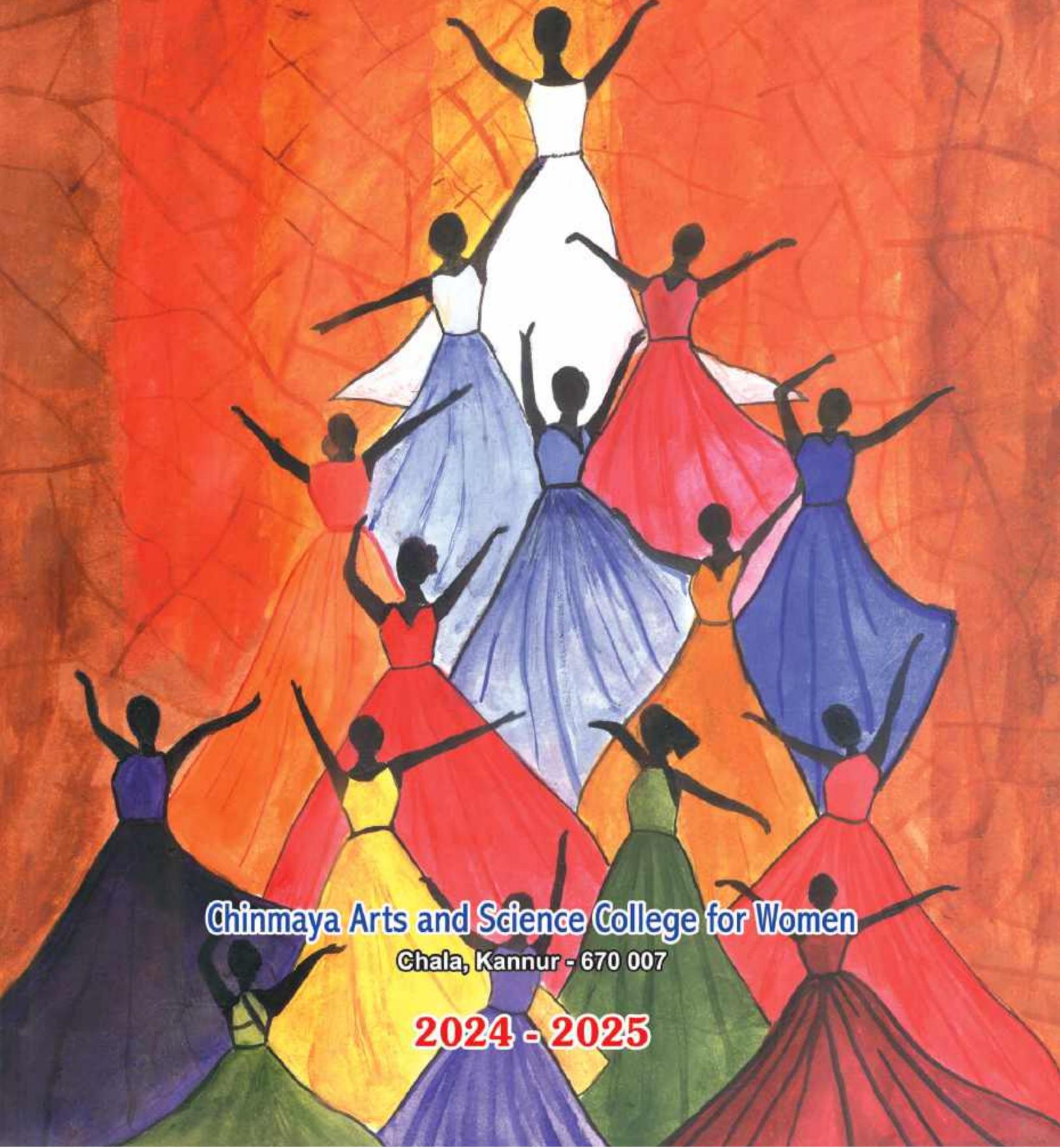


Darpan



Chinmaya Arts and Science College for Women

Chala, Kannur - 670 007

2024 - 2025



Mission Pledge

"We stand as one family, bound to each other with love and respect.

We serve as an army courageous and disciplined, ever ready to fight against all low tendencies and false values, within and without us.

We live honestly the noble life of sacrifice and service, producing more than what we consume and giving more than what we take.

We seek the Lord's Grace to keep us on the path of virtue, courage and wisdom.

May Thy grace and blessings flow through us to the world around us !

We believe that the service of our country is the service of the Lord of Lords and devotion to the people is the devotion to the Supreme Self.

We know our responsibilities; give us the ability and courage to fulfil them."

Om Tat Sat !!

Chinmaya Arts & Science College for Women



Darpan

2024 - 2025



CHINMAYA ARTS AND SCIENCE COLLEGE FOR WOMEN

(A unit under Chinmaya Education and Cultural Trust, affiliated to Kannur University)

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2024 - 2025

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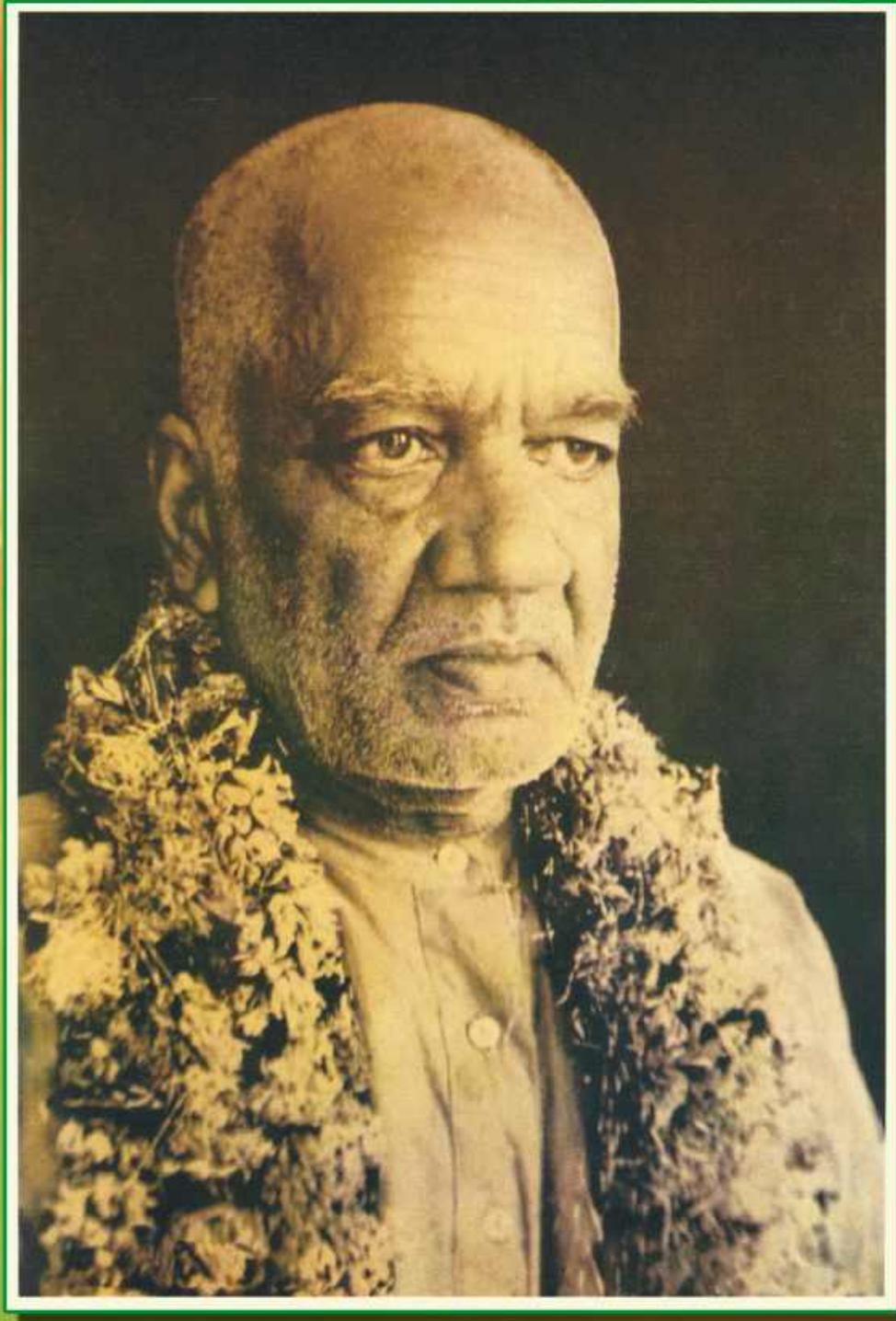
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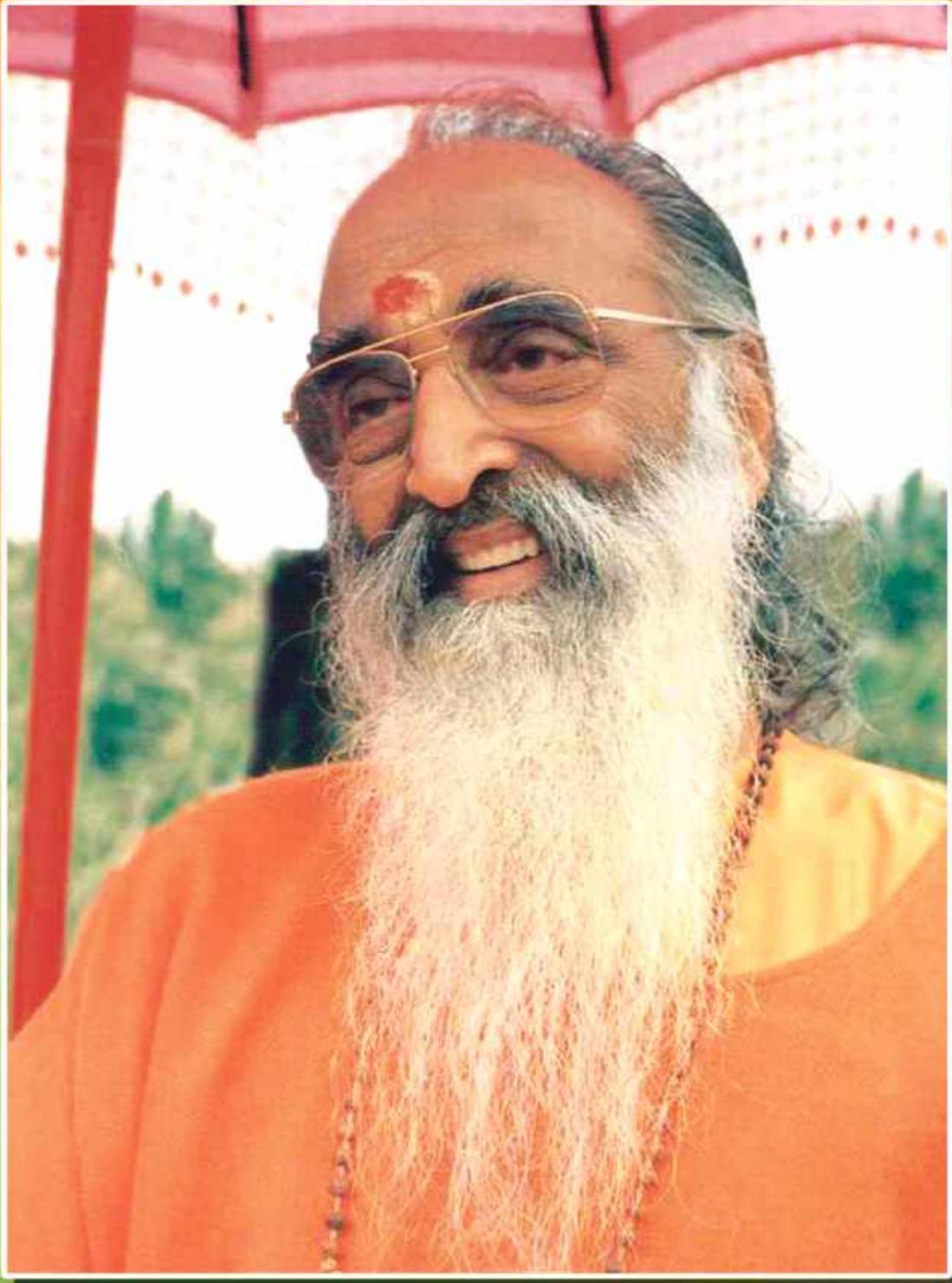
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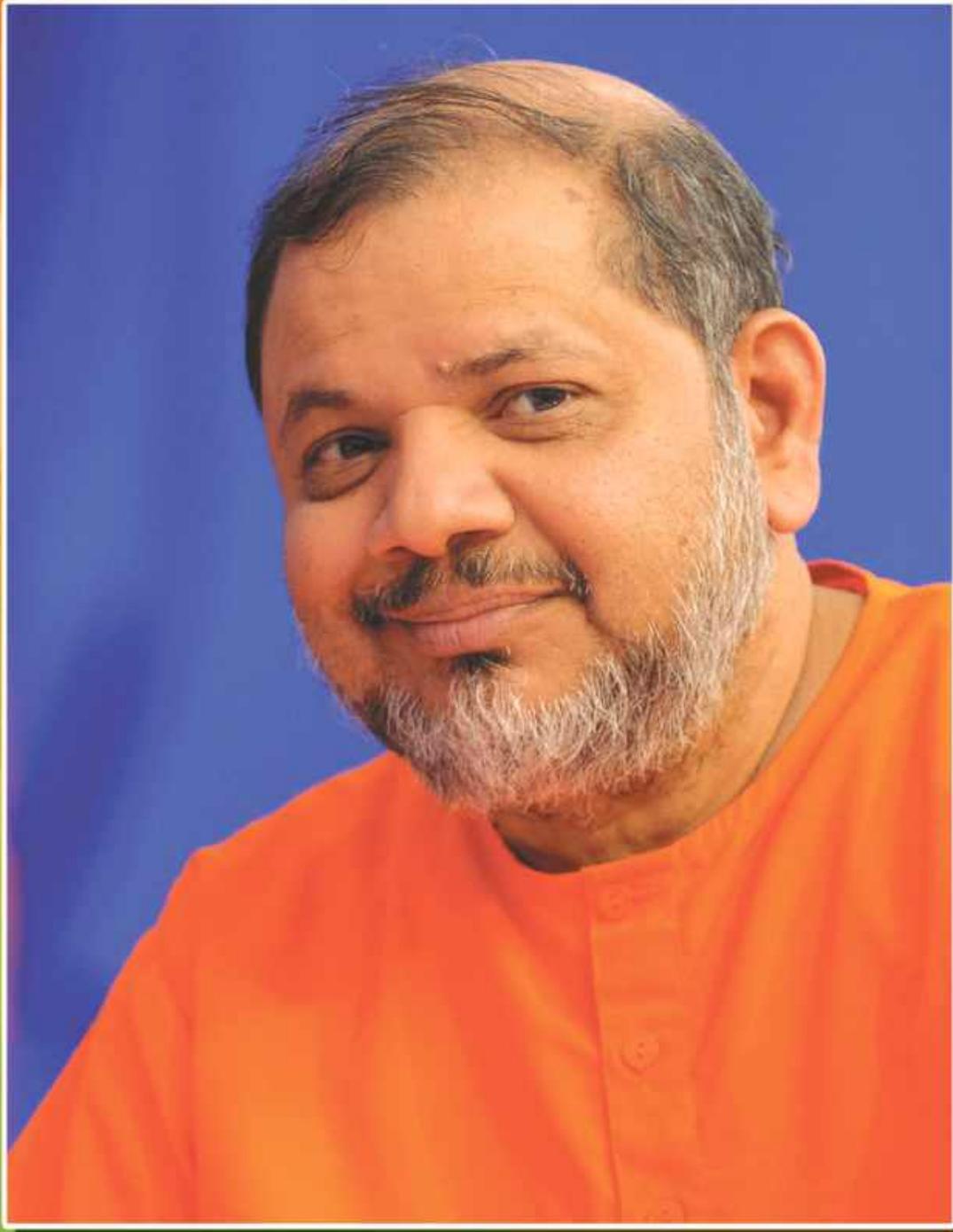
Swami Tapovanam Maharaj is a monumental expression of an ideal vedantic teacher. He is our grandsire in this organisation. The glory of what the Mission is doing is all His glory.



