

HEALTHY



Heal Thy Self



Loyola Women's Hostel
Chennai-600034

HealThy



Heal Thy Self

Magazine 2018-2019



Loyola Women's Hostel
Chennai-600034

PATRONS

Rev. Fr. A. M. Jayapathy Francis, S.J.
Rector, Loyola College.

HEADS OF THE INSTITUTIONS

Rev. Dr. Andrew Francis, S.J.
Principal, Loyola College.

Rev. Fr. Christie P. Maria Joseph, S.J.
Director, LIBA.

Rev. Fr. Soosai Sebastin, S.J.
Secretary, Loyola College of Education.

Rev. Dr. Alphonse Manickam, S.J.
Director, LICET.

HOSTEL ADMINISTRATORS

Rev. Sr. Alice Y.L. SCSA
Director, Loyola Women's Hostel

Dr. B. Nidhya
Assistant Director, Loyola Women's Hostel

Ms. S. Archana Selin
Assistant Director, Loyola Women's Hostel

editorial message

To live rather than to exist, to laugh rather than to smile, to understand and live life to its fullest; think, act and change. Life is not about a single magnanimous moment but it is made of a series of small moments; it is about those unguarded moments when the warmth of love, kindness and humility touches you and like a magical spell your life turns around .

To pen down the unique and creative ways to heal oneself and one's own life, to voice out the waves of change which will set the stage for revolutionising the entire concept of lifestyle is the motive of "Heal-Thy" . It is a dream, a dream which if becomes a reality will make this world a better place to live in.

It was fun to bring together a plethora of talents under one shelter. From tearing away papers to rewriting a single sentence ten times, the making of "Heal-Thy" was indeed an unforgettable and yet one of the most cherished memories of our lives.

Thanking the Almighty for the immeasurable blessings HE has showered on us, remembering with gratitude Rev. Sr. Alice.Y.L, our Director and Dr.B.Nidhya and Ms. Archana, our assistant directors for their constant guidance and support, and treasuring the hardwork the whole team has put in, I submit "Heal-Thy" with utmost humility and gratitude.

***Thank you.
Tisha Varghese***

rector's message

We all have health; we may have good health or poor health, but it is something we cannot avoid having. Our health is manifold. It is physiological, mental, social and above all spiritual. It depends on not only what one eats, thinks, whom one socialises with, but, above all, what one IS at the core of one's being.

Every human being is healthy! In her or his own way! The question is not simply if one is healthy, but whether the health one has, is a negative one that leads to isolation and self-destruction or one that is more positive and vibrant.

Healthy split into HEAL-THY is a clever way of recognising that isolation and loneliness and imprisoning oneself within oneself affects our health insidiously. It is only by bringing in the 'thou' and the 'thy' and the 'thine' into one's life that we can enhance our health. I am because we are – Ubuntu!

HEAL-THY is a testimony of the solidarity and harmony which you share with each other. I am proud of the effort and the hardwork you have put in to create this magazine.

May the Almighty guide you at each step !

Rev. Fr. A.M. Jayapathy Francis, S.J.
Rector, Loyola Campus



principal's message



“Change the way you look at things and the things you look at change.” -Wayne Dyer

The invention of light has changed the life of our ancestors; and the invention of internet and mobile phone has changed the life of our present generation. Every day there are so many inventions taking place in the world, and the world keeps changing day after day. In this changing environment we need to be alert to change some of our old habits and not to change some of our old cultures and traditions. This requires “Lifestyle Modifications”.

It is important that all of us especially the youth, realize the need to change not only the physical lifestyle but the way of thinking as well. Only then we would become able and noble citizens.

“Heal-Thy”, the hostel magazine is a novel initiative of Loyola Women’s Hostel to bring out the innate talents of the inmates of the hostel. College life is the time for the students to discover themselves, to know who they are and what they are.

That is the time when they are bubbling with life, and it is the duty of the concerned authorities to create opportunities to channelize this energy. And Loyola Women’s Hostel has come forward to do this. I appreciate all the persons involved in bringing out this magazine. I am sure that “Heal-Thy” will offer an opportunity and space for the students for this self discovery. I wish to congratulate the Director of the Hostel and all the Assistants for taking this initiative to shape the students. I also wish to thank and appreciate the Editorial Board for the time and energy spent on bringing out “Heal-Thy”. Above all I appreciate all those who contributed articles and creative works to “Heal-Thy”. Wish you all the best!

Rev. Dr. Andrew Francis, S.J.
Principal, Loyola College

director's message

I am much pleased to know that you have chosen a relevant topic “Heal Thyself”, as the running theme for the celebration of the Hostel Day this year. Health is wealth and not the other way. Wealth cannot give health. Wealthy people could only spend their money for medical requirements. Whereas healthy people will be able to maintain good physique, eat good food of all variety and taste, and live long with peace of mind and heart. Unfortunately in the recent past, we have changed our food habits, time for meals, going for fast food, junk food, broiler chicken, etc. These are the impacts of the new technology of today which instead of contributing to good and healthy life, paves the way for short life with more pains than gains. We must go back to natural food habits of our forefathers and ancestors. We must become conscious of loving and respecting nature. In this context, I appreciate the Loyola Women Hostel administration- the Sister and students- for bringing awareness among all the young girls of the hostel by focusing on this very beautiful topic “Heal Thyself”.



Rev. Dr. Alphonse Manickam, S.J.
Director,
Loyola-ICAM College of Engineering and Technology

secretary's message



I am immensely pleased to pen these few lines on Loyola Women's hostel, a home away from home to so many of our girl students who are pursuing MBA, BE, B.Ed., M.A, M.Sc. and Doctoral programmes. All these students boarding in the hostel are fortunate to have a wonderful experience of befriending, interacting and living together with national and international students who hail from different cultural, religious and language backgrounds. It is a befitting challenge as well as a wonderful opportunity for the administrators, especially for Sr. Alice to keep them all united as one family of Loyolites.

Further, I am delighted to know that the inmates of the Loyola Women's hostel enjoy sumptuously delicious food, the intellectual climate, the pious atmosphere and the conglomeration of love and concern for sisterhood. 'Learning to live together' is one of the four pillars of Educational objectives in the twenty first century education. This communal living enables them develop social behaviour and helps them adjust to crisis situations. It imbibes a refined personality which accommodates a good stead in their life. This innovative venture of publishing an annual magazine is yet another example of the extended platform for embellishing their talents, competency and creativity. Team work is the inevitable quality that determines a successful person today. The annual magazine, "Heal-Thy" is an excellent product of the team work by the hostel inmates. I deeply appreciate the Editorial team and all the contributors for their sincere efforts in bringing out such a beautiful inspiring magazine. Keep it up!

On this occasion, I would like to congratulate all the administrators especially Sr. Alice, the Hostel Director and her team for their hard work, commitment and creativity. Their loving ways of interaction and bonding with the hostellers impels the inmates to joyfully pursue their respective studies. As the Secretary of Loyola College of Education, I express my heartfelt gratitude to the Director of the hostel and her team for their yeomen service in assisting our student-teachers become competent, committed, compassionate, creative and caring teachers. I pray that God may bless all of you and the inmates abundantly. All the best!

Rev. Fr. Soosai Sebastin, S.J.
Secretary, Loyola College of Education

director's message

Dear Loyola Women Hostellers,
Greetings from LIBA.

It gives me immense joy to witness the great service that Loyola Women's Hostel renders to you, by providing you with a home away from home. I appreciate the efforts taken by Sr Alice and her team, in your overall growth – intellectual, spiritual and physical growth. I am glad to know that you have chosen 'Heal Thyself' (Healthy Lifestyle Modifications) as the theme for this year's Eve Spark which is very relevant in today's context.

We are in an era of disruptions; though they are mainly caused by digital transformation, they have made a profound impact on our society and our lives, particularly our lifestyle. For example, Swiggy and Uber Eats have changed our eating habits – how we eat, what we eat, when we eat etc. Sitting before the computers, watching television for long hours, and using social media endlessly, effectively reduce one to be a 'couch potato' and they adversely affect our health in the long run.

One of the characteristics of Jesuit education is the holistic formation of students. The focus is not just on academic excellence alone, by helping you obtain an academic degree. The emphasis is on all round formation -- intellectual, emotional, social, spiritual and physical. Loyola, though situated in the heart of the city, is fortunate to have large playgrounds and beautiful alleys for games and long walks. I wish they are used effectively for your physical growth.

As millennials, you are blessed with extraordinary gifts of heart and mind. You need to capitalize on the unique strengths and talents with the education you receive. But do not forget your health. Health is wealth. You need to maintain your health, with right lifestyle, good food habits, and regular exercise. In addition, regularly practicing yoga, meditation, mindfulness exercises will have a strong impact on your health.

My wish and prayer is that all our women students adapt themselves to the need of the hour- healthy lifestyle modifications, thus paving the way for healthy families and a healthy nation tomorrow.

May God bless you and all your endeavours. Wishing you the best



Rev. Dr. Christie Maria Joseph , S.J. ,
Director, LIBA

sister's message



The Scripture says 'You shall love your neighbor as yourself.'
Mt:22-39.

"Healing yourself is connected with healing others." - Yoko Ono's quote puts the principle in simpler form. Each dawn brings with it hope, a hope of a new beginning. Human life passes away just like a flash of lightning; it is like that train journey where you can only sit and watch the landscapes passing you by. Every person is fighting a battle to survive. All of us have within us those broken parts and wounds, and in order to heal ourselves it is important that we look within ourselves for it is the one who looks inside awakens and lives fully.

In today's world, where indifference has become the norm, where duplicity has seeped into each cell; and where humanity is dying a new death every day, monitoring our thought process and modifying our actions is the only hope, which can bring about the change we are looking for.

Hostel, which is a home away from home, is a place where you not only find your true self but also purpose of one's life. Your true treasure lies in the friendship, love and the family Spirit that binds you all. We must help each other to find out ways of bringing out the best from oneself therefore, a change in one's lifestyle is crucial. You are the change, for which everyone hopes and prays. For you are the future of world!!!

While a healthy body replenishes our strength, a healthy mind raises our spirits and helps us to dedicate ourselves in the service of others. The idealistic world, which we all have seen in our dreams and read in fairy tales, is still possible, and the first step towards making that dream a reality it is very necessary for one to develop a healthy thinking pattern. Health and wholeness depends mightily on the way one thinks. One may benefit manifold by following the sound advice given in Philippians 4:8. Believe in one self and strive to make this world a better place because of you.

I congratulate the editorial team for choosing a unique theme, "Lifestyle Modification". I sincerely hope that the thoughts and wishes, penned down here, are fulfilled and may each of you become an empowered woman, a healthy human being above all a humane person. Wishing "Heal-Thy" all success and prayers!

