

Waves of Light

2022-2023



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Thiruvananthapuram



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College Anthem

Lead kindly light, amid the encircling gloom,
Lead Thou me on!
The night is dark and I am far from home,
Lead Thou me on!
Keep Thou my feet; I do not ask to see
The distant scene, one step enough for me.

I was not ever thus nor pray'd that Thou
Shouldst lead me on.
I loved to choose and see my path, but now
Lead Thou me on!
I loved the garish day and spite of fears,
Pride ruled my will; remember not past years.

So long Thy power hath blest me,
sure it still Will lead me on
O'er moor and fen, O'er crag and torrent,
till The night is gone;
And with the morn those angel faces smile
Which I have loved long since and lost awhile.

Cardinal Newman



His Holiness Pope Francis



His Grace Most Rev. Archbishop Emeritus Maria Callist Soosa Pakiam
Metropolitan Archbishop Trivandrum Latin Archdiocese



His Grace Most Rev. Thomas Netto
Metropolitan Archbishop Trivandrum Latin Archdiocese



His Grace Rev. Bishop Christudas Rajappan
Auxiliary Bishop Trivandrum Latin Archdiocese



Message Minister for Higher Education & Social Justice



*A*t the outset, let me place on record my happiness in being part of this publication by the All Saints' College family.

All Saints' College is a beacon in the Higher Education sector in Kerala. The college has served many generations of students by providing quality education. The service the institution has rendered in the upliftment of countless women by educating them cannot be overstated. The college's alumnae have by example set a benchmark of quality and culture that is unique. Placed in the proximity of the coastal community, the college has served the most needy in the best possible manner. With an A+ accreditation, the college is on its path to greater glory and achievement.

I wish all success to the college, to its dear students and staff and management, and congratulate everyone for putting together little nuggets of wisdom, imagination and creativity into this variegated feast of a college magazine.

Dr R. BINDU
Minister for
Higher Education & Social Justice
Government of Kerala

Message Superior General



Creativity is a lot like looking at the world through a kaleidoscope. You look at a set of elements, the same ones everyone else sees, but then reassemble those floating bits and pieces into an enticing new possibility. Rosabeth Moss Kanter.

A kaleidoscope gifts us a magical swirl of everchanging symmetrical patterns, creativity at its best. The word is derived from the ancient Greek kalos meaning (beautiful); eidos (that which is seen) and skopeō (to examine). The seemingly endless patterns are intriguing and entertaining and the pieces or broken bits move and fall in an intricate dance, similar to the dance of life. The reflection of light on these ordinary bits creates exquisite, beautiful, stunning designs - a wonderful metaphor for life!

Each one of us is a piece in the kaleidoscope of life, uniquely gifted, marvellously talented and our lives reflect the beauty of the Creator. We are all a mixture of insightful view points, varied

perspectives, multiple colours, myriad thoughts and ideas. We are called to release in and through our lives the splendour of creativity and the fragrance of beauty that lies within. Diverse bits of our ordinariness gleam with an iridescent beauty on being touched by the light of God and we are transformed.

Creativity opens our minds and enriches it with exciting perspectives, refreshing ideas, innovative beliefs and a whole new worldview. New and engaging educational possibilities spark the imagination and open windows to what happens beyond our own bubbles. Looking through the kaleidoscope of life with its infinite shifting patterns, we receive an enlarged understanding, a broadened experience and a heightened sense of wonder which is liberating.

Just as the fragments within a kaleidoscope fall into place each time seemingly more beautiful than before, may your lives be filled with amazing new facets, beautifully brilliant and radiantly perfect as glimpses of God's light shine through!

May God shower His blessings on you dear Dr Reshmi Prasad – Principal, Sisters, Staff & Students.

SM Frances

Sr Mary Frances CCR
Superior General



Message Principal

Hope lifts your perspective to the glorious view you can see from the high road.

We travel beaten paths marked by signboards, milestones, roundabouts, highways, detours and at times along trails less travelled. The journey of life spreads before us a plethora of choices - the high road, the low road and every road in between, gifting us with enriching, enlightening and sometimes magical experiences. Embracing the high road will enhance our vision and elevate our vantage point. John Maxwell expounds on a few high road principles that give us a profound understanding of life, deepen our perspective and exhort us to follow a positive life philosophy.

It is not what happens to you, but in you that really matters.

The beauty of the inner self, our attitudes, our ethical standards and generosity of the soul shape our lives. Taking the high road in life defines a person's path, empowers the self and creates powerful, positive personal narratives that touch humanity.

High roaders see their own need for grace.

Touching lives with their inherent goodness and generous, humane nature, high roaders are instruments and recipients of grace. Their lives are touchstones that encourage and foster positive relationships and the paths they take are strewn with pointers of grace.

High roaders choose to serve others.

Walking the road less travelled takes huge effort, much sacrifice and tons of faith but the

experience is liberating. High roaders take a conscious decision to act in service, to live for the other and to reach out, spreading benevolence all around. Choose the high road, walk alternate pathways and celebrate your journey.

High roaders set high standards.

It takes strength, power, an elevated moral compass and a healthy, positive agenda to walk the high road. Staying on the chosen path, living above the level of mediocrity, setting new standards and flowing against the tide is never easy, but it gifts us with many a gilded opportunity to make a lasting impact.

Walk the high road of achievement, success and happiness and each one of you will become gifted and able leaders, standard bearers of the institution and the world at large.

I appreciate the Editorial board of our college magazine for their commendable efforts and creative output. I wish them success.

Reshmi

Prof. (Dr) Reshmi R. Prasad
Principal



Editor's Note



Welcome Ascaites, to the new edition of our College Magazine,

*W*elcome, Ascaites, to the latest edition of our college magazine, where we delve into one of the most pressing issues our society faces on a daily basis: the widespread use of drugs and narcotic substances. This edition of our magazine is dedicated to shedding light on the dark corners of drug addiction, raising awareness about its consequences, and inspiring our campus community to take action. Our college magazine serves as a reflection of the annual activities of campus life, and this time, we aim to make it a powerful platform for addressing the issue of drug addiction head-on.

Life presents us with numerous opportunities, and it is within the walls of All Saints' College that we have the chance to make a difference. As an elite educational institution, we have the responsibility to nurture the all-round development of our students and create an environment that is free from the affliction of drug addiction. This edition of our magazine seeks to empower each and

every one of us to reach out and grab the opportunities that lie before us. By engaging in curricular, co-curricular, and extracurricular activities, we can contribute to making our campus life vibrant while simultaneously combating the prevalence of drugs. Before we embark on this journey, I would like to extend my heartfelt gratitude to the college management, principal, and the teachers-in-charge of the College Magazine, Dr. Nishel Prem Elias and Ms. Simna S. Stephen, for their unwavering support and guidance. It is through their leadership that we have the opportunity to address such a critical issue in our magazine. Furthermore, I would like to express my appreciation to my dear friends who have stood by my side throughout this endeavor. Together, let us harness the power of this edition of our college magazine to shed light on the dark realities of drug addiction, inspire change, and make a lasting impact on our campus and beyond.

Avani K.
Magazine Editor



College Union

Bottom (from Left) – Aleena Anna Koshy (Chairperson – College Union), Ms Divya Grace Dilip (Dean of Student Affairs), Ms Celina James (Staff Secretary), Ms Renjini Raveendran P. (Staff Advisor), Dr D'Souza Pascoela A. (Vice Principal), Prof. Dr Reshmi R. Prasad (Principal), Dr Liji Varghese (Dean of Academics) Dr Parvathy Menon (Arts Club-in-Charge), Dr Gayathri S. Nair (Arts Club-in-Charge) Anjana Sanal (Vice Chairperson) **Top (from Left)** – Megan Justus (DC II Representative) Ruksana Rahman (General Secretary), Sandra S. (DC III Representative), Varsha Rajendran (Arts Club Secretary), Avani K. (Magazine Editor), Aishwarya Jagadeesh (University Union Councillor), Akhila S. Kumar (Sports Secretary), Nandhana A. (University Union Councillor)



Editorial Board

Bottom (from Left) – Aleena Anna Koshy (DC II English Literature) Dr Nishel Prem Elias, Staff Editor, Department of English), Prof. Dr Reshmi R. Prasad (Principal), Ms Simna S. Stephen (Staff Editor, Department of English), Avani K. (Magazine Editor – DC I Communicative English) **Top (from Left)** - Ruksana Rahman (DC II Physics), Varsha Rajendran (DC II Communicative English), Anjana Sanal (DC II History)

Aleena Anna Koshy
DC2 English Literature
Chairperson



Anjana Sanal
DC2 History
Vice Chairperson



Ruksana Rahman
DC2 Physics
General Secretary



Varsha Rajendran
DC2 Communicative English
Arts Club Secretary



Union Members

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DC2 English Literature
University Union Councillor



Nandhana A
DC2 Physics
University Union
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Akhila S Kumar
DC2 BCom TTM
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Magazine Editor



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DC3
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DC2 History
DC2
Representative



Gowri V Menon
DC1 Economics
DC 1
Representative



Riya Mary Mathew
PG English Literature
PG Representative



FACULTY 2022-23





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Gopichand Nunia

Waves of Light

2022-2023

C O N T E N T

- | College Day Report 2022-23
- | Malayalam Section
- | Anti-Narcotics and Drug Abuse Section
- | English Section
- | French Section
- | Hindi Section
- | Artist Palette
- | College Day Awards 2022 - 2023

Freshers **Club**
Day **Activities**
YOUTH FESTIVAL
SPORTS



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കുഞ്ഞ് എന്ന നിങ്ങളുടെ സ്വപ്നം യാഥാർത്ഥ്യമാക്കുന്നു

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- ▶ Laser Hatching
- ▶ 3D/4D Ultrasound
- ▶ Neonatal care
- ▶ Fetal Medicine



Our Department

Obstetrics & Gynaecology | Pediatrics & Neonatology | Assisted reproduction & Fertility Research
Minimally Invasive Surgery | Fetal medicine | Urology & andrology | General surgery | Anesthesiology | Radiodiagnosis
Pre- Implantation genetic diagnosis and study | Adolescent medicine | Cardiology | Endocrinology | Psychiatry | Sexual medicine

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College Report 2022– 2023

Good morning,

Honourable Chief Guest, Shri. Rishiraj Singh IPS, Retired Director General of Police, Ms. Amrita Ananthakrishnan, Delivery Centre Learning Head, Infosys, (Alumna), All Saints' College, dear sisters, teachers, parents, stakeholders and my dear students. Welcome to the 59th college day celebrations of All Saints' College, Thiruvananthapuram. This year is a crucial one as it stands as a marker for the numerically significant 60th year of inception of this institution. It is on this cusp that we must reflect on our ethos as an institution - the ethos which formed the foundation upon which our beloved foundress, Mother Mary Veronica established the Congregation of the Carmelite Religious. As the world changes rapidly around us, we must, as an educational institution, learn to adapt to the challenges and be ready ever more now, than before to send forth confident, financially and legally literate, socially responsible and globally accountable young people. Thus, this year is one of introspection and most importantly, one of action.

Hence, respected dignitaries and stake holders, it is with a great sense of gratitude and pride that I, stand before you to present the report of the activities of the college during the academic year.

The National Assessment and Accreditation Council (NAAC) visited the college as part of its fourth cycle of assessment and awarded the college A+ grade with a grade point of 3.38, making it only the seventh college in the State to get this grade. The student support initiatives, teaching-learning process and the methodology followed in the assessment of pedagogy - were some of the strong points that the Peer Team visiting the college pointed out in its report. The college was felicitated by the University of Kerala and by the Honorable Government of Kerala for the grade it received. The college extends a sincere and hearty thanks to all the stakeholders who made this institution, what it is.

The college did not rest on its laurels, but we

resumed our activities – both academic and co-curricular in full swing.

The Academic excellence of the college was underscored by the ranks that we secured at the University level. Departments of Commerce, English, History and Environmental Sciences secured University ranks.

Msc. Environmental Sciences

1st Rank: Manusha L. E.

2nd Rank: Kavya Mohan U.

3rd Rank: Anjana B. S. Krishna

BSc Botany

2nd Rank: Safna S.

3rd Rank: Alina Eric

4th Rank: Aparna Chandran

MSc Physics with Space Physics Specialisation

2nd Rank Aparna P.

BA English Literature

2nd Rank: Unnimaya Parakkattu

BA English & Communicative English

4th Rank: Aavani Vinod

5th Rank: Preetha S. B.

BA History

2nd Rank: Anisha Sarmila Anilkumar

6th Rank: Fathima Sithara J. S.

BSc Zoology

2nd Rank: Archana Shaji

8th Rank: Nanditha R.

A learner centric approach has always been one of the core values of the institution and in keeping with that, we have ensured that the students receive a complete education. The first –

year students were given a week-long orientation – Deeksharambh, that covered basic aspects of life in college, the intricacies of the semester system, etiquette, mental conditioning, bridging the attitudinal and approach – based gaps between school and college academic practices.

The current year saw the institution place a great emphasis on upskilling students. A number of add-on and certificate courses were introduced by all the departments either independently or in association with reputed agencies. A 36-hour certificate course on Employability Skills was offered to all the final year students in association with the Mahindra Pride Classroom. This greatly boosted their chances at the various campus recruitments that the college conducted. The placement cell organized recruitment drives by VirtuEdge Management Services and Care Revenue for final-year students which saw 46 of our students securing jobs with multinational concerns.

The departments have introduced courses ranging from Python Programming in association with Network Systems, Jmol Applications in association with the Spoken Tutorial Programme of IIT Bombay, Content Writing with Keltron and National Skill Development Corporation, Indian Constitution and Governance with the Indian Institute of Public Administration. There are more such certificate courses underway. The aim is to ensure that the students have an option to upgrade their skills and gain additional qualifications that can pave the way for research or employment.

The college also enhanced the experiential learning opportunities of the students by providing them with intelligent and organic modes of learning. Using events such as Wetland Schooling, Mock Parliament, field visits, visits to places of importance, the institution ensured that the curriculum was delivered more effectively. The various departments and clubs organized interactive sessions with people of eminence in order to help the students broaden their perspectives and learn about the developments in their fields. Participative sessions with scientists, educators, authors, poets and social workers helped students enrich their knowledge base. Various national and international seminars were

organized by the departments and the students were the direct beneficiaries of the same.

The creative restructuring of assignments and projects have seen students being more involved in problem solving. Projects and assignments that look to assess issues specific to the immediate community, the locality, the state and the world in general have paid rich dividends. Our students are serving as interns in areas of environmental well-being with the Kerala State Remote Sensing and Environment and participating in initiatives by institutions such as IIT Kharagpur and Shri Shivaji Science College, Amaravathi.

These efforts of the college saw the students benefitting immensely as students presented papers at national and International seminars, published papers in Journals and as book chapters and won prestigious scholarships:

Ms. Faseela V. S. Research Scholar at the Dept of Environmental Sciences, under the guidance of Dr Smitha Asok, Assistant Professor, Department of Environmental Sciences was awarded the prestigious Paristhiti Poshini fellowship instituted by the Department of Environment and Climate Change, Ms Anjali A.R. and Ms Meera Hari, both research scholars with Dr. Kavitha N., Assistant professor, Department of English have been awarded the ASPIRE Scholarship instituted by the Government of Kerala. Ms Devi Krishna D, a student of S4 M.A. English Language and Literature won the best paper award at the International Multidisciplinary Students' Seminar conducted by REWA University.

The institution saw the students at their best as they organized exhibitions on topics ranging from Mathematics to holistic living. Fructus Expo and Green Culture were exhibitions of the Department of Botany to increase awareness about our fruits and plants. The exhibition of the Department of Mathematics – 'Mathematica' saw the participation of schoolchildren- thus ensuring educational outreach.

The campus was a vibrant location this year with co-curricular activities being carried out along with these academic initiatives. Students participated in celebrations such as Onam and Christmas and brought out the festive spirit in all its glory. The PTA sponsored Payasam for Onam and Cake for Christmas. The students truly

lent meaning to these festivals by celebrating responsibly. Donations were made by the students in the form of White Gifts for the needy. The celebration of Fresher's Day, Union and Arts Club inauguration, Arts fest, film festival- all conducted by the college union and the Arts Club- brought out the many talents of the students and helped them gain confidence.

