುಕಳು
ಕಾಶು ಕಾಶು

ಅಂತು ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ



ಮನಿಯರೊಂದರೇಗೆ ಕಾಶುಕಳುಕೆ
ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ
ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ
ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ
ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ ಕಾಶುಕಳುಕೆ



ಮುನೀಶ ಕುಮಾರ್ ಕುಮಾರ್
ಕೆಳಕೆಪ್ಪುಕಳು
ಕಾಶು ಕಾಶು

ವಿವರ:

ನೀವು ಕೂಡ, ನೆನಪಿನಿಂದಲೇ ಅಪರೂಪದ ಚಿಂತನೆಗಳಿಂದ ಪ್ರಭಾವಿತರಾಗಿದ್ದರೆ, ತನ್ನ ನೆನಪಿನ ಸ್ವರೂಪವಾಗಿ,



ವ್ಯಾಕ್ಟೆ
ನಾಡು ಪ್ರಭಾಕರ
ವಾಲ್ಮೀಕಿ

ಈ ರೀತಿ ಅಪರೂಪದ ಸ್ವರೂಪ, ತನ್ನಿಗೇ ನೆನಪಿನ ಪ್ರಕಾರ ಬರೆಯಿ-
ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ
ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ
ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ
ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ

ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ ನಾಡು ಪ್ರಭಾಕರ

ಜೀವನ



ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
ಇದು ಜೀವನದ ಮಹತ್ವವು ನಡೆಯುವ
ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
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ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು

ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು
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ಜೀವನವು ನಡೆಯುವ ರೀತಿಯೇ ಇರುವುದು



ವ್ಯಾಕ್ಟೆ
ನಾಡು ಪ್ರಭಾಕರ
ವಾಲ್ಮೀಕಿ

ಪ್ರಕೃತಿಯ ಸೊಬಗು

ತಿಳಿ ನೀರು ಹಾಗಾದ
ಪ್ರಾಣ್ಯ ಎವೆಯು ಕೊಂಗೆರಗಳ
ಬೆಳ್ಳುಪ್ಪಿ ಭಾರವಾಗಿ ಕಾಂಜು ಆಗಿದೆ

ಬಿಂಬು ಮುಸುಕಿದ ಬೆಳ್ಳುಪ್ಪು
ಬಿಸಿಲು ಝಳಕೆ ಹಿಡುವು ಆದರೆ
ಝುಳು ಝುಳು ಝುಳು ಹರಿದಿದೆ

ಸ್ಮರಣಾರ್ಥಿಗಳಿಗೆ ಪಾಠ
ಸುತ್ತಲೂ ಆವರಿಸಿದ ಹೂವು ಸಿರಿಯು
ಕುಡುಕುಡುಕುಡು ಹೂವು ಅಗ್ಗಿದೆ

ಹೂವರಗಳ ಪಾಣದಲ್ಲಿ
ಕಂಗೆಯವಳು ತಿಳಿಯಲಾಗಿ
ಛೇದನೆಯು ರವಿಗೂ,ಆದರೆ
ಈ ಮುಂಜಾನೆಯ ಬೆಳಿಗ್ಗೆ

ನಂದಿರಬಂದ ಪಾಠವು
ಇಂತ ನವಿಯು ನವಿಯುಂ ಕಣ್ಣುಗಳೆರಡು ಸುಖವು
ಎತ್ತಿಬಿಟ್ಟವು ಬಿಟ್ಟವ ಈ ಪ್ರಕೃತಿಯ ಮಡಿಲಲ್ಲಿ
ಎಷ್ಟು ಸುಂದಾರಿಯೂ ಸಾಕಾಗುವ ಈ ಪದಗಳಲ್ಲಿ



ಭಾವನಾ ಅಶ್ವಿನಿ
2021/10/21/2021
ಎಂ.ಎ.ಎ.ಎ.ಎ.ಎ.ಎ.

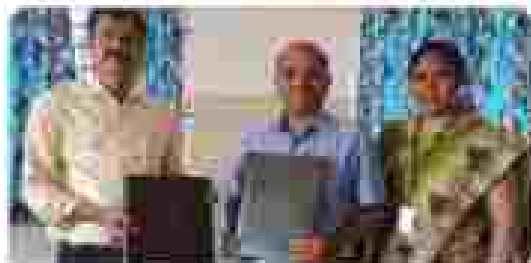
MEMORANDUM OF UNDERSTANDING (MOU)

MOU WITH ICD



PAFOD signed MOU with Kerala Chamber of Commerce and Industry on 17th Dec 2021

MOU WITH KERALA SCADITY



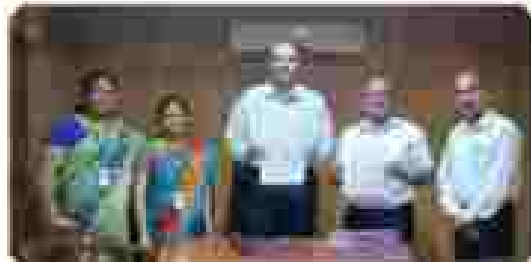
PAFOD signed MOU with Kerala Academy on 31st Dec 2021

MOU WITH ICFE



PAFOD signed MOU with ICFE (Central Foreign Dept. (Research Institute), New Delhi, New Delhi) on 20th Feb 2022

MOU WITH ZIMBABWE TOURISM



PAFOD signed MOU with The Great Zimbabwe Ltd, Harare on 17th Dec 2021

MOU WITH ICD



MOU signed between PAFOD and ICD Projects Pvt. Ltd. on 27th Aug 2022

RECOGNITION

"INNOVATIVE PEDAGOGICAL PRACTICE" - 4th SEPTEMBER 2022



Dr. Suresh J. Joshi, Principal, P. K. Pinnaladevi College was awarded on the occasion of Teachers Day Under "Innovative Pedagogical Category" by All India Council of Technical Education Pvt. Ltd. held at Coimbatore, Maripattu

INDUSTRIAL VISIT

ARJUN KAPILA, PLOUINGE, NAWROSE | 27th JUNE 2022



1st year Food Technology Students

TANAKA SPINNING | 27th JULY 2022



1st year BBA (General & Supply Chain Management)

WALKER UNDER CITY SYSTEMS/SPACE | 27th JULY 2022



Dr. Subhojit Ghosh, Professor, IITRPS, Ms. Arshwani Prasad K, Head-CTPO & Dr. Anshu Prasad S, Prof & Head, Dept. of Mechanical, IIT Institute of Engineering

BEZAS PLANTS ROSSINI, BARKHURD, VARANASI | 1st AUG 2022



1st year BBA, BCOM, BBA (MC) students

HOTEL JAGAN AND CONVENTION, JYDHA, RAJSHI | 22nd & 23rd JUNE 2022



1st year BBA (Market & Hospitality Management)

MUMBAI AIRPORT | 27th JULY 2022



1st year BBA (Airport & Security Management)

HOTEL OCEAN PEARL, SOURABHA | 27th JUNE 2022



1st year BBA (Hotel & Hospitality Management)

FACULTY DEVELOPMENT PROGRAMME

**TRIAL & LEAD, COLLABORATION
TEACHERS FOR TOMORROW - 17th May 2022**



Dr. Mohamed Fazel, Head Centre for Professional and Organizational Development (CPOD) was the Resource Person.