POOJYA SWAMI CHINMAYANANDA

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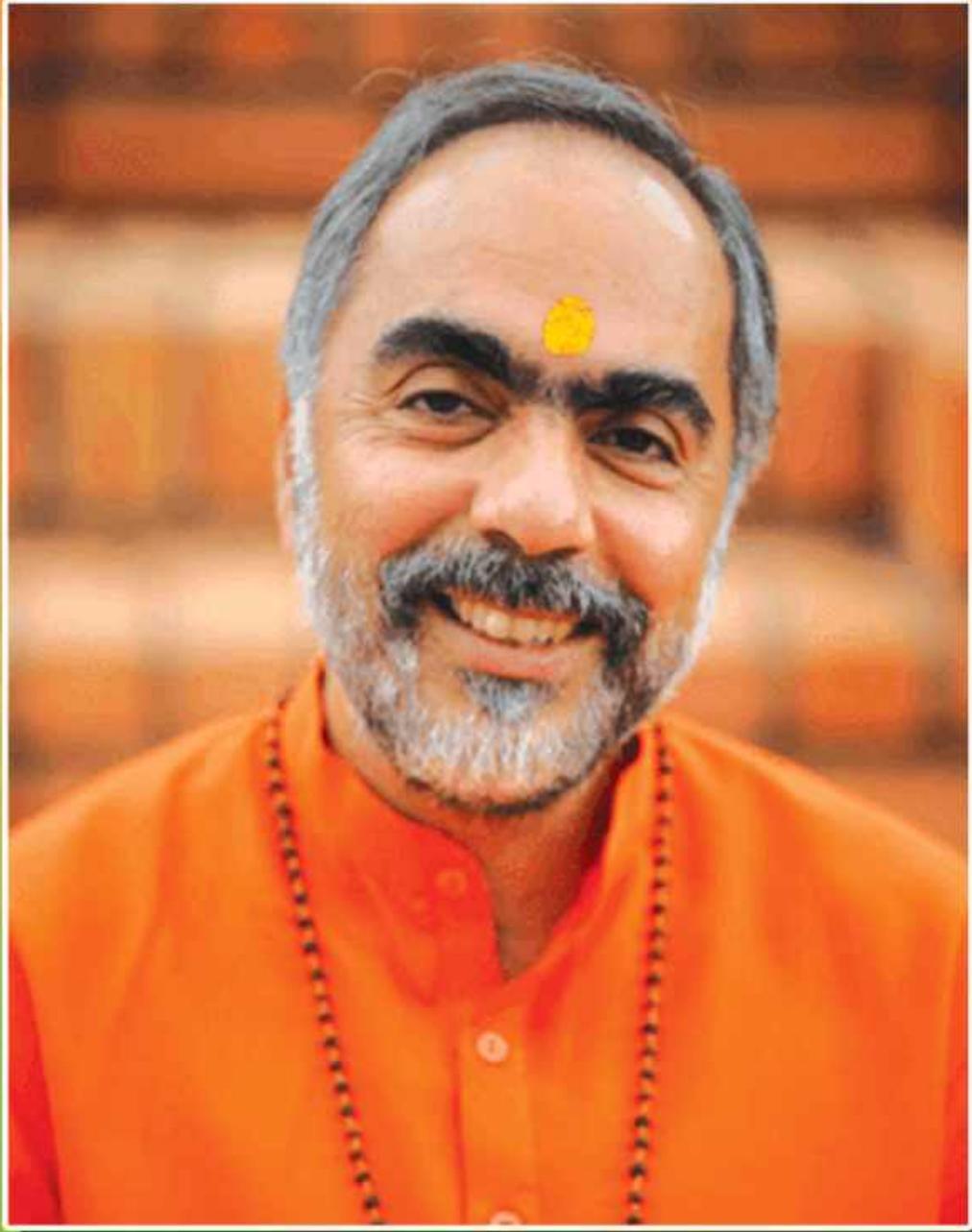
(Founder Chairman, Chinmaya Mission)



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(Chairman, Central Chinmaya Mission Trust from 15th August 1993 to 18th January 2017)

Padma Bhushan Awardee 2016



POOJYA SWAMI SWAROOPANANDA
(Chairman, Central Chinmaya Mission Trust from 19th January 2017)

"Guruji is Stepping up and I am ever at his feet"



Respectful homage to our former Acharya
SWAMINI APOORVANANDA SARASWATHI



Principal's Message

"Leadership and Learning are indispensable to each other"

- John F Kennedy

Chinmaya Arts and Science College strives to carve future leaders by inspiring them to think, create collaborate and achieve. The ability to learn, unlearn and relearn is the hallmark of a successful individual. It requires deep thought and conscious action. In order to understand their inner potential our students have embarked on a journey of introspection.

"Darpan" - is an earnest attempt to showcase these inner thoughts, ideas and aspirations to the world. As the name suggests, it is a reflection of the creative and inquisitive mind of the author that has been given wings in the form of prose, poetry, drawings, and paintings.

Our staff and students have painstakingly compiled these articles to present to you a glimpse of the ambitions and expectations of our future leaders. I am sure each article will encourage you to pause, ponder and start your own journey of self discovery.

Best wishes

Dr. Seema M. Thayil
Principal



Editor's Desk

"Learning gives creativity, creativity leads to thinking, thinking provides knowledge and knowledge makes you great."

— Dr. A.P.J. Abdul Kalam

With the dawn of a new academic year, we are delighted to unveil "Darpan 2024–25" a vibrant mirror reflecting the soul of our college. Within these pages lie the voices, dreams, and accomplishments of our ever-evolving campus community. This magazine is not just a compilation of articles; it is a tapestry of thoughts, creativity, and collective passion woven together by our students and faculty.

My sincere gratitude to the management for their continuous support and encouragement, which laid the foundation for turning this magazine into a reality.

It is a privilege to guide this passionate team of writers, designers, and photographers who have worked with enthusiasm and purpose to shape this publication. I extend my heartfelt gratitude to our Principal, Dr. Seema M Thayil, Chief Editor of Darpan, whose vision and unwavering support have served as our guiding light throughout this journey.

A special note of recognition goes to Ms. Rimisha H, who served as the Sub Editor of Darpan. Her support in refining the content and ensuring consistency throughout the magazine has been invaluable.

My sincere appreciation goes out to our student editor, Ms. Pranaya Jayesh, whose commitment and tireless efforts have played a key role in bringing this publication to life. She is not only a dedicated editor but also an exceptionally talented writer whose contributions have added great value to this edition.

I would also like to acknowledge the tireless effort of Ms. Ramya E, whose guidance and expertise in sorting and refining the articles added depth and clarity to the content. I am especially grateful to Ms. Subitha M P and Ms. Nithya K P, whose persistent dedication in identifying and securing sponsors played a vital role in turning this vision into reality.

I would like to extend my heartfelt thanks to the staff and students who directly contributed to this magazine. And finally, I offer my deepest thanks to all the imaginative minds who shared their unique perspectives with us. Your words and artworks are not just contributions — they are sparks of inspiration that will resonate with every reader.

May the pages ahead provoke thoughtful reflection and kindle joy. Let Darpan 2024–25 be a celebration of voices united in creativity, vision, and purpose.

Warm Regards,

Divna Satheendran
Staff Editor



DARPAN: THE INSTRUMENT OF SELF-DISCOVERY

“You use a glass mirror to see your face; you use works of art to see your soul.”

George Bernard Shaw

Shaw's words are a reminder that what we see while standing in front of a mirror is our physical reflection: how the world 'sees' us. In order to let others truly understand who we are; what we think, feel and imagine, we can make use of the magic of art. Our opinions, viewpoints, expectations, imaginations and experiences can all be expressed through the medium of art. Art never judges us - whether it is the papers, the pens, the keyboard, the mobile screen, the canvas, the paints or the pencils. They simply allow us to share what we feel. This is also the message of this mirror: '**DARPAN**'.

'**DARPAN**' is a compilation of the creative achievements and raw expressions of our talented youth. True to its title, it reflects the spirit of the budding talents while also bringing in to light a new version of themselves. This magazine aims to bring out the thoughts, experiences and words of today's young women.

'**DARPAN**' 2024-25, presented by the editorial board of Chinmaya Arts and Science College for Women is an honour and a collection of various ideologies of students.

I take this opportunity to express my gratitude to our beloved Principal Dr. Seema M Thayil, Staff Editor Ms. Divna Satheendran and Sub Editor Ms. Rimisha H for their immense support, valuable time, guidance and faith in us.

I hope that you will enjoy discovering rare talent and explore various ideas in this artistic world.

Pranaya Jayesh
Student Editor

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(I BA English)

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ANNUAL REPORT 2024-25

HARI OM!!!

Offering humble pranams to the lotus feet of our Poojya Gurudev Sw. Chinmayananda

Good morning to one and all present here.

Warm greetings to our Chief Guest, Dr. Shibi P Varghese, Medical Officer, Homeopathy Department, Kannur District, Our Management members, Sri K K Rajan, Chief Sevak, Chinmaya Mission, Kannur, Prof. C P Sreenath, Dean, Chinmaya Colleges Kannur, Sri Mahesh Chandra Baliga, Secretary, Chinmaya Mission and other Management Representatives, Principals and staff of our sister institutions, Executive Members of PTA, the dignified strength of our institution - teaching and non - teaching staff and my beloved students.

With great pleasure and pride, I deliver the Annual Report of our Institution, Chinmaya Arts and Science College for Women for the academic year 2024-25 on this special day, on completion of 21 years of excellence in higher education.

The institution was established in the year 2003 under the management of Chinmaya Mission Educational and Cultural Trust (CMECT), Kannur. Currently, we offer six UG and three PG programmes with 31 teaching and 12 non-teaching members of staff on the rolls.

Our institution has always been dedicated to cultivating an environment that nurtures growth of young minds, fosters independent thought, and promotes holistic development. We strive to equip students with the skills and resilience necessary to navigate the challenges of the real world. To uphold our commitment to excellence, we implement policies and systems that enhance standards across various domains, including leadership, discipline, athletics, arts, and academics.

This report is an earnest attempt to present our activities and achievements during the academic year 2024-25.

ACADEMICS AND ACHIEVEMENTS

The college reopened on 6th June 2024, after the summer vacation.

A total of 333 students were on the rolls during the academic year 2024-25

A total of 134 students appeared for the final year examinations, April 2024.

The following students brought **laurels to the institution**:

1. Ms. Kavyasree A of MSc Biotechnology bagged the first position in Kannur University Examination.

Undergraduate courses

2. Ms Nivedita Salil bagged the University First Rank in BSc Biotechnology with 92.9%.
3. Ms Avikhna C K bagged the University Second rank in BSc Biotechnology with 92.5%.
4. Ms Fathima K P got the University Second Rank in BCA with 92.6%.

CO-CURRICULAR AND EXTRACURRICULAR ACTIVITIES ACHIEVEMENTS

Our students participated in a variety of co-curricular activities and excelled in them.

Ms Sheethel PM of II MA English and Ms Mita Vinaya Kumar of III BCom secured the First and Second Grade in the Essay writing competition organised by Sri Satya Sai Seva Trust, Kannur on 18 November 2024.

Students took part in the 'Yuva Utsav 2024' organised by Nehru Yuva Kendra, at S N College Kannur on 22 November 2024 and bagged cash prizes in the following events:

Individual Items

- In Declamation Contest: Ms Sumayya NR of II BA English, bagged the First place and cash prize of ₹ 5000/-.
- In Mobile photography Competition: Ms Saniya Mirza of III BSc Biotechnology, bagged the

Third place and cash prize of ₹ 1000/-.

- English Versification Contest: Ms Poorna Sreenivasan of II BA English, bagged the First place and cash prize of ₹ 2500/- and Ms Henoga Sanesh of III BSc Biotechnology, bagged the Third place and cash prize of ₹ 1000.

Group Items

- In Folk Dance competition the students bagged the Second place and cash prize of ₹ 5000/- The participants in the event are Ms. Snishidha Sunilkumar, Ms. Ditz S Raj, Ms. Surya D of III BCA, Ms. Amra Asaref C K , Ms. Mayura R of III BSc Biotechnology, Ms. Mita Vinaya Kumar and Ms. Pournami Kaushal Nambiar of III BCom.

The Indian Association of Parliamentarians on Population and Development (IAPPD) organised a Debate competition at Kannur University, on 8th January 2025 on the topic “Climate change is a threat to human health”- Ms Sumayya N R of II BA English bagged the First place and Ms Sheethel P M of II MA English got the Third place. The impressive performance of Ms Sumayya N R secured her the opportunity to participate in the National level debate competition scheduled to take place in March 2025.

III BCom students- Ms. Zehba Mariyam P C, Ms. Karishma Harindrakumar, Ms. Roopitha Roopesh, and Ms. N V Minha Mariyam bagged second prize in the Treasure Hunt event in the management fest at Vimal Jyothi Engineering College, Chemperi and were awarded certificates with a cash prize of ₹ 5000/-.

Ms Sumayya N R bagged the First place in the National Youth Day- District level Elocution competition conducted by Electoral Literacy Club, Kannur University on 12 January 2025.

During the recent Kannur University Kalolsavam, from 24 - 28 February 2025, 45 students participated in various events and won prizes in the following categories.

Offstage

Poem Writing English - Ms Poorna Sreenivasan, II BA English - Third prize

Essay Writing English - Pranaya Jayesh , II BSc Biotechnology - First Prize

Onstage

Music - Vocal - Solo - Ms Gayathri P, II MA English won the First Prize in

- Ghazal
- Hindustani music
- Mapillapattu (single)
- She also won the Third Prize for Light music

Ms Gayathri has been declared the **Sangeethaprabhitha** of Kannur University

Oppana - Group - First Prize

- Participants are Ms. Gayathri P (II MA English), Ms. Gilsha K (II MA English), Ms. Laya Jith (II BCA), Ms. Amra Ashraf C K (III BSc Biotechnology), Ms. Harichandana M (II BBA), Ms. Shalabha Sajesh (II BBA), Ms. Jasna Jayanth (II BCA), Ms. Fathimathul Nafa (I BBA), Ms. Devangana A (II BCA), Ms. Sheba C (III BCA).

Mappilapattu (Group) - Second Prize

- Participants- Ms. Gayathri (II MA English), Ms. Gilsha K (II MA English), Ms. Sreelekshmi A (III BBA), Ms. Varsha Madhu (III BCA), Ms. Varsha Madhusoodhanan (III BCA), Ms. Laya Jith (II BCA).