Rev. Sr. Alice Y.L. SCSA
Director
Loyola Women's Hostel

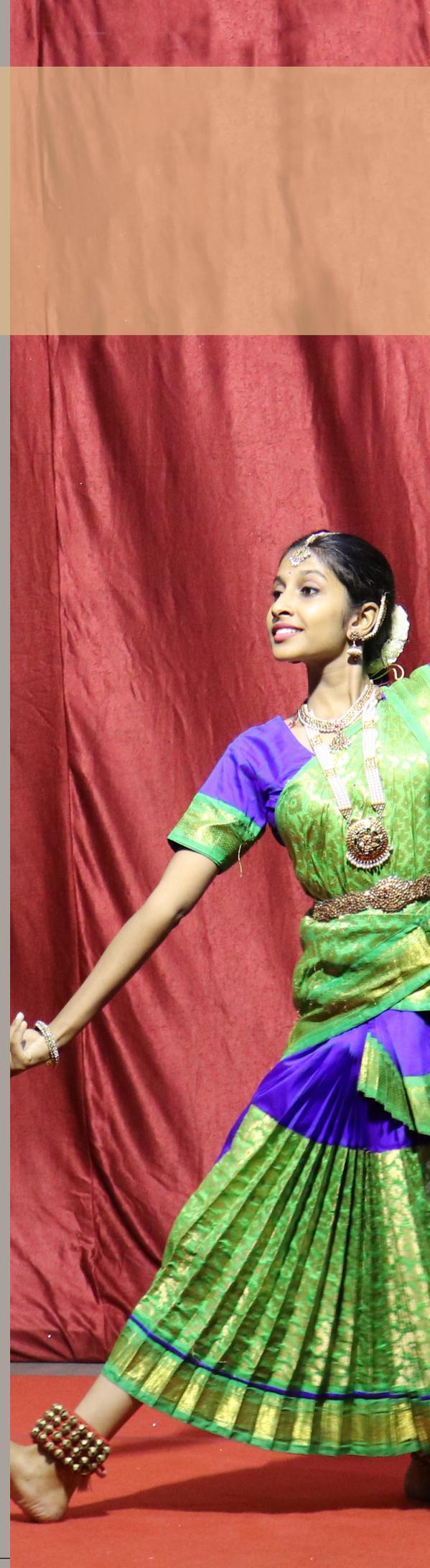
Annual activities

Located in the lush green campus of Loyola College, Loyola College Women's Hostel witnessed its inception in 2011. Around 500 women students from four educational units – Loyola College of Arts and Science (LC), Loyola Institute of Business Administration (LIBA), Loyola ICAM College of Engineering Technology (LICET) and Loyola College of Education (LCE) are the proud beneficiaries of this dwelling place.

The hostel endeavors to work out its mission of providing holistic formation to all the women students in a nurturing, dynamic and multi-cultural environment. It provides a platform for them to manifest their talents to the utmost potential; preparing all to be morally upright, socially concerned and physically fit citizens. Recognizing and appreciating this noble mission, we students, seek ways of personalizing this mission.

Students from 19 states of India and different countries like Afghanistan, Dubai, Srilanka, Japan & France; a plethora of cultures and traditions live together in harmony and solidarity with each other; expressing and imbibing the true spirit of sisterhood. Every inmate upholds and practices the vision with which our hostel was created: *to create tomorrow's leaders who transform and empower the society by letting their light shine.*

The hostel administration is mainly managed by Rev. Sr. Alice. Y. L. SCSA, assisted by Dr. B Nidhya, Assistant Professor, Department of Visual Communication and Ms. S. Archana Selin, Research Scholar. This team is supported by a team of efficient student-office bearers: Ms. Rebecca of 2nd PG Visual Communication, Loyola College, as President; Ms. Jeny of 3rd BE (EEE), LICET, as Vice President; Ms. Jennifer Pauline of 3rd UG French, Loyola College, as Secretary, Ms. M. Arockia Priya of II PG Maths, Loyola College as Joint-Cultural Secretary and Aneesa of III LICET, Joint-Sports Secretary. The administration of Loyola Women's Hostel earnestly endeavours to cultivate team spirit and co-responsibility.



In order to make this stay in hostel more fruitful and smoother, various committees are formed. Every year the students volunteer themselves to be part of these committees. While each group performs its task to its fullest satisfaction, it is natural that we arrive at a magnificent picture. There are as of now, some nine committees, each having members drawn from every unit of Loyola family. The committees are as follows: event organizers, attendance, food, liturgy, cultural, sports, magazine, discipline, decoration, and tech sparklers.



event organising committee

The backbone of all committees, the Event Organising committee, is the glue that holds the student activities together. It is the responsibility of this Event Organising Committee to collaborate with the union members and plan every programme of the hostel. Using their creativity and imagination, they strive to create an atmosphere where every hosteller gets a chance to express themselves.

attendance committee

The backbone of all committees, the Event Organising committee, is the glue that holds the student activities together. It is the responsibility of this Event Organising Committee to collaborate with the union members and plan every programme of the hostel. Using their creativity and imagination, they strive to create an atmosphere where every hosteller gets a chance to express themselves.



food committee

Catering to the basic requirement of food, the Food committee helps to prepare the menu and gives periodic suggestions regarding food. The committee is concerned with offering the 'likes' and setting aside the 'dislikes'. Of course, in taking such decisions their guiding principle is to fulfill the expectations of the majority keeping in mind, the health of the students as well.

liturgy committee

This committee seeks to convey to the inmates that "Prayer is the world's greatest wireless connection". Thanks to their efforts, the hostellers wake up every day listening to heavenly music and a short inspirational message. Devotional songs are played in the morning and in the evening before prayer through the public address system. We pray rosary in different languages such as Tamil, English, Malayalam and every Saturday, all Catholics gather for Common Rosary in front of the grotto.



cultural committee

Cultural Committee organizes series of competitions in order to help students admire and appreciate the latent talents. Students are divided into ten groups, each under a special name: Invincibles, Etoils, Avengers, Headnush, Phoenix, Sillaki Dum, Staunch Queens, Mersal, Tamil Pasanga. Competitions such as Mehandi, Nail Art, Solo Singing, Cooking Without fire, Beg and Borrow.



sports committee

Propagating the message that a sound mind resides in a sound body, the Sports Committee actively organizes different matches like Relay, Carrom, Chess and Badminton. All such events motivate and inspire us to maintain a physical well-being and also enhances us all in the true spirit of sportsmanship.



magazine committee

Our hostel magazine 'Heal-Thy' is the brain child of the magazine committee. Every year the hostel magazine has a unique theme and paves way for the creative outlet of our hostellers. Based on the theme of lifestyle modifications and its impact on our health, the magazine committee insisted the hostellers to come up with some creative writings, poem, photography and painting. A desire to see their names and thoughts being published, the students strive hard to give in their best.



decoration committee

Adding sparkling colors to each event in the hostel with its remarkable decoration, the decoration committee has never failed to impress. This year onwards the committee made special efforts to make rangoli and kolam for the hostel day Mass and for special occasions in the college like St Ignatius Feast Day Mass, Corpus Christi procession, Diwali, Pongal & Feast of Our Lady of Lourdes.



discipline committee

In order to ensure a peaceful atmosphere in the hostel premises, the discipline committee endeavors to achieve punctuality, keeping up with the routine and time table of the hostel. Creating peace is a means of providing conducive atmosphere for undertaking any constructive work.

tech-sparklers committee

The technical team, Tech Sparklers, takes care of video shoots and photos for all the events of the hostel. This team extends its help in playing songs on the music systems for programs and in preparing the logo, invitation cards, certificates etc.



choir committee

The choir committee relentlessly renders its services daily for the Holy Mass in the church as well as in the hostel by singing in both Tamil and English.

Holy Mass

Celebrating its multi-cultural and multi-lingual diversity , the Holy Mass in our hostel started with a procession, with the students donning the traditional attires of their own countries and states. The freshers entered holding candles in their hands. The Holy Mass was presided over by Rev.Fr. Jayapathy Francis, Rev.Dr.Andrew Francis, Rev.

Fr.Sebastin Soosai, Rev. Fr.Alphonse Manicam and Rev. Fr. Joseph Christi, S.J and Rev. Fr.Victor Roch. All the students joined in the Eucharistic celebration



with utmost devotion and there after we had a blessing of the hostel.

Fresher's day

We had our Fresher's day celebrations in the month of July. Seniors

showcased their talents with great enthusiasm. They manifested their creativity and skills through magnificent dance and singing



performances. The satirical drama was the highlight of the day. The audience rolled with laughter. Small games were conducted for the freshers as well. Everyone dispersed for sumptuous dinner.

august

Session on Beauty sleep- Nithra

On August 31, as part of NITHRA, an initiative of the Visual Communication Department of Loyola College, Dr. Sethuraman, a renowned dermatologist, conducted a session on BEAUTY SLEEP. He elaborated on how sleep is important for healthy skin, brain functioning, emotional wellbeing, physical health & daytime performance. He also pointed out that ongoing sleep deficiency can lead to an increased risk of heart disease, kidney disease, high blood pressure, skin disorder, diabetes and stroke. He also shared his own experiences and urged students to maintain a healthy balance. The session ended with an interactive session.



september

Thanks giving

The Juniors(Freshers) as part of their gratitude and love for their seniors, organized a thanksgiving session on September 10th. They left everyone spellbound with their spectacular performances. The dubsmash game left everyone rolling with laughter. Mime was really touching. The dance performances were truly fascinating. A DJ night was organized as well. All the students participated and enjoyed to their heart's content.



Session on Menstrual Health



On September 28, a session on gynecological health was organized. Dr. Indira, a senior gynecologist was the chief guest. She gave various tips as to how to combat various genital infections which women are prone to. She also catered to all the questions and doubts raised by the students. She gave an insight into the various myths and false practises followed during menstruation. A highly informative and useful session, it gave women students a platform to clear all their queries.

october



For the Gandhi Conclave held in LIBA, our hostel students adorned in traditional attires performed a parade showcasing the multilingual and multicultural diversity of our country. A staff picnic was organized for all the staff members on October 2 to Queen's Land. It was a refreshing break for all of them. A day off their duties, they came together and enjoyed their day. They started off from the hostel at around 9:00 a.m. and reached back around 6:00 p.m. This excursion strengthened their unity and bond.

november

In the month of November, a session on 'Ecological Challenges' conducted by Rev.Fr.Mariapakiam. The students were sensitized regarding the major environmental issues. An audition was conducted for Jaya TV unnai arinthal show. Five of our students got selected and participated in the television show. Their performance was indeed impressive and praise worthy.



december

Competitions

Various competitions were organised for the hostel inmates as an opportunity for them to showcase and enhance their talents. Gifted with a plethora of talents, the women students came out with creative ways in cultural competitions like Carol Singing, Carol Dance, Solo Singing, Dubsmash, Mehndi, Nailart, cooking without fire, beg and borrow

Sports events like relay, carom, chess, badminton were also organised. Students participated with great zeal and kept up the true spirit of sportswomanship

As judges celebrities like Mr.Shabir, the renowned Music Director and popular Videos Jockeys from Sun Tv and celebrities of youtube channels were invited.



A Session on Importance of Physical Fitness



A session on physical fitness and wellness was organised by Ms.Kavitha, Pink Fitness Centre. Students were made to do Zumba and all of them enjoyed it thoroughly. Various tips and techniques were given to maintain a healthy lifestyle. Students were made to understand the importance of maintaining their Body Mass Index and a free BMI check up was also held towards the end.

january '19



On 29 January 2019, we had a spiritual talk on Adaptability to the Changing Conditions by Fr.Justin Immanuel, Dean, LICET. He started with an anecdote on Helen Keller and made the students understand the importance of change and the need to take small steps towards forming a better life. We are the master pieces of God & his grace helps us to go ahead in life. The session was indeed interactive and lively.

Counselling sessions

Once a week on Mondays, Fr. James Rodregius S.J., gives Individual Spiritual Counselling for the hostel girls. Counselling sessions were also held by the AURA department for the hostel students in order to monitor their emotional well-being.



Contribution

Empathising with the affected and living up to the true spirit of humanity, the students came forward and wholeheartedly contributed to the Kerala Flood and Gaja Cyclone victims. Materials like tea powder, sugar, sanitary napkins, soaps [basic necessities and clothing] were also donated and cash amount of worth Rs 1.5 lakhs were sent to the affected people by the hostel management. The deserving students received scholarship from management and few generous students came forward to contribute around Rs 2,25,000.



AI PG Maths student, Harini Rajendran donated Rs. 15,000 and Mini Hansika from II B.Sc Viscom donated Rs.50,000 and Christina Rose from I BA French donated Rs.36,000. L.Bhanavi from I PG Social Work, Nicholin Ilango from BBA and Merisa from LICET donated Rs.10,000. Sivadarsini from LICET donated Rs.2000.