**ADVANCES IN TEACHING AND
STUDENT FORMATION - 18th FEB 2022**



Dr. Chandra Mohan Shetty, T. Hall - Post Graduate Department of Physics, St. Xavier's College (Autonomous) was the Resource Person.

ACADEMIC RESEARCH: NEED & PRIORITY - 18th May 2022



Dr. Deepa Prasad, Associate Professor, Department of Commerce and Cost Accountancy and Institute of Management Studies, St. Xavier's College (Autonomous), was the Resource Person.

TECHNOLOGY IN HR - 18th MAY & 19th SEPT 2021



Dr. Suresh J. Mary, Principal PA Pind Uppala College, was the Resource Person.

LEARNER ENGAGEMENT PROGRAMS - 17th MAY 2022



Dr. Mohamed Fazel, Head Centre for Professional and Organizational Development (CPOD), was the Resource Person.

**PROGRESS OF THE YOUTH'S CAREER COUNSELING
SESSIONS ON 10th AND 17th JULY 2022**



Head The Great LW, Singapore University, in Association with The Great Society, Nanyang Siam Branch, Singapore Organized the Inauguration of Series of Youth Skill Drive as a Value Based Skill Enhancement Course by 20 Programmes under EP 2022 at Nanyang Technological University, Singapore. Dr. Mohamed Fazel, CPOD Programmes Officer attended the Inauguration.

OUTSIDE BOARD EDUCATION SYSTEM AWARDS - 4th JAN 2022



Dr. Mohammed N. Prof & Head, Dept. of Electrical Engg, PA College of Engineering, was the Resource Person.

11th SEM TRIP TO CAMPUS : 12 AUGUST 2021



8200460000 : 17 AUGUST 2021



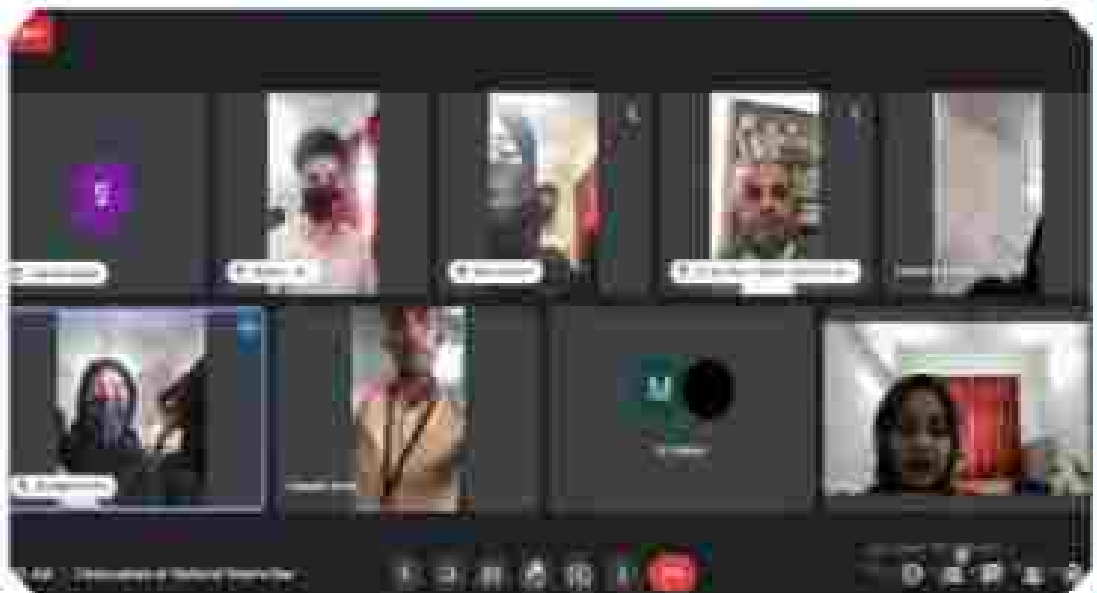
8200 DA/Dr PWDCC Organized Sadhanaa Dwaite at E-Learning Centre, Dr. Pottabomma K, Head Dept. of C&E Engineering, PACE, Goa (In-Coll. Guest)

8200460000 : 19 SEPTEMBER 2021



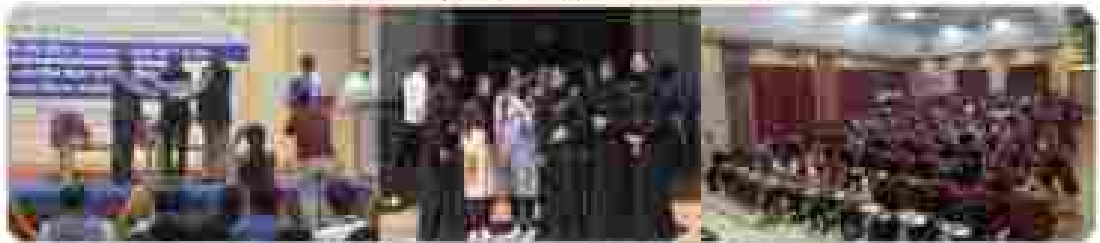
8200 DA/organized International Human Rights Day Dr. Jagannath Nair, Associate Professor, Dept. of Political Science, Mangalore University was the Chief Guest

8200460000 : 27 JANUARY 2022



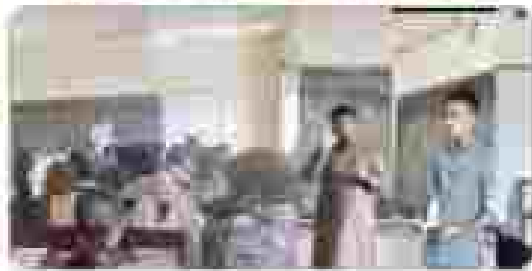
LITERARY ASSOCIATION

INDO-ENGLISH WRITING COMPETITION - 27th AUGUST 2022



Dr. S. Aranya College, supported by NITK, Manipal, the Karnataka Group, 1st year PG English Prose Prize in the Competition.

