



Milagres Miracle

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Volume - XIV



MILAGRES COLLEGE

Affiliated to Mangalore University, Recognized by U.G.C., MHRD, Govt. of India under Section 2(F),
Unit of Catholic Board of Education, Mangalore & Certified Christian Minority Institution & Approved by AIC-15.

Accredited by NAAC with B++ grade

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Enduring our Alma mater and Spirit of Inspiration

College Anthem

*Hail, Milagres College Hail!
Alma Mater of Milagreans all
Guide us over the hill and dale
Spread your light, shine on us, one and all
Minds without fear, heads held high
Looking up towards the sky
Seeking knowledge, amity
Hand in hand in unity
Bharath is our mother land
All united do we stand
March we in fraternity
As one, true community
Truth non-violence shape our stand
Building nation great and grand
Strive we will to search, not yield
Ours shall be the victory shield!*

Patroness

Behold the handmaid of the Lord, be it done unto me according to thy word." A gentle, chaste and spotless maid, meek and mild, tender at heart, bows to the will of God, in every step of her life. She is none other than the Patroness, Our Lady of Miracles, under whose patronage Milagres Educational Institutions have been functioning relentlessly for the last 178 years.

Even if you put all the love of all mothers into one heart, it still would not equal the love of Mother Mary's heart for her children. This Institution is dedicated to her, guided, abundantly blessed, and ever protected by Her for many years, and will continue to live longer under Her choicest blessings and care.

Following the footsteps of our Patroness, Our Lady of Miracles, whenever in trial or difficulty we take recourse to Mother Mary, whose glance alone is enough to dissipate every fear. Seeking with humility and reverence, let our Patroness guide us, bless us, protect us, lead us all to be good children of God, fulfil the educational needs of the knowledge seekers of our Institution, and make them better human beings and above all God-fearing citizens.



Our Lady of Miracles

Revered Founder

Rt. Rev. Bernardine refers to Bishop Bernardine of St. Agnes, O.C.D., who served as the Pro-Vicar Apostolic of Mangalore from 1845 to 1853. He was appointed on May 5, 1845. The Diocese of Mangalore also had other bishops named Bernardine, such as Bernardine Baccinelli, who was the Vicar Apostolic of Mangalore from 1845 to 1853. Additionally, there was Bernardine Vallathara OCD, a priest known for his availability as a confessor and spiritual father.



Rt. Rev. Bernardine
1804-1853

OUR VISION

“Empowering the youth through value-based education to enhance the quality of life & build a better future.”

OUR MISSION

- To instil in our students a passion for perfection and provide them with knowledge, skill and values.
- To impart quality education aimed at students' holistic development and prepare them to face global challenges boldly.
- To engineer social transformation by creating professionals who will be academically sound, emotionally balanced, morally upright, socially responsible and ecologically sensitive.

Milagrean Ideal & Philosophy



OUR MOTTO

“PASSION FOR PERFECTION”

Every student who passes through the portals of this temple of learning must aspire to be the best, to never be anything less than excellent by striving to be totally committed, living by the highest potentials and standards and thus inculcate a strong 'Passion for Perfection' in all spheres of life.

Our Core Values: The Institution strives upon three Core Values



DOCTOR : Knowledge and Skill

The students are required to acquire and use knowledge through creative thinking and productive ways to conceptualise and artistically do things. Curiosity to seek and take interest in learning, develop critical thinking, master new skills, and make fair judgments. Thus, enable ways to make sense to oneself and to others.



FORTIOR : Courage and Capability

Courage is the willingness to face and deal with danger or trouble without any fear. The Courage to do what one thinks right. Capability is the ability, competency, and essential qualities to face any situation. Not shrinking from threat, challenge, difficulty or pain. Speaking up for what is right even if there is strong opposition. Acting on convictions even if one becomes unpopular. Develop perseverance and Persistence to complete the task undertaken.



SANCTOR : Ethical and Moral Values

One has to be honest and sincere, taking responsibility for one's feelings and actions. Approaching life with enthusiasm, vigour and energy. Not doing things halfway or halfheartedly, but being activated and feeling alive. Everyone has a right to live in his own way. But in the process, one should never compromise on ethical, social, and moral values, but behave ethically balanced, morally upright, and socially responsible.

OUR GOALS & OBJECTIVES



- To inculcate Passion for Perfection.
- To provide a critical, creative and humane learning experience to the students.
- To educate students coming from all sections of society.
- To empower students with employability skills.
- To make students competent to face global competitions.
- To impart social, moral, spiritual values to be quality and responsible citizens.

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The Governing Council 2025-26

The Milagrean Path Pavers



MOST REV. DR. PETER PAUL SALDANHA
Bishop of Mangalore Diocese and
President, Catholic Board of Education



RT. REV. MSGR. LAWRENCE MAXIM NORONHA
Vicar General and Vice President
Catholic Board of Education



REV. DR. PRAVEEN LEO LASRADO
Secretary
The Catholic Board of Education



V. REV. FR. BONAVENTURE NAZARETH
Joint Secretary and Correspondent



REV. DR. ALWIN SERRAO
Principal and Campus Director



MR. ALPHONSUS SYLVESTER MASCARENHAS
Vice President of Parish Council



MR. ALEXANDER MAXIM MONTEIRO
Member



CA DYLAN REBELLO
Member



DR. ALWYN D'SA
Member



DR. SANDRA SUNITHA LOBO
Member



MR. JOHN ERROL SAMUEL
Member



MRS. VIJAYALAKSHAMI
Parent Representative



MRS. PRIYADARSHINI RAI
Parents Representative



MR. ALWYN ROSARIO
Member



PROF. A. LOURDASAMY
Member



MR. ARCHIBALD MENEZES
Member



MRS. ELIZABETH NEELIYARA
Member



MR. MARCEL MONTEIRO
Member



MR. AJIT LOBO
Member



MR. ARTHUR ROY RODRIGUES
Member



ASST. PROF. GLENCIA FERNANDES
Staff Representative



LT. DENZIL EDROO PINTO
Staff Representative



New Management Committee 2026-27

The Milagrean Path Pavers



MOST REV. DR. PETER PAUL SALDANHA
Bishop of Mangalore Diocese and
President, Catholic Board of Education



RT REV. MSGR LAWRENCE MAXIM NORONHA
Vicar General and Vice President,
Catholic Board of Education



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Secretary
The Catholic Board of Education



REV. FR. IVAN MICHAEL RODRIGUES
Joint Secretary and Correspondent



REV. DR. ALWIN SERRAO
Principal and Campus Director



MR. DIXSUN DSOUZA
Vice President of Parish Council



MS. SUMITHA PINTO
Member



DR. DIANA LOBO
Member



DR. NAVEEN DIAS
Member



DR. DENIS FERNANDES
Member



DR. CECILIA FARIDA GOVEAS
Member



MRS. JANET FELICITA DSOUZA
Member



MRS. SHARLET DSOUZA
Member



ASST. PROF. GLENCIA FERNANDES
Staff Representative



MR. DENZIL CELESTINE DCOSTA
Staff Representative

We thank the following management committee members for the last Three-years of service



V. REV. FR. BONAVENTURE NAZARETH
Joint Secretary and Correspondent



MR. ALPHONSUS SYLVESTER MASCARENHAS
Vice President of Parish Council



MR. ALEXANDER MAXIM MONTEIRO
Member



CA DYLAN REBELLO
Member



DR. ALWYN D'SA
Member



DR. SANDRA SUMITHA LOBO
Member



MR. JOHN ERROL SAMUEL
Member



MRS. GRACY PAIS
Parent Representative



MR. RAJESH CUTINHA
Parent Representative



LT. DENZIL EDROOD PINTO
Staff Representative

Internal Quality Assurance Cell 2025-26

The Milagrean Path Pavers



REV. DR. PRAVEEN LEO LASRADO
Secretary
The Catholic Board of Education



REV. FR. IVAN MICHAEL RODRIGUES
Joint Secretary and Correspondent



REV. DR. ALWIN SERRAO
Principal and Campus Director



MR. ALPHONSUS SYLVESTER MASCARENHAS
Vice President of Parish Council



PROF. A. LOURDASAMY
Member



MR. ALOYSIUS HENRY SEQUIERA
Educationalist



MR. ARCHIBALD MENEZES
Educationalist



MR. WALTER D'SOUZA
Businessman



MR. ARTHUR ROY RODRIGUES
Businessman



MR. JEEVAN SALDANHA
Industrialist



MR. JOHN ERROL SAMUEL
Industrialist



MR. BASHITH HUSSAIN
Industrialist



MRS. VIJAYALAKSHAMI
Parents Representative



MRS. PRIYADARSHINI RAI
Parents Representative



ASST. PROF. CHETHANA KUMARI
IOAC Coordinator



ASST. PROF. GLENCIA FERNANDES
Staff Representative



ASST. PROF. DENZIL CELESTINE D'COSTA
Staff Representative



ASST. PROF. SOWMYA A. KOTIAN
Staff Representative



MRS. B. PRATHIBHA D'SOUZA
Staff Representative



DR. ASHA JYOTHI
Staff Representative



MS. CHAITRA D
Staff Representative



LT. DENZIL EDROOD PINTO
Staff Representative



MRS. HARSHA
Staff Representative



MR. DEEPAK D'SOUZA
Office Representative



MS. RIANA D'CUNHA
Representative- Alumni Association



MR. SHALWIN ALSTON ORNELLO
Representative- Alumni Association



MR. SHAWN YAKSHITH SHIRI
Representative- Alumni Association



MS. PREKSHIKA D
Representative- Student



MR. ROHAN CHARAN D'SOUZA
Representative- Student



MESSAGE *From The* CORRESPONDENT

A cotton thread once complained: "I am of no use. I am too small. I cannot even be a part of a garment. If I were a thread of gold, I could be part of a royal garment." The wax replied: "Stop blaming yourself. I have an idea. If you agree, we can join together and become a candle. It's better to spread some light and warmth to others than to talk." Both together became a candle and started burning for others.

Milagres College, started for excellence in education, has been fixing the students like a thread to the mainstream of society to give light and warmth. Through activity, interaction, and collaboration, issues are being settled and handled, and students are oriented to life issues. The field visits and intense study have fostered in them a spirit of co-ordination and involvement. It goes beyond the classrooms to shape minds, discover talents, and be rooted in the value system. It helps them to go beyond textbooks for critical thinking, ethical leadership, and social responsibility. A spirit of service is fostered in them to reach out to the public and the issues that disturb them.

May our college continue to be a temple of learning, discipline, innovation, and moral excellence. May it shape human beings to touch the hearts rather than the heads.

I appreciate the leadership of Rev. Dr Alwin Serrao, the Principal, and the faculty for their dedicated service, and the students for their interest in being different with a difference. We are grateful to those who assist us through committees and to the parents for being with the institution.

"May Our Lady of Miracles intercede for the college and its activities to take it to greater heights".

Rev. Fr Bonaventure Nazareth

Correspondent



MESSAGE

From The **VICE-PRESIDENT**

MILAGRES PARISH PASTORAL PARISHAD

It gives me immense joy to extend my warm greetings to the Management, Principal, staff, and dear students of Milagres College, Mangaluru, on the occasion of the release of your Annual Magazine.

Milagres College has consistently upheld its reputation as a centre of academic excellence, fostering intellectual growth and holistic development among students. It is heartening to note the commendable progress the college has made in recent times, not only in academics but also in extracurricular and co-curricular activities. The achievements of students in university examinations, cultural events, sports, and various competitions reflect the dedication of both the faculty and the learners in striving for excellence.

The institution's commitment to nurturing values, discipline, and social responsibility alongside academic pursuits truly sets it apart. Such an environment prepares young minds to face the challenges of the modern world with confidence and integrity. I congratulate the Principal, the teaching and non-teaching staff, and the students for their tireless efforts and noteworthy accomplishments. I also extend my appreciation to all those who have contributed to the publication of this magazine, which serves as a mirror of the college's vibrant life.

May Milagres College continue to grow from strength to strength, shaping the future of countless young individuals and contributing meaningfully to society.

Wishing you all continued success and God's abundant blessings.

Mr Dixsun Dsouza

Vice-President, Milagres Parish Pastoral Parishad



MESSAGE *From The* PRINCIPAL

It is with great pleasure that I present this year's edition of the Milagres College Annual Magazine. This publication is a fitting reflection of the academic excellence, creative expression, and vibrant campus life that characterise our institution. It showcases the talents, insights, and achievements of our students and staff and reaffirms our commitment to holistic, value-based education.

At the outset, I wish to place on record my sincere gratitude to Rev. Fr. Bonaventure Nazareth, our esteemed Correspondent, for his steadfast support and guidance. His dedicated efforts in providing the necessary infrastructure and facilities have significantly contributed to the college's growth and development. More importantly, his constant presence among the staff and students, sharing in their joys and standing by them in their challenges, has fostered a strong sense of community and belonging. As he concludes six years of committed service and takes up new responsibilities, we acknowledge his invaluable contributions with deep appreciation and wish him God's continued blessings.

I also express my profound gratitude to Rev. Dr Michael Santhmayor, former Principal of the college, whose visionary leadership introduced professional and job-oriented courses, thereby laying a strong and enduring foundation for institutional progress. As he enters a well-deserved new phase of responsibility following his superannuation, we remember his dedicated service with respect and gratitude. I congratulate the editorial team, faculty members, and students for their commendable efforts in bringing out this magazine. May this publication continue to inspire creativity, critical thinking, and excellence among our students. I extend my best wishes to all for continued success and growth.

Rev. Dr. Alwin Serrao
Principal / Campus Director



MESSAGE

From The **PTA PRESIDENT**

Education grows stronger when institutions and families walk together.” The release of this year’s Annual Magazine, Milagres Miracle, is a proud moment for the entire Milagres College community. The magazine reflects the creativity, hard work, and achievements of our students, along with the dedicated guidance provided by the institution.

As parents, we deeply value the role the College plays in shaping not only academic excellence but also character, confidence, and social responsibility among our children. The continued cooperation between parents and the College creates a supportive environment where students are encouraged to learn, grow, and succeed.

I congratulate the editorial team and all the contributors for bringing out this meaningful publication. May Milagres College continue to inspire young minds and achieve greater milestones in the years ahead.

Mrs Vijayalaxmi K
PTA President



MESSAGE *From The* EDITOR

It gives us immense pleasure to present the 2026 edition of Milagres Miracle, a publication that reflects the creative spirit, intellectual vitality, and values upheld by our institution. This year's edition assumes special significance as it is framed by two important global observances: the International Year of Glacier Preservation and the International Year of Peace and Trust. These themes are both timely and profound, reminding us of our collective responsibility towards the environment and towards one another. While glacier preservation draws attention to the urgent need for ecological awareness and sustainable action, the ideals of peace and trust underscore the importance of harmony, mutual respect, and understanding in building a just and compassionate society.

In an age characterised by environmental concerns, social complexities, and rapid transformation, these themes invite us to reflect deeply on the kind of world we are shaping for future generations. The preservation of glaciers stands as a powerful symbol of our duty to protect the natural world, while peace and trust remain the moral foundations upon which meaningful human relationships and resilient communities are built.

The articles, essays, poems, and creative expressions featured in this edition thoughtfully engage with these concerns and ideals. They reveal not only the talents and insights of our students, but also their sensitivity to the pressing issues of our times. Through their voices, this magazine becomes more than a collection of writings; it becomes a testament to awareness, responsibility, and hope.

We extend our sincere appreciation to all the contributors' students, faculty members, and well-wishers whose commitment and enthusiasm have made this publication possible. Their efforts have enriched this edition with depth and purpose. We also express our heartfelt gratitude to our Principal, Rev. Dr Alwin Serrao, for his constant guidance, encouragement, and unwavering support, which have been instrumental in the successful and timely release of this magazine.

As we place Miracle 2026 before our readers, we renew our commitment to fostering creative and intellectual expression among our students. May this edition inspire greater environmental consciousness, promote the values of peace and trust, and serve as a meaningful reflection of our shared aspirations for a more responsible, harmonious, and hopeful future.

Ms. Manjusha
Editor

All progress takes place outside the comfort zone

Editorial Board



Rev. Dr Alwin Serrao (Chief Editor), Ms Manjusha (Editor), Ms Priya (Co-Editor), Ms Shravya N (Hindi Editor), Mrs Sowmya A Kotian (Kannada Editor), Mrs Mamatha (Kannada Editor), Mrs Anju Elsa Thomas (Malayalam Editor) Mrs Pramila Mascarenhas (Konkani Editor) Mr Ronson Correa (Designer), Mr Pradeep DSouza (Photography), Mr Denzil Celestine DCosta, Dr Asha Joythi, Mrs B Prathibha Dsouza, Ms Chaithra D, Mr Joel M Mascarenhas, Mrs Harsha.

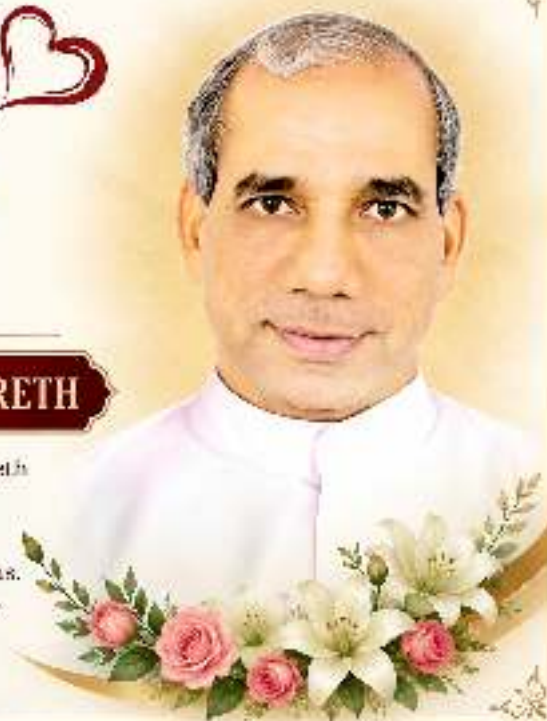
Clevan Cordeiro (III FND), Suhail Ahmed (I BBA), Srushti (I FND), Sinchana (I FND), Nishmitha (II FND), Chaitanya (II FND), Crystal Frank (II FND), Priya Jyothi (II B Com), Diya G (II BCom), Thejaswini (I BCA) Floyd Pinto(II BHS), Muhammed Anas (I BBA) .

Heartfelt Thanks

TO

REV. FR. BONAVENTURE NAZARETH

We sincerely thank Rev. Fr. Bonaventure Nazareth for his dedicated service, wise guidance and unwavering commitment to the growth and development of Milagres Educational Institutions. His leadership and selfless contributions have been a true blessing to us all.

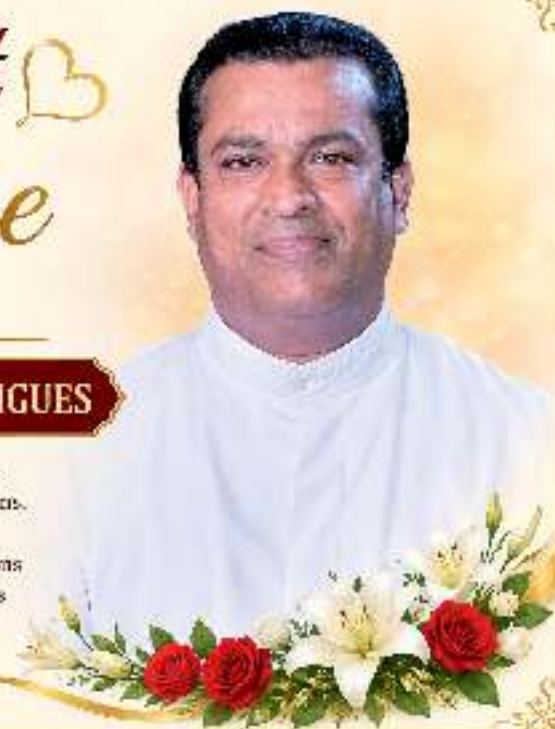


Heartfelt Welcome

TO

REV. FR. IVAN MICHAEL RODRIGUES

We warmly welcome Rev. Fr. Ivan Michael Rodrigues as the Correspondent of Milagres Educational Institutions. His dedicated leadership, inspiring vision, and deep commitment to the holistic development of our institutions are truly commendable. We are confident that under his able guidance, our journey of excellence and values will reach greater heights.



Thank You



Rev. Dr. Michael Santhumayor

We extend our heartfelt gratitude to Rev. Dr Michael Santhumayor for his exemplary leadership and dedicated service as our Principal.

His tenure has been marked by vision, integrity, and an unwavering commitment to academic and moral excellence. Under his guidance, the institution has flourished and achieved significant milestones.

He has inspired both students and staff to strive for higher ideals and meaningful growth. His legacy will remain a guiding light for the entire academic community.

We wish him continued success and fulfilment in his future endeavours.

We extend a warm and respectful welcome to Rev. Dr Alwin Serrao as the new Principal of our institution.

His distinguished experience and commitment to excellence mark the beginning of a promising new chapter. We look forward to his visionary leadership in advancing academic standards and holistic development.

His presence is expected to strengthen our values and inspire a culture of innovation and integrity. The institution eagerly anticipates continued growth and achievement under his stewardship.

We wish him success and fulfilment as he leads us toward a bright and progressive future.

Hearty Welcome



Rev. Dr. Alwin Serrao

TEACHING FACULTY



NON-TEACHING FACULTY



PTA EXECUTIVE COMMITTEE



STUDENT COUNCIL



STUDENT ACHIEVERS OF UNIVERSITY SEMESTER EXAMINATIONS 2024-25

							
ASHWITHA DSOUZA III B.Sc HS - VI Semester 97.27 %	THRISHOOL R ANCHAN III B.Sc HS - VI Semester 96.55 %	LIONEL MONTEIRO III B.Sc HS - VI Semester 96.36 %	ASHEL M DSOUZA III B.Sc HS - VI Semester 96.36 %	NIKITA KULLU III B.Sc FND - VI Semester 96.31 %	POURNAMI G M III B.Sc FND - VI Semester 95.38 %	R AASHIKA III B.Sc FND - VI Semester 95.38 %	FATHIMA THASNEEM III B.Sc FND - VI Semester 94.62 %
							
LEESHA V LOBO II BBA - IV Semester 94.57 %	SRUTHI M III B.Sc FND - VI Semester 94.31 %	JOSLINE CRASTA II BCOM - IV Semester 94.00 %	FATHIMA SHYMA III B.Sc FND - VI Semester 93.38 %	SUSHMITHA III BCOM - IV Semester 93.08 %	LENITA P DSOUZA II BCOM - IV Semester 92.71 %	PRATHEEK III B.Sc HS - VI Semester 92.55 %	CLEVAN D CORDEIRO II B.Sc FND - IV Semester 92.50 %
							
MARYAM III BCOM - VI Semester 91.85 %	POORNIMA G M III B.Sc FND - VI Semester 91.69 %	KRISHNAVENI DESHPANDE II B.Sc FND - IV Semester 91.50 %	AYSHA BANU III BCOM - VI Semester 91.23 %	JOYLIN DSOUZA II BBA - IV Semester 91.00 %	PINKY GUPTA III BCOM - VI Semester 90.92 %	MUIZZA FATHIMA III BCOM - VI Semester 90.77 %	THRISHAN G POOJARY III B.Sc HS - VI Semester 90.73 %
							
JOSLIN J VALDER II BCOM - IV Semester 90.57 %	ROHAN C DSOUZA II BBA - IV Semester 90.43 %	HAJERA SAWLAH III B.Sc FND - VI Semester 90.15 %	SUCHITRA T NAIK II B.Sc FND - IV Semester 90.00 %	SHARON D SOUZA I BBA - II Semester 89.69 %	MUNA SHAREEF II B.Sc FND - IV Semester 89.25 %	DEEKSHITHA V III BCOM - VI Semester 89.23 %	FATHIMATH SHAHEEMA II BCA AIML - IV Semester 89.13 %
							
GEVIN L DSOUZA II BCOM - IV Semester 89.00 %	RAWIL CUTINHA III B.Sc HS - VI Semester 88.91 %	MUSKAN GUPTA II BCOM - IV Semester 88.86 %	TENZIL DSOUZA II BCOM - IV Semester 88.29 %	DEEPAK MACHADO II BCOM - IV Semester 88.00 %	WILSON CRASTA II BBA - IV Semester 88.00 %	ASHIFA II BBA - IV Semester 88.00 %	CHAITHANYA K I B.Sc HS - II Semester 87.86 %
							
JOYAL DSOUZA III B.Sc HS - VI Semester 87.82 %	SAFNAZ BEGAM III B.Sc HS - VI Semester 87.69 %	PREEMA DSOUZA III BCOM - VI Semester 87.69 %	NIKEL L LEWIS I BBA - II Semester 87.38 %	PRATHEEN II BCA - IV Semester 87.38 %	PAVEE LAMA II B.Sc FND - IV Semester 87.38 %	RIYANA PERIS II BCOM - IV Semester 87.29 %	GLADSON R FERRAO III B.Sc HS - VI Semester 87.27 %

							
JUHI J D'CUNHA III BCOM - VI Semester 87.23 %	ANUSHA A HEGDE II B.Sc FND - IV Semester 87.13 %	SALIHAH I BBA - II Semester 87.08 %	ROYSON DSOUZA III B.Sc ID&D - VI Semester 86.92 %	SALMAN FARIZ III B.Sc HS - VI Semester 86.73 %	PREKSHIKA D R II BCOM - IV Semester 86.71 %	PRAJWAL P PEREIRA II BCA - IV Semester 86.63 %	ABHILASH CARDOZA I B.Sc HS - II Semester 86.29 %
							
RABIYA N AHAMAD III BCOM - VI Semester 86.15 %	MOHAMMED JASEEM J III BCOM - VI Semester 86.15 %	FATHIMA ZAKIYYA A K II B.Sc FND - IV Semester 86.13 %	SINCHANA II BCOM - IV Semester 86.00 %	AYSHA INAZ I B.Sc ID&D - II Semester 86.00 %	MOHAMMAD ADIL II BCOM - IV Semester 85.86 %	JACKSON J DSA III B.Sc HS - VI Semester 85.82 %	AUSTIN D SOUZA II BCOM - IV Semester 85.71 %
							
ASHLEY J DALMEIDA III BCOM - VI Semester 85.69 %	HELVITA H FERNANDES III B.Sc HS - VI Semester 85.64 %	SOLOMON DCOSTA III B.Sc HS - VI Semester 85.45 %	MIZBA S II BCA - IV Semester 85.38 %	SHIFANA MOHAMMED II BCA AIML - IV Semester 85.38 %	IBRAHIM ZIYAN II BCA - IV Semester 85.25 %	SHARAL RODRIGUES II BCA - IV Semester 85.25 %	RINITA P MONTEIRO III B.Sc FND - VI Semester 85.08 %
							
HASSAN RAIF III BCOM - VI Semester 85.08 %	SHRAVANI II B.Sc FND - IV Semester 85.00 %	HRIDHYA P K III B.Sc FND - VI Semester 84.92 %	SRUJAN K P II BCOM - IV Semester 84.86 %	MERWYN S DSOUZA II BBA - IV Semester 84.86 %	SANDHYA I NAIK II B.Sc FND - IV Semester 84.75 %	DELWIN C DSOUZA I B.Sc HS - II Semester 84.75 %	PRATHIK II B.Sc BCA - IV Semester 84.50 %

SPECIAL AWARDEES 2025-26

BEST OUTGOING STUDENT AWARD

						
SUDHARSHAN C -III B.Sc ID&D	TENZIL D'SOUZA -III BCOM	CLEVAN D CORDEIRO -III FND	SANDESH K MIRANDA -III BHS	SHARAL RODRIGUES -III BCA	FATHIMATH SHAHEEMA -III BCA AIML	LEESHA V LOBO -III BBA

BEST NSS CAMPER AWARD

	
KRITHI -I B.Sc FND	MOHAMMED ZIYAN -II BBA

LEADERSHIP AWARD

				
PREKSHIKA D R -III B.COM	FLOYD PINTO -II B.Sc HS	ROHAN D'SOUZA -III BBA	JAYARASHMI -III B.Sc ID&D	MOHAMMED ISMAIL -III BCOM

BEST NSS AWARD

	
ANUSHA -II B.Sc ID&D	JASON CORREA -II B.Sc HS

BEST NCC CADET AWARD


SUO PREKSHIKA D R -III BCOM

DIGITAL PROMOTER AWARD


ROYSTON J D'CUNHA -III BBA

CAPTURED GLIMPSES OF OUR EVENTS / ACTIVITIES

ORIENTATION PROGRAMME



PTA MEETING



STUDENT COUNCIL INAUGURATION



FRESHERS DAY



INAUGURATION OF ADD ON COURSES



INDEPENDENCE DAY



JOB FAIR 2025



MANTHAN 2K25



BOOK QUEST 2K25



ANNUAL SPORTS DAY



EXCELSO 2026



BHASHA SANGAM



NUTRISYNEGY- National Level Workshop



ANWESHAN 2026



BLOOD DONATION CAMP



CAPTURED GLIMPSES OF OUR EVENTS / ACTIVITIES

STUDENT CAREER ORIENTATION



FACULTY DEVELOPMENT PROGRAM



REPUBLIC DAY



MPL TOURNAMENT



KOREAN THEME DINNER



KONKANI CERTIFICATE COURSES



PTA MEETING



TEACHERS DAY CELEBRATION



NSS SPECIAL CAMP



WOMEN CELL



APX RUN 2026



COLLEGE ANNUAL DAY



CHRISTMAS CAKE MIXING CEREMONY



DASARA CELEBRATION



IFTAR CELEBRATION





NSS, NCC & OUTREACH ACTIVITIES



CONGRATULATIONS



LT DENZIL EDROD PINTO

FOR SUCCESSFULLY COMPLETING
THREE MONTHS OF

NCC OFFICERS TRAINING

AT

KAMTEE, MAHARASHTRA,
ON 4TH APRIL 2026

BEST WISHES FROM

CORRESPONDENT, PRINCIPAL, STAFF AND STUDENTS
MILAGRES COLLEGE, MANGALORE

SHASHANK (II B.Sc HS)



SILVER MEDAL
70 KG CATEGORY

UNDER MANGALORE UNIVERSITY
BEST PHYSIQUE CHAMPIONSHIP
HELD AT VISHAKAPATNAM ANDRAPRADESH



ANUSHA MELITA MORAS

I BCA



Represented Mangalore University's Football Team at the
South Zone Inter-University Football (Women) Tournament 2025-26
held at Alagappa University, Karaikudi, Tamil Nadu
under the association with Indian Universities

SALAHUDDIN

III BCOM



Represented the Karnataka State
Kabaddi Team at the
**51st Junior National
Kabaddi Championship
(Men) 2025-26**
organized by the Amateur Kabaddi
Federation of India,
held in Vijayawada, Indian Universities
Andhra Pradesh

AVINASH M

III BCA



Represented Mangalore University's
Basketball team at the
**South Zone Inter-University
Basketball (Men)
Tournament 2025-26,**
held at SRM Institute of Science and
Technology, Kattankulathur,
Chengalpattu, Tamil Nadu. Under the
auspices of the Association of
Indian University







FAREWELL AND WELCOME

Celebrating Leadership











ANNUAL SPORTS DAY

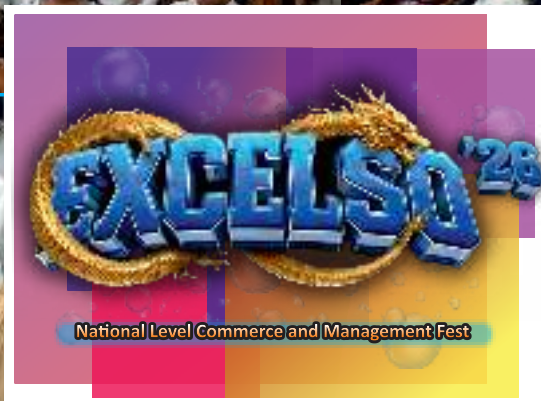






NSS ANNUAL *Special* CAMP









ASSOCIATION-WISE PHOTO GALLERY



NATIONAL CADET CORPS



YOUTH RED CROSS



NATIONAL SERVICE SCHEME



OUTREACH UNIT



COMMERCE AND MANAGEMENT

ASSOCIATION-WISE PHOTO GALLERY



COLLEGE CHOIR



ROVERS AND RANGERS



HOSPITALITY



WOMEN'S CELL

ASSOCIATION-WISE PHOTO GALLERY



LIBRARY



LITERARY



SPORTS



ECO CLUB



FINE ARTS

ADD-ON COURSE PHOTO GALLERY



SOFT SKILLS



CRAFT AND EMBROIDERY



BEAUTICIAN



STARTUP CELL



YOGA

ADD-ON COURSE PHOTO GALLERY



SPOKEN ENGLISH



CULINARY ARTS



DANCE



EVENT MANAGEMENT



FIRST AID



GST

ADD-ON COURSE PHOTO GALLERY



HOME STEADY SKILLS



JOURNALISM



PERSONAL INVESTMENT MANAGEMENT



PHOTOGRAPHY



BASIC COMPUTER AND TALLY

OUTGOING BATCH PHOTO GALLERY



III B.Sc. HS



III B.Sc. FND



III B.Com



III BBA

OUTGOING BATCH PHOTO GALLERY



III BCA AIML



III B.Sc ID&D



III BCA

CLASS-WISE PHOTO GALLERY



II B.Sc. HS

CLASS-WISE PHOTO GALLERY



II B.Com



II B.Sc FND



II B.Sc. ID&D

CLASS-WISE PHOTO GALLERY



II BBA



II BCA



II BCA AIML

CLASS-WISE PHOTO GALLERY



I B.SC.HS



I BCOM



I B.Sc FND

CLASS-WISE PHOTO GALLERY



I BBA



I BCA



I BCA AIML

**ANNUAL
REPORT FOR
THE
ACADEMIC
YEAR 2025-26**



Introduction

Milagres College has continued its commitment to academic excellence and holistic development during the 2025–2026 academic year. The institution remains committed to providing quality education, value-based learning, and skill-oriented training to students from diverse backgrounds. Throughout the year, the college organised numerous academic, cultural, co-curricular, extension, sports, and community outreach programmes that enriched student learning and personality development. With the active support of Management, the Principal, faculty members, staff, students, alumni, and stakeholders, the college fostered an environment of innovation, discipline, inclusiveness, and social responsibility, contributing significantly to the overall growth and empowerment of students.

Programmes Offered For The Academic Year 2025-26

For the academic year 2025–26, the institution offered a diverse portfolio of undergraduate programmes designed to meet contemporary academic and industry requirements. The programmes offered included B. Com Regular, B. Com with CMA, B.Sc. in Hospitality Science (Hotel Management), B.Sc. in Food, Nutrition & Dietetics, B.Sc. in Interior Design and Decoration, Bachelor of Computer Application (BCA) Regular, Bachelor of Computer Application (BCA) AIML, and Bachelor of Business Administration – BBA Logistics, thereby providing students with opportunities for academic excellence and professional growth across multiple disciplines.

Career Oriented Courses Offered For The Academic Year 2025-26

During the academic year 2025–26, the institution offered a range of professionally driven, career-oriented programmes to equip students with industry-relevant knowledge, technical expertise, and employability skills in emerging sectors. The courses offered included Aviation & Hospitality Management, Supply Chain & Logistics Management, Data Analysis, Cloud Computing and Cyber Security, and Artificial Intelligence, Big Data Analytics and Cyber Security. These programmes were carefully structured to bridge the gap between academic learning and industry expectations, thereby preparing students for dynamic and evolving global career opportunities.

Diploma Courses Offered For The Academic Year 2025-26

For the academic year 2025–26, the institution offered the Diploma in Flaring and Mixology (Bartending), a specialised programme that imparted professional knowledge and practical skills in bartending, mixology, and beverage service management.



Free Add-on Courses

A total of 16 free add-on courses, including CA and GST, Spoken English, Basic Computers and Tally, Culinary Arts, Dance, Soft Skills, Beautician Training, Photography, Craft and Embroidery, Yoga, Event Management, Journalism, Personal Investment, First Aid, Homestead Skills, and Start-Up Cell, were conducted by experienced and renowned resource persons to enhance the practical knowledge and skill development of students.

Library Resources

The Library of Milagres College continued to support academic excellence and learning resources during the academic year 2025–2026. The library houses a total collection of 14,775 books, including a valuable donation of 4,507 books contributed by Mr Alwin Rosario. In addition, the library subscribes to 7 newspapers and 14 journals to enhance students' academic and general knowledge. To promote reading habits, creativity, and student engagement, the Library Association organised various activities, including a Collage Making Competition on 10 September 2025, “**Milagres Book Quest 2025**” on 16 September 2025, a Book Review Competition on 8 April 2026, and a Student Development Programme on 10 March 2026.

Memorandum Of Understanding During The Academic Year 2025-26

Milagres College continued to strengthen academic, industry, and institutional collaborations through various Memorandums of Understanding (MoUs) during the academic year 2025–2026. These collaborations aimed to enhance academic exchange, skill development, research opportunities, internships, industry exposure, and student enrichment programmes.

- The institution signed an MoU with Fernandes Group, valid from 1 June 2024 to 1 June 2027, to facilitate industry interaction and training opportunities for students.
- An MoU with Father Muller Medical College was active from 1 March 2024 to 1 March 2026 to promote academic collaboration and healthcare-related learning opportunities.
- The college also entered into a collaboration with St Joseph College for the period from 1 March 2024 to 1 March 2028 to encourage academic cooperation and student development initiatives.
- An MoU was signed with Section INFIN-8 Foundation, valid from 29 February 2024 to 29 February 2026, to support skill development and educational activities.



- The institution collaborated with EYE Q Dot Net Pvt. Ltd. for the period from 1 December 2023 to 1 December 2026 to provide technical and professional learning opportunities for students.
- An academic collaboration was established with Manipal Academy of Higher Education for the academic period 2025 to 2026 to enhance academic and research engagement.
- The college signed MoUs with Sizzler Ranch Restaurant, Hollywood Enterprise Pvt. Ltd., and Palki Restaurant for the period 2026 to 2029 to facilitate hospitality training, internships, and industry exposure for students.
- The institution also collaborated with Mangalore University of Professional Learning from 2025 to 2028 to support professional education and skill enhancement programmes.
- An MoU with Amarea Tech Software Pvt. Ltd. was established for the period 2025 to 2028 to strengthen industry-academia interaction in the field of technology and software development.
- The collaboration with St Aloysius College remains active from 2023 to 2028, promoting academic exchange and institutional cooperation.
- The college also maintained its MoU with ISDC, valid from 2023 to 2026, to provide international and skill-based educational opportunities for students.

STAFF LIST FOR THE ACADEMIC YEAR 2025-26

SL. NO	Name	Designation
1.	Rev Dr Alwin Serrao	Principal / Campus Director
2.	Mrs Glencia Fernandes	Assistant Professor, HOD – BBA Logistics
3.	Mrs Sowmya Kotian	Assistant Professor, HOD – Languages
4.	Mr Denzil Celestine D’Costa	Assistant Professor, HOD – BSc Hospitality Science
5.	Mrs Chethana Kumari	Assistant Professor- BCom
6.	Lt Denzil E Pinto	Assistant Professor, Lecturer –BCom
7.	Mrs Tressy Pinto	Lecturer –BCom
8.	Ms Shravya N	Assistant Professor – Hindi



9.	Mrs B. Prathibha Dsouza	HOD –BSc FND
10.	Ms Sushmitha Shaila Moras	Lecturer –BSc FND
11.	Ms Chaitra D	HOD – BSc ID&D
12.	Dr Asha Jyothi	Assistant Professor, HOD –BCom
13.	Ms Lenisha Peris	Lecturer –BBA Logistics
14.	Mr Roshan Coelho	Lecturer –BSc HS
15.	Mr Joel Merwin Mascarenhas	Assistant Professor –BBA Logistics
16.	Ms Manjusha	Lecturer – English
17.	Mrs Harsha	HOD/Lecturer - BCA
18.	Mrs Rohitha Melita Crasta	Lecturer – BCom
19.	Ms Samitha	Lecturer – BCA
20.	Ms Tejaswini K	Lecturer – BCA
21.	Mr Jithesh J K	Lecturer – BCA
22.	Ms Preemal Riya Crasta	Lecturer – BCA
23.	Ms Frencita Menezes	Lecturer – BCA
24.	Mr Clyde Adams Dsouza	Lecturer –BSc HS
25.	Ms Divyashree	Lecturer –BSc FND
26.	Mr Royson D’Souza	Lecturer – BSc ID&D
27.	Mrs Pramila Mascarenhas	Lecturer – Konkani
28.	Ms Priya Bhat	Lecturer – English
29.	Mrs Mamatha	Part-Time Lecturer – Kannada
30.	Ms Nawshin Banu	Part-Time Lecturer – Hindi
31.	Mr Aakash Shetty	Physical Education Director
32.	Mrs Pramila D Souza	Librarian
33.	Mrs Anju Elsa Thomas	Counsellor



34.	Mr Deepak D Souza	Clerk
35.	Mrs Zeena Wilma Concessao	Clerk
36.	Ms Lavitha Nishal Furtado	Clerk
37.	Ms Nathasha Vinola Noronha	Lab Assistant
38.	Ms Dimple G Sequeira	Receptionist
39.	Mr Rayson Raymond Pinto	System Administrator
40.	Mr Ronson Correa	Designer
41.	Mr Roshan Lobo	Attender
42.	Mr Avinash	Attender
43.	Mr Pradeep S D'Souza	Attender
44.	Mrs Meera D'Souza	Peon
45.	Mrs Rudia D'Souza	Peon
46.	Mrs Flavy D'Souza	Peon
47.	Mrs Pauline Coelho	Peon
48.	Mrs Vanitha Shanthi Noronha	Peon

Student Strength

The institution recorded a total student strength of 818, comprising 618 male and 200 female students, indicating an increase in admissions compared to the previous academic year.

University Examination Results

The student results for the academic year 2024–25 (II Term) were highly commendable, with B.Sc. in Hospitality Science, B.Sc. in Food, Nutrition & Dietetics, and B.Sc. in Interior Design and Decoration achieving a 100% pass percentage, while B. Com recorded an 82% pass percentage.

The student results for the academic year 2025–26 (I Term) were impressive, with B.Sc. in Food, Nutrition & Dietetics and B.Sc. in Interior Design and Decoration achieving a 100% pass percentage. BBA Logistics recorded 94%, followed by BCA with 89%, BCAAIML with 85%, B. Com with 82%, and B.Sc. in Hospitality Science with a 75% pass percentage.



Scholarships Offered For The Academic Year 2025-26

Milagres College continued its commitment towards inclusive education and student welfare during the academic year 2025–2026 by extending various scholarships, fee concessions, and financial assistance schemes to deserving students.

- The institution provided free hostel facilities to six Manipuri students, amounting to Rs/- 3,33,600, as part of its support for students from diverse backgrounds. In addition, free education was extended to six Manipuri students with a total financial assistance amounting to Rs/- 2,86,200.
- Fee concessions were granted to 101 students during the academic year, with total support amounting to Rs/- 5,63,300. Furthermore, a special fee concession under the Kabaddi/Sports Quota amounting to Rs/- 1,85,000 was provided to 13 students in recognition of their achievements and participation in sports activities.
- A special scholarship amounting to Rs/- 22,500 was awarded to four students through the generous sponsorship of Mr Felix Reigner Sequeira. Additionally, a scholarship of Rs/- 13,000 was awarded to three students who represented the University under the Sports and Athletic Quota.
- Rs. 2,19,500/- is given from PTA scholarship fund to 71 students.
- The Bridge Team (Senior Citizens Group) generously sponsored hostel fees for Manipuri students amounting to Rs/- 50,000, reflecting their support towards student welfare and education.
- Mr Alwyn Rosario, in memory of the late Mr James and Mrs Lilly Rosario, sponsored the Best Outgoing Student Award for four students, amounting to Rs/-10,000 in recognition of academic excellence and overall performance.
- The Best Teacher and Supporting Staff Awards for the academic year, amounting to Rs/-8,000, were sponsored in memory of Late Mr and Mrs F.J.M. Pinto and Lillian Pinto, instituted by Mr Donald and Mrs Eulalia Pinto, appreciating the dedicated service and commitment of the teaching and non-teaching staff.

Faculty Achievements – Paper Publications

- During the academic year 2025–26, several faculty members of the institution made notable academic contributions through research publications in reputed journals.
- Dr Asha Jyothi published a research paper titled “**Financial Literacy: A Key to Economic Stability**” in the International Journal of Advanced Research Publications, Volume 02, Issue 03, on 30th December 2025, bearing ISSN 2456-9992.



- Mr Denzil Celestine D Costa published a paper titled **“Impact of Different Alcohols on Flavour Development in Christmas Cakes”** in the International Journal of Advanced Research Publications, Volume 02, Issue 01, on 13th January 2026 with ISSN 2456-9992. He also published another paper titled **“A Study on the Use of Molecular Gastronomy Techniques in Vegan Fine Dining”** in the International Journal of Versatile Research and Analysis (IJVRA), Volume 4, Issue 4, April 2026, with ISSN 2984-8903.
- Mr Roshan Antony Coelho published a paper titled **“The Exocortex Deficit: A Quantitative Analysis of Cognitive Impairment and Physiological Stress Responses Following Artificial Connectivity Amputation”** in the International Journal of Science and Research (IJSR), Volume 15, Issue 01, January 2026, with ISSN 2319-7064.
- Ms Shravya N. published a paper titled **“Examination Malpractice in Higher Education: A Psychological, Physiological, and Socio-Academic Review of Student Behaviour”** in the International Journal of Advanced Research Publications, Volume 02, Issue 01, on 16th January 2026, with ISSN 2456-9992.
- Ms Tejashwini K published a paper titled **“A Secure Data Transfer Over Internet Using Steganography”** in the Journal of Emerging Technologies and Innovative Research (JETIR), Volume 12, Issue 07, July 2025, with ISSN 2349-5162.
- Ms Natasha Vinola Noronha published a paper titled **“AI vs Human Intelligence: A Comparative Study”** in the International Journal of Advanced Research Publications, Volume 02, Issue 01, with ISSN 2456-9992.
- Mrs. Mamatha published a paper titled **“ಕಾದಂಬರಿ ಆಧಾರಿತ ಕನ್ನಡ ಸಿಮ್ಯಾಗಳ ಪ್ರಸ್ತುತತೆ”** with E-ISSN 2583-620X.
- Ms Manjusha published a paper titled **“The Fortress And The Void: A Comparative Study of Domestic Stability As A Determinant of Psychological Survival In To Kill A Mockingbird And The Bluest Eye”** in the International Journal of Science & Research(ISR) Publications, Volume 15 Issue 01, January 2026. Published paper with ISSN: 2319-7064.
- Mrs Pramila D Souza published a paper titled **“The Role of Library Knowledge Management in Supporting E-Learning Systems”** in the International Journal of Versatile Research and Analysis (IJVRA), Volume 04, Issue 01, January 2026, with ISSN 2984-8903.
- Mrs Rohitha Melita Crasta published a paper titled **“A Study on Psychological Pricing and the Left-Digit Effect: A Review-Based Study of Price Perception and Purchase**



Decision in Organised Retail” in the International Journal of Advanced Research Publications, Volume 02, Issue 01, on 12th January 2026, with ISSN 2456-9992.

- Mrs Anju Elsa Thomas published a paper titled **“Study on Transitioning Youth from Savings to Investing”** in the International Journal of Advanced Research Publications, Volume 02, Issue 01, on 14th January 2026, with ISSN 2456-9992.
- Mrs Tressy Clita Pinto published a paper titled **“Impact of Excessive Social Media Use on Emotional Regulation in Adolescents”** in the International Journal of Advanced Research Publications, Volume 02, Issue 01, on 14th January 2026, with ISSN 2456-9992.
- Mr Royson D Souza published a paper titled **“Integration of Sustainable Interior Materials and Technology for Energy-Efficient Spaces”** in the International Journal of Innovative Research in Technology, Volume 12, Issue 08, January 2026, with ISSN 2349-6002.
- Ms Lenisha Shareen Peris published a paper titled **“Evaluating the Influence of Last-Mile Delivery Efficiency on Customer Satisfaction in E-Commerce”** in the International Journal of Advanced Research Publications, Volume 02, Issue 01, on 13th January 2026, with ISSN 2456-9992.
- Mr Rayson Raymond Pinto published a paper titled **“Hardware Support for High-Speed Network Interfaces”** in the International Journal of Advanced Research Publications, Volume 02, Issue 01, on 16th January 2026, with ISSN 2456-9992.

College Activities For The Academic Year 2025–26

Odd Semester Activities

- The college organised an Orientation Programme for first-year students on 28 July 2025 to familiarise them with the institution, academic system, and campus environment.
- A farewell programme was organised for Rev. Dr Michael Santhumayor on 30 July 2025 in appreciation of his valuable service to the institution. The college also welcomed the new Principal on 31 July 2025.
- Faculty members delivered a talk to CBSE school students on 1 August 2025 as part of the FDP outreach initiative. The Kannada Department organised a guest talk on 7 August 2025 to promote language and literary awareness.



- The Department of Food, Nutrition, and Dietetics, in association with the Women's Cell, organised an awareness talk titled **"Beating Breast Cancer"** by Dr Rohan Chandra Gatti on 8 August 2025 to create awareness regarding women's health.
- The Konkani Department celebrated Konkani Manyatha Divas on 22 August 2025 to preserve and promote Konkani culture and heritage.
- The Student Council was inaugurated on 19 August 2025, followed by the celebration of Freshers' Day to welcome newly admitted students.
- The inauguration of the Life Skill Add-on Programme was held on 21 August 2025 to enhance students' employability and personality development skills.
- The NSS unit organised a Blood Stem Donation Awareness Programme and observed Sadbhavana Divas on 26 August 2025 to promote social responsibility and communal harmony.
- A BearyAdyan Pitta programme was organised on 28 August 2025 to highlight and celebrate regional culture and traditions.
- The Sports Association celebrated National Sports Day on 30 August 2025 to encourage sportsmanship and physical fitness among students.
- A session titled **"Move Well, Teach Well"** was conducted for institutional staff on 6 September 2025, focusing on wellness and effective teaching practices.
- Teacher's Day was celebrated by both the Student Council and the institutional staff on 6 September 2025 to honour the contribution of teachers.
- The Cultural Association organised a Pookalam Competition on 11 September 2025 and celebrated Onam on 13 September 2025 with enthusiastic student participation.
- A Book Exhibition and Sales Programme was conducted from 16 to 21 September 2025 to encourage reading habits and academic interest among students.
- The Literary Association organised an Essay Writing Competition on 19 September 2025 to enhance students' creative and writing abilities.
- The Hindi Department celebrated Hindi Divas on 17 September 2025 to promote awareness and appreciation of the Hindi language.
- The NSS unit organised a Blood Donation Camp on 20 September 2025, encouraging students to participate in social service activities.
- The Placement Cell conducted a Workshop on Study Abroad opportunities on 29 September 2025 to guide students regarding higher education abroad.



- The BCA Department organised a Workshop on full-stack development on 29 September 2025 to provide technical skill training to students.
- The Cultural Association celebrated Dasara on 30 September 2025, promoting cultural unity and traditional values.
- The NSS unit conducted a CPR Training Session on 30 September 2025 to create awareness regarding emergency response and first aid.
- The Department of Food, Nutrition, and Dietetics organised **“Taste of Tulu Nadu”** on 12 September 2025, showcasing regional cuisine and culture.
- A talk on Professional Practice, Client and Material Style was organised to provide students with industry-related knowledge and practical exposure.
- The college organised **“Milagres Manthan”** on 15 October 2025, encouraging intellectual and cultural participation among students.
- Gandhi Jayanti was celebrated on 2 October 2025 under the Special Events Committee to commemorate the ideals and teachings of Mahatma Gandhi.
- The Department of Hospitality Science organised a Theme Dinner on 29 and 30 October 2025 to provide practical exposure in hospitality management and event organisation.
- The NSS unit conducted an Orientation Programme on 16 October 2025 to introduce students to NSS activities and community service initiatives.
- The Placement Cell organised a talk on Job Interview Tips on 17 October 2025 to prepare students for placement opportunities.
- A talk on IELTS Examination and Preparation was organised by the Placement Cell on 31 October 2025 to guide students aspiring for international education and career opportunities.
- The Kannada Department organised a programme on Kannada Rajyotsava on 28 October 2025 to celebrate the culture and heritage of Karnataka.
- The Eco and Life Science Association conducted a Paper Bag Competition on 10 November 2025 to promote environmental awareness and sustainable practices.
- The annual Sports Day was held on 11 November 2025 with active participation from students in various athletic and sports events.
- The Konkani Association organised a Ghumat Workshop on 27 November 2025 to preserve and promote traditional art forms.



- The Student Council organised the Talents Day on 21 November 2025, providing students a platform to showcase their creativity and talents.
- The Student Council also organised a Christmas Celebration for students on 4 December 2025, promoting joy, togetherness, and festive spirit.
- The NSS unit conducted a **“Youth Against AIDS Awareness”** programme on 4 December 2025 to spread awareness regarding HIV/AIDS prevention and health education.

Even Semester Activities

- The NSS Annual Special Camp was conducted from 6 February to 12 February 2026 at Shirthady, focusing on community service, leadership development, and rural outreach activities.
- The Cultural Association organised a Face Painting Competition on 19 February 2026, encouraging creativity and artistic expression among students.
- The BCA Department conducted a Seminar on Emerging Techniques on 19 February 2026 to familiarise students with recent advancements in technology.
- The Eco and Life Science Club organised a **“Trash to Treasure”** Competition on 25 February 2026, promoting recycling, creativity, and environmental consciousness.
- A Workshop on Even Semester SEP Commerce Syllabus was organised on 21 February 2026 to provide academic guidance to students.
- The Department of Food, Nutrition, and Dietetics organised **“Nutri Synergy,”** a National-Level Workshop, on 17 February 2026, focusing on nutrition and health awareness.
- An Orientation Programme for Youth Red Cross volunteers was conducted on 20 February 2026 to encourage humanitarian and service-oriented activities among students.
- The Literary Association organised a Poetry Writing Competition on 24 February 2026 to promote literary creativity and expression.
- The Department of Hospitality Science celebrated World Bartenders Day on 24 February 2026 with an exhibition and a Mocktail and Cocktail Making Competition.
- The Language Departments jointly organised **“Bhasha Sangama,”** a One-Day National Conference, on 28 February 2026, to promote linguistic harmony and academic interaction.
- The Hospitality Association organised a Chocolate Making Workshop on 3 March 2026, providing students with practical skill-based training.



- The Alumni Association (MICAA) organised a guest talk titled **“From Degree to Directions – Skills that Truly Matter”** on 6 March 2026, motivating students towards skill development and career readiness.
- The Department of Commerce and Management organised **“Excelso,”** an Intercollegiate Fest, on 7 March 2026, encouraging academic and competitive participation among students.
- The Women’s Cell celebrated International Women’s Day on 9 March 2026, recognising the achievements and contributions of women.
- The Library Association organised an SDP Programme on 10 March 2026 to enhance student engagement and academic development.
- An Iftar Celebration was organised on 11 March 2026 under the Special Events Committee, promoting communal harmony and inclusiveness.
- The Literary Association organised a Pick and Speak Competition in various languages on 12 March 2026 to improve communication and public speaking skills among students.
- The Eco and Life Science Association conducted an Eco Canvas Competition on 25 March 2026, encouraging environmental awareness through art and creativity.
- The Computer Science Department organised a Workshop on AWS on 23 February 2026, providing students with exposure to cloud computing technologies.
- The Sports Association conducted Kabaddi Trials on 24 March 2026 to identify talented players for sports activities and competitions.
- The Student Council organised a Debate Competition on 24 March 2026, encouraging critical thinking and communication skills among students.
- **“Our College Our Voice,”** an interactive student programme, was organised by the Student Council on 28 March 2026 to encourage student participation and expression.
- The IPR Cell organised a programme on **“IPR Practice and Management”** on 31 March 2026, creating awareness regarding intellectual property rights and innovation.
- The Women’s Cell conducted a Mehendi Competition on 7 April 2026, encouraging creativity and student participation.
- The Department of Food, Nutrition, and Dietetics celebrated World Health Day through the programme **“Together for Health”** on 7 April 2026, promoting health and wellness awareness.
- **“Anweshan 2026”** was organised on 16 April 2026, encouraging innovation, research, and student participation.