Ayudha pooja celebrations & diwali celebrations

Keeping in mind the Diwali Celebrations, Loyola Women's Hostel organized a deepavali mass highlighting Jesus as light of the world. We had a special prayer service for both students as well as staff. The open ground was colorfully decorated with Rangoli and Kolam with oil lit lamps. Prayer service was conducted and sumptuous lunch was served for the girls and bonus was also given for the staff.

Karthigai celebrations

Karthigai is the festival of light. As a symbol of prosperity and new beginnings, resolving to erase away the darkness prevailing in our lives the whole hostel was lit up with diyas.

Pongal celebrations

January

Pongal celebration was held with all pomp and glory. Keeping up with the traditions, rangoli was laid and sweet pongal was also prepared. Rev. Dr Christi,S.J., Director of LIBA blessed the Pongal and all the students partook in it.



Christmas celebration

Christmas is the perfect time to celebrate the love of God & family. Jesus is God's perfect gift- not only we receive this gift but we also share it with others. A Holy Mass was organised on 15.12.2018. Rev. Fr. Jayapathy Francis,S.J. Rector, Loyola Campus was the main celebrant. Rev. Dr. Andrew Francis S.J. and Rev. Dr Joseph Christi S.J., Director of LIBA were the concelebrants. All the members of the hostel participated with great piety. This was followed by a sumptuous twilight dinner *Anthipoludhu* which was arranged in the hostel quadrangle.

For the first time in the history of Loyola College, the Men's hostel and the Women's hostel came together to celebrate Christmas together with the huge support from Rev.Fr.Jeyaseelan and Rev.Sr.Alice.Y.L. A cultural program was organised on 16.12.2018. Students from both the hostels participated with great enthusiasm. Students of our hostel displayed a wide array of talents and showcased the meaning of Christmas in its truest sense. Chris Ma and Chris Child was also organised for hostel inmates and staff.



As a part of Christmas celebration, our hostel students went to Old Age Home, HIV Center, Blind School, Stella Maris College, and Institute of Child Health and Children Hospital, Egmore. Christmas Carols were sung and cakes, sweets and basic necessities were distributed.

inter-religious celebrations

thanks note

Gratefully we place on record our thanks to the management Rev. Fr. A M Jayapathy Francis, S.J., the Rector, Rev. Dr. Thomas, S.J., the Campus Treasurer for their support, timely help and the interest they show in the growth and development of the hostel and recognizing the services of each one in the hostel.

We also express our gratitude to Rev. Dr. Andrew Francis, S.J., Principal, Loyola College and Rev. Dr. Selvanayagam, S.J., Secretary of Loyola College, Rev. Fr. Alphonse Manickam, S.J., Director of LICET, Rev. Dr. Joseph Christi, S.J., Director of LIBA, and Rev. Dr. Soosai Sebastian, S.J., Secretary of Loyola College of Education, for their continuous support and appreciation. We thank them for their keen interest in all-round formation of the inmates of the hostel.

We are grateful to the Rector and the whole Jesuit community, Rev. Fr. Jebamalaraja, Chennai Superior Mission and Rev. Fr. Leolin, S.J., the Campus Assistant Treasurer and all the teaching and non-teaching staff of each institution for their support and timely help. We thank our director Rev. Sr. Alice Y.L. SCSA, assistant directors Dr. B. Nidhya & Archana Selin, office assistant Ms. Chellamma, and all our kitchen staff, attenders Ms. Victoria and Vincy and the technical staff Mr. Gabriel for helping us in smooth conduct of hostel. We are obliged to each member of the Loyola College Community for helping us in all the ways.

We thank God almighty, who is always with us in every activity and guides us in the true spirit of service enlightening us to direct the capabilities of the students in the right direction to achieve greater heights in their lives.



achievements of the inmates

1.M Karlin Sheeba , a third year CSE LICET student won the second prize in “Public Speaking- Tamil” at the LICET College Cultural’s.

2.Daffini Ruby P , a fourth year ECE LICET student won the third prize for Circuit Debugging conducted by St Joseph’s College of Engineering.

3.Abibelvia of I PG participated in a National Level Tamil Debate ‘Speak India’ by Times of India and got selected for the semifinals to be held in the end of February.

4.Karishma Kundu I M.Sc Food Chemistry student’s research on ‘Formulation of Malted Milk Hot Drink using Terminalia Chebula (Myrobalan) for Mid-Day Meal Scheme (MDMS) and Anganwadis to prevent Typhoid Fever in school going children’ recieved grant from Tamil Nadu State Council for Science and Technology (TNSCST) .

academic excellence

Loyola College

1. Ruthiksha R K, I M.VOC 3D Animation secured the highest marks in First Semester
2. R Gandhimathi @Rajapriya , II M.Sc MLT secured the highest marks in Third Semester
3. S. Padma Priyanga , I.M.Sc Adv.Zoo & BioTech secured first rank in First Semester
4. Arockia Infant Treasa.A –MCA I Year secured first rank in First Semester
5. Minu Jose- I M.Sc Physics secured first rank in First Semester
6. Joselene Suzan Jennifer- II M.Sc Physics secured first rank in Third Semester
7. Nila Joy-P.G II Biotechnology secured first rank in Third Semester
8. Priyanka of II MSc. Zoology secured the first rank in Third semester Examination
9. Bency Sebastine of II M.A. Sociology also secured the first rank in the Third Semester Examination
10. Dharsana Shrie of III Year Viscom was selected as one of the members in UNO to fulfill the third millenium goal.
11. Ruthiksha RK of I year 3D Animation and Kaushal Kendra was the first rank holder in the end semester examination.
12. R. Gandhimathi@Rajapriya of II MSc. MLT was the first rank holder in the end semester examination.
13. R. Harini- I PG Mathemaics secured 100% marks in Ordinary Differential Equations and Probability and Stochiotic Process, and secured 1st rank in the class.

LICET

Mary Femina K.S., a fourth year IT student of LICET secured the second rank in University exams.

paper presentations & publications/NET Exam

1. B. Renisha, a third year ECE student of LICET, presented a paper on “Smart Mirror” at Easwari Engineering College.
2. Rutina Fernandez, a third year IT student of LICET presented a paper at the International Conference of Computing and Information System 2019 on the topic “ Fisher’s Buddy – an ODK based mobile App for fishermen’s safety”
3. Tina Rose Jacob, a first year PG Economics student presented her paper on “Impact of Global Trade on Global Economic Growth” at IIFT Conference,Delhi as well as in Ethiraj College,Chennai.
4. Tina Rose Jacob, a first year PG Economics student presented her paper on “Impact of Global Trade on Global Economic Growth” at IIFT Conference, Delhi as well as in Ethiraj College,Chennai.
5. J Veronica Rose and G Sajitha Mary, third year ECE LICET students presented their paper on “Artificial Intelligence in Automobiles” at St Joseph’s College of Engineering and in Vellamal Engineering College, Chennai.
6. M. Sharon Karishma, G. Sajitha Mary, Veronica Rose J. of III year ECE, LICET published the paper “Brain controlled car using Artificial Intelligence in automobiles” at St. Joseph Engineering College, Velammal Engineering College and Chennai Institute of Technology.
7. M. Sharon Karishma and Veronica Rose J. of III year ECE, LICET co-authored the paper “Electronic Watch Dog”, published in the magazine of International Conference at LICET.
8. Defoe Bosco and Melcy M. Elango of III year ECE, LICET presented a paper titled “Biometric recognition on automobiles” in Jeppiar College of Engineering.
9. Following students of III year ECE, LICET, P. Jaffrin Gomez, Renisha, Deepika, Jerin have presented a paper on “Smart Mirror” at Easwari Engineering College.
10. S. Grace Infantiya, M.Phil(Physics), presented the paper “Pressure induced phase transformation of TiO₂ and its Application in (DSSC)” at International Conference on Advanced Nanomaterials for Energy, Environment and Health Care Applications.
11. M. Joeal Reshma, M.Phil(Plant Biology and Biotechnology) presented a paper on “Characterisation and Screening *Daldinia eschscholtzii* for production and polyketide synthase gene amplification” in an Interational conference held at Mother Teresa University,Kodaikanal.
12. S. A. Thara Jeni, an M.Phil student of Mathematics, published her paper on the topic “Solving Maximisation Problem in FTP and FAP using FUZZY ONE POINT METHOD” in the Mathematical Sciences International Research Journal.
13. Reshma Shyna Shajan-P.G II Economics Paper Published on,”Impacts of GST on agricultural products with special reference to sugarcane industry”in the “National Symposium on towards the sustainable agriculture in India 2018.
14. Tisha Varghese, a second year student of MA English Literature, qualified the UGC NET examination conducted by the National Testing Agency.
15. Bency Sebastine, a second year student of MA Sociology, qualified the UGC NET examination conducted by the National Testing Agency and was also awarded Junior Research Fellowship.
16. Alisha James –P.G II Economics cleared (UGC NET Exam)/Published Paper on National Symposium on towards the sustainable agriculture in India,2018

Placement

The hostel is proud to record the successful placement of the inmates.

Loyola College

1. Annette Joseph-P.G II Maths Placement:EY(Ernst&Young) consultancy company as “Tax Analyst”
2. Eddith Sarah Varghese –P.G. II MSc. Maths Placement : EY (Ernst&Young)
3. Priyanga .R – P.G.II MSc. Statistics Placement : TATA Consultancy services as SAS PROGRAMMER.
4. Arockiya Shasiya.M – P.G.II MSc . Maths Placement : TATA Consultancy services as SAS PROGRAMMER.

LICET

The following fourth year students from LICET got placed as part of the Campus Placement Drive

1. Caroline from CSE department got placed in BNP Paribas and WIPRO.
2. Esther Keenap from CSE department were recruited by Infosys and Wipro.
3. Sri Sakthi and Nancy Luina from CSE department got placed in BNP Paribas.
4. Tania Sharon of B.E ECE department and Aaeba Fathima from IT department got placement in INFOSYS.
5. Maria Femina of IT department was placed in Verzio.
6. Vivisha of CSE department got placed in INFOSYS and BNP Paribas.
7. Steffi Stanley of CSE department was placed in SAP Labs and Visual Bi.
8. Mary Daffini Suma of CSE department got placed in Wipro.
9. Keerthana and Priyadarshini of CSE department was placed in INFOSYS.
10. Reni A. Stella @ Lincy of ECE department got placed in TCS.

LIBA

Sharmistha Bhattacharyya ,Elsa Maria JoJo , Bohina,Grace Mary Baby, Reshmi.J,Marline Fernandez, Roseann D’souza, Nancy Sindhiya, Jona Priya, Ritika Sahay, Shirley Krupa, Neha Singh and Judi Benedict all got placed in well reputed institutions.

articles

Let food be the medicine; Let medicine be the food!

Hippocrates quoted around 300 B.C the existence of food as an ideal entity for human's survival. An average individual cannot survive without food for more than a month. Can anybody imagine a day, a whole day without a meal? For all the living souls, food is the most essential requirement for daily activities. A proper meal provides us with the energy to do our daily chores. Are we really following a balanced diet?

Some people have the means to buy food but no time; while others have time but no means to buy food. A child starts to eat on his own at the age of 3 years old. The proper nutrition lies in the balance diet. But the current diet and life style make people more susceptible to diabetes and stroke in their early years. Obesity has already conquered almost 80% of the world. A 115 year old man celebrating his birthday is a surprise to us these days. Traditional lifestyle is the reason for their sound body and mind. The food that we buy are relatively more adulterated than earlier days. The food production companies are only interested to increase their profits and are not concerned about the health of its consumers. The need for the healthy food alone masks the minds of the people irrespective of the prices. Healthy food is not what we buy, but is what we prepare.