VISIT PROGRAMME (COMPTON) - 17th AUG 2022



ASSIGNMENT OF PUBLIC SPEAKING CLASS - 27th JUNE 2022



Dr. A.M. Khan, Professor & Chairman, Dept. of English and Former Vice-Chancellor, Mangalore University was the Chief Guest.

WOMEN'S DAY - 27th FEBRUARY 2022



Dr. Parvati B.R., Principal, NICE was the Chief Guest. Dr. Sajjan Kumar, Dean-Student Affairs, NICE and the Guest of Honour.

LANGUAGE AND CULTURE - 17th JULY 2022



Initiated by Ms. Sushree Nayak B., Professional Center (Jr), IITe Seminar, Author and Lecturer, Marikata PG College, Mangaluru.

3- MONTHS RELEASE - 'COOKBOOK' - 18th JANUARY 2022



The Quarterly E-news 'The Yashwantrao' was released by Dr. N. Anila Rajan, Former Vice-Chancellor, Ramji & Co. Ltd. (Inventor and Author), IITe Institute.

ENVIRONMENTAL CELL

ENVIRONMENTAL PROJECT - ADOPT A TREE & LIFE - 27th APRIL 2022



Dr. Sanyal Anwar (Dean Student Affairs, IJRET), Dr. Sanyal J. Harish, Prasad Palga, PUS, Anand Kumar, Vivek Prasad, RAFT, Mr. Sanyal Anwar, Prof. RAJODI, SOAC Coordinator were present.

ENVIRONMENTAL LOGO RELEASE - 27th DECEMBER 2021



On Account of National Pollution Control Day, Dr. Sanyal Anwar (Dean Student Affairs, IJRET), Dr. Sanyal J. Harish, Prasad, RAJODI, SOAC were present.

WORLD PHOTOGRAPHY COMPETITION - 27th JUNE 2022



WORLD PHOTOGRAPHY COMPETITION - 27th DECEMBER 2021



On Account of National Pollution Control Day

IT ASSOCIATION

WOMEN'S WEEK FOR INDUSTRIAL APPLICATION - 27th JULY 2022



Initiated by Dr. Shamika Kuresh, M. Prabakar and Prasad, Department of Computer Science and Engineering And Mrs. Prasad, RA, College of Engineering, Mangalore

WOMEN'S WEEK FOR INDUSTRIAL APPLICATION & CONCEPTS REALITY - 27th MARCH 2022



Initiated by Mr. P. Sathya Prakash, Associate Professor, Department of Computer Applications, Institute of Computer Science and Information Science, Sreejaya University, Mangalore

COMMERCE & MANAGEMENT ASSOCIATION

LIVE STOCK MARKET : 14th DECEMBER 2022



Inaugurated by Dr. Srinivas Anandaram Kumar, Director, Centre for Management (Statistical Research), CMCE

JOURNALIST MEET DANCE TO COMRADES : 27th JANUARY 2023



Inaugurated by Mr. Srinivas A.C, Professor (H.A, Thiruvananthapuram) and Coordinator.

LEADERS IN THE MODERN WORLD : 27th JUNE 2022



Inaugurated by Mr. Srinivas Kumar, Director, Finance (H.A, Madhav Education Centre), Professor and General Secretary

COMPLIMENTS : 27th JULY 2022



Inaugurated by the Director and Management Team, Commerce (CCE) - M. Srinivas Kumar, Professor and C.O.D., C.A. Srinivas Kumar, P.A. Ltd., Mangalore was the Chief Guest

WOMEN'S CELL

LEAD MEANS FOR WOMEN : 17th MARCH 2022



Inaugurated by the Women's Cell (WC) in association with the National Quality Assurance Cell (NQAC) Organized by the Inaugurated by Mrs. Anand B. P., a Retired, Manager from Bangalore

TRAINING & PLACEMENT CELL

MOOD-BOOSTING DRIVE (16th JUNE 2022)



Service Street: Dr. Sathya / Health (Pravara) PMDC, Dr. M. Maheshwar Patil, Head - OPD (16th June) - Capt. Anil Patil (In-charge)

INTERVIEW PREPARATION (16th & 17th JUNE 2022)



Mr. Maheshwar Patil, Head - OPD - In-charge & Training Session

OFF-CAMPUS PLACEMENT

P.A. FIRST GRADE COLLEGE
Dept. of Training & Placement

CONGRATULATIONS ON YOUR PLACEMENT

NINI MADHAYAN
COPD Chief
TRIA (INDIA) INC.

Ms. Madhayan Divya, per. (BBA) (Finance & Inventory Management) has been placed by Qair Team in Air India.

CAMPUS PLACEMENT

(16th & 17th JUNE 2022)

CAMPUS PLACEMENT DRIVE

24th June

WELCOME (17th JUNE 2022)

P.A. FIRST GRADE COLLEGE

INNOVIDU
Congratulations!

SPORTS ASSOCIATION

ANNUAL SPORTS MEET 2021 | 1st July & 1st Aug 2022



Mr. Dilip Dnyana, Retired Mysore Officer, Mr. Arjun Chandra, Mysore, and the Chief Guest.

COMPLIMENTS & ACCOMPLISHMENTS



Mr. Navin, P. E. D. (MFCO) was appointed as a Probable Coach in the Mangalore University Football Team 2021-22, and Mr. Shresth, 2nd year B.Com and Mr. Anand (B.Com - 1st year) (IGA) were selected to the Mangalore University Football Team to participate in the South Zone Interuniversity Football Tournament 2021-22.

YOGA CLASSES



MFCO encourages the students to practice yoga and to do meditation as it will help them combat with different types of stress and ailments being diagnosed in a speedy fit.

ANNUAL COMING UP NEXT COLLEGE FOOTBALL TOURNAMENT | 1st OF AUGUST 2022



MFCO organized Mangalore University Inter-Collegiate Football Tournament at PACE Ground, Dr. Desai Junction Mysore, District, Dept. of Physical Education, Mangalore (Mangal); Dr. Basappa Kulkarni, Asst. Director, Dept. of Physical Education, Mangalore (Mangal); Dr. Saikumar Hathi, Principal, MFCO; Dr. Sanyal Anand Chandra-Sinha (A.M.C); PSEU, W. Bhatkar, Physical Director, MFCO, were present.