- The Eco and Life Science Association organised a Caption Writing Competition on 15 April 2026 to encourage creativity and environmental awareness.
- The NSS unit celebrated Ambedkar Jayanti on 15 April 2026, commemorating the contributions and ideals of Dr B. R. Ambedkar.
- The college organised “**Milagres Premier League**” on 22 April 2026, promoting teamwork, sportsmanship, and student engagement.
- A Blood Donation Camp was jointly organised by NSS, Youth Red Cross, and Rovers and Rangers on 28 April 2026, encouraging students to contribute towards social welfare.
- The academic year concluded with “**Apex Run 2026**” held on 10 May 2026, promoting fitness awareness, health consciousness, and community participation.

Interclass Sports Activities For The Academic Year 2025–2026

- The Sports Association of Milagres College organised various interclass sports competitions during the academic year 2025–2026 to encourage physical fitness, teamwork, leadership, and sportsmanship among students.
- The Interclass Football Tournament was conducted from 23 October to 29 October 2025 with enthusiastic participation from students across different classes.
- The Interclass Basketball Competition was held on 12 October 2025 to promote team spirit and athletic skills among students.
- The Interclass Throwball Competition was organised from 8 September to 13 September 2025, providing students with an opportunity to showcase their sporting talents.
- The Interclass Volleyball Tournament was conducted from 12 September to 19 September 2025, encouraging teamwork and coordination among participants.
- The Interclass Kabaddi Competition was organised from 2 September to 9 September 2025, promoting physical fitness and traditional sportsmanship.
- The Interclass Cricket Tournament was held from 22 September to 27 September 2025 with active participation and competitive spirit among students.
- Indoor sports events such as Chess and Carrom were also organised. The Chess Competition was conducted on 18 October 2025, while the Carrom Competition was held on 10 November 2025.
- The Interclass Badminton Competition took place on 10 October 2025, encouraging students to participate in indoor sporting activities.



- During the even semester, the institution organised the “**Milagres Premier League – Cricket**” on 6 April 2026, promoting sportsmanship and student engagement.
- An Interclass Football Competition was conducted on 22 April 2026, followed by the Throwball Competition on the same day.
- The Interclass Kabaddi Competition was organised on 17 April 2026, encouraging active student participation and team coordination.
- The Interclass Volleyball Tournament was conducted from 18 April to 20 April 2026, concluding the sports activities of the academic year with enthusiasm and competitive spirit among students.

Students’ Achievements In Intercollegiate And Cultural Activities for The Academic Year 2025–2026

The students of Milagres College actively participated in various intercollegiate, state-level, and national-level competitions during the academic year 2025–2026 and brought laurels to the institution through their remarkable achievements.

- Mr Koushik and Mr Royston of the BBA Logistics stream secured Second Place in the Reel Making Event at “**Illuminare 2025**,” a National-Level Intercollegiate Fest conducted by St Agnes College on 3 September 2025.
- Ms Shaheema and MsNishitha of the BCA stream secured Second Place in the IT Quiz at the National-Level Intercollegiate IT Fest “**AAVIRBHAV–2025**,” organised by the PG Department of MCA on 18 and 19 September 2025.
- Mr Azman and MrRashwan Fernandes of the BBA Logistics stream participated in the “**Voice of Aspiria**” and “**Best Manager**” events at the National-Level Management Fest held at St Agnes College on 18 and 19 September 2025.
- Mr Priyon and Mr Nawaf of the BBA Logistics stream participated in the Treasure Hunt event, while Mr Koushik and MrVijesh participated in the Reel Making Competition conducted during “**Flames 2025**,” a National-Level UG Fest held on 16 September 2025.
- Ms Shahiya Banu, MsFathimath, MsShahala, MsSaliha, Mr Austin Dsouza, Mr Merwin Pinto, Ms A. S. Thahani, and MsZakiya Amra of the B.Com and BBA Logistics streams participated in the MRPL–MSNIM Vigilance Awareness Quiz Competition held in October 2025.



- Ms Nishitha and Ms Shaheema of the BCA stream secured First Place in the “**Quizabyte**” event at the National-Level IT Fest “**Joshiana 14.0**” under the UG category, organised by the Department of Computer Applications of St Joseph’s Engineering College on 21 and 22 November 2025.
- Mr Nikel Lance Lewis secured Second Place in the Paper Presentation Competition held at Canara College.
- The students of the college also achieved remarkable success at events conducted by Shree Gokarnatheshwara College by securing First Place in all three events — Face Painting, Reel Making, and Best Management Team — showcasing their creativity, leadership, and teamwork skills.

These achievements reflect the dedication, talent, and competitive spirit of the students and highlight the institution’s commitment towards encouraging excellence in academic, cultural, and co-curricular activities.

Students’ Achievements In Sports Activities for The Academic Year 2025–2026

- The students of Milagres College brought laurels to the institution through their outstanding achievements in sports and extracurricular activities during the academic year 2025–2026.
- Shashank of II B.Sc. Hospitality Science secured a Silver Medal in the “**Best Physique Under 70 kg**” category at the Mangalore University Tournament held at Visakhapatnam, Andhra Pradesh. He was further selected to represent the university at the All India University Competition held at Visakhapatnam from 1 March to 4 March 2026.
- Anusha Melita Moras of I BCA represented the Mangalore University Women’s Football Team at the South Zone Inter-University Football Tournament 2025–26 held at Alagappa University from 29 December 2025 to 2 January 2026 under the Association of Indian Universities.
- Salahuddin of III B.Com represented the Karnataka State Kabaddi Team at the 51st Junior National Kabaddi Championship (Men) 2025–26, organised by the Amateur Kabaddi Federation of India. The championship was held at Vijayawada from 15 January to 18 January 2026.
- Avinash M of III BCA represented the Mangalore University Basketball Team at the South Zone Inter-University Basketball Tournament (Men) 2025–26 held at SRM Institute of



Science and Technology from 24 December to 28 December 2025 under the Association of Indian Universities.

- The students of the college also performed exceptionally well in team sports. The college Kabaddi team reached the semi-finals in the Interzone Kabaddi Tournament held at Mangalore on 27 March 2026, where they competed against SDM College.
- Further adding to the institution's achievements, the college Kabaddi team secured the First Runner-Up Trophy in the Under-21 Kabaddi Championship held at Malpe, Udupi, on 14 March 2026.
- These achievements reflect the dedication, hard work, and sporting spirit of the students and highlight the institution's commitment towards encouraging excellence in sports and extracurricular activities.

Words of Gratitude

As we conclude the academic year 2025–2026, Milagres College expresses its sincere gratitude to all those who have contributed to the growth and success of the institution. We place on record our heartfelt appreciation to our President, Most Rev. Dr Peter Paul Saldanha, Secretary Rev. Dr Praveen L. Lasrado, Correspondent Rev. Fr. Bonaventure Nazareth, and the Management for their visionary leadership, constant encouragement, and invaluable guidance.

We also extend our deep gratitude to our benefactors, PTA members, parents, faculty members, non-teaching staff, Student Council, alums, and students for their unwavering support, cooperation, and dedication throughout the academic year. Their collective efforts have greatly contributed to the academic excellence and holistic development of the institution.

We pray that Our Lady of Miracles continues to bless, guide, and strengthen us in all our future endeavours. Thank you.



STAFF ACCOMPLISHMENTS

Faculty	Representations/Participations
Rev. Dr. Alwin Serrao	• International Journal of Scientific Research in Engineering and Management (IJSREM), Volume: 10 Issue: 01, Jan - 2026 Published paper on the topic with “Role of Inventions In The Creation of New Vocabulary and Its Impact on Languages and Cultures” with ISSN: 2582-3930
Dr. Asha Jyothi	• International Journal Advanced Research Publications, Volume 01, Issue 03, 30th December 2025, Published paper on the topic with “Financial Literacy: A Key to Economic Stability” with ISSN number 2456-9992 • International Journal of Versatile Research and Analysis (IJVRA) Volume 4, Issue 1, January 2026. Published paper on the topic with “Impact of Mobile Commerce on Consumer Trust: An Empirical Study” with ISSN number 2984-8903
Mr. Roshan Antony Coelho	• International Journal of Science and Research (IJSR) Publications, Volume 15, Issue 01, January 2026. Published paper on the topic with “The Exocortex Deficit: A Quantitative Analysis Of Cognitive Impairment And Physiological Stress Responses Following Artificial Connectivity Amputation” with ISSN number 2319-7064



Mr. Denzil Celestine D Costa	• International Journal Advanced Research Publications, Volume 02, Issue 01, 13th January 2026, Published paper on the topic with “Impact of Different Alcohols on Flavour Development In Christmas Cakes” with ISSN number 2456-9992 • International Journal of Versatile Research and Analysis (IJVRA) Volume 4, Issue 4, April 2026. Published paper on the topic with “A Study On The Use Of Molecular Gas-tronomy Techniques In Vegan Fine Dining” with ISSN number 2984-8903
Ms. Chaitra D	• International Journal Advanced Research Publications, Volume 02, Issue 01, 19th January 2026, Published paper on the topic with “Hydro Ceramic Materials: A Review Of Their Role In Sustainable Passive Cooling” with ISSN number 2456-9992
Mrs. Tressy Clita Pinto	• International Journal Advanced Research Publications, Volume 02, Issue 01, 14th January 2026, Published paper on the topic with “Study On Transitioning Youth From Savings To Investing” with ISSN number 2456-9992
Ms. Lenisha Shareen Peris	• International Journal Advanced Research Publications, Volume 02, Issue 01, 13th January 2026, Published paper on the topic



	with “Evaluating The Influence of Last-mile Delivery Efficiency on Customer Satisfaction In E-commerce” with ISSN number 2456-9992
Mrs. Mamatha	• Aksharasurya peer-Reviewed, Multi Lingual E-Journal, Volume-13, Issue-03, February 2026 Published paper on the topic with “ಕಾದಂಬರಿ ಆಧಾರಿತ ಕನ್ನಡ ಸಿಞ್ಚುಗಳ ಪ್ರಸ್ತುತತೆ” with ISSN: 2583-620X.
Ms. Shravya N	• International Journal Advanced Research Publications, Volume 02, Issue 01, 16th January 2026, Published paper on the topic “Examination Malpractice In Higher Education: A Psychological, Physiological, And Socio-academic Review Of Student Behaviour” with ISSN number 2456-9992
Mrs. Pramila D Souza	• International Journal of Versatile Research and Analysis (IJVRA) Volume 4, Issue 1, January 2026. Published paper on the topic with “The Role of Library Knowledge Management in Supporting E-Learning” with ISSN number 2984-8903
Mrs. Bartholomea Prathibha D Souza	• International Journal Advanced Research Publications, Volume 02, Issue 01, 12th January 2026, Published paper on the topic



	with “ Post-Christmas Weight Loss Via Fermented Foods And Microbiota Modulation: A Systematic Narrative Review ” with ISSN number 2456-9992
Mrs. Rohitha Melita Crasta	• International Journal Advanced Research Publications, Volume 02, Issue 01, 16th January 2026, Published paper on the topic with A STUDY ON “Psychological Pricing And The Left-digit Effect: A Review-based Study of Price Perception And Purchase Decision In Organised Retail” with ISSN number 2456-9992
Ms. Tejashwini K	• Journal of Emerging Technologies and Innovative Research (JETIR) Publications, Volume 12, Issue 07, JULY 2025. Published paper on the topic with “A Secure Data Transfer Over Internet Using Steganography” with ISSN number 2349-5162
Mrs. Sowmya Kotian	• International Journal of Research and Analytical Reviews (IJRAR) Volume 13, Issue 01, March 2026, Published paper on the topic with “ಅಂತಿಮ ಆಧುನಿಕ ಕಾಲಾವಧಿಯ ತುಳುಕಾದಂಬರಿಗಳಲ್ಲಿ ಸಾಮಾಜಿಕ ನ್ಯಾಯ ಮತ್ತು ದಲಿತ ಚಿಂತನೆ: ಒಂದು ತಾತ್ವಿಕ ವಿಶ್ಲೇಷಣೆ “ with E-ISSN number 2348-1269



	• International Journal of Research and Analytical Reviews (IJRAR) Volume 13, Issue 01, March 2026, Published paper on the topic with “ಅಂತಿಮ ಆಧುನಿಕ ಕಾಲಾವಧಿಯ ತುಳುಕಾದಂಬರಿಗಳಲ್ಲಿ ಸ್ತ್ರೀ ವ್ಯಕ್ತಿತ್ವ ಮತ್ತು ಪ್ರಜಾಸತ್ತಾತ್ಮಕ ಚಿಂತನೆ” with E-ISSN number 2348-1269
Mr. Joel Merwin Mascarenhas	• International Journal Advanced Research Publications, Volume 02, Issue 01, 19th January 2026, Published paper on the topic with “Green Logistics Practices And Their Effect On Sustainable Supply Chain Performance In India: An Empirical Analysis” with ISSN number 2456-9992
Ms. Divyashree	• International Journal for Multidisciplinary Research (IJFMR) Volume 08, Issue 01, January-February 2026, Published paper on the topic with “Nutritional Approaches To Combat Stress Induced Metabolic Risks” with E-ISSN: 2582-2160
Ms. Manjusha	• International Journal of Science & Research (IJSR) Publications, Volume 15 Issue 01, January 2026. Published paper on the topic with “The Fortress And The Void: A Comparative Study of Domestic Stability As A Determinant of Psychological Survival In To Kill A Mockingbird And The Bluest Eye” with ISSN: 2319-7064.



Ms. Natasha Vinola Noronha	• International Journal Advanced Research Publications, Volume 02, Issue 01, Published paper on the topic with “AI VS HUMAN INTELLIGENCE: A COMPARATIVE STUDY” with ISSN number 2456-9992
Mrs. Anju Elsa Thomas	• International Journal Advanced Research Publications, Volume 02, Issue 01, Published paper on the topic with “Impact of Excessive Social Media Use on Emotional Regulation in Adolescents” with ISSN number 2456-9992
Mr. Royson Dsouza	• International Journal of Innovative Research in Technology (IJIRT) Volume 12, Issue 08, Published paper on the topic with “Integration of Sustainable Interior Materials and Technology for Energy-Efficient Spaces” with ISSN number 2456-9992
Mr. Rayson Raymond Pinto	• International Journal Advanced Research Publications, Volume 02, Issue 01, Published paper on the topic with “Hardware Support For High-speed Network Interfaces (10G/40G/100G)” with ISSN number 2456-9992
Ms. Shravya N	• Has been awarded “Best Teaching Staff Award” 2025-26
Mrs. Lavitha Nishal Furtado	• Has been awarded “Best Non-teaching Staff Award” 2025-26



Lt Denzil Edrod Pinto	• completed the NCC Officers Training Course at Kamptee, Maharashtra
Ms. Lenisha Shareen Peris	• completed the basic training course for Rangers and Rovers held at Dr Annie Besant State Training Centre, D. B. Pura.

STUDENT LAURELS AND EXTERNAL ACHIEVEMENTS (2025–2026)

1. Mr Avinash, a student of the BCA stream at Milagres College and a member of the Mangalore University Basketball (Men) Team, participated in the South Zone Championship held at Christ College, Bangalore, on June 6, 2025.
2. Ms Shahiya Banu, Ms Fathimath, Ms Shahala, Ms Saliha, Mr Austin Dsouza, Mr Merwin Pinto, Ms A.S. Thahani, and Ms Zakiya Amra (B.Com. and BBA Logistics students) participated in the MRPL-MSNIM Vigilance Awareness Quiz Competition held in October 2025.
3. Mr. Thirumale, Mr. Azman, Mr. Pratheeth, Mr. Rahiz, Mr. Farhan, Mr. Navadeep, Mr. Vinith, Mr. Shodhan, Mr. Ruthvik, Mr. Kishor, Mr. Darshan, and Mr. Sumith (B.Sc. HS, BCA, and B.Com. students) were members of the winning team in the Kabaddi event conducted during the PA-MBA CUP 2025, held from September 22 to 24, 2025, at the PACE Campus, Mangalore.
4. Mr. Jowhar, Mr. Rizan, Mr. Anush, Mr. Joshai, Mr. Alwyn Lobo, Mr. Dheeraj, Mr. Rakshith, Mr. Mudassir, Mr. Vijesh, Mr. Ziyen, and Mr. Mushpic (B.Sc. HS, BBA Logistics, and B.Com. students) secured Third Place in the Mangalore University Inter-Collegiate Men's Volleyball Tournament held at SDM College, Ujire, on October 13 and 14, 2025.



5. Mr Shashank (II B.Sc. HS) secured Second Place in the 70 kg category at the Mangalore University Inter-Collegiate Best Physique Competition 2025-26, held at PPC, Udupi, on November 14, 2025.
6. Ms Nishitha and Ms Shaheema (BCA students) secured First Place in the 'Quizabyte' event at the National Level IT Fest Joshiana 14.0 (UG Level), organised by the Department of Computer Applications, St. Joseph's Engineering College, on November 21 and 22, 2025.
7. Ms Shaheema and Ms Nishitha (BCA students) secured Second Place in the IT Quiz at the National Level Inter-Collegiate IT Fest AAVIRBHAV-2025, organised by the PG Department of MCA on September 18 and 19, 2025.
8. Mr Koushik and Mr Royston (BBA Logistics students) secured Second Place in the Reel Making event at Illuminare 2025, a National Level Inter-Collegiate Fest conducted by St. Agnes College, Mangalore, on September 3, 2025.
9. Mr Shashank (II B.Sc. HS) secured 5th Place in the 70 kg category at the Mr Mangaluru Dasara Classic 2025, a State Level Bodybuilding Championship held at Shree Gokarnatheshwara Kshetra, Kudroli, on September 26, 2025.
10. Mr Shashank (II B.Sc. HS) secured 5th Place in the 70 kg category at Mr Udupi Uchila Dasara 2025, a State-Level Bodybuilding Championship held at Shree Mahalakshmi Temple, Uchila, Udupi District, on September 27, 2025.
11. Mr Azman and Mr Rashwan Fernandes (BBA Logistics students) participated in the 'Voice of Aspiration' and 'Best Manager' events at the National Level Management Fest held on September 18 and 19, 2025, at St. Agnes College, Mangalore.
12. Mr Priyanshu and Mr Nawaf (BBA Logistics) participated in the Treasure Hunt, and Mr Koushik and Mr Vijesh (BBA Logistics) participated in the Reel Making competition conducted during Flames 2025, a National Level UG Fest held on September 16, 2025.
13. Mr Salahudin (III B.Com.) has been selected for the Junior Nationals Kabaddi Championship Karnataka State Team.



OVERALL LIST OF PRIZE WINNERS 2025-26

Sl. No.	Student Name	Class	Competition
01	Clevan Deekshith	III FND	I Place Collage Making
02	Clevan Deekshith	III FND	I Place Essay Writing Competition (English)
03	Clevan Deekshith	III FND	III Place Story Writing Competition (English)
04	Clevan Deekshith	III FND	II Place Story Writing Competition (Konkani)
05	Clevan Deekshith	III FND	I Place Poetry Writing Competition (English)
06	Clevan Deekshith	III FND	I Place Poetry Writing Competition (Hindi)
07	Clevan Deekshith	III FND	I Place Pick and Speak (English)
08	Clevan Deekshith	III FND	I Place Pick and Speak (Kannada)
09	Anusha Hegde	III FND	I Place Kannada Book Review
10	Anusha Hegde	III FND	II Place Face Painting Competition
11	Anusha Hegde	III FND	III Place Story Writing Competition (Kannada)
12	Anusha Hegde	III FND	II Place Debate
13	Shravani	III FND	II Place Kannada Book Review
14	Shravani	III FND	III Place Essay Writing Competition (Kannada)
15	Shravani	III FND	I Place Story Writing Competition (Kannada)
16	Shravani	III FND	II Place Debate
17	Shravani	III FND	I Place Poetry Writing Competition (Kannada)
18	Suchithra Naik	III FND	III Place Kannada Book Review
19	Suchithra Naik	III FND	I Place Collage Making



20	Suchithra Naik	III FND	II Place Face Painting Competition
21	Suchithra Naik	III FND	I Place Essay Writing Competition (Kannada)
22	Suchithra Naik	III FND	II Place Story Writing Competition (Kannada)
23	Suchithra Naik	III FND	I Place Pencil Sketch Competition
24	Suchithra Naik	III FND	II Place Poetry Writing Competition (Kannada)
25	Suchithra Naik	III FND	II Place Quick Art Competition
26	Sharal Rodrigues	III BCA	I Place Konkani Book Review
27	Sharal Rodrigues	III BCA	II Place Pick and Speak (Hindi)
28	Sharal Rodrigues	III BCA	III Place Pick and Speak (Konkani)
29	Leesha Lobo	III BBA	II Place Konkani Book Review
30	Leesha Lobo	III BBA	II Place Pick and Speak (Kannada)
31	Royston D'Cunha	III BBA	III Place Konkani Book Review
32	Royston D'Cunha	III BBA	III Place Poetry Writing Competition (Konkani)
33	Shama Shridha	II BCA AI	I Place English Book Review
34	Shama Shridha	II BCA AI	III Place Collage Making
35	Spoorthi	II BCA AI	II Place English Book Review
36	Spoorthi	II BCA AI	III Place Collage Making
37	Nikel Lewis	II BBA	III Place English Book Review
38	Nikel Lewis	II BBA	I Place Essay Writing Competition (Hindi)
39	Nikel Lewis	II BBA	II Place Story Writing Competition (English)
40	Nikel Lewis	II BBA	III Place Story Writing Competition (Hindi)
41	Nikel Lewis	II BBA	I Place Debate



42	Shazin	III ID	II Place Collage Making
43	Asmita C Manaki	III ID	II Place Collage Making
44	Asmita C Manaki	III ID	I Place Trash to Treasure
45	Asmita C Manaki	III ID	II Place Pookalam Competition
46	Mohammed Suhail	III ID	I Place Paper Bag Making Competition
47	Mohammed Billal	I BCA AI	II Place Paper Bag Making Competition
48	Jayarashmi	III ID	II Place Pookalam Competition
49	Jayarashmi	III ID	I Place Trash to Treasure
50	Mohammed Rahif	II ID	II Place Trash to Treasure
51	Prathyoosh Tejashwini	II ID	II Place Trash to Treasure
52	Sudharshan C	III ID	II Place Quick Art Competition
53	Sudharshan C	III ID	II Place Pookalam Competition
54	Nishmitha	II FND	I Place Caption Writing Competition
55	Preema Roshni Pinto	III FND	II Place Caption Writing Competition
56	Preema Roshni Pinto	III FND	I Place Essay Writing Competition (Konkani)
57	Preema Roshni Pinto	III FND	III Place Story Writing Competition (Konkani)
VALUE EDUCATION			
01	Joyson T	I BHS	Overall Proficiency-I
02	Muhammed Siyar	I BCOM	Overall Proficiency-I
03	Vismitha O P	I BBA	Overall Proficiency-I
04	Prajwal	BCAAI	Overall Proficiency-I
05	Delwin Claudius Dsouza	II BHS	Overall Proficiency-I



06	Janice Menezes	II BCOM	Overall Proficiency-I
07	Nikel Lance Lewis	II BBA	Overall Proficiency-I
08	Rohan Lobo	II BCA	Overall Proficiency-I
09	Ramsha	II BCA AI	Overall Proficiency-I
10	Clevan Deekshith Cordeiro	III FND	Overall Proficiency-I
11	Prekshika D R	III BCOM	Overall Proficiency-I
12	Varshitha	III BBA	Overall Proficiency-I
13	Nishitha Lobo	III BCA	Overall Proficiency-I
14	Fathimath Shaheema	III BCA AI	Overall Proficiency-I
15	Akshara (FND)	I FND	Overall Proficiency-II
16	Preethi Uday Gaonkar	I BCOM	Overall Proficiency-II
17	Sheela	I BBA	Overall Proficiency-II
18	Sakshi (BCA)	I BCA	Overall Proficiency-II
19	Chaithanya (FND)	II FND	Overall Proficiency-II
20	Mohammed SulthanSalauddin	II BCOM	Overall Proficiency-II
21	Mohammed Haneen Ashraf	II BBA	Overall Proficiency-II
22	Ayisha Thafsiya	II BCA	Overall Proficiency-II
23	Shama Shridha	II BCA AI	Overall Proficiency-II
24	Sudharshan C	III IDD	Overall Proficiency-II
25	Srujan K P	III BCOM	Overall Proficiency-II
26	Deepak Machado	III BBA	Overall Proficiency-II
27	Prajwal Prinson Pereira	III BCA	Overall Proficiency-II



28	Shifana Mohammed	III BCA AI	Overall Proficiency-II
CALENDAR QUIZ OVERALL WINNERS			
01	Jyancia Dsouza	III BCA	I Place
02	Shifana Mohammed	III BCA AIML	II Place
03	Prajwal Pereira	III BCA	II Place
CLASS-WISE CALENDAR QUIZ WINNERS			
01	Vanya Narayan Achari	I B.Com	Overall Proficiency-I
02	Vileta Maria Dsouza	I B.Com	Overall Proficiency-I
03	Neloan Joshua Fernandes	I B.Com	Overall Proficiency-I
04	Priya Jyothi	II B.Com	Overall Proficiency-I
05	Zianulla Sahir	II B.Com	Overall Proficiency-I
06	Josline Crasta	III B.Com	Overall Proficiency-I
07	Latha Chandran	I BBA	Overall Proficiency-I
08	Sharon Dsouza	II BBA	Overall Proficiency-I
09	Mohammed Shamsheer	III BBA	Overall Proficiency-I
10	Pramith Pinto	I BCA	Overall Proficiency-I
11	Ashwini	I BCA	Overall Proficiency-I
12	Franklin Dsouza	I BCA	Overall Proficiency-I
13	Abdul Hameed Raziq	II BCA	Overall Proficiency-I
14	Ayisha Hasmiya	II BCA	Overall Proficiency-I
15	Bibi Ayisha Valikar	II BCA	Overall Proficiency-I
16	Umme Habiba	I BCA AI	Overall Proficiency-I



17	Mohammed Azman	II BCA AI	Overall Proficiency-I
18	Joyson T	I BHS	Overall Proficiency-I
19	Abhilash Cardoza	II BHS	Overall Proficiency-I
20	Nihal	III BHS	Overall Proficiency-I
21	Princely Wiana D'Costa	I FND	Overall Proficiency-I
22	Chaithanya K	II FND	Overall Proficiency-I
23	Pavee Lama	III FND	Overall Proficiency-I
24	Clevan Deekshith Cordeiro	III FND	Overall Proficiency-I
25	Mohammed Rahif	II IDD	Overall Proficiency-I
26	Sudharshan C	III IDD	Overall Proficiency-I
NATIONAL LEVEL PARTICIPATION			
01	Anusha	I BCA AI	Football – Represented Mangalore University Team
02	Avinash	III BCA	Basketball – Represented Mangalore University Team
03	Shashank	II BHA	Men Physique Competition – All India Inter University
04	Salahuddin	III BCOM	Kabaddi – Represented Karnataka State Team
OVERALL PROFICIENCY AWARD			
01	Nizamuddin	I B.Com	Overall Proficiency-I
02	Latha Chandran	I BBA Logistics	Overall Proficiency-I
03	Greeshma	I FND	Overall Proficiency-I
04	Ashwitha Flavia Dsouza	I BCA	Overall Proficiency-I
05	Manish Poonja	I BCA-AIML	Overall Proficiency-I
06	Dheeraj	I BHS	Overall Proficiency-I



07	Mizna Sulthana	II B.Com	Overall Proficiency-I
08	Delwin Claudius Dsouza	II BHS	Overall Proficiency-I
09	Ankitha	II BCA	Overall Proficiency-I
10	Gevin Larson D Souza	III B.Com	Overall Proficiency-I
11	Ibrahim Ziyan	III BCA	Overall Proficiency-I
12	Sudharshan C	III B.Sc. ID & D	Overall Proficiency-I
13	Clevan Deekshith Cordeiro	III B.Sc. FND	Overall Proficiency-I
14	Ibrahim Nihal	III BHS	Overall Proficiency-I
15	Wilson Crasta	III BBA Logistics	Overall Proficiency-I
16	Fathimath Shaheema	III BCA-AIML	Overall Proficiency-I
17	Vileta Maria Dsouza	I B.Com	Overall Proficiency-II
18	Vismitha O P	I BBA Logistics	Overall Proficiency-II
19	Shravya	I FND	Overall Proficiency-II
20	Franklin D Souza	I BCA	Overall Proficiency-II
21	Inchara	I BCA-AIML	Overall Proficiency-II
22	Joyson T	I BHS	Overall Proficiency-II
23	Shahiya Banu A S	II B.Com	Overall Proficiency-II
24	Abhilash Cardoza	II BHS	Overall Proficiency-II
25	Lenita Priya Dsouza	III B.Com	Overall Proficiency-II
26	Prathik	III BCA	Overall Proficiency-II
27	Jayarashmi	III B.Sc. ID & D	Overall Proficiency-II



28	Muna Shareef	III B.Sc. FND	Overall Proficiency-II
29	Deekshith K	III BHS	Overall Proficiency-II
30	Leesha Vinisha Lobo	III BBA Logistics	Overall Proficiency-II
31	Shifana Mohammed	III BCA-AIML	Overall Proficiency-II
BEST LEADERSHIP AWARD			
01	Prekshika D R	III BCOM	
02	Floyd Pinto	II B.Sc HS	
03	Rohan D'Souza	III BBA	
04	Jayarashmi	III B.Sc ID&D	
05	Mohammed Ismail	III BCOM	
BEST NCC CADET AWARD			
01	SUO Prekshika D R	III BCOM	
BEST NSS AWARD			
01	Anusha	II B.Sc ID&D	
02	Jason Correa	II BHS	
BEST NSS CAMPER AWARD			
01	Krithi	I B.Sc FND	
02	Mohammed Ziyan	II BBA	
DIGITAL PROMOTER AWARD			
01	Royston Jhowin D'Cunha	III BBA	

**BEST OUTGOING STUDENT**

01	Sudharshan C	III B.Sc ID&D	
02	Tenzil D'Souza	III BCOM	
03	Clevan Deekshith Cordeiro	III FND	
04	Sandesh Kelwin Miranda	III BHS	
05	Sharal Rodrigues	III BCA	
06	Fathimath Shaheema	III BCAAI	
07	Leesha Vinisha Lobo	III BBA	

ANNUAL SPORTS DAY PRIZE WINNERS

100 MTR (BOYS) First : Abdul rouf (II BBA) Second : Nehal Calrin (I BHS) Third : Stephen (II BHS)	100 MTR (GIRLS) First : Josline (III BCOM) Second : Aliza (IBCAAI) Third : Deepa (III BCA)
200 MTR (BOYS) First : Abdul Ayaz (III BCOM) Second : Ameer suhail (II BCOM) Third : Pakrudinrizwan (II BBA)	200 MTR (GIRLS) First : Josline (III BBA) Second : Varshitha (III BBA) Third : Aliza (IBCAAI)



400 MTR (BOYS) First : Dillan (III BCAAI) Second : Mohmdshahil (II BCOM) Third : Arwin d'souza (III BBA)	400 MTR (GIRLS) First : Sharanya (I BBA) Second : Josline (III BBA) Third : Vilita (I BCOM)
800 MTR (BOYS) First : Dillan (III BCAAI) Second : Abdul ayaz (III BCOM) Third : Shaikmohmdsuhaib (I BCAAI)	800 MTR (GIRLS) First : Josline (III BBA) Second : Josline (III BCOM) Third : Prekshika (III BCOM)
1500 MTR (BOYS) First : Kammlun (III BHS) Second : John (II BCOM) Third : Pakrudinrizwan (II BBA)	1500 MTR (GIRLS) First : Prekshika (III BCOM) Second : Sherlin (ID) Third : Cleona (III BCA)
SHOT PUT (BOYS) First : Thanzeem (I BCA) Second : Farhan (III BCA) Third : Darmdia (III BHS)	SHOT PUT (GIRLS) First : Prekshika (III BCOM) Second : Lishal (II BHS) Third : Hasna (III BCOM)



DISCUSS THROW (BOYS) First : Thanzeem (I BCA) Second : Rayan dhanieda (III BHS) Third : Farhan (III BCA)	DISCUSS THROW (GIRLS) First : Bindhu (I BHS) Second : Hasna (III BCOM) Third : Laveeta (III BHS)
LONG JUMP First : Vijesh (I BBA) Second : Stephen (II BHS) Third : Joshal (BCAAI)	LONG JUMP First : Jayarashmi (III ID) Second : Krithi (I FND) Third : Anusha (II ID)
HIGH JUMP First : Wilson (I BHS) Second : Shahil (II BCOM) Third : Vijesha (I BBA)	HIGH JUMP First : Jayarashmi (III ID) Second : Sharal (III BCA) Third : Riyana (III BBA)
RELAY 4x100 1st PLACE: II BBA Prajith, Rizan, Rouf, Azman 2nd PLACE: ID Nehal, Stephen, Alwin, Riyan 3rd PLACE: III BCOM Ismail, Ayaz, Musthafa, Rahaf	RELAY 4x100 1st PLACE: BBA & III BBA Sharaya, Joyline, Latha, Harshita 2nd PLACE: III BCOM Prekshika, Anzita, Riyana, Josline 3rd PLACE: ID & III BHS Anisha, Velora, Nayana, Akashya



BIDDING FAREWELL TO PRINCIPAL REV. DR. MICHAEL SANTHUMAYOR: “GRATEFUL HEARTS, ABUNDANT BLESSINGS”

Milagres College, Mangaluru, organised a heartfelt programme titled “**Grateful Hearts, Abundant Blessings**” on Monday, July 28, 2025, at 3:00 PM in the College Auditorium to express gratitude and bid farewell to the Principal, Rev. Dr Michael Santhumayor. The event brought together dignitaries, members of the Management, Governing Council, IQAC, Parent-Teacher Association, Alumni, staff of Milagres Educational Institutions, and well-wishers. The formal proceedings commenced with a welcome address by Asst. Prof. Mrs.



Glencia Fernandes of the Department of Management, who warmly greeted the esteemed guests on the dais, including Mr. Praveen Leo Lasrado, Secretary of the Catholic Board of Education (CBE); Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions; Rev. Fr. Udaya Fernandes, Principal of Milagres Central School; Mr. Melvin Vas, Principal of Milagres PU College; and Dr. Diana Lobo, Principal of Milagres Nursing College. A key highlight of the event was the launch of a special edition magazine dedicated to the principal, capturing the legacy, values, and milestones of the institution. The magazine was released by the dignitaries, along with the Magazine Editor, Ms Manjusha. Reflections of appreciation were shared by IQAC member Mr Walter D’Souza and other heads of institutions, commending the principal’s visionary leadership and contributions.

In his address, Rev. Dr Michael Santhumayor expressed heartfelt gratitude for the trust and support extended to him throughout his tenure since 2015, and acknowledged the collective efforts of faculty, staff, and stakeholders in shaping the institution’s growth. The Correspondent, Rev. Fr.



Bonaventure Nazareth, felicitated the principal with words of appreciation, followed by a group felicitation by Vice Principal Glancia D'Souza, IQAC Coordinator Chethana Kumari, and Counselor Anju Thomas on behalf of the degree faculty.

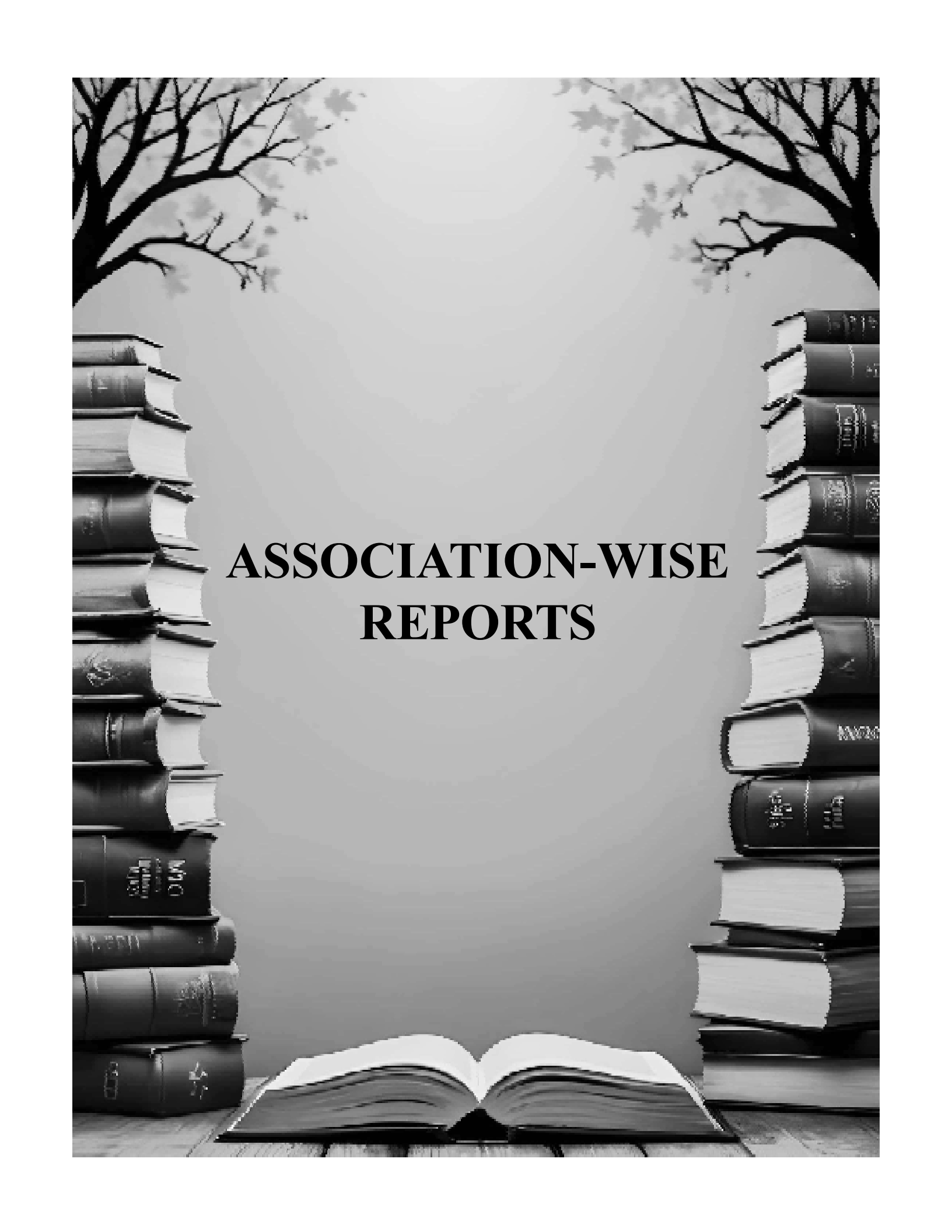
NEW LEADERSHIP - REV. DR. ALWIN SERRAO TAKES CHARGE AS PRINCIPAL

On Wednesday, July 31, 2025, the staff and management of Milagres College, Mangaluru, formally welcomed the newly appointed Principal, Rev. Dr Alwin Serrao, at a special ceremony held on the college campus. The programme was conducted with dignity, marking the beginning of a new chapter in the institution's journey.



The Correspondent of the Milagres Educational Institutions, Rev. Fr. Bonaventure Nazareth, conveyed his good wishes to the new Principal. He highlighted the steady progress of the institution and expressed confidence that, under the leadership of Rev. Dr Serrao, Milagres College would scale greater heights. In his address, Rev. Dr Serrao expressed gratitude for the warm reception and observed that every new beginning brings its own challenges. He urged the staff to work together in a spirit of cooperation for the continued growth of the college.

The outgoing Principal, Rev. Dr Michael Santhumayor, extended a cordial welcome to his successor and assured him of the goodwill and wholehearted support of the academic community. The event was attended by dignitaries including Mr Melwyn Vas, Principal of Milagres Pre-University College; Rev. Fr. Uday Fernandes, Principal of Milagres Central School; and Mrs Diana Lobo, Principal of Milagres College of Nursing. On the occasion, Ms Chethana Kumari, IQAC Coordinator, presented a report highlighting the institution's progress. The programme concluded with a vote of thanks proposed by Vice Principal Mrs Glencia Fernandes, while Lecturer Ms Samitha compered the proceedings. The event reflected the collective commitment of the institution to uphold its tradition of excellence under the leadership of Rev. Dr Alwin Serrao.



ASSOCIATION-WISE REPORTS



List of the Office Bearers for the Academic Year 2025-26		
Sl.No.	Name of the Office Bearer	Designation
01	Rev Dr Alwin Serrao	Principal/ Campus Director
02	Mrs Glencia Fernandes	HOD of Management
03	Dr Asha Jyothi	HOD of Commerce
04	Mr Denzil C D'Costa	HOD of Hospitality Science
05	Mrs Sowmya A Kotian	HOD of Languages
06	Ms Chaithra D	HOD Interior Design & Decoration
07	Mrs Harsha	HOD of Bachelor of Computer Application
08	Floyd Pinto, II B.Sc HS	CPL
09	Sharal Rodrigues, III BCA	ACPL
10	Rohan Dsouza, III BBA	Secretary
11	Clevan D Cordeiro, III Bsc FND	Joint Secretary
12	Jayarashmi, III ID&D	Secretary- Cultural
13	Mohammed Ismail, III BCom	Secretary- Sports
14	Royston Jhowin Dcunha, III BBA	Secretary- Media
CLASS REPRESENTATIVES		
15	Neloan Joshua Fernandes	I BCOM
16	Vanya Narayan Achari	I BCOM
17	Mohammad Anas	II BCOM
18	Janice Menezes	II BCOM
19	Tenzil Dsouza	III BCOM
20	Prekshika D R	III BCOM
21	Naveen Pinto	I BBA
22	Raksha	I BBA



23	Sharon Dsouza	II BBA	
24	Saliha	II BBA	
25	Rohan Dsouza	III BBA	
26	Ashifa	III BBA	
27	Anusha Melita Moras	I BCA	
28	Abdul Hameed Raziq	II BCA	
29	Prathisha Dsouza	II BCA	
30	Sharal Rodrigues	III BCA	
31	Mohammed Jabir	III BCA	
32	Shreya ram Gond	I BCA AI	
33	Nihal Rohan Bangera	I BCA AI	
34	Frankson Dsouza	II BCA AI	
35	Ayisha Hannath	II BCA AI	
36	K P Mohammed Hisham	III BCA AI	
37	Joswin Dsouza	I BHS	
38	Velora Svaris	I BHS	
39	Floyd Pinto	II BHS	
	ASSOCIATION, CLUB & CELL SECRETARIES		
01	Ashish Menezes	National Cadet Corps	II BBA
02	Chaithanya (Joint secretary)	National Cadet Corps	II Bsc FND
03	Spoorthi	National Service Scheme	II BCA AI
04	Ziyan (Joint secretary)	National Service Scheme	II BBA
05	Sagar	Youth Red Cross	II FND
04	Zakiya Amra	Commerce & Management	II BCom
05	Fathimath Thasneem	Fine Arts Association	II B.Sc ID



06	Priston Sequeira	Library Association	III Bcom A
07	Abhilash	Hospitality	II B.Sc HS
08	Crystal Marina Frank	Eco & Life Science	II FND
09	Ankitha	Literary Association	II BCA
10	Leesha	Library Association	III BBA
12	Deepika Khatri	Outreach- Sahayog	III FND
13	Josline Valder	Forum for Human Rights & Anti ragging Cell	III BCOM
14	Fathimath Shaheema	Women Cell	III BCAAI
15	Prajwal Prinson Pereira	College Choir	III BCA
16	Diya	Fine Arts Association	II B.Com
17	Prajith K	Sports & Athletics	II BBA
18	Koushik	Media	I BBA

ORIENTATION PROGRAMME

Milagres College organised an Orientation Programme on 28 July 2025 in the Rooftop Auditorium for the benefit of students. The objective of the session was to provide a foundational understanding of the academic environment, curriculum structure, departmental expectations, and the student support systems available at Milagres College.



The resource person, Dr Preethi Keerthi D'Souza, Chairperson and Associate Professor, Department of Commerce, Mangalore University, addressed the students with valuable insights on the importance of setting academic goals, effective time management strategies, and developing



professional skills from the outset of their academic journey. Key topics such as academic planning, career orientation, and personal development were covered in detail, offering valuable guidance and motivation to the students as they embarked on their academic journey.

This programme played a crucial role in helping new students transition smoothly into college life, equipping them with a clear understanding of what to expect and how to navigate their academic journey. Overall, it was a successful and impactful initiative, well received by both the students and faculty members. A total of 250 students and their parents were present for the programme.

STUDENT COUNCIL INAUGURATION

Milagres College, Hampankatta, Mangaluru, witnessed the grand inauguration of the College Student Council and College Associations on Tuesday, August 19, 2025, at 10:30 a.m. in the College Rooftop Auditorium. The programme was graced by Ms. Gayathri C. H., Deputy Superintendent of Excise, Mangalore Subdivision-1, as the Chief



Guest. In her address, she motivated the students to cultivate leadership qualities, discipline, and a spirit of responsibility to become active contributors to society. Rev. Dr. Alwin Serrao, Principal and Campus Director, in his message highlighted the importance of student councils as platforms for developing organizational skills, teamwork, and leadership among students. A total of 790 students witnessed the programme.

LITERARY ASSOCIATION

Report on 'Sahitya' Literary Association Essay Writing Competition: The Literary Association organised an Essay Writing Competition in English, Kannada, Hindi, Konkani, and Malayalam on September 19, 2025, at 3:00 p.m. in Room No. 301. A total of 44 students participated in this event.

**List of Winners****1. English**

Place Secured	Name of the Student	Reg. No:	Class
I Place	Clevan	U05MC23S0020	III FND
II Place	Muskan Gupta	U05MC23S0044	III B.COM
III Place	Mizna	U05MC24C0030	II B.COM

2. Kannada

Place Secured	Name of the Student	Reg. No:	Class
I Place	Suchithra	U05MC23S0007	III FND
II Place	Greeshma	U05MC25S0073	I FND
III Place	Shravani	U05MC23S0018	III FND

3. Hindi

Place Secured	Name of the Student	Reg. No:	Class
I Place	Nikel Lance	U05MC24C0098	II BBA
II Place	Josline Crystal	U05MC23C0060	III B.COM
III Place	Ashiba	U05MC24C0027	II B.COM

4. Konkani

Place Secured	Name of the Student	Reg. No:	Class
I Place	Preema Roshni Pinto	U05MC24S0016	III FND
II Place	Jolin Joyson Valder	U05MC23C0033	III B.COM
III Place	Tenzil Dsouza	U05MC23C0035	III B.COM

5. Malayalam

Place Secured	Name of the Student	Reg. No:	Class
I Place	Jinto	U05MC24S0080	II BHS



Report on ‘Sahitya’ Literary Association Story Writing Competition

The Literary Association successfully organised a Story Writing Competition across various languages. The English and Kannada competitions were conducted on November 19, 2025, at 3:00 PM in Room No. 201. Meanwhile, the competitions for Hindi, Konkani, and Malayalam were held on November 25 at 3:00 PM in Room No. 201. The event witnessed active participation, with a total of 36 students taking part in the competition.

List of Winners

1. English

Place Secured	Name of the Student	Reg. No.	Class
I Place	Swaliha	U05MC24C0100	II BBA
II Place	Nikel Lance	U05MC24C0098	II BBA
III Place	Clevan Deekshith	U05MC23S0020	III FND

2. Kannada

Place Secured	Name of the Student	Reg. No.	Class
I Place	Shravani	U05MC23S0018	III FND
II Place	Suchithra Naik	U05MC23S0007	III FND
III Place	Anusha	U05MC23S0011	III FND

3. Hindi

Place Secured	Name of the Student	Reg. No.	Class
I Place	Josline Crasta	U05MC24C0098	III B.Com
II Place	Fathima Ashiba	U05MC24C0027	II B.Com
III Place	Nikel Lance	U05MC24C0098	II BBA

4. Konkani

Place Secured	Name of the Student	Reg. No.	Class
I Place	Koslin Valden	U05MC23C0033	III B.Com
II Place	Clevan Deekshith	U05MC23S0020	III FND
III Place	Preema Pinto	U05MC23S0016	III FND



5. Malayalam

Place Secured	Name of the Student	Reg. No.	Class
I Place	Fathima Shaheema	U05MC23C0138	III BCA AI
II Place	Mohammed Haneen	U05MC24C0105	II BBA
III Place	Adil Saji	U05MC23C0172	III BCA AI

Report on 'Sahitya' Literary Association Poetry Writing Competition

The Literary Association organised a Poetry Writing Competition in English, Kannada, Hindi, Malayalam, and Konkani on February 24, 2026, at 3:00 p.m. in Room No. 301. A total of 20 students participated in this event.

The list of winners:

1. English

Place Secured	Name of the Student	Reg. No:	Class
I Place	Clevan Deekshith	U05MC23S0020	III FND
II Place	Muskan Gupta	U05MC23C0044	III B.COM
III Place	Vinson	U05MC24C0067	III B.COM

2. Kannada

Place Secured	Name of the Student	Reg. No:	Class
I Place	Shravani	U05MC23S0018	III FND
II Place	Suchitra	U05MC23S0018	III FND
III Place	Joslin Crasta	U05MC23C0060	III B.COM

3. Hindi

Place Secured	Name of the Student	Reg. No:	Class
I Place	Clevan Deekshith	U05MC23S0020	III FND
II Place	Joslin Crasta	U05MC23S0060	III B.COM
III Place	Maskan Gupta	U05MC23C0044	III B.COM



4. Konkani

Place Secured	Name of the Student	Reg. No:	Class
I Place	Joslin Joyson Valder	U05MC23C0033	III B.COM
II Place	Joslin Crasta	U05MC23S0060	III B.COM
III Place	Royston Jhowin	U05MC23C0098	III BBA

Report on 'Sahitya' Literary Association Pick and Speak Competition

The Literary Association organised a Pick and Speak Competition in English, Kannada, Hindi, and Konkani on March 12, 2026, at 3:00 p.m. in Room No. 301. A total of 20 students participated in this event.



The list of winners:

1. English

Place Secured	Name of the Student	Reg. No:	Class
I Place	Clevan Deekshith	U05MC23S0020	III FND
II Place	Joslin Joyson	U05MC23C0033	III B.COM
III Place	Nihal	U05MC25C0131	I BCA AI

2. Kannada

Place Secured	Name of the Student	Reg. No:	Class
I Place	Clevan Deekshith	U05MC23S0020	III FND
II Place	Leesha	U05MC23C0018	III BBA
III Place	Nihal	U05MC25C0131	I BCA AI
III Place	Joslin Joyson	U05MC23C0033	III B.COM

**3. Hindi**

Place Secured	Name of the Student	Reg. No:	Class
I Place	Jason Correa	U05MC24S0084	II BHS
II Place	Sharal	U05MC23S0065	III BCA
III Place	Maskan Gupta	U05MC23C0044	III B.COM

4. Konkani

Place Secured	Name of the Student	Reg. No:	Class
I Place	Jason Correa	U05MC24S0084	II BHS
II Place	Clevan Deekshith	U05MC23S0020	II BHS
III Place	Sharal	U05MC23S0065	III BCA

Compered the programme. The event concluded with a vote of thanks delivered by Srushti T. Rai, I.B.Sc. FND, acknowledging the contributions of all involved.

HINDI DIVAS

The Department of Hindi of Milagres College, in collaboration with the IQAC, organised a celebration of Hindi Diwas on September 17, 2025, at 11.30 a.m. in Room No. 401. The programme aimed to encourage the use of Hindi; he emphasised that all languages

must be given equal importance, as no language is small or big; its significance depends on the need and context of its usage. Nizamuddin (I B.Com) spoke on the significance of the day. The event coordinators, Ms Shravya N. and Ms Vandana, were present. In various states, they encouraged everyone to speak Hindi and promote its usage. Rev. Dr Alwyn Serrao, Principal of Milagres College, presided over the programme and addressed the students in his presidential address. The chief guest of the event was Dr Parashuram G Malage, Principal, Besant Evening College, Mangaluru. In his address, Dr Malage spoke about the present condition of Hindi. A total of 75 students actively participated in the celebration. Nishmitha, II B.Sc. FND, extended a warm welcome to the gathering, while Princl D'Costa, I.B.Sc. FND, efficiently





KONKANI SANGHA

Report on Konkani Manyatha Divas: Milagres College organised Konkani Manyatha Divas on 22

August 2025 in the College Auditorium. The objective of the programme was to celebrate the official constitutional recognition of the Konkani language, promote and preserve Konkani language, literature, and culture, and foster



cultural understanding and unity among its diverse speakers and the broader community. The Chief Guest, Mr Wilfred Lobo, a renowned Konkani writer, addressed the students. In his message, he encouraged students to actively read Konkani magazines and books, highlighting that doing so would help deepen their understanding and appreciation of their mother tongue. Furthermore, he urged students to come forward and contribute by writing in Konkani, whether through stories, poems, essays, or articles. He stressed that such participation would not only enrich the literary landscape but also instil a sense of pride and responsibility in preserving the cultural heritage of Konkani. In his presidential address, Rev. Dr Alwin Serrao emphasised the importance of preserving and promoting the Konkani language among the younger generation. On this occasion, Ms Remona Evette was felicitated for her achievement.

Report on ‘Gumat Ginyan’ Ghumta Training Workshop

Milagres College, in collaboration with Maand Soban, organised a one-day Ghumat training programme titled “**Ghumat Ginyan**” on November 27, 2025, at 9:00 a.m. in the



College Auditorium to promote Konkani cultural heritage among the youth and revive the traditional Ghumat art form. The programme was presided over by the Principal of the College, Rev. Dr Alwin Serrao, who warmly welcomed the gathering and highlighted the importance of preserving Konkani folk traditions. The event was also graced by Mr Luvi Pinto, President of Maand Soban, and Mr Kishore Fernandes, Member of Maand Soban. The programme was inaugurated in a



unique and culturally rich manner with the rhythmic beats of the Ghumat, symbolising the beginning of an immersive learning experience. The training sessions were conducted by skilled Ghumat trainers Mr Joel Pereira, Ms Jasmine Lobo, Ms Nicole Moras, and Mr Delton Lobo, along with Mr Austin D'Souza, Secretary of the Konkani Sangh. The day-long training equipped students with hands-on knowledge of Ghumat playing techniques. The programme concluded with an impressive Ghumat performance by the participants, followed by the distribution of certificates. A total of 40 students actively took part in the training, making the programme a meaningful step towards preserving and celebrating Konkani cultural heritage.

KANNADA SANGHA

Report on Kannada Rajyotsava
Celebration: On October 28, 2025,

the Kannada Association, in association with the Internal Quality Assurance Cell of Milagres College, Mangaluru, organised a lecture on Kannada language and literature on the occasion of the 79th Kannada Rajyotsava.

Rev. Dr Alwin Serrao, Principal, presided over the programme. Mr Karthik Padre, President of Sirichandana Kannada Yuvabalaga, Kasaragod, was the resource person. Addressing the gathering, he spoke about the active role of emotional intelligence in the learning process. He emphasised that no language is inferior and that every language has its own importance, rich culture, and heritage.



Report On Basava Jayanti Celebration

Milagres College, Mangalore organised a Basava Jayanti Celebration on 23rd April 2026 at the First Floor Auditorium to commemorate the life and teachings of Jagadguru Basavanna and to promote the values of equality, social reform, and ethical living among students. The program was organised in collaboration with Kannada Sangha. The resource person for the event was Mrs Mamatha Shetty. Ms Preemal Riya Crasta, Special Event Coordinator, coordinated the





program. The program began with a prayer, followed by a welcome address by the Special Event Coordinator, who welcomed the resource person and students. As a mark of respect, floral tributes were offered to the portrait of Jagadguru Basavanna.

The resource person, Mrs Mamatha Shetty, delivered an insightful speech on the life, philosophy, and social reforms of Basavanna, emphasising the importance of equality, simplicity, and moral values in society. Around 70 students participated in the program. The event was compered by Ms Raksha (IBBA) and concluded with a vote of thanks by Ms Saniya (II BCA). The celebration was a meaningful event that inspired students to reflect on the teachings of Basavanna and reinforced the importance of unity, equality, and ethical living.