Margamkali - Third place with A Grade

- Participants - Ms. Snishidha Sunilkumar (III BCA), Ms. Nandana Babu (III BSc Biotechnology), Ms. Ditz S Raj (III BCA), Ms. Avani Chandra (II BBA), Ms. Adheena (I Msc Biotechnology), Ms. Sreenanda M P (I BBA), Ms. Varsha Madhusoodhanan (III BCA), Ms. Mita Vinaya Kumar (III BCom).

SPORTS

Ms Surya D of III BCA secured Third place in High Jump in the Intercollegiate athletic meet of Kannur University. Ms Surya D also participated in the **Heptathlon event**.

Malavika Sooraj and Avani Chandra of II BBA participated in the javelin throw and shot-put events respectively.

We are very proud to announce that the Women's Cricket Team under the captaincy of Ms. Ramla Ghashia Nuhama (I BBA) and team members Sreeya M (I BBA), Ms. Surya D (III BCA), Ms. Rishika Shyju V (I BCom), Ms. Savitha J (I BBA), Ms. Liyana P P (I BCom), Ms. Poorna Sreenivasan (II BA English), Ms. Nandana Valsan (II BBA), Ms. Avani Chandra (II BBA), Ms. Soorya Sree A K (II BCA), Ms. Ashitha P V (I BCA), Sneha Ramachandran (I BSc Biotechnology), Ms. Devika (III BCA), Ms. Malavika Sooraj (II BBA) participated in the **Kannur University Women's Cricket Tournament** on 13 Jan 2025. The team displayed exceptional talent and sportsmanship and **Ms Sreeya M of I BBA, was selected to the Kannur University Women's Cricket team.**

The **Annual Sports Meet 2024-25 of the college** was held on 5th February 2025. The meet was inaugurated by Ms Neethumol P, Sub Inspector, KPF 14 battalion. The event started with a colorful March past and students enthusiastically participated in all the sporting activities.

Surya D of III BCA won the **Individual Championship** for Short put, Javelin, and Long Jump. The **Overall Trophy** was won by the Team Emerald

COLLEGE UNION COUNCIL ELECTION

The **College Union Election** was held on 11th September 2024 as per the guidelines of Kannur University. It started at 9.30 AM and concluded after the announcement of results at 2.30 PM. The election saw a mix of unanimous and contested posts, with several candidates winning without opposition. Ms Sumayya N R of II BA English was unanimously elected as Chairperson, while Poorna Sreenivasan of II BA English won the post of Vice Chairperson. Krishnendhu M Nair of II BA English was elected as Secretary. The newly elected office bearers are enthusiastic about the new post and challenges that they were entrusted with.

The elected members, who are in charge of organizing, variety of activities and events at the college, have demonstrated exceptional leadership skills in coordinating the programmes

Sl.No	NAME OF POST	NAME OF CANDIDATE	CLASS
1	Chairperson	Ms. Sumayya N R	II BA English
2	Vice Chairperson	Ms. Poorna Sreenivasan	II BA English
3	Secretary	Ms. Krishnendhu M Nair	II BA English
4	Joint Secretary	Ms. Shivapriya C	II BCA
5	University Union Councillor	Ms.Pournami Kaushal Nambiar	III Bcom
6	Student Editor	Ms. Pranaya Jayesh	II BSc Biotechnology
7	Fine Arts Secretary	Ms. Malavika Sooraj	II BBA
8	General Captain	Ms. Soorya Sree A K	II BCA
9	I DC Representative	Ms. Sreeya MI BBA	
10	II DC Representative	Ms. Devananda V V	II BCA
12	PG Representative	Ms. Joshya Jayachandran	II MA English
13	BCA Association Secretary	Bhavana Kumari	II BCA

14	Biotechnology Association Secretary	Ms. Sneha Ramachandran	I BSc Biotechnology
15	Commerce Association Secretary	Ms. Amina Elambilat	I Bcom
16	Management Association Secretary	Ms. Parvathy Athilat	III BBA
17	English Association Secretary	Ms. Devapriya K K	I BA English

PROGRAMMES, FUNCTIONS AND INAUGURATIONS

International Yoga Day was observed on 21 June 2024. Sri Vivek Lakshmanan, Yoga Instructor, CV Kannur presented an informative talk on the benefits of Yoga and demonstrated Yogasanas in which the staff and students actively participated.

International Anti Drug Day was observed on 26 June 2024. Sri Sajith K, Assistant Excise Inspector spoke on being vigilant of the drug trafficking and how students are an easy target. The staff and students took an oath against the use of drugs and to prevent drug abuse in the society.

Ms Sumayya NR and Ms Poorna Sreenivasan of II BA English bagged the First place in the Literature Quiz competition organized by The Library and Language department on 27th June 24 to commemorate Vayanadinam, the Reading Day, which is observed on June 19th every year.

The Chief Minister Shri Pinarayi Vijayan inaugurated the Four Year Undergraduate Programme (FYUGP), throughout Kerala on 01 July 24. Followed by the statewide launch, there was a briefing of the FYUGP to the parents and students by Dr Reshmy V, the FYUGP college coordinator. The launch of the FYUGP programme in the college was inaugurated by Sri K K Rajan, Chief Sevak, Chinmaya Mission, Kannur. Dr. Seema M Thayil, Principal, gave the Presidential address. Sri Mahesh Chandra Baliga, Secretary, Chinmaya Mission, Kannur, Prof C P Sreenath, Dean, Chinmaya Colleges, Kannur, Smt Suma Balakrishnan (Former Mayor), and Sri Balakrishnan (Councillor, Kannur Corporation) offered felicitations.

Induction programme for First year UG students was organised on 10, 11 & 12 July 2024. Mr Sanal Paadikanam, Ms Lavanya Neliath and Ms Archana Praveesh were the resource persons. The Induction sessions were highly motivational and interactive with games to promote interpersonal skills. These sessions enable students to overcome their inhibitions and reach out to higher goals.

Course Completion Ceremony for the passout batch was held on 20 July 24 at Chinmaya Educational Campus in the presence of the members of Management Committee, staff, students and parents. Dr Nishna Pradeep, Head, Department of Prosthodontics, Kannur Medical College & Ms Aswathi Vijith (Alumna- 2003, the first batch), Senior Bank Manager, South Indian Bank, Kannur were the Chief Guest and Guest of honour. Sri K K Rajan ,Chief Sevak Chinmaya Mission inaugurated the event. Sri Mahesh Chandra Baliga and Prof C P Sreenath, felicitated the occasion.

The PG Department of Biotechnology conducted an activity based programme 'Blooming Brilliance' for the BSc and MSc Biotechnology students on 8th August 2024.

Sri Sathya Sai Seva Trust conducted an Essay Writing Competition for 30 participants from UG & PG on the topic 'Money comes and goes, Morality comes and grows'.

The Department of Computer Applications organised a session on 'Happiness & Positivity- Key to Success'on 13 Aug 2024. Sri Deek Parassini, Motivational Speaker and Mentor, Founder of LIAP was the resource person.

On 15 August 2024, the 78th Independence Day was observed in a patriotic fervour with patriotic song and dance. The dance drama, “Sanskriti” portrayed the cultural diversity of Bharat, showcasing the culture and couture of various Indian states. A Quiz Competition was conducted and the winners of the Independence Day Quiz were : Ms Sumayya N R & Ms Poorna of II BA English bagged the First place, Ms Sneha M K & Ms Anjima Sreeshan of II MSc Biotechnology got Second place and Ms Sheethel P M & Ms Joshya Jayachandran of II MA English secured the Third Place.

'Bioquest Gatherings'- Lecture series in Advanced Biology was conducted in this academic session by the PG Dept of Biotechnology. Experts in various branches of Biotechnology were invited to deliver lectures in current trends in Biology. The first session of the series was inaugurated by Dr Baiju G Nair, Associate Professor & Head, Department of Bioscience & Engineering, NIT, Calicut on 16 Aug 2024.

On the same day, 'Campus Sign'- the biweekly newspaper of our college was launched. The students of Journalism, under the able guidance of Ms Nithu P V, Faculty, PG Department of English launched this biweekly college newspaper focussing on academic activities and achievements of the college. The first copy was presented to Sri K K Rajan, Chief Sevak, Chinmaya Mission.

"Lights Camera"- The Freshers Day was celebrated on 19 Aug 2024. It was an energetic occasion organized by the senior students to welcome the new students. The program was a vibrant showcase of talent, with various departments presenting their own unique dance performances. The audience was treated to a diverse range of entertainment, including music and dance programs that left everyone mesmerized.

On 5th September 2024, Teachers' day was celebrated. The College Union organised an exciting and entertaining session. In a unique gesture, students bestowed titles, crowns and personalized greeting cards to the teachers. The handmade greeting cards, were indeed a very heartwarming gesture. An engaging session of games was organised by the NSS volunteers. A short video presentation entitled 'Tribute to teachers' was also screened

On the same occasion, 5 September 2024, college radio station, 'ChinTune FM' was launched by Dr. Seema M Thayil, Principal of the college. The brainchild of second-year BA English Literature and Journalism students, 'ChinTune FM' is the result of tireless efforts of Ms Poorna Sreenivasan, Ms Aswathi Shyam, Ms Prarthana, Ms Sumayya N R, Krishnendu C K and Krishnendu M Nair. The commendable efforts made by Ms Nithu P V, Assistant Professor, Department of English, needs special appreciation.

"THEYTHAKA"- Spirit of Onam, the Onam celebration that started at 9:00 AM went on till 4:00 PM in the college on 12 September 2024. The college campus transformed into a vibrant hub of culture, music, and laughter as students and faculty came together to mark the cultural heritage of Kerala. The celebrations commenced with a stunning flower carpet, followed by traditional dances, songs and cultural programs. Teachers also participated in the festivities by presenting 'Thiruvathirakali', showcasing their talents alongside students.

Telecom Regulatory Authority of India (TRAI) organized a comprehensive cybersecurity awareness drive on Wednesday, September 25th 2024. Cybersecurity experts Sri Chandra Choodan, Joint Advisor, Regional Office, TRAI, Bengaluru, Sri Bijumon, Superintendent of Police, Government of Kerala, and Sri K Muralidhara, Senior Research Officer, TRAI, Bengaluru, conducted the special sessions. The consumer outreach program on cybersecurity aimed to educate students on online safety, digital literacy and best practices to prevent cyber threats.

BCA students participated in 'The Quantum Leap' a hands- on workshop organized by ICT Academy of Kerala in collaboration with Microsoft at Calicut,, The session aims at empowering students to develop innovative solutions. The initiative taken by the department to provide opportunities for

students with cutting-edge knowledge and skills in emerging technologies is commendable.

On 4th October 2024, Sri Kalpetta Narayanan (Recipient of Kerala Sahithya Academy Award) & Sri Jithu (Radio Jockey, Red FM) inaugurated the College Union Council & Fine Arts Association. The colourful event started with an invocation. The Secretary of the previous council welcomed the gathering followed by the Oath taking ceremony. The Principal, Dr Seema M Thayil presided over the program. Members of the Management Committee Sri K.K Rajan, Prof C P Sreenath, Sri Mahesh Chandra Baliga, Sri Vinish Rajagopal offered felicitations. The newly elected Chairman Ms Sumayya N R, addressed the college union and pledged to work as a team for the progress of the institution. The Secretary Ms Krishnedhu M Nair, proposed the Vote of Thanks. This was followed by Cultural programs organized by the students.

As part of the 'BioQuest-Lecture Series in Advanced Biology', a Webinar was conducted on 5th Oct 2024. Entrepreneur, Dr Dilip G Gore spoke on the topic 'Business ideas and start-ups - Understanding process of sustainability’

On the death anniversary of the father of Computer 'Charles Babbage' the Department of Computer Application organised a competition for Content Writing and Presentation on the topic 'Impact of computer in my personal life'. Ms Apoorva Anilkumar of II BCA won the first prize. Ms Upasana Nandan V P of II BCA, and Ms Surya Gayatri S of I BSc Biotechnology shared the second prize.

The staff and students celebrated Diwali, with great enthusiasm and fervor on 30 October 24. There was department wise Rangoli competition and the first place was bagged by the Department of Computer Application. This was followed by cultural events and games to make the occasion a memorable one.

The Kerala Piravi Celebration on 1st November 2024 showcased the various cultural dance forms. The day was also observed as ethnic day with students decked out in Kerala attire.

International Science Day was observed on 11 November 2024, by the Science Club. Competitions were held for students of the PG Department of Biotechnology, who presented live experiments and presentations. Ms Fathima Ithusa (I MSc Biotechnology) won First place for the presentation. Ms Surya Gayathri and Ms Shika Prasad of I BSc Biotechnology won the First place for Live experiments.

A one-day workshop 'Hack Shield' on Cybersecurity and Ethical Hacking was organised by the Department of Computer Application for the BCA students on 14 November 2024. The Workshop was held in association with 'Teach by heart' and highlighted the importance of safeguarding digital assets and ethically uncovering vulnerabilities using the latest tools and techniques. The students were given real life case study for practical learning.

On 25 November 2024, The International Day for Elimination of Violence against Women was observed. The Women's Cell of the college organised a session on the topic 'First Aid' and the resource person was Dr Nithin Akkal, Associate Consultant, BMH, Kannur. The talk gave insights into the importance of first aid in saving lives. The session helped students learn to provide immediate assistance and ensure safety in urgent situations.

On 27th November 2024, the Department of Computer Application conducted 'Coding Competition' on Python, C and HTML to commemorate 'Ada Lovelace', the First Lady Programmer in the World. II & III year BCA and BCom students participated in the contest. Ms Arathi Sanal and Ms Sreya Rao of II year Bcom won the prize for HTML coding. Ms Hana Noushad and Ms Hadiya Mariam of III year BCA won the Python coding competition. Ms Shivapriya C and Ms Bhavana Kumari of II year BCA won the first position in the C Coding competition.

On the World Computer Literacy Day, 10th December 2024, the Department of Computer

Application conducted a poster making competition.

Off stage Talent competition was organised by the Fine Arts Association on 12 & 13 December 2024. The talent competition provided a vibrant platform for participants to showcase their exceptional skills in various off-stage items, including essay writing, story writing, and poem composing. The event witnessed a remarkable display of creativity, imagination, and literary prowess, as contestants poured their hearts and minds into their submissions.

Celebrations welcoming the New Year were held on 7 January 2025. A variety entertainment programme was organised by the students followed by a cake cutting. An ethnic fashion show 2025 was held and Ms Ameesha V M of IBCA bagged the first place.

The Biotechnology Association was inaugurated on 9 January 25 by Dr R Parthiban, Additional Professor and in-charge, Microbiology Division, Malabar Cancer centre, Thalassery, followed by a session on the topic 'Diagnostic techniques in clinical microbiology'. The students were provided with invaluable insights on contemporary laboratory methods for accurate disease diagnosis.

The Department of Computer Application had organised a one-day workshop for the II and III year BCA students on 16th January 2025 on the topic 'Building Creative App with MIT App Inventor'. Mr Adhin V S, Knowledge Officer, Cyber Security Trainer, ICT Academy of Kerala was the resource person. The students thoroughly enjoyed the hand-on-training and could explore the latest technology for mobile app development.