FOOD SCIENCES ASSOCIATION

FOOD POST: SCIENCE & INNOVATION WITH TECHNOLOGY - 27th AUGUST 2022



Ms. Karthi S. Prithvi, Former Supervisory and Meat Processing Officer, Sarawak Group, Malaysia was the Chief Guest. Mr. Sridharan P.V, IASAM President, Dr. Saravanan (Dean/Student Affairs, IASAT), Dr. Sarthak J. Kulkarni, President, IASAT, Mr. Muhammed Farooq, Head, CPDS, IASAT, Mr. Rajan & Mr. Shreyas (IASAT) - IASAT were present in the day.

VALUE ADDITION TO AGRICULTURAL PRODUCTS AND ENTREPRENEURSHIP OPPORTUNITIES IN MICRO-FOOD PROCESSING - 27th FEBRUARY 2022



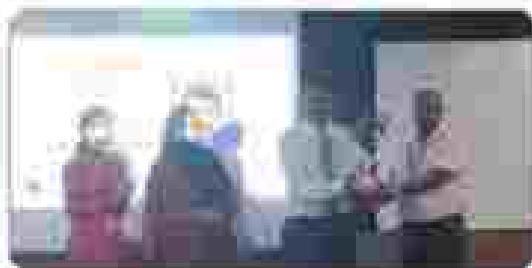
Invited Talk by Dr. Anand Kumar Choudhary, Food Scientist and Business Professor at University of Agricultural Sciences, Bengaluru.

FOOD IN MEDICAL FIELD - 11th MARCH 2022



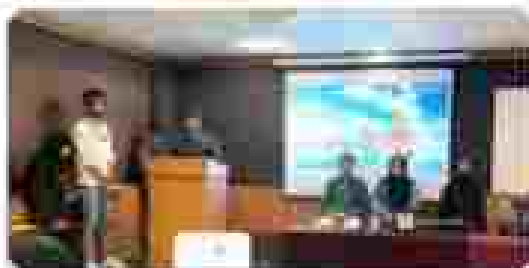
Invited Talk by Dr. Anand Kumar Choudhary, Assistant Professor and Head, Department of Food Science, Ujala Centre for Research and Innovation, St Xavier's College (Autonomous), Mangalore.

TRAINING SESSION ON PROFESSIONAL BUSINESS
7th APRIL 2022



Ms. Parvathi V.K., Project Executive Marketing Manager, Corolla, K.S.R., with the Resource Person.

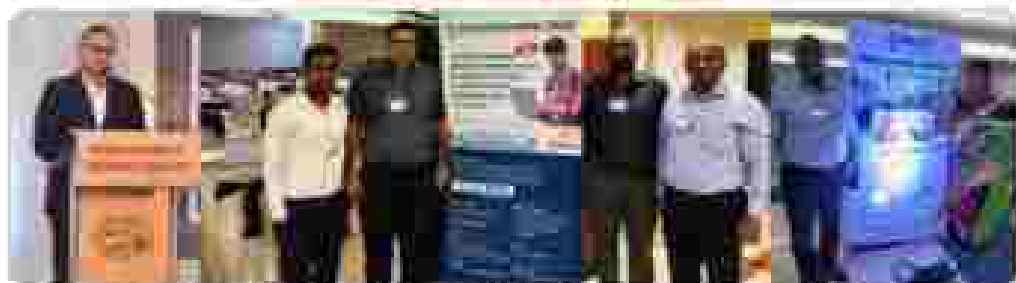
PLACEMENT AND POSTAL DESCRIPTION PROGRAM
27th & 28th SEPTEMBER 2022



Ms. Saralada Das with the Resource Person.

MEETINGS

ACADEMIC COUNCIL CONCLUDES - 19th APRIL 2022



PGCC Term performed in the Conference of PGC Academic Council (Center, Mangalore)

AAA MEET - 17th & 18th FEBRUARY 2022



The Administrative and Academic Staff (AAA) Committee (a meeting of Dr. Jibin Mathan, Member, PACT, Dr. Chandrashekar, former Director - IQAC, Mangalore Division & Dr. Mohammed Saad, Principal, Venkatesa Bhawan College and Research Centre, Dr. George Elal, IQAC Coordinator, St. Joseph Engineering College, Prof. Nirmala P. Mahalingam, St. Joseph College (Autonomous) hosted at the department of PGC (Mangalore)

MEETING OF DR. JIBIN MATHAN, PACT - 27th JULY 2022



Meeting with PACT Mangalore office

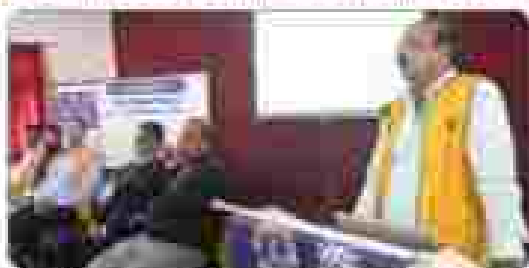
INTERACTION WITH ICE TEAM - 20th OCTOBER 2022



Mr. Praveen Sharma, ICA, D.O., Head of the Section, ICA, D.O., Mr. Praveen Kumar, District Chief Coordinator, ICA, D.O., Mr. Anoop Kumar, Member, ICA, D.O., interacted with Professors and Faculty members of PACT (Mangalore)

STUDENT DEVELOPMENT PROGRAMS

ACADEMIC EXCELLENCE VIA A VIRTUAL REALITY TRIP | 27th NOVEMBER 2011



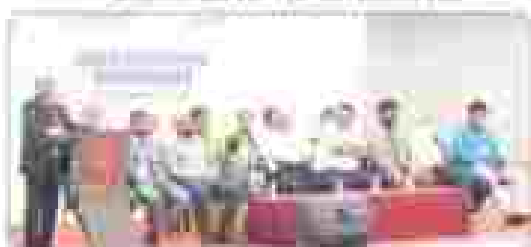
Dr. Anand Leo Chacko, Managing Engineer Student Development Program for First Year Students, Laxmi Institute, Prof. Pradeep of Laxmi Group and Dr. Sarma S. Joshi, Principal, IITMSE addressed the Students. Prof. Manoj Pillai, Director Institute of Technical Education presented the Robotics Project.