Every country has its own popular foods. The southern part of India is famous for Rice consumption while the northern part for roti. The Mughals and the Chola kings exported huge varieties of spices to the neighbouring countries; spices of India are famous for their aroma. According to WHO report, India besides being rich in culture and tradition also stands for healthy and tastiest foods. India follows closely behind China in having the maximum number of people suffering from diabetes. Our generation is for fast food culture, despite having a rich array of spices and masalas that add rich flavours to our cuisine. The foods that are produced in our own country are truly more healthier than canned and processed foods.

We must remember the keys for a complete healthy meal. First to be focussed is, how do we consume our food. By what means? hands or spoons. Obviously spoons right. How come hands with millions of germs. If we think that hand would have pathogens, just tune the mind to the old ancient times when people had food with hands before the invention of spoons and crossed their ages of century. Spare atleast half an hour for each meal.

spare some time
with me ''



The fingers of our hands that we use for eating have epic meanings known as Panchamutras.

The Thumb – FIRE

The Index -- AIR

The Middle – HEAVEN

The Ring – EARTH

The Little -- WATER

The combining effect of all the fingers used for eating fullfills the need of the body and the soul. One of the biologically related aspects of eating food is by masticating at its fine grounds. Chewing food properly aids in proper digestion and efficient metabolism. Avoid drinking water in the middle of the meal. But prior to a supper you can have a glass of water that stimulates the acid production of the stomach. “Taste is only to the tongue and nutrition is to the body” A proper day isn’t proper without a good meal! Never skip a meal especially the break fast. That wholesome energy starts your day. Make sure to taste the 6. “Sweet, Sour, Salty, Bitter, Pungent, Astringent”

NOW WHAT TO EAT?

A balanced diet balances a healthy life. So be cautious on what you buy or make a mind map of the food ingredients. The six short meals a day maintain your super-fitnessed and boosts your metabolism. Proteins 60%, carbohydrates 30%, vitamins 10%, fats 5%, minerals are the proportions of a balanced diet. Test your day with a diet that is balanced. The results out of 5 when 4 parts of vegetables and one part of fruits for better nourishment. The mistake lies in talking while speaking. Never utter a word with food inside mouth. The wind pipe opens and food enters thereby severe coughing occurs or even the person is choked to death.

Over food consumption can even be dangerous. Always check for food compatibility. Never mistake the sea food and the citric juices together as they lead to cyanide processing in the human stomach with the HCl acid. Fresh foods are safer to knock at your door, when kitchen garden favours. The soil, the water and the pant that you grow, yields you with the treasure of wealth. The CO₂ that you expire is taken up by your plant and gives you O₂ and Organic foods.

“Feel the freshness of the food and live in it”

Eat the food that feeds you, but never let the food to eat you!

It is the time where people are focussing on their fitness and health conscious too. But we do some mistakes unknowingly as a daily routine that never falls false to our mind. Proceed with the Organic food and protect the Organs. Close the door to the disease filled world and open the healthy door to happiness!

Padmapriya
I PG Food Chemistry

Open your Mind

Healthy lifestyle is an Art to be cherished.

Basically, it works from one's own perspective of living, starting from one's emotional state that reflects on their own physical care then it goes to Relationships with people, followed by changes in the Environment.

In order to achieve something; to produce something; to make a change that reflects in the environment, a bundle of efforts has to be put forward in the first place. In that case one's weakness and strength will be the major elements of the Living Style.

The way we respond to a situation, the things that we desire, the energy we experience in a room filled with people, the way we deal with people by not letting them invade our minds and at same time not hurting one's feeling; the things we want to focus on; the attitude we are want to possess, the art of self-control; the time we spend to love our self; everything matters.

So, what is the key element of a Healthy Life Style?

Holding on to a periodic table of Positivity in our day to day lives.

Systematic changes, pressures, cultural variations, adaptations, may put one self to be someone that he/she didn't imagine they would be. The real challenge is to be able to differentiate the "Do's and Don'ts" and to be able to contribute something to the external for a peaceful and an everlasting life that opens door for a Purpose.

The one who is satisfied with his own self can perform wonders. One can eat anything as per diet or do exercises regularly or work really hard to get onto what they want, but basically all she/he wants is to tune his/her mind to Trust themselves.

What is that needed for the change actually?

Belief.

Yes!

Man has the power to do anything and everything. When this power is generated in a good way through one's own mind, man becomes Irreplaceable so is his reaction to the environment rooting to a very HEALTHY LIFE STYLE.

C.J. Christal Femina

II PG Visual Communication

Lifestyle Modifications

Lifestyle modification is the change in the lives of people. Nowadays many people are affected with various kinds of diseases such as obesity, thyroid, cholesterol, diabetes etc. The main problem is the lack of exercise and the food habit.

Many people are taking exercise as a silly concept. This is required to maintain a good healthy life. Food habits are another thing which affects people in a large scale. Because of apps like swiggy, Uber eats and zomato, the access to junk food among people has become easier. The other food habit which is of high significance is the skipping of food. Especially in the morning. Skipping of breakfast leads to various forms of illness. In the past, our grandparents used to make homemade food which was always healthy. But now the condition is very worse due to the availability of junk food to people.

Consumption of water among the youth is another reason for several kidney diseases. Technology is making human beings lazy.

The change has to be made within ourselves to have a good healthy life. For that yoga, water, good food are required. A change can also create a good lifestyle among people.

Jeev Shobha

I PG Visual Communication

Heal Yourself

Changing our life is not always easy! We humans have undergone many changes in our lives. Especially when it comes to taking care of ourselves, we try doing many things and at last when things don't go the way we plan we return to our healthier lifestyle. To modify our life, there are many ways to start. You can first get inspiration from blogs, youtubers, celebrities, podcasts and much more but within an hour or two we lose all those energy, power and dedication. Have you ever thought why? Yeah! I have the answers and tips for you.

1. Stop piling up lot of goals: Don't do everything at once. Understand your body and mind and then commit yourself in a small area and then gradually increase it. When you lead a healthier life and then one fine day you decide to become healthier. You start piling up goals. Then for one day you keep your energy up and then you lose either you are tired or your goals are so big. So have realistic life changing goals. As change is much more stable when it moves gradually.

2. Love yourself: The best medicine for all our problems is us. Most of the time we fail to understand it because we don't feel confident in ourselves. If you want to achieve big or short term goals first we have to love and accept ourselves and then start setting goals. So what are useful and effective life changing habits?

1. Being a early riser and not a night owl: Its pretty much tough especially living in a technological world. But if you really want to be productive and healthy it's the best change you should probably do in your life. At start you will be tired. But as days go if you keep waking up early and sleep early. It will soon become a habit and you will find time to do so many engaging activities. Research shows that early risers are the best time managers and than night owls.

2.Exercise: Regular exercise helps you to focus and concentrate on work more than the lazy lizards sitting or lying in bed always. It boosts your metabolism and heart rate. You don't have to go to those expensive gyms. Your home or hostels or grounds is more than enough. Exercise contributes a lot to women health especially irregular periods, PCOS and other health issues.

Note: Over exercising also makes your body worse. Add a moderate amount of activity in your day like 1 hour of workout or swimming or jogging added with 6000 to 12000 steps daily.

3. Meditation

The best lifestyle modification you will ever have is meditating. It is the time when you can relax and enjoy the nature. Feel the texture of air. To Understand your breathing, Detachs yourself from the outside world. The best time to do meditation is either morning or evening around 5 or 6 as they are the most peaceful time of the day.

Go Organic

Lifestyle modifications involve altering long term habits, typically of eating or physical activity, and maintaining the new behaviour for months or years. We are living in a modern world where there is no physical exercise. Today's generation faces severe health issues very early in life due to increased work pressure. The common problems that people face in the current world that we live in include hypertension, diabetes, obesity, heart failure, asthma, etc. Our parents and grandparents led a healthy and happy life, because they ate nutrient rich, healthy and natural food. But now, we are eating foods that are mostly rich in fat and carbohydrates and do not have much nutrient value to speak of. This automatically leads to the generation of many lifestyle diseases.

One solution to improve the current situation is eating natural food and organic food items. The organic food market has experienced a large growth over the last several years which can be seen as a very good sign of improvement. The Organic Trade Association has reported double digit growth of organic foods since 1990s. Organically grown foods do not have the slightest bit of chemical fertilizers. It doesn't mean that no fertilizers are used, but the fertilizers used are fully natural and have no adverse health effects on human beings and their health. Basically, the fruits and vegetables grown in our backyards and the farm produce from individual households constitute organic food items because they are natural and do not have chemicals injected in them. Points in favour of organic foods are that they have fewer pesticides and chemical fertilizers; they are fresh, environment friendly, rich in nutrients, etc.

Organic lifestyle for a better tomorrow

Organic or Organically grown foods are commonly represented as "food grown without pesticides; grown without artificial fertilizers; grown in soil whose humus content is increased by the additions of organic matter and whose mineral content is increased with applications of natural mineral fertilizers and has not been treated with preservatives, hormones, antibiotics. Organic food has been shown to have many health benefits with wide variability. Organic plants have high content of polyphenols and ascorbic acid and organic animal foods have higher contents of PUFA and n-3 PUFA. When compared with conventional food, organic food has high anti-mutagenic activities, inhibits the proliferation of cancer cells, prevents foetal abnormalities like hypospadias, reduces the risk of pre-eclampsia in pregnant women, increases the levels of conjugated linoleic acid in breast milk and has neuro-protective effect.

Organic farming also helps in increasing the biodiversity. Organic food is food produced by methods that comply with the standards of organic farming. Standards vary worldwide, but organic farming, in general, features practices that cycle resources, promote ecological balance, and conserve biodiversity. Organizations regulating organic products may restrict the use of certain pesticides and fertilizers in the farming methods

articles



used to produce such products. In general, organic foods are also usually not processed using irradiation, industrial solvents, or synthetic food additives.

In the 21st century, the European Union, the United States, Canada, Mexico, Japan and many other countries require producers to obtain special certification in order to market their food as organic within their borders. In the context of these regulations, organic food is produced in a way that complies with the organic standards set by regional organizations, national governments, and/or international organizations.

From an environmental perspective, fertilizing, overproduction, and the use of pesticides in conventional farming may affect local ecosystems, biodiversity, groundwater, and drinking water supplies. Organic products taste better; the percentage of leanness is higher with the consumption of such foods, and such products are very tender. The essential requirements of organic production are: 1. Non- usage of organisms and products that are generated from genetic engineering; 2. Non- usage of chemical and synthetic pesticides and fertilizers, growth regulators and feed additives etc; 3. Application of a series of sustainable agricultural technologies and maintaining stable agricultural production system based on natural rules and ecological principles.

Organic foods have obvious advantages in promoting human health, ecological protection and biodiversity maintenance, and thus, they have been widely accepted by consumers especially consumers in developed countries.

Organic food contains more beneficial nutrition such as vitamins, polyunsaturated fatty acids, antioxidants, etc. and organic food had lower levels of heavy metals, fungal toxins and pesticide residues.

Organic agriculture has higher potential costs from an economic perspective due to lower yields, higher labour costs and higher consumer prices. But, keeping aside these challenges, we still have time to change our lifestyle and lead a much healthier and happier life.

CHRISTINA ROSE. A

First Year - B.A (French Literature)

KADUKKAI- A KEY TO LONGEVITY

The history of Ayurveda dates back to 5000 years, including traditional and medicinal plants for treatment. This huge body of knowledge is often referred to as “Mother of all healing”. As the population is expanding, the world is becoming more reliant on these traditional systems of medicines. Herbal remedies are getting more popularised because of its natural origin with less or no side effects. The Kadukkaya (Tamil) is known as “King of Medicine” with Sanskrit name ‘Hartaki’ referring lord Shiva, the Himalayas and fearlessness respectively.