The English Association was inaugurated by Sri.Shanu Salman C S, Media Head, Alpha Naturals, Mangalore was followed by the workshop on Film making “Film: From Script to Screen, The Art and Craft of Filmmaking” on 21 January 2025. Students found the session interesting as it delved into the nuances of film making and art of storytelling on screen. Sri Shanu Salman provided valuable insights in camera angles and camera movements.

The Department of Computer Application was inaugurated on 22nd Jan 2025 by Sri Tony John, Chief Technical Officer, Dinesh IT Systems, Kannur, followed by a session on the topic 'AI's influence on job profiles and new career opportunities'. The inspiring talk helped the students to have a better understanding of AI's impact on careers and technological innovation.

The 76th Republic Day was celebrated with great enthusiasm and patriotism on 26 January 2025. A quiz competition was organised to foster patriotism and national pride. Students from IBCA and IMA English bagged the First place.

A programme was organised by Soft Skills and Finishing School Club in association with PG Department of Commerce and Management on 27th January 2025 on the topic “Setting up for success” by Mr. Rakesh K P, General Manager, Maxtouch computers, Dubai. This session motivated the students to identify their goals and put in various measures to succeed in their life and career.

Mr. Arun Kumar, Founder, Breakthrough Learning conducted a one-day workshop on “Advanced excel and data analytics” for the BCom and BBA students on 30 January 2025. ED club in association with PG Department of Commerce and Management organised this workshop and the students were given hands-on training.

On 31 January 2025, ED club in association with PG department of Commerce and Management organized a talk on "Financial Awareness" for BCom, BBA and BCA students. Manu Murali, SEBI SMARTs trainer was the resource person. The programme was sponsored by SEBI.

Ethics club in association with the Department of Computer Application organised a session on the topic- “Leading with Ethics, delivering with Excellence”, on 7th February 2025. Dr Navya V, Head, Department of Management Studies, Chinmaya Institute of Technology was the resource person. She used case studies to help the students understand ways to resolve certain conflicting situations with

composure.

Student Enrichment program- “Upskilling to Changing Scenario” by Ms Frank Hyacinth, Toc-H Institute of Science & Technology was held on 10th February 2025. The session highlighted the need to stay relevant, adapt to change, enhance career prospects, boost confidence and digital literacy. It helped the students to understand the skills they needed to win a promising career.

Prof. Chandrabanu M, Former Vice Principal & Associate Professor, PG Department of Commerce, Govt Brennen College inaugurated the Association of Commerce & Management on 14 February 2025 and addressed the students.

Galentine's day, a special occasion dedicated to friendship, appreciation and empowerment of women was celebrated on 14 February 2025. The programme was organised by the PG department of English. The special highlight was a letter box displayed in the College Library. The students wrote letters sharing their love and appreciation to their principal, teachers, and other staff members. The event reinforced the spirit of love, unity and friendship at Chinarts.

'Crescendo- the last hurrah' - Farewell party was organised on 20 February 2025 by the college union for the outgoing students, celebrating their achievements and memories. The colourful party was an occasion for the seniors to relive their beautiful memories in college as they embark on another exciting journey.

On 21 February 2025, an IPR Awareness Program, to protect the inventions and creations was presented by Dr Asha R, Project Scientist II, Patent Information Centre of KSCSTE, gave an engaging talk on the different types of Intellectual Property Rights Patents, Trademarks, Copyrights and Trade Secrets. By giving exclusive rights to the creators, inventors or owners, intellectual property laws aims to promote innovation and creativity. She mentioned the tremendous changes in the IPR environment as a result of the digital era.

On 27 February 2025, 'Meet the Expert', an interactive session with Sri Ajith Balakrishnan, Founder-rediff.com was organised jointly by the College and Chinmaya Institute of Technology. It provided valuable insights on the topic - 'Innovation Kannur 2025'. He spoke on the prospects of AI in the changing scenario and the role of our nation in the growth index of developed countries of the world.

NSS ACTIVITIES & AWARENESS PROGRAMMES

The NSS, CHYK & Nature club jointly organised the Green campus drive to commemorate The Environment Day on 6th June 2024 .

The NSS Unit and the Nature Club jointly organised a programme- ‘ഓണത്തിന് ഒരുമുറം പൂവ്’ on **10th July 2024**. **The students and teachers** planted saplings of flowering plants like Marigold, which would mature and bear flowers during Onam.

On 11 July 24, NSS unit invited Magician Sri Rajeev Memundda who presented the magic show as part of anti drug campaign.

NSS Unit in association with AKG Nethralaya and Payyanur Eye Foundation organised an Eye Camp on 23 July 2024 for the staff and students of the college.

NSS Unit collected contributions from the staff and students towards the relief activities organised by Kannur University to help the victims of massive landslides at Wayanad on 31 July 2024.

Hiroshima Day was observed by organising a poster making competition on 6th Aug 2024. Ms Santwana K of III BBA bagged the first place.

On 10 Aug 2024, 'Cosmic Quest'- National Space Day celebration was organised jointly by the Science Club and NSS Unit to create awareness in the field of Space research. Competitions on Story writing, Essay writing, Versification, Painting and Rocket modelling were held. The prize winners

were Ms Poorna Sreenivasan (II BA English) for Short story, Ms Neeraja Krishna (III BSc Biotechnology) & Ms Shethell P M (II MA English) for Essay writing, Ms Shalabha Sajeesh (II BBA) for Painting, Ms Sumayya N R (II BA English) and Ms Poorna Sreenivasan (II BA English) for Quiz Competition and Ms Sneha Ramachandran (IBSC Biotechnology) for Rocket Modelling

On 12 Aug 2024, staff and students took a pledge against Drug abuse.

College NSS unit helped in construction of 'Snehavedu' a project undertaken by the various NSS units under the University in association with Chittilappilly foundation. On 23 Aug 2024, Dr R Bindu, Minister of Higher Education and Social service handed the keys to the beneficiaries of 'Snehavedu'. The group of dedicated NSS volunteers spent a day interacting with inmates of Amala Bhavan on 10 September 2024 by organizing recreational activities and providing much-needed companionship. This visit included a series of events designed to bring joy to the elderly residents. The volunteers organized a talent show, engaged in games and facilitated a story telling session, and brought smiles and laughter to many. The staff of Amala Bhavan expressed their gratitude for the thoughtful gesture of NSS volunteers.

NSS Day was celebrated on 24th September 2024, showcasing the power of youth and community engagement. The event was inaugurated by Dr. Nafeesa Baby, DSS, Kannur University. This year's theme, "Eco Evolve" highlighted the college's commitment to environmental sustainability. The NSS unit organized an eco-art exhibition featuring innovative products crafted from waste materials collected from nearby areas. The event offered a range of attractions, including a game corner, food court and NSS store. Discarded materials like plastic bottles, newspapers, broken electronics, and fabric scraps were transformed into impressive sculptures and wall hangings. Each piece reflected the student's creativity and innovation while emphasizing- waste as a potential resource.

On 1st October 2024, the college organised a Campus Cleaning Drive on the topic 'Swachata he Seva 24'. It emphasised cleanliness and environmental sustainability under the theme "Swabhav Swachhata - Sanskaar Swachhata" The volunteers cleaned the campus and planted saplings.

Ms Diya Rejith K and Ms Ameesha K M of I year BCA participated in the Face Painting Competition, 'MUKHAVARA' at Krishna Menon Memorial Govt Women's College, Kannur on October 5th, as part of the Wildlife Week celebrations.

On 24 October 2024, NSS Orientation was organized for the newly registered NSS volunteers of the first year UG. The volunteers were given an overview by Ms Raji K, Assistant Professor, Department of Computer Application. The session gave a clear understanding on various activities carried out by NSS. Freshers actively participated in the discussion and cleared all their doubts and got ready to join hands for the service of the society.

NSS volunteers visited the Govt LP school and organised programs (quiz competition & games) for the students on 11th November 2024, as part of Children's day celebration. The children at the school actively participated in the events.

The quiz on AIDS day was organised on 2nd December 2024, aimed to create awareness about HIV, promote education, and encourage young minds to take action against the disease. The quiz also helped to dispel common myths and misconceptions.

The NSS Seven days residential camp from 20th to 26th December 2024 was inaugurated by Sri Suresh Babu Elayavoor, Standing Committee Chairman of Education, Kannur Corporation. The Principal Dr Seema M Thayil presided over the meeting. The members of Management committee, Sri K K Rajan, Sri Mahesh Chandra Baliga and other dignitaries felicitated the event. 40 NSS volunteers participated in the camp. The NSS Residential Camp brought together young minds for a

transformative experience, fostering a sense of social responsibility and community engagement. Through interactive sessions, workshops, and community service projects, the camp empowered participants to become active citizens, promoting values of empathy, teamwork, and civic duty.

Palliative Care day was observed by the NSS volunteers on 22 January 2025. The NSS volunteers prepared and distributed care kits including food grains and daily provisions to the inmates of Palliative home.

The NSS unit on 29th January 2025, hosted an environmental awareness programme 'Go Green Go Clean' by E Mohan and Retd. Health Inspector, to emphasize the importance of environmental conservation, cleanliness and safeguarding the planet.

A Voluntary Blood Donation camp was jointly organised by the NSS Unit and District Government Blood bank on 3rd February 2025. This remarkable effort demonstrates the students commitment to social responsibility and their willingness to make a positive impact on the community.

Ms Sumayya N R (II BA English) represented Kannur University at National Level Inter University Debate competition organised by Indian Association of Parliamentarians on Population and Development (IAPPD) on the topic 'Climate crisis is posing a threat to human life'. The competition took place at New Delhi from 28th February to 1st March 2025 with over 20 teams competing from various institutions around India.

FACULTY IMPROVEMENT PROGRAMMES/WORKSHOPS ATTENDED & CONDUCTED

Dr Dhanya R of PG Department of Biotechnology attended an 'IP Awareness training programme' organised by the National intellectual property awareness mission on 2nd August 2023.

Ms Anitha Haridas, Head, Department of Computer Application attended a Workshop on 'Data Analytics & AI' organised by the Centre for Computer Science and Information Technology (CCSIT), Manjeri in association with IPSR solutions limited on 15 June 2024. She had also attended the 30 hours Faculty Development Programme on the topic 'Artificial Intelligence and Machine Learning' organised by the ICT Academy of Kerala from 2nd Jan to 12th Jan 2025 in the hybrid mode.

Dr Anusha Sreeshan of PG Department of Biotechnology participated in FDP on the topic 'Perspectives, innovations and future development in biological science' conducted by Center for Bioscience and Nanoscience research, Affiliated to Bharathiar University during 5th to 9th Feb 2024.

“Utilizing Activated Carbon for the Remediation of Textile Waste in River Water”, a paper published by Dr Dhanya R, faculty, PG Department of Biotechnology, Ms Avikhna C K, Ms Nivedita Salil and Ms Theertha K, students in the International Journal of Novel Research and Development during May 2024.

'Nature's antibiotics: A comparative study on antimicrobial capacities of Forest Honey and Extracts from Punica granatum, Citrus sinensis and Phyllanthus emblica' was a paper published by Ms Nayana Narayanan, faculty, PG Department of Biotechnology and the students during April 2024 in the International Journal of Novel Research and Development.

Ms Lavanya Nambiar and Ms Anusree P the III BSc Biotechnology students under the guidance of Dr Seema M Thayil presented a poster on Isolation and Characterisation of Amylase producing bacteria isolated from mangroves in Kannur at National Conference on “Exploring synergies: Insights in Life Science and Structural Biology” at Kannur University on 3rd April 2024.

INDUSTRIAL VISITS

On 28 September 2024, the PG Department of Biotechnology organized a field visit for both UG and PG students to the Malabar Botanical Garden and Institute of Plant Sciences, Calicut. A total of 51

students were accompanied by 7 teachers.

The ED Club, in association with the PG Department of Commerce and Management, organized a one-day industrial visit to Achoor Tea Factory, Wayanad, for the second-year B.Com and BBA students on 28 January 2025. A total of 35 students were accompanied by two teachers.

The students of II BCA, along with faculty members, visited the IT Department of Milma Dairy, Kozhikode IT Wing, on 21 February 2025. Mr. Sarith, IT Head, explained the various IT services currently functioning in the firm and the system setup/configuration used for all IT operations in the Malabar region. The group also visited UL Cyberpark, Kozhikode, on the same day.

TOURS ORGANIZED

Tours are significant in forming interpersonal relations and strengthens the bonds between the students and teachers. The institution encourages trips to various destinations as part of the educational and rejuvenation process.

26 students from the final year BCA and MA English programs, along with 2 teachers, went on a four-day trip to Chikmagalur, Dandeli, and Goa from 24 to 27 January 2025.

total of 49 final year students from BBA, BCom, MCom, and BA English, accompanied by 3 teachers, visited Bangalore, Belur, and Chikmagalur from 7th to 11th January 2025.

A group of BSc and MSc Biotechnology students went on a two-day trip to Goa on 8th and 9th February 2025.

These trips were organized in addition to the academic and co-curricular activities of the institution.

SPIRITUAL AND MISSION ACTIVITIES

To uphold the values of spiritual enthusiasm, Indian culture and traditions, several events were organized along with the Mission members.

On 2 Aug 2024, Aradhana day was observed by paying homage to our Poojya Gurudev Swami Chinmayananda. The staff and students chanted the Guru Stotram, Guru Paduka Stotram, Chinmaya Ashtothram. Paduka Archana was performed to commemorate the day. The week was also observed as 'Seva week'.

Since Aug 2024, Brahmacharini Disha Chaitanya, Acharya from Chinmaya Mission Kasaragod, has been conducting value education classes for UG students twice a month. The first session was held on 6 August 2024.

On 9th Aug 24, in an attempt to reclaim the traditional practice observed during the month of Karkidakam, the 'Aadi Vedan Theyyam' was performed by 2 small children (aged 6 & 7) in the college auditorium. This provided an opportunity for students to learn about and appreciate this unique and fascinating art form.

Sree Krishna Janmashtami was celebrated at Chinmaya Balabhavan on 26th August 2024. Ms Mita Vinaya Kumar and Ms Pournami Kaushal Nambiar, final year BCom students, performed a 'Janmashtami Medley' during the celebration.

Brahmacharini Disha Chaitanya addressed the staff on the "Importance of Spiritual study and the right perspectives in our daily life" on 31st Aug 24. She also addressed the students on the "Importance of setting goals and the right effort to channelise their actions to achieve the goal" on 8th October 2024.

Our students Ms Gayathri P (II MA English), Ms Mita Vinaya Kumar (III BCom), Ms Devapriya Shaji (III BBA) and Ms Pournami Kaushal Nambiar (III BCom) showcased their talents in classical dance and music and teachers rendered the Lalitha Sahasranamam on the occasion of Navratri Celebration

at Chinmaya Balabhavan on 8th October 2024.

Our students and teachers enthusiastically participated in the Mega Dandiya held at Chinmaya Balabhavan on 11th October 2024 to commemorate the spirit of togetherness and celebration. The rhythmic beats of the dandiya filled the venue with energy, reflecting the joy and vibrant participation of everyone present.

From 29th November to 1st December 2024, during the CHYK Camp, the Kerala CHYK Cricket Premier League brought together the perfect blend of sports, spirituality, and Camaraderie. Swami Viviktanandaji, Br. Sudheer Chaitanyaji, Br. Vedji, Brni. Disha Chaitanyaji, Brni. Tariniji, Swami Abhayanandji, Swami Viswanandaji and Swami Tatwanandji graced the occasion. 14 students enthusiastically took part in the camp activities, engaging themselves fully to bring out their inner potential. The college team was the Runner-up of the Women's Cricket match.