DEPTING WITH DR. S. 17th FEBRUARY 2012



Departmental Programme on All Cases Presented Manoj Pillai

ORIENTATION DAY | 22nd SEPTEMBER 2011



Dr. Manjusha P. Pillay, Dean, Faculty of Science & Technology, Mangalore University was the Chief Guest.

HOW TO USE THE STUDENTS OF UGCHA, BANGALORE | 27th MARCH 2012



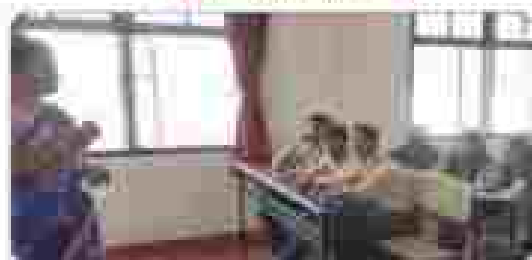
Mr. Harish Hrishya Murthy, Prof. Neelga (IITC) & Mr. Harish H. Purohit, Senior Manager, Corporate Relations and Placement, IITC, addressed the students.

EMPOWER EDUCATION WITH DR. JAYAKANDESA AND CHALLENGES | 24th AUGUST 2012



Dr. Jayakandesha, J. Business Development Manager, ISEC & Dr. Suresh Satyan, Head IITC Learning Clubs, were the Resource Persons.

VALUE BASED EDUCATION



All Faculty Members were Involved in Imparting Value Based Education to the Students.

EDUCATION PROGRAM | 19th & 20th NOVEMBER 2011



Education program of the 1st year students of IITMSE, Laxmi Institute at Kuvempu Campus and the 3rd year students who are enrolled into the program.

NATIONAL CONFERENCE "NOVEL PERSIN IN SPORTS SCIENCE" : 12th AUGUST 2021



Staff and Students of WPSU participated in the Conference held at Anna's College, Tiruchirappalli

RECEPTION OF BEST OUTGOING STUDENTS : 21st AUGUST 2021



Members of Faculty Counciling of the District Officer, In-charge, Government of Commerce and Management, Mr. Sreedhara, GAO Coimbatore, Mr. Mahesh, Asst. Prof. Department of HSE, Mrs. Jyoti, Assistant Professor, Department of PPHMS

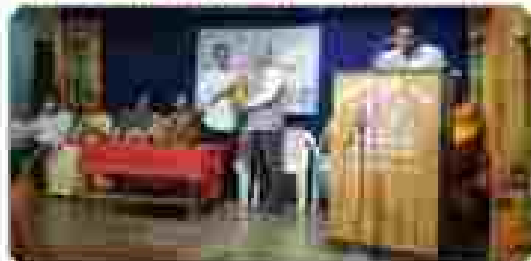
SEA EXHIBITIONISM, BECOME AN EMPLOYEE : 10th NOV 2021



Mrs. Geeta K. Shree & Mr. Harish (Teacher, Asst. Professors) achieved the exhibition at Singapore.

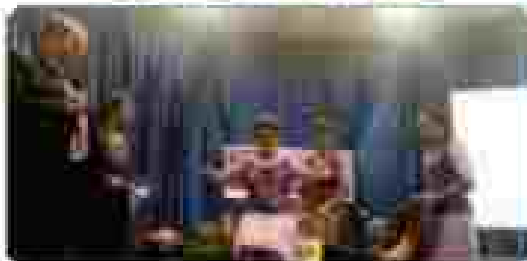
OUTREACH / EXTENSION ACTIVITIES

"SCIENCE STUDYING TECHNOLOGY" : 27th AUGUST 2021



At Government High School, Sulewhane
Dr. Suresh J. Haseer, Professor, P. A. First Grade College and the Pottanura Peruvu

2020 EXHIBITION : 14th AUGUST 2021



At Government High School, Sulewhane
Dr. Suresh J. Haseer, Professor, P. A. First Grade College and the Pottanura Peruvu

ROAD SAFETY AND HYGIENE : 27th SEP 2021



At GORR, PUCO, Dr. Suresh J. Haseer, Professor, P. A. First Grade College, was the National Project

GREEN COUNSELLING SESSION : 27th JUNE 2021



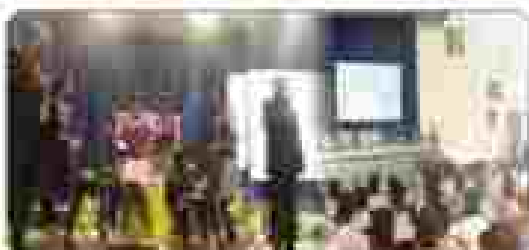
At Govt. W. Shree Sulewhane, Dr. Suresh J. Haseer, Professor, P. A. First Grade College, was the National Project

RECUSSION OF VOLS TOFFERS



By High School Sports Program, Nashville, Dr. Sufian J. Hasan, Principal, P.A. Post-Grad College, was the Resource Person.

STUDENT'S EQUIPMENT PROGRAM | 14th JUNE 2022



Student Equipment Program to "With Engineering" was held at Doctoral Pre-University College, Madhavur.

EXPLORE TOURISM | 14th JANUARY 2022



A Session for the Members of Mysore Chapter of Curricula and syllabus at Draven Patel, Dr. Sufian J. Hasan, P.A. Post-Grad, P.A. Post-Grad College, was the Resource Person.

SCIENTIFIC AND CAREER GUIDANCE PROGRAM | 17th JANUARY 2022



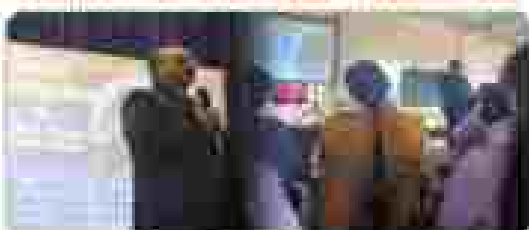
Nehru Yash Chitra, supported a Multicultural & Career Guidance Program at Hyderabad, Dr. Sufian J. Hasan and Dr. Sayant Arora were the Resource Persons.

SALABRATED TOP SCOLARSHIP



At St. Xavier's College (Autonomous), Bangalore, Mrs. Anuradha Basu, Head, P.A. Dept. of Post Graduate & Foreign Studies & Studies, PAFPC, was the Resource Person.