PTA

Report on PTA Executive Committee Meeting and Member Induction:

The PTA Executive Committee meeting was held on October 13, 2025, in the College Conference Room at 3:30 p.m. The meeting was attended by 11 members, along with Rev. Dr Alwin Serrao, Principal; Mrs Sowmya



Kotian, PTA Coordinator; Mrs Glanciya Fernandes; Mrs Chethana Kumari; and other PTA members. During the meeting, Mrs Supriya Rai was selected as a new PTA member representing parents. The principal and members welcomed her to the committee and appreciated her willingness to contribute towards the activities of the association.

Report on PTA Meeting and Parent-Teacher Interaction Session

A meeting of the parents and teachers of the first-year students of our college was held in the ground-floor auditorium on November 25, 2025, from 1:00 p.m. The parents/guardians, along



with their children/wards, met the respective class coordinators individually. The performance of each student was evaluated based on their first internal examination, class attendance, and overall behaviour. The programme was coordinated by Mrs Sowmya Kotian, the PTA Coordinator, under



the guidance of our Principal, Rev. Dr Alwin Serrao. Around 250 parents and students actively participated in the parent-teacher interaction process.

Report on the Parent-Teacher Meeting of Second-Year Students

A meeting of the parents and teachers of the second-year students was held in the ground-floor auditorium on 15 May 2026 from 1 pm onwards. The parents/guardians, along with their children/wards, met the respective class coordinators individually. The performance of



each student was evaluated with reference to their first internal examination, class attendance, and overall behaviour. The programme was arranged by Mrs Sowmya Kotian, the PTA Coordinator, under the guidance of our Principal, Rev. Dr Alwin Serrao. Around 245 parents and students actively participated in the parent-teacher interaction process.

CULTURAL ASSOCIATION

Report on National Sports Day: On August 30, 2025, Milagres College, Mangalore, commemorated National Sports Day with a vibrant event held in the college auditorium. The celebration paid homage to the legendary hockey player Major Dhyan Chand, whose birth anniversary is observed



nationwide on August 29 as National Sports Day. The programme commenced with a floral tribute to Major Dhyan Chand, acknowledging his monumental contributions to Indian sports. Following this, Ms Samitha, a faculty member from the BCA department, led the gathering in an oath ceremony, emphasising the importance of sportsmanship and dedication. Rev. Dr Alwin Serrao, the college principal, delivered the presidential speech, highlighting the importance of sports in holistic education and personal development. Ms Sharal, a student from III BCA, delivered an insightful briefing on Major Dhyan Chand's life and achievements, highlighting his role in securing India's Olympic gold medals in 1928, 1932, and 1936. Mr Gavin of III B.Com warmly welcomed



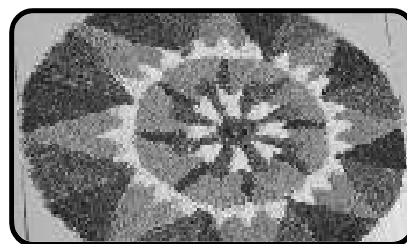
the attendees, and Zameel of III B.Com expressed gratitude to all participants and organisers, acknowledging their efforts in making the event successful. The programme was compered by Nishitha of III BCA, ensuring a smooth flow of events.

Report On Poo Kalam Competition

The Cultural Association of Milagres College, in collaboration with IQAC, organised a Poo Kalam Competition on September 11, 2025, in the college auditorium at 3:00 PM. The competition aimed to promote teamwork, cultural values, and the use of eco-friendly materials, while spreading festive joy and enhancing participants' aesthetic sense. The main objective of the Poo Kalam Competition was to encourage students to showcase their creativity and artistic skills through traditional floral designs. A total of 14 teams actively participated. The participants' work was judged based on creativity, colour combination, neatness, and overall presentation. First place was secured by II BHS, second place by III ID, and third place by I B.Com.

Report on the Celebration of Onam 2025

Onam was celebrated with great joy and enthusiasm on 13 September 2025 at the college grounds from 11:00 a.m. to 1:30 p.m. The celebration began on a traditional note with the distribution of sweet payasam to all students and staff, setting a festive and cheerful atmosphere across the campus.



The programme featured a variety of cultural and recreational activities that beautifully reflected the spirit of Onam. Students presented vibrant dance performances, captivating the audience with their energy and coordination. Several fun-filled games were organised for both staff and students, encouraging active participation and strengthening bonds within the college community. A major highlight of the celebration was the grand royal entry of King Maveli, accompanied by the rhythmic beats of the traditional chende and decorated vehicles. Students enthusiastically joined the procession, dancing to the lively beats, which added colour and cultural richness to the event. Another special attraction was the department-wise Vadamvali (tug-of-war) competition for students. The winners were honoured with banana bunches, symbolising the traditional style of celebrating victory during Onam. The programme was compered by Mushpic of II B.Com., who also delivered the vote of thanks. The celebration successfully showcased the rich cultural heritage of Kerala and fostered unity, joy, and togetherness among all present.



Report On Talents Day

The Cultural Association of Milagres College, in collaboration with IQAC, organised a Talents Day Variety Competition on November 21, 2025, in the rooftop auditorium at 9:30 AM. The competition aimed to provide a platform for individuals to showcase their unique skills, build confidence, foster creativity, and encourage self-expression. Rev. Fr. Alwin Serrao, Principal, presided over the programme, and Ms Tressy Pinto, Student Welfare Officer, and Ms Samitha, Cultural Coordinator, were also present. The theme for the competition was Different State Cultures of India. Mrs Sushma Manoj, HOD, MITE Technical and Professional Education, and Mr. Jaison Sequeira, Geneticist, served as judges for the event. The students of FND bagged first place, while the students of the ID&D Department secured the second position. Student groups from all classes participated enthusiastically in the competition. More than 500 students gathered for the programme.



Report on Dasara Piligobbu

The Cultural Association of Milagres College, in collaboration with IQAC, organised a celebration of Dasara Piligobbu on 30th September 2025 at 2:00 p.m. in the Milagres Ground. The college celebrated the festival of Dasara with great enthusiasm and cultural spirit. The event featured a fusion performance of beatboxing and dance by the students of Milagres College. The main attraction of the celebration was Pili Nalike (Tiger Dance). Mrs Mamatha addressed the gathering and spoke about the importance and history of Dasara, explaining how it symbolises the victory of good over evil and the cultural values associated with the celebration. Following her address, the Principal, Dr Alwyn Serrao, delivered a speech emphasising Mangalore's rich cultural heritage and the importance of preserving traditional values in modern times. He also extended his warm wishes to all Hindu students and staff on the occasion of Dasara. The programme concluded with expressions of joy and togetherness, reflecting the spirit of unity and festivity that Dasara represents. A total of 670 students actively participated in the celebration.





Report on Gandhi Jayanti Celebration

All the Milagres institutions, including CBSE, PUC, Nursing, and Degree College, celebrated Gandhi Jayanti on 2nd October 2025 at 8:30 a.m. in the Degree College Auditorium. The program commenced with the Master of Ceremonies conducted by Mrs Mamatha, followed by a prayer led by CBSE teachers. The welcome address was delivered by Mrs Jyothi Ratna, marking the formal beginning of the celebration. A special tribute to Mahatma Gandhi was presented through a soulful song performance by Ms Shaila and her team. Subsequently, all the dignitaries offered flowers to the photograph of Mahatma Gandhi as a mark of respect. The celebration featured a speech by Mr Denzil Pinto, who highlighted the core values of non-violence, simplicity, ahimsa, and truthfulness, emphasising the importance of following Gandhi's principles in daily life. This was followed by an inspiring message from the Principal, Rev. Dr Alwyn Serrao, who encouraged everyone to lead their lives with the same integrity, discipline, and compassion as Mahatma Gandhi. The program concluded with a vote of thanks delivered by Ms Preemal Riya Crasta. The event was attended by all teaching and non-teaching staff along with students, reflecting the collective respect and admiration of the Milagres community for the Father of the Nation.



Report on Christmas Day Celebration'

The 'Feliz Navidad – Christmas Celebration' was held at the Milagres College Auditorium, Hampankatta, Mangaluru, on 4th December 2025 at 2:00 p.m. Rev. Fr. Antony Clany D'Souza, Director of Gladsome Home, Mangaluru, graced the programme as the Chief Guest. In his message, he highlighted that **“Christmas is a festival celebrated in harmony by people of all faiths. This celebration, which includes everyone, stands as a symbol of unity and togetherness.”** The celebration was filled with festive cheer as students presented melodious Christmas carols and vibrant dance performances, adding colour and joy to the event. A special appearance by Santa Claus brought excitement and delight, especially as he interacted with the audience and spread the message of





goodwill. Rev. Dr Alwyn Serrao, Principal and Campus Director, presided over the programme. Vice Principal Mrs Glencia Fernandes, IQAC Coordinator Mrs Chethana Kumari, faculty members, and students were present on the occasion. Mr Joel Mascarenhas welcomed the gathering, while Ms Preemal Riya Crasta delivered the vote of thanks. Mrs Melita Crasta compered the programme. A total of 330 students actively participated in the celebration.

Fostering Unity Through Iftar Celebration

In a beautiful expression of communal harmony and cultural inclusiveness, Milagres College, Mangalore, organised an Iftar Celebration on 11 March 2026 at 6:00 PM. The programme brought together students, faculty, and dignitaries in a spirit of unity, respect, and



togetherness. The formal function was held in the First Floor Auditorium, followed by the Iftaar gathering at the Rooftop Auditorium. The programme was presided over by Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions, and Prof. Ismail attended the event as the Chief Guest. The occasion was also graced by Rev. Dr Alwin Serrao, Principal of Milagres College; Dr Diana Lobo, Principal of Milagres College of Nursing; Fr. Udaya Fernandes, Principal of Milagres CBSE School; and Mr Melwyn Vas, Principal of Milagres PU College. The celebration was generously sponsored by Mr Moh Azmal, Mr Nauseef Hussain, and Mr Nawaz Naringana. Ms Preemal Riya Crasta, Special Event Coordinator, coordinated the event.

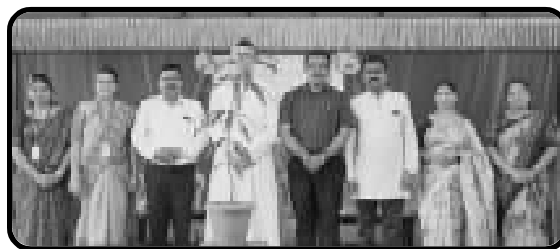
Mr Aakash Shetty, Iftar Faculty Coordinator, played a key role in organising the programme and ensured its smooth and successful conduct with the support of the Student Coordinator, Mr Moh Shabil. The formal session began with a welcome address by Ms Shravya N., while Ms Nawshin compered the programme. In his address, Prof. Ismail spoke on the spiritual significance of Ramadan and emphasised the importance of compassion, self-discipline, and unity. In his presidential address, Rev. Fr. Bonaventure Nazareth highlighted that Milagres Institutions celebrate all festivals with equal respect to promote harmony and inclusiveness. He noted that such celebrations embody the values of equality, unity, and mutual respect that the institution strives to instil in its students. Speaking on the occasion, sponsor Mr Moh Azmal reflected on the importance of remembering one's roots, while Mr Nawaz Naringana explained the meaning and values of the holy month of Ramadan. More than 500 students participated in the celebration, making it a vibrant



and memorable event. The formal programme concluded with a vote of thanks proposed by Mr Hisham. The gathering then moved to the Rooftop Auditorium, where students and staff came together to break the fast and share fruits, juice, water, and biryani. This shared meal added warmth and meaning to the celebration, fostering friendship and a deeper sense of community among all present. The Iftar Celebration was a significant and heartening occasion that strengthened the spirit of unity and cultural understanding on campus. It served as a reminder that festivals, beyond their religious importance, can also become moments of togetherness that bring people closer in mutual respect and harmony.

A WORKSHOP ON B.COM IV SEMESTER SEP CURRICULUM

A workshop on the B.Com IV Semester SEP (Skill Enhancement Program) curriculum was organised on February 21, 2026, at Milagres College in collaboration with the Mangalore University Commerce and Tax Association (MUCTA). The programme was inaugurated by the Principal, Rev. Dr Alwin Serrao, by watering a plant sapling. In his inaugural address, he highlighted the relevance of the revised curriculum and stressed the importance of quality teaching. He emphasised that practical classes should be strengthened rather than focusing excessively on theory, as this would make students more active and engaged. He further noted that, in today's competitive era, the responsibility of shaping proactive learners rests largely with teachers.



Parallel sessions were later conducted on the IV Semester B.Com subjects, where faculty members from various colleges served as resource persons and deliberated on syllabus topics. The sessions were handled as follows:

- Cost and Management – II: Prof. Hyderali and Prof. Harish Nayak
- Corporate Accounting – II: Dr Nayana (Government First Grade College, Kaup) and Mrs Sandhya (Government First Grade College, Uppinangady)
- Direct Taxes – II: Dr Ravi M.N. and Mr Sandeep K. Basrur



- Human Resource Development – II: Mrs Anasuya (Canara College, Mangaluru) and Dr Sona (MSRS College, Shirva)
- Finance – II: Dr Roshni Yashwant (Government First Grade College, Kaup) and Mr Naveen Acharya (Government First Grade College, Beltangady)
- Marketing – II: Dr Lokesh (Government First Grade College, Haleyangady) and Dr Hariprasad (Government First Grade College, Uppinangady)
- Accounting – II: Mr Prashanth Allison (MAPS College) and Mrs Lavina (Canara College)
- Skill Enhancement – PBL: Mr Manoj Louis (Government First Grade College, Karkala) and Mr Gangadhara (Government First Grade Women’s College, Balmatta)

Among those present on the dais were Dr Udaya Shetty K., Secretary, MUCTA; Ms Sahana Shetty, Joint Secretary, MUCTA; Ms Shobhitha T. S., Treasurer, MUCTA; and Mrs Chethana Kumari, IQAC Coordinator of Milagres College. Dr Ravi M.N., President of MUCTA, delivered the welcome address. Dr Asha Jyothi, Head of the Department of Commerce at Milagres College, explained the objectives and significance of the workshop. The programme concluded with a vote of thanks proposed by Mr Udaya Shetty K., Secretary, MUCTA.

BHASHA SANGAM

National-Level Workshop on “Content Writing as a Profession: From Script to Screen: A one-day national-level workshop titled “Content Writing as a Profession: From Script to Screen” was organised by the Department of Languages, Milagres College, in collaboration with the Internal Quality Assurance Cell (IQAC), on February 28, 2026, at the college auditorium. The programme was inaugurated by Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions. In his inaugural address, he stated that in today’s digital era, such creative workshops significantly complement





academic learning. He encouraged students to utilise such platforms to enhance their creative and professional competencies. Rev. Dr Alwin Serrao, Principal and Workshop Director, welcomed the gathering and observed that in an era driven by artificial intelligence, initiatives like these play a vital role in fostering creativity, critical thinking, and originality among students. The keynote resource person, Mrs Disha Prabhu, Co-founder and Creative Director of Alter Marketing Solutions, spoke on the scope and challenges of content creation in digital media. She highlighted the increasing demand for skilled content writers in marketing, branding, and social media. Dr Gawtham Jyothsna, Assistant Professor, Department of English, Besant Women's College, delivered a special lecture on the creative dimensions of screenplay writing and the transition from script to screen, providing practical insights into storytelling techniques. Nearly 150 students, along with faculty members and language enthusiasts from various colleges, actively participated in the interactive sessions and gained valuable exposure to professional opportunities in writing. Certificates were distributed at the conclusion of the workshop. The event was coordinated by Prof. Sowmya Kotian, Mrs Mamatha Shetty, Ms Priya Bhat, Ms Nawshin Banu, and Mrs Pramila Mascarenhas. Ms Manjusha, Program Coordinator, proposed the vote of thanks, and Assistant Professor Shravya N. compered the programme.

‘EXCELSO-2026’

National-Level Inter-Collegiate Commerce and Management Fest

Excelso-26, a one-day national-level inter-collegiate Commerce and Management Fest, was successfully organised on March 07, 2026, at Milagres College, Mangaluru, under the joint auspices of the Internal Quality Assurance Cell (IQAC) and the Department of Commerce and Management.



The program was inaugurated by entrepreneur Mr Ranganath C. Kini, who, in his address, emphasised the importance of such inter-college festivals in shaping students' lives and enhancing their personality development. He highlighted that these events provide an excellent platform for students to prepare themselves for the competitive world. The function was presided over by Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions. In his presidential



address, he stressed that along with academic excellence, participation in such competitions is vital for students to showcase their talents, creativity, and abilities. Rev. Dr Alwin Serrao, Principal of Milagres College, extended his best wishes for the success of the program. The fest witnessed enthusiastic participation from around 150 students representing 26 degree colleges. A variety of competitions were organised for undergraduate students, including Best Manager, Quiz, Marketing, Treasure Hunt, and Reel Making, providing a dynamic platform for students to exhibit their skills and competencies. During the inauguration ceremony, Ms Leesha Lobo, Student Coordinator, was present on the dais. The welcome address was delivered by Mr Royston D'Cunha, III BBA Student Coordinator. Mrs Rohitha Melita Crasta, Lecturer in the Department of Commerce and Program Coordinator, proposed the vote of thanks. Ms Saliha of II BBA efficiently compered the event. Overall, “**Excelso-26**” was a grand success, fostering competitive spirit, creativity, and holistic development among students.

“ANWESHAN-2026”

A National Level Paper Presentation Competition

Milagres College organised the National-Level Paper Presentation Competition “**Anweshan-2026**” on April 16, 2026, at 9:30 a.m. in the college auditorium. The event was conducted under the aegis of the Internal Quality Assurance Cell (IQAC) to promote a research culture among



students under the theme “**Research to Find Solutions.**” The program commenced with a welcome address by Muskan Gupta of III B.Com, followed by the traditional lighting of the lamp and a prayer by the college choir, invoking blessings for the successful conduct of the event. Tenzil of III B.Com anchored the session. The event was presided over by Principal Rev. Dr Alwin Serrao. The chief guests and judges for the occasion included Dr Jeevan Lionel Joseph Pinto, Associate Professor and Head of the Department of MCA at AIMIT, St Aloysius Deemed to be University, and Dr Babitha Rohit, Associate Professor in the Department of Business Administration at St Joseph Engineering College. Also present were IQAC Coordinator Mrs Chethana Kumari and Dr Asha Jyothi, Head of the Department of Commerce and Convener of the program. Addressing



the gathering, Dr Jeevan Pinto highlighted the importance of research methodology, critical thinking, and systematic investigation. Dr Babitha Rohit spoke on the essentials of research paper writing, emphasising structure, clarity, and academic integrity. In his presidential address, Rev. Dr Alwin Serrao motivated students to engage in research and strive actively for academic excellence. A total of 31 students participated in the competition, presenting research papers on diverse topics.

The winners of the competition were:

- First Place: Saniya PT, Alva's College
- Second Place: Arin Miranda, Shri Bhuvanendra College
- Third Place: Clevan Deekshith, Milagres College

The event was coordinated by student organisers Muskan Gupta (III B.Com) and Vinson D'Souza (II B.Com) with the support of faculty members. The program concluded with a vote of thanks proposed by Dr Asha Jyothi.

APEX RUN 2026 – “*RUN BEYOND LIMITS*”

Milagres College, in association with ICYM Mangalore Diocese and Mangalore Runners Club, successfully organised “Apex Run 2026” on 10th May 2026 at the Milagres College Campus, Mangaluru. The mega marathon event was conducted to promote fitness, health awareness, youth engagement, and community participation. The event witnessed an overwhelming response with a total

participation of 1450 runners from various educational institutions, organisations, fitness communities, and the general public, making it one of the most vibrant and energetic fitness events in the region. The programme was presided over by Rev. Fr. Bonaventure Nazareth, Correspondent, Milagres Educational

Institutions. The Chief Guest for the event was Msgr. Lawrence Maxim Noronha, Vicar General of Mangalore Diocese. The event was also graced by Rev. Dr Alwin Serrao, Principal and Campus





Director of Milagres College; Fr. Ashwin Lohith Cardoza, Director of ICYM Mangalore Diocese; Clyde Adams Dsouza, Event Coordinator; Floyd Vincent Pinto, Student Coordinator; and Vijoy Ashwin Cardoza, President, ICYM Mangalore Diocese. The marathon activities commenced at around 5:20 AM at the Milagres College Campus with an energetic Zumba session conducted by Hardika Shetty, which created enthusiasm and excitement among all participants. The event was further energised with music and entertainment managed by DJ Vajra. Floyd Pinto compered the programme. Following the warm-up session, the official flag-off ceremony was conducted by the Chief Guest, Msgr. Lawrence Maxim Noronha. The 10 KM Run was flagged off at 5:40 AM, followed by the 5 KM Run at 5:50 AM, and the 3 KM Run at 6:00 AM. The event was conducted smoothly with proper route management, hydration support, volunteer coordination, medical assistance, and police support throughout the marathon route, ensuring the safety and comfort of all participants.

Winners of Apex Run 2026

5 KM Men's Category

- 1st Place – Govind Raj (Bib No. 5814)
- 2nd Place – Santosh Kumar (Bib No. 5785)

5 KM Women's Category

- 1st Place – Dhanya Prabhu (Bib No. 5558)
- 2nd Place – Jessica Sarojam (Bib No. 5560)

10 KM Men's Category

- 1st Place – Chennakeshava G L (Bib No. 10227)
- 2nd Place – Ravi Modanthyar (Bib No. 10232)

10 KM Women's Category

- 1st Place – Jayashree B R (Bib No. 10228)
- 2nd Place – Jasmitha Kondenkiri (Bib No. 10332)

The Reels Making Competition winner was Lavita Vas.

The Lucky Bib Number Winner was Shravan (Bib No. 10169). The Special Trophy for the organisation with the highest number of participants was awarded to Mangalore Runners Club for registering 75 participants. The organisers expressed their heartfelt gratitude to all sponsors,



volunteers, staff members, police personnel, medical teams, participants, and supporting organisations for contributing towards the grand success of Apex Run 2026. The event concluded successfully with the inspiring message “**Run Beyond Limits,**” encouraging people to adopt a healthy and active lifestyle.

LIBRARY ASSOCIATION

Report on Student Capacity Building Programme on Books Are Our Best Friends: The Library and Alumni Association, in collaboration with the IQAC, organised a Student Capacity Building Programme on the topic “**Books Are Our Best**



Friends” on March 10, 2026, at 2:45 p.m. in the College Library for the members of the Library Association. The main objective of the programme was to develop and improve students’ reading habits and to encourage them to make effective use of library resources for their academic and personal growth. The resource person was Ms Divyshree, an alumna and faculty member of the B.Sc. FND Department of Milagres College, Mangaluru. Addressing the students, she stated that the library is an important part of a student’s life. She explained that the library is not merely a place for storing books, but a centre for learning, research, and intellectual development. She encouraged the students to develop the habit of visiting the library regularly to enhance their knowledge beyond classroom learning. IQAC Coordinator Mrs Chethana Kumari and Alumni Association representative Mrs Sowmya Kotian were present for the session. The programme began with a welcome address by Librarian Mrs Pramila D’Souza, who also introduced the resource person. Ms Leesha Lobo, Library Secretary, proposed the vote of thanks. Around 100 students participated in the programme.

Report on Book Review Competition

The Library Association organised a Book Review competition on 08 April 2026 at 2:00 p.m. in the classroom. The event aimed to encourage students to express their thoughts in their own words through writing. Students selected books in English, Kannada, and Konkani according to their interests and prepared reviews. A total of 15 students participated in the competition and



presented their reviews. As part of the event, students also delivered PowerPoint presentations based on their book reviews.

The winners of the competition were:

English Book Review

I Place: Shama Shridha (II BCAAI)

II Place: Spoorthi (II BCAAI)

III Place: Nikil Lance Lewis (II BBA)

Konkani Book Review

I Place: Sharal Rodrigues (III BCA)

II Place: Leesha Vinisha Lobo (III BBA)

III Place: Royston Jhowin D Cunha (III BBA)

Kannada Book Review

I Place: Anusha Hegde (III FND)

II Place: Shravani (III FND)

III Place: Suchitra Timmayya Naik (III FND)



ECO AND LIFE SCIENCE ASSOCIATION

Report on Green Initiative: “Go Green–Plant a Sapling”
Programme: The Eco and Life

Science Association organised “Go Green – Plant a Sapling” on March 21, 2025, during the EC/CC Hour. The event began with a prayer song by II FND students, followed by an address

by Ms Shaila Moras, who highlighted the importance of planting saplings and adopting sustainable practices such as growing in bags and terrace gardening. A total of 30 students sowed seeds in their growing bags, which Ms Moras and Ms Krishnaveni symbolically watered. Rev. Dr Michael L. Santhumayor, Principal, spoke on environmental responsibility, and students were also informed about the Classroom Cleanliness Drive. Mr Clevan of II FND compered the event and successfully promoted student participation in sustainability.





Report on Nature Through the Lens – Photography Competition

In association with the Internal Quality Assurance Cell (IQAC), the Eco and Life Science Club conducted a Nature Photography Competition on April 19, 2024. Students captured photographs within the college campus showcasing landscapes, flora, fauna, and natural textures, aiming to raise awareness about the importance of nature. A total of 19 students participated in the competition. Andly Aston Walder of II B.Com. secured first place, Surayya Sadaf of III ID&D secured second place, and Diona Rebello of III ID&D secured third place. The event encouraged students to observe and appreciate the beauty of their natural surroundings.

HOSPITALITY SCIENCE ASSOCIATION

Report on the Mixology Workshop for Hospitality Students on World Bartenders' Day: The Department of Hospitality Science, in collaboration with the Hospitality Association and the Internal Quality Assurance Cell (IQAC), organised a Mixology Workshop on the occasion of World Bartenders'



Day on 24th February 2026 at Milagres College, Hampankatta. The workshop was conducted in Room No. 401 to provide students with practical exposure to professional bartending and beverage preparation techniques. The programme commenced with a formal inaugural session. The welcome address was delivered by Mr Denzil D'Costa, Head of the Department, highlighting the relevance of mixology and bartending skills in the hospitality industry. As part of the formal function, sparkling wine was ceremoniously popped by the chief guest, marking the celebration of World Bartenders' Day. Rev. Dr. Alwin Serrao, Principal and Campus Director, presided over the programme and addressed the gathering, emphasising the importance of skill-based learning and industry exposure in hospitality education. The workshop was conducted by eminent industry professionals Mr Akash Kottary, Assistant Bar Manager, Soma, London, and Mr Yathish Kumar Vasanth, Head Bartender, The Racketeer. The resource persons shared their professional experience and conducted an interactive session covering mocktail and cocktail preparation, handling of bar tools, hygiene and safety practices, flavour balancing, and innovative presentation techniques. The workshop



encouraged hands-on participation and active student interaction. A total of 66 students participated in the workshop and benefited from the practical demonstrations and expert guidance provided by the resource persons. The programme was compered by Mr Floyd Pinto, Student, ensuring smooth coordination of the session. The vote of thanks was proposed by Mr Roshan Coelho, Faculty, acknowledging the efforts of the resource persons, organisers, and participants.

Report on Mocktail and Cocktail Making Competition Enhancing Practical Skills

The Hospitality Association, in collaboration with the Department of Hospitality Management and the Internal Quality Assurance Cell (IQAC), organised a Mocktail and Cocktail Making Competition on 24th February 2026 at Milagres College, Hampankatta, as part of the World Bartenders' Day programme. The competition was conducted at 3:00 p.m., with enthusiastic participation from students of the Department of Hospitality Management. Participants demonstrated their skills in beverage preparation, creativity, presentation, hygiene, and time management. The competition was judged by industry experts Mr Akash Kottary, Assistant Bar Manager, Soma, London, and Mr Yathish Kumar Vasanth, Head Bartender, The Racketeer. The judging criteria included originality, taste, balance of flavours, presentation, and overall professionalism. Participants impressed the judges with their innovative ideas, teamwork, and confidence. The competition concluded with feedback from the judges, who appreciated the students' efforts and encouraged them to continue refining their skills. Overall, the Mocktail and Cocktail Making Competition was highly engaging and served as an excellent experiential learning activity, enhancing students' industry readiness.



Report on Chocolate Making Workshop Conducted for Hospitality Science Students

The Department of Hospitality Science, in association with the Internal Quality Assurance Cell, at Milagres College organised a Chocolate Making Workshop for its students on March 3, 2026, at 10:00 a.m. in the Training Kitchen. The programme was conducted as part of the department's commitment to experiential learning and industry-academia engagement. The resource person for the session was Mr Joswin Braggs (Batch 2019–2022), an alumnus of the department and currently working as a Pastry Chef (CDP) at Comorin. He previously served as DCDP at The Oberoi, Mumbai, and completed his industrial training at Courtyard by Marriott, Bengaluru, and Hilton Bangalore Embassy GolfLinks. The workshop focused on chocolate tempering techniques,



moulding, the preparation of filled chocolates, decorative elements, and professional finishing methods followed in fine dining establishments. Students actively participated and interacted with the resource person during the demonstration and Q&A session.

The programme witnessed the enthusiastic participation of 70 students from the Department of Hospitality Science. It significantly enhanced the students' practical skills in confectionery production and provided valuable industry exposure. The alum interaction also served as a source of motivation, demonstrating career progression in the hospitality sector. The workshop aligned with the institution's quality initiatives by promoting skill development, experiential learning, and strengthening alum and industry engagement.

ANNUAL SPORTS MEET 2025

A Day of Energy, Team Spirit, and Achievement

The Annual Sports Meet of Milagres College was conducted on November 11, 2025, at the Mangala Stadium. The programme was inaugurated by Dr Gerald Santosh D'Souza, Director of Physical Education, Mangalore University. In his inaugural address, he emphasised that sports play a significant role in enhancing both the mental and

physical well-being of students. He further noted that modern dietary habits are causing adverse effects on health and stressed the importance of maintaining physical fitness from an early age. Presiding over the event, the principal of Milagres College, Rev. Dr Alwin Serrao, remarked that sports are an essential activity for strengthening the physical capabilities of students.

The programme was attended by Vijayalakshmi, President of the college PTA association; Fr Joseph Uday Fernandes, Principal of Milagres CBSE School; and Melwin Vas, Principal of the Pre-University College. A march-past by students from various departments formed a significant part of the event. Ms Manjusha introduced the dignitaries; Ms Lenisha compered the programme, and Mr Aakash Shetty, Physical Director, proposed the Vote of Thanks.





ANNUAL INTER-CLASS SPORTS REPORT

Milagres College organised a series of inter-class sports tournaments during the academic year 2025–2026, providing students with ample opportunities to participate in competitive games and indoor events. These tournaments encouraged physical fitness, teamwork, discipline, leadership, and sportsmanship among students. The events were conducted successfully across various dates and venues with active participation from both boys and girls.

Report on Inter-Class Volleyball Tournament (Girls)

The Inter-Class Volleyball Tournament for Girls was held from 21 to 23 August 2025 at the Milagres Volleyball Court. A total of 6 teams, comprising 36 students, participated in the tournament, which was conducted in a knockout format. The tournament witnessed enthusiastic participation and a strong competitive spirit among the students. All the teams played with determination and teamwork, making the event lively and engaging. The championship match was played between III BCom and a combined team of BHS and ID. In an exciting final, III BCom emerged victorious with a score of 15–10 and secured the championship title. Following the tournament, 10 talented players were selected to represent the college in the upcoming intercollegiate volleyball competition. The selected squad included 6 main players and 4 additional players. The tournament was successfully organised and provided an excellent platform for students to showcase their volleyball skills, team spirit, and sportsmanship.



Report on Inter-Class Kabaddi Tournament (Boys)

The Inter-Class Kabaddi Tournament for Boys was held from 2 to 9 September 2025 at the Milagres College Rooftop. A total of 11 teams participated in the tournament, which was conducted in a knockout format. The tournament witnessed active participation and a strong competitive spirit among the students.

All the teams played with enthusiasm, discipline, and sportsmanship, making the event exciting and memorable. The final match was played between BCAAI and BCA. The match was conducted in





a format of two sets of 20 minutes each. The BCA AI Department emerged as the winner and secured the championship title. The BCA AI Department was declared the champion of the tournament, while the BCA Department finished as the runner-up. The tournament was successfully organised and provided a valuable opportunity for students to showcase their strength, teamwork, and sporting spirit.

Report on Inter-Class Kabaddi Tournament (Girls)

The Inter-Class Kabaddi Tournament for Girls was held from 2 to 9 September 2025 at the Milagres College Rooftop. A total of 4 teams participated in the tournament, which was conducted in a league format. The tournament witnessed enthusiastic participation and healthy competition among the students. All the teams played with great energy, coordination, and sportsmanship, making the event interesting and competitive. The final match was played between III BCom and the FND Department. The match was conducted in a two-set format of 20 minutes each. III BCom emerged as the winner and secured the championship title. III BCom was declared the champion of the tournament, while the FND Department finished as the runner-up. The tournament was successfully organised and provided a good platform for students to demonstrate their strength, teamwork, and sporting spirit.



Report on Inter-Class Throwball Tournament (Girls)

The Inter-Class Throwball Tournament for Girls was held from 8 to 10 September 2025 at the Milagres Throwball Ground. A total of 8 teams participated in the tournament, which was conducted in a knockout format. Altogether, 72 students took part in the event. The tournament was conducted with great enthusiasm and active participation. The event witnessed keen competition, teamwork, and sportsmanship among all the participating teams. The thrilling final match was played between III BCom and BHS & ID. In an exciting contest, III BCom emerged victorious with a convincing score of 15–08 and secured the championship title. Based on their outstanding performance, 14 players were selected to represent Milagres College in the upcoming intercollegiate throwball competition. The selected squad included 9 main players and 5 additional players. The tournament was successfully organised and provided an excellent opportunity for students to showcase their throwball skills, team spirit, and sporting talent.



Report on Inter-Class Throwball Tournament (Boys)

The Inter-Class Throwball Tournament for Boys was held from 10 to 13 September 2025 at the Milagres Throwball Ground. A total of 11 teams participated in the tournament, which was conducted in a knockout format. Altogether, 90 students took part in the event. The tournament witnessed enthusiastic participation and a strong competitive spirit. The event provided students with an opportunity to display their teamwork, coordination, and sportsmanship. The thrilling final match was played between BHS (A) and BHS (B). In an exciting contest, BHS (A) emerged victorious with a convincing score of 25–20 and secured the championship title. Based on their outstanding performance, 14 players were selected to represent Milagres College in the upcoming intercollegiate throwball competition. The selected squad included 9 main players and 5 additional players. The tournament was successfully organised and served as an excellent platform for students to showcase their throwball skills and sporting talent.



Report on Inter-Class Basketball Tournament (Girls)

The Inter-Class Basketball Tournament for Girls was held on 12 September 2025 at the Milagres Basketball Court. The tournament was conducted in a knockout format. A total of 11 teams participated in the tournament, with 70 players in all, comprising 7 players per team. The event witnessed enthusiastic participation and a strong competitive spirit among the students. The final match was played between III BCA and III BCom. In an exciting contest, III BCA emerged as the winner with a score of 7–5 and secured the championship title. The tournament was successfully organised and provided an excellent opportunity for students to showcase their basketball skills, teamwork, and sportsmanship.



Report on Inter-Class Basketball Tournament (Boys)

The Inter-Class Basketball Tournament for Boys was held on 12 September 2025 at the Milagres Basketball Court. The tournament was conducted in a knockout format. A total of 11 teams participated in the tournament, with 70 players in all, comprising 7 players per team. The event witnessed enthusiastic participation and a strong competitive spirit





among the students. The final match was played between III BCA and III BCom. In an exciting contest, III BCA emerged as the winner with a score of 7–3 and secured the championship title. The tournament was successfully organised and provided an excellent opportunity for students to showcase their basketball skills, teamwork, and sportsmanship.

Report on Inter-Class Cricket Tournament (Girls)

The Inter-Class Cricket Tournament for Girls was held from 15 to 18 September 2025 at the Milagres College Ground. A total of 5 teams participated in the tournament, which was conducted in a knockout format. The tournament witnessed enthusiastic participation and competitive spirit among the students. All the teams played with determination and sportsmanship, making the event lively and enjoyable. The final match was played between III BCom and III BCA. The match was conducted in a 4-overs-per-side format. III BCA was given a target of 25 runs. III BCom won the match by 7 wickets and emerged as the champion. III BCom was declared the winner of the tournament, while III BCA secured the runner-up position. The tournament was successfully organised and provided an excellent opportunity for students to display their cricketing talent, teamwork, and sportsmanship.



Report on Inter-Class Volleyball Tournament (Boys)

The Inter-Class Volleyball Tournament for Boys was held from 12 to 19 September 2025 at the Milagres Volleyball Court. A total of 15 teams, comprising 110 students, participated in the tournament. The matches were conducted in a knockout format. The tournament witnessed enthusiastic participation and a strong competitive spirit among the students. All the teams played with energy, coordination, and sportsmanship, making the event exciting and memorable. The championship match was played between IBBA and BHS. In the final match, IBBA emerged as the winner with a score of 25–21 and secured the championship title. Following the tournament, 10 talented players were selected to represent the college in the upcoming intercollegiate volleyball competition. The selected squad included 6 main players and 4 additional players. The tournament was successfully organised and provided an excellent opportunity for students to display their volleyball skills, teamwork, and sporting spirit.





Report on Inter-Class Cricket Tournament (Boys)

The Inter-Class Cricket Tournament for Boys was held from 22 to 27 September 2025 at the Milagres College Ground. A total of 18 teams participated in the tournament, which was conducted in a knockout format. The tournament witnessed enthusiastic participation and healthy competition among the students. The matches were played with great team spirit and sportsmanship, making the event exciting and engaging for both players and spectators. The final match was played between ID and III BCA. The match was conducted in a 4-overs-per-side format. III BCA was given a target of 23 runs. ID emerged as the winner by 10 runs and secured the championship title. ID was declared the champion of the tournament, while III BCA finished as the runner-up. The tournament was a great success and provided a platform for students to showcase their cricketing skills, teamwork, and sporting spirit.



Report on Inter-Class Badminton Tournament (Boys)

The Inter-Class Badminton Tournament for Boys was held on 10 October 2025. A total of 20 players participated in the competition, which was conducted in a knockout format. The tournament witnessed enthusiastic participation and keen competition among the students. The players displayed skill, agility, and sportsmanship throughout the event, making the tournament exciting and enjoyable. The final match was played between I BHS and III BHS. In the final, Nehal of I BHS emerged as the winner, while Anush of III BHS secured the runner-up position. The tournament was successfully organised and provided a valuable platform for students to showcase their badminton skills and competitive spirit.



Report on Inter-Class Badminton Tournament (Girls)

The Inter-Class Badminton Tournament for Girls was held on 10 October 2025. A total of 15 players participated in the competition, which was conducted in a knockout format. The tournament witnessed enthusiastic participation and healthy competition among the students. The players displayed skill, agility, and sportsmanship throughout the event. The final match featured participants from 2nd BCom A and B teams. In

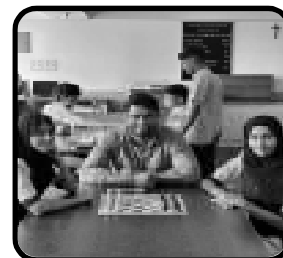




the final, Priya of 2nd BCom emerged as the winner, while Diya of 2nd BCom secured the runner-up position. The tournament was successfully organised and provided a valuable platform for students to showcase their badminton skills and competitive spirit.

Report on Inter-Class Chess Tournament (Girls)

The Inter-Class Chess Tournament for Girls was held on 18 October 2025. A total of 16 players participated in the competition, which was conducted in a knockout format. The tournament witnessed enthusiastic participation and keen competition among the students. The players displayed concentration, strategy, and sportsmanship throughout the event, making it both engaging and competitive. The final match was played between 2nd BCA (A) and 2nd BCA (B). In the final, Ayish Thafsiya of 2nd BCA emerged as the winner, while Tazemeen of 2nd BCA secured the runner-up position. The tournament was successfully organised and provided a valuable platform for students to showcase their chess skills and competitive spirit.



Report on Inter-Class Chess Tournament (Boys)

The Inter-Class Chess Tournament for Boys was held on 18 October 2025. A total of 20 players participated in the competition, which was conducted in a knockout format. The tournament witnessed enthusiastic participation and keen competition among the students. The players displayed concentration, strategy, and sportsmanship throughout the event, making it both engaging and competitive. The final match was played between 2nd BCA (A) and 2nd BCA (B). In the final, Zinaulla Sahir of 2nd BCom emerged as the winner, while Austin D'Souza of 3rd BCom secured the runner-up position. The tournament was successfully organised and provided a valuable platform for students to showcase their chess skills and competitive spirit.



Report on Inter-Class Football Tournament (Boys)

The Inter-Class Football Tournament for Boys was held from 23 to 29 October 2025 at the Milagres Football Ground. A total of 15 teams, comprising 150 students, participated in the tournament. The matches were conducted in a knockout format. The tournament witnessed enthusiastic participation and a strong competitive spirit among the students.





All the teams played with determination, teamwork, and sportsmanship, making the event exciting and memorable. The championship match was played between III BCom and II BCom. In the final match, II BCom emerged victorious with a score of 2–0 and secured the championship title. Following the tournament, 11 talented players were selected to represent the college in the upcoming intercollegiate football competition. The tournament was successfully organised and provided an excellent platform for students to showcase their football skills, teamwork, and sporting spirit.

Report on Inter-Class Football Tournament (Girls)

The Inter-Class Football Tournament for Girls was held on 29 October 2025 at the Milagres Football Ground. A total of 9 teams, comprising 45 students, participated in the tournament. The matches were conducted in a knockout format. The tournament witnessed enthusiastic participation and competitive spirit among the students. All the teams played with determination, coordination, and sportsmanship, making the event exciting and enjoyable. The championship match was played between III BCom and a combined team, BCA. In a closely contested final, BCA emerged victorious with a score of 7–6 and secured the championship title. Following the tournament, 11 talented players were selected to represent the college in the upcoming intercollegiate football competition. The tournament was successfully organised and provided an excellent platform for students to showcase their football skills, teamwork, and sporting spirit.



Report on Arm Wrestling Competition

Milagres College organised an Arm-Wrestling Competition on 10 November 2025 for both boys and girls in different weight categories. The event witnessed enthusiastic participation from students, who displayed strength, determination, and sportsmanship throughout the competition. The girls' competition was conducted in two categories: under 55 kg and above 55 kg. In the under 55 kg category, Diya of 2nd BCom emerged as the winner, while Sharal of 3rd BCA secured the runner-up position. In the above 55 kg category, Kadeejath Hasna of 3rd BCom won the title, and Fathima of 3rd BCom finished as the runner-up. The boys' competition was also held on the same day in three categories: under 60 kg, above 60–80 kg, and above 80 kg. In the under 60 kg category, Navadeo of





2nd BCom secured first place, while Prajith of 2nd BBA was the runner-up. In the above 60–80 kg category, Hunaiz of 3rd BBA emerged as the winner, and Azmaan of 1st BCAAI secured the runner-up position. In the above 80 kg category, Hunaiz of 3rd BBA once again won the title, while Azmaan of 1st BCAAI finished as the runner-up. The arm-wrestling competition was successfully conducted and provided an excellent platform for students to demonstrate their physical strength, confidence, and competitive spirit.

Report on Inter-Class Carrom Match (Boys)

The Inter-Class Carrom Match for Boys was held on 10 November 2025 in the Milagres College Library. A total of 30 teams participated in the tournament. The inter-class carrom match for boys was conducted with enthusiastic participation and competitive spirit. The tournament was held in one phase, with all matches conducted on the same day. The event provided an opportunity for students to display their concentration, skill, and sportsmanship. The thrilling final match was played between 2nd BCom and 3rd BCom in the college library. In an exciting contest, 3rd BCom emerged victorious against 2nd BCom and secured the championship title. The winning team comprised Mohammed Safwan and Anas, while the runner-up team included Mohammed Arfaaz and Zianulla. The tournament was successfully organised and served as an excellent platform for students to showcase their talent and competitive spirit in carrom.



Report on Inter-Class Carrom Match (Girls)

The Inter-Class Carrom Match for Girls was held on 10 November 2025 in the Milagres College Library. A total of 30 teams participated in the tournament. The inter-class carrom match for girls was conducted with enthusiastic participation and competitive spirit. The tournament was held in one phase, with all matches conducted on the same day. The event provided an opportunity for students to display their concentration, skill, and sportsmanship. The thrilling final match was played between 2nd BCom and 3rd FND in the college library. In an exciting contest, 2nd BCom emerged victorious against 3rd FND and secured the championship title. The winning team comprised Deepthi and Priya, while the runner-up team included Suchitra Naik and Muna Shareef. The tournament was successfully organised and served as an excellent platform for students to showcase their talent and competitive spirit in carrom.





CONSOLIDATED REPORT OF NSS ACTIVITIES

The National Service Scheme (NSS) Unit of Milagres College, Hampankatta, Mangaluru, in association with the Internal Quality Assurance Cell (IQAC) and various government and healthcare organisations, organised several community service, health awareness, environmental, and national integration programmes during the academic year 2025–26. These activities aimed at promoting social responsibility, environmental consciousness, leadership, and civic values among students. The details of the programmes conducted are presented below.

International Yoga Day

The NSS Unit celebrated International Yoga Day was held on 21 June 2025 to promote physical fitness, mental well-being, and a healthy lifestyle among students. A guided yoga session emphasising breathing techniques, meditation, and various yoga postures was conducted. The programme encouraged participants to incorporate yoga into their daily routine for holistic development. A total of 45 NSS volunteers actively participated.

Anti-Drug Awareness Programme

An Anti-Drug Awareness Programme was held on 11 August 2025 to educate students on the harmful effects of substance abuse. A street play by Rangachalana Theatre Group effectively highlighted the social and personal consequences of drug addiction. Students were motivated to



lead a healthy and drug-free life through interactive discussions. The programme witnessed the participation of 50 NSS volunteers, 46 students, and 5 faculty members.

Mega Cleaning Drive – Independence Day Celebration

On the occasion of Independence Day, the NSS Unit organised a Mega Cleaning Drive to promote the spirit of Swachh Bharat and community service. Student volunteers cleaned the college campus and surrounding public areas while spreading awareness on cleanliness and civic responsibility. A total of 109 students actively participated in the programme.



Blood Stem Cell Awareness & Registration Drive

In collaboration with DKMS Foundation, an awareness and donor registration drive was held on 26 August 2025 to educate students about stem cell donation and its life-saving potential for blood cancer patients. The resource person explained the donor registration process and encouraged voluntary participation. The programme concluded with 120 students and staff registering as potential stem cell donors.

Sadbhavana Diwas Celebration

Sadbhavana Diwas was held on 26 August 2025 to promote national integration, communal harmony, and social unity. Students participated in the Sadbhavana Oath and reflected on the importance of tolerance, goodwill, and mutual respect in society. The programme recorded the participation of 52 NSS volunteers, 20 students, and 5 faculty members.

Tree Plantation Drive

The NSS Unit organised a Tree Plantation Drive was held on 12 September 2025, as part of its environmental conservation initiative. Ten saplings were planted within the college campus and nearby public spaces to encourage environmental sustainability and ecological responsibility. The programme inspired students to contribute towards a greener environment. Eight NSS volunteers participated in the activity.

Blood Donation Camp

A Blood Donation Camp was organised on 20 September 2025, in collaboration with the Youth Red Cross, Lions Club Milagres, and Father Muller Medical College Hospital. Students and staff voluntarily donated blood, demonstrating their commitment towards humanitarian service. The camp concluded successfully with 89 units of blood collected.



CPR & Basic Life Support Training

A practical training session on CPR and Basic Life Support (BLS) was held on 30 September 2025, conducted by medical professionals from KMC Hospital, Attavar. Students learned essential emergency response techniques through demonstrations and hands-on practice. The programme benefited 70 students and 5 staff members.



Gandhi Jayanti & Swachh Bharat

The NSS Unit of Milagres College observed Gandhi Jayanti on 02 October 2025, with a Swachh Bharat Awareness Programme to commemorate the birth anniversary of Mahatma Gandhi and promote the values of cleanliness, non-violence, and community service. The programme commenced with floral tributes to Mahatma Gandhi, followed by a cleanliness awareness pledge. Students were encouraged to uphold Gandhian principles by maintaining hygiene and contributing towards a cleaner society. The programme witnessed the enthusiastic participation of 68 students and 6 faculty members.

NSS Orientation Programme

The Orientation Programme was held on 16 October 2025. The programme introduced newly enrolled volunteers to the objectives, values, and activities of the National Service Scheme. Students were encouraged to



participate actively in community service and nation-building initiatives. A total of 97 students attended the programme. Awareness Programme on Mental Health and Stress Management – 27 October 2025. The NSS Unit organised a one-hour Awareness Programme on Mental Health and Stress Management to help students understand the importance of emotional well-being and stress management. The resource person discussed common mental health challenges faced by students and shared practical techniques such as mindfulness, time management, and positive coping strategies. The session encouraged students to seek help whenever required and to support their peers in maintaining good mental health. A total of 96 students participated in the programme.

Awareness Programme on Cyber Safety and Responsible Use of Social Media

A one-hour Awareness Programme on Cyber Safety and Responsible Use of Social Media was held on 19 November 2025, to educate students about cyber security, online frauds, digital privacy, cyberbullying, and responsible online behaviour. The session emphasised safe internet practices, protecting personal information, and reporting cybercrimes. Students actively interacted with the resource person during the question-and-answer session. A total of 104 students attended the programme.



Nasha Muktha Bharat Abhiyan

The NSS Unit observed that Nasha Muktha Bharat Abhiyan was held on 26 November 2025 to reinforce the message of a drug-free India. Awareness talks, student pledges, and motivational sessions emphasised the importance of preventing substance abuse among youth. The programme witnessed the participation of 820 students and 48 faculty members, making it one of the largest awareness initiatives of the year.

AIDS Awareness Programme

In association with the Red Ribbon Club, an awareness programme on HIV/AIDS was held on 04 December 2025 to educate students on modes of transmission, prevention, and the importance of eliminating myths and stigma. The interactive session encouraged responsible health practices. Around 80 students and 4 staff members participated.



Awareness Session on Cyber Safety & Digital Security

An awareness session on Cyber Safety and Digital Security was held on 20 January 2026 to educate students about online frauds, cybercrime, data privacy, and responsible use of social media. Students were guided on safe digital practices and cyber ethics. 95 students attended the programme.

Awareness Session on Road Safety and Traffic Rules

The NSS Unit conducted a Road Safety Awareness Programme was held on 18 February 2026, to promote responsible driving habits and adherence to traffic regulations. The session highlighted the importance of wearing helmets, following traffic rules, and preventing road accidents. A total of 102 students participated.

Mega Blood Donation Camp

A Mega Blood Donation Camp was held on 28 April 2026, in collaboration with KMC Hospital, Attavar. Students, faculty, alums, and members of the public enthusiastically participated in this humanitarian initiative. The camp successfully collected 168 units of blood, significantly contributing to the local blood bank.



Drug Awareness Session

An awareness session on drug abuse was held on 10 April 2026, in collaboration with Father Muller Medical College Hospital. Medical experts educated students on the physical, psychological, and social consequences of substance abuse while encouraging healthy lifestyle choices. The programme witnessed the participation of 87 students.

Dr. B. R. Ambedkar Jayanti

The NSS Unit celebrated Dr B. R. Ambedkar Jayanti on 15 April 2026, to commemorate the life and contributions of the architect of the Indian Constitution. Students reflected on his ideals of equality, social justice, and constitutional values through speeches and discussions. 60 students attended the programme.



Mega Beach Cleaning Drive

A Mega Beach Cleaning Drive was organised on 27 February 2026, at Tannirbavi Beach to promote environmental conservation and responsible waste management. Volunteers collected plastic waste and created awareness among the public regarding the importance of maintaining clean beaches and protecting marine ecosystems. The drive witnessed the enthusiastic participation of 52 NSS volunteers.

Conclusion

The NSS activities organised during the academic year 2025–26 provided students with valuable opportunities to serve society through health awareness, environmental conservation, national integration, social responsibility, and community outreach. These initiatives significantly contributed to the overall personality development of students by nurturing leadership qualities, discipline, compassion, and a strong commitment towards nation-building.



NSS SPECIAL CAMP- A Consolidated Report

The National Service Scheme (NSS) unit of Milagres College successfully organised a Special Annual Camp for the academic year 2025–26 under the aegis of the National Service Scheme. The camp was conducted from 6th February 2026 to 12th February 2026, with the primary objective of fostering social responsibility, leadership qualities, and community engagement among students. The camp was designed to provide students with an opportunity to understand rural life and contribute meaningfully to the development of the community. A total of 50 students actively participated in the camp, accompanied and guided by four staff members. The collective efforts and enthusiastic participation of both students and staff ensured the smooth execution of all planned activities. The camp followed a well-structured daily schedule that began early in the morning with physical exercise and yoga sessions, followed by community service activities, awareness programmes, and cultural events in the evening. This disciplined routine helped instil a sense of responsibility, teamwork, and time management among the participants.



Several distinguished dignitaries graced the inauguration ceremony of the camp. The programme was inaugurated by Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions. The function was presided over by Rev. Dr Alwin Serrao, Principal of Milagres College. Other dignitaries present included Shri Austin D'Souza, Vice President of the Church Parishad; Smt. Flavia Crasta, Headmistress of Holy Angels Higher Primary School; Smt. Agnes D'Souza, President of Shirthady Grama Panchayat; Smt. Silvia D'Souza, Secretary of the Church Parishad; Shri Wilfred Pinto, Coordinator of Church Associations; and Dr Dayana Lobo, Principal of Milagres Nursing College. Their presence and inspiring words motivated the NSS volunteers to engage in the camp activities actively.

Throughout the camp, various community-oriented activities were carried out with great dedication. The volunteers engaged in cleanliness drives, school and road maintenance work, and awareness programmes focusing on health, hygiene, and sanitation. Educational sessions were conducted for school children and villagers to enhance their knowledge and promote better living practices. In addition, yoga sessions and physical activities were organised regularly to emphasise



the importance of a healthy lifestyle. Cultural programmes held during the evenings provided a platform for students to showcase their talents and strengthened the bond among participants and the local community. A significant highlight of the camp was the mass cleaning drive conducted on 8th February, during which NSS volunteers undertook an extensive cleanliness campaign in the camp village. This initiative not only improved the sanitation conditions of the village but also created awareness among residents about the importance of maintaining a clean and healthy environment. The active involvement of students in this drive demonstrated their commitment to social service and community welfare.

was the visit to the trekking provided students with an physical endurance, and adventurous setting. It also from routine camp activities



learning experience of the participants. The special lectures and interactive sessions on topics such as agriculture, youth development, development. These sessions enriched the students' knowledge and inspired them to take active roles in societal development. The presence of distinguished guests further motivated the volunteers and added value to the camp proceedings.

Another memorable experience during the camp destination, Konaje Kallu. This trekking activity opportunity to connect with nature, develop



experience team spirit in an served as a refreshing break and contributed to the overall camp also featured several conducted by resource persons health awareness, and personality

The valedictory programme of the camp was held on the concluding day with great enthusiasm. The programme was presided over by Rev. Herold Mascarenhas, Parish Priest of Mount Carmel Church, Shirthady. The chief guest for the valedictory ceremony was Shri Dinesh B.K., Kannada Lecturer at St. Antony's College, Naravi. Other dignitaries present on the occasion included Shri Santhosh Salian, Principal of St. Antony's PU College, and Smt. Bindu Maxim D'Souza, Headmistress of Mount Carmel School. The dignitaries appreciated the efforts of the NSS volunteers and encouraged them to continue their involvement in community service. Overall, the NSS Special Camp proved to be a highly enriching and successful initiative. It helped students develop a strong sense of social responsibility, leadership skills, and community awareness. The interaction with villagers and participation in various service activities provided practical exposure and enhanced their understanding of real-life challenges. The camp concluded on a positive note, marking the successful completion of a meaningful and impactful camp experience.