The students really shone on the sports field with many of our students gaining selection at University and National levels. Our students have excelled at sports such as Football, Archery, Power Lifting, Boxing, Wushu, Roll ball, Athletics and so on.

Ms Shyni L. S. DC II History participated in the Asia Karate Open Championship in Kuala Lumpur, Malaysia.

There has been appropriate emphasis on the mental well being of the students as well with regular sessions on Yoga, Zumba and motivational sessions. There is a counsellor on campus who is sponsored by the Management of All Saints' College, who carries out appropriate interventions.

The spirit of nationalism is very much a part of the life of the college, with a number of events marking significant days such as Independence day, Republic day, Martyrs' day, Army Flag day being celebrated with great enthusiasm. The Freedom Wall painted by the students is a testament to their creativity and patriotism.

The institution is committed to ensuring a quality educational experience and hence works to form meaningful collaborations with institutions of good standing and repute. The college has regular interactions with NGOs such as Sustera, Naandi Foundation, Think Tanks such as Indian Institute of Public Administration, Institute of Parliamentary Affairs, educational institutions such as Christ University, Bangalore. The Department of English has a Faculty Exchange Programme with St Joseph's College, Alappuzha and St Teresa's College, Ernakulam and media such as All India Radio and Mathrubhumi. The college also has Memorandums of Understanding with industry and other institutions towards providing a meaningful educational experience through certificate courses, training programmes, technical expertise and consultancy and so on.

The various clubs of the college have been doing an excellent job of channelizing student energies towards socially and globally relevant initiatives. The Bhoomitra Sena Club has been encouraging planting of saplings and they have also started a vegetable garden on campus. The 'Green Testimonio' was an initiative that saw students observe environmental issues around them and document the same. Clubs of national importance such as the Electoral Literacy Club and Forum for Social Democracy and Justice saw students comprehending the importance of democracy and the ways that one must exercise one's rights. There were sessions on the importance of democracy as well as interactions with government officials on the importance of voting. The Women Cell of the college, instituted in association with the Kerala State Women's Development Corporation organized sessions on women's health, hygiene, well being and on the importance of being legally aware. The Jesus Youth wing of the college focused on lending a sense of stability through good and faith in the lives of the students. The Department of Commerce has stressed on the importance of entrepreneurship and financial literacy and hence has started clubs such as the Financial Literacy club, Investment Awareness Club, Entrepreneurship Development Club and Tourism Club. The activities of these clubs are focused towards creating capabilities in students to become entrepreneurs in their own right and to be able to handle their finances responsibly. Harmony Club, the music club of the college organized interesting competitions such as patriotic song competition at an intercollegiate level, thus, bringing talents from across the state to the campus. Members of the club regularly perform at important functions and thus greatly enhance the enjoyment quotient of the college activities. The Dance Club of the college, Nritya has brought cheer to the students through its various dance related activities that contributed greatly to the creative talents of the students and also saw students paying attention to their physical and mental well-being. The Quiz club of the college, Sixth Sense has been encouraging a quizzing culture on campus and students have been bringing laurels to the college through the various prizes that they have won at the various quiz competitions. Apart from this, there have been regular quiz competitions on campus

as well. The Anti-Narcotics Cell of the college has been functioning with vigilance to ensure students are aware of the dangers of addiction. Regular interactive sessions with government agencies and awareness sessions have made students aware of the importance of prevention of addiction in the immediate vicinity as well. The NSS unit of the college has once again performed exceedingly well by carrying out vital outreach. Arranging Blood Donation drives, Beach Clean-ups, Food donation drives, Anti-corruption campaign have been some of the distinguished activities of the NSS this year. The NSS has also done extensive outreach in palliative care and in the Vimukti initiative of the Government of Kerala. The NSS members have closely interacted with agencies such as Palium India to not only train its own volunteers but also to understand the needs of those undergoing palliative care. The NSS undertook a massive campaign against drugs through Flash Mobs, Awareness marches, video campaigns and so on. These commendable activities of the NSS unit of our college have won it accolades in the form of the following awards:

Certificate of Appreciation in recognition of the exemplary services rendered to society during 2021-22 through the Student Palliative Care Units implemented by the University as part of its institutional social responsibility.

Consolation prize in the category of Best Social Initiative for Environment Sustainability at the 'Bhavishya Bharat – National Award Festival for Social Work for Colleges' Conducted on 14th September 2022

Certificate of Appreciation in recognition of the exemplary services rendered to the National Service Scheme during the year 2021-22

Ms Parvathy A. S., the volunteer secretary of NSS (2021-22) won the Best NSS Volunteer Award for the year 2021-22

Dr Ayona Jayadev, the Program Officer of NSS unit, won the Appreciation Award for NSS Program Officers for the year 2021-22

The college has been at the forefront of a number of socially inspired collaborations. The care it shows in ensuring focused outreach has socially conscious agencies collaborate with us in their consciousness-raising initiatives.

The Ek Bharat Shresht Bharat Club collaborated with Ms Rajani Rao, Alumna and Honorary member, Junior Chamber International, who is a part of the Clean Plate challenge India - an initiative to reduce food wastage. She is on a mission to raise awareness by travelling to all the state capitals of India and the South India leg of her journey began at All Saints' College.

The College collaborated with Sare Jahan Se Acha Foundation, through a Flash Mob by the Nritya Club - to raise awareness regarding the hazards of spitting in public places. The Women Cell organized flash mobs at Thampanoor and Palayam on 1st November to raise awareness regarding Drug Addiction and with the NGO Thanal to showcase the dangers of single use plastic. The college also collaborated with the Indian Institute of Public Administration to highlight the importance of Coastal clean-up – this was part of the National campaign for cleaner coastlines. The Bhoomitra Sena Club members participated in an event, ON Air in association with NGO - Sustera about air pollution and the future of Electronic Vehicles in Kerala.

The outreach initiatives of the college extend beyond these agencies as well through its flagship initiative – Communities of Practice – an initiative that looks to actively seek out collaborators and create impactful change locally, regionally, nationally and globally. This year, the Communities of Practice organized a two - day Conference titled 'Let Us Dream' - Annual Community Conference. Community collaborations in the Post Pandemic world was the theme of the conference that saw NGOs, activists, climate warriors, social media collaborators and influencers airing their views.

The college has also been creating tangible change through the Unnat Bharath Abhiyan that it is part of. The college has been working closely with vulnerable communities residing in Palode, Kallikad, Alamcode and Azhoorand has been carrying out systematic discussions with the stakeholders regarding the issues of development and health that the people face. The college has taken a hands-on approach and is looking to carry out timely interventions in the areas of health care, employment and income security and social participation.

The staff of the college has been at the forefront of research activities and they have fostered a research culture among the students as well. Five of our teachers have been awarded PhD this year.

PhD's Awarded in the academic year 2022-2023

1. Dr Anuvindha P. - Economics
2. Dr Aparna Merin Mathew - Commerce
3. Dr Kukku Xavier - English
4. Dr Shalini Harilal - English
5. Dr Vineetha V. K. - Commerce

Three members of the faculty have been granted the status of research supervisor the University of Kerala. These numbers are only set to rise in the coming days. The research centres of the college are flourishing, with three submissions and one degree being awarded. The college has applied for sanction for more research centres and is to take a quantum leap in the coming years in terms of research. Our teachers have won coveted research grants: Dr Smitha Asok, Assistant Professor, Department of Environmental Sciences has been awarded a research grant of nearly 26 lakhs. Our teachers have presented more than 32 papers at various national and international conferences, published papers in reputed journals and have book chapters to their name. Ms Nimmy Mohan, Assistant Professor, Department of Chemistry has secured a patent.

Dr Parvathy Menon, Asst Professor, Dept of History received the Padmasree Prof. Parassala Ponnammal Memorial Sangeetha Shreshta award and Dr Udayakala C. Head, Dept of Malayalam received the Saraswatha Saamskarika Vidyashreshta award, both constituted by Kalanidhi trust.

The college has organized various National and international conferences, Workshops and poster competitions on Avantgarde research. The Library of the college has also become a proactive space for research with sessions on Academic integrity and Online database-oriented research. Our teachers are much sought after resource persons and speakers at national and international conferences as well as coveted guests for keynote lectures at schools and colleges. This is a recognition of the cultural and intellectual capital that the college has garnered

on account of its tradition of excellence.

All this translates into a meaningful experience for our students who are also consequently exposed to these knowledge sharing initiatives. This has made the students confident individuals who are sought after in the higher education as well as the employment scenarios. The Placement cell has been working in close association with the Government of Kerala to ensure upskilling and reskilling of students. Tuning camps for students of minority communities, orientation camps for further employment, registration initiatives for empaneled employment have all been carried out. A One-day personality development workshop for meritorious minority students organized by Kerala Minority Development Corporation and a 'placement readiness' program organized by the Kerala university were conducted in association with the placement cell. The placement cell also provided interested students the opportunity to attend the program 'Thozhil Rangathekk' organized by the Kerala Knowledge Economy Mission.

The college has also joined hands with the Centre for Adult and Continuing Education, University of Kerala to conduct university approved certificate courses. The college is a functioning nodal centre of Indira Gandhi Open university.

The challenges of the semester system and disruptions caused by external factors placed an immense amount of pressure on the functioning of an educational institution. But we are in a constant attempt to overcome those challenges and ensure an empathetic, competitive educational experience for the students. The future years will see bigger and bolder initiatives towards outreach, educational upskilling, entrepreneurial and professional capability enhancement. We request your cooperation, blessings and collaborations. I would like to conclude with the words of Martin Luther King Junior - "The function of education is to teach one to think intensively and to think critically. Intelligence plus character- that is the goal of true education". This is what lies at the heart of the motto of All Saints' College – Lead Kindly Light.

Thank you



ലഹരിയുടെ നിരോധിപ്പിച്ചത്



Saniya Sabu
DC I
English Literature

ഇരുപത്തിയൊന്നാം നൂറ്റാണ്ടിൽ നമ്മൾ നേരിടുന്ന പ്രശ്നങ്ങൾ തൊഴിലില്ലായ്മ മുതൽ ആഗോളതാപനം വരെ നീണ്ടു കിടക്കുന്ന ഒരു വലിയ പട്ടികയാണ്. എന്നാൽ മനുഷ്യരാശിയെ ഒന്നാകെ കാർന്നുതിന്നുന്ന കാൻസറായ ലഹരി ഉപയോഗം മേൽപ്പറഞ്ഞവയെല്ലാം പിന്തള്ളി ഒന്നാം സ്ഥാനത്തു നിലകൊള്ളുന്നു. സമ്പന്ന രാഷ്ട്രങ്ങളുടെ മാത്രം ശാപമായി നമ്മൾ കണ്ടിരുന്ന ലഹരി ഇന്ന് ദൈവത്തിന്റെ സ്വന്തം നാടായ നമ്മുടെ കേരളത്തിൽ താണുവരാമെന്നു കാണാം.

കൊച്ചി പോലുള്ള മെട്രോ നഗരങ്ങളിൽ പോലീസ് നടത്തുന്ന ലഹരിവേട്ടയെപ്പറ്റിയുള്ള വാർത്തകൾ ഇന്ന് സുപരിചിതമാണ്. ദേശീയ ക്രൈം റെക്കോർഡ്സ് ബ്യൂറോയുടെ കണക്കുകൾ പ്രകാരം കഴിഞ്ഞ വർഷം റിപ്പോർട്ട് ചെയ്യപ്പെട്ട ലഹരി കേസുകളുടെ നിരക്കിൽ കൊച്ചി മൂന്നാം സ്ഥാനത്താണ്.

ക്ഷണിക്കപ്പെടാത്ത അതിഥിയായാണ് ലഹരി ഓരോരുത്തരുടെയും ജീവിതത്തിൽ കടന്നു വരുന്നത്. സ്കൂൾ വിദ്യാഭ്യാസം കഴിഞ്ഞ് മിടുക്കരായി കോളേജിൽ പ്രവേശനം നേടുന്ന വിദ്യാർത്ഥികൾ അവരെ കാത്തിരിക്കുന്ന ലഹരി മാഫിയയുടെ ചതിക്കുഴികളിൽ പെട്ടുപോകുന്ന വാർത്തകളായിരുന്നു നമ്മൾ കേട്ടിരുന്നത്, ഇന്ന് ഏഴാം ക്ലാസ്സ് മുതൽ തുടങ്ങുന്ന ലഹരി ഉപയോഗം കോളേജ് കാലമെത്തുമ്പോൾ മയക്കുമരുന്നിന്റെ മൊത്തവ്യാപാരം വരെയാകുന്നു.

അനുകരണമാണ് ലഹരി ഉപയോഗത്തിന്റെ പ്രഥമ കാരണം. ഇഷ്ട സിനിമകൾ കണ്ട് ആരാധനയോടെ ആരംഭിക്കുന്ന പുകവലിയിൽ തുടങ്ങി ഒരിക്കലും തിരിച്ചുവരാനാവാത്ത വിധം എം.ഡി. എം.എ. പോലുള്ള മാരകവസ്തുക്കളിലെത്തുന്നു. കുട്ടുകാരുടെ നിർബന്ധം മൂലവും, സൂപ്പർ വലയങ്ങളിൽ ഒറ്റപ്പെടാതിരിക്കാനും ലഹരി ഉപയോഗിച്ച് തുടങ്ങുന്നവരുമുണ്ട്. സ്കൂൾ, കോളേജ് വിദ്യാഭ്യാസം നൽകുന്ന മാനസിക സംഘർഷങ്ങളിൽ നിന്നും ആശ്വാസത്തിനായി വിദ്യാർത്ഥികൾ മദ്യത്തിന്റെയും, മയക്കുമരുന്നിന്റെയും മായിക ലോകത്തേക്ക് പ്രവേശിക്കുന്നു. ഉദ്യോഗാർത്ഥികൾ ജോലി സ്ഥലത്ത് നേരിടുന്ന മാനസിക

പിരിമുറുക്കും കുറയ്ക്കാൻ വേണ്ടി അഭയം തേടുന്നതും ലഹരിയെത്തന്നെയാണ്. പ്രണയം നടിച്ചു പെൺ കുട്ടികളെ പുകവലിയും, മദ്യപാനവും ശീലിപ്പിച്ച് ഇവരുടെ കൈകളിൽ മയക്കുമരുന്നിന്റെ വിലങ്ങുകൾ വീഴ്ത്തുന്നു. ഇരകളെ ഉപയോഗിച്ച് സ്കൂൾ-കോളേജ് വിദ്യാർത്ഥികളെ ലക്ഷ്യം വെച്ചുള്ള ലഹരിമരുന്ന് കച്ചവടമാണ് ഇന്ന് നടക്കുന്നത്.

ലഹരി ഉപയോഗത്തിന് ശാരീരികവും മാനസികവുമായ ദുഷ്ഫലങ്ങളുണ്ട്. ഇൻജക്ഷൻ വഴി മയക്കുമരുന്ന് ഉപയോഗിക്കുന്നവർക്ക് കൈകളിലും, ഞരമ്പുകളുടെ സ്ഥാനത്തും കുരുക്കൾ, കരൾ രോഗങ്ങൾ, ഗുഹ്യരോഗങ്ങൾ, വൃക്ക രോഗങ്ങൾ, തലച്ചോർ സംബന്ധമായ രോഗങ്ങൾ തുടങ്ങിയ അനേകം ആരോഗ്യപ്രശ്നങ്ങൾ ഉണ്ടാകാൻ സാധ്യതയുണ്ട്. കൊക്കെയ്ൻ, ആംഫെറ്റാമൈൻ തുടങ്ങിയ ലഹരിവസ്തുക്കൾ മൂക്കിലൂടെ ഉപയോഗിക്കുമ്പോൾ മൂക്കിലെ കോശങ്ങൾ നശിച്ചു പോകുന്നു. മരിജുവാനാ ഉപയോഗം ശ്വാസകോശ രോഗങ്ങൾക്ക് കാരണമാകുന്നു. സ്ത്രീകളിൽ ഗർഭകാലത്ത് പുകവലി, മദ്യപാനം, മറ്റു ലഹരി വസ്തുക്കളുടെ ഉപയോഗം തുടങ്ങിയ ശീലങ്ങൾ ജനിക്കാൻ പോകുന്ന കുട്ടികളിൽ ലഹരി ആസക്തിക്കും, വിത്ഘോവൽ സിൻഡ്രോമിനുമുള്ള സാധ്യതയുണ്ടാകുന്നു. ലഹരി ഉപഭോക്താക്കളുടെ ജീവിതശൈലി മൂലം, പോഷകകുറവ്, ഭാരക്കുറവ്, ന്യൂമോണിയ തുടങ്ങിയ ആരോഗ്യപ്രശ്നങ്ങൾ അവരിലുണ്ടാകാനുള്ള സാധ്യത ഏറെ കൂടുതലാണ്. അമിതമായ അളവിലുള്ള ലഹരി വസ്തുക്കളുടെ ഉപയോഗം ഹൃദയത്തിന്റെയും, ശ്വാസകോശത്തിന്റെയും പ്രവർത്തനങ്ങളെ സാരമായി ബാധിക്കുകയും, മരണം വരെ സംഭവിക്കാൻ സാധ്യതയുണ്ടാക്കുകയും ചെയ്യുന്നു.