SCIENTIFIC AND CAREER GUIDANCE | 17th FEBRUARY 2022



A.S.D. Research (P.A. AICET High School), Haradur, Dr. Sufian J. Hasan, Principal, P.A. Post-Grad College, was the Resource Person.

YOUTH LIFE SKILLS AWARENESS AND SYMPOSIUM | 17th MARCH 2022



Organized by Student Federation of Bangalore, Dr. Sufian J. Hasan, Principal, P.A. Post-Grad College, was the Resource Person.

PRINCIPAL'S LUNCH MEET AT PAFU - 27th July 2022



Dr. Sarfraz J. Hashmi, Principal, PAFUC was invited by Chief Guest for the 1st Year Students Orientation Program of PAFU, Hyderabad.

WILSON COLLEGE VISIT OF DR. SARFRAZ J. HASHMI 27th August 2022



An Inter-School Sports Meet for Under-16 Football Match Competition at W. Wilson's Christian School Hyderabad. Principal, Dr. Sarfraz J. Hashmi, Principal, PAFU, First Grade College was the Chief Guest.

MEMORIES

STAFF MEET - 17th June 2022



Staff Members of PAFUC with the Principal at Conference Room, PAFU, W.U.

AGRI TO THE SUMMIT OF GREEN - 27th August 2022



Dr. Sharadhati K. H. JACU-Campus, CAG, Andhra Pradesh, Director Operations and Rtd. Dr. Sujayashree (Bachelors Student Affairs, PAFU), Dr. Sarfraz J. Hashmi, Principal, PAFUC, Mr. Mohammed Usman, Head, CPCE, PAFU, ICAC, South India, PAFUC and members of Institute Department (Andhra Pradesh) were the guests.

ANNIVERS - LOGO RELEASE - 27 FEBRUARY 2012



Flourishing Birth of PAFOD Released their Logo "Punjab", Dr. Ramesh M.C. PAFOD, Dr. Gurpreet Singh, President PAFOD, Mr. Shakti Singh, IIT (AFSS-Campus) were present at the occasion

TEACHERS DAY CELEBRATION | 1ST SEPTEMBER 2011



Dr. Ramesh M. C. PAFOD, PAFOD, Dr. Sarvesh Kumar, Principal P.A. College of Fisheries, M. Shaikudin, K. K. (JGM-Campus), Dr. Sajwan Arora (Dean Student Affairs), PAFOD, Dr. Gurpreet Singh, President PAFOD, were present on the stage.

OTHER PROGRAMS - 2ND APRIL 2012



PAFOD Organized War Program at PAFOD President Sarvesh and Staff Members participated in the Program

ADDRESS BY LOGO LAUNCH - 1ST SEPTEMBER 2011



Inauguration of the Cultural Fest Stage of PAFOD: Mr. Shakti Singh, IIT (AFSS-Campus), Capt. Arjun Meenawat, Director (Operations) MGSU, Dr. Sajwan Arora, Dean Student Affairs, PAFOD, Dr. Gurpreet Singh, President, PAFOD, Mr. Vikramjit Singh, Head CPD, PAFOD, were present.



LOGO LAUNCH FROM SATELITE 1.8.12 AT JGM 2012



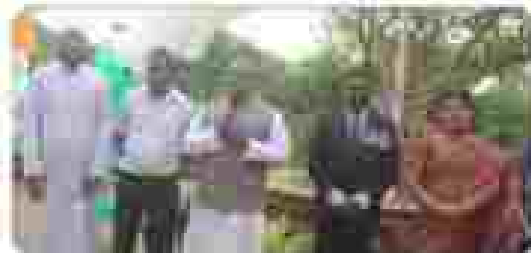
Organized by the Department of Food Technology and Food Nutrition JGM, Dr. Sajwan Arora (Dean Student Affairs, PAFOD), Dr. Gurpreet Singh, President PAFOD, ICMC Coordinator, PAFOD were present.

END MEET | 2ND MAY 2012



End Party was Arranged at the Staff Members of PAFOD

HOODING OF MEMBERS - 1ST APRIL 2012



Dr. Gurpreet Singh, President PAFOD Hooded the top Honorary Const. Ramesh was the Grand of Honour

ANNUAL DAY CELEBRATION 17 AUGUST 2022



ANNUAL DAY CELEBRATION



Graduation Day





Graduation Day for the Batch of 2019-21 was held at PACE Auditorium on 26 Feb 2022. Mr. Anand L. S., Principal, Technical Education Hub and Panchajanya Raj Prasad, Government of Karnataka was the Chief Guest. Mr. P. A. Gaurav, Secretary, Studies, PACE was the Head of the event. The event was presided over by Mr. Koodala (Secretary, Managing Trustee, P. A. Educational Trust) (Prof. L. M. K. Ahmed Sahy, Director (Higher), PACE, Dr. Sathish C. Yashas, (Principal, PAFAC, Mr. Srinivasa P. S. (MGB Campus), Dr. Gayathri Meen (Dean Student Welfare, PACE), Prof. K. P. Sanku, Principal, P.A. Technoarts, P.A. Jeeva (Vice-Principal, PACE), QAC Coordinator, Heads of centres (The members were present on the day.



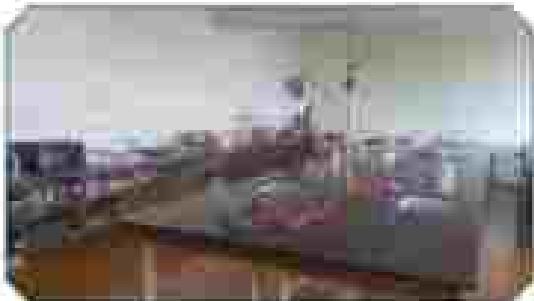
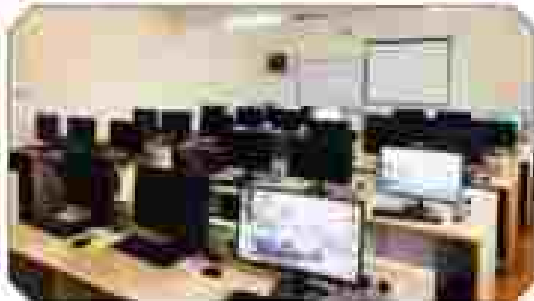
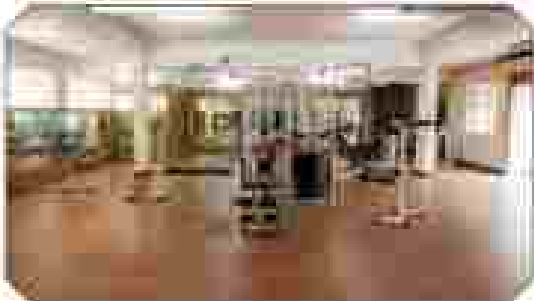
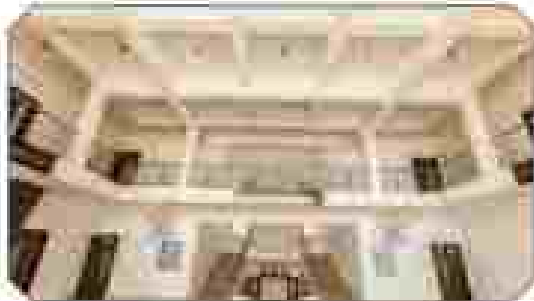