THE NATIONAL CADET CORPS (NCC)-ARMY WING

Report on Cleaning Drive: On the occasion of Gandhi Jayanti on 3rd October 2025 at 3:30 p.m., a cleaning drive was organised in and around the college premises in collaboration with the Internal Quality Assurance Cell (IQAC) as a tribute to Mahatma Gandhi's philosophy of cleanliness and community service. The objective of the drive was to promote environmental awareness, instil a sense of civic responsibility among students, and contribute to a cleaner and healthier college environment. The drive was conducted under the leadership of NCC CTO Denzil Pinto and Assistant CTO Ms. Frencita Menezes, who guided and motivated all the participating cadets throughout the activity. Around 25 students actively took part in the drive, working with enthusiasm and teamwork to clean both the campus and surrounding areas, ensuring a neat, hygienic, and welcoming environment for everyone. Volunteers were divided into groups and equipped with cleaning tools, systematically covering different zones of the college grounds and nearby surroundings. Their collective effort not only improved the overall appearance of the college environment but also inspired other students and staff to adopt cleanliness as a daily habit. The initiative stood as a meaningful tribute to Gandhi's ideals, reinforcing the importance of maintaining clean surroundings for the benefit of the entire community.



Report on NCC Ranking Ceremony

The National Cadet Corps (NCC) of Milagres College, in collaboration with IQAC, organised an NCC Ranking Ceremony on 6th October 2025 at 2:30 p.m. in the college auditorium. The event aimed to recognise and reward the cadets' performance while encouraging leadership and discipline in alignment with NCC goals. The chief guest for the event was Mrs. Glancia Fernandes. Also in attendance were Mrs. Chethana Kumari, IQAC Coordinator; NCC CTO Mr. Denzil Pinto; and Assistant CTO Ms. Frencita Menezes. The program began with





a prayer led by Cadet Sristi and her group, followed by a formal welcome delivered by LCPL Prekshika. Cadet Chaithanya then addressed the gathering with a few words about the NCC. The ranking awards were presented by Mrs Glancia Fernandes, along with Mrs Chethana Kumari. In total, 27 cadets were awarded ranks: 1 Sub-Officer, 3 Junior Under Officers, 3 CHMs, 2 CQMS, 2 Sergeants, 11 Corporals, and 6 Lance Corporals. Following the awards, the NCC song was sung, and Mrs Glancia Fernandes delivered the presidential address, speaking on how dedication and hard work shape better individuals, while extending her congratulations to the cadets. Around 35 students attended the ceremony. Cadet Farana delivered the vote of thanks, and the program concluded with the singing of the national anthem. The Master of Ceremonies (MC) for the event was Ms Anusha Moras.

Report on NCC Day

On the occasion of NCC Day on 24th November 2025 at 3:00 p.m., an oath-taking ceremony was organised in Room Number 302 in collaboration with the Internal Quality Assurance Cell (IQAC) as a tribute to NCC Day. The event aimed to reaffirm the values of discipline, unity, and service among cadets, while



honouring the spirit of the National Cadet Corps in fostering leadership, patriotism, and social responsibility. The ceremony was graced by NCC CTO Denzil Pinto, Assistant CTO Frencita Menezes, and PSI staff Jinesh P. NCC CTO Denzil Pinto highlighted the importance of NCC Day, emphasising its role in instilling discipline, leadership, and a spirit of selfless service among cadets. He spoke about how the National Cadet Corps encourages youth to contribute positively to society and nation-building. Following this, Prekshika LCPL led the NCC oath, inspiring all cadets to uphold the core values and commitments of the NCC with pride and dedication. The ceremony served as a meaningful tribute that reinforced the principles of unity, responsibility, and national service. All NCC cadets participated actively in the celebration with enthusiasm and discipline. The event concluded solemnly with the singing of the NCC anthem, uniting everyone in pride and patriotic spirit. The ceremony ended on a high note, leaving a lasting sense of camaraderie, dedication, and commitment to the core values of the National Cadet Corps.



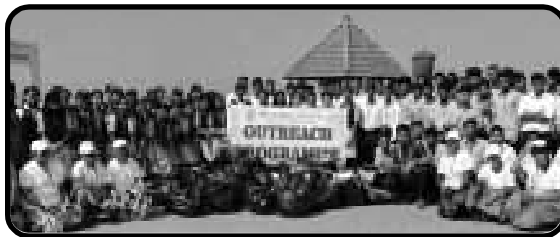
COMMUNITY OUTREACH & IMPACT BEYOND THE CLASSROOM

With a strong commitment to social responsibility and environmental sustainability, the institution conducted a wide range of outreach, cleanliness, awareness, and service programmes from April 2023 to March 2026. These initiatives actively involved students, faculty, NSS and NCC volunteers, and various partner organisations. Under the leadership and coordination of the Outreach Coordinator, Mrs B. Prathibha Dsouza (2024–2026), the programmes significantly strengthened community engagement while nurturing leadership, empathy, and civic responsibility among students. In November 2025, a cleanliness drive was conducted at Government High School, Nalyapadavu, involving 45 students and 2 faculty members. Participants contributed to cleaning and maintaining the school's kitchen garden, fostering a sense of responsibility towards community spaces. Students also actively participated in cleanliness and greening activities at Wenlock District Hospital, contributing to environmental hygiene and patient well-being. Similar initiatives were carried out at the AYUSH Medicinal Park, creating awareness about medicinal plants and ecological conservation. In the area of social welfare, students engaged in meaningful service activities at St. Antony Ashram and the Missionaries of Charity Orphanage. These activities included cleaning, tree cutting, waste removal, and organising donated materials. Visits to Riya Foundation allowed students to interact with special children, distribute clothes and biscuits, and build emotional connections. Cultural programmes conducted at St. Antony Ashram, Jeppu further enhanced social awareness and compassion. Overall, these outreach activities witnessed enthusiastic participation from hundreds of students, faculty members, NSS volunteers, and community stakeholders. The programmes facilitated meaningful interactions, enhanced awareness of environmental conservation, health, and social responsibility, and encouraged the adoption of sustainable practices. They also strengthened partnerships with NGOs, hospitals, educational institutions, and local bodies. Most importantly, these experiences contributed to the holistic development of students by fostering leadership, teamwork, empathy, and a deep sense of civic consciousness.



Beach Cleanliness Campaign

Milagres College organised a cleanliness drive at Thannirbhavi Beach on 27 February 2026. Five staff members and 85 students participated in the drive. The volunteers collected plastic waste, glass bottles, and other litter scattered across the beach. The initiative aimed to promote environmental awareness and encourage students to take responsibility for maintaining cleanliness in public places. The drive not only helped keep the beach clean but also instilled a sense of social responsibility among the participants. By the end of the drive, nearly a 2-kilometre stretch of the beach was made plastic-free. The participants collected approximately 28 bags of waste during the initiative.



On the occasion, community workers addressed the students and emphasised that maintaining cleanliness in our surroundings is our primary duty. They explained the importance of segregating waste into dry and wet categories, which plays a crucial role in effective waste management and environmental protection. Mr Akash highlighted students' responsibility toward the community and stated that the small actions taken today will define the environment of tomorrow. Mr Chethan, Health Officer of the Surathkal Zone, along with eight community workers from Mangalore City Corporation, extended their support to the programme. The event was coordinated with the assistance of Outreach Coordinators Mrs B. Prathibha Dsouza and Ms Priya, and college staff members Mr Roshan Coelho and Mr Clyde Dsouza, who ensured proper segregation and transportation of the collected waste. The cleanliness drive was a meaningful step toward creating environmental awareness and fostering a sense of social responsibility among the students.

INTERNAL QUALITY ASSURANCE CELL

The Internal Quality Assurance Cell (IQAC) of Milagres College, Mangaluru, actively organised and coordinated several programmes during the academic year 2025–2026 to enhance academic quality, faculty development, and staff welfare. These initiatives focused on strengthening teaching–learning practices, promoting professional competence, and fostering institutional well-being. One of the major initiatives undertaken by IQAC was a Faculty Development Programme (FDP) titled **“Empowering Educators with AI Tools for Teaching and Media Practice.”** The programme was organised in collaboration with St Aloysius College (Deemed to be University), Mangaluru,



and Leaf Academy. The one-day programme was conducted on January 20, 2026, in the college computer laboratory.

The resource persons included Yoosaful Arshad, CEO and Co-founder of Leaf Academy, along with Wilson Pereira and Vishal Nayak from the Department of Media Studies, St Aloysius College. The sessions provided hands-on training and practical insights into integrating Artificial Intelligence tools into teaching and media practices. The programme covered key themes such as the use of AI in classroom practice, ethical considerations in academic assessments, and the use of digital tools such as Canva for academic content creation. Additionally, a session on AI for documentation and press release writing demonstrated how AI can support institutional reporting and communication in a structured manner. The programme aimed to equip faculty members with contemporary digital skills and enhance the effectiveness of the teaching-learning process.

Another Faculty Development Programme was organised on December 20, 2025, in collaboration with SBI Life Insurance, on the topic **“Awareness about Life Insurance and Financial Planning.”** The session was held in the college conference room for the benefit of both teaching and non-teaching staff. The resource persons, Mr Prashanth Suvarna, Business Manager, and Mr Muralidhar from SBI Life Insurance Company, highlighted the importance of financial planning and explained various insurance schemes such as the Smart Scholar Plan for children’s education, Protection Plan for family security, Pension Schemes for retirement stability, and the Smart Privilege Plan for long-term financial growth. The programme helped staff members gain awareness about financial security and responsible financial planning.

In addition to faculty development activities, the institution organised special programmes focusing on teachers’ health and well-being. On the occasion of World Physiotherapy Day, a special awareness programme was held on September 6, 2025, for teachers at Milagres Educational Institutions. The event was presided over by Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions. The keynote address was delivered by Fr. Faustine Lucas Lobo, Director of Father Muller College of Allied Health Sciences. The session, themed **“Move Well, Teach Well: A Physiotherapy Perspective on Teachers’ Health,”** emphasised the importance of physiotherapy in supporting teachers’ physical well-being and introduced special health benefits and concessions for staff.

The institution also celebrated Teachers’ Day on September 6, 2025, in the college auditorium to honour the dedication and contributions of teaching and non-teaching staff across Milagres



Educational Institutions. Rev. Dr Alwin Serrao, Principal and Campus Director, welcomed the programme. The Chief Guest, Mr Robert Castelino, Principal Chief Commissioner of Income Tax, delivered an inspiring address highlighting the transformative role of teachers in shaping students' lives. He shared the example of Dr A. P. J. Abdul Kalam and the influence of his teacher in motivating him to overcome challenges and achieve greatness. To strengthen interpersonal relationships and encourage team bonding among staff members, a Staff Induction Picnic was organised on July 3, 2025, at Sampige Resort, Moodabidri. The outing provided newly appointed staff members with an opportunity to interact with existing faculty and administrative staff in an informal setting. The programme included a special induction session with the principal, during which new staff members were introduced to the institution's vision, mission, and expectations. Through these initiatives, the IQAC of Milagres College continued to promote quality enhancement by focusing on faculty empowerment, staff welfare, professional development, and institutional collaboration. These programmes collectively strengthened academic excellence, institutional values, and the overall professional environment within the college.

Report on Professional Practices, Clients and Material Styles

The Department of Interior Design of Milagres College, in collaboration with the IQAC, organised a session on Professional Practices, Clients, and Material Styles on October 4, 2025, at 10.00 a.m. in the G001



Drafting Lab. The objective of the session was to help students understand professional practice, client interaction, and material styles, thereby bridging the gap between academic learning and real-world design practice. The chief guest of the event was Ms Syma Banu, Architect and Interior Designer. The session was designed to provide students with a deeper understanding of the professional aspects of the design field. It focused on creating awareness of how designers work with clients, manage projects, and make creative decisions that balance aesthetics, function, and practicality. Through the talk, students gained insights into professional ethics, presentation skills, and the importance of effective communication in establishing strong client relationships. The session also highlighted the significance of material selection and style in shaping overall design outcomes,



helping students connect classroom learning with real-world applications. Ultimately, it aimed to prepare students for professional practice by enhancing their knowledge, confidence, and readiness to enter the design industry. A total of 25 students actively participated in the session. Mr Royson D'Souza extended a warm welcome to the gathering and also efficiently compered the programme. The event concluded with a vote of thanks delivered by Ms Chaitra D., acknowledging the contributions of all involved.

Empowering Minds: An Insightful Session on Intellectual Property Rights

Milagres College, Hampankatta, organised an insightful session on **“Intellectual Property Rights: IPR Practices and Management”** on 31st March from 2:00 PM to 3:00 PM. Organised by the Internal Quality Assurance Cell



(IQAC) and the IPR Cell, the event saw the active participation of 160 students from the 2nd-year BBA, BCA, and BCAAI streams. Ms Ayisha Hannath anchored the program, while Ms Aisha Thafsiya delivered the welcome speech. The session featured Dr Santhosh Prabhu, HOD of Law at SDM Law College, Mangalore, as the guest speaker. With his profound expertise, he successfully made the complex world of Intellectual Property highly accessible and understandable for all attendees. During the event, the esteemed Principal, Rev. Dr Alwin Serrao, addressed the gathering and explained the critical importance of IPR in today's world. The program was coordinated by IQAC Co-ordinator Ms Chethana K and IPR Co-ordinator Ms Nawshin Banu, who also delivered the vote of thanks, marking the successful conclusion of the educational session.

ALUMNI ASSOCIATION

Report on Alumni Executive Committee Meeting Discussing Academic and Institutional Updates. The Alumni Executive Committee meeting was held on October 13, 2025, in the College Conference Room at 3:30 p.m. The meeting was attended by Rev. Dr Alwin Serrao, Principal; Mrs Sowmya Kotian, Alumni Coordinator; Ms Riana Pinto, President; Mr Priston Sequeira; and other members of the Alumni Committee. The meeting began with a prayer, followed



by a welcome address by Mrs Sowmya Kotian. The principal briefed the committee on various academic updates for the academic year 2025–26.

The principal also presented a brief report on the programmes successfully conducted during the year, which included the Stem Cell Registration Drive, Organ Donation Awareness Programme, Tulu Nadu Taste – Cultural Food Event, Book Exhibition, Physiotherapy Session for Lecturers, Blood Donation Camp, CPR Training Session, and Breast Cancer Awareness Programme. The upcoming events announced were Milagres Manthan on October 24; Korean Theme Dinner (BHS Department) on October 29 and 30; Annual Sports Day on November 11; and the Old Students' Alumni Meet scheduled for the end of June–July 2026.



CAREER GUIDANCE AND PLACEMENT CELL

Report on Job Fair 2025: Milagres College, in collaboration with IQAC, PTA, and MICAA, organised Career Connect 2025 on July 16, 2025, at the college premises. The event aimed to bridge the gap between job seekers and reputed companies. Mr Walter D'Souza, Former

Chairman of the Federation of Indian Export Organisations, inaugurated the programme. The Principal, Rev. Dr Michael Santhumayor, welcomed the gathering, and Rev. Fr. Bonaventure Nazareth delivered the presidential address. Mrs Vijayalaxmi K, PTA President, and Ms Riana D'Cunha, MICAA President, were the Guests of Honour. A total of 55 companies participated, and 935 candidates attended the fair for interviews and recruitment. The event concluded with a vote of thanks by Ms Anju Elsa Thomas, Placement Officer, and received positive feedback from recruiters and participants.



**Report on the Session titled CMA**

On 29 July 2025, the Career Guidance and Placement Cell of Milagres College, in collaboration with IQAC, organised a career talk for B.Com. and BBA students on professional opportunities through the US CMA course. The resource persons, Mr Karthik Rohith, Academic Coordinator and Faculty, and Mr Thimappa M. C., Founder of MIPL and CMA, highlighted the global recognition and career benefits of the CMA qualification. The session was coordinated by Mrs Anju Elsa Thomas, and Ms Vanya Acharya of IB.Com. proposed the vote of thanks. The informative and interactive session encouraged students to explore professional certifications for enhanced career growth.

Report on the Session titled Study Abroad and Career Opportunities

Milagres College, in association with Edroots International Education, organised a Workshop on Study Abroad and Career Opportunities on 19 September 2025 at 9:30 a.m., led by Ms Shamshad Begum. The session guided students on global higher education options, highlighting benefits such as admission to ranked universities, internships, post-study work visas, and career growth. Information on courses, eligibility criteria, English proficiency tests such as IELTS, TOEFL, and PTE, tuition fees, scholarships, education loans, and part-time work opportunities was also shared. Various destinations, including Canada, the UK, Australia, Germany, France, the UAE, and Singapore, were discussed during the session. The workshop concluded with details of Edroots' services and global placement support.

Report on the Session titled Job Interview Tips

Milagres College, in association with Edroots International Education, organised a seminar on “**Job Interview Tips**” on 17 October 2025 at 9:15 a.m. Mr Al Ameen, Academic Advisor, led the session. The seminar focused on interview preparation, common questions, self-introduction, body language, communication skills, and creating a strong first impression. The interactive session helped students gain confidence and better understand interview expectations, preparing them for future career opportunities.

Report on the Session titled English Proficiency Tests

Milagres College, in association with Edroots International Education, organised a seminar on “**English Proficiency Tests – A Comprehensive Study**” on 31 October 2025 at 9:10 a.m. The session was led by Mr Salih V., Academic Advisor, who explained the importance of English



proficiency tests for overseas education and employment. Students were introduced to exams such as IELTS and learned about the test structure, band scores, registration procedures, and preparation tips. The interactive session helped students understand admission requirements and motivated them to prepare confidently for future opportunities.

Career Workshop on Internships and Global Studies

Milagres College, in association with WiZdom Ed, organised the “**Internships and Global Studies Workshop 2025**” on 14 November 2025. Dr Guru Tej, Co-Founder and CAO, and Dr. Francisca Tej, Founder and MD, conducted the session. Students were introduced to InternX (an internship platform), study abroad guidance for countries such as the USA, the UK, Canada, and Australia, Skilled X certification programmes, and ScholarX scholarship support. The workshop provided valuable insights into internships, global education, and skill development, helping students strengthen their academic and career prospects.

INAUGURATION CEREMONY OF LIFE SKILL ADD-ON

The inauguration ceremony of the life skill-based add-on courses, organised by the IQAC department of Milagres College, Mangaluru, was held on July 21, 2025, in the college auditorium. Inaugurating the program, Mr Peter Anthony Pinto, Founder of AFA Pvt. Ltd. and Senior Insurance and Mutual Fund Distributor, stated that in today’s competitive world, life skills are extremely important, and it is essential for everyone to learn them. He appreciated the Milagres Institution for undertaking such a valuable initiative for the future of students.



The resource persons for the life skill-based add-on courses included Yoga Guru Delampady Gopal Krishna – Yoga; CA Dylan Rebello – GST; Dr. Diana – First Aid; Mr. Rajeev K. Shenoy – Photography; Flany D’Souza – Beautician; Preksha Tej – Event Management; Gagan – Dance; Harin Rao – Craft and Embroidery; Rev. Dr. Alwyn Serrao – Soft Skills; Rekha Gopal – Homestead



Skills; Akshith – Journalism; Johan Pinto – Personal Investment; Jessica Almeida – Spoken English; Clyde – Culinary Arts; Frencita and Rohita – Basic Computer & Tally, among others. Ms Shravya, Lecturer, welcomed the gathering. Ms Jessica Almeida, Lecturer, compered the program. Ms Chaitra, Coordinator of the Add-on Courses, proposed the vote of thanks.

Culinary Arts:

The Add-on Course in Culinary Arts commenced on 23 August 2025 with 24 students enrolling for the programme. The practical sessions were conducted in the Department of Hotel Management Practical Kitchen from 11:40 a.m. to 12:40 p.m. The course aimed to equip students with fundamental culinary knowledge and practical skills required in the hospitality and food service industry. Mr Clyde Adams Dsouza, Department of Hotel Management, served as the resource person and guided the students throughout the programme.

During the academic year 2025–26, a total of 13 classes were conducted as per the planned schedule and syllabus. The sessions covered kitchen operations, food safety and hygiene, ingredient identification, basic cooking techniques, baking and confectionery, Indian and Continental cuisine, food presentation, and professional kitchen etiquette. Students prepared a variety of dishes, including steamed buns, egg noodles, stuffed breads, plain breads, cakes, pasta, cookies, chocolate mousse, and other Indian and Continental recipes. The practical sessions enhanced students' culinary skills, creativity, teamwork, time management, and confidence in working in a professional kitchen environment.

Students actively participated in all the sessions and demonstrated enthusiasm in learning culinary techniques. The hands-on training provided practical exposure and helped them develop technical skills, hygiene practices, presentation skills, and workplace readiness. The practical examination for the Add-on Course in Culinary Art was conducted on 25th April 2026 for one hour to assess the students' practical knowledge and culinary skills. Certificates were awarded to students who maintained satisfactory attendance and completed the examination. The programme concluded with a high tea.

Personal Investment Development:

The Personal Investment Development add-on course was inaugurated on 23 August 2025 with the participation of 63 students from various courses. The sessions were held in Room No. 301 from 11:45 a.m. to 12:40 p.m. Mr Johan Pinto served as the resource person for the course. A



total of 13 sessions were successfully conducted during the academic year 2025–26 in accordance with the prescribed syllabus. The sessions covered Financial Literacy, Time Value of Money, the Difference between Savings and Investment, Fundamental and Technical Analysis in the Stock Market, SIP (Systematic Investment Plan), NAV, and various case studies on Personal Investment and Financial Planning. The sessions were conducted by the resource person on a real-time analytical basis.



The programme benefited 63 students by enhancing their understanding of investment and financial planning concepts. Many students were encouraged to explore investment opportunities, and some initiated investments in mutual funds through SIPs. However, not all students opened Demat accounts during this academic year. 25 April 2026 was the last class conducted for the academic year. A total of 13 classes, each of one hour, were held. The examination was conducted on 09 May 2026, and certificates were issued to the students who actively attended the course and successfully qualified. A total of 63 students completed the course. Ms Nawshin Banu coordinated the course as per the prescribed syllabus.

Soft Skills:

The Soft Skills Add-on Course commenced on 23 August 2025 with the participation of 49 students from different streams of degree courses. The classes were conducted in Room No. 304 from 11:40 a.m. to 1:40 p.m. Rev. Fr. Dr Alwin Serrao and Mrs Divya D’Souza served as the resource persons for the course. A total of 13 classes were conducted during the academic year 2025–26 as per the prescribed syllabus. The course covered various topics, including Basics of Soft Skills, Grooming, Self-introduction, Determination, Time Management, Facing Interviews, Attitude, Teamwork, Etiquette, and other related aspects essential for personality development and professional growth. Each class was conducted for two hours.

The examination for the course was conducted on 25 April 2026. The duration of the examination was one hour, aimed at assessing students’ knowledge and performance. Certificates were issued to students who actively attended the sessions and successfully qualified in the examination. A total of 35 students completed the course. Ms Sushmitha Shaila Moras coordinated the course effectively throughout the academic year. The valedictory programme was held on 09 May 2026 to honour the resource persons of the add-on course. The programme concluded with high tea.

**Craft & Embroidery:**

The Craft & Embroidery add-on course was inaugurated on 23 August 2025 with the participation of 26 students from various courses. The sessions were held in Room No. 404 from 11:45 a.m. to 12:40 p.m. Mrs Harini Rao served as the resource person for the course. A total of 13 sessions were successfully conducted during the academic year 2025–26 in accordance with the prescribed syllabus. The course focused on different forms of art and craft, painting, wall art, and related creative activities. Students also prepared flower bouquets as part of the practical sessions. Each session was one hour long and emphasised different forms of craft and embroidery. The examination for the course was conducted on 25 April 2026. A total of 13 classes, each of one hour, were held. The certificates were issued to the students who actively attended the course and successfully qualified. A total of 26 students completed the course. Ms Mamatha M. coordinated the course as per the prescribed syllabus. The valedictory programme was held on 09 May 2026 to honour the resource persons of the add-on course. The programme concluded with high tea.

GST :

The GST Add-on Course for the academic year 2025–26 was inaugurated on 23 August 2025. CA Dylan Rebello, Chartered Accountant, Mangalore, served as the resource person for the inaugural session. A total of 45 students enrolled in and attended the course. The course was designed to provide students with a comprehensive understanding of the Goods and Services Tax (GST) system in India. It covered topics such as the fundamentals of GST, GST registration, tax computation, return filing procedures, input tax credit, invoicing, and practical aspects of GST compliance.

The sessions included practical demonstrations and case-based discussions, enabling students to gain hands-on knowledge of GST procedures and their practical applications. Students actively participated throughout the course and expressed that it significantly enhanced their understanding of taxation and its practical relevance. A total of 30 classes were conducted. The course examination was also held on 25 April 2026. Certificates were awarded to the students based on the grades they secured. The valedictory ceremony was held on 09 May 2026. During the academic year, Mr Joel Mascarenhas served as the staff coordinator for the GST Add-on Course. The programme concluded with the distribution of certificates, followed by a high tea.



Spoken English:

The Spoken English Add-on Course was inaugurated on 23 August 2025 with the participation of 48 students from various undergraduate programmes. The sessions were held at Classroom 201 from 11:45 a.m. to 12:40 p.m. Ms Priya served as the resource person for the course. A total of 13 sessions were successfully conducted during the academic year 2025–26 in accordance with the prescribed syllabus. The course focused on enhancing students' communication skills through topics such as Basic English grammar, vocabulary development, pronunciation, conversation practice, public speaking, group discussions, interview skills, presentation techniques, and confidence-building activities. Each session was one hour in duration and emphasised practical language usage. The course examination was held on 25 April 2026.



The assessment, which lasted for one hour, comprised a written component to evaluate the participants' language proficiency and communication skills. Certificates were awarded to students who maintained satisfactory attendance and completed the course requirements. A total of 38 students completed the programme. Ms Priya efficiently coordinated the course throughout the academic year and ensured its smooth conduct. The valedictory function was organised on 9 May 2026 to acknowledge and felicitate the resource person for their valuable contribution to the course. The programme concluded with a high tea gathering.

Dance:

The Dance add-on course commenced on 23 August 2025 with the participation of 55 students from different degree streams. The classes were conducted in the College Auditorium from 11:40 a.m. to 12:40 p.m. The course aimed to help students explore the art of dance, enhance creativity, and develop confidence and coordination through performance-based learning. Mr Gagan served as the resource person and guided the students throughout the programme. During the academic year 2025–26, a total of 13 classes were conducted in accordance with the prescribed syllabus. The sessions covered basic dance movements,





rhythm and coordination, expressions and gestures, choreography, stage presence, fitness through dance, and different dance styles, including classical and contemporary forms. The practical sessions helped students improve flexibility, teamwork, confidence, and performance skills. Students actively participated in the sessions and showed great enthusiasm for learning various dance techniques. Interactive activities and practice sessions provided hands-on experience and encouraged creativity, discipline, coordination, and stage confidence. The examination for the course was conducted on 25 April 2026. The duration of the examination was one hour, aimed at evaluating the students' practical performance skills and understanding of dance techniques.

Certificates were awarded to students who maintained satisfactory attendance and successfully qualified in the examination. A total of 32 students completed the course. Mr Royson D'Souza coordinated the course effectively throughout the academic year. The valedictory programme was held on 09 May 2026 to honour the resource person and distribute certificates to the successful participants. The programme concluded with high tea.

Journalism:

The Journalism Add-on Course commenced on 23/09/2025 with 34 students from different streams of degree courses. The classes were conducted in Room No. 304 from 11:40 a.m. to 1:40 p.m. Mr Akshith served as the resource person for the course. A total of 15 classes were conducted during the academic year 2025–26 as per the planned syllabus. The course covered various topics, including an introduction to journalism, news writing, reporting techniques, media ethics, interviewing skills, editing, communication skills, digital journalism, and other related aspects essential for media and professional development. Each class was conducted for two hours. The examination for the course was conducted on 25th April 2026. The duration of the examination was one hour and was aimed at assessing the knowledge and performance of the students. Certificates were issued to students who actively attended the sessions and successfully qualified in the examination. A total of 34 students completed the course. Ms Divyashree coordinated the course effectively throughout the academic year. The valedictory programme was held on September 5, 2026, to honour the resource person of the Add-on Course, and certificates were distributed to the students who completed the programme.



**Photography:**

The Photography add-on course was inaugurated on 23 August 2025 with the participation of 55 students from various courses. The sessions were held in Room No. 208 from 11:45 a.m. to 12:40 p.m. Mr Rajeev K. Shenoy served as the resource person for the course. A total of 13 sessions were successfully conducted during the academic year 2025–26 in accordance with the prescribed syllabus. The course focused on both theoretical and practical aspects of Photography and Videography. Students also engaged in capturing images and editing photographs. Each session was one hour long and emphasised different photography techniques. 25 April 2026 was the last class conducted for the academic year. A total of 13 classes, each of one hour, were held. The examination was conducted on 09 May 2026, and certificates were issued to the students who actively attended the course and successfully qualified. A total of 40 students completed the course. Mr Jithesh J. K. coordinated the course as per the prescribed syllabus. The programme concluded with high tea.

**Basic Computer And Tally:**

The Basic Computer and Tally Add-on Course commenced on 23 August 2025, with 61 students from different degree streams enrolling in the programme. The classes were conducted in the Computer Lab, Room No. 203, from 11:40 a.m. to 12:40 p.m. The course aimed to help students develop essential computer skills, gain practical knowledge of Tally, and enhance their confidence in handling accounting and office-related applications. Ms Rohitha Melita Crasta and Ms Frencita Menezes served as the resource persons and guided the students throughout the program. During the academic year 2025–26, a total of 13 classes were conducted as per the planned schedule and syllabus. The sessions covered basic computer operations, MS Office applications, internet usage, file management, an introduction to accounting concepts, Tally fundamentals, voucher entry, ledger creation, inventory management, and the preparation of financial reports. The practical sessions helped students improve their computer proficiency, accounting skills, accuracy in data entry, confidence in using digital tools, and overall workplace readiness.

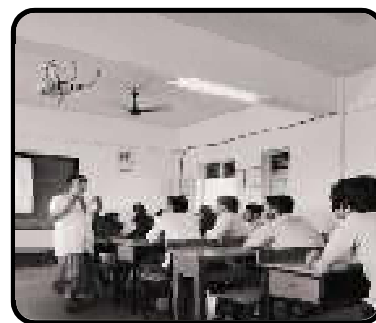
Students actively participated in the sessions and showed great enthusiasm for learning computer applications and Tally operations. Interactive activities and practical sessions provided hands-on experience and encouraged accuracy, problem-solving skills, digital literacy, confidence in using



accounting software, and effective teamwork. The examination for the Basic Computer and Tally Add-on Course was conducted on 25th April 2026 for a duration of one hour to evaluate the students' practical skills and understanding of computer applications and Tally operations. Certificates were awarded to students who maintained satisfactory attendance and completed the examination. A total of 55 students completed the course. The program concluded with a high tea.

First Aid:

The First Aid Add-on Course commenced on 23 August 2025 with the participation of 60 students from different streams of degree courses. The classes were conducted in Room No. 205 from 11:40 a.m. to 1:40 p.m. Mrs Diana Lobo and Mrs Jyothi Cutina served as the resource persons for the course. A total of 13 classes were conducted during the academic year 2025–26 as per the prescribed syllabus. The course covered various topics, including First Aid, Dengue Fever, Sponging, First Aid in Haemorrhage and Shock, Different Types of Bandages, Fractures and Sprains, Burns, Malaria, Bites and Stings, Diabetes, CPR, and other related aspects essential for emergency care and health awareness. Each class was conducted for two hours. The examination for the course was conducted on 25 April 2026. The examination lasted one hour and was aimed at assessing the students' knowledge and performance. Certificates were issued to students who actively attended the sessions and successfully qualified in the examination. A total of 60 students completed the course. Mrs B. Prathibha D'Souza coordinated the course effectively throughout the academic year. The valedictory programme was held on 09 May 2026 to honour the resource persons of the add-on course. The programme concluded with a high tea gathering.

**Yoga:**

The Yoga Add-on Course commenced on 23 August 2025 with 15 students from different streams of degree courses. The classes were conducted at the Rooftop Auditorium from 11:40 a.m. to 12:40 p.m. Mr Gopalakrishna Delampady served as the resource person for the course. A total of 13 classes were conducted during the academic year 2025–26 as per the planned syllabus. The course covered various topics including the fundamentals of yoga, yogic practices, Asanas, Pranayama, Meditation, Relaxation techniques, Stress management, Physical fitness, mental well-



being, and the importance of yoga in daily life. Each class was conducted for two hours. The examination for the course was conducted on 25 April 2026. The examination lasted one hour and included both theoretical and practical components to assess the students' understanding and performance. Certificates were issued to students who actively attended the sessions and successfully qualified in the examination. A total of 15 students completed the course. Mr Aakash Shetty coordinated the course effectively throughout the academic year. The valedictory programme was held on 9 May 2026 to honour the resource person of the Add-on Course. The programme concluded with high tea.



Home Steady Skills:

The Home Steady Skills add-on course for the academic year 2025–26 was inaugurated on 23 August 2025, with Mrs Rekhalatha, Entrepreneur, Mangalore, serving as the resource person. A total of 60 students enrolled in and attended the course. The course provided students with hands-on experience in preparing products such as soap, oil, candles, baskets, and other household items. All students actively participated and expressed that the course was highly beneficial. A total of 30 classes were conducted until 25 April 2026. The examination for the course was held on 25 April 2026. Certificates were awarded to the students based on the grades they attained. The valedictory ceremony was held on 09 May 2026. Ms Shravya N., faculty of the Department of Languages, coordinated the add-on course. The programme concluded with high tea.



Startup Cell:

The Start-up Add-on Course commenced on 23 August 2025 with the participation of 60 students from different streams of degree courses. The classes were conducted in Room No. 207 from 11:40 a.m. to 1:40 p.m. Mr Aravind served as the resource person for the course. A total of 13 classes were conducted during the academic year 2025–26 as per the prescribed syllabus. The



course covered various topics, including Entrepreneurship Development, Startup Ecosystem, Design Thinking, Business Model Preparation, Digital Marketing, Financial Literacy, Branding, Leadership, Communication Skills, Intellectual Property Rights (IPR), and Startup Funding Opportunities. All students actively participated, and they expressed that the sessions were highly informative and beneficial. Each class was conducted for two hours.

The examination for the course was conducted on 25 April 2026. The duration of the examination was one hour, aimed at assessing the students' knowledge and performance. Certificates were issued to students who actively attended the sessions and successfully qualified in the examination. A total of 40 students completed the course. Ms Lenisha Peris coordinated the course effectively throughout the academic year. The valedictory programme was held on 09 May 2026 to honour the resource persons of the add-on course. The programme concluded with high tea.

LIFE SKILL ADD-ON PROGRAMMES CONCLUDE WITH CERTIFICATE DISTRIBUTION

The valedictory and certificate distribution programme of the Life Skill Add-on Courses for the academic year 2025–26 was held on 9 May 2026 at the auditorium of Milagres College in Mangaluru. Inaugurating the programme, CODP Director Fr. Vincent D'Souza said that in today's competitive world, it is essential for students to acquire life skills along with academic education. He stated that life skill-based training programmes contribute significantly to personality development and increase opportunities for employment and self-employment among students.

Certificates were distributed to students who completed various add-on courses including Yoga, GST, First Aid, Photography, Beautician Training, Event Management, Dance, Craft and Embroidery, Soft Skills, Start-up Training, Journalism, Personal Investment, Spoken English, Culinary Arts, and Computer and Tally. Principal and Campus Director Rev. Dr Alwin Serrao presided over the programme and remarked that such skill-oriented initiatives play an important role in the holistic development of students. IQAC Coordinator Chethana Kumari and faculty members were present on the occasion. Lecturer Jithesh welcomed the gathering, while Coordinator and Lecturer Chaithra D. proposed the vote of thanks. Lecturer Tejaswini compered the programme.



YOUTH RED CROSS 2025

Report on “Blood Donation Camp”:

The Youth Red Cross Unit and NSS of Milagres College, in collaboration with IQAC, organised a Blood Donation Camp on 20th September 2025 in the rooftop auditorium at 9:30 a.m. The program aimed at promoting the spirit of voluntary blood donation.



The event was inaugurated by Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions, who emphasised the vital role of youth in life-saving initiatives. Lion Ravishankar, Region Chairperson of District 317D, Region 1, graced the occasion as the Chief Guest, encouraging students to become regular blood donors. Dr Charu Khosla, Blood Bank Officer from Father Muller Medical College Hospital, attended as the Guest of Honour and explained the medical significance and safety of blood donation. A total of 90 students actively participated in the Blood Donation Camp. Ln Philip extended a warm welcome to the gathering, while Thameem efficiently compered the event. The program concluded with a vote of thanks delivered by Sandesh, YRC Secretary, acknowledging the contributions of all involved.

Report on “A Little We Give, A Life We Lift”- Donation Drive:

The Youth Red Cross Unit and National Service Scheme, as an outreach activity, organised “A Little We Give, A Life We Lift”, a charitable drive for the students of Milagres College, from 01 December to 06 December 2025. The main objective of the contribution drive was to instil the real meaning of value-



based education, enhance the quality of life, and build a better future. Students were encouraged to donate and support the needy in our society. The items donated by the students included: roasted Bengal gram dal (1 kg), Bengal gram dal (1.5 kg), Bengal gram (250 g), wheat flour (1 kg), sugar (3 kg), mustard seeds (200 g), jeera seeds (100 g), banana chips (500 g), soaps (27), toothpastes (3), and pens (22). The collected items were donated to Mother Theresa’s Old Age Home, Attavar, Mangalore by the YRC and NSS program officers.



16TH COLLEGE DAY CELEBRATION

The 16th College Day celebration of Milagres College was held on Tuesday, 19 May 2026, at the Milagres Auditorium with great enthusiasm and participation from students, faculty, and guests. The programme was inaugurated in the presence of the chief guest, Rev. Dr Michael Santhumayor, Administrator, Father Muller's College of Allied Health Sciences, who addressed the gathering and emphasised the importance of developing human values alongside academic excellence. He highlighted that college life plays a significant role in personality development



and encouraged students to utilise their talents for the welfare of society. He further stated that discipline, hard work, and self-confidence are essential for achieving success in today's competitive world. Presiding over the function, Rev. Fr. Bonaventure Nazareth, Correspondent of Milagres Educational Institutions, said that Milagres Educational Institutions is committed to nurturing cultural values and social responsibility among students in addition to providing quality education. He encouraged students to bring laurels to the institution and appreciated the contributions of lecturers, staff, and students towards the progress of the college. During the programme, lecturers Lieutenant Denzil Edrod Pinto, who completed three months of NCC officer training, and Lenisha Peris, who completed Rangers & Rover training, were felicitated. The Best Teacher Award in the lecturers' category was presented to Hindi department professor Shravya N, while the Best Supporting Staff Award was conferred on LavitaNishal.



The college's annual magazine, Milagres Miracle, was also released on the occasion under the coordination of MsManjusha. The International Multidisciplinary Research Journal book was released under the coordination of Dr.AshaJyothi. Lecturers and students who presented research papers were honoured, and students were recognised with merit awards for their outstanding talents and achievements.

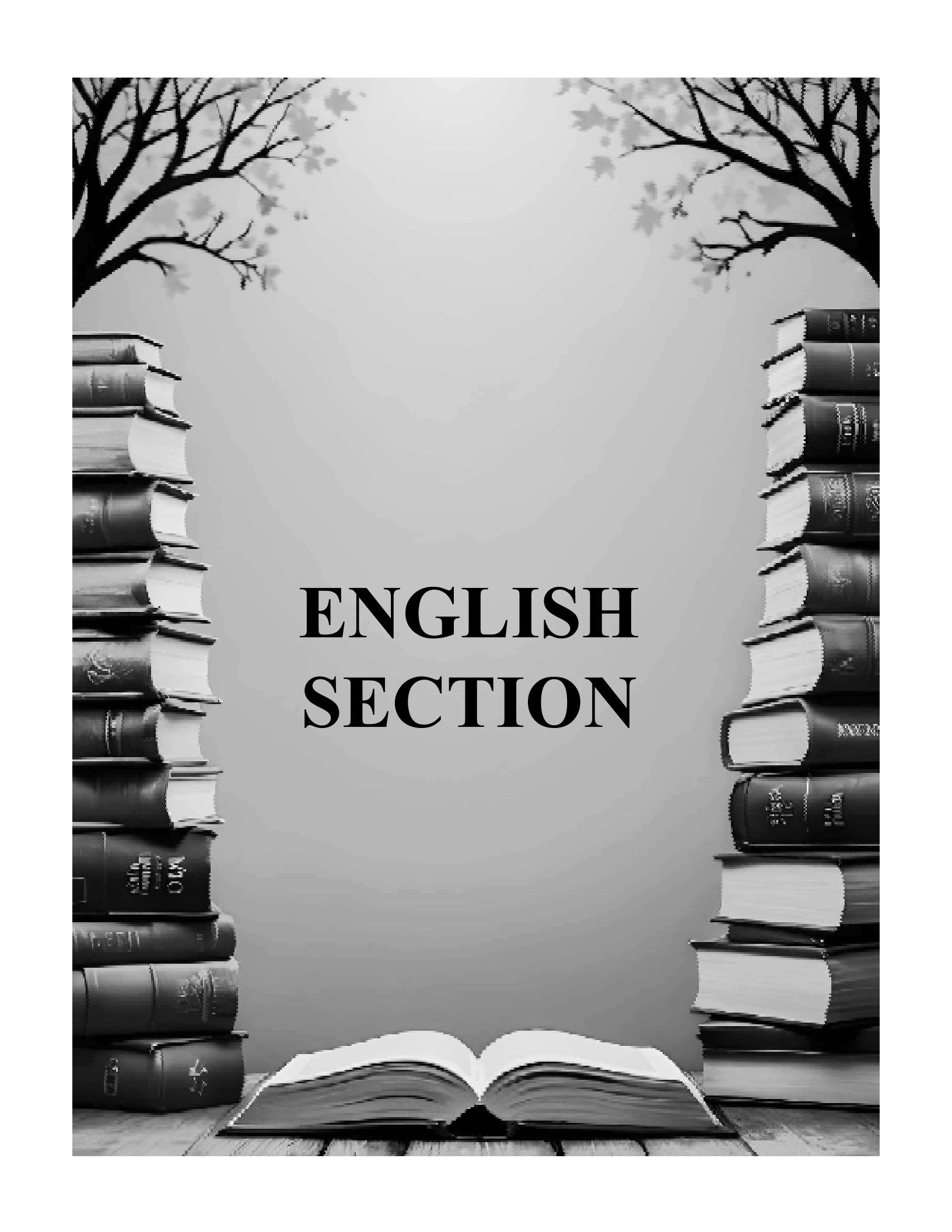
The event was attended by Parish Pastoral Vice-President Dixon, Secretary Jesinta, PTA Vice-President Priyadarshini, Student Union President Prekshika D R, Vice-President Rohan, and Cultural Secretary Jayarashmi, among others. Principal and Campus Director Rev. DrAlwin Serrao delivered the welcome address, programme coordinator Samita proposed the vote of thanks, and student Nikel Lance Lewis compered the programme. The celebration concluded with a variety of cultural performances presented by students, adding colour and vibrancy to the event.

TRUST AND RESPONSIBILITY: The Success of The Honesty Counter

What is honesty? It is a human virtue that encompasses sincerity, truthfulness, and integrity. The practice of this virtue makes human existence free from deceit and contributes to making the world a better place. To instil a sense of honesty among the students of our college, the concept of the Honesty Counter was introduced in 2017. Regularly used stationery items such as A4 paper, pens, pencils, and rough books are made available at the reception/front desk area for students. Over time, the students have made the best use of this facility.

A student in need of any of the cited stationery items picks it up and drops the amount into the Honesty Counter box. The college staff at the reception maintain a weekly account of the stock and sale of stationery. Between 1st August 2024 and 31st July 2025, stationery such as A4 paper, ballpoint pens, and rough books worth Rs. 6,865 were purchased and made available at a total selling price of Rs. 13,140. During this period, students picked up items worth Rs. 13,647. It is indeed heartening to note that the students have demonstrated a remarkable degree of honesty.

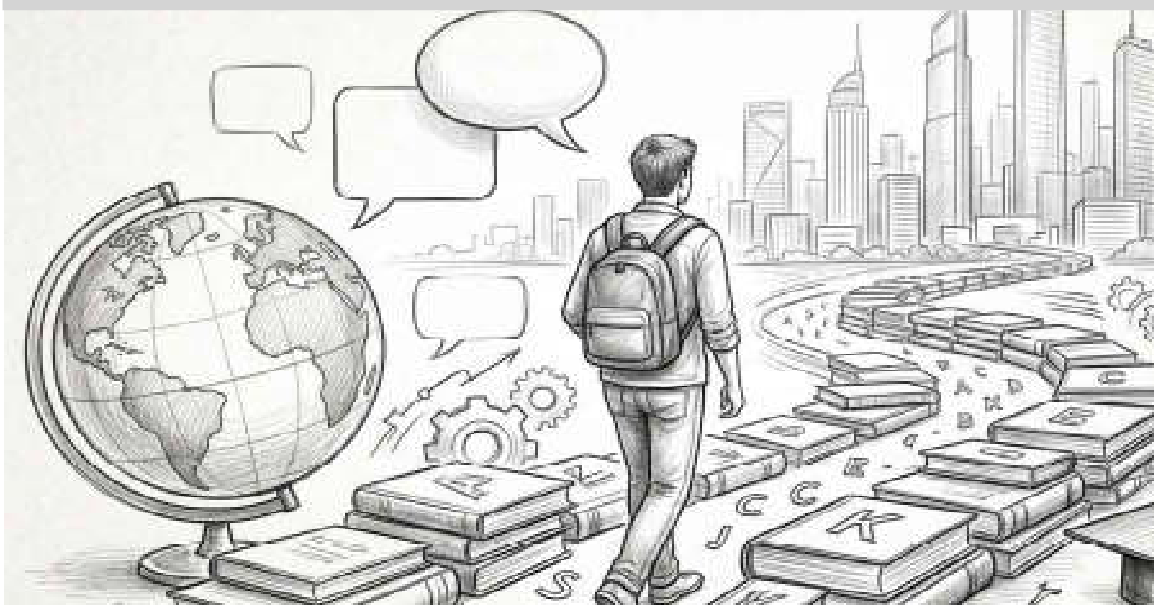




ENGLISH SECTION



ENGLISH: THE LANGUAGE OF EMPLOYABILITY



Why Every Graduate Must Master English to Succeed in the Modern Job Market

In an age defined by globalisation, digital transformation, and intense competition, a university degree alone is no longer a guaranteed passport to employment. While academic qualifications remain essential, they are often only the first step. What truly distinguishes one graduate from another in today's job market is the ability to communicate knowledge, ideas, and personality with clarity and confidence. In this context, English has emerged as one of the most important employability skills for graduates.



Rev. Dr Alwin Serrao
Principal / Campus Director

English is no longer merely a classroom subject or an examination paper to be passed. It has become the language of opportunity, connecting graduates to interviews, workplaces, professional networks, higher studies, and global careers. For young people stepping out of college



and into the world of work, English can often serve as a bridge between education and employment.

More Than a Language - A Career Skill

Across the world, and especially in India, English occupies a unique and influential place in education, business, technology, and administration. Whether one enters the corporate sector, teaching profession, banking, media, healthcare, hospitality, information technology, or civil services, English is often the preferred medium of professional communication.

From writing resumes and cover letters to attending interviews, drafting emails, preparing reports, making presentations, and participating in meetings, English is deeply woven into the fabric of professional life. Employers increasingly seek candidates who are not only academically competent but also able to communicate effectively, work collaboratively, and present themselves professionally. Very often, when two candidates possess similar academic qualifications, the one with stronger English communication skills gains the advantage. Thus, English today is not just a language - it is a career skill.

English and Employability: The Invisible Advantage

Employability is not simply about getting a job; it is about being prepared for the demands of the workplace. In this sense, English

contributes to a wide range of essential professional competencies:

- Clear verbal communication
- Effective writing skills
- Confident interview performance
- Group discussion and teamwork
- Presentation and public speaking abilities
- Professional email etiquette
- Leadership and interpersonal skills
- Customer and client interaction

A graduate may have excellent subject knowledge in commerce, science, arts, management, or social sciences. However, if that knowledge cannot be communicated clearly and convincingly, opportunities may be lost. English enables graduates to articulate their ideas, demonstrate their competence, and build professional credibility.

In many ways, it becomes the invisible advantage that shapes first impressions and long-term success.

The Interview Room: Where English Often Speaks First

For many graduates, the first encounter with the job market begins with the interview. It is here that English often becomes both a challenge and an opportunity. Many capable students struggle not because they lack knowledge, but because they lack confidence in expressing themselves in English. Interviewers frequently assess not only academic qualifications but also



the candidate's communication style, clarity of thought, confidence, and professionalism. Questions such as **"Tell me about yourself,"** **"What are your strengths?"** or **"Why should we hire you?"** may seem simple, but they require clear, confident responses.

A graduate who can answer with calmness, clarity, and fluency creates a strong first impression. Good English does not mean speaking with an artificial accent or using complicated vocabulary. Rather, it means speaking with clarity, correctness, confidence, and purpose.

English in the Digital and Global Era

The world of employment has changed dramatically. Today, job applications are



submitted online, interviews are often conducted virtually, and professional networking happens on digital platforms. LinkedIn profiles, online certification courses, webinars, internships, remote jobs, and international collaborations are increasingly common, and much of this professional ecosystem functions in English.

English is also the dominant language of the internet, research, technology, and global business. A graduate who is comfortable in English can access online courses, read professional journals, attend international webinars, and engage with global learning resources. This not only widens employability but also enhances adaptability.

In the digital and global era, English gives graduates the confidence to move beyond local limitations and participate in a much larger professional world. It opens doors not only in Mangaluru and Bengaluru, but also potentially in Mumbai, Dubai, Singapore, London, and any workplace connected to the global economy.

Confidence, Identity, and Growth

One of the most overlooked benefits of English is the confidence it gives to young graduates. Language shapes self-expression, and self-expression shapes self-belief. A student who can communicate effectively in English often feels more confident during seminars, presentations, group discussions, interviews, and workplace interactions.

This confidence gradually becomes part of one's professional identity. It helps graduates interact with seniors, clients, colleagues, and recruiters with assurance and dignity. It also encourages lifelong learning, since most advanced courses, research publications,



professional manuals, and development resources are available in English.

Therefore, English is not useful only for getting a job. It is equally important for keeping a job, growing in a job, and excelling in a career.

A Challenge - But Never an Obstacle

It is true that many graduates, especially those from rural backgrounds or regional-medium schools, may initially feel hesitant about English. But this should never be seen as a permanent disadvantage. Language is a skill, and like any skill, it improves with practice, patience, and perseverance. Fluency is not built in a day. It grows through regular exposure and consistent use. Reading newspapers, listening to English speeches, watching quality content, writing short paragraphs, speaking with friends, learning workplace vocabulary, and participating in mock interviews can all make a significant difference.

What matters most is not perfection, but progress.

The Role of Colleges in Building Employability:

Educational institutions have a crucial responsibility in preparing students not only for examinations but also for employment. Colleges must recognise that English communication is a foundational employability skill and integrate it into student development. Language labs, spoken English sessions, reading circles, debate

forums, presentation practice, soft skills workshops, mock interviews, and career readiness programmes can empower students immensely. When colleges invest in communication training, they are not merely teaching language; they are shaping futures. For graduates, this training can be one of the most valuable gifts their college offers.

Conclusion: From Classroom to Career

In the twenty-first century, English has become far more than a subject in the syllabus. It is a tool of expression, a mark of professionalism, and a gateway to opportunity. For graduates entering a competitive, interconnected job market, English often determines how well they can translate their education into employment. A degree may provide knowledge, but English helps present that knowledge to the world. It enables graduates to speak with confidence, write with clarity, think with openness, and work with competence. In a world where employers seek both talent and communication, English stands as one of the strongest pillars of employability.

For every graduate aspiring to build a meaningful career, English is not a burden to be feared - it is a strength to be cultivated. In the journey from classroom to career, English remains one of the most powerful languages of success.



GLACIER PRESERVATION AND THE ROLE OF THE LOGISTICS SECTOR



Glaciers are often referred to as the “freshwater banks” of the world. They regulate river systems, maintain biodiversity, support agriculture, and influence global climate patterns. However, rapid melting caused by rising global temperatures has become a serious concern. One of the major contributors to climate change is carbon emissions, and the logistics and transportation sector plays a significant role in this process.

The logistics industry relies heavily on road, air, and sea transportation, all of which release large amounts of greenhouse gases. These emissions trap heat in the atmosphere, increase global temperatures, and accelerate glacier melting. As glaciers continue to shrink, sea levels rise, weather patterns become unpredictable, and



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millions of people face reduced access to freshwater resources. To support glacier preservation, the logistics sector must shift toward sustainable and green logistics practices. Adopting fuel-efficient and electric vehicles can



significantly reduce emissions. Intermodal transportation, which combines rail, sea, and road networks, helps minimise fuel consumption. Additionally, the use of eco-friendly fuels such as liquefied natural gas (LNG), biofuels, and hydrogen represents an important step forward. Green warehousing and energy-efficient cold-chain systems are equally vital. Warehouses equipped with solar energy, LED lighting, and smart energy-management systems can drastically lower carbon footprints. Efficient route planning through digital logistics systems reduces unnecessary travel, saving fuel and lowering emissions. Packaging innovations, including recyclable materials and reduced packaging sizes, further contribute to environmental sustainability. Government policies

and corporate responsibility also play a crucial role. Carbon auditing, emissions reporting, and sustainability certifications encourage logistics companies to operate responsibly. Public awareness and collaboration among industries, communities, and international organisations are essential to protecting glaciers for future generations.

In conclusion, glacier preservation is not merely an environmental issue; it is closely linked to economic stability and human survival. As a major global mover, the logistics industry has both the responsibility and the capacity to lead this transition. By embracing green logistics, we can enhance business efficiency while safeguarding one of Earth's most precious natural systems: its glaciers.

THE WORLD'S FRAGILE WATER TOWERS: WHY THE HIGH PEAKS MATTER TO US ALL

In my lectures, I often ask students to reflect on where everyday resources such as drinking water, irrigation supply, or even a simple cup of coffee truly originate. Most responses point to local reservoirs, rivers, or urban pipelines. However, when these sources are traced back beyond treatment plants and river systems, they ultimately lead to high-altitude glaciers. These distant ice masses, though rarely seen, play a direct and vital role in sustaining daily



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life. Scientists often describe glaciers as the **“Water Towers of the World.”** The metaphor is both simple and powerful. Just as elevated water tanks supply buildings below, glaciers store freshwater at high altitudes and release it gradually through rivers and streams. Nearly 70 percent of the Earth’s freshwater is locked within these

frozen reservoirs, sustaining ecosystems, agriculture, and human settlements across continents.

As the **International Year of Glaciers’ Preservation** reminds us, these water towers are under increasing threat. Rising global temperatures have accelerated glacier retreat, disrupting seasonal water flows and intensifying risks such as short-term floods and long-term water scarcity. What may initially appear as an increase in water availability is, in reality, the rapid depletion of a finite natural reserve. Beyond water supply, glaciers function as critical climate regulators. Their bright, reflective surfaces deflect solar radiation, helping to stabilise global temperatures. As glaciers shrink, darker land surfaces absorb more heat, further accelerating warming and contributing to climatic instability. This feedback loop extends the consequences of glacier loss far beyond mountain regions, affecting weather patterns and sea levels worldwide.

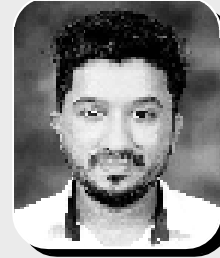
Protecting glaciers therefore demands urgent and collective action. Reducing carbon emissions, promoting sustainable development, and strengthening environmental awareness are essential steps in safeguarding these fragile systems. Preserving the world’s water towers is not merely about protecting ice; it is about securing a stable and sustainable future for humanity.