The fruit with botanical name as Terminalia chebula possesses antioxidant and free radicle scavenging activity preventing cancer, anti-diabetic, anti-inflammatory and anti-arthritis property. Not only this, the miracle fruit is said to have analgesic and having purifying and healing capacity for wounds. Its decoction is used as gargle in oral ulcers, sore throat. Its powder is a good astringent dentifrice in loose gums, bleeding and ulceration in gums. It is good to increase appetite, digestive aid and act as liver stimulant. The powder of fruits has been used in chronic diarrhoea. It is used in nervous weakness, nervous irritability. It promotes the receiving power of five senses. It is adjuvant in haemorrhages due to its astringent nature and good for chronic cough, sore throat as well as asthma.

The fruit is nutritious and could be important source of dietary supplements

in vitamin C, energy, protein, amino acids and mineral nutrients. Fruit consists of several phyto-constituents like tannin, flavonoids, sterols, amino acid, fructose, resin, fixed oil etc.

The recent researches say that it has Anti-Salmonella activity which is a key to prevent typhoid in a growing population. The most recent estimation claims about 11–20 million people get sick from typhoid and between 128 000 and 161 000 people die from it every year, published in January 2018, WHO. Typhoid is characterized by high fever, chill, nausea, headaches. The treatment of salmonella infection can be done by using antibiotics. Due to side effects of vaccination and antibiotics, herbal drugs can be used as it is natural and lacks the side effects.

The fruit is available locally, can be deseeded and grinded as dry powder. Kadukai can be consumed with water with no side effect as compared to allopathic medicine because of natural origin; hence not only increasing the longevity but also providing a healthy and disease free life.



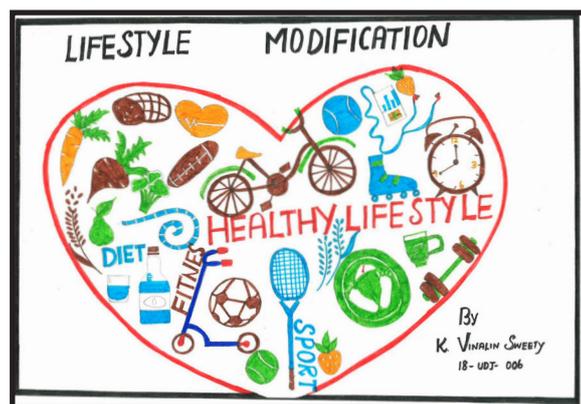
HEALTHY HEART

The human heart is only the size of fist, but it is the strongest muscle in the body. The average heart beats about 1,00,000 times daily and about 2.5 billion times over the lifetime. The change in lifestyle, food habits, changing food pattern is resulting in terminating the beat before it reaches million.

Heart diseases are also known as Cardio Vascular Disease (CVD) which takes the lives of about 17.7 MILLION people every year. Some factors responsible are excess sodium, as we age, sleeplessness, being overweight, long term sedentary lifestyle, drinking and smoking, etc. The origin of heart disease can be age, gender, family history, smoking, poor diet, high blood pressure, diabetes, obesity, physical inactivity, stress, poor hygiene too.

General Warning Signs and Symptoms can be-

1. Extreme fatigue
2. Constant dizziness
3. A fast heart rate
4. Chest pain
5. Difficulty breathing
6. A respiratory infection or cough that becomes worse
7. Restlessness or confusion
8. Changes in sleep patterns
9. Loss of appetite or nausea



Final Warning Signs and Symptoms include:

1. Pain or pressure in the centre of your chest that lasts more than a few minutes, or goes away and comes back
2. Discomfort spreading or radiating to your back, jaw, throat, or arm
3. Nausea, light headedness, or cold sweats
4. Indigestion or heartburn
5. Weakness, anxiety, or shortness of breath
6. Rapid or irregular heartbeat

As prevention is better than cure, heart diseases are both preventable and curable to an extent. Some of the regular super food like tea (green tea), soya, flax seed, chocolate, nuts, egg, red wine, etc. can do wonders. Start taking care of your heart because a healthy heart can bring all things into your life that a money in the world can't.

Karishma

17-PFP-001

I PG Food Chemistry

WHY AYURVEDA DOESN'T WORK FOR US

The perk of living a social work student is that, one, you get to meet a plethora of people and each with a different school of thought. I had the opportunity of meeting one such individual or rather had the opportunity to delve into another amazing school of thought.

Mr. Srinivas of Thiruvanamalai was once part of the IT Rat Race that is norm in metropolitan cities like Bengaluru and Chennai. About 5 years ago, he took a moment to stop and think about his life and in his own words, 'ran away to safety'. He now resides in and teaches at Marthan Framschool, a short distance from Thiruvanamalai.

This school breaks every definition of what we think a school is. With its upscaled structure, cane classroom, doorless areas, its open spaces, the school made me sigh in envy. They have a few teachers and almost as many students so that the interaction is almost one to one.

A farming enthusiast, Mr. Srinivas, runs a store within the school which sells organic food at a price which is unimaginable. I had bought a kilogram of jaggery for Rs.65 and it was the best jaggery I had in a long time. The shop in itself was curious. There isn't anyone manning the shop! One can enter the shop, take what they may and make a entry of what they take. This is Mr. Srinivas's initiative to bring trust among people.

In the end he spoke to me about how the lifestyle in the city is so fast paced that one hasn't the time to look at nature, forget admiring or nurturing it. When the very food that enters our body is chemical and processed to the level of it being almost synthetic, how will natural medicine work?

This is not just limited to cities and town. The people who make the very essence of India, the rural people, have changed their lifestyle and pattern of agriculture thereby resulting in their needing allopathy as well.

There needs to be a question, "Are we setting things right or are we changing the order of nature". Development in the village doesn't mean making it a city, it has to do with making sure that maximum utilization of natural resources are used and sustainable changes are made. We need not make physical changes but psychological ones.

BHANA.VI.L
18-PSW-062
1 PG Social Work

WILD WAVES

Far away from all this peace, I was born.

Once as a kid I remember, mother told me, it devours everything it comes in contiguity with.

Agitated by her words, consequently have to believe it!

Because a mother can't be wrong.

And after a long wait, got chance to surround myself with the peace of sea.

Aahh!! Was the first word to come out of glee.

Astonish by its aura.

Felt like it took away all my sorrows.

Those wild waves washed off my dirty legs.

Yes those untamed waves, so ragging, breaking the silence of the sea.

Unfortunate for being fallacious all these years.

Thanks Chennai for teaching this Delhi Girl that how pure and frugal a thing is happiness that is sound of sea, nothing else.

Karishma

17-PFP-001

I PG Food Chemistry

Goodbye Eyeglasses

If you had weak eyes, they needed exercise to get strong. Glasses were like crutches. They prevented people with feeble eyes from seeing the world on their own. - Jeannette Walls

More people have begun wearing Eyeglasses due to the eye strain. Strain seems to be the chief cause for refractive errors. While eye glasses help to correct eye defects to some extent, they do not check deterioration. Do you know that you can remove your glasses by rebuilding your vision?

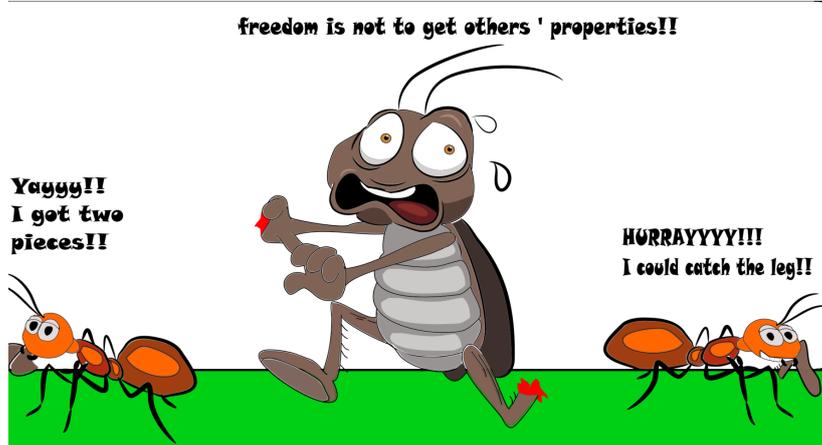
It is highly possible by doing eye exercise. The exercises include moistening, relaxation, acupressure and strengthening techniques. It requires precision not only in execution but also in the number of repetitions. The different types of exercise needed to improve the vision includes Sun Treatment, Palming, Bar Swinging, Game of Ball (1. V -> Vertical, 2. Inverted "U" shape), Fine Print Reading, Chart Reading, Vapor and Cold Pack.

But now the question would arise as to from where to learn these exercises? Rebuilding your vision is possible with the help of school for perfect eyesight. In Sri Aurobindo ashram in Pondicherry, the treatment is done free of cost as a service to humanity. The only investment that you need to make is your time in learning these exercises for a period of 7 days. Let's remove the burden of eyeglasses and live life freely with perfect vision.

Joy Angeline. J
18-PEL - 017
MA ENGLISH

Freedom is not to get others properties!!

In today's life we often cross everyone's boundaries and other people's privacy and call it freedom. For our own happiness we get others smile and hope, without realizing that we may hurt them. It's not all about people's properties but mainly about feelings, inspiration and values. Freedom is not trampling others and trespassing their lives' borders, but to live the way you want respecting others and not hurting them.



Nooria ,M.Voc 3D Animation

POSSESSIVENESS-THE TRENDING DISEASE.

Many of us might be thinking that, this term is spoken only in the pages of relationship, love bla bla bla.....,,,,,,,

Yeah, friendship is also a kind of relationship right?

The purest form of love there exists. No vengeance , no doubts, no compacted into the term friendship.

“And why does possessiveness arise there?” here is the answer possessiveness is the fear of losing someone to someone. But actually, only after its arrival, the person on whom you were possessive on would be lost completely.” My friend is mine” is one of the sarcastic sentences we have heard so far.

We were brought up with the tendency of sharing and caring right from our childhood, we would have never bothered about expecting in turn. Actually caring for people isn't a bad thing. Expecting them to care for us!

Yeah! Only for us alone is an evil one.

People who understand that “Nothing and none in the world stays permanent” will easily get over it and would always look for greater heights without caring such stuffs.

But it is quite harder in adulthood. We always think that ‘Mine is Mine,. And this is the thing which we should actually come out of.

When days pass by, we will get to know what actually life is and we'll just laugh at ourselves “How childish I've been all these years!”.

Heart is to without any flaws

Mind is to think without any tension

Soul is to spread peace without any worries

A perfect life can't be lived without these;

So , never rely upon anyone except you!!!

M. Sharon Karishma
ECE-III,LICET

articles

JUST A MODERN NATION!

The things for which she is respected
Is now deprived of
The Fortune of the term culture
Has now been disqualified to participate even
The hearts which praised her chivalry
Now stumbles on hearing such penal codes
The lips which proudly said her name aloud
Now thinks for second
Justice went blind
Truth didn't triumph
Laws are not able to be abided by
Acts are not able to be accepted
She has become a hot topic
In many debates
"Wow! Law week makes her health"
They believe.
Yesterday they stood for 'Homosexuality'
Today they support 'Adultery'
And Tomorrow? Yeah, you're right
'Rape is not an offence they'll declare
People's need is never fulfilled
People's greed is always fulfilled
Finally came to the conclusion
'Committing Crime is alone an offence
Committing sin isn't an offence

M. Sharon Karishma
ECE-III, LICET

BROKEN THINGS **SPEAK A LOT!**

Rain is the speech
Of broken Clouds
Music is the speech
Of broken Flute
Art is the speech
Of Hands that failed in life
Dance is the speech
Of the Legs that can't be Landed
Moon is the speech
Of the Dark Sky
Rainbow is the speech
Of broken Colours
Words is the speech
Of broken Heart
Smile is the speech
Of broken Soul
Anger is the speech
Of broken Trust
Tears is the speech
Of broken Love
Every broken things speak
In one or the other way
And that's why
You are my speech
Heart by everyone Except you!