ANNUAL CULTURAL FEST "ARCIANA" : 4th, 5th, & 6th AUGUST 2012

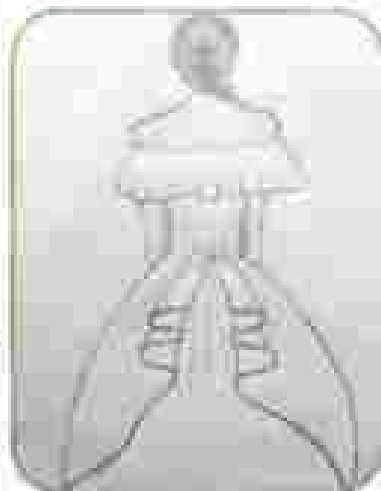


LIBRARY





Drawing



Art by Anusree



Art by Fatima Akhila

Art by Apurva Saha



Art by: Fatima Kapala



Art by: Chaitan B S



Art by: Fatima Rizvi



Art by: Fatimath Shama



Art by: Fatimath Shama



Art by: Ravi



हिन्दी
विभाग



कञ्ची प्रसाद



वीरा बाई



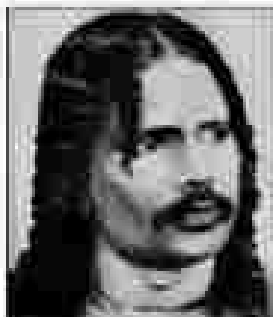
महा कृष्ण वन



गुणेश खटके



वीरा प्रसादी



जसराज देश्पंडे



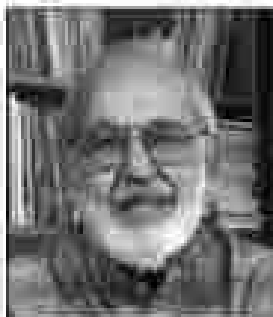
रामकृष्ण देश्पंडे



ज्योतीराव देश्पंडे



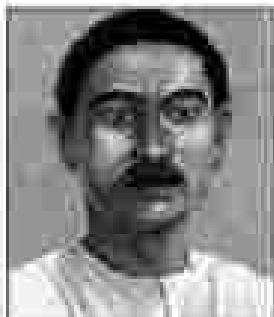
कृष्णकांत कुंभारजी केशवराव



कृष्णकांत गोपाळ देश्पंडे



कृष्णजी ज्योतीराव देश्पंडे



कृष्णजी देश्पंडे



सुशमा कुंभारी चौधरी



मोहन देश्पंडे



कृष्णकांत देश्पंडे



जी. ए. वी. डॉ. लक्ष्मण कावराव

पहचान कौन

दुनिया में सभी ने अपना बना,
दुनिया में जाए मे हम,
साथ नहीं रही भी हमारी,
बीतनामता में, झूल में, नाबाली में,
सबिसे में, पतिली में,
सर्जनीमें में भी; सुदो में भी अलग गए हैं हम

पता होने का भी अस्कार गए हैं हम,
नामधारी से भी अलग तिरपी हैं हमारी,
दुनिया में दुःखदायिका हमें।

मे नहीं जाए ना भी,
अना होने बालों में भी मुह फेरलिया हमसे।
मे चलाता बहुत बड़ा था।
कोई ना देखा अपना नहीं।

अपने बिछारी में चले जाते हैं हम,
खोया सब अपने ही नहीं,
कहाँ भी गए पर भीके के सिवा
कुछ मिला ना हमें।

कहाँ भी दुःख ना मिली हमें,
सचिधान के अलगना में जालघरे के लिए,
अन्युओं के लिए,
मोह भक्ति के लिए भी अलग भी।
मगर कहीं भी नहीं भी अलग हसी

पेट भोजन के लिए भीक नहीं।
अपने अना भी देना दिया हमें।
भार और बेचारी के सिवा
कुछ मिला ना हमें।



जिसका को भी क्या अपने
का पता नहीं था; जहाँ गया हमें।
जैसा भी दूर अन्वारी के नाम को नोकरों में गिना
अपने दिल में, अपने किली में, उन सारी
तुलसीय रहकर भी,
दुःखों को खुशी के पदक बाते हो हम।

कहाँ भी भलेके अरका,
अनाक अस्कार मिलाने जाते हैं हम,
हम सब भी जाए सब,
जो गिरीबारी के पीछे के लिए अलग न करके,
सारी रात अन्वारी काली किली मिली है हमें।

अंत में का के भी,
अपने भी खुशी से अलग अलग किया जाता है
मे है बिछरी हमारी।
मे है नामधारी हमारी।
मे है दुःख गरी दुनिया हमारी।
हम और कोई नहीं, हम है
किना हम है किना।



मृदुलता देवस एम ए
शास्त्र अन्वारीय जेन्टी
एन ओ जी (विद्यार्थी एन विद्यार्थी)

शायरी



जिन्दगी में खले हो लोग अंगारों।
 धर, सीधे खुले सिखा कभी बंधन नहीं बली हो।
 सारे एक एक बंदन की तैयारी लफ्फा सिखा जाली हो।



चेतना डी
 स्कूलक पर्यायित
 सीएच. ऑड. मैनेजमेंट विभाग

लोग कहते हैं मैं फिर बरसा
 मैं फिर बरसा तो क्या...
 क्यो कर के मुझे लगी
 कोसिली में रात

जब लोग हैं जो क्या है बरस
 फिर बिना कोई उल्ला नहीं
 विरलाना सेट बने नहीं।



अरुण के सख्तवान
 UG-2021 (B.A.)
 एच.ए.सी. ३

न पीछे पलट हो जिन्दगी
 वो जसक उरफा बल्लेरी
 पिलान करने को निरमल अगनी
 सुन को तल को बल्लेरी हो।