PEACE WITH PROOF: TRUST AS THE QUIET ARCHITECTURE OF GLOBAL STABILITY



The declaration of the International Year of Peace and Trust invites us not merely to celebrate an ideal, but to examine a discipline. Peace, contrary to popular imagination, is not a spontaneous moral emotion; it is a structured social outcome. Trust, similarly, is not unquestioning belief but a reasoned confidence shaped by law, ethics, and shared responsibility. Together, they form the invisible architecture upon which stable societies and cooperative nations stand.



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From a judicious perspective, peace cannot exist outside the framework of legality. Laws are not obstacles to harmony; they are its instruments. When individuals and states respect constitutional principles, international treaties, and institutional processes, they create predictability. Predictability, in turn, nurtures trust. A society governed by rules rather than impulses reduces fear, and fear is the most persistent enemy of peace. Socially, trust is cultivated through accountability. Communities fracture not because of diversity of opinion, but because of inconsistency between words and actions. When leaders, institutions, and citizens alike accept responsibility for their conduct, trust becomes cumulative. It grows slowly, through transparent governance, ethical education, and the consistent



application of justice. This is why peace must be taught not only in diplomacy but also in classrooms, courts, and civic spaces. At the international level, peace and trust demand restraint as much as resolve. Dialogue grounded in mutual respect is more effective than coercion cloaked in authority. Trust does not require agreement on all issues; it requires sincerity in disagreement and adherence to agreed norms.

The International Year of Peace and Trust therefore challenges us to rethink peace as a civic practice rather than a ceremonial aspiration. It calls upon educators to shape critical thinkers, institutions to act lawfully, and citizens to engage responsibly. Peace endures not through slogans, but through systems that deserve trust and people who choose, every day, to honour them.

PEACE AND TRUST: FOUNDATIONS FOR A STABLE AND SHARED FUTURE



In today's rapidly changing world, marked by social tensions, political uncertainty, and global challenges, the values of peace and trust have become more important than ever. Recognising their significance, the United Nations dedicated a year to highlighting the need for cooperation, dialogue, and mutual understanding among nations and communities.



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This initiative reminds us that meaningful progress is possible only when societies are built on trust and peaceful coexistence.

Peace should not be understood merely as the absence of war or conflict. It represents a condition in which individuals and communities

live with dignity, security, and mutual respect. Peace allows differences to be expressed without fear and encourages the resolution of disagreements through dialogue rather than violence. Trust, closely linked to peace, forms the foundation of healthy relationships between individuals, institutions, and nations.

The modern world faces challenges that no country can address alone. Climate change, economic inequality, humanitarian crises, and public health threats demand collective effort. Such cooperation is possible only when nations have confidence in one another's intentions and commitments. Trust strengthens diplomacy, supports dialogue, and encourages shared responsibility in solving global problems.

At the societal level, peace and trust are nurtured through education, inclusivity, and ethical governance. When institutions are transparent and accountable, public confidence grows, reducing polarisation and conflict. On an individual level, everyday actions listening respectfully, acting honestly, and resolving conflicts calmly contribute to a culture of peace.

In conclusion, building a peaceful and trustworthy world is a shared responsibility. By promoting understanding, dialogue, and ethical conduct at every level of society, humanity can move toward a future defined not by division but by cooperation and mutual respect.



THE CLOCK THAT FORGOT TO RUSH

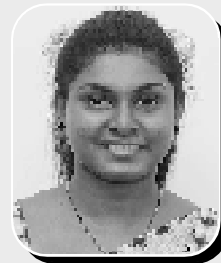


In the centre of the town stood an old clock tower, famous for running five minutes fast. People blamed it for their hurried lives. Shopkeepers opened early, students ran late, arguments began before patience arrived. The clock ruled everyone, ticking louder than common sense.

One morning, the clock stopped.

At first, panic spread. Meetings were missed. Buses waited. People argued about the correct time, each person convinced they were right. But as hours passed, something unexpected happened. Without the ticking command, people slowed. Tea cooled before being sipped. Conversations stretched without glancing at wrists.

A baker, done early, shared extra bread with neighbours. A teacher told stories instead of



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lessons. Children played longer, inventing games with no winner. Even disagreements softened, because no one rushed to prove a point. By afternoon, the town felt different. The air seemed lighter. Steps were gentler. Smiles appeared without reason. People noticed details once ignored: sunlight on windows, birds resting on wires, the simple comfort of standing still.

An old watchmaker climbed the tower at sunset. He examined the clock and smiled. **“It**



works fine,” he said, though he didn’t fix it. **“It only forgot to hurry.”** That night, families ate together longer than usual. Neighbours listened instead of interrupting. The town slept deeply, without alarms shouting at dawn.

Days passed. The clock remained silent. Life continued, not slower, but steadier. Work was done with care. Words were chosen with kindness. Mistakes were forgiven quickly because time no longer chased anyone.

When the watchmaker finally restarted the clock, its ticking sounded softer, almost polite. But the town no longer obeyed it blindly. People glanced at it, then at each other, choosing moments over minutes. The clock still ran five minutes fast. It always would. But it no longer controlled hearts. The town learned that harmony is not found by racing ahead, but by walking together, allowing moments to breathe, and understanding that the most valuable time is the one shared calmly.

BUILDING PEACE, ONE CLASSROOM AT A TIME

In a world increasingly shaped by conflict, mistrust, and social divisions, peace cannot be built solely through laws or agreements. It must begin in everyday spaces where minds and values are formed. One such powerful space is the classroom. Teachers, often quietly and consistently, play a crucial role in nurturing peace by shaping the attitudes and behaviour of future generations.

Teachers do much more than deliver academic content. Through their daily interactions, they teach students how to treat others with respect, fairness, and empathy. When classrooms become safe spaces where every student feels valued and heard, trust develops naturally. This trust becomes the foundation for peaceful relationships both within and beyond educational institutions.



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Peace education also grows through inclusive teaching practices. By encouraging dialogue, critical thinking, and open discussion, teachers help students understand differences related to culture, language, religion, or opinion. Instead of viewing diversity as a source of conflict, students learn to see it as a strength that enriches society. Such understanding reduces prejudice and promotes social harmony.

Teachers also act as role models of peaceful behaviour. The way they manage conflicts, respond to disagreements, and demonstrate patience teaches students that peace is not just an idea but a practice. By promoting cooperation over unhealthy competition and dialogue over confrontation, teachers help students develop problem-solving skills grounded in respect and

understanding. Furthermore, education rooted in human values empowers students to question injustice and reject violence. Teachers inspire learners to think ethically, act responsibly, and contribute positively to their communities. Through activities such as group work, community service, and civic engagement, students experience the importance of collaboration and shared responsibility.

In this sense, teachers truly function as architects of peace. Just as architects carefully design structures meant to stand the test of time, teachers shape minds and hearts capable of sustaining peace across generations. By building peace one classroom at a time, teachers quietly but powerfully lay the foundation for a more just, trusting, and harmonious world.

INTERNATIONAL YEAR OF PEACE AND TRUST: THE ROLE OF LOGISTICS AND SUPPLY CHAINS IN A CONNECTED WORLD

The declaration of the **International Year of Peace and Trust** by the United Nations highlights the urgent need for cooperation, mutual understanding, and reliability among nations. In today's globalised economy, these values are not merely moral ideals but practical necessities, particularly in the field of international logistics & supply chain management. Modern supply chains operate



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across borders, cultures, and political systems, making peace and trust fundamental to their success.

International logistics is built on interdependence. It is estimated that over 80 percent of global trade by volume is carried by sea, connecting ports across continents and economies. Raw materials sourced in one country are manufactured in another and distributed worldwide. Such complex networks can function efficiently only when there is trust among trading partners, logistics service providers, governments, and international institutions. Trust ensures timely deliveries, accurate documentation, fair trade practices, and transparent communication, all of which are essential for the smooth cross-border movement of goods.

Peace plays an equally vital role in sustaining global supply chains. Studies indicate that conflicts and political instability can increase logistics costs by 20–30 percent due to route diversions, higher insurance premiums, and heightened security concerns. Political stability and peaceful international relations reduce disruptions such as trade embargoes, port closures, sanctions, and armed conflicts that can severely affect transportation routes and production schedules. Regions affected by conflict often experience supply shortages and inflation, demonstrating

how peace directly supports economic and supply chain stability.



Recent global disruptions have further emphasised the importance of trust and cooperation. During crises such as pandemics and natural disasters, countries that engaged in information sharing and coordinated logistics networks were able to restore supply chains more rapidly. Industry reports suggest that **digitally transparent supply chains can reduce delays by up to 25 percent**, reinforcing trust among stakeholders. Technologies such as **blockchain**, **electronic data interchange (EDI)**, and **real-time cargo tracking** have become vital tools for building accountability and confidence in international trade.

Educational institutions offering logistics and supply chain programs play a crucial role in promoting these values. By educating students about ethical sourcing, sustainable transportation, and compliance with international trade regulations, institutions prepare future professionals to build resilient and responsible supply chains. Graduates entering the logistics



sector must recognise that ethical and transparent practices not only enhance operational efficiency but also strengthen international trust and long-term partnerships.

In conclusion, the **International Year of Peace and Trust** reminds us that international logistics and supply chains are more than commercial activities; they are economic lifelines that connect nations and societies. By fostering

trust, ensuring fairness, and supporting peaceful cooperation, the logistics and supply chain sector can serve as a powerful force for global stability and inclusive growth. As educators and students, embracing these principles enables us to contribute meaningfully to a peaceful world supported by reliable and responsible global trade.

LANGUAGE AS A PATHWAY TO PEACE: REFLECTIONS ON ENGLISH AND GLOBAL TRUST



Words That Unite- In a world increasingly shaped by uncertainty, cultural fragmentation, and global challenges, the principles of peace and trust have assumed profound significance. **The International Year of Peace and Trust** invites us to reflect not only on global conflicts but also on the quieter, everyday responsibilities that contribute to harmony among individuals and



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nations. From the perspective of an English lecturer, language emerges as one of the most enduring and influential instruments in cultivating understanding, empathy, and co-operation. Among global languages, English occupies a unique position as a shared space for dialogue across cultures.

English today functions as far more than a medium for academic instruction or professional exchange. It has become a common linguistic platform through which people of diverse backgrounds articulate ideas, share experiences, and engage in meaningful dialogue. When individuals communicate through a shared language, the potential for misunderstanding is reduced, and the possibility of trust is strengthened. English allows voices from varied cultural contexts to be heard, understood, and acknowledged, thereby fostering a sense of global connectedness rooted in mutual respect. Within educational institutions, the teaching of English plays a subtle yet powerful role in shaping socially responsible individuals. English classrooms are reflective spaces where students encounter multiple worldviews through literature, critical writing, and dialogue. Texts drawn from different cultures encourage learners to examine themes of justice, conflict, identity, and reconciliation. Through structured discussion and thoughtful expression, students learn not only how to communicate effectively but also how to

listen with openness and respond with sensitivity skills that are essential to peaceful coexistence. Beyond the academic sphere, English-language literature and media extend the reach of human experience across geographical and cultural boundaries. Literature captures shared emotions and ethical dilemmas, while journalism and digital media illuminate realities that may otherwise remain distant or unseen. In these spaces, English enables stories of resilience, cooperation, and shared humanity to circulate globally, contributing to deeper collective awareness and understanding.

At the same time, it is important to approach the global use of English with responsibility and humility. While English can unite, peace cannot be sustained if linguistic dominance overshadows cultural diversity. English must serve as a bridge that connects communities while respecting and preserving local languages, identities, and traditions. Trust flourishes only when communication is inclusive and grounded in cultural sensitivity.

The International Year of Peace and Trust reminds us that language is not neutral; it shapes thought, relationships, and action. When used with care and purpose, English becomes more than a means of communication; it becomes a catalyst for reflection, empathy, and ethical engagement. In classrooms, academic discourse, professional environments, and digital platforms,



English offers opportunities to speak thoughtfully, listen attentively, and act responsibly. Through such mindful use of language, we contribute not merely to conversation but to the ongoing work of building a peaceful, trusting, and interconnected global society.

ROLE OF SUSTAINABLE HOSPITALITY PRACTICES IN PRESERVING GLACIER ECOSYSTEMS



Among Earth's natural resources, glacier ecosystems are among the most fragile and valuable. They function as freshwater reservoirs, regulate the global climate, support biodiversity, and provide livelihoods through tourism and related industries. However, climate change, increasing tourism pressure, and unsustainable development practices have caused glaciers to recede at an unprecedented rate. Under these circumstances, the hospitality industry, including hotels, resorts, restaurants, and other tourism-related businesses located near glacier regions, has a significant role to play in



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either contributing to environmental degradation or supporting conservation. Sustainable



hospitality practices therefore serve as an effective means of protecting glacier ecosystems while promoting responsible tourism.

Hospitality activities are closely linked with glacier regions such as the Himalayas, Alps, Andes, Rockies, and polar areas, which attract tourists due to their scenic beauty, adventure opportunities, and unique climatic conditions. However, conventional hospitality operations consume large amounts of energy and water and generate substantial waste. These activities increase carbon emissions, accelerate global warming, and create localised environmental stress that further contributes to glacier melting. Environmentally sustainable hospitality seeks to reverse these impacts through environmentally responsible, socially inclusive, and economically viable practices.

Reducing the carbon footprint of the hospitality industry in cold-climate and high-altitude glacier regions is one of the most important sustainable practices for glacier protection. Hotels in these areas traditionally rely heavily on fossil fuels for heating, lighting, and transportation. By shifting to renewable and alternative energy sources such as solar and wind energy, geothermal heating, and energy-efficient insulation materials, hospitality establishments can significantly reduce greenhouse gas emissions. Reduced emissions help slow global temperature rise and, in turn, the rate of glacier retreat.

Energy-efficient building design is also essential in glacier regions. The use of passive heating techniques, natural lighting, high-quality insulation, and green roofs reduces the demand for artificial energy. Eco-lodges constructed using locally sourced materials are environmentally friendly, minimise ecological disturbance, and blend aesthetically with their natural surroundings. Such designs help protect glaciers by reducing land degradation and pollution in sensitive areas.

Water conservation is another critical contribution of sustainable hospitality to glacier preservation. Glaciers are vital freshwater sources, and their depletion threatens long-term water security. Hospitality establishments consume large volumes of water in guest rooms, kitchens, laundries, and recreational facilities. Water-saving technologies such as low-flow fixtures, rainwater harvesting systems, greywater recycling, and efficient laundry operations significantly reduce water waste. By conserving water, hotels help reduce pressure on glacier-fed water systems and maintain ecological balance.

Effective waste management is essential in tourism areas dependent on glaciers for their natural beauty. Improper waste disposal contaminates soil and water resources and causes long-term environmental damage. Sustainable hospitality practices include waste segregation, composting organic waste, replacing



single-use plastics with refillable or biodegradable alternatives, and implementing responsible procurement policies. These measures help maintain clean environments, protect biodiversity, and preserve the pristine condition of glacier ecosystems.

Responsible sourcing of food also contributes to glacier conservation. By sourcing food locally and seasonally, hospitality establishments reduce carbon emissions associated with long-distance transportation while supporting local communities. Sustainable menus that minimise food waste, emphasise plant-based options, and avoid overexploitation of local natural resources further reduce environmental impact and protect fragile ecosystems.

In addition to operational practices, hospitality professionals play an important role in educating guests about environmental responsibility. As the first point of contact for tourists, hotels and tour operators can influence visitor behaviour by providing information on glacier sensitivity, climate change impacts, and responsible tourism practices. Informational displays, guided eco-tours, and sustainability guidelines encourage tourists to reduce litter, lower their carbon footprint, and minimise environmental damage.

Community-based tourism is an integral part of sustainable hospitality and supports glacier preservation. Involving local communities in

hospitality operations ensures shared economic benefits while preserving traditional knowledge and conservation values. When residents benefit from tourism and participate actively in conservation, they develop a stronger commitment to protecting glacier ecosystems, thereby strengthening long-term preservation efforts. Furthermore, adherence to environmental policies and certifications such as Green Globe, LEED, and ISO 14001 enhances accountability within the hospitality industry. These certifications enable establishments to monitor sustainability performance and demonstrate a commitment to environmental responsibility and glacier protection.

The adoption of sustainable practices within the hospitality industry is essential for the long-term survival of glacier ecosystems. By reducing carbon emissions, conserving water and energy, managing waste responsibly, educating tourists, and supporting local communities, the hospitality sector can significantly reduce its environmental impact on glaciers. As climate change continues to threaten glacier regions worldwide, hospitality businesses must shift from profit-driven models to conservation-focused approaches. Preserving glaciers is not only an environmental necessity but also an ethical and professional responsibility of the global hospitality industry.



TECHNOLOGY TO THE RESCUE: THE HIGH-TECH BATTLE TO SAVE EARTH'S FROZEN GIANTS

As we celebrate the **2025 International Year of Glaciers' Preservation**, a sobering reality hangs over our mountaintops. Across the globe, from the Alps to the Himalayas, the “**world's water towers**” are shrinking. While headlines often focus on loss and disappearance, a quieter yet powerful high-tech revolution is unfolding. In laboratories, at computer terminals, and on high-altitude slopes, humanity is deploying a digital and mechanical shield to protect our ice. For today's students, the future engineers, data scientists, and innovators, technology is not just a tool; it is an ultimate rescue mission.

Eyes in the Sky: Satellite Sentinels

The first step in preservation is precision. Gone are the days when glaciologists relied solely on manual yardsticks and perilous field expeditions. Today, a fleet of “**sentinels**” orbits the Earth. Satellites such as the **European Space Agency's CryoSat** and **NASA's ICESat-2** use advanced radar and laser altimeters to measure ice thickness down to the centimetre. These satellites act as a “**heartbeat monitor**” for the planet. They detect changes in the remotest regions of Antarctica or the Karakoram



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Range areas once invisible to the human eye. By feeding this data into **Geographic Information Systems (GIS)**, scientists can generate high-definition 3D maps that reveal exactly where ice is thinning most rapidly, enabling governments to target conservation efforts with surgical precision.

The AI Revolution: Predicting the Unpredictable

Data alone is useless without analysis, and this is where Artificial Intelligence (AI) takes centre stage. Modern glaciology has become a Big Data science. Machine-learning algorithms, particularly deep-learning models such as Convolutional Neural Networks (CNNs), are



trained to scan millions of satellite images to identify cracks in ice shelves before they turn into catastrophic failures.

These AI systems function as early-warning mechanisms. They can predict **Glacial Lake Outburst Floods (GLOFs)**, deadly events in which melting glaciers cause mountain lakes to burst, sweeping away downstream villages. By analysing patterns of meltwater accumulation, AI provides communities with the most precious resource of all: time. For students of computer science, this is a powerful reminder that code can save lives.

Nanotechnology and Geoengineering: “Dressing” the Mountains

Perhaps the most visually striking intervention is the use of geotextiles. In ski resorts across Switzerland and Austria and more recently on massive glaciers in China, scientists are literally

“dressing” glaciers in high-tech blankets. These are no ordinary covers. Made from advanced reflective nanomaterials, they increase the albedo effect, the ability of a surface to reflect sunlight. By deflecting solar radiation back into space, these blankets can reduce summer melting by 50 to 70 percent. While it is impractical to blanket every glacier on Earth, this targeted form of geoengineering is buying precious decades for some of the most vulnerable and culturally significant ice formations.

The Ice Stupa: Low-Tech Meets High-Design

Innovation does not always require billion-dollar satellites. Sometimes, it emerges from clever local engineering. In the cold desert of Ladakh, India, engineer Sonam Wangchuk pioneered the concept of the **Ice Stupa**. Using simple pipes and gravity, water is sprayed into freezing winter air, forming massive conical towers of ice. Because of their vertical shape and reduced surface area, these artificial glaciers remain frozen well into spring, melting slowly to provide irrigation water precisely when farmers need it for sowing crops. The Ice Stupa is a masterclass in biomimicry and sustainable design, proving that life-saving technology does not always need electricity just a good idea.

The Role of the Next Generation

Why does all this matter to you, the students?



The International Year of Glaciers' Preservation is not only a reminder of what we stand to lose; it is also a glimpse into the green careers of the future. Preserving glaciers will require:

1. **Mechanical engineers** to design sustainable water-capture and storage systems
2. **Software developers** and data scientists to build accurate climate and prediction models
3. **Policy experts** to ensure that these technologies reach the developing regions that need them most

A Race Against Time

Technology is a powerful ally, but it is not a magic wand. These innovations buy us time; they do not eliminate the root cause of climate change. As we move through 2025, the message is clear: we have the tools, the data, and the ingenuity. Glaciers have stood as silent witnesses to Earth's history for millennia. Today, through the power of human innovation, we have the opportunity to become the architects of their survival. The ice is melting, but the fire of human creativity has never burned brighter.

TRUST, TOLERANCE, AND DIALOGUE: TOOLS FOR PEACE IN MULTI-CULTURAL SOCIETIES

In today's globalised world, multicultural societies are becoming increasingly common. People from diverse cultural, religious, ethnic, and linguistic backgrounds live together, sharing public spaces, institutions, and aspirations. While such diversity enriches societies socially and economically, it can also give rise to misunderstanding and conflict if not managed thoughtfully. In this context, peace is not simply the absence of violence but the presence of mutual respect and cooperation. Trust, tolerance, and dialogue emerge as essential tools for building and sustaining peace in multicultural societies.



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Department of Hospitality Science

Trust forms the foundation of peaceful coexistence. In diverse societies, trust allows individuals and communities to feel secure despite their differences. It develops when



institutions are just, laws are applied equally, and people believe that their rights will be protected regardless of identity.

Trust also grows through everyday interactions: neighbours helping one another, fair treatment in workplaces, and inclusive education systems. When trust exists, fear diminishes, and communities become more willing to collaborate, reducing the likelihood of conflict.

Tolerance is the recognition and respect of diversity. It does not mean agreeing with all beliefs or practices; rather, it requires acknowledging others' right to hold different views and live according to their traditions.

In multicultural societies, tolerance helps prevent prejudice, discrimination, and marginalisation. It fosters social harmony by encouraging empathy and understanding. Tolerant societies recognise that diversity is a

strength rather than a weakness and that unity does not require uniformity.

Dialogue is the most powerful tool for transforming diversity into understanding. Open and respectful communication allows people to share experiences, address grievances, and resolve misunderstandings before they escalate into conflict.

Dialogue encourages listening as much as speaking, promoting empathy and mutual respect. Through dialogue, stereotypes are challenged, common ground is discovered, and trust is strengthened. Ultimately, trust, tolerance, and dialogue are not abstract ideals; they are practical necessities. By embracing them, multicultural societies can transform diversity into a source of strength and build a peaceful future where differences are not feared but respected and celebrated.



FROM MILAGRES TO MERIT; A CONVERSATION WITH OUR STATE TOPPER

Milagres College, Mangaluru, proudly celebrates the incredible achievement of Ms Kethana K. S., Alumna, BSc Food Nutrition and Dietetics (2018–21 batch), at the SLET examinations. She has bagged the first rank and has thus qualified for the UGC-NET. She sat down with us and shared her thoughts.

1. At the outset, take us back to your undergraduate days at Milagres College. How was your student life then?

Thank you for having me here. Well, I began as an average student, with nothing extraordinary happening. But as the days went by, I focused on understanding the basics, raising doubts, looking for answers, and revising regularly. Discipline replaced confusion, and curiosity replaced fear. I realised that persistence, self-belief, and the willingness to grow make all the difference.

2. Yours is indeed an incredible feat. What was the spark that led you to aim for competitive exams like the SLET and the NET?

The real spark came when I started seeing learning not just as a requirement for exams, but as a long-term academic journey.



Mrs. Prathibha Dsouza

HOD

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Interacting with my teachers, mentors, and seniors made me realise that strong fundamentals could open up several doors. Graduation is never the endpoint, but the foundation for a bright academic future. This clarity motivated me to aim higher and prepare for the exam earnestly.

3. Many students feel overwhelmed by the vast syllabus. How did you break down your study plan? Was it a strict “8 hours a day” routine or something flexible?

I do not believe in a rigid eight-hour daily schedule. Focusing on consistency and flexibility worked wonders for me. First and foremost, I broke down the syllabus into small, manageable units. Instead of fixed long hours, I followed a target-based approach. I



also used short, focused study sessions along with regular mock tests. My genuine advice to students is to focus on consistency and the quality of study rather than the quantity or number of hours put in.



4. Given your background in Food and Nutrition, which topics did you find most challenging during your preparation, and how did you overcome them?

During my preparation, biochemistry, especially metabolic pathways, was the most challenging. Due to its complex nature,

understanding metabolism was overwhelming. However, with the use of flowcharts and repeated revision, I was able to overcome this hurdle. Clinical nutrition became easier through case studies and practical, hospital-based examples. Understanding the concept made all the difference.

5. There are various books and websites available today. Which ones did you choose, and what about previous years' question papers?

It is important to look for the best sources of information. For Paper 1, I relied on the *Arihant BTA UGC NET/SET* textbook for strong conceptual clarity. For Paper 2, I used the *Invincible Trueman's* subject-specific series on Home Science. Simultaneously, I regularly attempted mock tests to improve my speed and accuracy. I also solved previous years' question papers multiple times to understand the exam pattern and the importance given to various topics by the question paper-setting team. This highlighted my weak areas and allowed me to work on them systematically, thereby strengthening my confidence.

6. Did you ever experience moments of self-doubt or burnout? How did you pull through these low phases and remain upbeat?



Yes, absolutely. Such moments are common while preparing for long and demanding academic goals. Self-doubt often creeps in when results do not meet expectations, and burnout can occur when managing both work and studies. Gradually, I realised that these low phases are temporary and not a reflection of my ability. This understanding made it easier to surge forward without confusion or fear. Feeling tired, dejected, or doubtful is not a sign of weakness. Never lose faith in your capability to do well. Rise and keep learning.

8. Your alma mater, Milagres College, is really proud of your achievement. Looking back, how did the faculty and the college environment help you?

The college has indeed played a pivotal role in laying the foundation for my academic success through its supportive learning environment. The faculty constantly guided me with their knowledge, encouragement, and timely feedback. Their motivation helped me stay focused and disciplined throughout my three years there. The college motto, “*Passion for Perfection*,” truly instilled confidence in me and gave me a strong sense of purpose.

9. Coming to your current achievement at the SLET, what was your first reaction?

When I saw “Rank 1” next to my name, my initial reaction was disbelief. Later, the joy

that followed was overwhelming. All the hard work, sacrifices, and perseverance had come to fruition. It was a proud and emotional moment, and I instantly remembered with immense gratitude my family, teachers, mentors, and friends for their constant support and unfailing trust in me.

10. What’s next for you? Do you plan to dive into research, or is the classroom calling you to teach?

Looking ahead, I hope to balance both research and teaching, as they enrich each other in meaningful ways. Teaching, for me, is a way of giving back what I have learned throughout my journey, while research will further enhance my knowledge.

11. Finally, what would you like to advise your juniors?

Believe in yourself, stay focused, trust the process, and never be afraid to learn from mistakes. A simple, consistent, and practice-oriented approach works best. Being naturally smart and making constant efforts go hand in hand in achieving one’s full potential. *Practice makes a man perfect*, as the saying goes, and it truly is so.



HOPE ON THE ICE!

When Ice Was Born, before cities, before borders, before humans learned to count time, ice was born. High above the world, snow fell softly - year after year, century after century. Each layer pressed upon the next, slowly transforming into



something powerful and ancient. That was how glaciers came into existence: not in a moment, but through patience. They were Earth's first guardians - storing freshwater, shaping mountains, feeding rivers, and cooling the planet. The glaciers watched silently as life grew below them. They carved valleys with calm strength. They carried memories of Earth's atmosphere inside their frozen layers. They became the reason rivers never ran dry, and seas stayed balanced. Glaciers never asked for attention. They only did their duty.

Then humans arrived.

At first, the glaciers were admired, painted, studied, and climbed. But as machines grew louder and skies darker, the air around them



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warmed. Winters shortened. Summers burned longer. The glaciers felt something new: fear. They began to melt not naturally, not slowly, but at a frightening pace. What once took centuries began happening in decades. Sheets of ice cracked. Ancient glaciers retreated uphill, shrinking year after year. Some disappeared entirely, leaving behind bare rock where ice had ruled for thousands of years. This melting is not harmless. When glaciers melt too fast, rivers first flood and then slowly vanish. Sea levels rise, threatening coastal cities and island nations. Weather patterns grow unpredictable. Droughts, heatwaves, and storms become more severe. The balance that glaciers quietly maintained begins to collapse.

For India, the warning is even more urgent. The Himalayan glaciers, often called the **“Water Towers of Asia,”** feed rivers like the Ganga,



Yamuna, Brahmaputra, and Indus, supporting nearly half a billion people. As these glaciers retreat, India faces a dangerous future: sudden floods today, severe water shortages tomorrow. Farmers, villages, and entire ecosystems depend on ice that is now melting faster than ever recorded. Still, many people said, “**They are far away. They don’t concern us.**” But glaciers are never far away.

When ice melts in silence, the world feels it everywhere. As the **International Year of Glaciers’ Preservation** was declared, humanity finally paused to look upward to the shrinking giants on the mountains and poles.

Scientists warned. Children asked questions. People began to understand that the fate of glaciers and the fate of humanity are deeply connected because glaciers do not need sympathy.

They need protection.

Protecting glaciers means reducing pollution, conserving energy, supporting sustainable development, and respecting nature’s limits. It means understanding that every choice about how we travel, consume, and produce decides whether glaciers survive or vanish. Glaciers are not frozen leftovers of the past. They are lifelines of the present and guardians of the future. One day, the ice may disappear forever. Or one day, it may remain because we chose wisely.

- The glaciers were born from patience.
- They are dying from carelessness.
- And they can only be saved by responsibility.

The question is not whether glaciers can survive without us. The question is whether we can survive without them.

Hope on the Ice! Because protecting glaciers now means securing freshwater for millions and a resilient future for our planet.

MELTING GLACIERS

Glaciers across the globe are retreating at an unprecedented rate due to climate change, a trend that recent assessments, including the **UNESCO (United Nations Educational, Scientific and Cultural Organisation) World Water Development Report 2025**, indicate could affect up to two-thirds of irrigated agriculture and threaten the food and water security of billions of people.

SHRINKING CROPS



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Accelerating ice loss and diminishing snow cover are reshaping water availability and ecosystems in mountain-fed basins, directly disrupting seasonal river flows, destabilising hydrological

Development (ICIMOD, 2019; updated 2023), glaciers in the Hindu Kush Himalaya are melting up to 65% faster than a decade ago, with projections indicating up to 80% volume loss by



systems, and intensifying environmental challenges such as floods, droughts, and soil erosion. These impacts cascade into agriculture, food systems, and human health. In South Asia, Himalayan glaciers function as natural “**water towers**,” storing snow and ice during colder months and releasing freshwater during the dry season.

This process sustains river flows that irrigate croplands and support rural livelihoods. According to assessments by the **International Centre for Integrated Mountain**

the end of the century without urgent mitigation efforts. In the **Indo-Gangetic Plains**, the backbone of India’s food production system, snow and glacier melt contribute substantially to irrigation, providing up to 60% of total dry-season water withdrawals in some basins and supporting staple crops such as sugarcane, rice, wheat, vegetables, and pulses (Nature Sustainability, 2019).

As glaciers shrink and meltwater availability becomes increasingly erratic, farmers face escalating water stress, declining agricultural



productivity, reduced crop diversity, and heightened vulnerability during critical sowing and growing periods. Addressing these challenges requires climate-responsive strategies that both slow glacier retreat and optimise water use. Measures such as reducing black carbon emissions from biomass burning, expanding green cover through afforestation, and promoting renewable energy can help limit regional warming.

Concurrently, agricultural interventions, including rainwater harvesting, water storage during peak melt periods, micro-irrigation technologies, and a shift toward climate-resilient, low-water crops such as millets and pulses, can improve water-use efficiency, stabilise yields, and enhance nutritional quality.

Nutrition-sensitive agriculture, strengthened local food systems, and terrace or home gardening using conserved water further enhance access to nutrient-rich foods, reduce dependence on disrupted external supply chains, and contribute to long-term food resilience. With climate-driven declines in food availability and diversity, community health can be safeguarded through targeted, food-based strategies.

Regular consumption of iron-rich foods such as millets, green leafy vegetables, legumes, and iron-fortified products helps prevent iron-deficiency anaemia, while pairing plant-based

iron sources with vitamin C-rich fruits such as guava, citrus, and amla enhances iron absorption.

Incorporating nutrient-dense foods such as flaxseeds, walnuts, and small fish provides essential fatty acids, iodine, and high-quality protein, supporting metabolic and hormonal balance.

Traditional foods like jaggery, sesame seeds, and fenugreek further improve micronutrient intake, while promoting diverse, locally available foods strengthens dietary quality and immune function.

Complementing these strategies with terrace or home gardening using harvested meltwater ensures year-round access to fresh produce. Lifestyle measures including nutrition education, community awareness, and the adoption of balanced dietary practices reinforce the impact of food-based solutions.

Together, these integrated approaches, grounded in evidence from **UNESCO, ICIMOD, and peer-reviewed research**, enable communities to maintain nutritional health, enhance resilience to climate-linked food stress, and sustainably adapt to glacier-related environmental changes. They offer a practical, science-backed roadmap for India's farmers and households as they confront the challenges of a warming world.



GLACIER PRESERVATION: A CIVIL ENGINEERING RESPONSIBILITY FOR A SUSTAINABLE FUTURE



As a lecturer in Civil Engineering, I strongly believe that glacier preservation is not only an environmental concern but also a critical engineering challenge of our time. Glaciers are natural freshwater reservoirs, supplying nearly 70% of the world's freshwater and sustaining rivers, agriculture, hydropower, and ecosystems. However, rapid glacier retreat caused by climate change and unplanned human interventions poses serious risks, including water scarcity, floods, and infrastructure failure.

From a civil engineering perspective, glacier preservation is closely linked to sustainable planning and resilient infrastructure design. Large-scale construction activities such as road cutting, tunnelling, and hydropower projects in mountainous regions often disturb the natural balance of glaciers. Poorly planned development



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increases heat absorption, alters natural drainage patterns, and accelerates glacier melting. Therefore, engineers must adopt climate-sensitive design approaches that minimise environmental impact. One of the important roles of civil engineers is designing eco-friendly infrastructure in and around glacier-prone regions. Using low-carbon construction materials,



proper insulation, reflective surfaces, and controlled construction practices can significantly reduce heat generation. Engineers can also contribute through slope stabilisation techniques, avalanche control structures, and protective barriers to safeguard both glaciers and nearby human settlements. Another key area is disaster mitigation. Accelerated glacier melting can lead to glacial lake outburst floods (GLOFs), which are highly destructive. Civil engineers play a vital

role in monitoring glacier-fed lakes, designing early warning systems, and constructing safe drainage channels and retention structures to reduce flood risks. Water resource management is equally important. Sustainable dam design, efficient irrigation systems, and rainwater harvesting methods can reduce excessive dependence on glacier meltwater. In addition, civil engineers can support research and informed decision-making by integrating GIS, remote sensing, and climate data into infrastructure planning and policy development.

In conclusion, glacier preservation demands a multidisciplinary approach, with civil engineers at the forefront. By combining technical expertise with environmental responsibility, present and future engineers can help protect glaciers, ensuring long-term water security and ecological balance for generations to come.

PROTECTING GLACIERS

Through Climate-responsive Design And Sustainable Practices

The United Nations has declared 2025 as the International Year of Glaciers' Preservation to highlight the urgent need to protect glaciers, which are among the most critical components of the Earth's natural systems. Glaciers store nearly 70% of the world's freshwater and play a key role in regulating global climate, sea levels, and hydrological cycles. However, accelerated climate change and rising



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global temperatures have caused glaciers worldwide to retreat at unprecedented rates.

The rapid melting of glaciers threatens freshwater security, biodiversity, and human livelihoods. Glacier-fed rivers support drinking water supplies, agriculture, and hydropower for millions of people, particularly in mountain and downstream regions. Shrinking glaciers increase the risk of glacial lake outburst floods, seasonal water scarcity, and long-term water instability, while also contributing to global sea-level rise and endangering coastal settlements. Beyond water resources, glaciers function as natural

climate stabilisers by reflecting solar radiation and helping regulate global temperatures. Their loss intensifies warming, disrupts fragile alpine and polar ecosystems, and accelerates environmental degradation.

The International Year of Glaciers' Preservation emphasises the importance of scientific research, policy intervention, climate adaptation, and international cooperation to mitigate these impacts and promote sustainable development. The initiative also recognises the responsibility of sectors beyond science and policy, including the built environment and design



professions, in addressing climate change. Buildings account for a significant share of global energy use and carbon emissions, making sustainable design practices essential in reducing environmental stress on natural systems such as glaciers.



Interior design plays an important, indirect yet influential role in glacier preservation by minimising the environmental footprint of indoor spaces. Design strategies that emphasise natural daylighting, cross ventilation, thermal insulation, and energy-efficient systems significantly reduce dependence on artificial heating, cooling, and lighting, thereby lowering greenhouse gas emissions.

The use of sustainable, recycled, and locally sourced materials reduces emissions related to material extraction, manufacturing, and transportation. Incorporating water-efficient fixtures, rainwater harvesting integration, and

smart water management systems further supports freshwater conservation.

Additionally, interior design can function as a tool for environmental awareness and behavioural change. Educational institutions, workplaces, and public interiors can integrate sustainability messaging, climate-responsive design elements, and visual narratives that highlight the importance of glacier preservation. Through environmentally responsible design practices and awareness-driven spaces, interior design contributes to climate resilience and supports global efforts to protect glaciers and ensure a sustainable future for coming generations.

The declaration of 2025 as the International Year of Glaciers' Preservation underscores the urgent need for global action to protect these vital freshwater reserves and climate regulators. As glacier loss accelerates due to climate change, sustainable practices across all sectors become essential. By adopting environmentally responsible design strategies, the built environment, particularly interior design, can help reduce carbon emissions, conserve resources, and promote climate awareness. Collective efforts in science, policy, and design are crucial to safeguarding glaciers and ensuring environmental sustainability for future generations.



THE INTERNATIONAL YEAR OF PEACE AND TRUST: THE ROLE OF TECHNOLOGY

The United Nations' declaration of the International Year of Peace and Trust emphasises the importance of cooperation, transparency, and mutual understanding in addressing global challenges. In today's rapidly advancing digital world, technology plays a significant role in strengthening peace and building trust among individuals, communities, and nations. People from different



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cultures and backgrounds can connect, share ideas, and resolve misunderstandings through dialogue rather than confrontation. Trust is a vital foundation of peaceful societies, and technology contributes to building trust through transparency

and accountability. Secure digital systems, blockchain technology, and reliable data management tools ensure accuracy and fairness in areas such as governance, finance, and public services.



When information systems are trustworthy, citizens develop confidence in institutions and decision-making processes. Technology also plays an essential role in conflict prevention and resolution. Data analytics and artificial intelligence help identify patterns related to social unrest, misinformation, and cyber threats. Early detection allows authorities and organisations to take preventive measures and promote stability. The ethical use of technology ensures that these tools support peace without violating privacy or human rights. Educational platforms and digital learning environments further promote peace by encouraging critical thinking, inclusivity, and

respect for diversity. Online collaboration tools enable collective problem-solving and knowledge sharing, strengthening cooperation at a global level.

In conclusion, the International Year of Peace and Trust highlights the responsibility to use technology ethically and wisely. When technology is guided by values of integrity, transparency, and cooperation, it becomes a powerful instrument for peacebuilding. By fostering trust in digital systems and promoting responsible innovation, society can move toward a more peaceful, connected, and harmonious world.

TRUST AND PEACE IN THE DIGITAL WORLD: THE ROLE OF CYBER SECURITY

In today's modern era, digital technology influences almost every aspect of our lives. From online learning and digital payments to social networking and e-governance, the internet has become an essential part of daily living. In this digital space, trust and peace are just as important as they are in the physical world, and cyber security plays a crucial role in maintaining both.

Trust forms the foundation of any online interaction. When people share personal information, access services, or conduct financial transactions, they rely on digital systems to



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protect their data. Cyber security ensures this trust by safeguarding information through secure networks, encryption, strong authentication



methods, and ethical data practices. Without effective cyber security, trust in digital platforms would quickly collapse, leading to insecurity and reluctance to use online services.

Peace in the digital world refers to a safe and stable cyber environment where users can communicate, learn, and work without fear. Cyber threats such as hacking, identity theft, cyberbullying, ransomware, and misinformation disrupt this peace by creating panic and distrust. Effective cybersecurity measures help prevent such threats and promote a harmonious digital ecosystem.

Trust and peace are closely connected in cyberspace. When cyber-attacks occur and sensitive data is exposed, users lose confidence in digital systems, which can lead to social unrest, economic loss, and psychological stress. Conversely, secure and transparent digital

systems build trust, reduce conflict, and encourage peaceful online interactions.

Institutions, governments, and organisations rely on cyber security to maintain public confidence. Secure digital governance, online examinations, and e-services ensure that citizens feel safe while using technology.

At an individual level, students and young digital citizens also play a vital role. Using strong passwords, avoiding suspicious links, respecting online privacy, and practising ethical behaviour all contribute to a trustworthy cyber environment.

In conclusion, trust and peace in today's digital world are inseparable from cyber security. By prioritising strong security measures and responsible digital behaviour, we can create a safe, confident, and peaceful online future for everyone.



THE INTERNATIONAL YEAR OF PEACE AND TRUST: THE ROLE OF COMPUTER SCIENCE IN BUILDING A SAFER DIGITAL WORLD

The proclamation of the International Year of Peace and Trust emphasises the necessity of international collaboration, openness, and understanding among people, organisations, and countries. In the current digital



age, computer science plays a vital role in building trust and preserving social harmony. As technology continues to shape communication, governance, education, and security, computer scientists carry the responsibility not only to innovate but also to design ethical, safe, and inclusive digital systems.

One of the most significant contributions of computer science to peace and trust is the development of secure communication systems. Cryptography, a fundamental component of computer science, enables the secure transmission of data over the internet.



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Technologies such as end-to-end encryption prevent unauthorised access to private communications, financial transactions, and sensitive government information. By safeguarding privacy and preventing data exploitation, cryptographic systems foster trust between users and organisations, which is essential for peaceful digital interactions.

Cybersecurity is another crucial area where computer science contributes to trust and stability. Cyberattacks, data breaches, and digital espionage pose serious threats to public trust, economic stability, and national security. Computer science provides tools and frameworks to detect, prevent, and respond to these threats. Measures such as multi-factor authentication, secure authorisation protocols,



and intrusion detection systems protect digital infrastructure. A secure online environment reduces conflicts arising from cybercrime and promotes trust among individuals, institutions, and nations.

Artificial intelligence (AI) and machine learning (ML), when developed responsibly, also play a significant role in promoting peace and trust. AI applications are increasingly used in healthcare, education, governance, and disaster management. For example, predictive models support early warning systems for natural disasters, enabling timely responses and saving lives. However, trust in AI depends on transparency, fairness, and explainability. Ethical AI practices such as reducing bias, ensuring accountability, and making algorithms interpretable are essential to prevent misuse and discrimination. Explainable AI enhances user confidence and ensures that technology strengthens rather than divides humanity.

Computer science further promotes peace through digital inclusion and education. Online learning platforms, digital libraries, and open-source resources bridge economic and geographical gaps by providing equal access to knowledge. When education becomes accessible to all, social inequality is reduced, leading to more stable and peaceful societies. Additionally, e-governance systems improve transparency by enabling citizens to access public services

efficiently, reducing corruption, and strengthening trust in institutions.

Blockchain technology also contributes to trust by offering transparent and tamper-proof systems. Applications such as supply chain tracking, digital identity verification, and secure voting mechanisms reduce fraud and manipulation. By ensuring data integrity and accountability, blockchain-based systems promote fairness and trust in digital transactions and governance.

Despite these benefits, challenges remain in using computer science to promote peace and trust. The misuse of technology through misinformation, cyber warfare, and privacy violations can severely undermine public confidence. Therefore, computer scientists must adhere to ethical standards, legal frameworks, and social responsibility. Integrating ethics into computer science education and encouraging international cooperation are essential steps toward responsible technological advancement. In conclusion, the International Year of Peace and Trust highlights that technology is not neutral but reflects the values of its creators and users. Computer science has the power to build secure systems, promote transparency, enhance communication, and bridge social divides. When guided by ethical principles and a commitment to humanity, computer science can lay a strong foundation for peace and trust in the digital era.



YOUTH AS AMBASSADORS OF PEACE AND TRUST IN THE MODERN WORLD

In an era marked by rapid technological advancement, cultural interconnection, and persistent global challenges, the role of youth in shaping a peaceful and trustworthy world has never been more significant. Young people today are not only witnesses to social change but also active participants in transforming societies. As ambassadors of peace and trust, youth hold the power to bridge divides, challenge injustice, and build a future rooted in mutual respect and understanding.

One of the greatest strengths of youth lies in their openness to diversity. Growing up in an interconnected world, young people are exposed to different cultures, beliefs, and perspectives from an early age. This exposure fosters empathy and reduces prejudice, allowing youth to act as natural connectors across social, ethnic, and national boundaries. By embracing inclusivity and dialogue, they help counter discrimination and promote peaceful coexistence within communities and beyond borders.

Youth are also at the forefront of using technology and social media to promote peace and trust. Digital platforms provide young people with powerful tools to raise awareness, advocate for justice, and amplify voices that are often



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unheard. When used responsibly, these platforms can encourage constructive dialogue, counter misinformation, and spread messages of unity. Youth-led campaigns and online movements have demonstrated how trust can be built through transparency, shared experiences, and collective action in the digital space.

Education plays a crucial role in empowering youth as peacebuilders. Through access to quality education, young people develop critical thinking skills, ethical values, and a deeper understanding of global issues. Educational institutions and youth organisations that emphasise peace education, conflict resolution, and civic engagement help nurture responsible global citizens. Equipped with knowledge and skills, youth can engage in meaningful dialogue, mediate



conflicts, and contribute positively to decision-making processes at local, national, and international levels. Furthermore, youth participation in community service and volunteerism strengthens trust within societies. By actively engaging in social initiatives such as humanitarian aid, environmental protection, and intercultural exchange programs, young people demonstrate compassion and responsibility. These actions build confidence within communities and show that peace is not merely an abstract ideal but a practice rooted in everyday acts of kindness, cooperation, and solidarity.

Despite their potential, young people often face challenges such as marginalisation, lack of representation, and limited opportunities to

influence policy. Recognising youth as equal partners in peacebuilding is essential. Governments, institutions, and international organisations must create inclusive platforms that allow youth voices to be heard and valued. Supporting youth leadership ensures that peace initiatives are sustainable and reflective of diverse perspectives.

In conclusion, youth are indispensable ambassadors of peace and trust in the modern world. Their energy, creativity, and commitment to justice position them as catalysts for positive change. By empowering young people through education, participation, and trust, societies can cultivate a generation capable of overcoming conflict and building a more peaceful, inclusive, and resilient future for all.



TECH AGAINST TIME: CAN INNOVATION SLOW DOWN GLACIERLOSS?

Glaciers, often called the Earth's frozen reservoirs, are disappearing at an alarming rate due to rising global temperatures. These massive ice bodies play a



critical role in regulating the climate, maintaining sea levels, and supplying freshwater to millions of people. As climate change accelerates glacier retreat, the question arises: can technology intervene in time to slow down this seemingly irreversible loss?

One of the most powerful tools in glacier preservation is satellite and remote sensing technology. Advanced satellites equipped with high-resolution imaging and thermal sensors continuously monitor glacier size, movement, and



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temperature changes. This data allows scientists to track melting patterns with remarkable accuracy and predict future glacier behaviour. By identifying vulnerable regions early, these advancements show that technology alone cannot stop glacier loss. Sustainable innovation must be paired with global commitments to reduce carbon emissions and adopt renewable energy sources. Technology acts as a critical ally, enhancing awareness, enabling precision, and guiding policy, but the ultimate solution lies in collective human action.

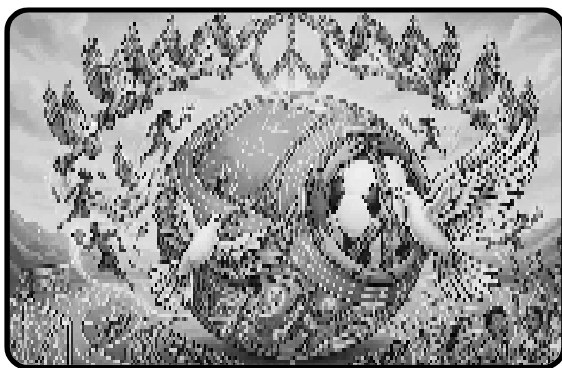
In the race against time, innovation offers hope. By leveraging technology wisely, humanity can slow glacier loss, protect vital freshwater resources, and preserve these icy giants for future generations.



SPORTING FOR PEACE:

How The International Year of Peace And Trust Inspires A Global Movement

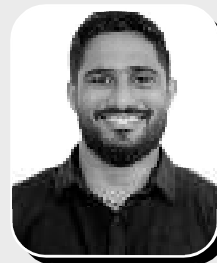
In a world often divided by conflict, competition, and misunderstanding, humanity's shared passion for sports provides a unique bridge that brings people



together in ways few other platforms can. In 2025, the United Nations declared the International Year of Peace and Trust, a global call to reinforce peace and confidence between nations, communities, and individuals. This visionary initiative highlights how connection, respect, and cooperation can be nurtured both on and off the field.

Peace and Trust: A Global Mandate

The United Nations General Assembly, at the initiative of Turkmenistan, adopted a unanimous resolution declaring 2025 the **International Year of Peace and Trust**. This theme advocates for strengthening dialogue, trust, and peaceful relations among states,



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Physical Director

cultures, and peoples through diplomatic and proactive engagement. While the goals of peace and trust are universal, one of the most inspiring arenas to express these values is sports, where the spirit of fair play, teamwork, and mutual respect lies at the heart of competition.

Sports: A Universal Language of Unity

The United Nations have long recognised sport as a powerful tool for peace and development. The International Day of Sport for Development and Peace, celebrated every year on April 6, showcases how sport can break barriers, promote inclusion, and foster dialogue among diverse communities. Sporting activities encourage teamwork, tolerance, equitable participation, and respect values intrinsic to peace and trust.



Even beyond special international days, global sporting movements and events are organised with peace at their core:

- United Nations Games 2025 brought together over 800 athletes and participants from more than 100 countries in events ranging from football and basketball to yoga and pickleball. Held under the motto “**Sport for Peace and Trust**”, these games demonstrated how friendly competition and cultural exchange deepen mutual understanding.
- International initiatives like the **Peace Run** relay travel through more than 100 nations to spread the message of global friendship and cooperation while sports teams and youth from diverse backgrounds participate together.
- Grassroots peace events such as the Tegla Loroupe Peace Race in Kenya bring together rival tribal groups to compete, promoting reconciliation, unity, and community spirit through running.

Sport Programs Fostering Peace and Trust

Organisations around the world are now linking structured sports programs directly to peace education. The UNSPA Peace Through Sport program trains young people in leadership, empathy, and conflict resolution through team sports. Such initiatives empower youth not only to excel in athletics but to become ambassadors of trust and cooperation in their communities. Similarly, campaigns like the **#WhiteCard** movement invite athletes and fans alike to celebrate the positive influence of sport on society. Inspired by the red and yellow cards used in competition, the **White Card** symbolises inclusion, hope, and peace, transforming a familiar sporting gesture into a global statement for unity.

The Bigger Picture: Beyond Competition

While athletic excellence, records, and medals continue to captivate fans worldwide, 2025’s focus on peace and trust reminds us that the true value of sport goes much deeper. Sport cultivates relationships that transcend race, religion, nationality, and politics. It teaches us that victories are sweetest when competition remains respectful, that true champions uplift others, and that shared experiences can dissolve barriers. In schools, communities, and nations alike, embracing sport as a tool for peace can seed lasting trust. Whether through playground games, local tournaments, or world championships,



every match played with fairness and dignity builds a foundation for a more harmonious world. As we continue to celebrate the International Year of Peace and Trust, let us remember: sport

doesn't just entertain; it empowers, connects, elevates, and unites. Through every game, race, match, and cheer, we step closer to a world where peace is not just an ideal but a lived reality.

GLACIERS: EXPLOITATION, MENTAL HEALTH IMPACTS, AND THE NEED FOR PRESERVATION



Glaciers are among the most remarkable natural features on Earth. These enormous bodies of ice, found mainly in high mountains and polar regions, act as vital freshwater reservoirs. They slowly release meltwater that feeds rivers and supports ecosystems, agriculture, energy production, and human societies. Yet, in recent decades, glaciers have been shrinking at unprecedented rates due to human activities and climate change. This article explores how glaciers are being exploited,



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What Is Glacier Exploitation?

Glacier exploitation refers to how human actions accelerate glacier loss or degrade glacier environments. The primary driver of this exploitation is climate change, caused largely by



the burning of fossil fuels, deforestation, and industrial emissions. Greenhouse gases trap heat in the Earth's atmosphere, leading to rising global temperatures.

These higher temperatures cause glaciers around the world to melt faster than they can be naturally replenished by snowfall. Between 1975 and the present, glaciers have lost an enormous amount of ice, roughly the equivalent of a 25-metre-thick block the size of Germany, mainly due to rising temperatures.

Human-induced climate change is not the only way glaciers are exploited. In some regions, the direct extraction of ice for industrial or tourism-related purposes, as well as unplanned infrastructure development in fragile mountain environments, threatens the physical integrity of glaciers. Increased mining, road construction, and development near glacier-fed areas can destabilise landscapes and accelerate ice retreat.

Environmental and Societal Impacts of Glacier Decline

The retreat of glaciers has severe consequences for ecosystems and human communities. Glaciers are vital for maintaining river flow throughout the year, especially during dry seasons. As glaciers shrink, rivers that depend on meltwater experience reduced water levels, leading to shortages for drinking water, agriculture, and power generation.

This poses a serious threat to food security for millions of people who rely on irrigation from glacier-fed rivers. Glaciers also help regulate local and global climates. Their white surfaces reflect sunlight, helping to cool the Earth's surface.

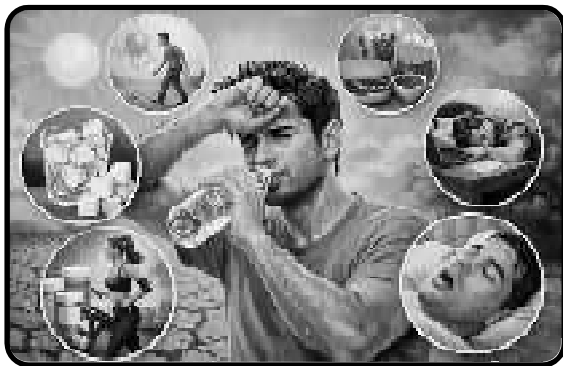
When glaciers shrink, this reflective capacity decreases, further accelerating global warming, a process known as the albedo effect. The ecological impacts are equally serious.

Many cold-water species rely on glacier-fed streams for survival. As water temperatures rise and flows become more unpredictable, these species face habitat loss and possible extinction. Plants and animals adapted to icy environments are increasingly threatened, leading to significant changes in entire mountain ecosystems.

Mental Health Effects Linked to Glacier Loss

While the environmental and economic impacts of glacier loss are widely discussed, the psychological effects on people living in glacier-dependent regions are often overlooked. Research from mountain regions such as Gilgit-Baltistan in the Himalayas shows that glacier melting contributes to a range of mental health concerns among local communities.

People who depend directly on glaciers for water, food, and livelihoods experience growing anxiety and stress as glaciers shrink. Uncertainty about future water availability, fear of displacement, loss of traditional livelihoods, and



damage caused by climate-related events such as glacial lake outburst floods (GLOFs) have profound psychological impacts. These include anxiety, depression, and trauma, particularly among farmers, youth, and elders who feel powerless in the face of rapid environmental change.

Major climate-triggered disasters, such as floods and landslides caused by glacier melt, can also lead to post-traumatic stress disorder (PTSD) among survivors. Studies from regions affected by glacial floods show that a significant proportion of people suffer from long-term psychological distress.

Mental health challenges are not limited to glacier regions alone. Across the world, people are experiencing increased anxiety related to climate change, a phenomenon known as eco-anxiety, especially among young people who worry about the planet's future.