The CHYK, Chinmaya Yuva Kendra, Kannur organised an exciting trekking expedition to Paithalmala as part of the Adventure Expedition on National Youth Day, 12 January 2025. 19 students of our college engaged in various activities exploring the lush landscape, wildlife and local culture.

The Dhanumasa Thiruvathira was celebrated with great enthusiasm and devotion on 13th January 2025 at Chinmaya Balabhavan. 7 students and 2 teachers participated in the programme which showcased the spiritual and cultural significance of Thiruvathira.

Brni. Tarini Chaitanya, CIF, Ernakulam on 31 January 25 presented an inspiring talk on 'SMILE - Stress to Strength', how to manage stress and face the problems with courage and strong determination for the first year UG students. The interactive session helped the students break their inhibitions and talk freely on the problems they encounter.

The strong support from **Chinmaya Mission Educational and Cultural Trust (CMECT)** Kannur and timely guidance and inputs from **Central Chinmaya Mission Trust Education Cell (CCMT EducationCell)** has been tremendously helping the institution to take things forward. Scholarships have been awarded to deserving students, Ms Sreya Rajesh of I BCA and Ms Pranaya Jayesh of II BSc Biotechnology by the CCMT Education Cell during this academic year.

On this significant occasion, as we celebrate our success with pride and joy, we wish to attribute all of our achievements to the dedicated efforts of the Chinarts family members of this esteemed institution. With all due respect, we offer our salutations to Poojya Gurudev Swami Chinmayananda, the great visionary, and ask for his divine grace and blessings to guide us in all our activities. I would like to conclude this report, with a quote by our Poojya Gurudev 'The result of every action depends on the very quality of the action'.

Hari Om!
Thank You.

.....
"Regularity is the secret of success."

Swami Chinmayananda
.....

Gratitude Beyond Words...



PRAKASHAN K V
(2007 - 2025)



LILA V
(2009 - 2025)



PRIYA SURESH
(2010 - 2025)

Sincere appreciation is extended to our respected colleagues, Mr. Prakashan K V, Plumber and Electrician, Mrs. Lila V, Lab Attender, Mrs. Priya Suresh, Office Staff for their years of dedicated service in our institution. Their commitment, hard work, and sense of responsibility have contributed immensely to the smooth functioning of our campus. As they step into a new phase of life, we express our heartfelt gratitude and wish them a future filled with good health, happiness, and peaceful moments of relaxation.



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ROLL OF HONOUR

2006		
Name	Rank	Course
Divya P	I	BCA
Simna S	II	BCA
Jahsina A	III	BCA
2007		
Sitara K	I	BCA
Athira R	II	BCA
Sheena Y	III	BCA
2008		
Divya C	I	BCA
Shirin Sherief	II	BCA
Dhanya Padmanabhan	III	BCA
2009		
Harsha Chandrahassan	I	BBM
Azharunnissa A	III	BBM
Safa Rizin Ameer	I	BCA
Wafa Rizin Ameer	I	BCA
Anjusha R Nambiar	II	BCA
Ramseena A M	III	BCA
Roshna Mohanan	III	BSc Biotechnology
2010		
Shabnam K	I	BSc Biotechnology
Ashwathy C T	I	BCA
Neelima K	II	BCA
Saranya	II	BBM
Sunailha	III	BBM

2011		
Sharmila	I	BCA
Kavya	II	BCA
Varsha	III	BCA
2012		
Megha Valsan	I	BCA
Shilpa C	II	BCA
2013		
Nijina Jayaraj V K	II	BCA
2014		
Afnan Abdullah	I	BCA
Fathimathul Shaza	II	BCA
Roshni R	III	BCA
Megha Chandran	Highest Grade	BSc Biotechnology
2015		
Thushara B	I	BCA
Haritha Harindran	II	BCA
Shahana Farzin	III	BCA
Pattani Oshin Lakshmanan	II	BBM
Nimisha Manoharan	II	BBM
Aishwarya Praveen	III	BSc Biotechnology
2016		
Sanija K	I	BCA
Chathoth Anusha	III	BCA
R.Aishwarya	I	BSc Biotechnology
Ganga Jagennath	II	BSc Biotechnology
Sreelakshmi P I	III	BSc Biotechnology
Hanitha P	III	Computer Science
2017		
Athira J Nair	I	BCA
Aishwarya M	II	BCA
Shilpa M K	III	BCA
Thejaswitha Rajeev	II	BSc Biotechnology
Anusree A Kumar	III	BSc Biotechnology

2018		
Anu Mohan	III	BCA
Gopika M	I	BSc Biotechnology
2019		
Vrinda M	I	BBA
Arya Unnikrishnan	II	BCA
Neha H Rao	IV	B.Com
Ashika Lakshman	I	BSc Biotechnology
P I Megha Vinod	III	BSc Biotechnology
Devika T K	II	BSc Biotechnology
Ahina K M	II	MSc Biotechnology
Akhila K	III	MSc Biotechnology
2020		
Shivangi A	I	BCA
Anisha T K	I	MA
Mithuna Mukesh	I	MSc Biotechnology
Niketha Manoj	I	Bsc Biotechnology
Archana Praveen	II	BSc Biotechnology
2021		
Sreya S	III	BSc Biotechnology
2022		
Anathyaya M	II	BSc Biotechnology
Swathi Sujith	I	MSc Biotechnology
Safeeda P	II	MSc Biotechnology
2023		
Anjima Sreeshan	I	BSc Biotechnology
Rigma Umesh N K	III	BCA
Sreya S	I	MSc Biotechnology

2024		
Fathima K P	II	BCA
Malavika Manoj	IV	BCA
Niveditha Salil	I Position	BSc Biotechnology
Avikhna C K	II Position	BSc Biotechnology
Kavyasree A	I	MSc Biotechnology
2025		
Fathima Azeema Abdulkareem	I	BCA
Keerthana K	II	BCA
Nandhana Sudheer C	III	BCA
Anahitha Umesh	II Position	BSc Biotechnology
Anjima Sreeshan	I	MSc Biotechnology

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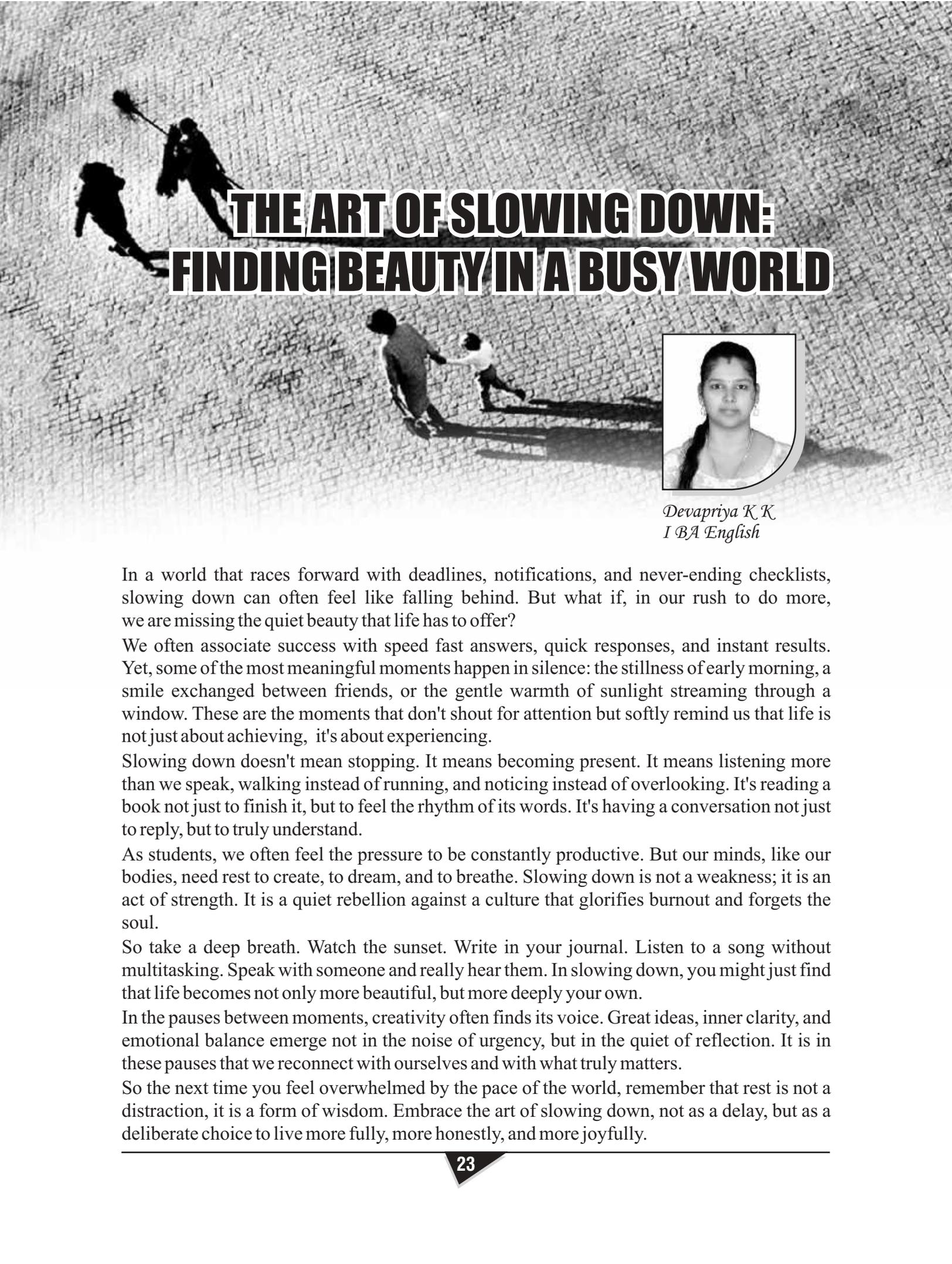
*“In life to handle yourself, use your head;
but to handle others, use your heart.”*

Swami Chinmayananda

.....

English





THE ART OF SLOWING DOWN: FINDING BEAUTY IN A BUSY WORLD



Devapriya K.K.
I BA English

In a world that races forward with deadlines, notifications, and never-ending checklists, slowing down can often feel like falling behind. But what if, in our rush to do more, we are missing the quiet beauty that life has to offer?

We often associate success with speed fast answers, quick responses, and instant results. Yet, some of the most meaningful moments happen in silence: the stillness of early morning, a smile exchanged between friends, or the gentle warmth of sunlight streaming through a window. These are the moments that don't shout for attention but softly remind us that life is not just about achieving, it's about experiencing.

Slowing down doesn't mean stopping. It means becoming present. It means listening more than we speak, walking instead of running, and noticing instead of overlooking. It's reading a book not just to finish it, but to feel the rhythm of its words. It's having a conversation not just to reply, but to truly understand.

As students, we often feel the pressure to be constantly productive. But our minds, like our bodies, need rest to create, to dream, and to breathe. Slowing down is not a weakness; it is an act of strength. It is a quiet rebellion against a culture that glorifies burnout and forgets the soul.

So take a deep breath. Watch the sunset. Write in your journal. Listen to a song without multitasking. Speak with someone and really hear them. In slowing down, you might just find that life becomes not only more beautiful, but more deeply your own.

In the pauses between moments, creativity often finds its voice. Great ideas, inner clarity, and emotional balance emerge not in the noise of urgency, but in the quiet of reflection. It is in these pauses that we reconnect with ourselves and with what truly matters.

So the next time you feel overwhelmed by the pace of the world, remember that rest is not a distraction, it is a form of wisdom. Embrace the art of slowing down, not as a delay, but as a deliberate choice to live more fully, more honestly, and more joyfully.

THE CONQUEROR OF THE WORLD, OUR PRIDE: GUKESH DOMMARAJU

“For me, the ultimate goal has always been to become the best player in the world.”



*Shethell P M
II MA English*



On the small island of Sentosa in Singapore, on Thursday, December 12, 2024, India celebrated a historic moment, the emergence of its 18th World Chess Champion, Gukesh Dommaraju. At just 18 years old, the young prodigy from Chennai, Tamil Nadu, defeated China's Ding Liren in the final game of the World Chess Championship 2024, becoming the youngest-ever World Champion and breaking a nearly four-decade-old record held by Russian legend Garry Kasparov, who had won the title in 1985 at the age of 22.

Gukesh secured victory against the defending champion in a game that lasted 58 moves. The match seemed to be heading for a draw until Ding made a critical error on move 55 with his rook a mistake that later came to be known as a “historical blunder.” With this win, Gukesh took his tally to 7.5 points, clinching the title.

Russian Grandmaster Garry Kasparov praised Gukesh's performance, stating:

“Gukesh was well prepared, and the player who played the best won the match. His victory caps a phenomenal year for India. Combined with Olympiad dominance, chess has returned to its cradle, and the era of 'Vishy's children' is truly upon us.”

India, a country known for its “Unity in Diversity,” proudly celebrates the golden triumph of Gukesh D, the reigning World Chess Champion and Indian Grandmaster. As a child prodigy, Gukesh achieved several milestones early in life becoming the youngest player to surpass a FIDE rating of 2750 at the age of 17, and the third youngest to surpass the 2700 ELO mark at 16. He earned the title of Grandmaster at just 12, becoming the third youngest Grandmaster in chess history.

Born on May 29, 2006, in Chennai into a Telugu family from Andhra Pradesh, Gukesh is the son of Padmavathi, a microbiologist, and Rajnikanth, an ENT surgeon who moved to Chennai to pursue his medical career. Together, they nurtured and supported their son's dream of becoming a World Chess Champion. Gukesh began playing chess at the age of seven in 2013, starting with structured one-hour sessions three times a week.

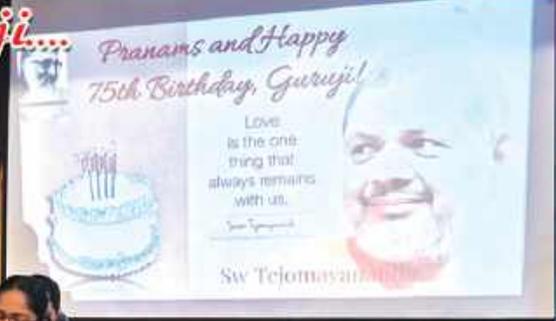
Aradhana Day...



Chinmayananda Jayanthi....



Heartfelt Greetings Guruji....



Gukesh was introduced to the world of chess as a child and has since become an inspiration for millions. An ardent fan of Indian chess legend Viswanathan Anand, a five-time World Chess Champion, Gukesh followed in his idol's footsteps and made his dream a reality.

His early achievements include winning the Under-12 title at the World Youth Chess Championship in 2018, and multiple gold medals at the Asian Youth Chess Championship the same year. He met the requirements for the International Master title in March 2017. On January 15, 2019, at the age of 12 years, 7 months, and 17 days, he became the second youngest Grandmaster in chess history, after Sergey Karjakin.

He represented India in the 2022 Asian Games, winning a silver medal as part of the men's team. At the 45th Chess Olympiad in 2024, Gukesh won both team and individual gold medals. Earlier that year, he also became the youngest-ever winner of the Candidates Tournament, which earned him the right to challenge Ding Liren for the World Championship.