इरान डेक
 UG-2021 (B.A.)
 एच.ए.सी. ३

जिन्दगी भी मॉडिन हो रात
 वारा न बली को कोश सुली हो।
 ना भेने है कमिपवली को।
 उस वारा के मुताबिक धरति हो।

जिन्दगी सरी से जिन्दगी से प्यार करो
 हो रात भी सुनक का दीखार करो।
 वो बरस की अगारा, बिना ताल का दीखार हो।
 भाष बरस खुद में भरीला और कल में दीखार करो।

किसा डर है जो दिन सिखात बरस
 अभी हो पूरी रात बरसो है,
 वृ ही नहीं सिखात और प्रलतात है।
 अभी हो बरसवली से मुताबिक बरसो हो।



कंप्यूटर का इतिहास

"आकारबद्धता अविश्वसनीय की
 कमरी होती है।" यह कहावत कंप्यूटर
 के आविष्कार पर खटीक बैला है।
 ऐसे में आज भी यह कहने के
 लिए कम जगह होगी कि
 कंप्यूटर का इतिहास एवं
 विचारों कैसा हुआ?

कंप्यूटर की खोज
 और उसके सुधार का इतिहास
 और आविष्कार 2500 वर्ष से
 भी पुराना है। लेकिन कंप्यूटर ने
 आज पूरे दुनिया को बरसकर उध
 दिया है। आज हर कोई कंप्यूटर
 (Computer) के बारे में जानना और
 समझना चाहता है। आधुनिक समय में एक से बढ़कर पैरा hi-tech
 computer का इस्तेमाल किया जा रहा है।



यह जानना बिलकुल गलत नहीं होगा कि कंप्यूटर (Computer) मूलतः अंकित कर प्रारंभ में प्रयुक्त था। आज विश्व में हर क्षेत्र में कंप्यूटर (Computer) का इस्तेमाल हो रहा है। चिकित्सा विभाग, पाठ्यपत्र, अंतरिक्ष जहाज, हवाई जहाज, सभी क्षेत्रों में कंप्यूटर का उपयोग किया जा रहा है।

अनुभव द्वारा एक चीज से अद्वितीय गणना करने वाली डिवाइस (Device) की खोज भी यही कंप्यूटर (Computer) का आविष्कार संभव किया है।

प्राचीन के समय में अनुभव द्वारा गणना की जाती थी, जो करना असंभव काम नहीं था। क्योंकि बड़ी गणना करने में अधिक समय लगता था और इतनी शुद्धता भी नहीं थी। फिर इस समस्या को हल करने के लिए अनुभव ने गणना करने योग्य यंत्रों (calculators) का निर्माण किया, जिसे आज हम कंप्यूटर कहते हैं।



जसना जहान

उद्योग विभाग
 डी.ए.ए. कॉलेज



മലയാളം
വിഭാഗം



എ.പി. അബ്ദുൽ റഹ്മാൻ



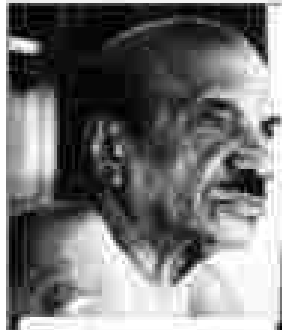
എ.പി. അബ്ദുൽ റഹ്മാൻ



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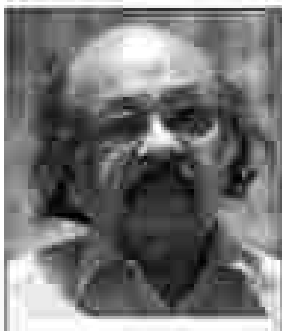
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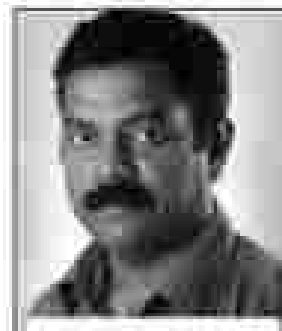
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മഞ്ഞിറമുള്ള താഴ്വാരം

(മരണത്തിന്റെ പിന്നാലെ അറ്റാജി അറകണമ്പിന് അഡൽ കുറിയൂർക്കന്)

മഞ്ഞിറമുള്ള താഴ്വാരത്തിലെ
 അടർത്തിയൊഴുപ്പ്
 പടർന്നുപോയ ചെറിയൊരു
 അമ്പലമുക്ക് മുൻ നിരയിലെ
 പാപംകൾ മുൻപേ ഉണ്ടായിരുന്നു
 എന്താണിത്? കിടന്ന
 കാണിക്കുന്നു. പാപം കാണാ
 ന്നതു നീ ആ അടർത്തി
 മരണങ്ങളുടെ അടുപ്പം ഈ
 മരണമുട്ടു പുറത്ത് നൂറുകിന്
 അറകണമ്പെ നീ
 അടർത്തിയ
 വരികളിൽനിന്നും
 എന്താണിത് കിടന്നുള്ള
 താഴ്വാരത്തിൽ.

അപമാനമായ അടർത്തി മുൻപേ
 ചിത്തം നീക്കം ചെയ്യാ
 ന്നതിനാലാണ് ഈ അടർത്തി
 മുൻപേ അടർത്തിയത്.
 മരണത്തിന്റെ അടർത്തി
 അടർത്തിയ മുൻപേ അടർത്തി
 നീക്കം ചെയ്യാൻ മുൻപേ അടർത്തി
 നീക്കം ചെയ്യാൻ മുൻപേ അടർത്തി
 നീക്കം ചെയ്യാൻ മുൻപേ അടർത്തി
 നീക്കം ചെയ്യാൻ മുൻപേ അടർത്തി

ഈ അപമാനം നീക്കം ചെയ്യാൻ
 കിടന്നുള്ള താഴ്വാരത്തിൽ
 മരണങ്ങളുടെ നിരയിലാണ്.

ഈ അപമാനം നീക്കം ചെയ്യാൻ
 കിടന്നുള്ള താഴ്വാരത്തിൽ
 മരണങ്ങളുടെ നിരയിലാണ്.
 കിടന്നുള്ള താഴ്വാരത്തിൽ
 മരണങ്ങളുടെ നിരയിലാണ്.
 കിടന്നുള്ള താഴ്വാരത്തിൽ
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