Cultural and Identity Impacts

For many mountain communities, glaciers are not merely physical ice masses; they are deeply

connected to culture, spirituality, and identity. In regions such as the Andes, Himalayas, and parts of the Pacific, glaciers hold historical and spiritual significance. Their retreat can therefore cause a sense of loss that goes far beyond material concerns. Glaciers often feature prominently in local myths, rituals, and cultural practices. When they disappear, communities may experience a profound loss of heritage and meaning.

The Importance of Glacier Preservation

Given the dramatic consequences of glacier exploitation and loss, preserving glaciers has become a global environmental priority. In 2025, the United Nations declared the International Year of Glaciers' Preservation to highlight the urgent need to protect these critical ecosystems. The initiative aims to raise awareness, promote sustainable policies, and strengthen cooperation among countries to reduce emissions and support mitigation and adaptation efforts.

Preserving glaciers requires global climate action to reduce greenhouse gas emissions and limit global warming. Adhering to international agreements such as the Paris Agreement, which aims to keep global temperature rise well below 2°C, is crucial to slowing glacier melt. Investing in renewable energy, reducing reliance on fossil fuels, and protecting forests are key strategies.

At local and regional levels, efforts include sustainable water management, disaster risk reduction planning, and community-based



adaptation strategies. Engaging indigenous and local communities in preservation initiatives ensures that traditional knowledge and cultural values are respected and integrated into policy decisions.

Community and Youth Engagement

Education and youth involvement play a vital role in glacier preservation. Young people around the world are leading climate action movements, promoting sustainable practices, and advocating for glacier conservation. Educational campaigns help build awareness of the role glaciers play in ecosystems and human well-being, encouraging future generations to work toward a healthier and more sustainable planet.

Conclusion

Glaciers are more than frozen water; they are lifelines for ecosystems, cultures, and human

societies. The exploitation of glaciers through climate change and unsustainable human activities has far-reaching impacts, including environmental degradation, threats to water and food security, economic losses, cultural erosion, and serious effects on mental health.

The psychological distress experienced by communities affected by glacier loss highlights how deeply environmental changes influence human well-being. Preserving glaciers must therefore be a priority for global and local leaders, communities, and individuals alike. Only through collective action reducing emissions, supporting sustainable development, and protecting vulnerable ecosystems can we slow glacier retreat and safeguard the future of both the planet and its people.

ROLE OF LIBRARIES IN THE INTERNATIONAL YEAR OF PEACE AND TRUST

Libraries are essential partners in advancing the goals of the International Year of Peace and Trust. Through free access to information, the promotion of truth, support for education, and the encouragement of dialogue, libraries help build informed, respectful, and peaceful societies. By preserving historical records and supporting open access to knowledge, libraries strengthen public



Mrs. Pramila D Souza
Librarian



confidence in facts and learning. Librarians guide readers in evaluating information critically, which fosters trust in knowledge and supports informed decision-making.

One of the most important contributions of libraries to peace and trust is their commitment to providing truthful and reliable information. In an age of misinformation, libraries serve as trusted institutions that uphold accuracy, credibility, and ethical information use.

Libraries also support peace through education and cultural exchange. By providing materials on history, human rights, peace studies, and global cultures, libraries help users

understand diverse perspectives and learn from the past. Multilingual collections and cultural programs further promote mutual understanding, inclusion, and respect.

In addition, libraries play a vital long-term role by preserving historical records and collective memory. By safeguarding documents, books, and digital resources, libraries ensure that future generations have access to accurate and trustworthy accounts of history. Understanding the past enables societies to learn from previous conflicts and work toward more peaceful and just solutions.



HARMONY THROUGH TRUST: A BLUEPRINT FOR A GLOBAL FUTURE



Pace and trust are two of the most powerful values that help build a healthy and harmonious society. In a world where conflicts, misunderstandings, and differences often divide people, the importance of peace and trust becomes even more significant. The International Year of Peace and Trust reminds us that a peaceful world can only be achieved when individuals, communities, and nations learn to respect and trust one another.

The Nature of Peace and Trust: Peace is not just the absence of war or violence. It is a state where people feel safe, respected, and valued. True peace exists when individuals can express their ideas freely, live without fear, and support one another regardless of their background,



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IIBCA

language, or culture. When peace exists in a society, people can focus on education, development, and improving the quality of life for everyone.

Trust, on the other hand, is the foundation of strong relationships. It allows people to co-



operate and work together for common goals. Trust begins at the smallest level between friends, classmates, and family members. When we trust each other, we communicate better, solve problems more easily, and support one another during difficult times.

Peace and Trust in Education and Global Relations: In schools and colleges, peace and trust play an important role in creating a positive

learning environment. When students respect each other's opinions and help one another, it builds friendship and unity. Teachers also play an important role by guiding students to practice kindness, understanding, and cooperation in their daily lives.

On a larger scale, peace and trust are essential for cooperation between countries. Many global challenges, such as climate change, poverty, and environmental protection, can only be solved when nations work together. Building trust through dialogue, diplomacy, and mutual respect helps prevent conflicts and encourages peaceful solutions to problems.

The Role of Youth: Young people have a special responsibility in promoting peace and trust. Small actions such as helping others, respecting differences, avoiding hate or discrimination, and spreading positive messages can create a big impact. Social media and communication platforms can also be used to spread awareness about peace and encourage unity among people.

The future of the world depends on how well we nurture these values today. By practising honesty, kindness, patience, and respect, we contribute to building a more peaceful society. Every individual has the power to promote peace and build trust through their words and actions.



THE CURRENCY OF PROGRESS: BUILDING PEACE AND TRUST

In a world increasingly defined by digital barriers and global competition, the International Year of Peace and Trust serves as a vital reminder of our shared humanity. Peace is far more than the absence of conflict; it is a proactive state of harmony built on trust. Without trust, cooperation fails; without cooperation, progress halts.

The Architecture of Trust

Trust is the invisible glue that holds societies together. In academic environments, we see peers collaborate on projects daily, and educators guide intellectual growth through confidence. On a global scale, this trust becomes the currency of diplomacy. When nations trust one another, they share resources, open borders, and work collectively to address challenges such as poverty and climate change.

However, trust is fragile. It is built slowly over years, yet can be shattered in a single moment of dishonesty or conflict. The year 2026 calls upon us to move beyond mere tolerance and toward active, reliable partnership.

Peace as a Creative Force

Many mistake peace for silence or stagnation. On the contrary, peace is a dynamic and creative force. It is only in a peaceful society that art,



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II BSc. FND

science, and literature truly flourish. When communities are free from fear, minds are



liberated to innovate. The International Year of Peace and Trust reminds us that sustainable development is impossible without a stable social



fabric- one woven from genuine cooperation and mutual respect.

The Role of Youth

As students and young citizens, we are the primary stakeholders in this future. Building peace and trust starts with small, deliberate local actions:

- Dialogue over Debate: Listening to opposing views with the intent to understand, not merely to win.
- Integrity: Being reliable in our commitments to friends, family, and the wider community.
- Inclusivity: Recognising that trust deepens when everyone, regardless of language or background, feels they have a seat at the table. Peace and trust are not gifts we wait for; they are structures we must actively build. By dedicating ourselves to transparency, empathy, and honest dialogue, we ensure that the International Year of Peace and Trust is not merely a title on a calendar, but a blueprint for how we live our lives. Let this be the generation that chooses bridge-building over wall-building, and conversation over conflict.

CULTIVATING HARMONY: THE PILLARS OF PEACE AND TRUST

In a world advancing rapidly in science, technology, and global connectivity, humanity still struggles with division, conflict, and misunderstanding. The International Year of Peace and Trust is not merely a global declaration; it is a reminder that true progress is measured not only by development, but by the harmony we create among individuals, communities, and nations.

Defining True Peace

Peace is often misunderstood as simply the absence of war. However, real peace is a positive and active force. It represents justice, equality,

empathy, and respect for diversity. Peace begins within an individual's thoughts and actions. When we choose patience over anger, dialogue over



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violence, and understanding over prejudice, we contribute to a peaceful society. A peaceful nation is built not only through policies but through the daily choices of its citizens.

The Foundation of Trust

Trust is the foundation upon which peace stands. Without trust, relationships weaken, institutions fail, and societies fragment. Trust is built through honesty, transparency, responsibility, and integrity. When leaders act ethically and citizens behave responsibly, confidence in society strengthens.

In educational institutions, trust between teachers and students creates an environment of creativity and growth. In friendships and families, trust provides emotional security and mutual respect.

Challenges for Today's Youth

Today's youth face serious global challenges: misinformation, social polarisation, environmental crises, and rising tensions between nations. Social media, while connecting millions, can also spread hatred and false information within seconds. In such circumstances, the responsibility of young people becomes greater than ever. We must verify facts before sharing information, communicate respectfully despite differences, and stand firmly against injustice and bullying. By doing so, we protect the culture of peace.

The Role of Higher Education

Colleges and universities play a crucial role in shaping peaceful societies. They are not merely centres of academic learning but platforms where values are cultivated. Through teamwork,



debates, cultural exchanges, and community service, students learn cooperation, empathy, and leadership. These experiences teach us that unity is stronger than division and understanding is more powerful than prejudice. As students of I BSc FND, we must recognise that our education is not only for personal success but also for social responsibility.

A Global and Individual Call to Action

On a global level, peace and trust encourage cooperation among nations. Diplomatic dialogue, fair agreements, and mutual respect prevent conflicts and promote sustainable development. Countries that invest in trust-building create long-term stability and shared prosperity. When nations collaborate instead of competing destructively, humanity moves toward

However, global transformation begins with individual action. Small gestures speaking kindly, helping classmates, respecting cultural differences, and practising fairness create a ripple effect. When one person chooses peace, it influences others. When trust becomes a habit, it becomes a shared value.

In conclusion, the International Year of Peace and Trust is a call to action for our generation. As students today and leaders of tomorrow, we must commit ourselves to unity, fairness, and compassion. By nurturing peace in our hearts and strengthening trust in our relationships, we can build a future that is not only developed and advanced, but truly humane, inclusive, and harmonious.

A GLOBAL MANDATE: NAVIGATING THE INTERNATIONAL YEAR OF PEACE AND TRUST

In an era defined by rising geopolitical tensions, widening social inequalities, and a deepening global trust deficit, the United Nations General Assembly adopted Resolution A/RES/78/266 on March 21, 2024, proclaiming 2025 as the International Year of Peace and Trust (IYPT). Championed by Turkmenistan, a nation internationally recognised for its permanent neutrality since 1995 and co-sponsored by 86 countries, the resolution was endorsed by consensus, reflecting a near-universal



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acknowledgement that peace and trust are not luxuries but necessities for global survival. The Year was officially launched on January 17, 2025, at United Nations headquarters in New York, marking the beginning of a year-long global effort to transform rhetoric into meaningful action.

The Global Context: Why Now?

The urgency behind IYPT 2025 is unmistakable. Violent conflicts are currently at their highest levels since the founding of the United Nations 80 years ago. According to United Nations Security Council estimates, approximately two billion people nearly a quarter of the world's population live in regions directly affected by armed conflict. Beyond the immediate human toll, the UNDP's Multidimensional Poverty Index reveals that nearly 40 per cent of the world's poorest people reside in conflict-affected nations, demonstrating that war and poverty are deeply intertwined.

The COVID-19 pandemic further deepened global mistrust in governments, institutions, and international organisations while sharpening economic disparities between and within nations. Rising polarisation, the spread of misinformation, and the erosion of democratic norms have created fertile ground for violence and instability. IYPT 2025 was designed precisely to confront these converging crises by reaffirming that peace is not simply the absence of war; it is an active,

inclusive, and continuous process that requires sustained political will and collective investment.

Key Objectives of IYPT 2025

The resolution calls upon member states, international organisations, civil society, and individuals to take concrete steps toward building cultures of peace and trust. Its core objectives are structured around four interconnected pillars:

- **Promoting Preventive Diplomacy:** The Year encourages all nations to embrace dialogue-based mechanisms for conflict prevention and resolution, moving away from unilateral force and toward multilateral negotiation.
- **Strengthening Institutional Trust:** Recognising that effective governance is built on the confidence citizens place in their institutions, IYPT 2025 calls for greater transparency, accountability, and civic participation at all levels of government. The 2024 Edelman Trust Barometer had already highlighted a troubling global trust deficit in public institutions, one that IYPT seeks to reverse actively.
- **Fostering Sustainable Development:** The resolution firmly establishes that peace is a prerequisite for achieving the United Nations' Sustainable Development Goals (SDGs), particularly SDG 16: Peace, Justice, and Strong Institutions. Political stability and



inclusive governance attract investment, enable trade, and unlock human development.

- **Engaging Youth and Civil Society:** Young people, who constitute more than half of the global population, are central to IYPT's vision. Youth engagement in leadership, mental health awareness, and community peacebuilding is recognised as essential for nurturing the next generation of trust-builders.

Turkmenistan's Role and Global Milestones

Turkmenistan's initiative is deeply rooted in its three-decade-long foreign policy of permanent neutrality, formally recognised by a UN General Assembly resolution in 1995. The country has consistently championed peaceful conflict resolution through its collaboration with the UN Regional Centre for Preventive Diplomacy for Central Asia (UNRCCA), headquartered in Ashgabat. This work contributed to the designation of Central Asia as a "Zone of Peace, Trust, and Cooperation" in 2024, a milestone

that exemplifies the practical outcomes of sustained diplomatic commitment.

Throughout 2025, Turkmenistan's State Organising Committee has been overseeing high-profile international events, including forums, cultural exchanges, and academic conferences aligned with IYPT's objectives. In August 2025, at the Third UN Conference on Landlocked Developing Countries (LLDC3) held in Awaza, Turkmenistan, the Year's themes were central to discussions on how peace and trust can drive sustainable economic development. A culminating International Forum of Peace and Trust is planned in Turkmenistan for December 2025.

The International Year of Peace and Trust 2025 arrives at a defining moment in human history. As global conflicts escalate, trust erodes, and the SDGs slip further out of reach, IYPT serves as a powerful reminder that lasting security can never be imposed by force; it must be cultivated through mutual respect, inclusive dialogue, and shared responsibility. Peace and trust are not idealistic abstractions; they are practical foundations upon which economies grow, communities heal, and human rights flourish. For the current generation, embracing this Year's call to action is not merely a political obligation; it is a moral imperative that will determine the kind of world inherited by those who come after us.



GUARDIANS OF THE CRYOSPHERE: THE GLOBAL IMPERATIVE FOR GLACIER PRESERVATION

The United Nations General Assembly, through resolution A/RES/77/158 adopted in December 2022, proclaimed 2025 as the International Year of



Glaciers' Preservation (IYGP). This landmark global initiative is co-facilitated by UNESCO and the World Meteorological Organisation (WMO), with support from over 75 international organisations and 35 countries. The initiative was officially launched on January 21, 2025, at WMO's headquarters in Geneva. Alongside IYGP, the United Nations also proclaimed March 21 as the annual World Day for Glaciers, beginning in 2025, to serve as a powerful and recurring reminder of the critical role that glaciers play in sustaining life on Earth.



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Significance of Glaciers

Glaciers are far more than breathtaking frozen landscapes; they are among the most vital components of Earth's climate and hydrological systems. More than 275,000 glaciers worldwide cover approximately 700,000 square kilometres of the Earth's surface, collectively storing around 70% of the planet's freshwater. They serve as natural water towers, providing freshwater to over two billion people for drinking, irrigation, and hydropower generation.

Beyond their hydrological role, glaciers act as frozen time capsules, preserving thousands of years of atmospheric and climate data within their ice cores information that is invaluable to climate scientists tracking long-term environmental change. For Indigenous communities across Asia, Latin America, the



Pacific, and East Africa, glaciers hold profound cultural and spiritual significance. Their disappearance would mean not only the loss of freshwater but also the irreversible erosion of cultural heritage and spiritual traditions.

The Crisis: Rapid Glacial Retreat

In 2023, glaciers recorded their greatest mass loss in over five decades of monitoring. Switzerland, for instance, saw its glaciers lose nearly 10% of their total mass between 2022 and 2023 alone. With 2024 confirmed as the warmest year on record, reaching approximately 1.55 degrees Celsius above pre-industrial levels, the rate of glacial retreat continues to accelerate.

As glaciers shrink, retreating ice alters downstream water availability and quality, disrupting aquatic ecosystems and sectors dependent on consistent water supply. In the short term, glacial melt increases the risk of catastrophic events such as glacial lake outburst floods (GLOFs), avalanches, and landslides. In the long term, the sustained loss of glacial mass contributes significantly to rising sea levels, threatening coastal populations worldwide.

Objectives and Global Action

The International Year of Glaciers' Preservation focuses on several interconnected objectives:

- Raising public and political awareness about the ecological, economic, and cultural importance of glaciers.
- Advocating for the integration of glacier preservation strategies into international climate frameworks, including the Paris Agreement.
- Mobilising financial resources to support vulnerable mountain communities.
- Promoting strengthened scientific research and improved global access to cryospheric data.

In May 2025, Tajikistan hosted the International Glacier Preservation Conference to forge actionable partnerships. Notably, 18,600 glaciers have been identified within UNESCO World Heritage Sites, representing nearly 10% of all inventoried glaciers, yet a third of these are projected to disappear by 2050.

The International Year of Glaciers' Preservation 2025 represents a turning point in humanity's relationship with its frozen heritage. Preserving glaciers is not merely an environmental imperative; it is a matter of global justice, water security, cultural survival, and intergenerational responsibility. As WMO Secretary-General Celeste Saulo noted, melting glaciers are a **"wake-up call to the world"**. It is only through collective awareness, bold climate policy, and collaborative scientific action that we can ensure these ancient guardians of our planet's history endure for the generations that follow.

ಕನ್ನಡ ವಿಭಾಗ





“ಶಾಂತಿ ಮತ್ತು ಪರಸ್ಪರ ವಿಶ್ವಾಸವನ್ನು ಉತ್ತೇಜಿಸುವ ಅಂತಾರಾಷ್ಟ್ರೀಯ ವರ್ಷ”

2025 ನ್ನು ವಿಶ್ವಸಂಸ್ಥೆಯು ‘ಶಾಂತಿ ಮತ್ತು ಪರಸ್ಪರ ವಿಶ್ವಾಸವನ್ನು ಉತ್ತೇಜಿಸುವ ಅಂತಾರಾಷ್ಟ್ರೀಯ ವರ್ಷ’ ಎಂದು ಘೋಷಿಸಿದೆ. ಈ ಘೋಷಣೆ ಜಗತ್ತಿನ ಎಲ್ಲ ದೇಶಗಳು ಪರಸ್ಪರ ಸಂವಾದ, ಸಹಕಾರ ಮತ್ತು ವಿಶ್ವಾಸದ



ಶ್ರೀಮತಿ ಸೌಮ್ಯ ಕೋಟ್ಯಾನ್
ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು



ಮೂಲಕ ಸಂಘರ್ಷಗಳನ್ನು ತಡೆದು, ನ್ಯಾಯಸಮ್ಮತ ಮತ್ತು ಶಾಂತಿಪೂರ್ಣ ಸಮಾಜದ ನಿರ್ಮಾಣಕ್ಕೆ ಬದ್ಧರಾಗಬೇಕೆಂಬ ಉದ್ದೇಶವನ್ನು ಹೊಂದಿದೆ. ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಗಳು ಮಾನವ ಅಭಿವೃದ್ಧಿ, ಸ್ಥಿರತೆಯ ಮತ್ತು ಸಹಬಾಳ್ವೆಯ ಮೂಲ ಮೌಲ್ಯಗಳಾಗಿದ್ದು, ಶಿಕ್ಷಣ, ಸಂಸ್ಕೃತಿ, ರಾಜತಾಂತ್ರಿಕತೆ ಮತ್ತು ಜನರ ನಡುವಿನ ಸೌಹಾರ್ದ ಸಂಬಂಧಗಳ ಮೂಲಕ ಅವನ್ನು ಬಲಪಡಿಸುವುದು ಈ ಪ್ರಮುಖ ಧ್ಯೇಯವಾಗಿದೆ. ಇಂದಿನ ಜಾಗತಿಕ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ರಾಜಕೀಯ ಸಂಘರ್ಷಗಳು, ಭಯೋತ್ಪಾದನೆ, ಆರ್ಥಿಕ ಅಸಮಾನತೆ ಮತ್ತು ಹವಾಮಾನ ಬದಲಾವಣೆಗಳಂತಹ ಸಮಸ್ಯೆಗಳು ಹೆಚ್ಚುತ್ತಿವೆ. ಇಂತಹ ಸಂದರ್ಭಗಳಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸದ ಮಹತ್ವ ಹೆಚ್ಚಾಗಿದೆ.

* ಅಧ್ಯಯನದ ಉದ್ದೇಶ :

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸದ ಮಹತ್ವವನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಹಾಗೂ ಜಾಗತಿಕ ಶಾಂತಿ ನಿರ್ಮಾಣದಲ್ಲಿ ಅದರ ಪಾತ್ರವನ್ನು ವಿಶ್ಲೇಷಿಸುವುದು.

* ಸಾಹಿತ್ಯ ಸಮೀಕ್ಷೆ :

ಸಂಯುಕ್ತ ರಾಷ್ಟ್ರಗಳ (2021) ವರದಿಯಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸವು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸಹಕಾರಕ್ಕೆ ಹೇಗೆ ಆಧಾರವಾಗುತ್ತದೆ ಎಂಬುದನ್ನು ವಿವರಿಸಲಾಗಿದೆ.



ಯುಎನ್ ಶಾಂತಿ ಅಧ್ಯಯನ (UN Peace Studies) ಈ ಅಧ್ಯಯನವು ಸಂಘರ್ಷ ಪರಿಹಾರದಲ್ಲಿ ಸಂವಾದ ಮತ್ತು ವಿಶ್ವಾಸದ ಪಾತ್ರವನ್ನು ವಿವರಿಸುತ್ತದೆ. ಗಾಲ್ಟಂಗ್ ಅವರ ಶಾಂತಿ ಸಿದ್ಧಾಂತ (Johan Galtung) ಶಾಂತಿ ಎಂದರೆ ಕೇವಲ ಯುದ್ಧದ ಅಭಾವವಲ್ಲ, ಬದಲಾಗಿ ಸಾಮಾಜಿಕ ನ್ಯಾಯವೂ ಆಗಿದೆ ಎಂಬುದನ್ನು ವಿವರಿಸುತ್ತಾರೆ. ವಿಶ್ವ ಶಾಂತಿ ಸೂಚ್ಯಂಕ ವರದಿ (Global Peace Index) ವಿಶ್ವದ ವಿವಿಧ ದೇಶಗಳಲ್ಲಿ ಶಾಂತಿ ಮಟ್ಟವನ್ನು ಅಳೆಯುವ ಮೂಲಕ ವಿಶ್ವಾಸದ ಅಗತ್ಯತೆಯನ್ನು ವಿವರಿಸುತ್ತದೆ. ಯುನೆಸ್ಕೋ ಅಧ್ಯಯನಗಳು ಶಿಕ್ಷಣ ಮತ್ತು ಸಂಸ್ಕೃತಿ ಮೂಲಕ ಶಾಂತಿ ಹಾಗೂ ವಿಶ್ವಾಸ ಬೆಳೆಸುವ ಮಹತ್ವವನ್ನು ಒತ್ತಿಹೇಳುತ್ತವೆ.

* ಅಧ್ಯಯನ ವಿಧಾನ :

ಈ ಅಧ್ಯಯನವು ವಿವರಣಾತ್ಮಕ ಮತ್ತು ವಿಶ್ಲೇಷಣಾತ್ಮಕ ವಿಧಾನವನ್ನು ಅನುಸರಿಸಿದೆ. ಪ್ರಾಥಮಿಕ ಹಾಗೂ ದ್ವಿತೀಯ ಮೂಲಗಳ ಮೂಲಕ ಮಾಹಿತಿಯನ್ನು ಸಂಗ್ರಹಿಸಲಾಗಿದೆ. ಪ್ರಾಥಮಿಕ ಮೂಲಗಳಲ್ಲಿ ಸಂಯುಕ್ತ ರಾಷ್ಟ್ರಗಳ ಘೋಷಣೆಗಳು ಮತ್ತು ಅಧಿಕೃತ ದಾಖಲೆಗಳು ಸೇರಿವೆ. ದ್ವಿತೀಯ ಮೂಲಗಳಲ್ಲಿ ಪುಸ್ತಕಗಳು, ಸಂಶೋಧನಾ ಲೇಖನಗಳು, ಜರ್ನಲ್‌ಗಳು ಮತ್ತು ಆನ್‌ಲೈನ್ ಸಂಪನ್ಮೂಲಗಳನ್ನು ಬಳಸಲಾಗಿದೆ. ಈ ಅಧ್ಯಯನದಲ್ಲಿ ಗುಣಾತ್ಮಕ ವಿಶ್ಲೇಷಣೆಗೆ ಹೆಚ್ಚಿನ ಒತ್ತು ನೀಡಲಾಗಿದೆ. ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸದ ಪರಿಕಲ್ಪನೆಗಳನ್ನು ಸಾಮಾಜಿಕ, ರಾಜಕೀಯ ಹಾಗೂ ನೈತಿಕ ದೃಷ್ಟಿಕೋನದಿಂದ ವಿಶ್ಲೇಷಿಸಲಾಗಿದೆ. ಇತಿಹಾಸಾತ್ಮಕ ಘಟನೆಗಳ ಉದಾಹರಣೆಗಳ ಮೂಲಕ ಶಾಂತಿಯ ಮಹತ್ವವನ್ನು ವಿವರಿಸಲಾಗಿದೆ.

* ಇತಿಹಾಸಾತ್ಮಕ ದೃಷ್ಟಿಕೋನದ ಅಧ್ಯಯನ :

ಇತಿಹಾಸಾತ್ಮಕ ವಿಧಾನದಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸದ ಬೆಳವಣಿಗೆಯನ್ನು ಅಧ್ಯಯನ ಮಾಡಲಾಗಿದೆ. ಪ್ರಾಚೀನ ಕಾಲದಿಂದಲೂ ಶಾಂತಿ ಒಪ್ಪಂದಗಳು, ಯುದ್ಧಗಳ ನಂತರ ನಡೆದ ಸಂಧಾನಗಳು ಮತ್ತು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸಂಸ್ಥೆಗಳ ಸ್ಥಾಪನೆಗಳು ಪರಿಶೀಲಿಸಲ್ಪಟ್ಟಿವೆ. ಪ್ರಥಮ ಮತ್ತು ದ್ವಿತೀಯ ಮಹಾಯುದ್ಧಗಳ ನಂತರ ವಿಶ್ವದಲ್ಲಿ ಶಾಂತಿ ಸ್ಥಾಪನೆಗಾಗಿ

ಯುನೈಟೆಡ್ ನೇಷನ್ಸ್ ಸ್ಥಾಪನೆಯಾಯಿತು. ನಂತರ ಶೀತಲ ಯುದ್ಧದ ಕಾಲಘಟ್ಟದಲ್ಲಿ ವಿಶ್ವಾಸದ ಕೊರತೆ ಹೇಗೆ ಜಾಗತಿಕ ರಾಜಕಾರಣವನ್ನು ಪ್ರಭಾವಿಸಿದೆ ಎಂಬುದನ್ನು ಅಧ್ಯಯನ ಮಾಡಲಾಗಿದೆ. ಇತ್ತೀಚಿನ ವರ್ಷಗಳಲ್ಲಿ, ಶಾಂತಿ ಸ್ಥಾಪನೆಗೆ ಸಂವಾದ, ರಾಜತಾಂತ್ರಿಕತೆ ಮತ್ತು ಬಹುಪಕ್ಷೀಯ ಸಹಕಾರದ ಪಾತ್ರವನ್ನು ವಿಶ್ಲೇಷಿಸಲಾಗಿದೆ.

* ಚರ್ಚೆ :

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸದ ವರ್ಷವು ಜಗತ್ತಿಗೆ ಶಾಂತಿಯ ಮಹತ್ವವನ್ನು ನೆನಪಿಸುವ ಮಹತ್ವದ ಉಪಕ್ರಮವಾಗಿದೆ. ಇಂದಿನ ಜಾಗತಿಕ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ರಾಷ್ಟ್ರಗಳ ನಡುವೆ ಅವಿಶ್ವಾಸ ಹೆಚ್ಚುತ್ತಿರುವುದರಿಂದ ಸಂಘರ್ಷಗಳ ಪ್ರಮಾಣವೂ ಹೆಚ್ಚಾಗಿದೆ. ಈ ಹಿನ್ನೆಲೆಯಲ್ಲಿ, ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸವನ್ನು ಉತ್ತೇಜಿಸುವುದು ಅತ್ಯಂತ ಅಗತ್ಯವಾಗಿದೆ. ಶಾಂತಿ ಕೇವಲ

ಯುದ್ಧರಹಿತ ಪರಿಸ್ಥಿತಿ ಅಲ್ಲ; ಅದು ಸಾಮಾಜಿಕ ನ್ಯಾಯ, ಮಾನವ ಹಕ್ಕುಗಳ ರಕ್ಷಣೆ ಮತ್ತು ಆರ್ಥಿಕ ಸಮಾನತೆಯನ್ನು ಒಳಗೊಂಡಿದೆ. ವಿಶ್ವಾಸವಿಲ್ಲದೆ ಯಾವುದೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಒಪ್ಪಂದವೂ ಯಶಸ್ವಿಯಾಗುವುದಿಲ್ಲ. ಆದ್ದರಿಂದ, ದೇಶಗಳು ಪರಸ್ಪರ ನಂಬಿಕೆ ಬೆಳೆಸಿಕೊಳ್ಳಬೇಕು. ಶಿಕ್ಷಣ, ಸಂವಾದ ಮತ್ತು ಸಹಕಾರದ ಮೂಲಕ ಶಾಂತಿಯನ್ನು ಬಲಪಡಿಸಬಹುದು. ಯುವಜನರಲ್ಲಿ ಶಾಂತಿಯ ಮೌಲ್ಯಗಳನ್ನು ಬೆಳೆಸುವುದು ಅತ್ಯಂತ ಮುಖ್ಯವಾಗಿದೆ. ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸವು ಅಭಿವೃದ್ಧಿಯ ಆಧಾರಸ್ತಂಭಗಳಾಗಿವೆ ಎಂಬುದು ಈ ಅಧ್ಯಯನದಿಂದ ಸ್ಪಷ್ಟವಾಗುತ್ತದೆ.

ಒಟ್ಟಿನಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸವು ಜಾಗತಿಕ ಸ್ಥಿರತೆಗೆ ಅವಿಭಾಜ್ಯ ಅಂಶಗಳಾಗಿವೆ. ವಿಶ್ವಾಸದ ಕೊರತೆಯೇ ಹೆಚ್ಚಿನ ಸಂಘರ್ಷಗಳಿಗೆ ಮೂಲ ಕಾರಣವಾಗಿದೆ. ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸಹಕಾರವು ಶಾಂತಿ ಸ್ಥಾಪನೆಗೆ ಪ್ರಮುಖ ಸಾಧನವಾಗಿದೆ.

* ನಿರ್ಣಯ :

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸದ ವರ್ಷವು ಜಗತ್ತಿಗೆ ಶಾಂತಿಯ ಮಹತ್ವವನ್ನು ಮನವರಿಕೆ ಮಾಡಿಕೊಟ್ಟ



ಒಂದು ಮಹತ್ವದ ಪ್ರಯತ್ನವಾಗಿದೆ. ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸವಿಲ್ಲದೆ ಮಾನವ ಸಮಾಜದ ಪ್ರಗತಿ ಸಾಧ್ಯವಿಲ್ಲ.

ರಾಷ್ಟ್ರಗಳು ಪರಸ್ಪರ ಗೌರವ, ಸಹಕಾರ ಮತ್ತು ನಂಬಿಕೆಯನ್ನು ಬೆಳೆಸಿದಾಗ ಮಾತ್ರ ಶಾಶ್ವತ ಶಾಂತಿ ಸಾಧ್ಯ. ಈ ಅಧ್ಯಯನವು ಶಾಂತಿ ಕೇವಲ ಒಂದು ಕಲ್ಪನೆ ಅಲ್ಲ, ಅದು ಅನುಸರಿಸಬೇಕಾದ ಜೀವನ ಮೌಲ್ಯ ಎಂಬುದನ್ನು ಸ್ಪಷ್ಟಪಡಿಸುತ್ತದೆ.

*** ಭವಿಷ್ಯ ಸಂಶೋಧನೆ:**

ಭವಿಷ್ಯದಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ವಿಶ್ವಾಸವನ್ನು ಶಿಕ್ಷಣ ವ್ಯವಸ್ಥೆಯಲ್ಲಿ ಹೇಗೆ ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಅಳವಡಿಸಬಹುದು ಎಂಬುದರ ಮೇಲೆ ಹೆಚ್ಚಿನ ಅಧ್ಯಯನ ಅಗತ್ಯವಿದೆ. ಜೊತೆಗೆ, ತಂತ್ರಜ್ಞಾನ ಮತ್ತು ಸಾಮಾಜಿಕ ಮಾಧ್ಯಮಗಳು ಶಾಂತಿ ನಿರ್ಮಾಣದಲ್ಲಿ ವಹಿಸುವ ಪಾತ್ರದ ಬಗ್ಗೆ ಸಂಶೋಧನೆ ಮಾಡಬಹುದು. ಯುವಜನರ ಪಾತ್ರ ಮತ್ತು ಜಾಗತಿಕ ನಾಗರಿಕತ್ವದ ಮಹತ್ವವೂ ಮುಂದಿನ ಅಧ್ಯಯನಗಳಿಗೆ ಸೂಕ್ತ ವಿಷಯವಾಗಿದೆ.

ಕನ್ನಡ ಸಾಹಿತ್ಯದಲ್ಲಿ ದೃಷ್ಟಿಕೋನದಲ್ಲಿ ಆಂತರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆ

ಮಾ ನವ ಜೀವನದ ಸಾರ್ಥಕತೆಯನ್ನು ನಿರ್ಧರಿಸುವ ಪ್ರಮುಖ ಮೌಲ್ಯಗಳಾದ

ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆ ಸಾಹಿತ್ಯದ ಮೂಲಕ ಯುಗಯುಗಗಳಿಂದ ವ್ಯಕ್ತವಾಗುತ್ತಲೇ ಬಂದಿವೆ. ಸಾಹಿತ್ಯ ಕೇವಲ ಮನರಂಜನೆಯ ಸಾಧನವಲ್ಲ; ಅದು ಸಮಾಜದ ಆತ್ಮದ ಪ್ರತಿಬಿಂಬ. ಆಂತರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ವರ್ಷ ಎಂಬ ವಿಶ್ವಸಂಸ್ಥೆಯ ಘೋಷಣೆ, ಕನ್ನಡ ಸಾಹಿತ್ಯ ಪರಂಪರೆಗೆ ಮೌಲ್ಯಗಳೊಂದಿಗೆ ಆಳವಾಗಿ ಹೊಂದಿಕೆಯಾಗುತ್ತದೆ. ಕನ್ನಡ ಸಾಹಿತ್ಯವು ಪ್ರಾಚೀನ ಕಾಲದಿಂದಲೇ ಅಹಿಂಸೆ, ಸಹಬಾಳ್ವೆ, ಮಾನವೀಯತೆ ಮತ್ತು ಪರಸ್ಪರ ನಂಬಿಕೆಯನ್ನು ತನ್ನ ಕೇಂದ್ರ ವಿಚಾರಗಳಾಗಿ ಹೊತ್ತಿದೆ.

ಸಾಹಿತ್ಯದಲ್ಲಿ ಶಾಂತಿ ಎಂದರೆ ಸಂಘರ್ಷರಹಿತ ಸಮಾಜದ ಕಲ್ಪನೆ ಮಾತ್ರವಲ್ಲ, ಅದು ಮಾನವ ಮನಸ್ಸಿನ ಶುದ್ಧತೆ, ಸೌಹಾರ್ದ ಮತ್ತು ಸಮತೋಲನವನ್ನು ಸೂಚಿಸುತ್ತದೆ. ನಂಬಿಕೆ ಎಂದರೆ ವ್ಯಕ್ತಿಯು ವ್ಯಕ್ತಿಯ ಮೇಲೆ, ಮನುಷ್ಯನು ಸಮಾಜದ ಮೇಲೆ ಮತ್ತು ಮನುಷ್ಯನು ಮನುಷ್ಯತ್ವದ ಮೇಲೆ ಇಡುವ ವಿಶ್ವಾಸ. ಈ ಎರಡು ಮೌಲ್ಯಗಳು ಇಲ್ಲದೆ ಸಾಹಿತ್ಯವು ತನ್ನ ಮಾನವೀಯ ಉದ್ದೇಶವನ್ನು ಸಾಧಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. ಹಾಗಾಗಿ



ಶ್ರೀಮತಿ ಮಮತಾ ಎಂ
ಕನ್ನಡ ಉಪನ್ಯಾಸಕರು

ಸಾಹಿತ್ಯದ ಮೂಲಕ ಮಾನವನ ವಿಚಾರಧಾರೆಗಳು ಬದಲಾವಣೆಗೊಳ್ಳುವುದಕ್ಕೆ ಸಾಧ್ಯ.

ವಚನ ಸಾಹಿತ್ಯದಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆ

ಕನ್ನಡ ಸಾಹಿತ್ಯದಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ಅತ್ಯಂತ ಸ್ಪಷ್ಟವಾದ ಅಭಿವ್ಯಕ್ತಿ ವಚನ ಸಾಹಿತ್ಯದಲ್ಲಿ ಕಂಡುಬರುತ್ತದೆ. ಬಸವಣ್ಣ, ಅಲ್ಲಮಪ್ರಭು, ಅಕ್ಕಮಹಾದೇವಿ ಮುಂತಾದ ಶರಣರು ಜಾತಿ, ವರ್ಣ, ಲಿಂಗ ಭೇದವಿಲ್ಲದ ಸಮಾಜದ ಕನಸನ್ನು



ಕಂಡರು. “ಕಾಯಕವೇ ಕೈಲಾಸ” ಎಂಬ ಬಸವಣ್ಣನ ತತ್ತ್ವವು ಮಾನವನೊಳಗಿನ ಶಾಂತಿಯನ್ನು ಮತ್ತು ಸಮಾಜದ ಮೇಲಿನ ನಂಬಿಕೆಯನ್ನು ಪ್ರತಿಪಾದಿಸುತ್ತದೆ. ವಚನಗಳು ಅಹಿಂಸೆ, ಸತ್ಯ

ಮತ್ತು ಸಮಾನತೆಯ ಮೂಲಕ ಶಾಂತಿಯುತ ಸಮಾಜ ನಿರ್ಮಾಣಕ್ಕೆ ದಾರಿ ತೋರಿಸುತ್ತವೆ.

ದಾಸ ಸಾಹಿತ್ಯ ಮತ್ತು ಭಕ್ತಿ ಸಾಹಿತ್ಯದ ಮೂಲಕ ಶಾಂತಿ

ದಾಸ ಸಾಹಿತ್ಯವು ಶಾಂತಿಯನ್ನು ಆಧ್ಯಾತ್ಮಿಕ ಮಟ್ಟದಲ್ಲಿ ಅನ್ವೇಷಿಸುತ್ತದೆ. ಪುರಂದರದಾಸರು, ಕನಕದಾಸರು ತಮ್ಮ ಕೀರ್ತನೆಗಳ ಮೂಲಕ ಮಾನವ ಮನಸ್ಸಿನಲ್ಲಿ ಶಾಂತಿ ನೆಲೆಸಬೇಕೆಂದು ಬೋಧಿಸಿದರು. ದೇವರ ಮೇಲೆ ಇಟ್ಟ ನಂಬಿಕೆಯು ಮಾನವನ ಜೀವನದಲ್ಲಿ ನೈತಿಕತೆ, ವಿನಯ ಮತ್ತು ಸಹನೆ ಬೆಳೆಸುತ್ತದೆ ಎಂಬ ಸಂದೇಶ ದಾಸ ಸಾಹಿತ್ಯದ ಮೂಲಕ ಹರಡಿದೆ. “ಮಾನವ ಜನ್ಮ ದೊಡ್ಡದು” ಎಂಬ ಚಿಂತನೆ ಮಾನವೀಯ ನಂಬಿಕೆಯನ್ನು ಗಟ್ಟಿಗೊಳಿಸುತ್ತದೆ.

ಪುರಾಣ, ಜಾನಪದಗಳಲ್ಲಿ ಶಾಂತಿಯ ಕಲ್ಪನೆ

ಕನ್ನಡ ಪುರಾಣ ಸಾಹಿತ್ಯ ಹಾಗೂ ಜಾನಪದ ಸಾಹಿತ್ಯವು ಸಹಬಾಳ್ವೆ ಮತ್ತು ಪರಸ್ಪರ ನಂಬಿಕೆಯ ಮೌಲ್ಯಗಳನ್ನು ಕಥಾರೂಪದಲ್ಲಿ ಕಟ್ಟಿಕೊಡುತ್ತದೆ. ಜಾನಪದ ಗೀತೆಗಳು, ಕಥೆಗಳು ಗ್ರಾಮೀಣ ಸಮಾಜದ ಒಗ್ಗಟ್ಟು, ಸಹಕಾರ ಮತ್ತು ನಂಬಿಕೆಯ ಬದುಕನ್ನು ಚಿತ್ರಿಸುತ್ತವೆ. ಇವುಗಳಲ್ಲಿ ವ್ಯಕ್ತಿ-ಸಮುದಾಯ ಸಂಬಂಧ ಶಾಂತಿಯುತವಾಗಿರುವುದು ಪ್ರಮುಖ ಅಂಶವಾಗಿದೆ.

ನವೋದಯ ಸಾಹಿತ್ಯ : ಮಾನವೀಯತೆಯ ಶಾಂತಿ

ನವೋದಯ ಕಾಲಘಟ್ಟದ ಕವಿಗಳು ಕನ್ನಡ ಸಾಹಿತ್ಯವನ್ನು ಮಾನವೀಯ ಚಿಂತನೆಗಳತ್ತ ಕರೆದೊಯ್ದರು. ಕುವೆಂಪು ಅವರ “ವಿಶ್ವಮಾನವ” ತತ್ತ್ವವು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ಆದರ್ಶದ ಪ್ರತೀಕವಾಗಿದೆ.

“ಎಲ್ಲಾದರೂ ಇರು, ಎಂತಾದರೂ ಇರು ಎಂದೆಂದಿಗೂ ನೀ ಕನ್ನಡವಾಗಿರು” ಎಂಬ ಸಾಲುಗಳಲ್ಲಿ ಮಣ್ಣಿನ ಬಗ್ಗೆಗಿನ ಗೌರವವನ್ನು ಎತ್ತಿಹಿಡಿಯುತ್ತದೆ.

ನವ್ಯ ಸಾಹಿತ್ಯ ಮತ್ತು ಅಂತರಂಗದ ಶಾಂತಿ

ನವ್ಯ ಸಾಹಿತ್ಯವು ವ್ಯಕ್ತಿಯ ಒಳಜಗತ್ತಿನ ಸಂಘರ್ಷಗಳನ್ನು ಅನಾವರಣಗೊಳಿಸುತ್ತದೆ. ಅಂತರಂಗದ ಶಾಂತಿ ಕಳೆದುಕೊಂಡ





ಮಾನವನ ಸಂಕಟಗಳು ನವ್ಯ ಸಾಹಿತ್ಯದ ಪ್ರಮುಖ ವಿಷಯಗಳಾಗಿವೆ. ನಂಬಿಕೆಯ ಕೊರತೆಯಿಂದ ಉಂಟಾಗುವ ಒಂಟಿತನ, ಆತಂಕ ಮತ್ತು ಅಸ್ತಿತ್ವದ ಪ್ರಶ್ನೆಗಳು ಈ ಸಾಹಿತ್ಯದಲ್ಲಿ ಗಂಭೀರವಾಗಿ ಚರ್ಚೆಯಾಗುತ್ತವೆ. ಇದು ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ಅವಶ್ಯಕತೆಯನ್ನು ಇನ್ನಷ್ಟು ತೀವ್ರವಾಗಿ ಎತ್ತಿಹಿಡಿಯುತ್ತದೆ.

ಪ್ರಗತಿಶೀಲ ಸಾಹಿತ್ಯ ಮತ್ತು ಸಾಮಾಜಿಕ ಶಾಂತಿ

ಪ್ರಗತಿಶೀಲ ಸಾಹಿತ್ಯವು ಶಾಂತಿಯನ್ನು ಸಾಮಾಜಿಕ ನ್ಯಾಯದ ದೃಷ್ಟಿಯಿಂದ ನೋಡುವುದು. ಬಡತನ, ಶೋಷಣೆ, ಅಸಮಾನತೆ ಮುಂತಾದವು ಶಾಂತಿಗೆ ಧಕ್ಕೆ ತರುವ ಅಂಶಗಳೆಂದು ಬುದನ್ನು ಸಾಹಿತ್ಯ ಧ್ವನಿಸುತ್ತದೆ. ಕಾರ್ಮಿಕರ ಹಕ್ಕುಗಳು, ಮಹಿಳಾ ಸಬಲೀಕರಣ, ದಲಿತ ಚಳವಳಿ ಪ್ರಗತಿಶೀಲ ಇವುಗಳು ಸಮಾಜದಲ್ಲಿ ನಂಬಿಕೆ ಮತ್ತು ನ್ಯಾಯವನ್ನು ಸ್ಥಾಪಿಸುವ ಸಾಹಿತ್ಯಿಕ ಪ್ರಯತ್ನಗಳು.

ಮಹಿಳಾ ಸಾಹಿತ್ಯ ಮತ್ತು ನಂಬಿಕೆಯ ಸಂಕಟ

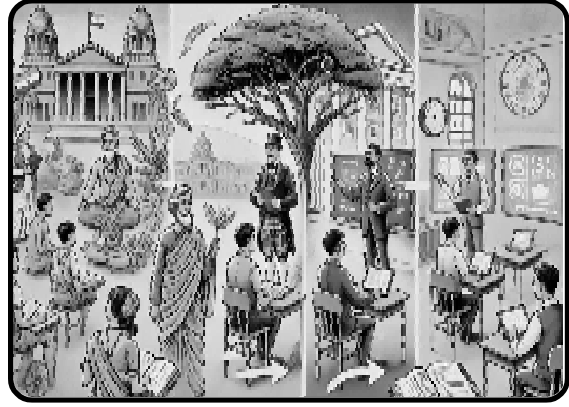
ಮಹಿಳಾ ಸಾಹಿತ್ಯವು ಕುಟುಂಬ ಮತ್ತು ಮಹಿಳೆಯ ಬದುಕಿನ ಚಿತ್ರಣವನ್ನು ತೆರೆದಿಡುತ್ತದೆ. ಮಹಿಳೆಯ ಜೀವನದಲ್ಲಿ ಶಾಂತಿ ಎಂದರೆ ಗೌರವ, ಸ್ವಾತಂತ್ರ್ಯ ಮತ್ತು ಭದ್ರತೆ. ಇದನ್ನು ಸಾಹಿತ್ಯದಲ್ಲಿ ಹಿಡಿದಿಡುವ ಪ್ರಯತ್ನ ನಡೆದಿದೆ.

ಕನ್ನಡ ಸಾಹಿತ್ಯ ಮತ್ತು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಸಂದೇಶ

ಕನ್ನಡ ಸಾಹಿತ್ಯದ ಮೌಲ್ಯಗಳು ಪ್ರಾದೇಶಿಕವಾದರೂ ಅದರ ಸಂದೇಶ ವಿಶ್ವಮಾನವೀಯವಾಗಿದೆ. ಅಹಿಂಸೆ, ಸಹಿಷ್ಣುತೆ, ಪರಸ್ಪರ ಗೌರವ ಮತ್ತು ನಂಬಿಕೆ ಎಂಬ ತತ್ವಗಳು ಅಂತಾರಾಷ್ಟ್ರೀಯ ಶಾಂತಿಯ ಮೂಲಸ್ತಂಭಗಳಾಗಿವೆ. ಈ ಅರ್ಥದಲ್ಲಿ ಕನ್ನಡ ಸಾಹಿತ್ಯವು ವಿಶ್ವಸಂಸ್ಥೆಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ಆದರ್ಶಗಳಿಗೆ ಸಾಂಸ್ಕೃತಿಕ ಬೆಂಬಲ ನೀಡಿದಂತಾಗಿದೆ.

ಸಮಕಾಲೀನ ಸಂದರ್ಭ ಮತ್ತು ಸಾಹಿತ್ಯದ ಹೊಣೆಗಾರಿಕೆ

ಇಂದಿನ ಜಗತ್ತಿನಲ್ಲಿ ದ್ವೇಷ ಭಾಷಣ, ಧಾರ್ಮಿಕ ಅಸಹಿಷ್ಣುತೆ ಮತ್ತು ಸಾಮಾಜಿಕ ಬಿರುಕುಗಳು ಹೆಚ್ಚುತ್ತಿರುವಾಗ, ಸಾಹಿತ್ಯವು ಸೇತುವೆಯ ಪಾತ್ರ ವಹಿಸಬೇಕಾಗಿದೆ. ಕನ್ನಡ ಸಾಹಿತ್ಯವು ಅದನ್ನು ಸೇರಿಸುವ ಯುವಜನರಿಗೆ ಶಾಂತಿಯ ಮೌಲ್ಯಗಳನ್ನು ಸಾರುವ ಜವಾಬ್ದಾರಿಯನ್ನು ಹೊಂದಿದೆ. ಅದು ಸಾಹಿತ್ಯದ ಮೂಲಕ



ನಡೆದು ಸಮಾಜಕ್ಕೆ ಮಾದರಿಯಾಗಬೇಕು. ಬದುಕಿನ ಚಿತ್ರಣವನ್ನು ತೆರೆದಿಡುತ್ತದೆ.

ಕೊನೆಯದಾಗಿ

ಅಂತಾರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ಪರಿಕಲ್ಪನೆ ಹೊಸದಲ್ಲ; ಅದು ಕನ್ನಡ ಸಾಹಿತ್ಯದ ಆತ್ಮವೇ ಆಗಿದೆ. ವಚನಗಳಿಂದ ಆರಂಭಿಸಿ ಸಮಕಾಲೀನ ಸಾಹಿತ್ಯದವರೆಗೆ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಮಾನವೀಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ದಾರಿಯನ್ನು ತೋರಿಸಿದೆ. ಸಾಹಿತ್ಯದ ಮೂಲಕ ಮಾನವ ಮನಸ್ಸು ಪರಿವರ್ತನೆಯಾಗುತ್ತದೆ. ಅಂತಹ ಪರಿವರ್ತನೆಯೇ ಶಾಂತಿಯುತ ಮತ್ತು ನಂಬಿಕೆಯ ಸಮಾಜ ನಿರ್ಮಾಣಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ. ಆದ್ದರಿಂದ, ಕನ್ನಡ ಸಾಹಿತ್ಯವು ಕೇವಲ ಭಾಷೆಯ ಅಭಿವ್ಯಕ್ತಿಯಲ್ಲ; ಅದು ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ಶಾಶ್ವತ ದೀಪವಾಗಿದೆ.



ವಿಶ್ವದಲ್ಲಿ ನಂಬಿಕೆಯ ಬಿತ್ತನೆ, ಶಾಂತಿಯ ಘಸಲು

ಇಂದಿನ ಆಧುನಿಕ ಜಗತ್ತು ವಿಜ್ಞಾನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನದ ಕ್ಷೇತ್ರದಲ್ಲಿ ಅದ್ಭುತ ಪ್ರಗತಿಯನ್ನು ಸಾಧಿಸಿದೆ. ಭೂಮಿಯ ಒಂದು ಮೂಲೆಯಲ್ಲಿ ಕುಳಿತು ಮತ್ತೊಂದು ಮೂಲೆಯಲ್ಲಿರುವವರ ಜೊತೆ ಸಂಪರ್ಕ



ಸಾಧಿಸುವಷ್ಟು ಜಗತ್ತು ಇಂದು ಹತ್ತಿರವಾಗಿದೆ. ಆದರೆ, ಇಂತಹ ಭೌತಿಕ ಸುಖಗಳ ನಡುವೆಯೂ ಮನುಷ್ಯನ ಮನಸ್ಸಿನಲ್ಲಿ ನೆಮ್ಮದಿ ಮತ್ತು ಶಾಂತಿ ಇಲ್ಲದಂತಾಗಿದೆ. ದೇಶಗಳ ನಡುವೆ ಹೆಚ್ಚುತ್ತಿರುವ ಯುದ್ಧದ ಕಾರ್ಮೋಡಗಳು, ಸಮುದಾಯಗಳ ನಡುವಿನ ಅಸಹಿಷ್ಣುತೆ ಮತ್ತು ವ್ಯಕ್ತಿಗಳ ನಡುವೆ ಬೆಳೆಯುತ್ತಿರುವ ಅಪನಂಬಿಕೆ ಇಂದಿನ ದೊಡ್ಡ ಸವಾಲುಗಳಾಗಿವೆ. ಈ ಗಂಭೀರ ಪರಿಸ್ಥಿತಿಯನ್ನು ಗಮನದಲ್ಲಿಟ್ಟುಕೊಂಡು ವಿಶ್ವಸಂಸ್ಥೆಯು 'ಅಂತಾರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ವರ್ಷ'ವನ್ನು ಆಚರಿಸಲು ಕರೆ ನೀಡಿದೆ. ಇದು ಕೇವಲ ಒಂದು ಆಚರಣೆಯಲ್ಲ, ಬದಲಾಗಿ ಇಡೀ ಮನುಕುಲದ ಅಸ್ತಿತ್ವಕ್ಕಾಗಿ ಅಗತ್ಯವಿರುವ ಒಂದು ದೊಡ್ಡ ಜವಾಬ್ದಾರಿಯಾಗಿದೆ.

ಶಾಂತಿ ಎನ್ನುವುದು ಕೇವಲ ಶಸ್ತ್ರಾಸ್ತ್ರಗಳನ್ನು ತ್ಯಜಿಸುವುದು ಅಥವಾ ಯುದ್ಧವನ್ನು ನಿಲ್ಲಿಸುವುದು ಮಾತ್ರವಲ್ಲ. ಅದು ಮನುಷ್ಯನ ಅಂತರಾತ್ಮದಲ್ಲಿ ನೆಲೆಸಬೇಕಾದ ಸೌಹಾರ್ದತೆಯ



ಕು. ಲೆನಿಶಾ
ಪ್ರಾಧ್ಯಾಪಕಿ

ಸ್ಥಿತಿ. ಯಾವುದೇ ಒಂದು ಸಮಾಜದಲ್ಲಿ ಶಾಂತಿ ನೆಲೆಸಬೇಕಾದರೆ ಅಲ್ಲಿ 'ನಂಬಿಕೆ' ಎಂಬ ಅಡಿಪಾಯ ಇರಲೇಬೇಕು. ನಂಬಿಕೆ ಇಲ್ಲದ ಕಡೆ ಭಯ ಹುಟ್ಟುತ್ತದೆ ಮತ್ತು ಆ ಭಯವೇ ಮುಂದೆ ದ್ವೇಷವಾಗಿ ಮಾರಾಪಾಡು ಹೊಂದಿ ಹಿಂಸೆಗೆ ಕಾರಣವಾಗುತ್ತದೆ. ಇಂದು ಪ್ರಪಂಚ ಎದುರಿಸುತ್ತಿರುವ ಭಯೋತ್ಪಾದನೆ, ಗಡಿ ವಿವಾದಗಳು ಮತ್ತು ರಾಜಕೀಯ ಅಸ್ಥಿರತೆಗಳಿಗೆ ಮುಖ್ಯ ಕಾರಣವೆಂದರೆ ದೇಶಗಳ ನಡುವೆ ಮಾಯವಾಗಿರುವ ಪರಸ್ಪರ ವಿಶ್ವಾಸ. ನಾವು ಇನ್ನೊಬ್ಬರನ್ನು ಸಂಶಯದಿಂದ ನೋಡುವ ತನಕ ಶಾಂತಿ ಎಂಬುದು ಕೇವಲ ಒಂದು ಕನಸಾಗಿ ಉಳಿಯುತ್ತದೆ. ಆದ್ದರಿಂದಲೇ, ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆ ಎಂಬುದು ಒಂದೇ ನಾಣ್ಯದ ಎರಡು ಮುಖಗಳಿದ್ದಂತೆ.