ഇത്തരം ശാരീരികമായ ബുദ്ധിമുട്ടുകൾക്ക് പുറമെ മാനസികമായ അസ്വസ്ഥതകളും ലഹരിക്ക് അടിമപ്പെട്ടവരിൽ കാണാൻ സാധിക്കും. വിഷാദരോഗം, ജീവിതത്തിനോടുള്ള വിരക്തി, ഭ്രമാത്മകത തുടങ്ങിയ ലക്ഷണങ്ങൾ ഇവരിൽ കാണാൻ സാധിക്കും. ലഹരി ഉപയോഗിക്കുന്ന വിദ്യാർത്ഥികളിൽ പഠനത്തോടുള്ള താല്പര്യക്കുറവും, ഉദ്യോഗാർത്ഥികളിൽ ജോലിയിൽ ശ്രദ്ധക്കുറവ് തുടങ്ങിയവയുമാണ് കാണാൻ സാധിക്കുക.

സിഗരറ്റും, മദ്യവും മാത്രമാണ് ലഹരി എന്ന് കരുതിയിരുന്ന നമ്മൾക്കിടയിലേക്ക് ഈയടുത്ത കാലത്താണ് എം.ഡി.എം.എ പോലുള്ള മയക്കുമരുന്നിന്റെ മാരകമായ മറ്റു രൂപങ്ങൾ വന്നു തുടങ്ങിയത്.

കുട്ടികളെ ആകർഷിക്കുന്നതിനായി ന്യൂസിന്റെ



യും, ബബിൾഗമ്മിന്റെയും, സ്റ്റാമ്പുകളുടെയും രൂപത്തിൽ ലഹരിമാഹിയപുതിയ ചതിക്കുഴികൾ തീർക്കുന്നത്. രക്തചുവപ്പ് നിറത്തിലുള്ള പത്തു രൂപ മാത്രം വിലവരുന്ന ജ്യൂസ് കുട്ടികളിൽ ശ്രദ്ധ നേടിയപ്പോഴാണ് ഫോറെൻസിക് പരിശോധന നടത്തുകയും ലഹരിയുടെ അംശം കണ്ടെത്തുകയും ചെയ്തത്.

പുളിപ്പിച്ച പുകയിലയും, കുപ്പിച്ചില്ലും ചേർത്ത് കുൾ എന്ന പേരിലുള്ള പുകയില പാക്കറ്റും ഇന്ന് വിപണിയിൽ സജീവമാണ്. പാൻപരാഗിന് പകരം ഇന്ന് 'കുൾ' ആണ് ലഭ്യമായിരിക്കുന്നത്. ചോക്ക് മിഠായി, ക്രിസ്റ്റൽ, പഞ്ചസാരതരി തുടങ്ങിയവയുടെ രൂപത്തിലുള്ള ലഹരി വസ്തുക്കളാണ് ഇന്ന് വിപണിയിൽ ഏറെയും.

ആലുവയിൽ കൊരിയറിൽ നിന്ന് എത്തിയ ബ്ലൂടുത്ത് സ്പീക്കറിനുള്ളിൽ നിന്ന് ഇരുപത് ലക്ഷം രൂപ വില വരുന്ന എം.ഡി.എം.എ കണ്ടെടുത്തിട്ട് അധിക നാളുകളായിട്ടില്ല.

ഗോറില്ലയുടെ ചിത്രമൊട്ടിച്ച സ്റ്റാമ്പുകൾ കുട്ടികൾക്ക് കൗതുകമുണർത്തുന്നതാണ്. എന്നാൽ ലോകത്തെ ഏറ്റവും വീര്യം കൂടിയ എൽ.എസ്.ഡി സ്റ്റാമ്പാണ് ഇതെന്ന് ആരും അറിയുന്നില്ല. കൂടുതലായും പെൺ കുട്ടികളാണ് ഇതിന് അടിമകളായുള്ളത്. ഡാർക്ക് വെബ് എന്ന ഇന്റർനെറ്റ് അധോലോകത്തിൽ ക്രിപ്റ്റോകറൻസി ഉപയോഗിച്ച്, ലോകത്തിൽ എവിടെയും ലഹരി മരുന്ന് എത്തിക്കുന്ന ഒരു സംഘം നിലകൊള്ളുന്നുണ്ട്. നാല്പത്തിയെട്ട് മണിക്കൂറിലേറെ തലച്ചോറിനെ മരവിപ്പിക്കാൻ ശേഷിയുള്ള 'പാരഡൈസ്'



50' പോലുള്ള ലഹരിമരുന്നുകൾ ഇന്ന് വിപണിയിൽ സുലഭമാണ്.

ലഹരി ലോകത്തേക്ക് ഒരിക്കൽ പ്രവേശിച്ചാൽ തിരിച്ചുപോക്ക് ഏറെ ശ്രമകരമാണ്. അതിനാൽ മുൻകരുതലുകൾ എടുക്കേണ്ടത് അനിവാര്യമാണ്. ലഹരി മാഫിയ കൂട്ടികളെയാണ് സോഫ്റ്റ് കാരി യേർസ് ആയി ഉപയോഗിക്കുന്നത്. അതിനാൽ കൂട്ടികളുടെ സ്വഭാവത്തിൽ വരുന്ന മാറ്റങ്ങൾ മാതാപിതാക്കളും, അധ്യാപകരും ശ്രദ്ധിക്കേണ്ടതാണ്. സർക്കാർ സംവിധാനങ്ങളായ പോൽ ആപ്പ്, മിത്ര ടോൾഫ്രീ നമ്പർ 181 തുടങ്ങിയവ ഉപയോഗിച്ച് കുടുംബത്തിൽ ലഹരിക്കടിമയായവരെ, സാധാരണ ജീവിതത്തിലേക്ക് മടക്കിക്കൊണ്ടുവരാൻ സാധിക്കും.

ഒരു വ്യക്തി ലഹരിക്ക് അടിമപ്പെടുമ്പോൾ നഷ്ടം സമൂഹത്തിന് കൂടിയാണ്. ഓരോ കുടുംബങ്ങളിൽ നിന്നും ഉയർന്ന നിലകളിൽ എത്തിച്ചേരേണ്ട കഴിവുള്ള വ്യക്തിത്വങ്ങളാണ് 'വിമുക്തി' പോലുള്ള ലഹരി വിമോചന കേന്ദ്രങ്ങളിൽ അഭയം പ്രാപിക്കുന്നത്. അതിനാൽ, ഓരോ വ്യക്തിയും ഈ സാമൂഹിക വിപത്തിനെതിരെ ശബ്ദിച്ചാൽ മാത്രമേ ഒരു മാറ്റം സാധ്യമാകൂ. അതിനാൽ, വിദ്യാർത്ഥികളെ ലഹരിയുടെ വിപത്തുകളെക്കുറിച്ച് ബോധവാന്മാരാക്കുക എന്നത് പ്രധാനമാണ്. കൂട്ടുകാർക്കിടയിൽ ഇത്തരം വസ്തുക്കളുടെ ഉപയോഗം ഉണ്ടെങ്കിൽ അത്

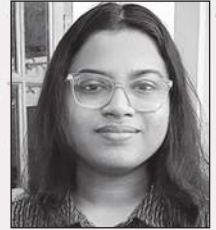
അധ്യാപകരെ അറിയിക്കാനും കൂട്ടികളോട് പറയേണ്ടതാണ്.

ഇന്റർനാഷണൽ ജേർണൽ ഫോർ കറന്റ് അഫയർസ് എന്ന പ്രസിദ്ധീകരണം ഇരുപതിയൊന്നാം നൂറ്റാണ്ടിന്റെ ഏറ്റവും വലിയ വെല്ലുവിളിയായി കണക്കാക്കുന്നത് നിയമവിരുദ്ധ ലഹരി ഉപയോഗത്തിനെയാണ്. വലിയ വില നൽകി മയക്കുമരുന്ന് വിപണിയിലെ പുത്തൻ ഇറക്കുമതികൾ വാങ്ങാൻ സാധിക്കാത്തവർ ഇന്ന് പുതുതായി ഒരു മിശ്രിതം കണ്ടുപിടിച്ചിരിക്കുകയാണ്. അനാസിൻ, സാരിഡോൺ തുടങ്ങിയ ഗുളികകൾ, കൊക്കോകോള പോലുള്ള പാനീയങ്ങളിൽ ചേർത്ത് കഴിക്കുന്നതിലൂടെ മയക്കുമരുന്ന് ഉപയോഗിക്കുമ്പോൾ ഉള്ള ലഹരി കിട്ടുന്നു. സർജിക്കൽ സ്പിരിറ്റ്, ആഫ്റ്റർ ഷേവ് ലോഷൻ, ഉറക്ക ഗുളികകൾ, നെയിൽ പോളിഷ് തുടങ്ങിയവയും ഇന്ന് വൻവിലയുള്ള മയക്കുമരുന്നിന് പകരം ഉപയോഗിച്ച് വരുന്നവയാണ്.

നമ്മുടെ കേരളത്തിൽ നേരിടുന്ന അനേകം പ്രശ്നങ്ങളിൽ ഒന്നായല്ല ലഹരിമരുന്നിന്റെ ഉപയോഗത്തെ കാണേണ്ടത്. സ്ത്രീപീഡനവും, മോഷണവും മുതൽ കൊലപാതകം വരെ നീളുന്ന ഒരുപാട് സാമൂഹിക വിപത്തുകളുടെ മൂലകാരണമായാണ് ഇതിനെ കാണേണ്ടത് അതിനാൽ നമുക്ക് ഒറ്റക്കെട്ടായി പ്രതിജ്ഞയെടുക്കാം - നോ ടു ഡ്രഗ്സ്. ●



അവൾ പെണ്ണു??



Fathima Siyana
DC III
History

നിശയുടെ നീലയാമങ്ങളിൽ
അടർന്നുവീണ കണ്ണുനീർതുള്ളികൾ
അവളോട് ചൊല്ലിയത്രേ...
അവളുമൊരു പെണ്ണാണത്രേ....

ഇരുട്ടിൽ തപ്പിതടഞ്ഞു ദിശയറിയാതെ
പതറിയ നേരം
ഓരോ പുൽനാമ്പും
അവളോട് ചൊല്ലിയത്രേ...
'അവളുമൊരു പെൺകൊടിയത്രേ..'

ആഗ്രഹങ്ങളും പ്രതീക്ഷകളും
സ്വന്തത്തിന് വേണ്ടി സമർപ്പിച്ചപ്പോൾ
വേദനിക്കുന്ന ഹൃദയത്തിലെ
പൊട്ടിയൊഴുകുന്ന വേദനകൾ കടിച്ചമർത്തി
സ്വയം വെന്തുവെണ്ണീറായവൾ...
ഇരുളിന്റെ മറവിൽ സ്ത്രീജന്മം
തിരിച്ചറിയാത്ത കാപാലികന്മാർക്ക് മുന്നിൽ
നിഷ്ഠൂരം വേദനയാൽ പിടഞ്ഞനേരം
ലോകമവൾക്ക് നൽകിയ നാമവും അതുതന്നെ...
'അവളുമൊരു പെണ്ണത്രേ..'

പിതാവിൻ വാത്സല്യത്താൽ തഴുകിയുണർത്തിയ
ബാല്യം ഇന്നവൾക്ക് വെറും ഓർമ്മ മാത്രം..
ചിന്തകളുടെ ദിശാപ്രയാണത്തിൽ നൂലില്ലാ
പട്ടംപോൽ പാറിനടക്കും നേരം തന്നിലെ
ഭൂതകാലത്തിലേയ്ക്കൊരേത്തി
നോട്ടമവൾനോക്കി...
തന്നെയവിടെ കണ്ടെത്താൻ അവൾക്കായില്ല.
പ്രതിഫലനമെന്നും സ്വന്തബന്ധങ്ങളുടെ
സ്വപ്നങ്ങളും പ്രതീക്ഷകളും

ആഗ്രഹങ്ങളുമായിരുന്നു ..
തന്നിലെ മോഹങ്ങളെവിടെ??
പ്രതീക്ഷകളെവിടെ??
ആഗ്രഹങ്ങളെവിടെ??
ചിട്ടുകൊട്ടാരം തകർന്നുവീഴുന്നതിനേക്കാൾ
വേഗത്തിൽ അവയൊക്കെയും
നിലംപതിച്ചിരിക്കുന്നു.....
ഭൂതകാലത്തിൽ താൻ ബാക്കിവച്ചതന്നിലെ
സമ്പാദ്യം.....

തന്നിലെ വേദനകളിൽ താങ്ങായി തണലായി
കൂടെ നിന്ന ഇഷ്ടതോഴി..
പ്രതിസന്ധികളിൽ തളരാതെ പിടിച്ചുനിൽക്കാൻ
ശക്തി പകർന്നവൾ..
നിർജീവമായ കണ്ണുകൾക്ക് കുളിർമ
നൽകി വേദനകളെ സ്വതന്ത്രമാക്കിയവൾ..
വെറുമൊരു ജലകണത്തോടുപമിക്കാൻ കഴിയുമോ.
അവളല്ലേ തന്നിലെ വേദനകളെ
സ്വയം ഏറ്റുവാങ്ങിയത്..??
ജീവിതമാം വഞ്ചിയിൽ നീങ്ങുന്ന തന്നെ
പാതിവഴിയിലായ് പലരുമുപേക്ഷിച്ചിട്ടും
ഇന്നും തനിക്ക് താങ്ങായി തണലായി
നിലകൊള്ളുന്ന ഉറ്റമിത്രമല്ലേ അവൾ...
അവളല്ലേ തന്നിലെ കരിഞ്ഞുണങ്ങിയ
പ്രതീക്ഷകൾക്ക് ജീവൻ നൽകിയത്...??

സാന്ത്വനമായി പുണരുവതെന്നെ.
ഇരുളിൽ കുട്ടായി വന്നതുമവളെ
വേദന തിങ്ങും ഹൃദയവുമായ്
തുണയായി വന്നതുമവളേയെന്നും. ●



Saniya Sabu
DC I
English Literature



നീരാളി

ജഡമാണ് ഞാനിന്ന്
മൃതിയെ പുൽകാൻ വെമ്പുന്ന ജീവിക്കുന്ന
ജഡം.
നിദ്ര എന്നോ എന്നെ ഉപേക്ഷിച്ചു ചിത്തത്തിൽ
ചിന്തകൾ പെറ്റുകൂട്ടിയിരിക്കുന്നു.
സ്വപ്നങ്ങൾ കാണാൻ
ഞാൻ എന്നോ മറന്നിരിക്കുന്നു.
എന്നാണ് അവൻ എന്റെ കൂടെ കൂടിയത്?
ഒറ്റപ്പെടലിൽ താങ്ങായി,
സംഘർഷങ്ങളിൽ തുണയായി,
എന്നോ അവൻ എന്റേതായി.
അവന്റെ മുഖം മരണത്തിന്റെയും,
കൈകൾ നീരാളിയുടേതുമാണെന്ന്
ഞാൻ അറിഞ്ഞിരുന്നില്ല.