M.SharonKarishma
ECE-III, LICET

Chats, Sandwiches, Wraps

You do
Deceive people with colors of rainbow
Hypnotise with your gorgeous saucy - sassy look
Enslave them with your cheesy fragrance
Best of all--- your assumption.

I deny! I strongly deny!
You trap by temptation the being' s soul,not his whole
Let me start rejection of you
Plans of boss work rapidly,
Manipulating the soul to quick repulsion ,
Of you folks entering my mansion,
Amendments will be done.

Permission granted to healthy stuff
Royal Decree coming into force
"THE ESSENTIALS OF THE ANCIENT "

--- BODY

Ferdinand Fernando.A
I M.A ENGLISH

BE HEALTHY

I like to comment on HEALTH that is an unavoidable requirement of any creature. People say Health is Wealth, what do you mean by being healthy. A Good Lustrous hair? A Clear Complexion without Marks? Beautiful Eyes without Dark Circles? Structured Body that can fit into any kind of a Suit? OF COURSE NOT, All the answers to these questions are not real answers that substantiates the real health. so the purpose of this article highlights certain salient features of being healthy.

Health is when you can live at peace mentally, physically and psychologically. I wonder why people always go for something that is not their piece of cake, or wonder what others will think of them. Being who you are is being healthy, sacrificing yourself, your desires for someone whom you love the most is being healthy. Finding the essence of happiness at the curve on the lips[smile] of others is being healthy. How many of us are content with the way we look? How many of us allow people to call us in names? People may make fun of you saying you are 'fat', 'ugly', 'you walk like a duck'[lol]. But in what way you portray yourselves matters the most. Imagining yourself like "My goodness! how pretty I am, I am not fat!!! I am just full figured and cute" is being healthy. When you think of your flaws, try to reframe it rather than referring it to be a flaw, none of us are "THE BEST". Being healthy is not just being beautiful, it is identifying the beauty in every soul. They may be good at anything, who knows you may be good in something but the task is how you identify it and develop it, sitting awestruck looking at others envying their beauty or health, is definitely unhealthy. Making them to turn back to you without any personal vengeance is being healthy. Any material that's more than suffice in your pocket, let it be given to someone who longs for it, stretching your hands to make them praise you is being healthy. Wearing color lenses to show people that you don't have sight defects is not being healthy, making people to stare at your soulful eyes behind the strong glasses is being healthy. Wearing body suits to make you look slim is not healthy accommodating with your jingling fleshes is being healthy. Life is beautiful when you are healthy or when you have healthy lifestyle. Health is not just eating nutritious food. Health is being a person with whom the world should be happy and safe. BE HEALTHY.....

As a conclusion I want to underline that Health does not depend on materiality rather on sound mind and body that one has, all through his life therefore being in a good healthy lifestyle depends on nothing but being in harmony with mind and heart for which everyone has to strive.

V. Leuca Smilee
Department of Social Work

Success is a journey not a destination

It is often said that success occurs when preparation meets opportunity. Now, opportunities will undoubtedly present themselves with time. But how are you treating yourself through all of the time spent in preparation for accomplishing your goals in the meantime? Are you giving yourself credit for the work and the energy that it takes to become a more successful individual? A major aspect of the success equation has to do with being good to yourself. Treating yourself with kindness and encouragement along your life journey. It is important to celebrate all victories large and small on the journey towards fulfilling your dreams. It all begins with recognizing that you are a successful individual right now and your success can go only up from here.

Simply having determination to pursue happiness, your goals and your dreams is a massive success in itself. It takes an incredible amount of courage to wake up every morning and keep moving and keep motivating yourself to work towards the life you have always imagined living.

The preparation part of success equation of your journey should be celebrated. For success is not simply the destination, success is not something which will arrive in the same day. Success has everything to do with your individual day to day choices, action and experiences. No matter how big or small they are success has to do being true to who you are.

Be grateful to who you are and fully appreciate your individuality and all that you have in your life now. Do the very best that you can with what you have now, while at the same time striving towards becoming even the better version of yourself that you were yesterday. Have faith in yourself and always believe that you will achieve anything you set out to be.

KARISHMA KUNDU
M.Sc FOOD CHEMISTRY

Shape the New You

The famous saying which says 'Change is the only constant' means that we change everyday not because we are willing to but the situations drive us to change, to adapt ourselves to the current situations. Imagine if we get everything we want in life...no struggles... no hard work ...no challenges required...we would be weak and then when something hard comes up in our life we would not know how to handle because we have never gone through anything that would strengthen us .We cannot develop strength without resistance, without challenging ourselves without struggle. Pain is our friend. May be not for the moment but for the evolution of our soul, for the long term benefit of us...a stronger human being. We are given pain because we are strong enough to Drive through it ..THRIVE through so that it will look at us and say 'you did it'.Next time when it comes to us we won't curse the skies... but remember that it was sent for a reason. It will be there with us to show others our spirit. Nobody wants to hear a story about a man who was given everythingthey want to hear the stories of men and women who endured the pain...turned their struggles into a gift.

Question yourself. DO YOU WANT PEOPLE TO JUDGE TO FEEL SORRY FOR YOU?? OR DO YOU WANT THEM TO LOOK UP TP YOU...TO SET YOU AS THEIR SURVIVAL EXAMPLE?

Do not long sympathy. It will only get you weaker. Look up through the eye of empathy.

Young pregnant Prime Minister 'Jacinda Ardern' is a burning example...a women who makes her country stand in the second position....proving that women can stand ahead of men.

Ardern became a list MP in 2008, a position she held for almost ten years until her election to the Mount Albert electorate in the 2017 by-election, held on 25 February. She was unanimously elected as Deputy Leader of the Labour Party on 1 March 2017, following the resignation of Annette King. Ardern became Leader of the Labour Party on 1 August 2017.

Make the change your only constant..THOU ART THOU.

DAISY PRAKASH
M.Sc Food Chemistry

YOGA FOR BODY AND MIND

Rooted in Indian Philosophy, yoga is an ancient method of relaxation and regarded by many as a spiritual experience. Although some people still view yoga as a practice reserved for spiritual seeker looking for inner peace, yoga is rapidly being embraced by many foreigners as an alternative or additional way to increase strength, endurance and body tone. In fact, today many fitness experts recognise yoga as a valuable part of functional training which focuses on endurance, strength and coordination to allow individuals to maximize performance of everyday tasks.

Yoga practice is commonly broken down into different postures or asanas. The different postures are guided by breath and focus on using core strength to move energy through the body. Most yoga classes range from 60-90 minutes long. With so many styles of Yoga, and its growing popularity, fitness centres and independent studios have begun to group yoga disciplines. Yoga can be a great vehicle for physical and mental transformation

Lis Maria Toby
1st year
M.sc Mathematics

THE WORLD WHICH I LIVE IN..

The Place which holds
Millions of memories
Thousands of sentiments
Hundreds of misunderstandings
Tens of fights
Once in a lifetime
From adaptation to attachment
From study zone to comfort zone
From 24/7 study hour to midnight write ups
From friends to family
Every Treasure was attained here
A new world we were bounded to be in
The heaven encroached the earth
And chose our place to spread fragrance!

Monika. A

HAPPY LIFE IS HEALTHY

The Story of Musk:

Musk is a class of aromatic substance used in perfumery. It is a secretion from Musk deer. This Musk deer searches for the source of the fragrance of Musk, but it won't find it. It loses its lifetime searching for musk but it doesn't realize that it comes from its own body. In a similar way we are searching happiness around us, longing for the happiness and lose our life by keeping on searching outside of us. Happiness is within us. We don't realize that we need to look within and discover it. To keep our mind healthy, be happy. Love yourself and your neighbour and stay strong :” Bliss is not to be found outside of us, it exists within us.”

Rofer Jeena R
18-PMT-019

JUNK FOOD

The fast food we eat is sometimes quite slow,
We stand there in queues with nowhere to go.
The queue that you pick never seems to go fast,
And you always feel, you are being served the last.

A person in front orders food for an army,
We all hate the wait as it makes you so barmy.
Kids are crying and parents are screaming,
And all the while you are boiling and streaming.

Most people will tell you that beverages are junk,
With a thin bit of pattie and while pile of gunk,
The fires are shard and the drinks full of ice,
And the assistants wear nets to keep out the lice.

But people are lazy and want something quick,
Even if they don't like it and makes them full sick,
They can't stay a way and keep coming back,
To much soggy fries and attack some big mac.

R.Harini
18-PMT-020

THE POWERFUL

Society bites when she laughs out loud
Society bites when she talks with a male
Society bites when she doesn't know how to cook
Society bites when she raises her voice against
Society bites when she pursues her career
Society bites when she rides a bike
Society bites when she prefers studies after marriage
“ But what the society is?, Unless You” my dear women
Stay strong, Follow your dreams.

Sharmi Sharpin. J

Healthy Life: Who is your Life Partner?

*- V. Saratha Preetha,
I M.Sc. Maths*

Mom?

Dad?

Wife?

Husband?

Son?

Daughter?

Friends?

Not at all. Your real life partner is your Body.

Once your body stops responding no one is with you. You and your body stay together from birth till death. What you do to your body is your responsibility and that will come back to you.

What you eat, what you do for being fit, how you deal with stress, how much rest you give to it, will decide how your body gonna respond.

Remember your body is the only permanent address where you live.

Your body is your asset, which no one can share. Your body is your responsibility because you are the real life partner. Be fit forever, take care of yourself, money comes and goes, relatives and friends are not permanent. Remember, no one can help your body other than you.

Your life partner needs no much care. But just simple things for happy life forever.

Pranayama for lungs, meditation for mind, yoga for body, walking for heart, good food for intestines, good thoughts for soul, good karma for world.

Save your soul and care for your body.

Simply stated, the human soul is the part of a person that is not physical. It is the part of every human being that lasts eternally after the body experiences death.

The human soul is central to the personhood of a human being. It is distinct from the heart, the spirit, the mind and the body. It is created by God. It can be strong or unsteady; it can be lost or saved.

“It is the part of us that is purified and protected by the truth and the work of the Holy Spirit.” Save your soul and care for your body.

My life My Society

My life is all about my society. I want to maintain my life healthy and wealthy not only with money; but also with kindness, affection and love. I have to be concerned about the people around me. If everyone thinks like this then my life becomes ‘My society’, no... no..... ‘Our society’. What is going on in our life? Typically we are running behind money to take care of us and our family. But now-a-days people are not even bothering about their parents; they are just concerned about themselves. They don’t want to adjust with anyone. Yes! We are living in an egoistic society, so only the old-age homes are multiplying larger and larger. Divorces are becoming very common. We are born without anything and going to die without anything. So now you are provided with an opportunity to have and enjoy everything. So share life with everyone; take care of the people; show love towards everyone. Share your smile because it is the most valuable thing. Spend time with your own Lord; Talk with him. Really you will feel good and relaxed. You can feel that freshness and calmness within yourself. It’s upto you to convert your life into something entertaining; engaging; unforgettable. You are the director and creator of your own life. God has given us a chance. Extract the best from your life. Make it the great life ever made. Don’t hesitate to learn new things. Give importance to your family than your cell phones. Spend some time with your parents and kids than in social networks. Visit some nearby villages; Try to know something about agriculture and farmers. Then you will never ever waste food.