ವಿಶ್ವಸಂಸ್ಥೆಯ ಈ ವರ್ಷದ ಆಚರಣೆಯ ಹಿಂದೆ ಮತ್ತೊಂದು ಮುಖ್ಯ ಉದ್ದೇಶವಿದೆ, ಅದೇನೆಂದರೆ ಸಮರ್ಥನೀಯ ಅಭಿವೃದ್ಧಿ. ಹಸಿವು, ಬಡತನ ಮತ್ತು ಅಸಮಾನತೆ ಇರುವ ಕಡೆಗಳಲ್ಲಿ ಶಾಂತಿ ದೀರ್ಘಕಾಲ ಇರಲು ಸಾಧ್ಯವಿಲ್ಲ. ಸಂಪನ್ಮೂಲಗಳ ಹಂಚಿಕೆಯಲ್ಲಿ ನ್ಯಾಯ ಮತ್ತು



ಸಮಾನತೆ ಇದ್ದಾಗ ಮಾತ್ರ ಜನರ ನಡುವೆ ವಿಶ್ವಾಸ ಮೂಡುತ್ತದೆ. ಇದರ ಜೊತೆಗೆ, ಶಿಕ್ಷಣವು ಶಾಂತಿ ಸ್ಥಾಪನೆಯಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಮಕ್ಕಳಲ್ಲಿ ಬಾಲ್ಯದಿಂದಲೇ ಅಹಿಂಸೆ, ತಾಳ್ಮೆ ಮತ್ತು ಇತರರ ಸಂಸ್ಕೃತಿಯನ್ನು ಗೌರವಿಸುವ ಗುಣಗಳನ್ನು ಬೆಳೆಸಬೇಕು. ಇಂದಿನ ಡಿಜಿಟಲ್ ಯುಗದಲ್ಲಿ ತಂತ್ರಜ್ಞಾನವು ಜನರನ್ನು ಜೋಡಿಸುವ ಸೇತುವೆಯಾಗಬೇಕೇ ಹೊರತು ದ್ವೇಷ ಹರಡುವ ಸಾಧನವಾಗಬಾರದು. ಸತ್ಯ ಮತ್ತು ಪ್ರೀತಿಯನ್ನು ಹರಡುವ ಮೂಲಕ ನಾವು ಸಾಮಾಜಿಕ ನಂಬಿಕೆಯನ್ನು ಮತ್ತೆ ಕಟ್ಟಬೇಕಾಗಿದೆ.

ಯುವ ಜನತೆಯು ಈ ಬದಲಾವಣೆಯ ಕೇಂದ್ರಬಿಂದುಗಳಾಗಿದ್ದಾರೆ. ಶಾಂತಿಯು ಕೇವಲ ರಾಜತಾಂತ್ರಿಕ ಮಾತುಕತೆಗಳಿಂದ ಬರುವುದಿಲ್ಲ; ಅದು ನಮ್ಮ ದೈನಂದಿನ ನಡವಳಿಕೆಯಿಂದ ಆರಂಭವಾಗುತ್ತದೆ. ಭಿನ್ನಾಭಿಪ್ರಾಯಗಳನ್ನು

ಜಗಳದ ಬದಲು ಸಂವಾದದ ಮೂಲಕ ಬಗೆಹರಿಸಿಕೊಳ್ಳುವ ಕಲೆ ನಮಗೆ ಒಲಿಯಬೇಕಿದೆ. ಭಾರತವು ಅನಾದಿಕಾಲದಿಂದಲೂ 'ವಸುಧೈವ ಕುಟುಂಬಕಂ' ಅಂದರೆ ಇಡೀ ಜಗತ್ತೇ ಒಂದು ಕುಟುಂಬ ಎಂಬ ಉದಾತ್ತ ತತ್ವವನ್ನು ಸಾರುತ್ತಾ ಬಂದಿದೆ. ಗೌತಮ ಬುದ್ಧ ಮತ್ತು ಮಹಾತ್ಮ ಗಾಂಧೀಜಿಯವರ ಅಹಿಂಸಾ ಮಾರ್ಗವು ಇಂದಿಗೂ ಜಗತ್ತಿಗೆ ಶಾಂತಿಯ ದಾರಿದೀಪವಾಗಿದೆ. ನಾವೆಲ್ಲರೂ ಈ ತತ್ವಗಳನ್ನು ಅಳವಡಿಸಿಕೊಂಡರೆ ಮಾತ್ರ ದ್ವೇಷದ ಗೋಡೆಗಳನ್ನು ಕೆಡವಿ ನಂಬಿಕೆಯ ಸೇತುವೆಯನ್ನು ನಿರ್ಮಿಸಲು ಸಾಧ್ಯ. ಅಂತಿಮವಾಗಿ, ಶಾಂತಿಯುತ ಮನಸ್ಸುಗಳು ಮಾತ್ರ ಒಂದು ಸುಂದರ ಮತ್ತು ಶಾಂತಿಯುತ ಜಗತ್ತನ್ನು ನಿರ್ಮಿಸಬಲ್ಲವು. ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ನಾವು ನೀಡಬಹುದಾದ ಅತ್ಯುತ್ತಮ ಕಾಣಿಕೆಯೆಂದರೆ ಅದು ಶಸ್ತ್ರಾಸ್ತ್ರಗಳಿಲ್ಲದ, ಪ್ರೀತಿ ಮತ್ತು ನಂಬಿಕೆಯಿಂದ ಕೂಡಿದ ಸಮೃದ್ಧ ಜಗತ್ತು.

NSS ಶಿಖರ: ಏಳು ದಿನಗಳ ಹೃದಯದಲ್ಲಿ ಉಳಿದ - ಜೀವನ ಪಾಠಗಳು

“ಸೇವೆಯ ಮೂಲಕ ನಾವು ಸಮಾಜವನ್ನು ಮಾತ್ರವಲ್ಲ, ನಮ್ಮನ್ನೇ ಹೊಸದಾಗಿ ಕಂಡುಕೊಳ್ಳುತ್ತೇವೆ.”

ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ (NSS) ಎಂಬುದು ಕೇವಲ ಒಂದು

ಕಾರ್ಯಕ್ರಮವಲ್ಲ ; ಅದು ಜೀವನದ ಅರ್ಥವನ್ನು ತಿಳಿಸುವ ಒಂದು ಪರ್ಯಾಯ “ನಾನು ಅಲ್ಲ, ನೀನು” ಎಂಬ ದೈಯವಾಕ್ಯವನ್ನು ಹೃದಯದಲ್ಲಿ ಹೊತ್ತು, ಸಮಾಜದತ್ತ.. ನಮ್ಮ ಹೆಜ್ಜೆಯನ್ನು ತಿರುಗಿಸುವ ಒಂದು ಶಕ್ತಿಯಾಗಿದೆ. NSS ಈ ಶಿಬಿರಕ್ಕೆ ಬರುವ ಮುನ್ನ ನನ್ನ ಮನಸ್ಸಲ್ಲಿ ಸ್ವಲ್ಪ ಭಯವೂ, ಕುತೂಹಲವೂ ಇತ್ತು. “ಹೇಗಿರಬಹುದು...? ನಾವೆಲ್ಲಾ ಹೊಂದಿಕೊಳ್ಳಬಹುದೇ? ಎಷ್ಟು ಕೆಲಸ ಮಾಡಬೇಕು?” ಎಂಬ ಪ್ರಶ್ನೆಗಳು ನನ್ನ ಮನಸ್ಸಿನಲ್ಲಿ ಓಡಾಡುತ್ತಿದ್ದವು. ಮೊದಲ ದಿನ ಹೊಸ ವಾತವರಣ, ಹೊಸ ನಿಯಮಗಳು. ಮಾತುಕತೆ ಕಡಿಮೆ, ಬೆಳಿಗ್ಗೆ 5 ಗಂಟೆಗೆ ಎದ್ದದ್ದು ಇವೆಲ್ಲವೂ. ಕಷ್ಟವೆನಿಸಿತು, ಆದರೆ ಶಿಸ್ತು ಮತ್ತು ಸಮಯದ ಮೌಲ್ಯವನ್ನು ಕಲಿಸುತ್ತಿತ್ತು.



ಶ್ರೀ ಜೋಯಲ್ ಮಸ್ಕರೇನ್ಡ್ರಸ್

ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕ

ಎರಡನೇ ದಿನದಿಂದಲೇ ಎಲ್ಲವೂ ನಿಧನವಾಗಿ, ಬದಲಾಗತೊಡಗಿತು. ಮಾತುಕತೆಗಳು ಆರಂಭವಾದವು. ಸಹಾಯ ಮಾಡುವ ವನೋಭಾವ ಬೆಳೆಯಿತು, ಮತ್ತು



ಅಪರಿಚಿತರಾಗಿದ್ದವರು ಸ್ನೇಹಿತರಾದರು. ಈ ಸ್ನೇಹವೇ ನಂತರ ಕುಟುಂಬದಂತೆ ಬಲವಾಯಿತು. ಪ್ರತೀ ದಿನ ಬೆಳಿಗ್ಗೆ ಧ್ವಜಾರೋಹಣ, NSS ಧ್ವಜ ವಂದನೆ, ಪ್ರಾರ್ಥನೆ ಮತ್ತು ವ್ಯಾಯಾಮಗಳಿಂದ ದಿನ ಆರಂಭವಾಗುತ್ತಿತ್ತು ಆ ಶಾಂತ ಬೆಳಗಿನ ವಾತಾವರಣದಲ್ಲಿ ನಾವು ಕೇವಲ ದಿನವನ್ನು ಆರಂಭಿಸಿಲ್ಲ ನಮ್ಮೊಳಗೆ ಶಿಸ್ತು ಸಮಯಪಾಲನೆ ಮತ್ತು ಏಕತೆಯನ್ನು ಬೆಳೆಸಿಕೊಂಡೆವು. ಆ ಒಂದು ಸೀಟಿ (ವಿಕಲ್) ಶಬ್ದ ಕೇಳುತ್ತಿದ್ದಂತೆ, ಕೆಲಸದಲ್ಲಿದ್ದರೂ ಎಲ್ಲರೂ ತಮ್ಮ ತಂಡಗಳಾಗಿ ಸಾಲಿನಲ್ಲಿ ನಿಂತು ಸೇರುವ ಕ್ಷಣಗಳು ಅವು ಶಿಸ್ತು ಮತ್ತು ಒಗ್ಗಟ್ಟಿನ ನಿಜವಾದ ಉದಾಹರಣೆಗಳಾಗಿದ್ದವು. ಈ ಏಳು ದಿನಗಳಲ್ಲಿ ನಾವು ಹಲವು ರೀತಿಯ ಕೆಲಸಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಂಡೆವು ಶಾಲೆಯ ಹಿಂಭಾಗವನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸುವುದು, ಚರ್ಚ್ ಮುಂದೆ ಸ್ವಚ್ಛತಾ ಕಾರ್ಯ ಶಿರ್ತಾಡಿ ಪಟ್ಟಣದಲ್ಲಿ ಪ್ಲಾಸ್ಟಿಕ್ ಸ್ವಚ್ಛತಾ ಅಭಿಯಾನ, ಅಡಿಕೆ ತೋಟದಲ್ಲಿ, ಕೆಲಸ ಮಾಡುವ ಅನುಭವ ಇವೆಲ್ಲವೂ ನಮ್ಮನ್ನು ನೆಲದ ಸತ್ಯಕ್ಕೆ ಹತ್ತಿರ ಮಾಡಿದವು. ಕೊಣಾಚೆಕಲ್ಲು ಪ್ರದೇಶಕ್ಕೆ

ಭೇಟಿ ಮತ್ತು ರೈತನ ಮನೆಯ ಅನುಭವ ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಹೊಸ ಅನುಭವವನ್ನು ನಿಡಿತು.

– ರೈತರ ಪರಿಶ್ರಮದ ಬಗ್ಗೆ.

ಪ್ರತಿ ಸಂಜೆ ನಡೆದ ಶೈಕ್ಷಣಿಕ ಅಧಿವೇಶನಗಳು ನಮಗೆ ಹೊಸ "ಅನುಭವಗಳನ್ನು ನೀಡಿದವು. ವಿವಿಧ ಕ್ಷೇತ್ರಗಳಿಂದ ಬಂದ ಅತಿಥಿಗಳು ತಮ್ಮ ಅನುಭವಗಳನ್ನು ಹಂಚಿಕೊಂಡರು – ಅವರು ಮಾತುಗಳು ನಮ್ಮ ಚಿಂತನೆಗೆ ಹೊಸ ದಿಕ್ಕನ್ನು ನೀಡಿದವು. ಅದಾದ ಬಳಿಕ ನಡೆದ. ಕಾರ್ಯಕ್ರಮಗಳಲ್ಲಿ ಪ್ರತಿ ತಂಡಕ್ಕೂ ವಿಶೇಷ ಜವಾಬ್ದಾರಿಗಳು ಇರುತ್ತಿದ್ದವು. ವಾಯು, ಭೂಮಿ, ಜಲ, ಅಗ್ನಿ ತಂಡಗಳಾಗಿ ನಾವು ಭಾಗವಹಿಸಿದ್ದೇವು ನಾಟಕ, ಹಾಡು, ನೃತ್ಯಗಳ ಮೂಲಕ. ಪ್ರತಿಯೊಂದು ತಂಡವೂ ತಮ್ಮ ಪ್ರತಿಭೆಯನ್ನು ಪ್ರದರ್ಶಿಸಿದವು. ಆ ಕ್ಷಣಗಳಲ್ಲಿ ಆತ್ಮವಿಶ್ವಾಸ ಮತ್ತು ಒಗ್ಗಟ್ಟು ಸ್ಪಷ್ಟವಾಗಿ ಕಾಣಿಸುತ್ತಿತ್ತು. ಮಕ್ಕಳೊಂದಿಗೆ ನಡೆಸಿದ ಚಟುವಟಿಕೆಗಳು ನಮ್ಮ – ಹೃದಯಕ್ಕೆ ತುಂಬ



ಹತ್ತಿರವಾಗಿದ್ದವು. ಅವರೊಂದಿಗೆ ಕಳೆದ ಸಮಯವು ಅತ್ಯಂತ ಅಮೂಲ್ಯವಾಗಿದ್ದವು.

ಈ ಶಿಬಿರದಲ್ಲಿ ಸಿಕ್ಕ ಮತ್ತೊಂದು ಮಧುರ ಅನುಭವವೆಂದರೆ ಅಲ್ಲಿ ದೊರೆತ ಆಹಾರ ಮತ್ತು ಜನರ ಪ್ರೀತಿ. ಬೆಳಿಗ್ಗೆ ಮಧ್ಯಾಹ್ನ, ಸಂಜೆ ಮತ್ತು ರಾತ್ರಿ ಎಲ್ಲಾ ಸಮಯದಲ್ಲೂ ರುಚಿಯಾದ ಊಟಗಳು ಸಿಗುತ್ತಿದ್ದವು . ನಾವು ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದಾಗ ಕೆಲವರು ನಮ್ಮನ್ನು ನೋಡಿ ತಂಪು ಪಾನೀಯ ಕೊಟ್ಟು ಪ್ರೋತ್ಸಾಹಿಸುತ್ತಿದ್ದರು. ಅವರ ಪ್ರಶಂಸೆ ನಮ್ಮ ಶ್ರಮಕ್ಕೆ ಒಂದು ಹೊಸ ಉತ್ಸಾಹ ನೀಡಿತು ಈ ಎಲ್ಲದರ ಹಿಂದೆ ನಮ್ಮ ಶಿಕ್ಷಕರ ಬೆಂಬಲ ಬಹಳ

ಮುಖ್ಯವಾಗಿತ್ತು. ಅವರು ನಮ್ಮನ್ನು ಪ್ರೇರೇಪಿಸಿದರು, ಮಾರ್ಗದರ್ಶನ ನೀಡಿದರು.

ಈ ಎಳು ದಿನಗಳು ಕೇವಲ . ಒಂದು ಅನುಭವವಲ್ಲ ಅದು ನಮ್ಮನ್ನು ಬದಲಿಸಿದ ಒಂದು ಪರ್ಯಾಯ ಒಬಿಬಿ ಶಿಬಿರವು ನಮಗೆ ಸೇವೆಯ ನಿಜವಾದ ಅರ್ಥವನ್ನು ಅರ್ಥವನ್ನೂ ಕಲಿಸುತ್ತದೆ. ಏಕೆಂದರೆ ಇದು ಕೇವಲ ಒಂದು ಶಿಬಿರವಲ್ಲ ನಮ್ಮನ್ನು ನಾವು ಅರಿತುಕೊಂಡ ಒಂದು ಸುಂದರ ಪರ್ಯಾಯ. **“ಸೇವೆಯಲ್ಲಿರುವ ಸಂತೋಷವೇ ಜೀವನದ ನಿಜವಾದ ಸಂಪತ್ತು”**

“ನಂಬಿಕೆಯ ನೆಲೆಯ ಮೇಲೆ ಶಾಂತಿಯ ಲೋಕ”



ಎಲ್ ಟಿ ಡೆನ್ವಿಲ್ ಎಡ್ರೋಡ್ ಪಿಂಟೊ
ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕ

ವಾಣಿಜ್ಯ ಮತ್ತು ನಿರ್ವಹಣಾ ವಿಭಾಗ
ಶಾಂತಿಯ ದೀಪ ಬೆಳಗಲಿ ಜಗದಲಿ,
ನಂಬಿಕೆಯ ಬೀಜ ಮೊಳಗಲಿ ಮನದಲಿ,
ಭೇದಗಳ ಗಡಿ ಕರಗಲಿ ನಿಧಾನವಾಗಿ,
ಮಾನವತೆಯೇ ನಮ್ಮ ಧರ್ಮವಾಗಲಿ.



ಯುದ್ಧದ ನೆರಳು ಮಂಕಾಗಲಿ ಜ್ಞಾನದಿಂದ,
ಅಸಹನೆಯ ಗೋಡೆ ಕುಸಿಯಲಿ ಸಂವಾದದಿಂದ,
ನಂಬಿಕೆಯ ಸೇತು ಕಟ್ಟೋಣ ಕೈಹಿಡಿದು,
ಸಹಬಾಳ್ವೆಯ ಪಥದಲ್ಲಿ ಹೆಜ್ಜೆ ಇಡುವುದು.

ಧರ್ಮ, ಜಾತಿ, ಭಾಷೆಗಳ ಮಿತಿಯನ್ನು ಮೀರಿ,
ಮಾನವ ಮೌಲ್ಯಗಳ ನಮ್ಮ ಗುರುತು ಸಾರಿ,
ಸತ್ಯ, ನ್ಯಾಯ, ಸಮಾನತೆಯ ಧ್ವನಿ ಎದ್ದು,
ಭವಿಷ್ಯದ ಲೋಕಕ್ಕೆ ದಾರಿ ತೋರಿಸಲಿ ಇಂದು.

ವಿದ್ಯೆಯ ಬೆಳಕು ಬಿತ್ತಲಿ ವಿವೇಕವನ್ನು,
ಯುವಶಕ್ತಿಯ ಕೈ ಕಟ್ಟಲಿ ವಿಶ್ವಬಂಧವನ್ನು,
ಶಾಂತಿ ಕೇವಲ ಕನಸಲ್ಲ ಅದು ಸಾಧನೆ,
ನಂಬಿಕೆಯೇ ಅದರ ಶಾಶ್ವತ ಸಾಧನೆ.

ಶಾಂತಿಯ ದೀಪ ಬೆಳಗಲಿ ಜಗದಲಿ,
ನಂಬಿಕೆಯ ಬೀಜ ಮೊಳಗಲಿ ಮನದಲಿ,
ಇದೇ ನಮ್ಮ ಪ್ರತಿಜ್ಞೆ, ಇದೇ ನಮ್ಮ ಗುರಿ,
ಮಾನವತೆಯ ಜಯಗಾನವಾಗಲಿ ಭುವನದಿ.

ಸಣ್ಣ ಕಥೆ - ನಂಬಿಕೆಯ ಹೊಸ ಬೆಳಕು



ಚಂದನಪುರ ಮತ್ತು ಸೋಮಪುರ ಎಂಬ ಎರಡು ಅಕ್ಕಪಕ್ಕದ ಹಳ್ಳಿಗಳ ನಡುವೆ ಕೇವಲ ಒಂದು ಸಣ್ಣ ಕಾಲುದಾರಿ ಇರಲಿಲ್ಲ. ಬದಲಾಗಿ ದಶಕಗಳ ಕಾಲದ ದ್ವೇಷದ ಗೋಡೆಯಿತ್ತು. ಅಜ್ಜಂದಿರ ಕಾಲದಲ್ಲಿ ನಡೆದ ಒಂದು ಸಣ್ಣ ಭೂಮಿ ಜಗಳ, ಕಾಲಕ್ರಮೇಣ ಬೆಳೆದು ಎರಡೂ ಊರುಗಳ ನಡುವೆ ಮಾತುಕತೆಯನ್ನೇ ನಿಲ್ಲಿಸಿತ್ತು. "ನಂಬಿಕೆ" ಎನ್ನುವ ಪರ ಆ ಹಳ್ಳಿಗಳ ನಿಘಂಟಿನಿಂದಲೇ ಮರೆಯಾದಂತೆ ಕಾಣುತ್ತಿತ್ತು ಆದರೆ, ಈ ಬಾರಿ ಪರಿಸ್ಥಿತಿ ಬದಲಾಗಿತ್ತು. ಚಂದನಪುರದ ಕಾಲೇಜು ವಿದ್ಯಾರ್ಥಿ ತರುಣ್, ಈ ವರ್ಷವನ್ನು 'ಅಂತರಾಷ್ಟ್ರೀಯ ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆಯ ವರ್ಷ' ಎಂದು ಆಚರಿಸಲಾಗುತ್ತಿದೆ ಎಂದು ತನ್ನ ತರಗತಿಯಲ್ಲಿ ಓದಿದ್ದ ಮನಸ್ಸು ಮಾಡಿದರೆ



ಏನನ್ನಾದರೂ ಬದಲಾಯಿಸಬಹುದು ಎಂಬ ಹಂಬಲ ಅವನಲ್ಲಿತ್ತು.

ಒಂದು ದಿನ ಮಧ್ಯಾಹ್ನ ಎರಡೂ ಹಳ್ಳಿಗಳ ಗಡಿಯಲ್ಲಿರುವ ಒಣಗಿದ ಹುಲ್ಲುಗಾವಲಿನಲ್ಲಿ ಆಕಸ್ಮಿಕವಾಗಿ ಕಾಡ್ಗಿಚ್ಚು ಕಾಣಿಸಿಕೊಂಡಿತು. ಗಾಳಿಯ ವೇಗಕ್ಕೆ ಬೆಂಕಿ ಹರಡಿ, ಸೋಮಪುರದ ರೈತರ ಒಣಗಿದ ಬೆಳೆಗಳತ್ತ ನುಗ್ಗುತ್ತಿತ್ತು.



ಇದನ್ನು ಕಂಡ ಸೋಮಪುರದ ಜನ ಹೊಹಾರಿದರು. ಆದರೆ ಆ ಸಮಯದಲ್ಲಿ ಅಲ್ಲಿ ಹೆಚ್ಚಿನ ಪುರುಷರಿರಲಿಲ್ಲ. ನದಿಯ ಈ ಕಡೆ ದಂಡೆಯಲ್ಲಿದ್ದ ತರುಣ್ ಇದನ್ನು ಗಮನಿಸಿದ. ತಕ್ಷಣ ತನ್ನ ಊರಿನವರನ್ನು ಕರೆದು ಬೆಂಕಿ ಆರಿಸಲು ಸಹಾಯ ಮಾಡುವಂತೆ ವಿನಂತಿಸಿದ. ಆದರೆ ಹಿರಿಯರು. “ಅವರು ನಮ್ಮ ಶತ್ರುಗಳು. ಅವರ ಬೆಳೆ ಸುಟ್ಟು ಹೋದರೆ ನಮಗೇನು? ನಮಗೇಕೆ ಆ ಉಸಾಬರಿ?” ಎಂದು ಮುಖ ತಿರುಗಿಸಿದರು. ತರುಣ್ ಧೈರ್ಯವಿಟ್ಟು. “ಶಾಂತಿ ಮತ್ತು ನಂಬಿಕೆ ಎಂಬುದು



ಕ್ಲೆವನ್ ದೀಕ್ಷಿತ್ ಕಾರ್ಡೆರೊ

III B.Sc FND

ಕೇವಲ ಪುಸ್ತಕದ ಸಾಲಲ್ಲ. ಅದು ಕಷ್ಟದ ಸಮಯದಲ್ಲಿ ತೋರುವ ಮಾನವೀಯತೆ” ಎಂದು ಸಾರುತ್ತಾ ತನ್ನ ಗೆಲೆಯರೊಡನೆ ಕೊಡಪಾನಗಳನ್ನು ಹಿಡಿದು ಓಡಿದ. ಪ್ರಾಣದ ಹಂಗು ತೊರೆದು ಸೋಮಪುರದ ಗಡಿ ದಾಟಿ, ಅಲ್ಲಿನ ಜನರೊಂದಿಗೆ ಸೇರಿ ಬೆಂಕಿ ನಂದಿಸಲು ಹಗಲಿರುಳು ಶ್ರಮಿಸಿದ ತರುಣ್‌ನ ಈ ನಿಷ್ಕಲ್ಮಶ ಮನಸ್ಸನ್ನು ಕಂಡು ಚಂದನಪುರದ ಉಳಿದ ಹಿರಿಯರಿಗೂ ತಮ್ಮ ತಪ್ಪಿನ ಅರಿವಾಗಿ ಅವರೂ ಓಡಿ ಬಂದರು

ಸಂಜೆ ಹೊತ್ತಿಗೆ ಬೆಂಕಿ ಆರಿತ್ತು. ಸೋಮಪುರದ ರೈತರು ಚಂದನಪುರದ ಜನರ ಕೈ ಹಿಡಿದು ಕಣ್ಣೀರು ಹಾಕಿದರು. ಸೋಮಪುರದ ಹಿರಿಯರೊಬ್ಬರು ತರುಣ್‌ನ ಕೈ ಹಿಡಿದು, “ನಾವು ಹಳೆಯ ದ್ವೇಷದ ಬೆಂಕಿಯಲ್ಲಿ ಬೇಯುತ್ತಿದ್ದೆವು. ಆದರೆ ನೀನು ನಂಬಿಕೆಯ ಹೊಸ ಬೆಳಕನ್ನು ತೋರಿಸಿದೆ” ಎಂದರು. ಅಂದು ಆ ಎರಡು ಹಳ್ಳಿಗಳ ನಡುವಿನ ದ್ವೇಷದ ಗೋಡೆ ಕುಸಿದುಬಿದ್ದಿತು. ಒಬ್ಬರನ್ನೊಬ್ಬರು ಅನುಮಾನದಿಂದ ನೋಡುತ್ತಿದ್ದ ಕಣ್ಣುಗಳಲ್ಲಿ ಈಗ ನಂಬಿಕೆಯ ಬೆಳಕು ಮೂಡುತ್ತಾ ತರುಣ್‌ನ ಸಣ್ಣ ಪ್ರಯತ್ನ, ಒಂದು ದೊಡ್ಡ ಬದಲಾವಣೆಗೆ ನಾಂದಿ ಹಾಡಿತು. ಶಾಂತಿ ಎಂದರೆ ಕೇವಲ ಜಗಳವಿಲ್ಲದಿರುವುದಲ್ಲ, ಅದು ಪರಸ್ಪರ ನಂಬಿಕೆಯಿಂದ ಒಟ್ಟಾಗಿ ಬದುಕುವುದು ಎಂದು ಇಡೀ ಊರಿಗೆ ಅರ್ಥವಾಗಿತ್ತು.

हिंदी विभाग





हिंदी भाषा: शांति और विश्वास की सेतु

हिंदी सिर्फ एक संपर्क भाषा नहीं है; यह भावनाओं, संबंधों और मानवीय मूल्यों की मजबूत अभिव्यक्ति का माध्यम है। भारत जैसे बहुभाषी और बहु-सांस्कृतिक देश में हिंदी हमेशा शांति और विश्वास बनाए रखने में



महत्वपूर्ण भूमिका निभाती है। इसकी सरलता, सहजता और अपनापन लोगों के बीच दूरी कम करता है और संवाद को मजबूत बनाता है।

हिंदी की सबसे बड़ी खासियत यह है कि यह दिल से दिल को जोड़ती है। जब कोई व्यक्ति अपनी बात मातृभाषा या सहज भाषा में करता है, तो सामने वाला उसे समझ पाता है। इससे गलत फहमियाँ कम होती हैं और विश्वास बनता है। प्रशासन, शिक्षा, साहित्य, सिनेमा और जनसंचार के जरिए हिंदी समाज में आपसी समझ और सौहार्द को बढ़ावा देती है।

हिंदी साहित्य में प्रेम, करुणा, सहिष्णुता और मानवता जैसे मूल्यों को खास जगह मिली है।



श्राव्या एन्
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कबीर, तुलसीदास, प्रेमचंद और महादेवी वर्मा जैसे लेखकों की रचनाएँ समाज को शांति का संदेश देती हैं और नैतिक विश्वास को मजबूत करती हैं। इन रचनाओं के माध्यम से व्यक्ति दूसरों के दुख-सुख को समझना सीखता है।

इसके अलावा, हिंदी संवाद की भाषा होने के नाते सामाजिक संघर्षों को शांतिपूर्ण ढंग से सुलझाने में मदद करती है। जब लोग एक-दूसरे से खुलकर और सम्मानपूर्वक हिंदी में बात करते हैं, तो पारदर्शिता बढ़ती है और आपसी भरोसा बना रहता है।

इस तरह कहा जा सकता है कि हिंदी सिर्फ शब्दों की भाषा नहीं, बल्कि भावनाओं की भाषा है। यह समाज में शांति बनाए रखने और लोगों के बीच विश्वास की मजबूत नींव रखने में लगातार योगदान देती रही है।



शांति और विश्वास का अंतर्राष्ट्रीय वर्ष

अमूर्त (Abstract): शांति और विश्वास मानव जीवन की सबसे सशक्त आधार शिलाएँ हैं। जब मनुष्य एक-दूसरे पर विश्वास करता है और शांति के मार्ग पर चलता है, तब न केवल व्यक्तिगत जीवन बल्कि



संपूर्ण विश्व में सौहार्द और सहयोग की भावना विकसित होती है। “शांति और विश्वास का अंतर्राष्ट्रीय वर्ष” हमें यह संदेश देता है कि प्रेम, संवाद और सहिष्णुता के माध्यम से ही वैश्विक समस्याओं का समाधान संभव है। यदि हम शांति और विश्वास को अपने विचारों और व्यवहार में आत्मसात करें, तो निश्चय ही मानवता का भविष्य सुरक्षित, सुंदर और उज्ज्वल बन सकता है।

मुख्य शब्द (Key Words): शांति अध्ययन (Peace Studies), विश्वास निर्माण (Trust Building), अंतर्राष्ट्रीय संबंध, वैश्विक शासन (Global Governance), संघर्ष समाधान के शांतिपूर्ण उपाय, अंतर-सांस्कृतिक संवाद, मानवीय सुरक्षा (Human Security), वसुधैव



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कुटुम्बकम् की अवधारणा, वैश्विक नागरिकता।

प्रस्तावना

संयुक्त राष्ट्र महासभा द्वारा “शांति और विश्वास का अंतर्राष्ट्रीय वर्ष” घोषित किया जाना वर्तमान वैश्विक परिस्थितियों में अत्यंत प्रासंगिक और आवश्यक कदम है। आज की दुनिया युद्ध, आतंकवाद, सामाजिक असमानता, धार्मिकता और आपसी अविश्वास जैसी गंभीर समस्याओं से जूझ रही है। ऐसे समय में शांति और विश्वास को वैश्विक मूल्यों के रूप में स्थापित करना मानवता के लिए आशा का संदेश है। इस विषय पर कवि सूर्यकांत अपने कविता में कहते हैं कि:

शांति से सजे हर मन के भाव,
विश्वास बने जीवन की नाव।
न द्वेष रहे, न मन में भय,
प्रेम करे हर संकट क्षय।
हाथों में हाथ, बड़े संवाद,



यही बने विश्व की पहचान।
शांति विश्वास का दीप जलाएँ,
नया सवेरा मिलकर लाएँ।

यह कविता शांति, विश्वास और प्रेम के महत्व



को दर्शाती है। इसमें बताया गया है कि जब मन में शांति और जीवन में विश्वास होता है, तब भय और द्वेष समाप्त हो जाते हैं। आपसी सहयोग और संवाद से ही विश्व की सही पहचान बनती है। शांति और विश्वास को अपनाकर मानवता एक बेहतर, उज्ज्वल और नए भविष्य की ओर बढ़ सकती है।

शांति केवल युद्ध या हिंसा की अनुपस्थिति नहीं है, बल्कि यह मानसिक, सामाजिक और नैतिक संतुलन की अवस्था है। वहीं विश्वास मानव संबंधों की नींव है। जब व्यक्तियों, समुदायों और राष्ट्रों के बीच विश्वास होता है, तभी संवाद, सहयोग और सह-अस्तित्व संभव हो पाता है। विश्वास के बिना शांति अस्थायी और खोखली हो जाती है।

अंतर्राष्ट्रीय वर्ष का उद्देश्य विभिन्न देशों, संस्कृतियों और समुदायों के बीच आपसी संवाद को बढ़ावा

देना, कूटनीतिक संबंधों को सुदृढ़ करना तथा संघर्षों का समाधान शांतिपूर्ण तरीकों से खोजने के लिए प्रेरित करना है। इसके माध्यम से यह संदेश दिया जाता है कि विश्व की समस्याओं का समाधान हथियारों से नहीं, बल्कि विश्वास, समझ और सहयोग से किया जा सकता है।

भारत जैसे बहुसांस्कृतिक और बहुधार्मिक देश के लिए यह विषय विशेष महत्व रखता है। भारतीय दर्शन में 'वसुधैव कुटुम्बकम्' अर्थात् पूरी पृथ्वी एक परिवार है, की भावना निहित है। यह विचार शांति और विश्वास के अंतर्राष्ट्रीय वर्ष की मूल भावना से पूर्णतः मेल खाता है।

आज आवश्यकता है कि सरकारें, शैक्षणिक संस्थान, मीडिया और नागरिक समाज मिलकर शांति, शिक्षा, सहिष्णुता और आपसी सम्मान को बढ़ावा दें। युवाओं में सकारात्मक सोच, संवाद की संस्कृति और वैश्विक नागरिकता की भावना विकसित करना इस वर्ष का प्रमुख लक्ष्य होना चाहिए।

उपसंहार

शांति और विश्वास केवल नीतिगत घोषणाओं तक सीमित नहीं होने चाहिए, बल्कि इन्हें हमारे दैनिक जीवन, व्यवहार और विचारों में उतारा जाना चाहिए। तभी "शांति और विश्वास का अंतर्राष्ट्रीय वर्ष" मानवता के भविष्य को सुरक्षित और उज्ज्वल बनाने में सार्थक सिद्ध होगा।

आधार ग्रन्थ:

१. शांति वार्ता. पृ. सं. ३५. सूर्यकांत तिवारी.



शांति और विश्वास

शांति और विश्वास मानव जीवन के दो बहुत महत्वपूर्ण मूल्य हैं। ये हमारे जीवन को सुखी और अर्थपूर्ण बनाते हैं। जब समाज में शांति होती है, तब लोग बिना डर, हिंसा और झगड़ों के अपना जीवन जी सकते हैं। शांति का वातावरण लोगों को आगे बढ़ने, काम करने और अच्छे संबंध बनाने में मदद करता है। इससे समाज में एक सकारात्मक माहौल बनता है जहाँ हर व्यक्ति सुरक्षित और सम्मानित महसूस करता है।

विश्वास किसी भी मजबूत रिश्ते की नींव होता है। यह दोस्तों, परिवार के सदस्यों, शिक्षक और छात्र, तथा समाज के लोगों के बीच पाया जाता है। जब लोग एक-दूसरे पर विश्वास करते हैं, तो उन्हें भरोसा होता है कि सामने वाला व्यक्ति ईमानदारी और जिम्मेदारी से व्यवहार करेगा। विश्वास लोगों को मिलकर काम करने, समस्याओं को सुलझाने और कठिन समय में एक-दूसरे का साथ देने में मदद करता है।

शांति और विश्वास एक-दूसरे से गहराई से जुड़े हुए हैं। जहाँ विश्वास होता है वहाँ शांति बनी रहती है। जब लोग एक-दूसरे की नीयत पर भरोसा करते हैं, तो गलतफहमियाँ और विवाद आसानी से



मुहम्मद रिफ़ज़
द्वितीय बी कॉम

सुलझ जाते हैं। लेकिन जब विश्वास टूट जाता है, तो अक्सर झगड़े, गुस्सा और दूरी पैदा हो जाती है।

शांति और विश्वास को बनाए रखने के लिए हमें अपने जीवन में दया, ईमानदारी और समझदारी को अपनाना चाहिए। दूसरों की बात ध्यान से सुनना, अलग-अलग विचारों का सम्मान करना और जरूरतमंद लोगों की मदद करना ऐसे सरल तरीके हैं जिनसे हम अपने समाज में शांति और विश्वास को मजबूत बना सकते हैं।

अंत में कहा जा सकता है कि शांति और विश्वास एक बेहतर दुनिया के लिए बहुत आवश्यक हैं। जब लोग एक-दूसरे पर भरोसा करते हैं और शांति से रहते हैं, तो समाज अधिक मजबूत और एकजुट बनता है। इसलिए हमें अपने व्यवहार में प्रेम, ईमानदारी और सम्मान को अपनाकर एक शांतिपूर्ण और विश्वास से भरे समाज का निर्माण करना चाहिए।



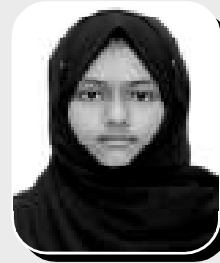
विश्वास की शक्ति: शांति की असली नींव

आज की तेज़ और व्यस्त दुनिया में हर व्यक्ति शांति की तलाश में है। लोग सफलता, धन और प्रसिद्धि के पीछे दौड़ रहे हैं, लेकिन फिर भी उनके मन में बेचैनी बनी रहती है। इसका एक बड़ा कारण है? विश्वास



की कमी। जहाँ विश्वास होता है, वहाँ शांति अपने आप जन्म लेती है।

विश्वास केवल दूसरों पर ही नहीं, बल्कि स्वयं पर भी होना चाहिए। जब इंसान अपने निर्णयों और अपनी क्षमता पर भरोसा करता है, तब उसके मन में डर और असुरक्षा कम हो जाती है। यही



शाहिया
द्वितीय बी कॉम

आत्मविश्वास उसके जीवन में शांति और संतुलन लाता है।

समाज में भी विश्वास का बहुत बड़ा महत्व है। परिवार, मित्रता और रिश्ते विश्वास की मजबूत नींव पर ही टिके रहते हैं। जब लोग एक-दूसरे पर भरोसा करते हैं, तब आपसी समझ बढ़ती है और विवाद कम होते हैं। विश्वास टूटने पर केवल रिश्ते ही नहीं टूटते, बल्कि मन की शांति भी खो जाती है।

शांति केवल युद्ध या झगड़े की अनुपस्थिति नहीं है, बल्कि यह मन की एक अवस्था है। जब मन में संदेह, भय और अविश्वास नहीं होता, तब ही सच्ची शांति मिलती है। विश्वास हमें एक-दूसरे के करीब लाता है और दिलों में सौहार्द की भावना पैदा करता है।

अंत में, यह कहा जा सकता है कि विश्वास वह बीज है जिससे शांति का वृक्ष उगता है। जब यह बीज दिलों में बोया जाता है, तब समाज में प्रेम, सहयोग और सद्भाव का वातावरण बनता है।



जीवन मूल्य : शांति और विश्वास



शांति और विश्वास मानव जीवन के दो बहुत महत्वपूर्ण मूल्य हैं। जहाँ शांति होती है, वहाँ सुख, प्रेम और समझदारी भी होती है। और जहाँ विश्वास होता है, वहाँ मजबूत रिश्ते और एक बेहतर समाज बनता है। अगर हमारे जीवन में शांति और विश्वास दोनों हों, तो हम एक खुशहाल और संतुलित जीवन जी सकते हैं।

शांति का अर्थ केवल लड़ाई या झगड़े का न होना नहीं है। असली शांति मन की शांति होती है। जब हमारे मन में डर, घृणा या क्रोध नहीं होता, तब हमें सच्ची शांति मिलती है। शांति हमें धैर्य, सहनशीलता और समझदारी सिखाती है। एक शांत व्यक्ति कठिन परिस्थितियों में भी सही निर्णय ले सकता है।

विश्वास का मतलब है किसी पर भरोसा करना। यह हर रिश्ते की नींव होता है। परिवार, दोस्ती और



मु.जाइन
द्वितीय बी कॉम

समाज – हर जगह विश्वास की जरूरत होती है। जब लोग एक-दूसरे पर विश्वास करते हैं, तो वे मिलकर काम करते हैं और एक-दूसरे की मदद करते हैं। विश्वास से रिश्ते मजबूत होते हैं और जीवन में सुरक्षा की भावना आती है।



शांति का फूलों भरा बाग़



क्रिस्टल मरीना फ्रैंक
द्वितीय बी एस सी एफ़ एन् डी

एक शांत सी प्यारी सी जगह,
जहाँ सुकून का रहता है पहरा,
फूलों से सजा है सुंदर बाग़,
हर कोना लगता जैसे कोई राग।

हल्की-हल्की चलती है हवा,
जैसे धीरे कुछ कहती हो दास्तां,
न कोई शोर, न कोई क्लेश,
बस शांति का हर ओर परिवेश।

रंग-बिरंगे फूल खिले मुस्काएँ,
अपनी खुशबू हर दिल तक पहुँचाएँ,
हर पंखुड़ी में छुपी है बात,
प्यार और सुकून की सौगात।

तितलियाँ उड़ती इधर-उधर,
फूलों से लेती मीठा अमृत भर,
उनके रंगों में जादू सा है,
जो मन को हर पल खुश करता है।

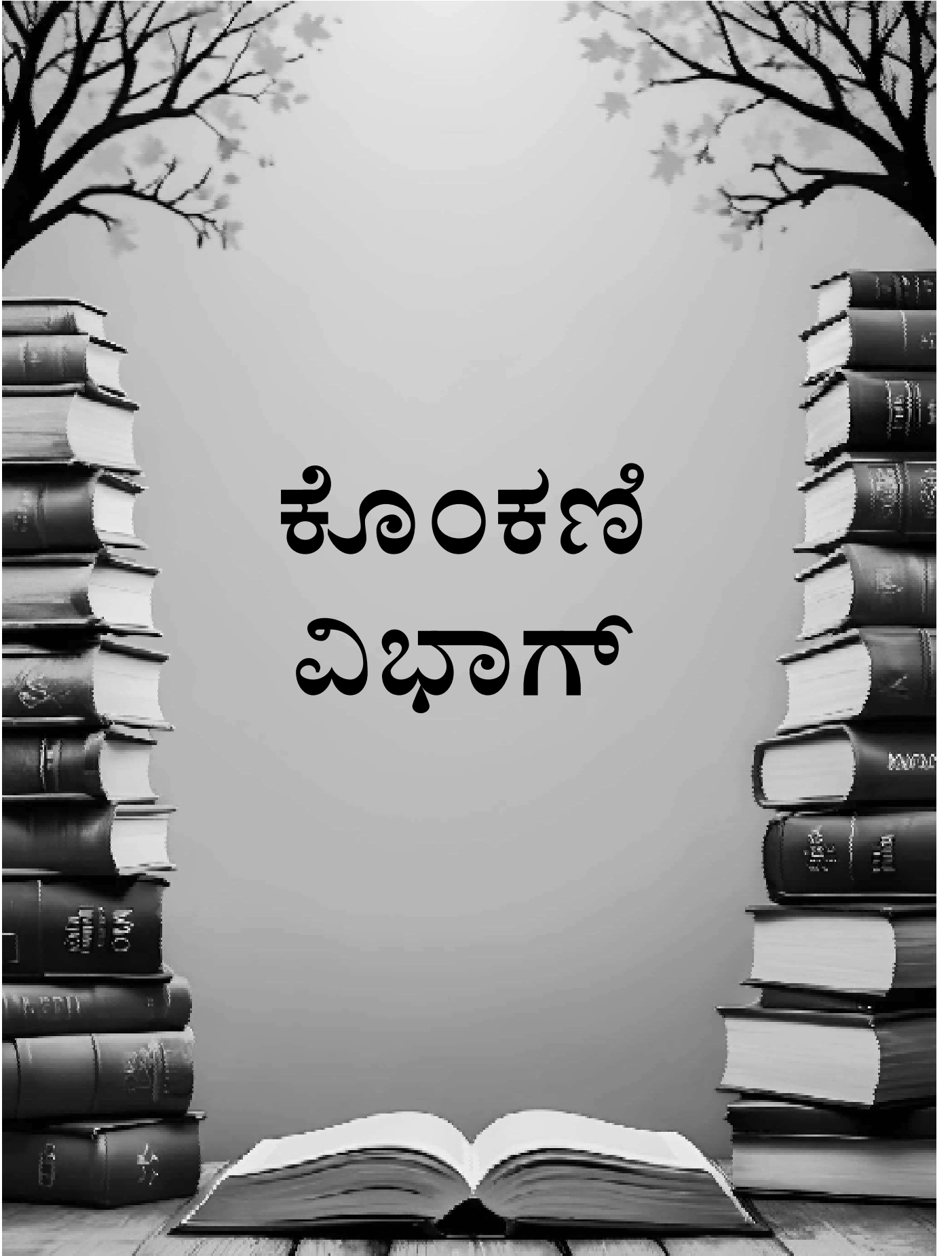
पेड़ों पर बैठी चिड़ियाँ गाएँ,
मधुर स्वर में गीत सुनाएँ,
उनकी धुन में ऐसा जादू,
मिट जाए हर दिल का दर्द और आहू।

ओस की बूंदें चमकती सुबह,
जैसे मोती बिखरे हर दिशा,
सूरज की किरण जब छू जाए,
पूरा बाग़ सोने सा जगमगाए।

यहाँ न कोई डर, न कोई लड़ाई,
बस प्यार, भरोसा और सच्चाई,
दिल को मिलता सच्चा आराम,
यही है शांति का असली धाम।

आओ हम भी ऐसा बनाएँ,
जहाँ हर दिल को सुकून दिलाएँ,
फूलों सा जीवन महकाएँ,
और दुनिया को सुंदर बनाएँ।

ಕೊಂಕಣಿ ವಿಭಾಗ್





“ಮ್ಹಜ್ಯಾ ಮೊಗಾಚಿಂ ದಾತಾರ್- ಆವಯ್”



ಜೋಸ್ಲಿನ್ ಜಿಯನ್ ವಾಲ್ಕರ್

III B.Com

ಪಡ್ಲೆಂ ಮ್ಹಕಾ ಸೊಪಣ್ ಮ್ಹಜ್ಯಾ ಆವಯ್ಚೆಂ,
ಕರುನ್ ಆಸ್ಲಿಂ ತಿಂ ಜತ್ನಯೆಚಿಂ ಕಾಮ್
ಭಿರ್ಮತ್ ದಿಸ್ಲಿಂ ಮ್ಹಕಾ ಪಳೊನ್ ಹೆಂ ಕಾಮ್.

ಮುಕಾರ್ ಸರ್ಲೊ ಹಾಂವ್ ಕುಮೊಕ್ ಕರ್ಚ್ಯಾ ಹಾತಾನ್

1.ತೊ ದೀಸ್ ತೊ ಮ್ಹಕಾ ಜಲ್ಮ್ ದಿಲ್ಲೆಲೊ
ಮ್ಹಜ್ಯಾ ಆವಯ್ಚ್ಯಾ ತೊಂಡಾರ್ ಥಾವ್ನ್ ಆಯ್ಲೊ ತ್ಯೊ
ಹಾಸೊ
ಭರ್ಲೆಂ ಮ್ಹಜೆಂ ಜಿವಿತ್ ಹ್ಯಾ ಸಂಸಾರಾತ್
ಹ್ಯಾ ಖರ್ಯಾಂ ಆತ್ಮವಿಶ್ವಾಸದ್ವಾರಿಂ

2.ದೀಸ್ ತೆಂ ಪುಡೆಂ ಗೆಲೆಂ ಆವಯ್ಚ್ಯಾ ಮೊಗಾದ್ವಾರಿಂ
ಹಾಂವ್ ಕೆದಿಂಕ್ಚೆ ವಿಸ್ತೊಸೊನಾಂ ತೊ ಮೋಗ್.
ಆವಯ್ಚೊ ಮೋಗ್ ತೊ ಉತ್ರಾಂನಿ ವರ್ಣುಂಕ್ ನಜೊ,
ತರೀ ಹಾಂವ್ ಕರುಂಕ್ ಸಕ್ತಾ ಲ್ಹಾನ್ಶಿಂ ಕುಮೊಕ್
ಕಾಮಾದ್ವಾರಿಂ.

3.ಆವಯ್ಚ್ಯಾ ಕಾಡ್ಲೆಂ ತೆಂ ಪಯ್ಲೆಂ ಮೇಟ್
ಹಾಂವ್ ಕೆದಿಂಕ್ಚೆ ಪಾಟಿಂ ಕಾಡ್ಲೊಂನಾಂ
ಮುಕಾರ್ ಸರ್ತಲೊ ಆವಯ್ಚ್ಯಾ ಪ್ರೇರಣಾಂತ್
ಜಾಂವ್ಕ್ ಮ್ಹಜೆಂ ಜೀವನ್ ಆದರ್ಶ್

4.ಮಮ್ಮಿ ಹಾಂವ್ ಸದಾಂಚ್ ತುಕಾ ಖುಣಿ
ಕಾಡ್ಲಲ್ಲ್ಯಾ ತ್ಯಾ ಸರ್ವ್ ಮೆಟಾಂತ್
ಮಾಗ್ತಾಂ ಹಾಂವ್ ಸದಾಂಚ್ ಭರ್ಯಾ ಭಲಾಯ್ಕೆನ್ ಭರ್ಲೆಂ
ಜಿವಿತ್
ಪಾವೊಕ್ ಸಂತೊಸ್ ತುಕಾ ಸರ್ವ್ ಮ್ಹಜ್ಯಾ ವಾಟಾಂನಿ



ಪ್ರವಾಸ ಕಥನ್



ಗೋ

ವಾ... ಸಂಸಾರಾಚ್ಯಾ ಮುಲ್ಯಾ ಮುಲ್ಯಾಂತ್ಲ್ಯಾನ್ ಪ್ರವಾಸಾ ಖಾತಿರ್ ಯೆಂವ್ಚೊ ಏಕ್ ಸುಂದರ್ ಜಾಗೊ. ಗೋವಾ ವಚೊಂಕ್ ಕೊಣಾಕ್ ನಾಕಾ? ಗೆಲೆತ್ಯಾ ವರ್ಸಾಚ್ಯಾ ಎಪ್ಪಿಲಾಂತ್ ಕುಟ್ಮಾಸಂಗಿಂ ಆಮಿಂ ಗೋವಾಕ್ ಏಕ್ ಪಯ್ಲ್ಯಾ ಆಸಾ ಕೆಲ್ಲೆಂ. ಮ್ಹಾಕಾ ಭಂವ್ಚೆ ಮ್ಹಳ್ಯಾರ್ ಭಾರಿಚ್ ಖುಶಿ. ತೆಂಯೀ ಗೋವಾ ವೆಚೆಂ ಮ್ಹಳ್ಯಾರ್ ಸಾಂಗ್ಚೆಂ ನಾಕಾ. ಕುಟ್ಮಾ ಸಂಗಿಂ ವೆತಾಂವ್ ಜಾಲ್ಲ್ಯಾನ್ ಥೊಡ್ಯಾ ತೆಂಪಾ ಆದಿಂ ಥಾವ್ನ್ಂಚ್ ಜಾಯ್ಪುರ್ತಿ ಮಾಂಡಾವಳ್ ಕೆಲ್ಲಿ. ಸರ್ವಾಂಕ್ ಜವಾಬ್ದಾರಿ ವಾಂಟುನ್ ದಿಲ್ಲಿ. ಆಮಿ ಸುಮಾರ್ ವೀಸ್ ಜಣಾಂ ಆಸ್ಲಲ್ಯಾಂವ್ ಜಾಲ್ಲ್ಯಾನ್ ಮ್ಹಸ್ತು ಯೆವ್ಜಣ್ ಕರುಂಕ್ ಆಸ್ಲೆಂ. ಹಾಂವ್ ದೀಸ್ ಮೆಜುನ್ಂಚ್ ಆಸ್ಲೆಂ.



ಜಾನಿಸ್ ಮಿನೆಜಸ್
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ನಮಿಯಾರ್ಲ್ಲೊ ದೀಸ್ ಆಯ್ಲೆಚ್. ಆಮಿಂ ರೇಯ್ಲಾಚೆರ್ ವೆಚೆಂ ಮ್ಹಣೊನ್ ಪಯ್ಲೆಂಚ್ ನಿರ್ಧಾರ್ ಕರ್ನ್ ತಾಚಿ ಟಿಕೇಟಿಚಿ ವ್ಯವಸ್ಥಾ ಕೆಲ್ಲಿ, ಸೊಭಿತ್, ನಿತಳ್ ಆನಿ ಸರಾಗ್ ಧಾಂವ್ಚ್ಯಾ ವಂದೇ ಭಾರತ್ ರೇಯ್ಲಾಚೆರ್ ಆಮಿ ಪಯ್ಲ್ಯಾ



ಸುರ್ವಾತ್ ಕೆಲೆಂ. ಸಗ್ಳೆಂ ಪಯ್ಲೆ ಪುಕ್ತೆಚ್ಯಾ ಸುಂದರ್ ಪಾಟ್‌ಫಳಾರ್ ಆಸ್‌ಲ್ಲೆಂ. ಆಮ್ಚ್ಯಾ ಗಾಂವಾಂತ್‌ಯೀ ಪ್ರಕೃತೆಚಿ ಸೊಭಾಯ್ ಆಸಾ ಜಾಲ್ಯಾರಿಯಿ, ರೇಯ್ಲಾರ್ ವೆತಾನಾ ತಿ ಸೊಭಾಯ್ ಚಾಕ್ಲೆಂ ಆನಿ ಖುಶ್ ಜಾಂವ್ಚೆ ದುಸ್ರ್ಯಾಚ್ ಲೆವಲಾಚೆ! ತೆಂಯೀ ಆಮ್ಚೆ ಪಂಗಡ್ ವ್ಹಡ್ ಆಸ್‌ಲ್ಲ್ಯಾನ್ ಆಮ್ಕಾಂ ಮ್ಹಸ್ತು ಗಮ್ತಾತ್ ಜಾಲೆಂ. ಥೊಡೆ ಖೆಳ್ ಆಮಿಂ



ಖೆಳ್ಕಾಂವ್. ಘರಾ ಥಾವ್ನ್ ಹಾಡ್‌ಲ್ಲೊ, ಖಾಣಾ ಜೆವ್ಣಾಚೊ ಪೊಟ್ಲೊ, ಖಿಣಾನ್ ಖಾಲಿ ಜಾಲ್ಯೊ. ಹೆಂ ಮುಕ್ಲ್ಯಾ ಆಮ್ಚ್ಯಾ ಪಯ್ಲಾಕ್ ತಯಾರ್ ಜಾಂವ್ಚ್ ಕುಮೊಕ್ ಜಾಲೆಂ.