അറിഞ്ഞിട്ടും ഫലമുണ്ടായിരുന്നോ?
ഒരു രക്ഷപ്പെടൽ സാധ്യമായിരുന്നോ?
പ്രിയപ്പെട്ടവർക്കായി തുടിച്ച എൻ ഹൃദയം
ഇന്ന് കറപിടിച്ചിരിക്കുന്നു. ചിന്തകളാൽ
നിറഞ്ഞ എൻ ചിത്തം ഇന്ന് ചിത
ലരിച്ചിരിക്കുന്നു.
ചുടുചുംബനങ്ങൾ നൽകിയിരുന്ന
എൻ ചുണ്ടുകൾ, ഇന്ന് വറ്റിവരണ്ടിരിക്കുന്നു.
ഞാൻ അവനെ കാണുന്നു.
ഞാൻ ഉറങ്ങുന്നതും കാത്തു
എന്നെ കൊണ്ടുപോകാൻ അവൻ നിൽക്കുന്നു.
എപ്പോഴോ നിദ്രയിലേക്ക് പോകുമ്പോഴും
ഞാൻ കാണുന്നു,
അവന്റെ നീരാളിക്കരങ്ങൾ. ●



Saniya Sabu
DC I
English Literature



ലഹരി

‘ഈ അമ്മച്ചി നേരിട്ട് വന്ന് പറഞ്ഞതാ സാരേ. അവർ ഒരാളെ കൊന്നെന്ന്.‘ എസ്. ഐ സാജൻ, സി. ഐ തോമസ് എബ്രഹാമിനോട് പറഞ്ഞു. രാവിലെ തന്നെ കുഴപ്പം പിടിച്ച കേസൊന്നും വരല്ലേ എന്ന് പ്രാർത്ഥിച്ചിരുന്നതായിരുന്നു. അപ്പോഴാണ് രാവിലെത്തന്നെ ഒരു കൊലപാതക കേസ്. അതും പ്രായമായ ഒരു അമ്മ. പക്ഷെ ആരെയാണ് കൊന്നതെന്നോ, ബോധി എവിടെയാണെന്നോ എന്ത ചോദിച്ചിട്ടും പറഞ്ഞിട്ടില്ല. സി.ഐ സാറിനോട് മാത്രമേ സംസാരിക്കൂ എന്ന് പറഞ്ഞു മിണ്ടാതിരിക്കുകയാണ്.

‘മുറിയിലേക്ക് കയറിയപ്പോൾത്തന്നെ സി. ഐ തോമസ് കണ്ടു. എഴുപത് വയസ്സ് വരുന്ന ഒരമ്മ. മുഷിഞ്ഞ ഒരു സാരിയാണ് വേഷം. കണ്ണുകളിലെ നിസ്സംഗ ഭാവം, ഈ കൊലപാതകം ചെയ്തത് അവരാണെന്ന് തോന്നിപ്പിക്കുകയേയില്ല. തോമസ് കസേരയിലിരുന്നു. ‘അമ്മയുടെ പേരെന്താ?’ ‘സി. ഐ സാറാണോ?’ ‘അതെ.’ ‘എന്റെ പേര് ലക്ഷ്മി’ ‘അമ്മ ഒരാളെ കൊന്നെന്നെന്ന് പറഞ്ഞല്ലോ. ആരാ അത്?’ ‘പറയാം സാരേ. എന്നെ തിരുവനന്തപുരത്ത് നിന്ന് കല്യാണം കഴിച്ചു കൊണ്ട് വന്നതാ ഇങ്ങോട്ട്. രണ്ടു വർഷം കഴിഞ്ഞപ്പോൾ ഭർത്താവ് മരിച്ചു. അന്ന് ഞാൻ നാല് മാസം ഗർഭിണിയാ. പിന്നെ എന്റെ മോൾക്ക് വേണ്ടിയാ മുണ്ട് മുറുക്കി പണിയെടുക്കാൻ തുടങ്ങിയത്. കോളേജിൽ പഠിക്കുമ്പോൾ അവൾ ഒരുത്തന്റെ കൂടെ ഇറങ്ങിപ്പോയി. ആദ്യം ദേഷ്യം തോന്നിയെങ്കിലും പിന്നെ ഞാൻ അവരെ വീട്ടിലോട്ട് കൂട്ടിക്കൊണ്ടുവന്നു. അവർക്ക് രണ്ടു മക്കളുണ്ടായി അഭിജിത്തും, അർപ്പണയും. കുറച്ചു നാൾ കഴിഞ്ഞപ്പോഴാണ് എന്റെ മോൾ, അവളുടെ ഭർത്താവ് വരുത്തിവച്ച കടങ്ങളെക്കുറിച്ച് പറയുന്നത്. എന്നെ കൊണ്ട് പറ്റുന്ന രീതിയിൽ ഞാനും കുറച്ചു പൈസ കൊടുത്തെങ്കിലും അത് തികഞ്ഞില്ല. ഒരു ദിവസം വീട്ടിൽ നിന്നിറങ്ങി പോയതുപോലെ, ഈ ലോക

ത്തിനും അവരങ്ങ് പോ-യി.’ നിറഞ്ഞു വന്ന കണ്ണുകൾ സാരിത്തുണ്ട് കൊണ്ട് തുടച്ചു. ഇടറിയ ശബ്ദം നേരെയാക്കി അവർ തുടർന്നു. ‘അവൾ എന്നെ ഏൽപ്പിച്ച രണ്ടു മക്കളെയും ഞാൻ നന്നായിത്തന്നെ നോക്കി വളർത്തി. രണ്ടുപേരും അച്ഛനും അമ്മയും ഇല്ലാത്ത കുറവ് അറിയരുതെന്ന് വിചാരിച്ചു. അഭിപ്ലവസ്വണ്ണിൽ പഠിക്കുമ്പോഴാണ് അവന് രണ്ടു കുട്ടു കാരെ കിട്ടുന്നത്, സുധീപും, രാഹുലും. ആ കുട്ടു കെട്ട് വേണ്ടാന്ന് എത്ര പറഞ്ഞിട്ടും അവൻ കേട്ടില്ല. ഇതിന്റെ പേരിലാണ് അവൻ ആദ്യമായിട്ട് എന്നോട് കയർത്തു സംസാരിച്ചത്. ഒരു ദിവസം ഞാൻ പണിക്ക് പോയി തിരിച്ചു വന്നപ്പോ വാതിൽ തുറന്നു കിടക്കുന്നു. അകത്തു കയറിയപ്പോ എന്റെ മോളെ, അഭിയും, അവന്റെ കുട്ടുകാരും ചേർന്ന് ‘വീണ്ടും അവരുടെ വാക്കുകൾ മുറിഞ്ഞു. സി. ഐ തോമസ് കസേരയിൽ നിവർന്നിരുന്നു. ‘ആ കാഴ്ച കണ്ടപ്പോ എന്റെ കണ്ണിൽ ഇരുട്ട് കയറണ പോലെ തോന്നിപ്പോയി. തല കറങ്ങുന്നതു പോലെ തോന്നി തറയിൽ ഇരുന്നപ്പോ എന്റെ കൈയിൽ എന്തോ തടഞ്ഞു. നോക്കുമ്പോൾ കുറച്ചു വെള്ളപ്പൊടിയുള്ള പാക്കറ്റ്. പിന്നെ ഞാൻ ചെയ്തതൊന്നും സ്വബോധമില്ലാതെയായിരുന്നു. എന്റെ കുഞ്ഞിനെ നശിപ്പിച്ച മൂന്നെണ്ണത്തിനെയും ഞാൻ ഇഷ്ടിക വെച്ച് അടിച്ചു കൊന്നു.’ മുറിയിൽ നിശബ്ദത പരന്നു. ‘സാർ എന്നെ കസ്റ്റഡിയിൽ എടുക്കണം. ഇങ്ങനെയുള്ള ഒരുത്തനെ വളർത്തി വലുതാക്കിയതിന് എനിക്ക് അതാണ് ശിക്ഷ.’ സി. ഐ തോമസ് എബ്രഹാം കസേരയിൽ നിന്ന് എഴുന്നേറ്റു പോകാനൊരുങ്ങി. വാതിലിനടുത്ത് എത്തിയപ്പോൾ ഒരു നിമിഷം നിന്നു. ആ സ്ത്രീയെ തിരിഞ്ഞു നോക്കിക്കൊണ്ട് തോമസ് ചോദിച്ചു, ‘അമ്മ ഒരാളെ കൊന്നു എന്നല്ലേ സ്റ്റേഷനിൽ പറഞ്ഞത്. പക്ഷെ മൂന്നു പേരെ...’ ‘ആ മൂന്നു പേരെ കൊന്നപ്പോൾ ഞാൻ ഒരാളെയല്ലേ കൊന്നത് സാരേ- ലഹരിയെ’. ●



Aisha Hilma
DC II
Communicative English

Combating Substance Abuse: The Importance of Anti-Narcotics Efforts

Introduction:

Substance abuse has emerged as a formidable challenge worldwide, posing threats to individual health, societal well-being, and economic stability. Governments, organizations, and communities have recognized the urgent need to address this issue through anti-narcotics efforts. This short article highlights the significance of combating substance abuse and the role of anti-narcotics initiatives in curbing this pervasive problem.

Understanding Substance Abuse:

Substance abuse refers to the harmful or excessive use of psychoactive substances, such as drugs and alcohol, leading to physical and psychological dependence. It encompasses a range of substances, including illicit drugs, prescription medications, and even legal substances when misused. Substance abuse can result from various factors, including social influences, mental health

conditions, and environmental triggers.

The Impact of Substance Abuse:

Substance abuse has far-reaching consequences that extend beyond the individual affected. It disrupts personal relationships, damages physical and mental health, increases the likelihood of criminal activities, and strains healthcare systems. Additionally, substance abuse exacts a heavy toll on communities, fostering a climate of violence, compromising public safety, and burdening economies with the costs of treatment and rehabilitation.

The Role of Anti-Narcotics Efforts:

- 1. Prevention and Awareness:** Anti-narcotics initiatives focus on preventing substance abuse by raising awareness about the risks and consequences associated with drug misuse. Education programs in schools, community outreach campaigns, and targeted media efforts play a crucial role in informing individuals about the dangers of substance abuse and promoting healthy lifestyle choices.
- 2. Enforcement and Law Enforcement Cooperation:** Anti-narcotics efforts involve strict enforcement of laws to disrupt the production, trafficking, and sale of illicit drugs. Effective law enforcement strategies are essential to dismantle

drug networks, seize illegal substances, and hold traffickers accountable. International cooperation, sharing intelligence, and coordinating efforts to intercept drug shipments, are crucial in combating the global drug trade.

3. Rehabilitation and Treatment: Anti-narcotics initiatives also prioritize rehabilitation and treatment programmes to help individuals overcome substance abuse. These programmes provide counseling, therapy, and medical interventions to address physical dependence, manage withdrawal symptoms, and promote long-term recovery.

4. Support and Community Engagement: Creating a supportive environment is vital in preventing substance abuse and aiding recovery. Anti-narcotics initiatives foster community

engagement, establishing support groups, and offering resources for individuals and families affected by substance abuse. By providing a network of support, these efforts encourage individuals to seek help, reduce stigmatization, and promote successful recovery.

Conclusion:

The battle against substance abuse requires a multi-faceted approach that combines prevention, enforcement, rehabilitation, and community support. Anti-narcotics efforts play a pivotal role in curbing the devastating impact of substance abuse, safeguarding individuals, families, and communities. By investing in education, enforcement, and treatment, societies can work towards a future where substance abuse is minimized, and individuals can lead healthier and more fulfilling lives. ●

'Say No To Drugs'



Adithya M.G.
DC I
Communicative English



Those substances you use are not worth your time
The poison you use kills your
brain cells and poisons your mind
That one night worth of glee
Is not worth your destiny
You're far too smart to let your life go
With those substances you use,
you'll never have the chance to grow
That high running through your veins will
eventually drag you to an all-time low.
That popularity you feel one day
Won't matter once you've thrown your life away
Before you smoke another blunt or pop another pill
Don't think you won't become addicted
Because trust me, you will. ●



Saniya Sabu
DC I
English Literature

THE BATTLE AGAINST TOBACCO — THE BATTLE FOR TOMORROW

"Tobacco use is the single leading cause of preventable death. The vast majority of all adult tobacco users became addicted as teens. If we don't work to prevent teens from using tobacco, we risk losing thousands of lives and spending more and more money treating tobacco-related illnesses."

-Dr. Joan Schaefer

Tobacco-the silent killer has become a global concern. Irrespective of status, it is used by everyone, everywhere. It accompanies a person in his merrymaking and miseries and leads him to death.

There are various reasons why people start using tobacco products. The most common cause is curiosity. Children also try such products persuaded by friends or to imitate their favorite actor. But this at least one-time use becomes frequent and then every time. Family members who smoke also influence the youth.

Tobacco use harms nearly all organs of the body. A smoker's cough is the most common trait of tobacco users as the airways get blocked. The effects of tobacco are different in adults and children. Lung cancer, heart disease, and stroke occur in adults, while children experience respiratory illness, asthma attacks, ear infections, and sudden death syndrome. Tobacco consumption also causes arthritis, diabetes, and skin problems like psoriasis.

The tobacco industry influence social life, the economy, and the environment. Tobacco, considered a sign of power and manliness, prompts more people to use it. Excessive use of tobacco shatters personal

and professional life. Tobacco crops extract nutrients from the soil making it less fertile and, the use of pesticides causes health effects to workers. Apart from the adverse effects, the tobacco industry has a positive impact on the economic sector. The tobacco industry is a livelihood to around 4.57 crore people who work as farmers, farm laborers, and industry staff.

Unfortunately, passive smokers face the ill effects of tobacco, even if they don't use it directly. The mainstream smoke and smoke emitted from cigarettes are equally dangerous for smokers and people nearby. The impacts of passive smoking differ for adults and children. While adults experience low lung capacity, heart diseases, cancer, and so on, children suffer from continuous cough, cold, and breathlessness.

India is the second-largest tobacco consumer and the third-largest tobacco producer in the world. Tobacco outlets, especially in the countryside, are a livelihood for many. Moreover, India is considered the oral cancer capital of the world. Apart from men, women have also started using tobacco, which causes osteoporosis in women, a bone disease. When pregnant women use tobacco, it results in growth retardation and weight decrease in babies.

Nicotine, the main content of tobacco, lures the users. If a regular tobacco user does not use it a day, cravings occur. We have seen the hands of an alcohol consumer shivering when he does not get alcohol for a day. The period of withdrawal syndrome varies. The symptoms include physical effects like headache, fatigue, constipation, cravings, cough, and loss of

appetite. Anxiety, depression, getting irritated by small things, and difficulty concentrating are the mental and emotional symptoms of withdrawal effect.

India has reduced tobacco use among adults by 17% since 2010. The prevalence of tobacco among youth has also decreased. WHO congratulated the Indian Government for its measures in curbing the tobacco epidemic. India has increased tobacco taxes at the highest rate of 28% under GST at the state level. Mass media campaigns were also of great help to reduce smoking among youth and young adults. Many states have banned gutka, deadly, smokeless tobacco. India has prohibited advertisements promoting tobacco. The COTPA Act has also helped in preventing the spread of tobacco products in many ways. In 2019, the country banned battery-powered E-cigarettes which had flavoring substances other than nicotine. Indian Council of Medical Research prohibited its usage in the country due to the health issues it caused and environmental hazards caused by manufacturing and waste disposal. It has been advised, for educational institutions, to ensure no shops within 100 yards of their premises sell tobacco.

The young generation is easily enslaved by tobacco. Parents must explain the health issues of using tobacco to children through animations and simple stories. Moreover, they must also not use tobacco in front of children. Schools must appoint

student monitors to report tobacco usage among friends and local distributors near the school to the authorities. Resident associations and educational institutions must ensure a smoke-free environment. Schools and social organizations must ensure the involvement of students in the programs for tobacco prevention through interactive sessions with officials.