In October 2022, during the Aimchess Rapid Tournament, Gukesh became the youngest player to defeat reigning World Champion Magnus Carlsen. In August 2023, he became the youngest player in history to reach a FIDE rating of 2750.

At the 2024 Chess Olympiad in Budapest, Gukesh remained undefeated, scoring nine points across ten rounds and winning an individual gold medal. His stellar performance on board one helped India secure its first-ever team gold medal at the Olympiad, pushing Gukesh into the world's top five.

The 2024 World Chess Championship, held between November and December, featured 14 classical rounds. Gukesh scored three wins to Ding's two, with nine draws. He sealed the championship with a victory in the 14th and final game on December 12, finishing with a score of 7.5. This triumph officially crowned him the youngest undisputed World Chess Champion, at the age of 18 years and 195 days.

Gukesh's playing style is known for its reactive nature, with a strong ability to calculate under pressure a key factor in his complex, tactical battles. His mentor, Viswanathan Anand, described him as possessing “irreducible calculating abilities.” Magnus Carlsen referred to him as a “pure counter-player” and noted that Gukesh's minimal errors make him “*an extremely dangerous opponent under any circumstances.*”

Reflecting on his journey, Gukesh said:

“I have been dreaming about this moment since I started my chess journey at about seven... but the dream was probably bigger for them [his parents] than for me.”

His father, Dr. Rajnikanth, had to quit his respected career as an ENT surgeon, while his mother, Padma, took on the responsibility of managing the family and supporting Gukesh's dream. Their sacrifices bore fruit as their son stood victorious on the world stage.

When Gukesh embraced his father with tears in his eyes after winning the title, it marked not just the emotional culmination of his journey, but also a proud moment for every Indian a testament to dedication, sacrifice, and brilliance.

.....
“You must be ready to accept all things as natural, with quiet cheer.”

Swami Chinmayananda
.....



The Forgotten Art of Doing Nothing: Why My Boredom Might Be Good For You

*Zainab Abdul Khader
II B.Sc. Biotechnology*



In today's world, we're constantly expected to be busy. If we're not studying, working, or doing something considered “productive,” we often feel like we're wasting time. But have you ever just sat quietly, stared at the ceiling, or done absolutely nothing and felt a little guilty about it? That's because society has taught us that doing nothing is lazy. But may be it's not such a bad thing after all.

Being bored or doing nothing doesn't mean you're wasting time. In fact, our brains need that downtime to relax and reset. Research shows that when we aren't focused on a specific task, our minds begin to wander and make unexpected, creative connections. Some of our best ideas often emerge when we're not trying too hard like while taking a walk, lying on the bed, or simply gazing out the window.

In our hyper-connected lives, we're always scrolling through our phones, watching videos, or chatting online. This constant stimulation can actually exhaust us more than we realize. Taking a break from all this digital noise and sitting quietly even for a few minutes can help us feel calmer, more focused, and mentally recharged. For college students especially, who are constantly juggling assignments, deadlines, and social commitments, intentional moments of stillness can be a powerful way to clear the mind.

Some of the world's most brilliant minds understood this. Albert Einstein used to take long walks to think. Leonardo da Vinci would spend hours observing people or nature. They knew that quiet time wasn't wasted it was when some of their most powerful thoughts and insights emerged.

Moreover, when we're always distracted, we often fail to process how we truly feel. Whether it's stress, sadness, or even joy, our emotions can get buried under constant activity. Slowing down gives us space to reflect, to understand ourselves better, and to feel more balanced in the midst of life's chaos.

In a world that praises productivity, we often overlook the beauty of stillness. But doing nothing even just sitting with your thoughts is a chance to reconnect with yourself. It's in those quiet moments that creativity is born, emotions are understood, and inner peace is found. Life doesn't always have to be fast and full. Sometimes, slowing down and allowing a little boredom is exactly what we need to feel refreshed, inspired, and truly alive.



Organic Theatre in Kerala- When Soil meets Stage



*Parvathy Athilat
III BBA*

Organic Theatre in Kerala: A Cultural Movement Rooted in the Soil

Organic Theatre in Kerala was pioneered by former television producer S.N. Sudheer and his NGO, WIWA (Wide Inspiration Wide Aspiration). This powerful cultural movement blends organic farming with folk performances to revive traditional agricultural practices, promote environmental responsibility, and empower communities. Inspired by the centuries-old tradition of Vellari Nadagangal (cucumber dramas) improvised night time performances in cucumber fields originally meant to scare away birds, Sudheer reimagined this ritual as a platform for ecological awareness and cultural renewal.

Recognizing the harmful effects of pesticide overuse, soil degradation, and the disconnect created by modern farming methods, Sudheer and his team formed WIWA around 2010 and officially registered it in 2014. Their mission was to cultivate “agri plus culture” by merging organic farming with folk songs, script writing, and participatory theatre, rather than imposing external cultural forms. With support from NABARD and local panchayats, WIWA launched its pilot program in April 2016 on two leased acres in Kathippara, Vellarada. Although the first crop was destroyed by floods, the team remained committed and resumed cultivation in December 2016 with increased community involvement.

The integrated approach combined agricultural education from experts with folk theatre workshops led by cultural activists. This effort culminated in a harvest festival on May 11, 2017, featuring the debut of Kadampan Moothan, the “farmer protector.” Moothan, dressed in reed mats, coir, grass, leaf masks, and tribal ornaments, emerged from community

dialogues. Representing a mythical guardian spirit, Moothan sang about resilience, soil care, gender equality, and agricultural wisdom. Villagers embraced the character, who went on to tour Vellarada, Chengal, tribal settlements in Idukki, and Kochi energizing communities to engage with sustainable farming through street theatre, folk songs, and improvisation. Moothan became a symbol of ecological and cultural revival.

Building on the success in Vellarada, WIWA expanded Organic Theatre across Kerala. In Chengal (Parassala block), 55 acres of paddy fields were converted to organic farming by late 2017, supported by theatre workshops, school programs, and harvest plays inaugurated by state ministers. In Vamanapuram (March 2017), efforts with Bharat Bhavan integrated support from the local panchayat and agricultural experts into comprehensive theatre-farming workshops.

Significant collaborations also took place in Idukki with tribal communities such as the Muthuvan, Hillpulaya, Paliya, Malappulaya, and Urali. Here, Organic Theatre merged farming with indigenous art forms like Malapulayattam, using local dialects and rooted in tribal knowledge systems. WIWA also brought Organic Theatre into schools, shelters, and youth initiatives. In May 2019, 83 students participated in a Chenkal panchayat event where Moothan taught traditional farming through theatre and intercrop planting. Folk instruments like Maram, Kadum Thudi, and Vadi Mani accompanied harvest songs. Similarly, in Venjammoodu, therapeutic theatre in organic settings helped children in shelters build confidence, empathy, and ecological awareness.

Following a pause during the COVID-19 pandemic (2020-21), Organic Theatre resumed in June 2022 in the 25-acre Pokkali paddy fields of Koonammavu, where community performances celebrated the heritage of wetland rice cultivation. The initiative began receiving widespread media and cultural recognition.

WIWA's efforts were featured in *The Better India* and *Deccan Chronicle*, and were praised by IANS and *Indian New England News*. The organization also received state-level agriculture awards for reconnecting soil conservation with folk culture. Events in Thiruvananthapuram (2018/19) showcased Kadampan Moothan at Lenin Balavadi, inaugurated by poet K. Sachidanandan. These events brought the fusion of theatre and agriculture to urban audiences and reached all 14 districts of Kerala through Bharat Bhavan's parallel "Agri Culture" mission.

Today, Organic Theatre in Kerala stands as a vibrant cultural and ecological system. It promotes pesticide-free, regenerative agriculture, revives traditional agrarian rituals like Vellari Nadagangal, and empowers farmers, students, tribal communities, and marginalized groups through participatory theatre and script writing. Addressing themes of gender, ecology, and identity, it fosters inter generational ecological values. The figure of Kadampan Moothan embodies the movement a creation "by the villagers, for the farmers" merging performance, education, and mythology. Through this, Organic Theatre nurtures resilience, creativity, and environmental stewardship deeply rooted in Kerala's cultural essence.

.....
"Continuous change alone is the changeless law."

Swami Chinmayananda
.....

Tears In The Rain



Henoga Sanesh Ariyamal
III B.Sc. Biotechnology

A white coat stained with tears and shame
A heart that healed now bears the blame
A soul that trusted in a place of care
Now lies in pieces beyond repair

The city's eyes that once shone bright
Now dim with sorrow through the night
The voices whisper of life undone
A memory that haunts like the setting sun

The healers weep, for a life lost too soon,
A future silenced before its tune
The city mourns, with a heavy heart,
A wound that cuts and will not depart

May law and light guide us through the pain,
And justice shine like a beacon in the rain
Let not this silence be in vain-
But rise as truth, through loss and strain

For every cry that went unheard,
Let voices rise in every word
Until the system learns to care,
And no more hearts break in despair

*"Thoughts in an individual expressed in the
outer world of objects become his actions."*

Swami Chinmayananda

THE DANCE OF SHADOW AND LIGHT

The world awakens with a shaft of light,
The world dozes off with lunar radiance.
In between lies the world
Known to the gazing souls
A ballroom filled with the rhythmic and lively structure
Of ballet between the Shadow and the Light.

The footwork is sharp and spotless
As they spin and twirl around,
Holding each other just like
Every object holds a memory.
Oh! How beautiful it is to witness magic
The ballet of Shadow and Light.

The Light showcases her moves
By radiating beams of glow.
As she dances, she sparkles with joy;
The twinkling stars shine bright,
As they witness the magic
Of love and harmony together.

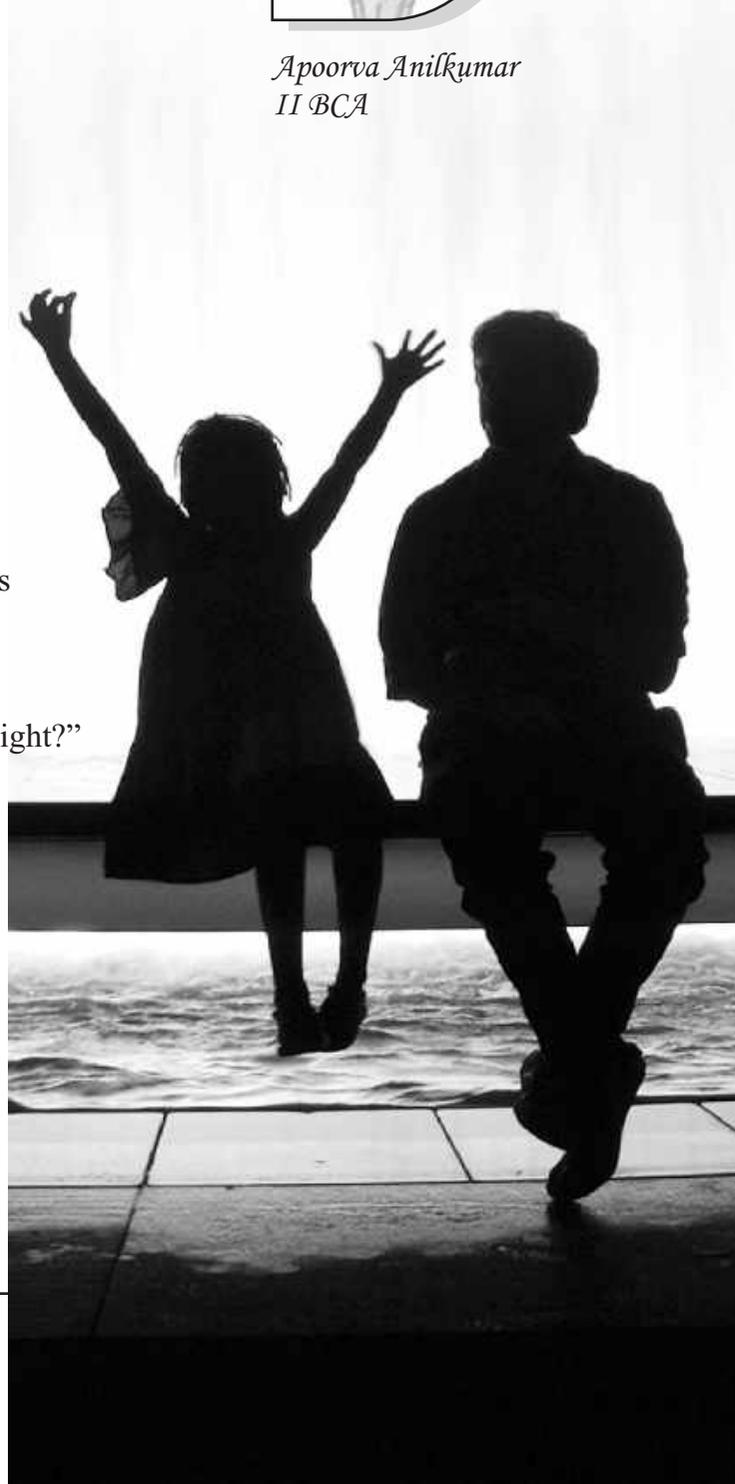
The Shadow that embodied emptiness
Found peace in the embrace of Light.
He showcased his moves without facing any taunts
From his past life darkness.
At the very least, he could make a child smile,
Where his past self had failed to do.

“Did you ever witness the dance of Shadow and Light?”
Somebody asked me the other day.

“I may not have seen the ballet between them;
I may not have seen the dance between them;
But I have a Shadow and a Light always with me-
The confidence, the bravery, the support,
In the form of a shadow from a great figure.
The right path in my life, showcased
In the form of light from a great figure.
And that great figure is my DAD.”



Apoorva Anilkumar
II BCA





Dusk Emotions

SOMETIMES,
People are like magic -
They create emotions,
They express emotions,
They cherish emotions,
They shatter emotions.
But more often,
They fail to truly understand them.
And that's when even magicians falter.
Likewise, SOMETIMES,
People are like stars -
They make wishes,
They shine,
They guide the way,
And then,
They vanish.
And that's fine.
But it hurts when they slowly begin to fade,
And all you can do
Is silently watch them disappear
From your life.



Athira M P
IBCA

"An integrated or quietened mind is called pure heart."

Swami Chinmayananda



BODHA POORNIMA: A COMMITMENT TO DRUG-FREE CAMPUSES



*Pranaya Jayesh
II BSc Biotechnology*

June 26 International Day Against Drug Abuse and Illicit Trafficking

On June 26, the International Day Against Drug Abuse and Illicit Trafficking, the Ministry of Higher Education of Kerala, in association with the NSS and NCC units, conducted a session at the Government College for Women, Thiruvananthapuram. The live session was telecasted at our college at 9:30 a.m.

The welcome address was delivered by Dr. Sudheer IAS, Director of Collegiate Education. Dr. Sharmila Mary Joseph, Principal Secretary of Higher Education, delivered the presidential address, highlighting the history and importance of observing this day. The inaugural address was given by Dr. R Bindu, The Honourable Minister of Higher Education. She emphasized the devastating effects of drug abuse on humankind and officially inaugurated the state's new anti-drug initiative, Bodha Poornima.