ಆಮಿಂ ಮಡ್ಗಾಂವ್ ನಿಲ್ದಾಣಾರ್ ದೆಂವ್ಲ್ಯಾಂವ್. ಆಮ್ಕಾಂ ಆಪವ್ನ್ ವರುಂಕ್ ಆಮ್ಚೆ ಮಾಮ್ ಆಯಿಲ್ಲೊ. ಥಂಯ್ ಥಾವ್ನ್ ಆಮಿಂ ಉತ್ತರ್ ಗೋವಾಚ್ಯಾ ತಿವಿಮ್ ಮ್ಹಳ್ಳ್ಯಾ ಏಕ್ ಶಾಂತ್ ಆನಿ ಸೊಭಿತ್ ಗಾಂವಾಕ್ ಪಾವ್ಲ್ಯಾಂವ್. ಮ್ಹಜ್ಯಾ ಮಾಮಾಚೆಂ ಥಂಯ್ಲರ್ ಘರ್ ಆಸ್‌ಲ್ಲೆಂ. ಗಾಂವ್ಚ್ಯಾ ಬರಿಂಚ್ ಥಂಯ್ ದರಬಸ್ತ್ ಮಾಡ್ ಆನಿ ಪಾಚ್ಚಿ ಸೊಭಾಯ್ ಆಸ್‌ಲ್ಲಿ. ಇಲ್ಲೆಂ ನ್ಹಾವ್ನ್ ನಿತಳ್ ಜಾವ್ನ್ ಯೆತಾನಾ ಮಾಮಿಯೆಚೆಂ ರುಚಿಕ್ ರಾಂದಾಪ್ ಆಮ್ಕಾಂ ರಾಕೊನ್ ಆಸ್‌ಲ್ಲೆಂ. ಗೊಂಯ್ಚ್ಯಾ ನಮುನ್ಯಾರಾಂದ್ಲೆಂ ಜೆವಣ್ ಆಮ್ಕಾಂ ಖೊಬ್ ಆಂವಡ್ಲೆಂ. ಪೊಟ್ ಭರ್ನ್ ಜೇವ್ನ್ ಆಮಿಂ ನಿರೊಂಕ್ ಗೆಲ್ಯಾಂವ್ ಆನಿ ಸಕಾಳಿಂ ವೆಗಿಂಚ್ ಉಟೊನ್ ಭಾಯ್ರ್ ಭವೊಂಕ್ ವಜೊಂಕ್ ನಿರ್ಧಾರ್ ಕೆಲೊ.

ಗೋವಾ ಭಾರಿಚ್ ಏಕ್ ಸೊಭಿತ್ ಗಾಂವ್. ಹಾಚಿ ವಿಶೇಷತಾ ಮ್ಹಳ್ಳಾರ್ ಪರ್ಜೆಳ್ಚ್ಯಾ ಧವ್ಯಾರೆಂವೆನ್ ಭರ್‌ಲ್ಲಿ ದರ್ಯಾತಡ್. ಸಬಾರ್ ಫಾಮಾದ್ ದರ್ಯಾ ತಡ್ (Beach) ಹಾಂಗಾಸರ್ ಆಸಾತ್. ತೈ ರೆಂವೆಚೆರ್ ಭಂವ್ಚೆ ಏಕ್ ವಿಶೇಷ್ ಅನ್ವೊಗ್, ಆಮಿಂ ಪಯ್ಲೆಂ ಕಾಲಂಗೂಟ್ ಮ್ಹಳ್ಳ್ಯಾ ಫಾಮಾದ್ ದರ್ಯಾ ತಡೆಕ್ ಗೆಲ್ಯಾಂವ್. ಹಿ ದರ್ಯಾ ತಡ್ ಉತ್ತರ್ ಗೋವಾಂತ್ ಆಸಾ. ತಾಚ್ಯಾ ಉಪ್ರಾಂತ್ ಬಾಗಾ ಮ್ಹಳ್ಳ್ಯಾ ದರ್ಯಾ ತಡೆಕ್ ಗೆಲ್ಲ್ಯಾ. ಹಾಂಗಾಸರ್ ಆಮಿ ಉದ್ಯಾಂತ್ ಥೊಡೆ ಖೆಳ್ ಖೆಳ್ಕಾಂವ್. ಮಾಗಿರ್ ಅಂಜುನಾ ಮ್ಹಳ್ಳ್ಯಾ ಆನ್ಯೇಕ್ ದರ್ಯಾ ತಡೆಕ್ ಆಮಿ ಗೆಲ್ಯಾಂವ್. ಖಂಯ್ಲರ್ ಗೆಲ್ಲ್ಯಾರಿ ಲೋಕ್ ಭಾರಿಚ್ ಪ್ರಮಾಣೆನ್ ಭರ್‌ಲ್ಲೊ ಆನಿ ಸರ್ವಾಂ ಥಂಯ್ ಉಲ್ಲಾಸ್ ಆನಿ ಜಿವಾಳಾಯ್ ಉಟೊನ್ ದಿಸ್ತಾಲಿ. ಮತಿಚಿ ಬೆಜಾರಾಯ್ ಪಯ್ಸ್ ಕರುಂಕ್, ಜಿಣ್ಯೆಂತ್ ಉಲ್ಲಾಸ್ ಹಾಡುಂಕ್ ಅಸಲೆ ಜಾಗ್ಯಾಂಕ್ ಖಂಡಿತ್ ಜಾವ್ನ್ ಭೆಟ್ ದೀಂವ್ಚ್ ಜಾಯ್.

ಗೋವಾ ಗೆಲ್ಲ್ಯಾ ಉಪ್ರಾಂತ್ ಶೊಪಿಂಗಾಕ್



ವಚನಾತ್ಮ್ಯಾರ್ ಕಸೆಂ? ಮಾಪುಸಾ ಆನಿ ಅಂಜುನಾಚ್ಯಾ ಸ್ಥಳೀಯ ಪೆಂಟಿಂತ್ ಭಾರಿಚ್ ಖುಶೆನ್ ಆಮಿಂ ಭಂವ್ಲ್ಯಾಂವ್. ಥೊಡ್ಯೊ ಉಡಾಸಾಚಿ ಕಾಣಿಕೊ, ರೆಲಿಕ್ಯೊ ಆನಿ ಸೊಭಾಯೆಚಿಂ ವಸ್ತು ಕಾಣ್ವೆತ್ಲ್ಯಾಂವ್. ಗೋವಾಚಿಂ ದುಕಾನಾಂ ಮ್ಹಸ್ತು ರಂಗೀನ್ ಆಸ್ತಾತ್. ಸದಾಂನೀತ್ ಲೊಕಾಖೆಟಿಂತ್ ಬುಡೊನ್ ಆಸ್ತಾತ್, ಆಮ್ಕಾಂ ಜಾಯ್ ಪುರ್ತೆಂ ಕಾಜು ಬೊಯೊ, ಥೊಡೆ ಗೋವಾಚೆ ಸಾಂಪ್ರದಾಯಿಕ್ ಮಸಾಲಾ, ಗೊಡ್ಚೆಂ ಆಮ್ಚ್ಯಾ ಇಷ್ಟಾಂಕ್ ಆನಿ ಸೆಜಾರ್ಯಾಂಕ್ ದೀಂವ್ಕ್ ಆಮಿ ಕಾಣ್ಲೆಂ.

ಗೋವಾ ಭವೊಂಕ್ ಮಾತ್ ಫಾಮಾದ್ ನ್ಹಂಯ್. ಹಾಂಗಾ ಸಾಂಸ್ಕೃತಿಕ ಆನಿ ಭವ್ಯ ಇತಿಹಾಸ್ ಪಾಚಾರ್ಚೆ ಜಾಯ್ ತಿಲ್ಲೆ ಜಾಗೆ ಆಸಾತ್. ಗೋವಾ ಪೊಡ್ತೆಗಲ್ಯಾಂಚ್ಯಾ ಅಧೀನ್ ಸಬಾರ್ ತೇಂಪ್ ಆಸ್ಲ್ಯಾನ್ ತಾಂಚ್ಯಾ ಗ್ರೇಸ್ತ್ ಬಾಂಧ್ವಾ ಶೈಲೆಚಿ ಸಬಾರ್ ಇಗರ್ಜ್ಯೊ ಆನಿ ರಾವ್ಣೆರಾಂ ಆಸಾತ್. ಆಮಿ Basilica of Bom Jesus ಆನಿ Cathedral ಜಾಗ್ಯಾಂಕ್ ಭೆಟ್ ದಿಲಿ. ಅರೇಬಿಯನ್ ದರ್ಯಾಕ್ ಪುಡ್ ಕರ್ನ್ ಸೊಭ್ಲ್ಯಾ Fort Aguada ಮ್ಹಳ್ಳ್ಯಾ ಪ್ರಶಾಂತ್ ಆನಿ ಉಂಚ್ಯಾ ಕೊಟಿಂ ಪಳೆವ್ನ್ ಆಯ್ಲಾಂವ್.

ಗೋವಾ ಖಾಣಾ ಜೆವ್ಣಾಕ್ಯೀ ಭಾರಿಚ್ ಫಾಮಾದ್. ಹಾಂಗಾಸರ್ ತಾಂಚ್ಯಾಚಿ ರಿತಿನ್ ಜೆವ್ಣಾ ತಯಾರ್ ಕರ್ತಾತ್. ಆಮ್ಕಾಂ ಘರಾ ಮಾಮಿಯೆನ್ ಭಾರಿಚ್ ರುಚಿಕ್ ಮಾಸೈ ಕಡಿ ಆನಿ ಕುಲ್ಯೊ ಸುಕ್ಕಾ ಕರ್ನ್ ವಾಡ್ಲೆಂ, ಆಮಿಂ ಭುಕೆನ್ ಆಸ್ಲ್ಯಾಂವ್ ದೆಕುನ್ ಪೊಟ್‌ಭರ್ನ್ ಜೆವ್ಣಾಂವ್, ಜೆವ್ಣಾ ಉಪ್ರಾಂತ್ ಗೋವಾಚೆ ಗೊಡ್ಚೆಂ bebinca ಖೆಲ್ಯಾಂವ್, ದೋನ್ ಪಾವ್ತಿಂ ದರ್ಯಾ



ತಡಿಚ್ಯಾ ಸ್ವಾಲಾಂನಿ ಜೆವ್ಣಾಂವ್. ಖಂಯ್ಸರ್ ಗೆಲ್ಯಾರೀ ಖಾಣ್ ಜೆವಣ್ ರುಚಿಕ್ ಆಸ್ಲೆಂ.

ಆಮಿಂ ಕುಟ್ಮಾಂ ಸಂಗಿಂ ಆಸ್ಲ್ಯಾಂವ್ ದೆಕುನ್ ಆಮ್ಕಾಂ ಹರೈಕ್ ಘಡಿ ಗಮತಾಯೆಚಿ ಜಾಲಿ, ಸಭಾರ್ ತೆಂಪಾ ಉಪ್ರಾಂತ್ ಆಮಿಂ ಸಾಂಗಾತಾ ಮೆಳ್‌ಲ್ಯಾಂವ್ ಆನಿ ಸಾಂಗಾತಾ ರಾವ್ಣಾಂವ್ ದೆಕುನ್ ಆಮ್ಚೊ ಸಂತೊಸ್ ದೊಡ್ತೊ ಜಾಲೊ. ಜಾಂವ್ಪಿ ತೆಂ ಶೊಪಿಂಗ್ ಕರ್ತಾನಾ, ದರ್ಯಾ ತಡಿರ್ ಭಂವ್ತಾನಾ, ಸಾಂಗಾತಾ ಜೆವ್ತಾನಾ ಆಮ್ಚೊ ಆಪುರ್ಬಾಯೆಚೊ ಸಂತೊಸ್ ಆನಿ ಎಕ್ವಟ್ ಉಟೊನ್ ದಿಸ್ತಾಲೊ. ಹರೈಕಾ ಬೊರ್ಯಾ ಘಡಾವಳೆಕ್ ಏಕ್ ಅಂತ್ಯ ಮ್ಹಣ್ ಆಸ್ತಾಚ್ ಖಂಯ್. ತಶೆಂ ದೋನ್-ತೀನ್ ದೀಸ್ ಗೋವಾಂತ್ ಖರ್ಚುನ್ ಜಾಲ್ಲ್ಯಾ ಉಪ್ರಾಂತ್ ಆಮಿಂ ಪಾಟಿಂ ಆಮ್ಚ್ಯಾ ಘರಾ ಯೆಂವ್ಚೊ ವೇಳ್ ನಾಕಾ ನಾಕಾ ಮಳ್ಳಾರೀ ಆಯ್ಲೊಚ್. ಆಮ್ಕಾಂ ಕೊಣಾಕ್‌ಂಚ್ ಪಾಟಿಂ ಯೇಂವ್ಕ್ ಮನ್ ನಾತ್‌ಲ್ಲೆಂ. ಆನಿಕ್ಯೀ ಥೊಡೆ ದೀಸ್ ಗೋವಾಂತ್ ಖರ್ಚುಂಕ್ ಮನ್ ಆಸ್ಲೆಂ. ಪುಣ್ ಭಾರಿಚ್ ಕಷ್ಟಾನ್ ಪರತ್ ಆಮಿ ವಂದೇ ಭಾರತ್ ರೇಯ್ಲಾರ್ ಪಾಟಿಂ ಆಯ್ಲಾಂವ್.

ಗೋವಾಚಿ ವಿಶೇಷತಾ ತಸಲಿ. ಏಕ್ ಪಾವ್ತಿಂ ಗೆಲ್ಲೊ ಪರತ್ ಆನಿ ಪರತ್ ತ್ಯಾ ಗಾಂವ್ಚಾ ಮೊಗಾರ್ ಪಡ್ತಾತ್. ಆಮ್ಕಾಂಯೀ ತಶೆಂಚ್ ಜಾಲೆಂ. ಪರತ್ ವಚೊಂಕ್ ಆಮ್ಕಾಂ ಆಶಾ ಜಾತೇಚ್ ಆಸಾ. ಪುಣ್ ಹಿ ಭಂವ್ಪಿ ಭಾರಿಚ್ ಆಪುರ್ಬಾಯೆಚಿ ಆನಿ ಉಗ್ಡಾಸಾಂತ್ ಸದಾಂಚ್ ರಾಂವ್ಚ್ಯಾ ಬರಿಂ ಜಾಲಿ. ಗೋವಾಚಿ ಪ್ರಾಕೃತಿಕ ಸೊಭಾಯ್, ಸಾಂಸ್ಕೃತಿಕ ಗ್ರೇಸ್ತ್ಕಾಯ್, ಲೊಕಾಂಚಿ ಮೊವಾಳಾಯ್, ಧಾರ್ಮಿಕ್ ವೈಭವ್ ಆನಿ ಖಾಣಾ ಜೆವ್ಣಾಚಿಂ ಪರ್ಮಳ್ ಆಮ್ಕಾಂ ಸಾಂಗುಂಕ್ ಭಾರಿಚ್ ತ್ರಾಸ್. ಪರತ್ ಗೋವಾ ವಚೊಂಕ್ ಆಮಿಂ ಚಿಂತುನ್ ಆಸಾಂವ್.



ಆವಯ್



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ತುಂ ಜಾವ್ನಾಸಾಯ್ ಮ್ಹಾಕಾ ನೋವ್ ಮಹಿನೆಂ ತುಜ್ಯಾ
ಭಿತರ್ ವಡಯ್‌ಲ್ಲಿಂ



ಜೋಸ್ಲಿನ್ ಕ್ರಾಸ್ತಾ

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ಮ್ಹಜೆ ಹರ್ ಏಕ್ ಉಪದ್ರ್ ಸೊಸ್ಲಾಯಿ
ತುಂ ಮ್ಹಾಕಾ ಜನನ್ ದಿತಾನಾ ಹಾಂವೆಂ ತುಕಾ
ದುಕಯ್ಲಾಂ
ಜಾಲ್ಯಾರೀ ತುವೆಂ ಮ್ಹಾಕಾ ಮೊಗಾನ್ ಪೊಷಣ್ ಕೆಲಾಯಿ

ತುಜೆಂ ವಿಣೆಂ ಹೊಂ ಸಂಸಾರ್ ನಾಕಾ ಮ್ಹಾಕಾ
ಕಿತ್ಯಾಕ್ ಮ್ಹಳ್ಳಾರ್ ತುಜೆಂ ವಿಣೆಂ ಹೊಂ ಸಂಸಾರ್
ಮ್ಹಾಕಾ ಕಷ್ಟಾತ
ತುಜೆಂ ವಿಣೆಂ ಮ್ಹಾಕಾ ಕೊಣೆಯಿ ನಾಕಾತ್
ತುಂ ಜಾಯ್ ಮ್ಹಾಕಾ ಜಾಯ್

ಆವಯ್ ನಾತ್‌ಲ್ಲಾ ಭುರ್ಗ್ಯಾಚೆಂ ಕಷ್ಟ್ ಹಾಂವ್
ನೆಣಾಂ
ಜಾಲ್ಯಾರ್ ಆವಯ್ ಆಸಲ್ಲಾ ಭುರ್ಗ್ಯಾಚೆ ಸುಖ್
ಜಾಣಾಂ



മലയാളം വിഭാഗം



സ്ഥിരോത്സാഹം: ലക്ഷ്യങ്ങളെ യാഥാർത്ഥ്യമാക്കുന്ന ശക്തി



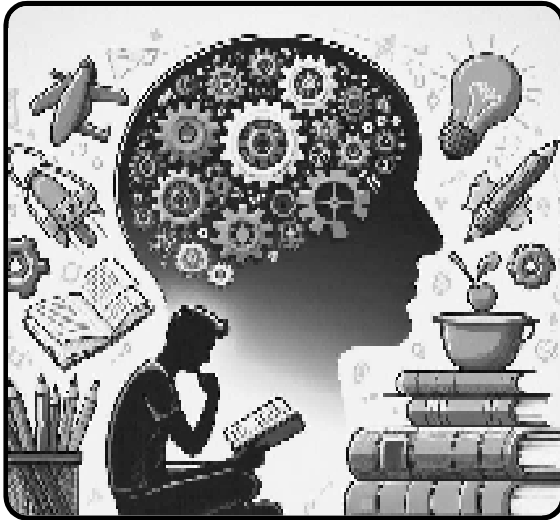
മുഹമ്മദ് ഹനീൻ അഷ്റഫ്
II BBA Logistics

വ്യത്യസ്തമായ വെല്ലുവിളികൾ നേരിടുന്ന സാഹചര്യത്തിൽ, സ്ഥിരോത്സാഹമാണ് പ്രതീക്ഷയെ ജീവനോടെ നിലനിർത്തുകയും ലക്ഷ്യങ്ങളെ കൈവരിക്കാൻ സഹായിക്കുകയും ചെയ്യുന്നത്.

സാധാരണ സാഹചര്യങ്ങളിൽ, പലരും ബുദ്ധിമുട്ടുകൾ വന്നാൽ തന്നെ പിന്മാറാൻ ശ്രമിക്കുന്നു.

വിജയമെന്നത് കൈവരിക്കാനാകില്ലെന്ന് അവർ കരുതുന്നു. എന്നാൽ സ്ഥിരോത്സാഹം നമ്മെ പഠിപ്പിക്കുന്നതു ലക്ഷ്യത്തിലേക്ക് തുടരാൻ ആണ്. ലക്ഷ്യം മുന്നിൽ കാണുന്നത് എളുപ്പമാണ്, പക്ഷേ അതേടാൻ നിരന്തര പരിശ്രമവും ക്ഷമയും ഉറച്ച മനസ്സും ആവശ്യമാണ്. യാഥാർത്ഥ വിജയം ഒരു ദർശനം ഉണ്ടാകുന്നതിൽ നിന്നല്ല, അത്കൈവരിക്കാൻ

സ്ഥിരോത്സാഹം മനുഷ്യനെ പ്രതിസന്ധികളിലും പരാജയങ്ങളിലുമുള്ള വഴികളിലൂടെ മുന്നോട്ട് നയിക്കുന്ന ശക്തിയാണ്. സമൂഹത്തിൽ ഓരോരുത്തരും



ശ്രമിക്കുന്ന സ്ഥിരോത്സാഹത്തിലാണ്.

സ്ഥിരോത്സാഹം വ്യക്തിത്വത്തെ വികസിപ്പിക്കുന്നു. പരാജയങ്ങളിൽ നിന്ന് പാഠമായി പഠിക്കാനായി സഹായിക്കുന്നു, അവയിൽ തോൽക്കാതെ മുന്നോട്ട് പോകാൻ പ്രേരിപ്പിക്കുന്നു.

ഓരോരുത്തനും ഒരു പാഠമായി മാറുന്നു, ഓരോ ചെറിയ മുന്നേറ്റവും വിജയത്തോടു അടുത്തേക്ക് നയിക്കുന്നു. സമൂഹത്തിൽ സ്ഥിരോത്സാഹമുള്ള ആളുകൾ മറ്റുള്ളവർക്കും പ്രചോദനമാകുന്നു.

അനിശ്ചിതത്വങ്ങളെ മറികടക്കുന്നതിൽ സ്ഥിരോത്സാഹത്തിനുമേലായ പങ്കുണ്ട്. ജീവിതം എല്ലായ്പ്പോഴും പദ്ധതിപ്രകാരം പോകണമെന്നില്ല, എന്നാൽ ശ്രമം തുടരുന്നവർക്ക് പുതിയ വഴികൾ കണ്ടെത്താൻ കഴിയും. അവരുടെയാത്ര

അവരുടെ ഉള്ളിലെ ശക്തിയുടെയും പ്രതിജ്ഞയുടെയും തെളിവാണ്.

ഇതിനുപുറമെ, സ്ഥിരോത്സാഹം ഒരു വ്യക്തിയുടെ ആത്മവിശ്വാസത്തെയും ശക്തിപ്പെടുത്തുന്നു. ഒരാൾ നിരന്തരമായി പരിശ്രമിക്കുമ്പോൾ, തന്റെ കഴിവുകളിലുള്ള വിശ്വാസം കൂടുതൽ ഉറപ്പുപ്പെടുന്നു.

ഇത് അവരെ കൂടുതൽ ധൈര്യത്തോടെ പുതിയ അവസരങ്ങൾ സ്വീകരിക്കാൻ പ്രാപ്തരാക്കുന്നു. സമൂഹത്തിന്റെ പുരോഗതിയിലും സ്ഥിരോത്സാഹം നിർണായകമാണ്, കാരണം ഉറച്ച മനസ്സുള്ള ആളുകളാണ് റ്റങ്ങൾ സൃഷ്ടിക്കുന്നത്.

കൂടാതെ, സ്ഥിരോത്സാഹം ജീവിതത്തിൽ ശീലങ്ങളെയും ക്രമശീലത്തെയും വളർത്തുന്നു. സ്ഥിരമായി പരിശ്രമിക്കുന്ന ഒരാൾ സമയം നന്നായി വിനിയോഗിക്കാൻ പഠിക്കുന്നു.

ഇത് അവരുടെ ജീവിത നിലവാരം മെച്ചപ്പെടുത്തുകയും ലക്ഷ്യങ്ങൾ കൂടുതൽ വ്യക്തമായി നിർണ്ണയിക്കാൻ സഹായിക്കുകയും ചെയ്യുന്നു. പരാജയങ്ങളെ ഭയക്കാതെ മുന്നോട്ട് പോകുന്നവർക്ക് ജീവിതം കൂടുതൽ അർത്ഥവത്താകുന്നു.

സ്ഥിരോത്സാഹം എന്നത് പിടിച്ചു നിൽക്കുന്നതിൽ മാത്രം ഒതുങ്ങുന്നതല്ല; ലക്ഷ്യത്തിലേക്ക് മുന്നേറുന്നതാണ്. ലക്ഷ്യം കാണാൻ ഒന്നും വേണ്ട, പക്ഷേ അത് ഓടാൻ നമ്മുടെ മുഴുവൻ ശക്തിയും ആവശ്യമാണ്.



സമാധാനം

ലോകത്ത് ദിനംപ്രതി ഉണ്ടാകുന്ന യുദ്ധങ്ങളും സംഘർഷങ്ങളും മനുഷ്യരാശിയെ വലിയ പ്രതിസന്ധികളിലേക്ക് നയിക്കുന്നു. ഇത്തരമൊരു സാഹചര്യത്തിൽ രാജ്യങ്ങൾ



തമ്മിലുള്ള സമാധാനവും വിശ്വാസവും ശക്തിപ്പെടുത്തേണ്ടതിന്റെ ആവശ്യകത കൂടുതൽ പ്രസക്തമാണ്. ഈ ലക്ഷ്യത്തോടെ United Nations 2021-ന "International Year of Peace and Trust" (അന്താരാഷ്ട്ര സമാധാനവും വിശ്വാസവും വർഷം) ആയി പ്രഖ്യാപിച്ചു. ലോകത്ത് സഹൃദയവും ഐക്യവും വളർത്തുക എന്നതാണ് ഇതിന്റെ പ്രധാന ഉദ്ദേശ്യം.

സമാധാനത്തിന്റെ പ്രാധാന്യം

സമാധാനം എന്നത് യുദ്ധമില്ലായ്മ മാത്രമല്ല; അത് മനുഷ്യരുടെ മനസ്സിലുള്ള സഹൃദയവും സഹിഷ്ണുതയും ആണ്. സമാധാനം



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നിലനിൽക്കുമ്പോൾ രാജ്യങ്ങൾ സാമൂഹികവും സാമൂഹികവുമായ വികസനം കൈവരിക്കുന്നു. വിദ്യാഭ്യാസം, ആരോഗ്യം, സാങ്കേതികവിദ്യ തുടങ്ങിയ മേഖലകൾ മുന്നേറാൻ സമാധാനം അനിവാര്യമാണ്. വിശ്വാസമില്ലാത്തതിൽ സംഘർഷം വളരും; വിശ്വാസമുള്ളതിൽ പുരോഗതി ഉണ്ടാകും.

വിശ്വാസത്തിന്റെ ആവശ്യകത

രാജ്യങ്ങൾ തമ്മിലുള്ള വിശ്വാസം അന്താരാഷ്ട്ര ബന്ധങ്ങളുടെ അടിസ്ഥാനമാണ്. പരസ്പര ബഹുമാനവും സഹകരണവുമാണ് വിശ്വാസത്തിന്റെ അടിത്തറ. വിശ്വാസം വളർത്താൻ സംവാദവും സഹകരണ പദ്ധതികളും അത്യന്താപേക്ഷിതമാണ്. രാജ്യങ്ങൾ തമ്മിൽ സഹൃദയ ബന്ധം നിലനിൽക്കുമ്പോൾ ആഗോള പ്രശ്നങ്ങൾ ? കാലാവസ്ഥ മാറ്റം, ദാരിദ്ര്യം, രോഗങ്ങൾ എന്നിവ ?



പരിഹരിക്കാൻ എളുപ്പമാകും. അന്താരാഷ്ട്ര വർഷത്തിന്റെ ലക്ഷ്യങ്ങൾ രാജ്യങ്ങൾ തമ്മിൽ സമാധാനപരമായ ബന്ധങ്ങൾ ശക്തിപ്പെടുത്തുക

തർക്കങ്ങൾ സംവാദത്തിലൂടെ പരിഹരിക്കുക മനുഷ്യാവകാശങ്ങൾ സംരക്ഷിക്കുക യുവജനങ്ങളിൽ സമാധാനബോധം വളർത്തുക

ലോക ഐക്യം പ്രോത്സാഹിപ്പിക്കുക

ഈ വർഷം ലോക രാജ്യങ്ങളെ സമാധാനപരമായ സഹവർത്തിത്വത്തിലേക്ക് നയിക്കാൻ സഹായിച്ചു. സമാധാനം

നിലനിൽക്കുമ്പോഴാണ് സുസ്ഥിര വികസനം സാധ്യമാകുന്നത്.

ഉപസംഹാരം

സമാധാനവും വിശ്വാസവും മനുഷ്യ സമൂഹത്തിന്റെ അടിത്തറയാണ്. ഓരോ വ്യക്തിയും സ്വന്തം ജീവിതത്തിൽ സഹിഷ്ണുതയും ബഹുമാനവും പാലിക്കുമ്പോൾ ലോകം കൂടുതൽ സമാധാനപരമാകും. അന്താരാഷ്ട്ര സമാധാനവും വിശ്വാസവും വർഷം നമ്മെ ഈ സന്ദേശം ഓർമ്മിപ്പിക്കുന്നു ? “സമാധാനത്തിലൂടെയാണ് പുരോഗതി.”

“ഹിമനദിയുടെ അവസാന കണ്ണീർ”

ഹി മാലയത്തിന്റെ മുകളിൽ നിലകൊണ്ടിരുന്ന ഒരു പുരാതന ഹിമനദി “ശാന്തി”. ആയിരക്കണക്കിന് വർഷങ്ങളായി അവൾ മലകളെ കാത്തു നിന്നു. താഴെ ഒഴുകുന്ന നദികൾക്ക് ജീവൻ നൽകി. ഗ്രാമങ്ങൾക്ക് കുടിവെള്ളവും കൃഷിക്ക് കരുത്തും നൽകി. ഒരു ദിവസം, കാലാവസ്ഥ ശാസ്ത്രജ്ഞയായ അനന്യ അവിടെ ഗവേഷണത്തിന് എത്തി. അവൾ ശ്രദ്ധിച്ചു ശാന്തി കുറയുകയാണ്. ഓരോ വർഷവും അവളുടെ ശരീരം അലിഞ്ഞ് ചെറുതാകുന്നു. “എന്തുകൊണ്ടാണ് ഇങ്ങനെ?” അനന്യ സ്വയം ചോദിച്ചു.



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ഗ്രാമത്തിലെ വയോധികൻ രാമൻ പറഞ്ഞു: “മകൾ, മുഖ്യാ ഇവിടെ തണുപ്പ് കഠിനമായിരുന്നു. ഇപ്പോൾ വേനൽ കൂടുതൽ ശക്തമാണ്. മനുഷ്യർ പ്രകൃതിയെ



വേദനിപ്പിച്ചപ്പോൾ പ്രകൃതിയും വേദനിക്കുന്നു.” അനന്യയുടെ ഹൃദയം തകർന്നു. അവൾ ഗവേഷണ റിപ്പോർട്ട് തയ്യാറാക്കി. “ഗ്ലോബൽ വാർമിംഗ് കാരണം ഹിമനദികൾ വേഗത്തിൽ ഉരുകുന്നു. ഇത് നദികളുടെ നിലനിൽപ്പിനും മനുഷ്യരുടെ ഭാവിക്കും ഭീഷണിയാണ്,” അവൾ എഴുതിച്ചു.

ഒരു രാത്രി അനന്യക്ക് സ്വപ്നം കണ്ടു. ശാന്തി സംസാരിക്കുന്നു:

“എനിക്ക് ജീവിക്കാൻ അവസരം തരു. മരങ്ങൾ നട്ട് പ്രകൃതിയെ സംരക്ഷിക്കൂ. മലിനീകരണം കുറയ്ക്കൂ. ഞാൻ ഇല്ലാതെയായാൽ, നിങ്ങളുടെ നദികളും കണ്ണീർ ആയി മാറും.” മറന്നില്ല അനന്യ ആ

സ്വപ്നം. അവൾ ഗ്രാമത്തിലേക്ക് മടങ്ങി. കുട്ടികൾക്ക് അവൾ പ്രകൃതി സംരക്ഷണത്തിന്റെ പ്രാധാന്യം പഠിപ്പിച്ചു. എല്ലാവരും ചേർന്ന് മരങ്ങൾ നട്ടു. പ്ലാസ്റ്റിക് ഉപയോഗം കുറച്ചു. വർഷങ്ങൾക്കു ശേഷം ശാന്തിയുടെ ഉറുകൽ കുറഞ്ഞു. അവൾ വീണ്ടും ശക്തി വീണ്ടെടുത്തു.

ഗ്രാമത്തിലെ കുട്ടികൾ പറഞ്ഞു:

“ഹിമനദിയെ രക്ഷിക്കുന്നത് നമ്മുടെ ഭാവിയെ രക്ഷിക്കുന്നതുപോലെയാണ്.” ശാന്തിയുടെ കണ്ണീർ ഇപ്പോൾ സന്തോഷത്തിന്റെ തുള്ളികളായി മാറി.



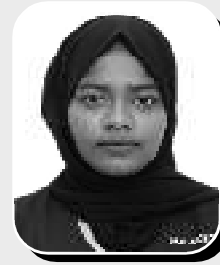
സമാധാനവും വിശ്വാസവും മനുഷ്യബന്ധങ്ങളുടെ അടിത്തറ

ഇന്നത്തെ ലോകം വേഗതയേറിയ മാറ്റങ്ങളിലൂടെ മുന്നേറുകയാണ്. സാങ്കേതിക വിദ്യയുടെ വളർച്ചയും

സാമൂഹിക മാധ്യമങ്ങളുടെ സ്വാധീനവും മനുഷ്യരുടെ ജീവിതരീതികളെ തന്നെ മാറ്റിമറിച്ചു. എന്നാൽ ഈ മാറ്റങ്ങളുടെ നടുവിൽ മനുഷ്യർ ഏറെ ആവശ്യമായി തേടുന്നത് രണ്ട് പ്രധാന മൂല്യങ്ങളെയാണ് സമാധാനവും വിശ്വാസവും. ഈ രണ്ട് മൂല്യങ്ങൾ ഇല്ലാതെ ഒരു കുടുംബവും, സമൂഹവും, രാജ്യവും ദീർഘകാലം നിലനിൽക്കാനാവില്ല.

സമാധാനം എന്നത് യുദ്ധമോ കലഹമോ ഇല്ലാത്ത അവസ്ഥ മാത്രമല്ല. അത് മനസ്സിന്റെ ഒരു നിലപാടാണ്. ഒരാളുടെ മനസ്സിൽ ശാന്തതയും സന്തോഷവും നിറഞ്ഞുനിൽക്കുമ്പോഴാണ് യഥാർത്ഥ സമാധാനം ഉണ്ടാകുന്നത്.

നമ്മുടെ കുടുംബത്തിൽ ചെറിയ തർക്കങ്ങൾ ഉണ്ടായാലും പരസ്പരം സംസാരിച്ച് പ്രശ്നങ്ങൾ പരിഹരിക്കുമ്പോൾ അവിടെ സമാധാനം വളരുന്നു. കോളേജിലും സ്കൂളിലും സുഹൃത്തുക്കളുമായി മനസ്സുതുറന്ന് സംസാരിക്കുകയും പരസ്പരം മനസ്സിലാക്കുകയും ചെയ്യുമ്പോൾ സഹൃദം കൂടുതൽ ശക്തമാകുന്നു. ഈ സഹൃദത്തിന്റെ അടിത്തറയാണ് സമാധാനം.



ഫർസാന
IIBCA

വിശ്വാസം സമാധാനത്തിന്റെ സഹോദരനാണ് എന്ന് പറയാം. വിശ്വാസം ഇല്ലാത്തതിടത്ത് സംശയം വളരും; സംശയം വളർന്നിടത്ത് ഭിന്നതയും കലഹവും ഉണ്ടാകും. ഒരു കുഞ്ഞ് തന്റെ മാതാപിതാക്കളെ വിശ്വസിക്കുമ്പോൾ അവൻ സുരക്ഷിതത്വം തോന്നുന്നു.

ഒരു വിദ്യാർത്ഥി തന്റെ അധ്യാപകനെ വിശ്വസിക്കുമ്പോൾ പഠനത്തിൽ ആത്മവിശ്വാസം ഉണ്ടാകും. ഒരു സമൂഹം നേതാക്കളെ വിശ്വസിക്കുമ്പോൾ ആ സമൂഹം മുന്നേറും. അതിനാൽ വിശ്വാസം മനുഷ്യബന്ധങ്ങളുടെ പ്രധാന തൂണാണ്.

ഇന്നത്തെ സമൂഹത്തിൽ ചിലപ്പോൾ അസഹിഷ്ണുതയും വൈരാഗ്യവും വർധിക്കുന്നതായി കാണാം. മതം, ജാതി,



ഭാഷ തുടങ്ങിയ വ്യത്യാസങ്ങൾ പലപ്പോഴും ആളുകളെ വേർതിരിക്കുന്നു.

എന്നാൽ യഥാർത്ഥത്തിൽ മനുഷ്യരെല്ലാം ഒന്നിപ്പിക്കുന്നത് സമാധാനവും വിശ്വാസവുമാണ്. പരസ്പരം ബഹുമാനിക്കുകയും സഹിഷ്ണുത പാലിക്കുകയും ചെയ്യുമ്പോൾ മാത്രമേ ഈ മൂല്യങ്ങൾ വളരുകയുള്ളൂ. നമ്മുടെ ചിന്തകളിൽ സ്നേഹവും കരുണയും വളർത്തിയാൽ സമാധാനം സ്വാഭാവികമായി വരും.

യുവജനങ്ങൾക്കാണ് സമാധാനവും വിശ്വാസവും നിറഞ്ഞ ഒരു ലോകം നിർമ്മിക്കാൻ വലിയ പങ്ക് വഹിക്കാനാകുന്നത്.

കോളേജ് ജീവിതം വിദ്യാർത്ഥികൾക്ക് അറിവ് നേടുന്നതിനൊപ്പം നല്ല മൂല്യങ്ങൾ

പഠിക്കാനും സഹായിക്കുന്നു. ഒരാൾ മറ്റൊരാളെ മനസ്സിലാക്കാൻ ശ്രമിക്കുമ്പോൾ അവിടെ വിശ്വാസം വളരുന്നു. ചെറിയ തെറ്റുകൾ ക്ഷമിക്കാനും പരസ്പരം സഹായിക്കാനും പഠിക്കുമ്പോൾ സമാധാനം നിലനിൽക്കും.

ഒരു ചെറിയ ഉദാഹരണം നോക്കാം. രണ്ട് സുഹൃത്തുക്കൾക്കിടയിൽ ഒരു തെറ്റിദ്ധാരണ ഉണ്ടാകുമ്പോൾ അവർ തമ്മിൽ സംസാരിച്ച് പ്രശ്നം പരിഹരിക്കുകയാണെങ്കിൽ അവരുടെ ബന്ധം കൂടുതൽ ശക്തമാകും. എന്നാൽ സംസാരിക്കാതെ സംശയങ്ങൾ കൂട്ടിക്കൊണ്ടുപോയാൽ ആ ബന്ധം തകർന്നുപോകും. അതുകൊണ്ട് തുറന്ന ആശയവിനിമയം വിശ്വാസം നിലനിർത്താനുള്ള പ്രധാന മാർഗ്ഗമാണ്.

സമാധാനവും വിശ്വാസവും



മനുഷ്യജീവിതത്തിന്റെ അമൂല്യമായ നിധികളാണ്. ഇവ രണ്ടും നിലനിൽക്കുന്നിടത്ത് സന്തോഷവും പുരോഗതിയും ഉറപ്പാണ്.

അതിനാൽ ഓരോരുത്തരും സ്വന്തം ജീവിതത്തിൽ ഈ മൂല്യങ്ങൾ വളർത്താൻ ശ്രമിക്കണം. ചെറിയ നല്ല പ്രവൃത്തികളിലൂടെ, സ്നേഹപൂർവ്വമായ വാക്കുകളിലൂടെ, പരസ്പരം ബഹുമാനിക്കുന്ന സമീപനത്തിലൂടെ നമുക്ക് ഒരു സമാധാനപരവും വിശ്വാസപൂർവ്വമായ

സമൂഹം നിർമ്മിക്കാൻ കഴിയും.

അവസാനമായി പറയേണ്ടത് ഇതാണ് ? സമാധാനവും വിശ്വാസവും ഒരു ദിവസത്തിൽ ഉണ്ടാകുന്നതല്ല; അത് നമ്മുടെ ചിന്തകളിലും പ്രവൃത്തികളിലും പതിഞ്ഞുനിൽക്കേണ്ട ഒരു ജീവിതമൂല്യമാണ്. നമ്മൾ മാറ്റം വരുത്തിയാൽ ലോകവും മാറ്റം വരും. സമാധാനവും വിശ്വാസവും നിറഞ്ഞ ഒരു ഭാവിക്കായി നമുക്ക് കൈകോർക്കാം.

“ഹിമനദിയുടെ നിശ്ശബ്ദ വേദന”

ഹിമാലയത്തിന്റെ ഉയരങ്ങളിൽ ധാര” എന്നൊരു ഹിമനദി നിലകൊണ്ടിരുന്നു. അനവധി വർഷങ്ങളായി അവൾ മലകളെ സംരക്ഷിക്കുകയും താഴേക്ക് ഒഴുകുന്ന നദികൾക്ക് ജീവൻ നൽകുകയും ചെയ്തു.



ഗ്രാമങ്ങളിലെ ജനങ്ങൾക്ക് കുടിവെള്ളവും കൃഷിക്കാവശ്യമായ ജലവും അവൾ നന്നെയായിരുന്നു.



അഹമ്മദ് സുഹൈൽ എ സി
II BCA AI

ഒരു ദിവസം പരിസ്ഥിതി ഗവേഷകയായ നന്ദന അവിടെ പഠനത്തിനായി എത്തി. അവൾ ശ്രദ്ധിച്ചു ? ഓരോ വർഷവും ധാരയുടെ വലിപ്പം കുറയുകയാണ്. മഞ്ഞ് അലിഞ്ഞ് പതുകെ ചെറുതാകുന്നു. ഇത് കണ്ട നന്ദന ഏറെ ആശങ്കപ്പെട്ടു.



“ഇങ്ങനെ തുടരുകയാണെങ്കിൽ നദികൾക്കും അപകടമല്ലേ?” അവൾ ചിന്തിച്ചു.

കനത്ത തണുപ്പ് ആയിരുന്നു. ഇപ്പോൾ ചൂട് കൂടുകയാണ്. മനുഷ്യരുടെ പ്രവൃത്തികൾ പ്രകൃതിയെ ബാധിക്കുന്നു. അതിന്റെ ഫലം നാം കാണുകയാണ്.”

നന്ദനയ്ക്ക് ഇത് കേട്ട് വിഷമമായി. അവൾ തന്റെ ഗവേഷണ റിപ്പോർട്ട് തയ്യാറാക്കി. “ഭൂമിയുടെ താപനില ഉയരുന്നതിനാൽ ഹിമനദികൾ വേഗത്തിൽ ഉരുകുന്നു. ഇത് മനുഷ്യരുടെ ജീവിതത്തെയും നദികളുടെ നിലനിൽപ്പിനെയും ഭീഷണിയിലാക്കുന്നു,” അവൾ രേഖപ്പെടുത്തി.

ഒരു രാത്രി നന്ദനയ്ക്ക് സ്വപ്നം കണ്ടു. ധാരാളം ആവളോട് സംസാരിച്ചു: “എന്നെ സംരക്ഷിക്കൂ. മരങ്ങൾ നട്ടു പ്രകൃതിയെ സംരക്ഷിക്കൂ. മലിനീകരണം കുറയ്ക്കുക.

ഞാൻ ഇല്ലാതെയായാൽ നിങ്ങളുടെ ഭാവിയും അപകടത്തിലാകും.”

സ്വപ്നം നന്ദന മറന്നില്ല. അവൾ ഗ്രാമത്തിലേക്ക് മടങ്ങി. കുട്ടികൾക്കും ഗ്രാമവാസികൾക്കും അവൾ പ്രകൃതി സംരക്ഷണത്തിന്റെ പ്രാധാന്യം പറഞ്ഞു. എല്ലാവരും ചേർന്ന് മരങ്ങൾ നട്ടു. പ്ലാസ്റ്റിക് ഉപയോഗം കുറച്ചു.

വർഷങ്ങൾക്കു ശേഷം ധാരയുടെ ഉറുകൽ കുറയാൻ തുടങ്ങി. വീണ്ടും അവൾ ശക്തമായി മാറി. ഗ്രാമത്തിലെ കുട്ടികൾ സന്തോഷത്തോടെ പറഞ്ഞു:

“ഹിമനദിയെ സംരക്ഷിക്കുന്നത് നമ്മുടെ ഭാവിയെ സംരക്ഷിക്കുന്നതാണ്.” ധാരയുടെ നിശ്ശബ്ദ വേദന ഇനി സന്തോഷത്തിന്റെ മഞ്ഞു തുള്ളികളായി മാറി

വനത്തിന്റെ അവസാനശ്വാസം

പശ്ചിമഘട്ടത്തിന്റെ ഹൃദയത്തിൽ ഒരു വലിയ വനമുണ്ടായിരുന്നു ? ആര്യ . നൂറുകണക്കിന് വർഷങ്ങളായി അത് അനേകം ജീവികളുടെ വീടായിരുന്നു. പക്ഷികൾക്ക് പാട്ടും, മൃഗങ്ങൾക്ക് ആശ്രയവും, മനുഷ്യർക്കു ശുദ്ധമായ വായുവും നൽകി. ഒരു ദിവസം പരിസ്ഥിതി ഗവേഷകനായ ആരവ് അവിടെ പഠനത്തിനായി എത്തി. അവൻ ശ്രദ്ധിച്ചു ? വനത്തിന്റെ



ജിന്റോ ജെയിംസ്
II B.Sc HS



ശബ്ദം മാറിക്കൊണ്ടിരിക്കുകയാണ്. പക്ഷികളുടെ പാട്ട് കൂറയുന്നു. ചില മരങ്ങൾ വീണുകിടക്കുന്നു.

എന്താണ് ഇവിടെ സംഭവിക്കുന്നത്? ആരവ് ചിന്തിച്ചു.



അവിടെ താമസിക്കുന്ന ഒരു വയോധികയായ ലീലാമ്മ പറഞ്ഞു:

മകനേ, മുഖ്പ് ഈ വനം വളരെ സജീവമായിരുന്നു. ഇപ്പോൾ മനുഷ്യർ മരങ്ങൾ വെട്ടുന്നു. പുതിയ കെട്ടിടങ്ങൾ ഉണ്ടാക്കുന്നു. വനം നിശബ്ദമായി വേദനിക്കുന്നു. ആരവിന്റെ മനസ്സ് ഭാരമായി. അവൻ തന്റെ പഠന റിപ്പോർട്ടിൽ എഴുതി:

വനനശീകരണം കാരണം ജീവജാലങ്ങളുടെ വീടുകൾ ഇല്ലാതാകുന്നു. ഇത് ഭൂമിയുടെ സമതുലിതാവസ്ഥയ്ക്ക് വലിയ ഭീഷണിയാണ്.

ആ രാത്രി ആരവിന് ഒരു സ്വപ്നം കണ്ടു. വനം തന്നെ സംസാരിക്കുന്നു:

എന്നെ രക്ഷിക്കൂ. മരങ്ങൾ നട്ട് എന്നെ ശക്തമാക്കൂ. പ്രകൃതിയെ ആദരിക്കൂ. ഞാൻ ഇല്ലാതെയായാൽ, നിങ്ങളുടെ വായുവും നിശബ്ദമായി വിഷമിക്കും.

ആരവ് ആ സ്വപ്നം മറന്നില്ല.

അവൻ ഗ്രാമത്തിലേക്ക് പോയി കുട്ടികൾക്ക് പ്രകൃതിയുടെ കഥകൾ പറഞ്ഞു. എല്ലാവരും ചേർന്ന് മരങ്ങൾ നട്ടു. വനത്തെ സംരക്ഷിക്കാൻ തീരുമാനിച്ചു.

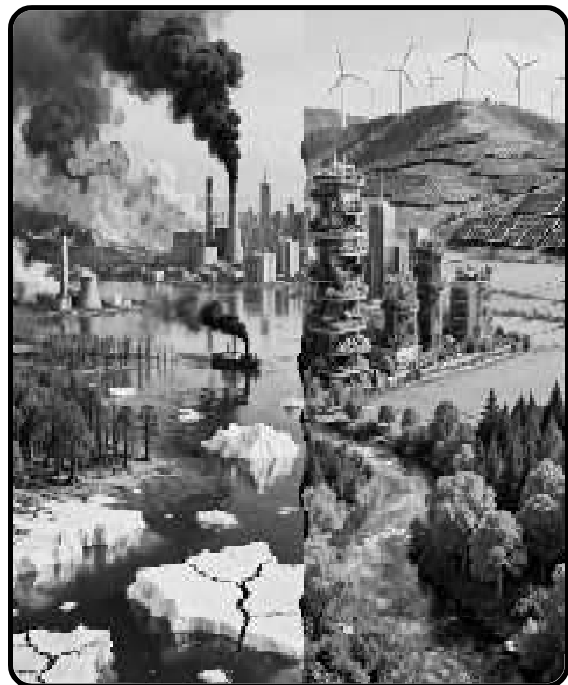
വർഷങ്ങൾക്കു ശേഷം വനത്തിൽ വീണ്ടും പക്ഷികളുടെ പാട്ട് നിറഞ്ഞു.

മരങ്ങൾ വീണ്ടും ഉയരത്തിലേക്ക് വളർന്നു.

കുട്ടികൾ സന്തോഷത്തോടെ പറഞ്ഞു:

വനം രക്ഷിക്കുന്നത് ഭൂമിയുടെ ശ്വാസം രക്ഷിക്കുന്നതുപോലെയാണ്.

ആര്യയ്യുടെ അവസാന ശ്വാസം ഇനി ഒരു പുതിയ ജീവന്റെ തുടക്കമായി.

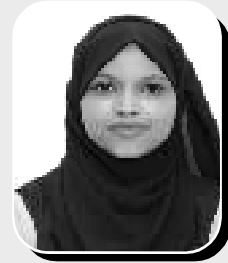




ശാന്തിയും വിശ്വാസവും

ശാന്തിയും വിശ്വാസവും മനുഷ്യജീവിതത്തിലെ ഏറ്റവും പ്രധാനപ്പെട്ട മൂല്യങ്ങളാണ്. ശാന്തി എന്നത് വെറും സംഘർഷങ്ങളുടെ അഭാവമല്ല; അത് മനസ്സിലെ സമാധാനം, സഹിഷ്ണുത, പരസ്പര ബോധ്യം എന്നിവയുടെ ഒരു നിലയാണ്.

വിശ്വാസം എന്നത് മറ്റുള്ളവരുടെ സത്യസന്ധതയിലും നല്ല മനസ്സിലും നമുക്ക് ഉള്ള ആത്മവിശ്വാസമാണ്. ഈ രണ്ടും ചേർന്നാണ് ശക്തമായ ബന്ധങ്ങളും സമാധാനപരമായ സമൂഹവും രൂപപ്പെടുന്നത്.



ഫാത്തിമത്ത് ഷെഹ്ല ഫാറ
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വിശ്വാസം ശാന്തിയെ നിലനിർത്തുന്നതിൽ വലിയ പങ്ക് വഹിക്കുന്നു. ആളുകൾ തമ്മിൽ വിശ്വാസമുണ്ടെങ്കിൽ അവർക്കിടയിൽ ഭയം, സംശയം, തെറ്റിദ്ധാരണ എന്നിവ കുറയും.

അതിലൂടെ സംഘർഷങ്ങൾ ഒഴിവാക്കാനും പ്രശ്നങ്ങൾ സമാധാനപരമായി പരിഹരിക്കാനും കഴിയുന്നു. ഉദാഹരണത്തിന്, സാഹചര്യങ്ങളിൽ വിശ്വാസം ഉള്ളപ്പോൾ വ്യക്തികൾക്ക് സ്വതന്ത്രമായി ആശയങ്ങൾ പങ്കുവെക്കാൻ കഴിയും.

അതുപോലെ തന്നെ, ശാന്തിയും വിശ്വാസത്തെ ശക്തമാക്കുന്നു. ശാന്തമായ അന്തരീക്ഷത്തിൽ ആളുകൾ കൂടുതൽ സഹിഷ്ണുതയും ക്ഷമയും കാണിക്കും.

അവർ പ്രശ്നങ്ങളെ ശാന്തമായി സമീപിക്കുകയും പരസ്പരം മനസ്സിലാക്കാൻ ശ്രമിക്കുകയും ചെയ്യും. ഇതുവഴി വിശ്വാസം



കൂടുതൽ ശക്തമാകുന്നു.

എന്നാൽ, ശാന്തിയും വിശ്വാസവും ഒരുദിവസം കൊണ്ട് ഉണ്ടാകുന്നതല്ല. സത്യസന്ധത, കരുണ, ക്ഷമ, നല്ല ആശയവിനിമയം എന്നിവയാണ് ഇതിന്റെ അടിസ്ഥാനം. ചെറിയ കാര്യങ്ങൾ പോലും, ഉദാഹരണത്തിന് വാഗ്ദാനം പാലിക്കൽ,

ശ്രദ്ധയോടെ കേൾക്കൽ എന്നിവ, വലിയ മാറ്റങ്ങൾ സൃഷ്ടിക്കും.

അവസാനമായി, ശാന്തിയും വിശ്വാസവും കൈകോർക്കുന്ന മൂല്യങ്ങളാണ്. ഇവയെ വളർത്തിയാൽ വ്യക്തിജീവിതവും സമൂഹവും കൂടുതൽ സന്തോഷകരവും സമാധാനപരവുമായിരിക്കും.

ബുദ്ധനും ശാന്തമായ തടാകവും



ഒരിക്കൽ ഗൗതമ ബുദ്ധൻ തന്റെ ശിഷ്യന്മാരോടൊപ്പം ഒരു ഗ്രാമത്തിൽ നിന്ന് മറ്റൊരു ഗ്രാമത്തിലേക്ക് യാത്ര

ചെയ്യുകയായിരുന്നു. ഉച്ചസമയമായപ്പോൾ അവർക്ക് നല്ല ദാഹം തോന്നി. ബുദ്ധൻ തന്റെ ഒരു ശിഷ്യനെ വിളിച്ച് പറഞ്ഞു, നമ്മൾ അല്പം



മുൻപ് കടന്നുവന്ന ആ ചെറിയ തടാകത്തിൽ പോയി കുടിക്കാൻ കുറച്ച് വെള്ളം എടുത്തു വരിക.

ശിഷ്യൻ തടാകത്തിനരികിൽ എത്തിയപ്പോൾ, അവിടെ കുറച്ച് സ്ത്രീകൾ തുണി അലക്കുന്നതും ഒരു കാളവണ്ടി തടാകം മുറിച്ചുകടക്കുന്നതും കണ്ടു. തൽഫലമായി, തടാകത്തിലെ തെളിനീർ മാറി ചെളിയും മണ്ണും കലങ്ങി വെള്ളം തീർത്തും അഴുകായി മാറി.

ഈ വെള്ളം ഗുരുവിന് കുടിക്കാൻ യോഗ്യമല്ല, എന്ന് ചിന്തിച്ച് ശിഷ്യൻ ശൂന്യമായ പാത്രവുമായി തിരികെ വന്ന് ബുദ്ധനോട് കാര്യം പറഞ്ഞു.

അല്പനേരത്തിന് ശേഷം ബുദ്ധൻ വീണ്ടും ആ ശിഷ്യനോട് തന്നെ വെള്ളം കൊണ്ടുവരാൻ ആവശ്യപ്പെട്ടു.

ശിഷ്യൻ മടിയോടെ വീണ്ടും തടാകത്തിനരികിലെത്തി. എന്നാൽ ഇത്തവണ അവിടെ കണ്ട കാഴ്ച അവനെ അത്ഭുതപ്പെടുത്തി.

തടാകം ഇപ്പോൾ വളരെ ശാന്തമായിരുന്നു. ചെളിയും മണ്ണും അടിത്തട്ടിലേക്ക് താഴ്ന്നുപോയിരിക്കുന്നു.

സ്ഥികം പോലെ തെളിഞ്ഞ വെള്ളം മുകളിൽ തെളിഞ്ഞുനിൽക്കുന്നു. ശിഷ്യൻ സന്തോഷത്തോടെ വെള്ളം ശേഖരിച്ച് ബുദ്ധന്റെ അടുത്തെത്തി. ബുദ്ധൻ ആ



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വെള്ളം വാങ്ങി ശിഷ്യനെ നോക്കി പുഞ്ചിരിച്ചുകൊണ്ട് പറഞ്ഞു:

നീ കണ്ടില്ലേ, ആ വെള്ളം തെളിയാൻ വേണ്ടി നീ എന്ത് ചെയ്തു? നീ ഒന്നും ചെയ്തില്ല. നീ അതിവേഗ അല്പനേരം തനിയെ വിട്ടു.

ൂചളി തനിയെ താഴുകയും തെളിനീർ മുകളിൽ വരികയും ചെയ്തു. നമ്മുടെ മനസ്സും ഇതുപോലെയാണ്.

നമ്മുടെ ജീവിതത്തിൽ പ്രശ്നങ്ങളും അസ്വസ്ഥതകളും ഉണ്ടാകുമ്പോൾ മിക്കവരും പരിഭ്രാന്തരാകുന്നു.

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ART Gallery

"Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will."





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