Every year, May 31 is celebrated as World No Tobacco Day by World Health Organization (WHO) since 1987. This day has great importance in making people aware of the consequences of using tobacco. The COVID-19 Lockdown imposed, led many people to start using tobacco. Also, many tobacco users suffered from withdrawal syndrome. The government has begun a toll-free service in 16 languages, where they would be helping to quit tobacco usage. Children are the easiest to get addicted to tobacco. Around 90% of adult tobacco users started using it during childhood. Hence, the primary purpose of World No Tobacco Day must be to ensure the youth a healthy future free from tobacco.

Being aware of the after-effects of tobacco use, we imperil our lives only for pleasure. We decide the first time to use tobacco and the next time tobacco decides. Life is only once. Paying attention to the little things around us, spending time with loved ones, and doing what we love are healthy ways of enjoyment rather than being slaves of tobacco. ●



Ann Theresa Lazar
IMA
English

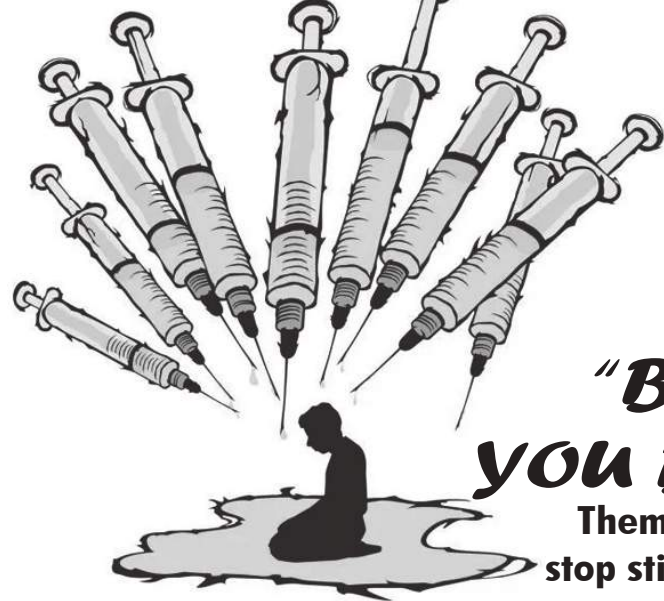
Stop!



Stop!
Stop there before you decide to
let that needle in your body
Think a thousand times before you let in.

Stop!
The jab will suck out
All of your happiness like a dementor
They infest, they conquer
And leave you bare
Reduced to nothing
Nothing but soulless.

Stop!
Dodge away,
For a moment of high
Will cost a low of lifetime. ●



"Be the Best' YOU Be Drug Free".

**Theme 2023 - "People first:
stop stigma and discrimination,
strengthen prevention"**



Aneeta B Shibu
DC II
English Literature

The Drugs addiction is a very complex socioeconomic issue that affects millions of people in the worldwide directly and indirectly. Drug abuses continue to remain one of the biggest challenge and threat to the society in general. It is one of the critical issues that the World Health Organization (WHO) is struggling to address with and eliminate. Today, many people who are addicted to drugs face social stigma and discrimination that further harms their physical and socio-psycho health condition. It also prevents them from seeking the necessary support and treatment they require to overcome it. The United Nations Office on Drugs and Crime (UNODC) emphasizes the importance of taking a people centric approach to drug policies with a focus on human rights, compassion, and evidence based practices.

The existing studies on drugs addiction have found a high correlation between adolescent abuse and becoming a problematic drug user in adulthood. In addition, accident and intentional fatalities associated with drugs and alcohol use is one of the leading preventable causes of early deaths for the fifteen to twenty four year old population world at large. Use of alcohol and drugs among the adolescents population carries a high risk for school under achievement, delinquency, teenage pregnancy, suicides and depression. The international day against drug abuse and illicit trafficking or called world drug day is marked on 26th of June every year to strengthen the action and cooperation in achieving the world free of drug abuse.

Every year on 26th of June, UNODC issues the World Drug Report, full of key statistics and factual data obtained through official sources, a science-based approach, and research. Accordingly, the aim of the year 2023 World Drug Day campaign is to raise awareness about the importance of treating people who use drugs with respect and empathy; providing evidence-based, voluntary services for all; offering alternatives to punishment; prioritizing prevention; and leading with compassion. The campaign also aims

to combat social stigma and discrimination against people who use drugs by promoting language and attitudes that are respectful and non-judgmental. The theme of the year 2023 is "People first: stop stigma and discrimination, strengthen prevention"

On the occasion, along with educating the public with regard to elimination of drug addiction and abuse, we should also acknowledge and appreciate the enormous works of antidrug and anti-narcotic organizations, police departments, and voluntary organizations working for rehabilitation. Furthermore we must pledge to act locally and think globally for making our society free from narcotic agents and their products. Hence, come let us uphold the hands of one another and respond to the call of World Drug Day- 2023 to:

- Raise awareness about the negative impact of stigma and discrimination on people who use drugs and their families.
- Raise awareness about the AIDS and hepatitis epidemics among people who use drugs and expand and strengthen HIV and hepatitis prevention programmes.
- Promote evidence-based, voluntary services for all people who use drugs.
- Educate about drug use disorders, available treatments and the importance of early intervention and support.
- Advocate for alternatives to imprisonment for drug-related crimes, such as community-based treatment and services.
- Combat stigma and discrimination by promoting language and attitudes those are respectful and non-judgmental.
- Empower young people and communities to prevent drug use and addiction.

I take this opportunity to thank my college faculty for responding to this call of the year by choosing the theme of the college magazine for the academic year 2022-2023 as "Substance Abuse and Anti Narcotics" and educating us by collecting articles from students on the theme. ●

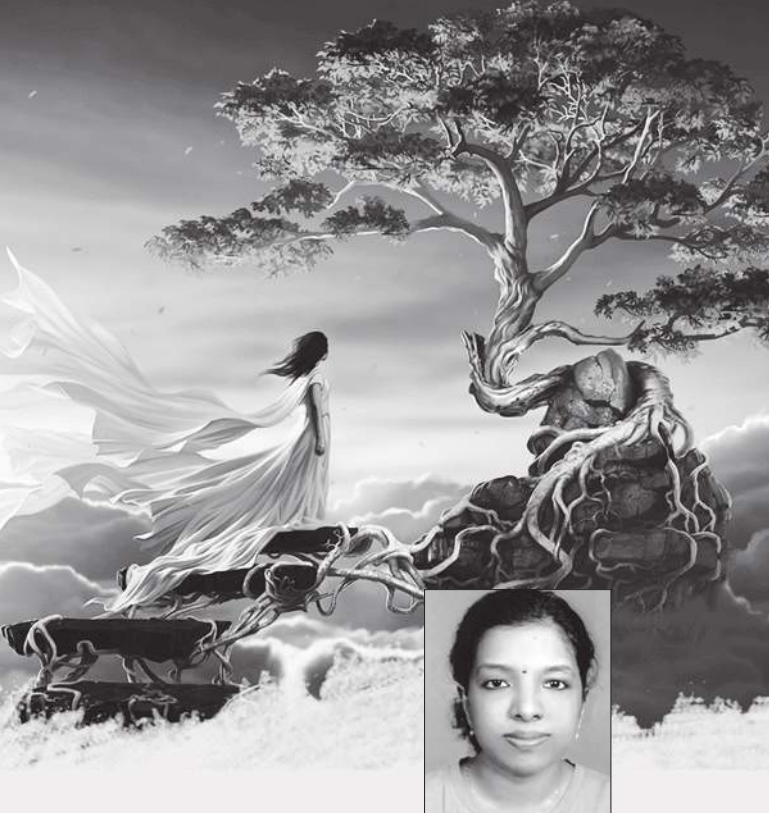


Keerthana S. Bhairav
DC II
English Literature



AURA OF HOPE

My broken angel
I fathom I can't heal you,
Not a single comfort
I know, will relieve you
from the wounds they gave you
'sorry' is just another word they say
to hide their stigma, I say;
in the transient chaos
of an appalling world of megalomaniacs
I wonder how they yet think
it can heal a broken heart.
Yet the hope doesn't drown,
in this swamping dawn of dark blooms
Forming a belie of euphoria,
like daffodil demons in an oasis.
In this moment of unkept epiphany,
I gather, I was trapped in a
rather idiotic oblivion, now
reminiscing nostalgically all those
moments of wry serendipity. ●



Preetha S.B.
DC III
Communicative English

ALL IT WENT FOR A WINK

*There I dwelt,
Under the spreading branches of the banyan tree.
Oh! I remember,
I remember the days
When the heaven sang for me,
and none more blithe than me.
I sang from morn till night
And with my mother I danced.
I shone so bright,
of the nature's golden light.
Nothing went wrong,
And I enjoyed all day long.
Now the song became so heavy
for me to sing in any morn.
And for me a pappus
It all went so old,
So that anyone could behold.
But it all went good till the day
when the mighty wind blew me away,
and doffed away all these gay
with an ease that you could say. ●*



Aavani Vinod
DC III
English Literature

Daughter Dear

The day which bought with it
Boundless mirth and joy.
Seems like yesterday,
as it has been every day.
To see one's reflections speak and
in actions redeem.

Lapses to stitch and purpose in yield.
From small steps to leaps
And in strengths you see
Them grow before you.

Behold, in there is you
And what you wanted to be.
The dreams you see they live.
"My daughter hear, you cherish my heart As
you call me father dear." ●





Meera Sofia
DC I
English Literature



The Fall

Hands shake – they yearn to take,
Even as it makes sanity break;
Mind controls the body
And I look like a sailor
Who lost his ship to a pirate;
At his mercy till I reach a shore –
But shore is a distant dream
That makes itself scarce
With each overturning tide.

The heathen hails the Devil
Who descends with a mad gleam
And a promise of blinding bliss;
But then my mother apparates –
My mother whom I've last seen
In my childhood home sleeping
Peacefully – her bright eyes
Unmoving behind her eyelids.

It has been long since then –
Time has never felt this long;
Dragging on till I meet her.

Now she hovers before me
With those bright eyes of hers;
“She would stay forever”
Crooned the ghastly ghoul;
If only, I remained sailing
In this forsaken ship forever –

It is a lie – I know, I know.
Mother was my temptation;
My forbidden fruit,
That would destroy my soul;
But resurrect hers from the dead;
So I shook hands with the Devil,
For a white powder of eternal hell;

With each sniff I descend
Into the fiery pits of hell,
Until I no longer know
Where I am or what I am –
Time sinks into nothing
As my mind finds itself
In a never-ending spiral. ●

Will The Russia-Ukraine War Change The Future of International Politics?



Unnimaya Parakkattu
DC III
English Literature

The Russia – Ukraine conflict is one of the watershed moments of the 21st century. It has the potential to bring about a change in the global power dynamics similar to what the Russo-Turkish War of 1968-74 as well as the Second World War had achieved to do. This conflict, in reality, can be considered as a proxy war between the U.S. led NATO and Russia. The ongoing war has no victors by far. The war has exacerbated the cost-of-living crisis in the European nations as well as led to a rocketing oil and energy prices. This has led to a change in the geopolitics of the evolving world.

One of the major changes that can be noted is the shift of the European nations towards NATO. An ever-increasing Russophobia is being noticed and Sweden and Finland seeking NATO membership has elevated the gridlock situation. During the Bucharest summit, Russia had shunned Ukraine and Georgia for trying to join the NATO, but the present antics of Russia has led the nations to view Russia through pro-west glasses. Russia would be more restless if these nations succeed in joining NATO and this will create a devastating situation in Europe which will have a spillover effect throughout the world. This war has enabled the U.S. to reinstate its global hegemony after its unceremonious withdrawal from Afghanistan in 2020. But it has embittered the already worse relationship between the U.S. and Russia. Vladimir Putin is determined on restoring Russia's Soviet era supremacy and for achieving this Russia has sought out the aid of its past nemesis China, and the present relationship between China and Russia is at the highest point. This along with China's rivalry with

India over its Line of Actual Control (LAC) standoffs have put India in a dilemma. India is fearful of Russia's fast blooming friendship with China, which has led to its seeking assurances from western countries such as the U.S., the U.K., France et al. The West, seeing this as an opportunity to curtail China's domineering economy and power has been a close ally of India.

The anarchist nature of the international system can be seen from this proxy war, where it is a means to flaunt the supremacy of the West as well as Russia by making Ukraine a scapegoat. The U.S. and the West saw in the war, an opportunity to weaken Russia but as the war prolonged, the situation has had devastating effects for all. The U.S. and the West are dealing with acute inflation, whereas Russia is struggling in reeling out from its multitude of sanctions. The war has made the European nations think of alternatives for oil and energy other than from Russia, since their sanctions on Russia has raised the prices per barrel of crude oil, which has worsened the cost-of-living crisis. The war has opened a pathway to an increasingly important position for the Global South, where China aims to develop its hegemony. The U.S.' focus being on the conflict has enabled China to augment its control and power. The West being skeptical of China, has led to the West considering India as a more trustable partner and creating agreements and treaties with India to fortify their relationship. There has been a major focus on the Indo-Pacific Region and the Ukraine conflict has proved to be a lesson to the other nations on the reliability as well as the power ratios of the competing nations.

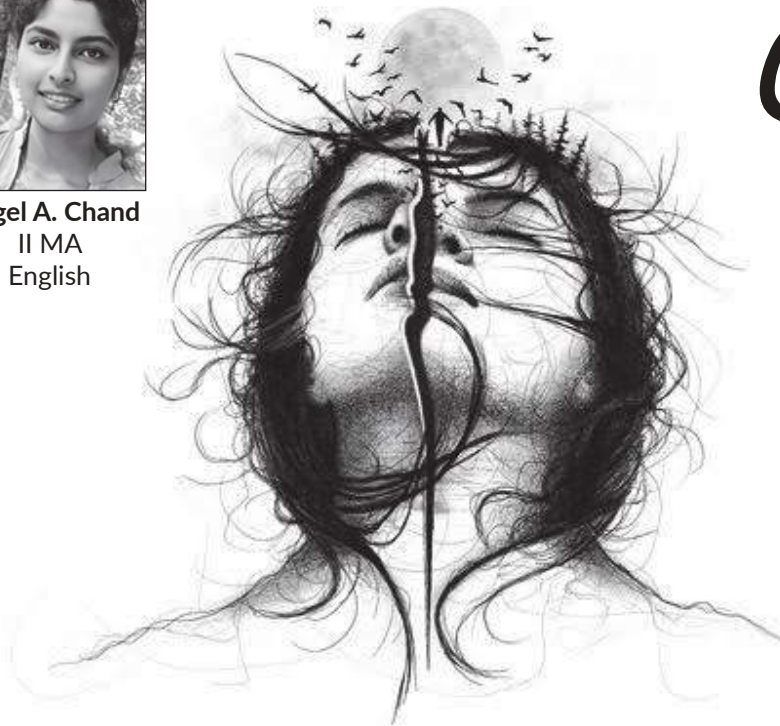
India's position on the global stage has pivoted to great heights and its role as a "mediating" power is well noticed. India has managed to withstand its "neutral" position regarding the conflict and has succeeded in not vexing both the contending parties by successfully walking on thin ice. The discounted oil supplied by Russia to its friendly nations such as India, made the West having a frustrated view of this situation but letting India slide is a mark of the powerless jumbled position that the West is in. They consider India to be an essential partner in countering China in Asia. The war can also lead to the creation of an alternative to the dollar supremacy through the various other transactions that are being carried out as in the case of the Ruble-Rupee transaction. Russia has assured that all its oil transactions would be only against ruble payments in the future. This will create an intricate situation among the western countries. The war has led to an obvious question in international politics of whether the era of unipolarity of the U.S. has come to an end. The U.S. has seen its position diminished as the global power with the increasing power of China, as a rival to the U.S.

supremacy. Europe is facing a dire situation and this has led to a weakening of the West. What is obvious is the rising power and economy of the Global South. The perils of the war resonated greatly in the West than in the East. This has created a tilt in the global power dynamics, with a proposed idea that the 21st century would be the "Asian Century." China with its ambition over Taiwan could either learn from the lessons of the war or try to create a similar situation as with the Russia-Ukraine conflict. It is to be noted that the relationship between China and the U.S. has been deteriorating and their hatred towards each other has been increasing throughout.