***Delila .A,
18-PMT-34***

ஆரோக்கியமான வாழ்க்கை (வாழ்க்கை முறை மாற்றங்கள்)

ஆரோக்கியமான மாற்றம்!
 ஆரோக்கியம் என்ற
 தேடலில் பழமையை புதைக்கிறோம்.
 வாழ்வியல் சிந்தனைகளின் இடையே,
 மனித மாண்பையே மறக்கிறோம்.
 ஒன்றாய் அமர்ந்து சாப்பிட்ட
 நீலாச் சோறு எங்கே ?
 வீட்டிற்கு ஒரு மரம்
 என்றச் சட்டமே வந்தாலும்,
 பன்னீர்பூக்கு நீர்ஊற்றி - அதன்
 இதழ் விரிய காத்திருந்த நாம் எங்கே?
 அது ஒருகாலம் என்று
 வருந்தி அசை போட்டால் போதுமா?
 விருந்தினர் இல்லா வீடா...
 என்ற நிலை மாறி,
 வசதியாய் அப்பாட்மெண்ட் வாங்கியும்,
 வந்துபோக தான் ஆள் இல்லை.
 ஊர் திருவிழாவில் ஒன்றுகூடி
 கோலா-ice வாங்கிய காலம்மாற,
 I-phone வாங்கியும் அன்பாய்
 பேசுதான் நமக்கோ நேரமில்லை.
 ”மாற்றங்களே மாறாத ஒன்றோ?”
 ஆனால் மாறினவை எவை?
 மாறாத ஒன்று இனி வேண்டா...
 ஆரோக்கியமான மாற்றங்களே வேண்டும் !!!

Monica Hingis . J
I B.Sc., Visual Communication

நாம் ,அன்றாட வாழ்வில் ஆரோக்கியத்தை
 தேடி ஒடிக்கொண்டிருக்கிறோம். ஆனால் அய்யன்
 வள்ளுவரோ , உண்ணும் உணவை சரிவர
 உட்கொண்டால், மருந்து என தனியாக எதையும்
 எடுத்துக்கொள்ள வேண்டாம்.

மருந்து என்னும் அதிகாரம் உணவே மருந்து
 என்பதை உணர்ந்துகிறது .

உதாரணமாக...

குறள் எண் :942

**மருந்தென வேண்டாவாம் யாக்கைக்கு அருந்தியது
 அற்றது போற்றி உணின்.**

பொருள்: முன்பு உண்ட உணவு நன்கு
 செரித்ததை உணர்ந்தது, பின்பு தக்க அளவிற்கு
 உண்டால் உடல் உபாதை ஏற்பாடாது ,மருந்து என்ற
 ஒன்று தேவை இல்லை.

பின் வரும் ஐந்து குறள்கள் ,இக்கருத்தையே
 உணர்த்தும். வள்ளுவர் பசியைத் தீ என்றும் ,நோய்
 என்பதை துன்பம் என்கிறார்.

அதே போல் நம் தமிழ்

பாட்டி ஓளவையாரும்....

“வளவன் ஆயினும் அளவறிந்து உண்க”

என்கிறார்.

விளக்கம்: செல்வன் ஆகினும் உடலுக்குத்
 தேவையான அளவே உட்கொள்ள வேண்டும்.

முத்த தமிழ் குடிமக்கள் கூறியது
 போல் நல்ல உணவு பழக்கத்தை மேற் கொண்டால்
 ,ஆரோக்கியமான வாழ்வு நம் வசப்படும்.

“பனை மரம் அல்ல, அது வரம்”

தமிழர்களின் பண்பாட்டையும், கலாச்சாரத்தையும் உணர்த்தும் வகையிலமைந்த ஜல்லிக்கட்டு போராட்ட முடிவிற்போது தொடங்கியது பணையோடு சேர்ந்த இவரது வாழ்க்கைப் பயணம்.

பனை தமிழர்களின் வாழ்வியலோடு ஒன்றிய ஓர் அற்புதமாகும். மக்களுக்கு நமது பாரம்பரியத்தை பற்றிய புரிதல் வெறும் ஜல்லிக்கட்டோடு மட்டும் நிறுத்தக்கூடாது என்பதற்காக அதன் பயன்பாடுகள் அதுனுள் இருக்கும் அரசியல், பணையின் நிலை, சாதியக்கோட்பாடுகள் போன்றவற்றை மக்களிடம் கூறி புரியவைத்து பனை மரத்தை தமிழகத்தில் அதிகமாக்குவதே இவரது நோக்கம்.

தன்னுள் 801 பயன்பாடுகளைத் கொண்ட இம்மரம் உலகில் மொத்தம் 110 நாடுகளில் மட்டுமே உள்ளது. அவற்றுள் 50 சதவீத மரங்கள் இந்தியாவிலுள்ளது. அதிலும் 80 சதவீத மரங்களை கொண்ட தமிழ்நாட்டில் தான் கள்ளுக்கு தடைவிதிக்கப்பட்டுள்ளது என்பதே கொடுமையான உண்மை.

ஐடி ஊழியரான இவர், ஜல்லிக்கட்டு முடிவிற்போது சில இயற்கைவழி அமைப்புகளுடன் இணைந்து பொதுவான இயற்கையின் அமைப்பினையும், சிறப்பினையும் குறிப்பாக பணையை பற்றி அறிந்து கொண்டேன். ஏறக்குறைய இரண்டு வருடங்களாக பணையை பற்றியும், பனை ஏறிகளைப் பற்றியும் மக்களிடையே விழிப்புணர்வுகளை ஏற்படுத்துவதுடன் பணையை போற்றி பாதுகாக்க பல குழுக்களை கட்டமைத்து வருகின்றேன் எனக் கூறினார். ஆனால் தனக்கென எந்த தனிப்பட்ட குழுவும் இல்லையென்று சிரித்தார்.

இராமநாதபுரம், திருநெல்வேலி, தூத்துக்குடி, கன்னியாகுமாரி போன்ற தென் தமிழக மாவட்டங்களிலும், காஞ்சிபுரம், கடலூர், திருவள்ளூர்

மாவட்டங்களிலுமே பனைமரம் அதிகமுள்ளது. மேலும் நுங்கம்பாக்கம் என்பதே நுங்குகளை அதிகம் கொண்ட கடல்பகுதி என்றே பொருளாகும்.

பல இலக்கண இலக்கியங்கள் எழுதப்பட்டு இன்றுவரை அழியாமல் இருக்கும் பனை ஓலைகளின் சிறப்பைப் பற்றி அன்றே தொல்காப்பியம், திருமுகம், குறுந்தொகையில் கூறப்பட்டள்ளது.

பனை மரங்களில் ஏறி நுங்கு பறிப்பவர்களை பனை ஏறிகள் என்றழைப்பர். மேலும் இது குறிப்பிட்ட சமுதாய மக்கள் மட்டுமே செய்யும் வழக்கம் கொண்ட சாதிய

“ நுங்கம்பாக்கம் என்பதே நுங்குகளை அதிகம் கொண்ட கடல்பகுதி ”

அடக்குமுறைகள் நிறைய உண்டு என்கிறார் சதீஸ்.

நாள் ஒன்றுக்கு ஏறக்குறைய 40 மீட்டர் அளவு கொண்ட குறைந்தது 50 மரங்களாவது ஏறும் பனை ஏறிகளுக்கு மிக மிகக் குறைந்த வருமானமே கிடைக்கும் நிலை உள்ளது. மேலம் பனை சார்ந்த அனைத்து விதமான வியாபாரங்களுக்கும் மிகப்பெரிய போட்டியாக பன்னாட்டு விற்பனைப் பொருட்கள் உள்ளதால் இவர்களின் வாழ்வாதாரம் மிக மோசமாகவே உள்ளது. மேலும் தங்களது தொழில் அடுத்த தலைமுறைக்கு எடுத்துச் செல்லாமல் அவர்களோடு நிறுத்திக்கொள்வதாக பனை ஏறிகள் கூறுவதாக வருத்தம் தெரிவித்தார் பனை சதீஸ்.

பனை ஏறிகளின் நிலையை மாற்றுவதற்கும், பனை வழிப் பொருட்களுக்கு நேரடிச் சந்தைகளை ஏற்படுத்துதல், பனைப்பொருட்களை தயாரிக்க

articles

கண்டுபிடிக்கப்பட்ட புதுமையான இயந்திரங்களை வெளிக்கொண்டுவருதல், வாடிக்கையாளர்களை நேரடியாக வியாபாரிகளை அணுகச் செய்தல், மேலும் மக்களுக்கு பனைப்பொருட்களின் பயனை அறிதல் செய்வதே தனது பணிகள் என்கிறார்.

தற்பொழுது ஏற்பட்ட கஜா புயலில் பல மரங்கள் அழிந்தபோது ஒரு பனை கூட சாய்ந்தவாறு நாம் கேள்விப்படவில்லை என்பதே உண்மை. புனைமரத்திற்கு உறுதியான வேர்களும் மண்ணரிப்பை தடுக்கும் சக்தியும் உண்டு என்பதை நாம் சில இலக்கிய நூல்களில் காண இயலும். இதன் காரணமாக, கடந்த ஓராண்டு காலங்களில் மட்டுமே சென்னை சுற்றியும், அதன் எல்லைகளிலும் இதுவரை 80,000 முதல் 1 இலட்சம் பனை விதைகளை விதைத்துள்ளேன் என்றார். இதன் விளைவாக அடிக்கடி இயற்கை சீற்றங்களால் பாதிக்கப்படும் சென்னை மாநகரமானது இன்னும் 15 வருடங்களில் ஓர் பனை அரணுக்குள் (பவுண்டரி) வளமாகக் காணப்படும் என்று சொல்லி நெகிழ்ந்தார்.

இவற்றினடிப்படையில் முதன்முதலில் தான் இலயோலா கல்லூரியின் மூலமாக பனை சதீஸ் என்கின்ற அங்கீகாரத்தையும், மற்ற சில கல்லூரிகளில் பனை பாதுகாவலர் என்ற சில விருதுகளையும் பெற்றுள்ளேன் என்றார் சதீஸ்.

பருவநிலை மாறுதலை சாமாளிப்பதில் பனைக்கு நிகர் எதுவுமில்லை, காடு, மேடு, தரிசு, வயல், தோட்டம் என்று எங்கு வேண்டுமானாலும் வளர்ந்து பயன்தரும் கற்பகவிருட்சமான பனையை வளர்க்க வேண்டியது காலத்தின் கட்டாயம் என்று கூறுகிறார் பனை சதீஸ்.

மங்கையராய்ப் பிறப்பதற்கு நல்ல மாதவம் செய்திட வேண்டுமம்மா

தன்னை மறந்து அன்பு செய்பவன்
 தாழ்ச்சி குணத்தில் திறமை வாய்ந்தவள்
 தீய எண்ணம் துளியும் இல்லாதவள்
 தாய்மையான மனதெரியம் கொண்டவள்
 தொடக்கம் முதல் இன்று வரை
 தோள்மேலும் மார்பிலும் சுமந்து
 தாயாய், தங்கையாய், தாராமாய்
 தன்னிகரில்லா தனித்துவம் வாய்ந்தவள்
 மேலே கூறின அப்பெண்ணுக்கு,
 ஆயிரம் தான் கவி சொன்னேன்
 ஆழகழகாய் பொய் சொன்னேன்
 பத்துமாதம் சுமந்தவளே
 மறுபிறவி எடுத்தவளே
 பாலூட்டி வளர்த்தவளே
 பாசத்தில் மிஞ்சியவளே
 பெற்றவளே உன் பெருமை
 ஒத்தவரி சொல்லலையே !!

-சேவி.சிந்துஜா.பெ



ஆரோக்கிய வாழ்வு

வாழ்க்கை என்பது என்ன? அதனை எவ்வாறு நாம் கையாளுகின்றோம்? நமது வாழ்க்கை நிலை எவ்வாறு இருக்கின்றது? நமது வாழ்க்கையை நாம் எவ்வாறு வாழ வேண்டும்? ஆரோக்கியமான வாழ்வின் கூறுகள் என்ன?

மண்ணலிருந்து வந்த நாம் மண்ணிற்கே திரும்பும் வரை உள்ள பயணம் தான் “வாழ்க்கை” இப்பயணம் பல இன்பங்களையும், துன்பங்களையும், ஆச்சர்யங்களையும் உள்ளடக்கியது. இப்பயணத்தில் நாம் எவ்வாறு பயணிக்கின்றோம்?