As part of the Bodha Poornima scheme, the Excise and Police Departments of Kerala will coordinate with the Education, Higher Education, and Social Justice Ministries. The government has planned a year-long campaign. Some of the key points shared by the Minister for implementation in higher education campuses, colleges, and universities across Kerala include:

Formation of College Protection Committees, preparation of institution-specific master plans, organization of quizzes, debates, flash mobs, short films, reels, elocution, poetry, essay competitions based on the anti-drug theme, displaying anti-drug slogans on trees, increasing number of de-addiction centres, providing special care for students from isolated or vulnerable backgrounds, encouraging book reading over phone usage, promoting physical activities on campuses, conducting anti-drug marathons, encouraging healthy socialization, promoting anti-drug messages on social media and arranging sessions of individuals who have overcome drug addiction.

Prof. R. Bindu also led the anti-drug pledge and announced that college students will be required to sign a document pledging against the use and promotion of drugs, with verification by their parents.

Mr. Azeez, State NSS Coordinator, and Ms. Hiba Fathima, the College Chairperson, delivered felicitations. The vote of thanks was delivered by Dr. Uma Jyothi, Principal of the college.

The overall session, along with the combined efforts of the state and educational institutions, served as a powerful reminder: the farther you stay from drugs, the better your life will be.

College Union Inauguration....



College Day Celebration...



College Day Celebration...



Onam Rhythms...

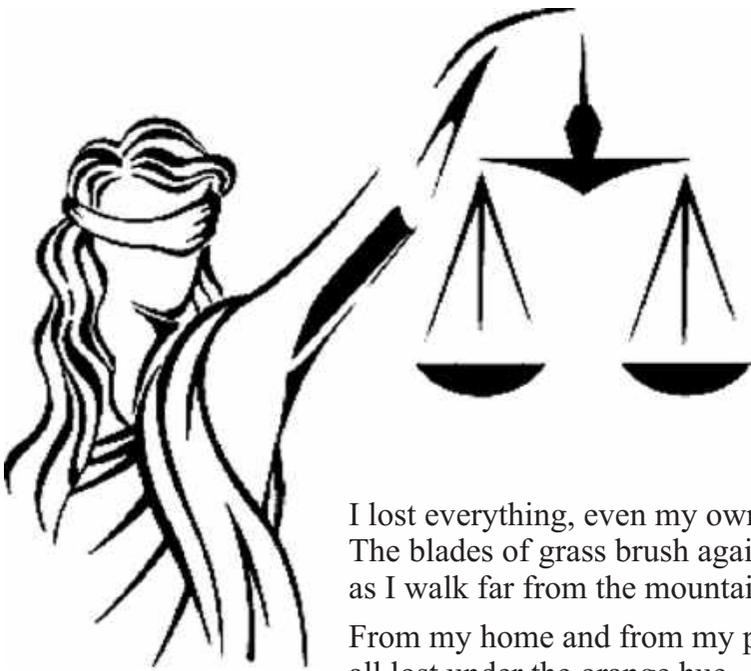


Onam Rhythms....



FYUGP Orientation....





Voices of the Unheard

I lost everything, even my own words.
The blades of grass brush against my foot
as I walk far from the mountain backdrop.

From my home and from my people,
all lost under the orange hue,
to a world that is foreign,
filled with strange humans.
I became a wanderer with no destination.

I saw the fire ignite before my eyes,
the spark that made the atoms of my
own blood boil and burn.
The skin of my sisters and brothers
cracked under the ravenous fire.
I could only look and flee before it
caught me.

I entered the strange land barefoot,
my feet uncomfortable on the smooth
surface of paved roads.
I knew no one, nor the language.
“Strange” is the only word that
surrounds my brain.

My body shook with treacherous force.
My sorrows ignored without a case.
I saw the hands that lit the fire -
a white one, like all the others in the
foreign land.

Like salt in the wounds,
the truth is often hard to swallow.

The barriers broke apart with
unholy force.
The one who spoke,
spoke the loudest of them all.

They took my blood,
my habitat.
My voice will speak the truth for my clan
my last cry for vengeance.



Poorna Sreenivasan
II BA English



FROM ASHES TO AIR



Poorna Sreenivasan
II BA English

The clouds hung low and gloomy above the cityscape as I tucked back the black strands of my wind-ruffled hair behind my ear. I am far from the place my past said I would be. Today, I am privileged to breathe freely and witness the vibrant life around me. This is a new beginning, one that rose from the ashes of my past.

My past was dark. The grey skies, the hollow silence, the image of a starving child quieted by a piece of bread all still vivid in my memory. I saw new lives born into a world that offered them no safety. And I saw those young lives taken away before they ever had a chance to begin.

A tear slips down my cheek as I watch a young couple stroll through the park with their smiling toddler. My mother was like that always gentle, always present. Even in chaos, she told me stories and sang songs that I'll cherish forever.

I was eleven when everything collapsed. There was an explosion blinding heat and fire. I screamed in terror as I saw blood splattered across the walls of our tent. Bodies were torn apart. Then, I saw my mother lying near the entrance. I called out for her, hoping she would sing again, but no sound came. I held her arms and shook her, desperate to wake her. Tears were falling from her eyes, but her voice was silent.

Then I felt something in her hand a crumpled piece of paper. With trembling hands and blurred vision, I unfolded it. It said:

“My dear loving daughter,

My end is near, and so is the end of our country.

There are rumors I've heard. My sweet girl, I don't want you to suffer in the life I brought you into.

I'm sorry I couldn't keep you safe.

My daughter, cross the sea.

You'll find life there.

Go. Live. Breathe.

Your Mamma.”

My knees gave out. I screamed louder than the bombs until my voice broke. Somehow, I stood again. I packed the last loaf of bread, a small pouch of water, and placed the letter inside my shirt. I kissed my mother goodbye and begged God to forgive me for leaving her.

The journey took two weeks. I walked to the seaport and was smuggled into Europe.

Germany became my new home. I learned the language and adjusted to a new way of life. A kind, middle-aged couple adopted me and gave me love and care. Fifteen years have passed since that day.

Since then, I have helped rescue over 10,000 refugees, and each time I do, I remember the letter my mother left me.

Now, as I sit in this park, watching life go by, I carry one wish in my heart: that everyone, no matter where they are born, may one day live in peace free to live and to breathe without fear.



The Golden Chapter: From Classroom to Life Lessons



Sheethal P M
II MA English

“Student life is the seed of your life- plant it wisely.”

Life is like a journey on a train, with people boarding and disembarking at different stations birth and death. The journey in between is called life: a mystery no one has fully understood, yet a miracle to be experienced.

In this journey, we pass through several stages childhood, adolescence, adulthood, and old age. At each phase, we grow and change, often unknowingly. As Shakespeare said in As You Like It:

“All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances;
And one man in his time plays many parts.”

Life is a continuous process of learning. Experience becomes our greatest teacher, and we become lifelong students in the school of life.

From birth, we begin learning adjusting to new sights, sounds, and surroundings. Our first teacher is our mother, who nurtures and protects us. We then learn language, behavior, and life skills before stepping into the next phase school.

Charles Dederich rightly said:

“Today is the first day of the rest of your life.”

The first day of school marks a significant beginning. While it may start with teary eyes missing home, it ends years later with emotional farewells, cherishing memories made along the way.

School life lays the foundation of our future. It teaches us basic knowledge, discipline, communication, and character. These lessons prepare us for the next chapter-college.

College is a turning point. It brings freedom, responsibility, and self-discovery. We begin making our own decisions, choosing our paths, and exploring our interests. It sharpens our intellect and helps us grow personally and academically.

Here, we form friendships that last a lifetime and gather memories that become stories for the future. We face new challenges, manage our time, and navigate independence.

College is more than academics it is a blend of learning, relationships, and growth. Teachers become mentors, and every experience contributes to shaping who we are. Some moments bring joy, others bring pain, but all of them become part of our journey.

Not everyone gets the chance to experience college life. Those who do are fortunate to taste this transformative phase. It is a time when we live fully, love freely, and learn deeply.

In the end, student life is a journey of transformation. The experiences, friendships, and lessons from these years become the most cherished pages in the story of our lives.

A LETTER FROM THE PAST



Apoorva Anilkumar
II BCA

Snell Glee, a girl in her mid-twenties, was a hardworking soul with the ambition to become a member of the Indian Army. When she was a little girl, she used to watch her father polishing his shoes and making them shine just like the pride in his eyes. She used to iron his clothes and make them crisp and clean, like the autumn leaves falling gently to the ground.

His charm was always impeccable, just like the clouds-soft yet powerful during a thunderstorm. When he wore his uniform and cap, the little Glee would somehow lift herself up and salute him, admiring the beauty of the uniform. From then on, she wanted to be just like her father, who was proudly serving the nation.

Glee decided to follow the path of her father. She was indeed studious, brave, and above all, street-smart. She completed her higher education and began preparing for the greatest test of her life the National Defence Academy (NDA) entrance examination. She had only two attempts.

Day One of the entrance exam arrived. The exam was divided into two sections the Mathematics paper, which lasted three hours, and the General Knowledge paper, which followed.

Thousands of aspirants stood at the gate. Glee moved forward, a bit nervous. As she glanced toward the crowd, she spotted her father standing there with an assuring smile.

Yes, that's all she needed.

She stepped inside and wrote the exam. Mathematics was extremely difficult, but General Knowledge felt easy. When she returned home, her eyes were filled with tears, like a child trying to hold back emotions. She ran to her father and cried,

“Pa, I won't make it!”

Her father replied gently,

“It's just the first attempt, Glee. There were thousands more who faced it too. Don't worry, dear. You will get into the Army! Just lay your best effort, and nothing can stop you not even fate! Promise me you will give your best.”

“I promise,” Glee whispered.

From the very next day, she began working hard toward her goal. She studied day and night, with unmatched determination. And finally, the day arrived again-the day to decide her future, alongside thousands of other aspirants.

Once again, the tension returned. But this time, there was no comforting smile. Her father was away on urgent work. Still, Glee believed he might be praying for her.

Then, tragedy struck.

She had never imagined her life would turn upside down in just a moment. When she returned from her mathematics exam, she received a phone call a call that changed her life forever.

Her father had died in a car accident.

It was later revealed that he was returning from a camera shop. The shopkeeper said,

“When he came to buy the camera, I asked him whom it was for. With a proud smile, he said, ‘I need to capture a beautiful picture of my daughter when she wears the proud uniform of the Indian Army.’”

Years passed. Snell, now in her twenties, was no longer the charming, go-lucky girl she once was. She had become pale, quiet, and filled with sorrow. She no longer had the same personality. She even decided to take up a short-term job as a saleswoman.

One day, while walking back home lost in thought, she was knocked down by a moving bus.

Snell woke up surrounded by people. She heard a beeping sound beside her. She felt lifeless and cold beneath her waist.

Soon, everything came back to her.

She had lost her leg.

Snell felt like the whole earth had shattered. It felt as though she had no heart left everything was dark, like a black hole.

Days later, she reached home. Her day started with tears in her eyes just like raindrops on a leaky roof. She sat down and looked through her photos in her room. She cried for days until her eyes caught a glimpse of something the camera.

Yes, the same camera her dad had bought. She remembered his last words:

“To capture the picture... in uniform... INDIAN ARMY!”

“Yes! Try your best! **Promise!**”

“How can I forget?” she cried. “The promise I gave to Dad! I have to fulfill his last wish. The photo!” Glee thought.

“But how?”

After weeks of research and preparation, she discovered there was still hope left. She whispered:

“I promise, Pa. I will be like you. I will join the Indian Army and make you proud. I will take the greatest privilege of serving my country. And yes I will take the best photo with your camera. **I PROMISE!**”

“Yes, Pa! I surely made it work!” A tear rolled down my cheek as I read the letter and placed the photograph.

"With my proudest uniform, along with my letter."

"Snell, come here!" "Yes, Ma! I'm coming!"

I looked at my dad's photo and gave a proud salute.

"Lieutenant Snell Glee, reporting!"



YOU CAN'T BUY HAPPINESS



Amina Elambilat
I B.Com

"When I become rich, everything will change. I'll become the best version of myself."

No, you won't at least, not just because you have money.

I admit that not having money brings many problems, and yes, you do need money to live. But money should never be the ultimate goal. Money is a tool, not a destination. It's the means to reduce unnecessary stress, spend quality time with your loved ones, explore the world, and perhaps live in the country of your dreams.

However, stop wasting your time and energy buying expensive things just to impress people you don't even like. That will never bring true happiness. Anyone who says "money buys happiness" doesn't understand the deeper meaning of happiness.

Money can't buy loyal, loving friends or genuine time with your family. It can't buy fulfillment or a sense of purpose. When your entire day revolves around work, money, and business instead of the real, meaningful things you're not living; you're just surviving. You're serving a system that never lets you rest.

True happiness comes from the simple things love, connection, peace, and living your life with purpose. Don't get caught up in the endless chase for wealth or social status. Focus on what truly matters. Happiness isn't something you buy it's something you create, one meaningful moment at a time.

A walk in nature, a heartfelt conversation, a moment of silence with your thoughts these are the things that feed the soul. The best version of yourself isn't built with wealth but with wisdom, kindness, and intention. If your identity is rooted in what you own, you'll never feel complete. But if it's grounded in who you are, you'll never feel lacking. Let money support your life not define it.



The Transformation of Higher Education in the Digital Age

Pranaya Jayesh
II B.Sc. Biotechnology



The landscape of higher education is undergoing a profound transformation, moving away from traditional systems towards more dynamic, technology-driven approaches. As the world evolves, so does education, and we are already witnessing a significant shift. Education has always played a crucial role in shaping both the present and future, and that importance continues to grow in today's digital era.

Currently, much of education is delivered virtually. Students increasingly rely on online platforms and tools like Omni and Chat GPT to support their studies. College notes can now be uploaded, summarized, and customized according to individual needs. Whether a student wants concise summaries or detailed explanations, everything is possible through these digital platforms.

Integration of Technology and Global Collaboration: Universities and colleges are now engaging in international collaborations to offer students high-quality, targeted courses. Many valuable and certified courses are freely available online, for instance, Google provides access to numerous such courses. These developments reflect just how rapidly higher education is evolving. Professors also use technology to share notes and deliver presentations, making classroom learning more interactive and accessible.

In today's competitive job market, continuous upskilling is essential. With rapid technological advancements, staying updated is no longer optional. Individuals can now choose career paths based on their interests and find relevant resources to prepare accordingly.

Most people have access to smartphones, which plays a major role in supporting academic growth. This level of connectivity and access to knowledge is unprecedented in human history. Those who fail to utilize available technologies may find themselves left behind.

The Rise of Online Learning Resources: Technology has outpaced traditional textbooks in terms of content availability. Videos summarizing major library books can be found on YouTube, making complex topics easier to understand through visual learning. Platforms like YouTube and Wikipedia provide smart alternatives to traditional learning, helping learners grasp concepts quickly and effectively.

Higher education is becoming more flexible thanks to online platforms. Students are no longer restricted to printed materials; they must supplement their learning with digital resources. Websites like **Coursera**, **Udemy**, and **Google** offer free and affordable courses that help students gain new knowledge and certifications a practical way to upgrade skills in a fast-changing world.

It's no longer just about surviving it's about flourishing. While not everyone has the same

goals, being aware of technological trends is essential. The tools we celebrate today could pose risks tomorrow. Every individual must remain alert and informed.

The Dual Nature of Technology: Technology is indeed powerful. It allows us to complete tasks more efficiently. However, its misuse can have serious consequences. Artificial Intelligence is now capable of creating realistic videos and reels and uploading them online, a development that should concern us all.