The 21st century is bound to be a century where we will witness great shifts in the global power situation which will be able to create an impact that is meant to be a bellwether for the ever evolving international politics. It is an age where countries are focusing on bolstering its defense powers and forming treaties and exercise with its allies. It will be an age of great distress and rivalry and will be an opportunity for other powers to rise. ●



Angel A. Chand
II MA
English



Bless or Curse

I am of some type
Users call me dope
Pinch of me to the core,
Propose cheers and ache

Get ready to taste
Pain become painless
Woe become woless;
Just toss me aside
If you get addicted
Poppy kills mankind. ●

An Introduction to Indian Classical Dance Forms



Ananya Chandra
DC II
Botany



Music, dance and folk performance are among the pillars of the cultural traditions in India. From Tamil Nadu in the south to Uttar Pradesh in the north, each of India's historic provinces cultivates a rich culture of dance and music with distinct styles of classical dance forms passed down through the generations. Wherever you travel across India, you'll encounter dance, music and art at every turn. Performances of traditional dance are commonplace in all major Indian provinces, and local people are fiercely proud of their colourful, ancient cultural traditions.

In ancient history, the classical Indian dances developed as the evolution of classical Sanskrit drama as an amalgam of the spoken word, gestures and mime, choreography, stylised movement and

music. And from the 12th century to 19th century there developed many regional forms called the musical plays or 'sangeetnataka'. Hence, the contemporary classical Indian dance forms have evolved out of these musical plays to attain the distinctive features.

There are two aspects of dance

1. Tandava — the masculine denotes movement, rhythm, heroic
2. Lasya — the feminine is soft, lyrical and graceful and denotes grace, and 'abhinaya', 'bhava' and 'rasa'.

The classical Indian dance has eight dance styles—Bharatanatyam, Kathak, Kathakali, Kuchipudi, Manipuri, Mohinattam, Odissi and Sattriya.

Bharatanatyam

The oldest and most widespread form of classical Indian dance; Bharatanatyam originated among the

Hindu temples of Tamil Nadu, to the southeast of the Indian peninsula. Believed to date back to the 4th century BC, the dance form is best associated with the Devadasi culture — an ancient tribe of women who served as courtesans and performers in Tamil Nadu's great temples. It was revived by Krishna Iyer, who was also a freedom fighter. It was made popular by Rukmani Devi Arundale, who learnt Russian ballet in Austria and began to learn Indian Classical dance after getting inspired. Rukmani Devi Arundale laid the foundation of Kalakshetra. The costumes of Bharatanatyam are bright and colorful. They are inspired by the sari tradition of contrasting border colors, and the borders of the various pieces of costumes form patterns that decorate the dancer's form. Heavy lines of makeup are drawn around the eyes, extending outwards past the eyes. The pair of anklets or ankle bells (salangai in Tamil) are important part of Bharatanatyam costume.

Kuchipudi

Kuchipudi is the name of a village in the Krishna district of Andhra Pradesh. Traditionally performed by male Brahmanas in temples. There is a huge impact of Vaishnavism which has inculcated themes of Bhagavad Purana in the Kuchipudi dance. In 17th century Kuchipudi style of Yakshagaana was conceived by Siddhendra Yogi who was a talented Vaishnava poet. According to a popular belief, Siddhendra Yogi had a dream where Lord Krishna

asked him to compose a dance-drama based on the myth of the bringing of paarijaata flower for Sathyabhaama, the most beloved queen of Lord Krishna. Therefore, in compliance, Siddhendra Yogi composed the 'Bhaamaa-kalaapam'. It is an important part of Kuchipudi. It was patronised by Vijayanagar kings and Golconda rulers in past. Kuchipudi combines 'lasya' and 'tandava'. There are two forms of Kuchipudi – the traditional musical dance-drama and the solo dance. The costume of kuchipudi has a long pleat in the centre with a border and a back katcham and also a side small fan makes this a typical Kuchipudi style.

Odissi

It is one of the earliest dance forms in India. Evidences are found in Udayagiri and Khandagiri caves. Various buddhist, tantric images of dancing Yoginis, Nataraja, and Shaivite temple influences resulted in an unique philosophy of the dharma or faith of Jagannath. The Devdasis were known as 'Mahari's' were indispensable part of the odissi dance culture. After 12th century, there was great influence of Vaishnavism and bhakti cult on the Mahari system. The Mahari system declined largely because ascetics of Vaishnavism disapproved of immoralities of the devdasi system. This led to the introduction of young boys dressed as women, dancing like Maharis, known as Gotipuas. Gotipuas quit dancing when they turned 18 and began teaching. Many gurus of Odissi come from the Gotipua tradition. With influence of Vaishnavism, Jayadeva's Ashtapadi become a compulsory item in Odissi dance. Important postures in Odissi are – Tribhanga posture (with 3 bends at head, bust and torso = mobile sculpture) and Chowk posture. The costume of Odissi is similar to that of traditional Bharathanatyam costume. The dancer wears elaborate Odiya silver jewellery and a special hair-do. The sari, that is usually stitched nowadays, is unique to the style of Odissi.

Kathakali

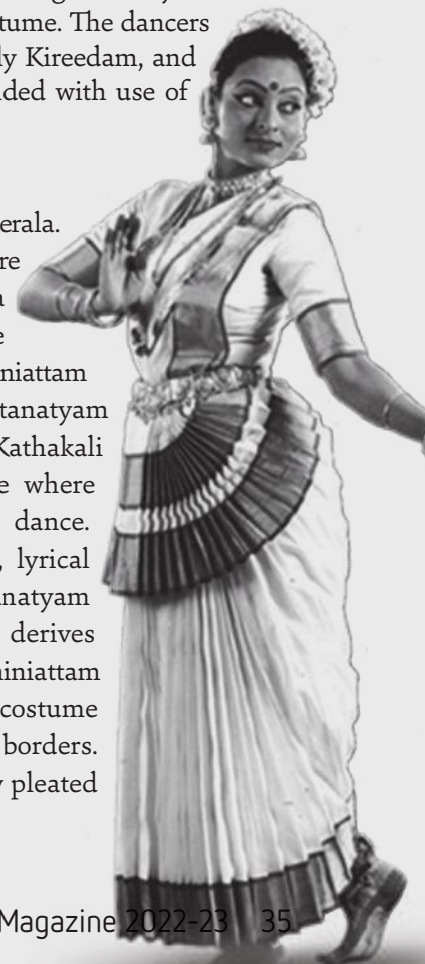
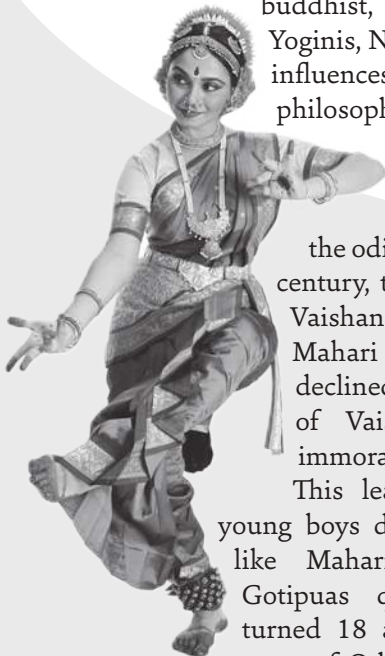
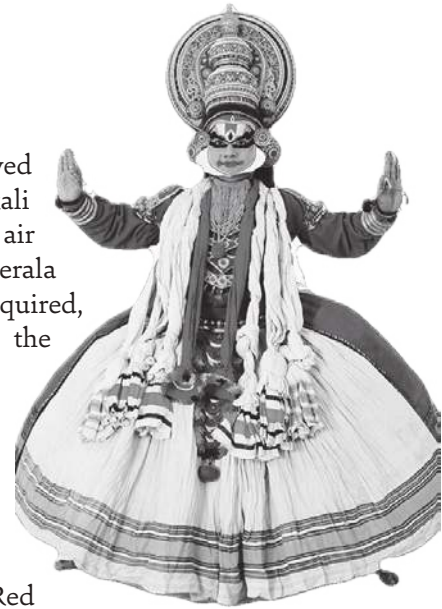
It was performed in Kerala temples as dance dramas. The sources of kathakali are Kudiattam, Krishnattam, and later Ramanattam created by Raja Balaveera

Keralam, which later evolved into Kathakali. Kathakali is performed on Open air stage against lush green Kerala landscape. No props are required, and expressions suggest the scene of dance drama.

There is elaborate make up where the colour of makeup indicates the mental stages of the character such as green facial colour indicates nobility, virtue, divine. Red patches on nose indicate royalty and evil while black face indicates wicked female. There is remarkable use of eye movements and expressions in Kathakali. Themes of epics and puranas are largely depicted in Kathakali. Kathakali is a blend of dance, music and acting and dramatizes stories, which are mostly adapted from the Indian epics which mainly represents eternal conflict of good and evil. The costume of Kathakali is most distinctive to Kathakali dance. The costumes are very large and heavy. There are several types of costumes: Sathwika (the hero), Kathi (the villain), Minukku (females), and Thatti. Each character is instantly recognised by their characteristic makeup and costume. The dancers wear large head dresses mainly Kireedam, and the contours of face are extended with use of moulded lime.

Mohiniattam

It is a dance that originated in Kerala. The origins of Mohiniattam are traced in the reign of Maharaja Swati Thirunal of Travancore in early 19th century. Mohiniattam combines elements of Bharatanatyam (grace and elegance) and Kathakali (vigour). It is a solo dance where women perform the dance. Mohiniattam is more exotic, lyrical and delicate than both Bharatanatyam and Kathakali from which it derives elements. The costume of Mohiniattam is refined and distinct. The costume color is white with gold zari borders. The skirt around torso is fully pleated from front to back.



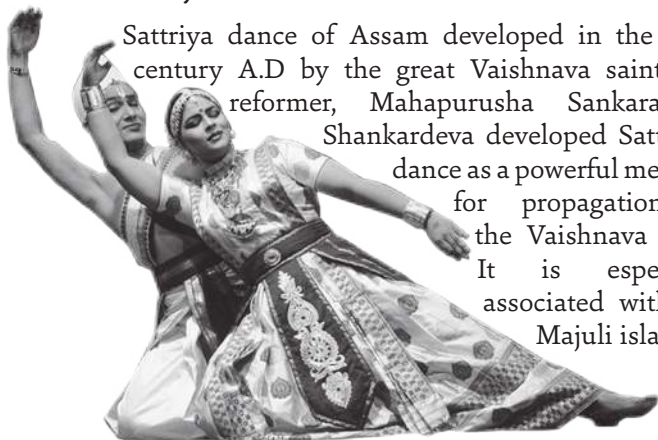
Manipuri



It is different from other classical dances as it emphasises bhakti and not sensuous aspects due to high Vaishnav influence. The origins of Manipuri dance are traced back to ancient times which go beyond the recorded history. The dance in Manipur is mainly associated with the rituals and traditional festivals, with legendary references to the dances of Shiva and Parvati and other gods and goddesses who created the universe. With the arrival of Vaishnavism in 15th century A.D., new compositions based on the life of Radha and Krishna were gradually introduced in Manipuri and eventually the popular Rasleela dances of Manipur originated. The most popular forms of Manipuri dance are the Ras (Radha, Krishna and the gopis), and the Sankirtana and the Thang-Ta. The martial dancers of Manipuri are known as the 'Thang-ta' originated when man's survival depended on his ability to defend himself from wild animals. The Manipuri dance in its present form was promoted by Rabindranath Tagore in Shantiniketan in early 19th century.

The most elaborate costume of Manipuri dance is for the Ras dance. Ras costume consists of a richly embroidered stiff skirt which extends to the feet. A short fine, white muslin skirt is worn over the stiff skirt. A dark coloured velvet blouse covers the upper part of the body and a traditional white veil covers a special hair-do which falls gracefully over the face. In the Ras dance, Krishna wears a yellow dhoti, a dark velvet jacket and a crown of peacock feathers. The jewellery worn is very delicate and the designs are unique to the region.

Sattariya



Sattriya dance of Assam developed in the 15th century A.D by the great Vaishnava saint and reformer, Mahapurusha Sankaradeva. Shankaradeva developed Sattariya dance as a powerful medium for propagation of the Vaishnava faith. It is especially associated with the Majuli island in

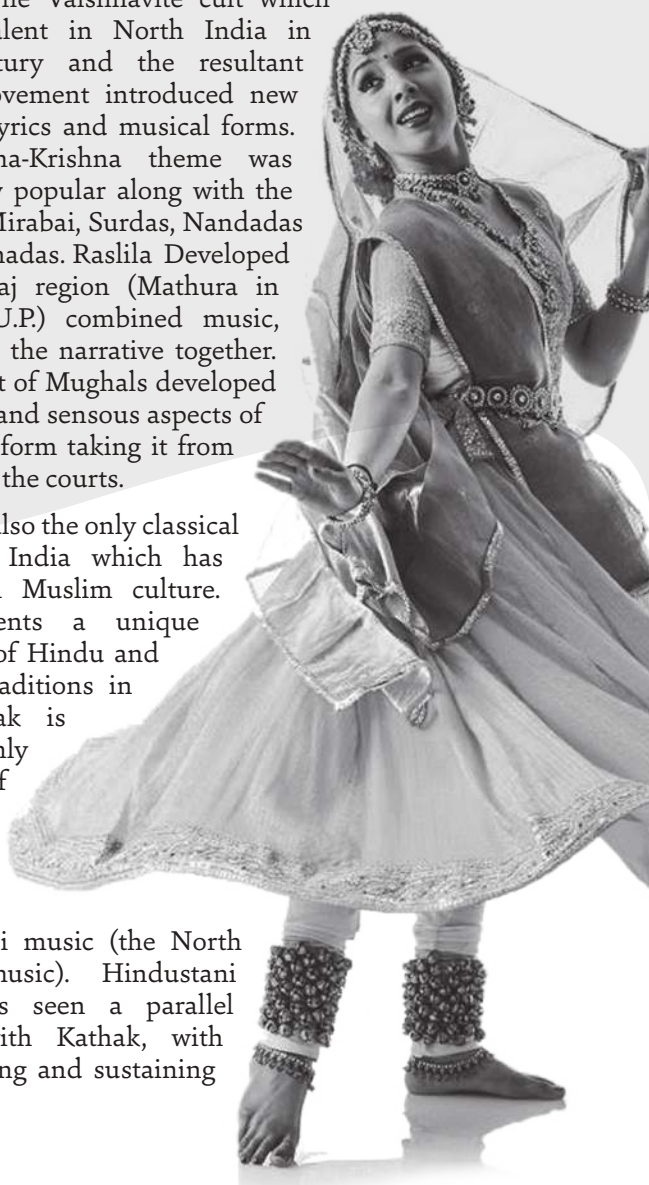
Brahmaputra river. The Sattras are 'Vaishnava maths' or monasteries. Due to its religious character and association with the 'Sattras', this style of dancing has been aptly named 'Sattriya'. Sattriya dance tradition has strict principles governing it in respect of the hastamudras, footworks, aharyas and music. Sattriya tradition, has two distinctly streams –

1. the Bhaona-related repertoire beginning from the Gayan-Bhayanar Nach to the Kharmanar Nach,
2. the dance numbers which are independent – like Chali (characterized by gracefulness and elegance), Rajagharia Chali, Jhumura (characterised by vigor and majestic beauty), Nadu Bhangi etc.

Kathak

The word Kathak is derived from the word Katha meaning a story. Kathakars are story-tellers, who narrate stories based on the epics, myths and legends. The Vaishnavite cult which was prevalent in North India in 15th century and the resultant bhakti movement introduced new forms of lyrics and musical forms. The Radha-Krishna theme was immensely popular along with the works of Mirabai, Surdas, Nandadas and Krishnadas. Raslila Developed in the Braj region (Mathura in Western U.P.) combined music, dance and the narrative together. The advent of Mughals developed the bhava and sensuous aspects of the dance form taking it from temples to the courts.