நமது வாழ்க்கைப் பயணத்தை ஆரோக்கியமானதாகவும், துடிப்புமிக்கதாகவும் மாற்றுவது நமது கையில் தான் உள்ளது. ஆரோக்கியமான வாழ்வு என்பது இரண்டு நிலைகளைக் கொண்டது.

1. உடல்நிலை சார்ந்த ஆரோக்கியம்
2. மனநிலை சார்ந்த ஆரோக்கியம்

உடல்நிலை சார்ந்த ஆரோக்கியம்:

சுதந்திர இந்தியா என்று கர்வத்தோடு மார்தட்டிக்கொள்ளும் நாம், அந்நியரின் ஆட்சியின்போது நமது பாரம்பரிய உணவுமுறையை பின்பற்றினோம். இன்றோ “பாஸ்ட் புட்” என்னும் உணவுமுறையை பின்பற்றுவதன் மூலம் நமது வாழ்நாட்களும் “பாஸ்ட்” ஆக முடியக்கூடிய அபாயம் ஏற்பட்டுள்ளது. இவை மட்டுமா? நிச்சயமாக அன்று. இன்னும் பற்பல. இதன் காரணம் என்ன? மனிதன் தனது அடிப்படைத் தேவைகளைப் பூர்த்தி செய்வதை விடுத்து ஆடம்பரத்தை நாடுவதே. இவை அனைத்தின் விளைவாக நம் நாட்டின் நிலை கேள்விக்குறியாகிவிட்டது.

1. விவசாய நிலங்களை அழித்துவிட்டோம்
2. தொழிற்சாலைகளைப் பெருக்கிவிட்டோம்

“வெள்ளையனே வெளியேறு” என்று உதட்டளவில் கூறிவிட்டு அந்நியப் பொருள்களுக்கு அடிமையாகிவிட்டோம்.

நாடித் துடிப்பை வைத்தே மருத்துவம் பார்த்த நம் முன்னோரின் மருத்துவமுறையை மறந்து ஆங்கில மருத்துவத்தை நாடிச் சென்று உணவுக்கு பதில் மருந்துகளை உட்கொள்கின்றோம்.

“இன்றைய மாணவன் நாளை குடிமகன்” என்று கூறிய நமது முன்னாள் குடியரசுத் தலைவர் “முனைவர். அப்துல்கலாம்” அவர்களின் பொன்மொழியை இன்றைய இளைஞர்கள் டாஸ்மாக் முன்னால் நிறைவேற்றிக்கொண்டிருக்கிறார்கள்.

செயற்கை உரங்கள், செயற்கை குளிர்பானங்கள் என்று செயற்கையாகவே நாடிச் சென்றுக் கொண்டிருக்கிறோம்.

செயற்கையின் பின்னால் செல்லும் நமக்கு புரிவதில்லை ஆரோக்கியமான வாழ்வு என்பது செயற்கையில் இல்லை என்பது.

மனிதனின் அடிப்படைத் தேவைகளான நீர் மற்றும் காற்றை மாசுபடுத்தி உயிரைக் குடிக்கும் “கோலா” “ஸ்டெர்லைட்” போன்ற ஆலைகளைப் போற்றி வளர்க்கின்றோம். இக்கருத்தை எதிர்த்தவர்களுக்கு நமது அரசாங்கம் கொடுத்த சன்மானம் “மரணம்”

இப்பொழுது சிந்திப்போம் நம் உடல்நிலை சார்ந்த ஆரோக்கியம் எந்நிலையில் உள்ளது என்று??

மனநிலை ஆரோக்கியம்

ஒற்றுமைக்கு பெயர்போன நம் தமிழரின் கூட்டுக் குடும்ப கலாச்சாரத்தில் தனிக்குடித்தனம் என்னும் விதை என்று முளைத்ததோ அன்றே பறிபோயிற்று நமது மனநிலை சார்ந்த ஆரோக்கியம்.

A for Apple என்னும் பாடமுறையை பயிலவேண்டிய குழந்தையிடம் Apple i-phone தந்ததன் விளைவாக அவர்களின் எண்ணங்கள், செயல்கள், சிந்தனைகள், அணுகுமுறைகள் அனைத்தும் கைபேசி என்னும் குறுகிய வட்டத்தினுள் முடங்கி கிடக்கின்றது.

What என்று ஆசிரியரிடம் கேட்பதை விடுத்து Whatsapp-பிலும், பாடநூலைத் தவிர்த்து முகநூலிலும் மூழ்கி நமது இளைய சமுதாயம் மன அழுத்தத்தாலும், தனிமையாலும், விரக்தியாலும் இன்னும் பற்பல பிரச்சனைகளாலும் ஆரோக்கியத்தை இழந்து கொண்டிருக்கிறார்கள்.

குடும்ப வாழ்வில் பகிர்தல் (உரையாடல்) என்று குறைந்ததோ அன்றே மன உளைச்சலின் காரணமாக நீதிமன்றங்களில் விவாகரத்துக்கள் பெருகிவிட்டன.

இப்பொழுது சிந்திப்போம் நமது மனநிலை சார்ந்த ஆரோக்கியம் எந்நிலையில் உள்ளது என்று??

நிறைவுரை

“மாற்றம் ஒன்றே மாறாதது”

அம்மாற்றத்தை மற்றவர்களிடம் இருந்து எதிர்பார்ப்பதை விட நம்மில் மிளிர்விக்க வேண்டும்.

புதிய இந்தியா இளையோர் கையில் என்று உதட்டளவிலும், சமூக வளைத்தளங்களிலும் கூறுவதோடு நிறுத்திவிடாமல் “மெரினா புரட்சியைப்” போன்று செயலில் வெளிக்கொணர வேண்டும். அப்பொழுதுதான் நமது உடலும், மனமும் சேர்ந்த அர்த்தமுள்ள ஆரோக்கிய வாழ்வு மலரும்..

நமது மண்ணின் மைந்தர் முனைவர் “அப்துல் கலாம்” அவர்களின் கனவு இந்தியாவை ஆரோக்கியமான இந்தியாவாக உருவாக்க உறுதி ஏற்போம்.

அ.பிரின்ஸி அன்டன்

இரண்டாம் ஆண்டு மின்னணுவியல் மற்றும்
தொடர்பியல், லிசுட்

உடல் நலம் பேணுதல்

உணவுப் பட்டியல் :

கார்போஹைட்ரேட்	-	33மூ
வைட்டமின்கள் மற்றும் மினரல்கள் (பழங்கள், காய்கறிகள்)	-	33மூ
பால் புரதங்கள் (பால், தயிர், வெண்ணை)	-	15மூ
இறைச்சி புரதங்கள் (மீன், இறைச்சி, முட்டை)	-	12மூ
கொழுப்பு மற்றும் சர்க்கரை (கொழுப்பு ∴ இனிப்பு உணவுகள்)	-	7மூ

உடல் நலம் பேண வேண்டுமெனில், துரித உணவுகளை தூக்கி எறிதல் முதற்செயலாக வேண்டும். காய்கறிகளை பச்சையாக உண்ணுதல் வேண்டும்.

தினசரி 3 லிட்டர் தண்ணீர் தவறாமல் குடிக்க வேண்டும். சிட்ரிக் பழங்களான ஆரஞ்சு, எலுமிச்சை பழச்சாற்றை அருந்தப் பழக வேண்டும். மாலிக் பழங்களான ஆப்பின் போன்றவற்றை உண்ணுவதால் முகம் பொலிவு பெறும். தினமும் ஒரு வாழைப்பழம் உண்டால் உடல் சீராக இருக்கும். வாழைப்பழத்தில் விட்டமின் சி,டி, உள்ளது இதனால் உடல் எடையும் சீர்பெறும்.

மேலும் பால், முட்டைப் போன்றவற்றை வாரத்திற்கு மும்முறை எடுத்துக்கொண்டால் எலும்பு மற்றும் மஜ்ஜை வலுபெறும்.

கலப்பின கோழிகளை சுவைக்காக உண்ணுதலை தவிர்த்தல் நன்று.

கடைகளில் கிடைக்கும் குளிர்பானங்களை தவிர்த்து இளநீர், மோர் ஆகியவற்றை அருந்தலாம்.

மாலையில் உண்ணும் தின்பண்டங்களுக்கு பதிலாக தானியவகைகள் சேர்த்துக் கொள்வது சிறப்பு.

இயற்கையால் கிடைக்கப்பெறும் அனைத்து உண்ணும் பொருளும் உடல்நலத்திற்கு ஏற்றதே. அதற்கு மாறாக உடல்நலத்தை கெடுக்கும் செயற்கையால் உருவாக்கப்பட்டு சமைக்கப்பட்ட உணவுகளை உண்ணுவதால் பெரும்கேடுகள் விளைகின்றன.

தினமும் அதிகாலை உடற்பயிற்சி மேற்கொள்வதால் இரத்த ஓட்டம் சீராகிறது.

“மருந்தென வேண்டாவாம் யாக்கைக்கு அருந்தியது
ஆற்றது போற்றி உணின்” - திருவள்ளுவர்

J. Anto Helina
18-PMT-09

articles



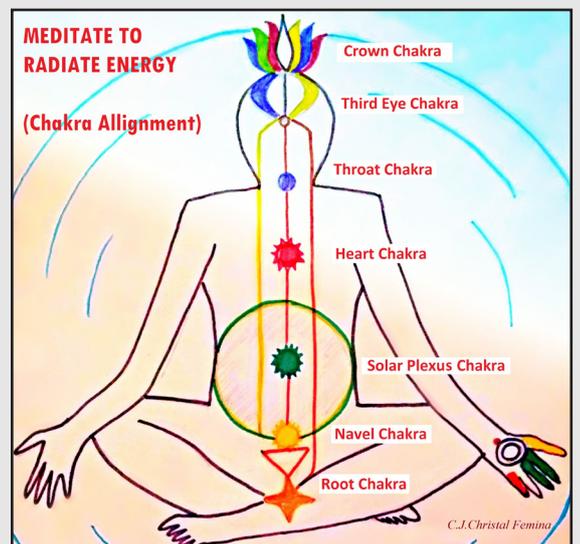
B.Renisha,3rd year,LICET



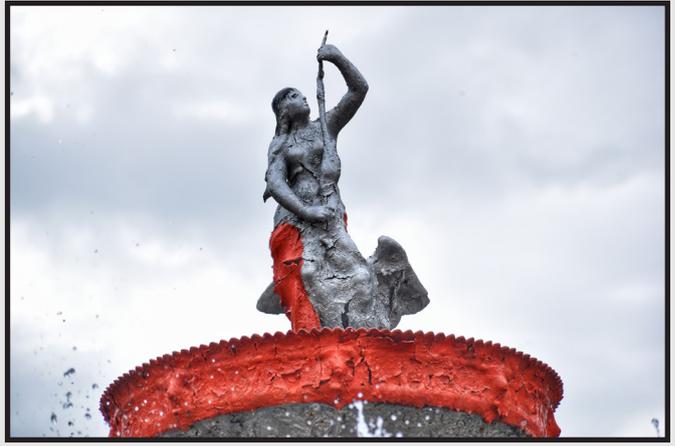
Anjali,II B,Sc.Visual Communication



Preethi Vincenza Lawrence,
II PG Physics



C.J.Christal Femina



Photos: Kiruthika, B.Voc



Photos: Vennila, I B.Sc Viscom

gallery







“home away
from home”



The sign is rectangular with a dark blue background and white text. It features a circular logo at the top left, followed by the name of the hostel, the college name, and the full address. The sign is mounted on a black metal gate with decorative gold-colored scrollwork.


LOYOLA WOMEN'S HOSTEL
LOYOLA COLLEGE CAMPUS,
Sterling Road, Nungambakkam,
Chennai - 600 034, Tamilnadu, India