In the field of education, a major transformation is already underway. Within the next 50 years or possibly sooner, the traditional concept of colleges may become obsolete. AI and digital tools are making learning more accessible than ever before, but securing dream jobs may become more challenging. The key to success in the future lies in **skill development and continuous learning**.

Technology is reshaping every aspect of life, from education and employment to economics and beyond. Those who adapt, upgrade their skills, and embrace lifelong learning will be the ones who thrive in this ever-changing world.



No One Will Hear



In a world so cruel and cold,
I have a lot that remains untold.
But my voice was left unheard,
Like a silent cry, without a word.

The pain grew deep inside my chest,
I tried to smile, I did my best.
But now I can't take it anymore,
I've closed too many hidden doors.

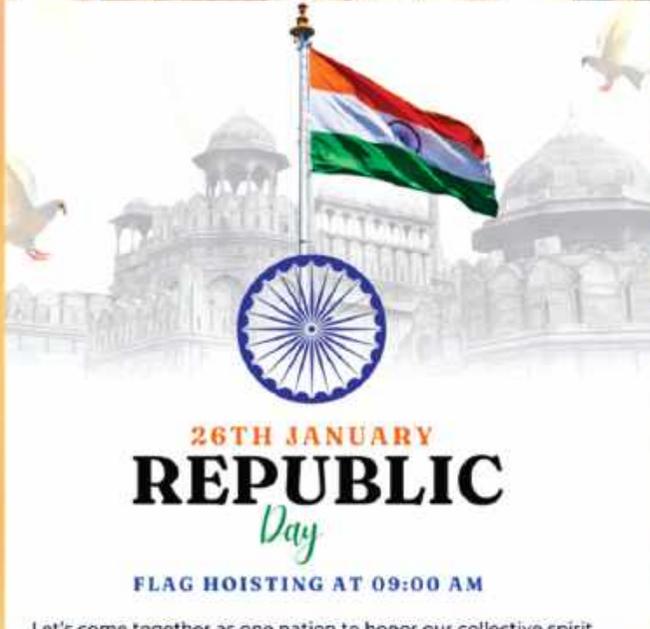
My story will forever remain untold,
Buried in silence, heavy and cold.
Yet I still believe, through all this fear,
One day, someone kind will hear.

They'll read my words, they'll feel my pain,
And know that silence drives insane.
A voice once lost in shadows dim,
Will rise again-through hope, not whim.

So till that day, I hold on tight,
To dreams that whisper in the night.
For though today I cry alone,
Tomorrow, my voice will find its home.

Pranaya Jayesh
II BSc Biotechnology

Celebration of National Spirit....



Let's come together as one nation to honor our collective spirit.

Light & Harmony Celebration...

DIWALI CELEBRATION

Department wise Rangoli Competition
Freestyle Dance Competition
Common Garba Dance
Food Stall



BASKETBALL COURT **30TH OCT**
2 PM - 4 PM



HOLI Celebrations

14 MARCH 2025
@02:00 PM
BASKETBALL COURT

The colors of Holi are the colors of life and they reinforce the positive emotions of joy, forgiveness, fun and friendship. Hug each other with robust LOVE.

- Seami Chinnayyanada



New Beginnings....



Choco Fiesta....



Academic Stars....

PG DEPT. OF BIOTECHNOLOGY
Congratulations !!
 KANNUR UNIVERSITY
 MSc BIOTECHNOLOGY RANK HOLDER 2023-25



ANJIMA SREESHAN

PG DEPT. OF BIOTECHNOLOGY
Congratulations
 KANNUR UNIVERSITY DEGREE RANK HOLDER 2023-25



Anahitha Umesh
 91.03%
 A+

PG Department of Commerce and Management
 Highest Pass Percentage in BBA
 in KANNUR UNIVERSITY EXAM- 2025
Congratulations
 A+ Grade Holder



MEGHNA V K
 99.03%
 5th Position in Kannur University

A Grade Holders

 PARVATHY ATHILATH 98.02%	 NEERAJA N S 97.88%	 DIVYA NITHI 96.39%
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Dept. of Computer Applications
 BCA- DEGREE
 UNIVERSITY EXAM- 2025
RANK HOLDERS
Congratulations

 FATHIMA AZEEMA ABDULKAREEM	 KEERTHANA K
---	---

PG DEPARTMENT OF COMMERCE AND MANAGEMENT
B.Com Toppers
A Grade Holders

 Devananda Mahesh 86.4 %	 Pournami Kaushal Nambiar 84.4 %	 Rajeshwari P 83.8 %
 Dellshya Santhosh Babu 81.1 %	 Krishnapriya 80.4 %	

BSc Class Toppers
A grade

 Anahitha Umesh 91.03% 5 th Position in Kannur University	 Sravana Nambiar 87.72 %	 Anagha Jayarajan 86.93 %
 Neeraja Krishna 85.97 %	 Jennifer Dickson 84.63 %	
 Geethika K 81.18 %	 Nandana Babu 80.15 %	

Highest pass percentage in Kannur University BSc Biotechnology examination 2025



Perfectionism: The Pursuit of an Impossible Ideal

Sreelakshmi Anilkumar
III BBA



Perfectionism is a personality style that involves striving for flawlessness, setting high standards, and often being overly critical of oneself. As individuals, we all try to be perfect in one way or another. We sometimes judge others by their outer appearance and quickly assume that they have perfect lives. But in reality, no one is perfect everyone has their own flaws and personal struggles.

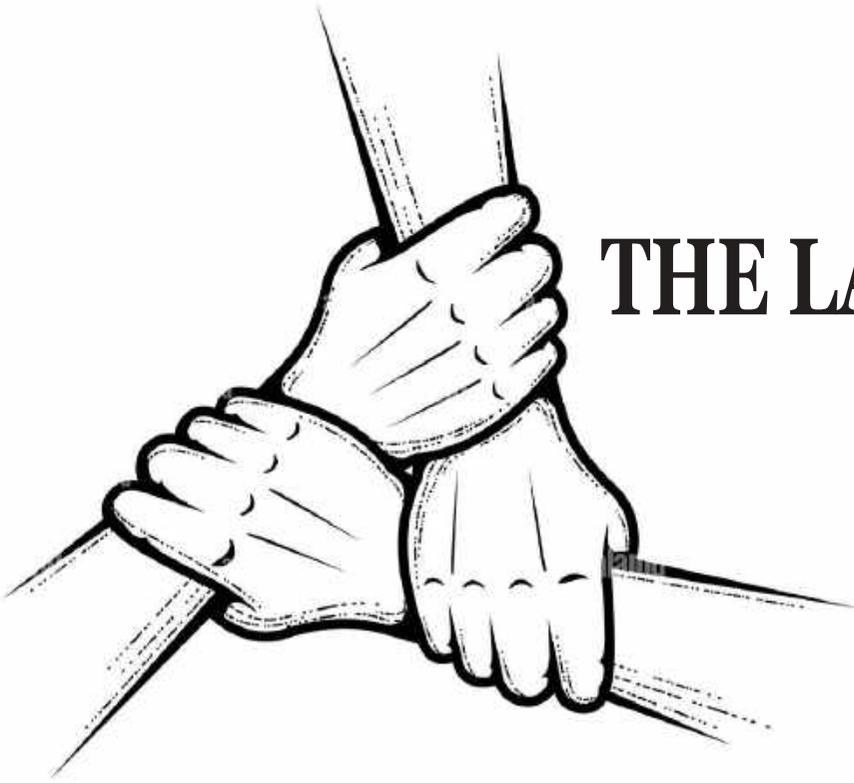
While perfectionism can motivate people to achieve great things and push themselves beyond their limits, it often comes with a heavy cost. It can lead to stress, anxiety, and emotional exhaustion. From a student's point of view, perfectionism can be especially overwhelming. Many students work tirelessly to meet expectations and achieve goals, often forgetting to take care of their mental and physical health. They feel pressured to succeed at everything, even when it's not realistic.

One of the biggest challenges perfectionists face is the fear of failure. They constantly feel the need to meet high standards, not only set by themselves but also by society. This need for validation from others creates a stressful environment. Perfectionists often tie themselves down with the expectations of others, trying to meet every standard to feel accepted and valued. Unfortunately, this habit takes away their happiness and freedom.

It's important to understand that trying to be perfect for others doesn't bring lasting satisfaction. Instead of chasing an impossible idea of perfection, we should focus on being the best version of ourselves. Self-acceptance and self-love are key. When we value ourselves for who we are, rather than for what we achieve, we can live with more peace and confidence. True growth comes from learning through mistakes and challenges, not from avoiding them.

The internal world of a perfectionist is often misunderstood. Although they may appear confident and successful, they are frequently confused, anxious, and hard on themselves. They seek approval from everyone around them and constantly doubt their worth. It's important to be kind and supportive to people who struggle with perfectionism. A few kind words and reassurance can make a big difference in their lives.

As individuals and as a society, we must remind each other that perfection is not the goal. Everyone is unique and valuable just as they are. Let people live freely without fear of judgment. Encouraging self-growth, kindness, and authenticity is more important than pushing for perfection. In the end, it's not about being flawless it's about being happy, real, and at peace with who we are.



THE LAST MESSAGE



Apoorva Anilkumar
II BCA

Gazing at the wispy clouds and feeling the soft breeze gently brushing through my hair, I was enjoying every bit of the alluring nature. Lost in my thoughts, I suddenly felt a thud on my back, followed by a loud, cheerful voice calling, “Hey Karl!”

Startled, I turned around. You might expect it to be my best friend or brother, but no, I wouldn't have been startled by them. To my shock, a one-year-old toddler had spoken right into my face! He saw my ID card and spelled out my name ! Is that even normal? Did I just hear his first words? Either way, the woman who came running toward us had a familiar face. A face connected to a long-lost memory. I knew I had seen her somewhere... but I couldn't recall her name. Something like Astyy? No... Hastyy... I kept wondering.

“Karl? Is that you?” she asked.

“It's me Hashy. Glamina Hashy.”

Wait a second that's my best friend's baby? How could she forget this gorgeous face of mine when sending out the invitation? She really has a talent for forgetting the most unforgettable person in the room. And to make it worse, I didn't even get to eat the wedding cake!

A thousand thoughts ran through my mind until she snapped me out of it.

“Karl, what are you staring at? It's been so long! How have you been? And what's with that shocked face?”

“Hey Hashy,” I replied. “I've been doing well. I'm just amazed you're married?”

“Married? What? No! He's my nephew. Everyone calls him Ethan. You haven't changed a bit, still got that Oh-My-Gosh expression!” she laughed.

I let out a deep breath of relief. Thank goodness the wedding cake is safe.

“Oops, my bad,” I chuckled. “Anyway, how have you been? I haven't seen you since our convocation. Let's meet often that was the last message you sent me.”

She smiled gently.

“What happened after that? Why didn't we hang out again like we did in college?” I asked.

“It's because we grew up,” she said softly. “As we grew older, responsibilities came flying from every direction and landed heavily on our shoulders.”

I sensed something was off with her. “What's the matter, Hashy? Everything okay?”

“Dinner at my place tomorrow. See you!” she said with a smile before leaving with Ethan.

Once again, I was left with my thoughts. What could've happened? She used to be the most cheerful, lively person I knew. Something must be wrong.

The next evening, I dressed neatly and headed to her place. I rang the doorbell, expecting either Hashy or her brilliant nephew to greet me.

Surprisingly, I was welcomed by a fluffy creature Raven. In case you're wondering, Raven is Glamina's newly adopted pet. When I asked about it, the story behind how she got him was even more intriguing.

She explained, “I helped an old lady cross the road one day, and she gave me this kitten as a thank-you. She smiled and, in the blink of an eye, disappeared. Doesn't it sound like a fairy tale?”

“Absolutely!” I said. “But why would someone gift a kitten instead of candy or cake?”

“Oh, my dear Dessert Devotee!” she laughed. “Come on, Mom bought you some pastries.”

I was bouncing with delight. And yes, every one of your assumptions is correct. I just can't help it, my sweet tooth always craves sugar.

Everything was going perfectly. We had our drinks, reminisced about college, and laughed over our favorite professors who helped us during internships. It was like time had rewound.

But then I noticed something odd Hashy was scratching all over her body, as if attacked by an army of ants.

“Didn't you shower today, or are you so sweet that even ants are attracted to you?” I teased.

That's when she revealed she had been diagnosed with jaundice.

I was stunned and heartbroken. As I looked closely, I noticed her eyes and nails they were yellow, like the faded pages of an old book forgotten on a dusty shelf.

“We have to go to the hospital now!” I said in a panic.

“Calm down, Karl,” she replied. “I already saw a doctor yesterday. He prescribed some medicines.”

“But your eyes”

“Yes, I know. But the doctor said it should go away in a few weeks with proper treatment.”

Even though her explanation didn't fully reassure me, I hid my concern behind a smile to ease her mind.

Days passed. I texted her regularly, checking in on her recovery.

“I'm doing better. Yes, I'm eating properly. I have a doctor's appointment next week.”

Then one day, while on my way to work, I received a message from her that made me rush to the hospital.

The message read: “Karl, please come to the hospital quick! Guess what? I'm going to be fit in no time!”

I hurried there and luckily ran into her mother, who led me to her room.

“Karl? What are you doing here?” Glamina asked.

“Your last message brought me here. You said to come.”

“I didn't send anything. I don't even have my phone, it's at home.”

“That's strange. You said you were going to be fit in no time. What's the news?”

“How did you know that? I was going to surprise you! The doctor said my bilirubin levels are back to normal. With a few more weeks of medication, I'll fully recover.”

“That's wonderful news, Hashy ! I'm so happy for you.”

“Thank you, Karl! But seriously how did you know? My phone's at home. Maybe Raven was playing with it,” she giggled.

I smiled. But how could a cat type out such clear, polished sentences? That too, from a phone?

Could it be that Raven is a feline prodigy? Was that old woman really a magician who gifted more than just a kitten? Is Glamina's entire family filled with geniuses just like her nephew Ethan? Am I dreaming this whole thing, the same way I dream about cake?

Or... Am I living in a fairy tale?

The answer lies within your grasp.

*“The imperfections of my reflection in a mirror cannot be my imperfections,
but can only be because of the distortions in the reflecting surface.”*

Swami Chinmayananda



Roveena Lily Pearl
I B.Com

Unfinished Chapters

Eve was a quiet and introverted girl who liked to stay within her comfort zone. When she started college, she kept to herself most of the time, never expecting to make close friends. But in October, on a pleasant day, everything changed. It was Ayaan's birthday, a friendly classmate. For some reason, she decided to reach out and send him a simple birthday message.

That one message blossomed into a deep friendship. They began having late-night conversations filled with dreams, playful arguments, and a connection that felt effortless. They joked with each other, shared secrets, and talked about their futures as if they would always be part of each other's lives. Their texts were full of playful teasing and making them seem like a couple to anyone who read their chats.

When Eve's birthday arrived, Ayaan surprised her with thoughtful gifts that showed how much he had paid attention to everything she had shared with him a teddy bear she adored and all her favorite chocolates. These gestures reminded her of how deeply he understood her. Over time, Eve realized her feelings for him had grown into something more than friendship.

As the end of the college year approached, Eve faced a difficult reality: she would soon be moving back to her hometown, several hours away from Ayaan. She didn't believe in long-distance relationships and worried that the distance would put too much strain on them.