Kathak is also the only classical dance of India which has links with Muslim culture. It represents a unique synthesis of Hindu and Muslim traditions in art. Kathak is also the only form of classical dance which involves Hindustani music (the North Indian music). Hindustani music has seen a parallel growth with Kathak, with each feeding and sustaining the other.





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First Runner Up
Gowri Menon
Economics



Second Runner Up
Haneem Shajahan
Comm Eng





onam
2022



Varsha Rajendran
Second Runner-up

Ritika Anna Mathew
Winner

Nandana Das
First Runner-up





Inauguration



& Arts Club Inauguration

CULTURALS





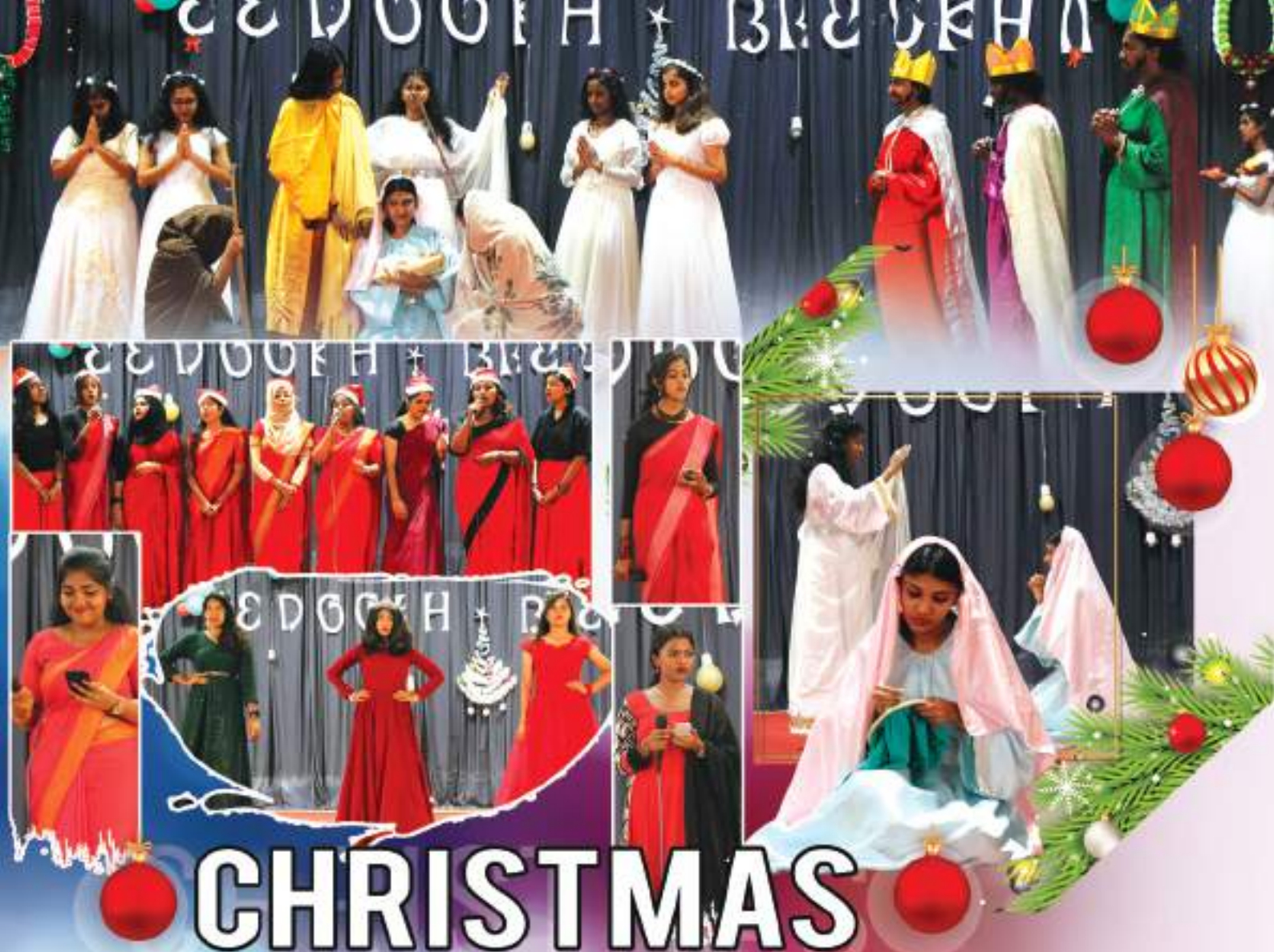
Miss Diya Chandana
Second Runner-up, DC II Maths

Miss Aaravi Vinod
First Runner-up, DC II Comm Eng



Title Winner - Miss Viva Nova All Saints'
Miss Ritika Anna Mathew
DC II BCom TTM

MISS VIVA NOVA ALL SAINTS'



YOUTH FESTIVAL



Group Dance
First Prize



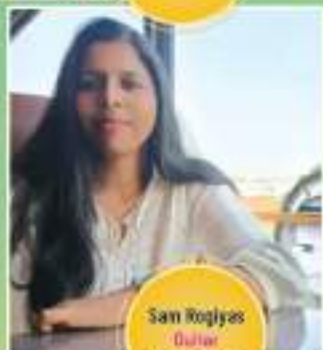
Rohini S.
Wind Instrument
First Prize



Devika V. Nair
Mappalapattu
First Prize



Riya A. Gireesh
Western Vocals
First Prize



San Raghav
Dancer
Third Prize



Eppam
First Prize



Western
Group Song
Second Prize



Margamkali
Second Prize



Vanchizattu
Second Prize



Mehta G.R.
Light Music
Third Prize

NSS ACTIVITIES 2022 - 23



Food Donation



Palliative care survey



Blood donor bank preparation



Flash mob – Antinarcotic awareness



Distribution of supplies



Indian Swachhata League



Beach Cleaning



My Journey



**Niketha Suresh
Ascaite Alumni
English Literature**

When I first stepped into All Saints' as an 18-year-old, a mixture of emotions of excitement, fear, curiosity was running in my mind. When my friends had their next five years planned, I was there with no aim, ambition, or confidence, and those two to three months before I started college were the most stressful days of my life. I was a confused and anxious person who didn't know what she was going to do with her life. One thing I comprehended from my college life is that we have such countless opportunities out there to make us a better person but the fact is open doors won't come to us; we need to go looking for the amazing open doors and accomplish them. I didn't want to go to All Saints' when I got in because all of my friends were in another college. I tried really hard to get in there, but fate had something else in mind for me in All Saints'. Shortly after the orientation days, I realized that I needed to keep myself engaged so that I wouldn't miss my friends. I didn't know anyone here and made the decision to start fresh. I had in mind

that I couldn't just ruin my entire college life by being disappointed that I didn't get into the college I wanted and decided to be content with what I had. Even though I was a student of English Literature, I was a member of the clubs that were part of the Commerce and Science Departments. I gave my name to all of the clubs that were available to make myself engaged and believe me I was a member of most of them. The first year I managed to be a part of all the activities, the second year was Covid, so most of the activities were done online. However, the final year was funny because I didn't know which club activities I should do because most of them happened at the same time. I still remember the first day of my class after the orientation and Sapna Ma'am was our class in charge for the first year. After the interaction with class, she asked "who want to be the class representative" I already noticed two hands up and after a ton of inward battle I raised my hand too. Ma'am asked us to speak in front of the whole class about anything you wish to share with your classmates. The stress in me has reached its peak that my whole body started shivering and when I stood in front of the class, I felt the whole class was rotating. Somehow, I spoke something and surprisingly she just made three of us the class representatives. The role of Class Rep just made me closer to my classmates and teachers. Then comes the Union Election; it was a very prompt decision to give application. Experiences of campaigning days made me more confident as I had to convince the students to vote for me and it's still the most memorable days. Nevertheless, I had the best campaigning team who stood by side no matter what. Meet the Candidate was the highlight of the whole election process, where I had to face the entire college and speak about why they should vote for me. As a person with so much stage fear, it was my biggest challenge. I can never ever forget the me, who was standing in front of that massive college auditorium alone on that stage facing the biggest crowd I had ever faced in my entire life and conversing to them. That was my first step

towards building my confidence. I was elected as the DC1 Representative in Union Elections. Though I was a first-year student and all the others in the Union was seniors, they had always asked for my input on any decisions they were taking while coordinating programmes. I could have never asked for a better team. Being part of the Union made me realize that I could carry out the responsibilities given to me. I started believing in myself. My participation in Arts Fest, Miss All Saints' and Kerala Kalotsavam gave me more and more confidence. In the second year which was during the Covid time we formed an Action Committee to look after the activities of college. Leading the Action Committee and the Harmony Club which is the music club of our college imbued me the capacity of decision making. With my participation in these activities, I became aware of my interest in the administration field and concluded that I should pursue a career that required me to interact with others and allow me to use my skills effectively. Now it's been an year after my college life and when I look

back the realization that I cannot relive those days with my friends again hits me hard. Red brick walls of classrooms, those stone benches where we had laughed our lungs out, auditorium which has given me so much memories to cherish forever in my life, sounds of trains and flights and last our own bread bondas are unforgettable. With eyes full of tears, I bid farewell to my All Saints' and it's also with tears I joined the college and I can never forget my mother's words, she said "just wait and see, you will never regret joining this college and it's going to be your best days it's my promise". Here I am as an Alumni of All Saints', I would say it was indeed the most memorable and best days of my life. It's a journey of a girl who was full of insecurities to a confident girl who left behind all her fears and insecurities. All Saints' moulded me as a person. It gave me the confidence of believing in me and my decisions. Just want to say a Big Thank You for making me who I am. ●

Lost in Love



Haneem Shahjahan
DC I
Communicative English



Without saying, love is kept deep in
I'm done with all these nights
With a swollen heart, a swollen heart
With a shaking mind, a shaking mind
A time I longed for love
Even though tis been gone
Hidden for a long time
Even today, that to this day
I remember without erasing it
Rain showers and showers
Remember the rain and your shoes
The love of a lost dream
The love of a long not forgotten ever living fantasy. ●



Aleena Anna Koshy
DC II
English Literature



The Great Power of Forgiveness

The great saying goes to err is human to forgive divine. The very nature of human is to get angry and feel resentful towards those who have hurt us or did harm to us in many ways.

We tend to remember the undesirable action of others which impacted us and made us feel bad. Forgiveness is the act of overcoming the feeling of resentment or feeling of resentment or revenge for the person who had done wrong actions. We all make mistakes. So when we learn to forgive others, we can also seek forgiveness. We also learn to forgive ourselves in the situation of self guilt. Thus the virtue of forgiveness help us to come of self blame.

If the people who are close to you betray or hurt you, you find it most difficult to forgive them. Sometimes the extent to which your trust is breached determines the ease or difficulty of forgiving. But it is true that the more easily we forgive the other person, the less likely we shall suffocate ourselves keeping bad intentions for the wrongdoer. The ability to forgive gives us a sense of freedom and makes us suffer less and

makes us feel lesser misery and pain.

Practicing forgiveness is the bigger boon to mankind from the God almighty. One exercise this power and reach for the higher goals of life by discriminating the good from the bad. Every successful person in life practice forgiveness to its extreme whether it was Mahatma Gandhi or Margaret Thatcher and Bill Gates for that matter; all were and are the best practitioners of forgiveness in their life.

Forgiving someone takes ability and willingness before you can totally say that you have forgiven a person. It is a process between the soul and the mind and leads to healthier relationships. Forgiving someone else for the bad things that they have done to you take years. It is a process that will help one soul heal from all the hatred that they have encountered. Forgiveness is divine and should be granted within soul and mind. There will always be a spare for peoples' mistakes, therefore there will always be a chance to forgive them. ●



Dr. Divya's Ayurveda

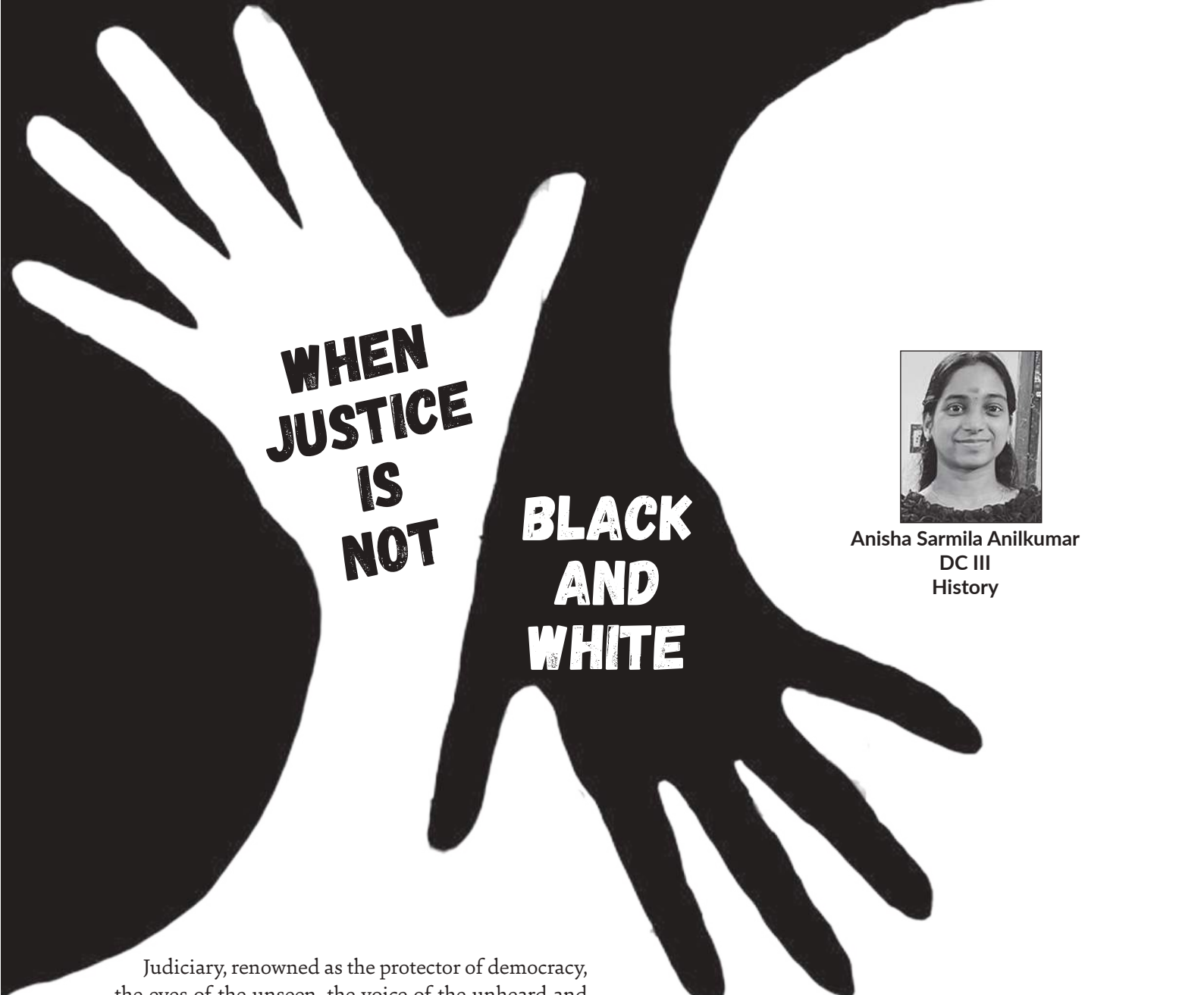
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**WHEN
JUSTICE
IS
NOT**

**BLACK
AND
WHITE**



Anisha Sarmila Anilkumar
DC III
History

Judiciary, renowned as the protector of democracy, the eyes of the unseen, the voice of the unheard and the last dome of hope for many whose names have been reduced to case numbers within those four walls has been subjected to the scrutinizing gaze of the public lately. Owing to the recent verdicts of the court, one cannot help but question if the judiciary truly plays its part in protecting those affected and serving justice rightly to the deserved than tarnishing it under the cloak of influence and authority.

The 'skin-to-skin' contact verdict of the Bombay High Court in 2021 invited the wrath of the public when it had acquitted the accused on the grounds that sexual assault could not be amounted for without direct contact on the skin. Instances like these certainly make us question if human rights are basic and are meant to safeguarded by the bench. Has Lady Justice, the epitome of the term, truly gone blind

with her blindfold on? Well, then that balance scale of justice does not serve its purpose as a parameter for imparting justice in a proper and prompt way. Through the numerous assault cases of thespians, the cruised and docked drug cases, the illegal ivory cases, the soulful cries of young girls of all age groups trending as hashtags "justice for - today someone else's, tomorrow yours" and those vindictive ears seated in the court rooms have all been made aware of the fact that justice is not rightly served. Justice, in our country can literally be bought with money, when the best lawyers would be dispensed at your service. It's quite baffling how justice is overpowered by authority and influence when we see the clear dichotomy between the real accused and the real victim. When justice is not even guaranteed to someone with

symbolic capital as that of a celebrity, status or class then how ensuring will it be for a common man who has relatively nothing but an obtrusive hope in the books of law in spite of knowing that his efforts would be futile. Issues concerning human rights across the world like those of the Uyghurs, the silent woes of the Palestinians, the increasing candles illuminated for Mahsa Amini and many more whose names are now just numbers, the war victims over the years who are left with nothing but painful memories of bloodshed, the eyes of innocent children who do not view the world through a kaleidoscope of colors but have to live in fear and constant ringing of the raging tanks that have separated them from their families, show how people become pawns in the diabolic schemes of humans and their endless greed for materialistic power and influence. Even at a global level, those affected are compelled to remain docile at the hands of their oppressors. However, in a democratic country like ours, accountability and transparency are the

hallmarks of a constitutional democracy.

Now, is there a panacea for all this? The answer is yes but it may be easier said than done. Those in power must not be allowed to practice cloak and dagger operations against the powerless as when chaos is detected by them, they will entertain the vilest schemes to save their orderly façade. It's indeed sardonic to note how lawyers, in fact, clad in black and white, symbolic of submission and purity respectively in favor of the common man are in contrast to their actions and scenarios we come across today. The colors symbolizing equality and unbiasedness are now mounting towards influence and power, with a silver lining that the judiciary is in fact biased towards the influential. "The law is never just, what makes the law just are the judges' decisions based on the presumption of innocence and the law of evidence." With an essentially flawed bench as ours, well, the justice it serves is not black and white. ●

The Lilac Sky



Ann Ajith
DC III
History



When I gaze upon the sky
I think of rising to new heights
and find freedom in the blue lights

If I had wings I would fly in the ethereal sky,
like the golden phoenix,
I would fly

The mountains fade
when the Sun sets,
The cloud drifts
when the moon shifts
in the lonely sky

The diamond dust shimmers and glitters
in the mystical dark sky,
when the wise owls of Athena hoots
in the tree nearby. ●

An artistic illustration in black ink on a light gray background. On the left, two dandelion heads are shown, with many seeds blowing away from them. In the upper right, several birds are depicted in flight, scattered across the sky. The overall theme is one of departure and transition.

Departure

When flowers bloomed
In the palm of my hand
I knew it was time-
Time for the grand reveal
Winter was at the door-step,
Lingering to catch a glimpse
Of the spring, who arrived
In a chariot drawn by
Bumble bees and butterflies



Meera Sophia
DC I
English Literature

But it wasn't a celebration
A funeral it was-
Funeral of the cold hearted;
And the snow melted –slowly,
Dragging time along with it.
Winter has reached its sublime,
However, orders came from Heaven,
In a lengthy scroll-
Hand written by god.
Time has come to leave the stage;
Leave the mountain tops and fir trees,
And little children in for water,
And books who froze in solidarity
The cold breeze that ruled the summers
Now hangs around like an uncalled guest.●

'It was the best day of her life'

Lucia



Rhea Bejoy
DC III
Economics

Jessica had done it. She has finally reached the Lucia Beach in Maine. It was on her bucket list. Her friend Jamie had posted a few pictures with her friends on Face book. She had dreamt of visiting this place. Standing on its faded gray wood docks with seagulls and waves dominating her auditory system. A tinge of possibility of ram loomed. It was Maine after all. There was something utterly calming about the beach. Is this what Jamie, Andrew, Harry and Joyce felt? She could not help but think about it again and again.

People paused to take a glance to her. Seemingly mesmerised and suddenly aware of their surrounding they continued walking. Jessica was gorgeous. No one could deny her. Her mother, Betty, was a beauty pageant winner after all with a far greater potential to be a supermodel but the arrival of baby Jessica wiped it all away. Her mother had taught her to be aware of beauty and be alert of all the danger it brought and accept all the advantages it brought.

"Can I have the corn cob with butter and paprika?" Jessica ordered this at a food stall. The captivating beach could not cover up her hunger.

"It will be \$3.50, Ma'am" said the cherry tittle old man

She paid the lovely vendor the money along with a tip and left munching on her delicious corn cob aware of a lingering inquiry from the stall. Men.

After a short walk, she decided to sit on the benches. Her bag was way too heavy at this point. A toddler stared at her. She made a funny face but illicited an opposite reaction. The youngling cried and she grinned. A local news on an old TV set was her entertainment stories ranged from local prank, inmate escape, gun control reform, the new marvel movie and more.

Content with her dose of entertainment she walked to the cave that she had seen in the picture. With her grant suitcase she went in. To a hidden corner of the cave, she pushed her suitcase and opened it. Her skin had become more blue mired faster than she expected. The other did not become this blue until a day or two. Lucia beach is indeed fascinating. She examined Jamie's face one last time, she looked frightened and a graunt ghost frozen in time. Jessica pulled her body and placed it beside a set of rocks next to the small stream.

She remembered it from the last time she came, she was drugged with Rokeypuol but the stream was distinct aside from the rearing pain in her lower stomach, the bruise formed from her friends pinning her down, the sense of betrayal that consumed her, so much so that she felt she was suffocating. She vividly remembered Jamie shooting the worst moment of her life in front of the stream along with the maniacal laughter. She had taken a few pictures from the same one of her 'friends' which Jamie had posted to her facebook. An album titled 'Lucia'. Such an ordinary irroucious name. The *idea was to upload to an adult site with a quite inventive name.

Jessica snapped out her memories and sat down to a take puff from a cigarette. Thank God the coat she had stolen had cigarette. She slowly smiled as she could hear the grossing sound of sirens. Jamie thought that she was safe, the last one standing, after Jessica was sent off to the asylum. Well, Jamie is dead now –so are all of them. She wondered if she would be taken back to st. Rothery's institute and hoped that she would be. Jessica yearned to play chess with Chloe or any one of her multiple personalities. Taking the last puff of her cigarette and putting it out ninth her shoes, she put her hands behind her back waiting for the alephs. It was the best day of her life. ●



"It was the best day of her life"



Swara Byju
DC III
Economics

The Trophy

"This is going to be the best day of her life", said Aryan as he saw his childhood best friend walk up the school's stage to receive the award for the 'Best artist of the year'. From the outside Aryan and Lina were the perfect friends. Aryan was everything you could wish for in a best friend. But little did people know that not everything they saw was the real truth. Even your mind can deceive you sometimes.

Aryan was the perfect best friend, charming, supporting, caring and thoughtful. But was it all real? As Lina walked up the stage to receive her award, Aryan's blood was boiling. His jealousy was hidden by the perfect smile on his face. Even though on the outside he acted as if he was proud of his best friend, on the inside he hoped that she would break her leg as she walked up to the principal to receive the award.

Lina came running down the stairs towards the audience to hug her childhood best friend. But as Aryan's eyes fell on her trophy, he could not keep up with his act anymore. His smile slowly faded as she came closer to him. "I am so happy for you Lina" said Aryan with a straight face. As she pulled away from the hug she noticed how Aryan's demeanor had changed. But Lina was way too happy to think about why her best friend did not seem as happy as she was. Of course Lina knew her best friend was jealous but she never gave mind to it. Not everyone is perfect. Such things never bothered Lina.

After the school day Lina and Aryan walked back home together as they always did. Lina noticed how Aryan was not like his usual self. On the inside Aryan was fuming with rage. His mind was racing

as he thought of ways to steal the trophy which he 'deserved' and run away. All he had to do was grab the trophy and run. It was not logical but in that rage all he wanted was to get back 'his trophy'.

"Why the long face?" asked Lina as she could feel the tension between them. Neither Aryan nor Lina had spoken a word till now and it was worrying her. "Was this the best day of your life Lina?" asked Aryan as he stared into her eyes. Lina could not utter a word as she was frightened seeing the look on Aryan's face.

Aryan then proceeded to say, "Your life is just perfect isn't it? Everything is just simply handed to you. Do you even think about others feelings Lina?" Lina could not speak. She was shocked seeing how her best friend was slowly turning into a different person due to jealousy and anger.

"What are you saying Aryan? When was I ever inconsiderate about your feelings? This isn't like you" said Lina as she finally managed to get these words out of her mouth.

Aryan chuckled and looked straight into Lina's eyes as she grabbed her trophy. "Oh! you know nothing about me Lina. Now you just close your eyes and shut your mouth so that this will be easy for both you and I" he said. Before Lina could let out a scream she felt the hard metal trophy hit her head. Lina fell on to the ground. She tried to scream but her vision went blurry and she could feel the blood gushing out from her head.

Aryan grabbed his tie, wiped off the blood on his trophy and walked away with a smile on his face. "This might not be the best day of your life Lina, but it definitely is mine" he mumbled to himself as he left Lina on the ground to bleed to death. ●



Fidah Fathima
DC II
English Literature



"It was the best day of her life"

The First Flight

Megha is the best student in her class. She has been bagging the proficiency prize since her first grade. She has proved her talent in the extracurricular activities as well. There was hardly anything she had not excelled. Her classmates look up to her with admiration and she has become the apple of the eye of her teachers. But in spite of all her excellence and achievements, she was still somber about one thing, to travel in an aero plane. She is the only child of her parents who work hard to meet their ends especially to educate their only daughter who is their only hope. She has told her parents about her dream to fly in an aero plane, but she knew that it was beyond what they could afford.

Her school lies near the airport and she gets to see aeroplane and jets passing her school. She follows with her longing gaze and pray to God that someday she would also pass through her school in an aeroplane.

Her ambition was to become a pilot so that she could always fly on aeroplane and she would always imagine herself flying the plane and feeling that she had conquered the world. Her teachers encouraged her to pursue civil service and medical course as she had the potential to achieve it, but she was adamant on becoming a pilot. She had never been inside a plane but she has got an encyclopedic knowledge about aeroplane and its operation. She also looks forward to hearing the travel experience of her friends who come back after a foreign visit she was so obsessed with airplanes and as her name itself suggests, she has always wanted to be among the clouds like a bird.

One day, a team from ISRO (Indian Space Research Organisation) Bangalore visited her school and they conducted an exam for which Megha had given her name too. Those five students who excel in the exam would be given a chance to go to ISRO in Bangalore and the air tickets are also free for the selected students. Megha was so excited to write the exam and spent day and night for it and finally when the results were published, she was one of them. Megha was brimming with happiness as she heard her name being called out and she could not contain her emotions. All her friends congratulated her on the achievement.

The day of her dreams finally came after days of eagerness and waiting. She felt so excited and felt butterflies in her stomach. When she stepped inside the airplane for the first time in her life, she felt that she was on top of the world among the clouds gliding through the sky. And when arrived in Bangalore, the students were taken to ISRO and they were given a tour inside the space agency. Megha felt so happy and excited as her eyes got melted up with happy tears. It was her long cherished dream to travel in an aero plane and God has finally granted her wish.

The students were given a chance to examine the cockpit of the plane on their return trip and an interaction with the senior pilots. Megha felt so excited and it was the best day of her life. Megha had the happiness and excitement of a little bird taking its maiden flight and it was indeed a red letter day in her life. ●



Haneem Shahjahan
DC I
Communicative English

Soulmate

I truly believe, once...only once in your life, you find someone who can completely turn your world around. You tell them things that you've never shared with another soul. They absorb everything you say and actually want to hear more. In their presence, there's no need for continuous conversation, but you find you're quite content in just having them nearby. Things that never interested you before become fascinating because you know they are important to this person who is so special to you. You think of this person on every occasion and in everything you do. Simple things bring them to mind like a

pale blue sky, gentle wind or even a storm cloud on the horizon. You open your heart knowing that there's a chance that it may be broken one day and in opening your heart, you experience a love and joy that you never dreamed possible. You find that being vulnerable is the only way to allow your heart to feel true pleasure that's so real it scares you. You find strength in knowing you have a true friend and possibly a soulmate who will remain loyal to the end. Life seems completely different, exciting and worthwhile. Your only hope and security is in knowing that they are a part of your life. ●



Anusree A.M.
DC II
Communicative English



Love and Nature

Love is a mixture of pleasure and sadness
Love is like a butterfly
Love is like a bee which nector the flower
Love is an endless ocean
Love is like a magnet which cannot break it
Love is like a trip to be happy and sad
Love is like an introvert and after that it will be like an extrovert
Love is like a pejorative one

Nature is a mysterious one
Nature creates a vibe through our emotion
Nature encapsulate human beings wherever we go nature is there
Nature manipulate human beings with its Spiritual power
Nature is like a beautiful green ocean
Nature have the magic to attract human beings
Nature the wide power
Nature an emotion. ●



Fathima Siyana J.S.
DC III
History



Misrepresentation of South India in Bollywood Movies

One of the most recent remarkable developments in Indian Cinema has been the increasing demand to watch movies that have been made in South India. Pan Indian movies such as *RRR*, *Bahubali*, *Kantara* are global blockbusters with Malayalam movies such as *Drishyam*, *The Great Indian Kitchen*, *Kumbalangi Nights* receiving global limelight.

But what hasn't changed, is the continuing misrepresentation of the South Indian in Indian cinema, especially in Bollywood movies. For decades, Bollywood has been projecting the image of a typical stereotyped South Indian. According to these movies, the 'South' comprising 5 states with different cultural and linguistic identities is seen as one big different country. These 'South Indian' characters typically speak the same Hindi and broken English with thick accents even though, they have a language of their own. They all eat, dress, speak and have the same customs and traditions. They are all vegetarians, eating food from banana leaves. All the women are Bharatanatyam dancers and are always seen in traditional attire with flowers in their oily hair. The men are always seen wearing lungi, even though they might be in the office such as in the case of

the recent Netflix film *Meenakshi Sundareswarar*. In movies such as *Chennai express*, the South Indian is showcased as barbaric and violent. All these characters do is engage in violence for their selfish means. In addition to all these, there is the racial prejudice of Bollywood wherein, the dark skin actors are made the villains.

What is even more interesting is that almost all these South Indian characters are played by North Indian actors in spite of there being talented South Indian actors who are capable of performing the role. These films also in most cases are not shot in South India and are made with no proper research regarding the culture and practices of the people. Thus, the common South Indian is not given the proper representation that they truly deserve.

Although, Hindi OTT films and series such as *The Family Man*, *Monica*, *O My Darling* have better South Indian characters that are played by South Indian actors, Bollywood has a long way to go. Let us all hope that in the future, we would get to see better representations of the South Indian in Bollywood that are based on facts rather than on stereotypes. ●

Our Mother Earth

This mother earth, who gives us life,
This mother earth,
Heart filled with , strife.

We love her not,
Though love we should,
Her deaths we plot, For life's "own good";

She gave us air, and food, and home,
That's not enough we humans scream;
with, greedy lust our mouths do foam,
With evil desires our eyes do gleam,

Her air we fill,
with smoke and death;
Ourselves we kill,
for lack of breath,

The sea once pure,
Teeming with life
Drinking now risky
Death may be rife

The soil once pure,
And full of life;
Now barren sand,
of farmers' strife

No longer shire,
Can stand our "love",
Now we must flee,
Like scattered dove;

She gave us all,
unto the end,
Now we appalled,
Our lives defend. ●



Aleena Anna Koshy
DC II
English Literature





university and ragging



Fathima Sulaiman
DC I
Zoology

If conducted in a friendly manner ragging can be a good way of interaction between seniors and juniors, but there have been many instances of painful ragging and students shudder at the thought of going to the college on the first day. The feeling of finally completing school and standing on the threshold of a new life, ie, the college life, is simply indescribable. It gives an individual a pleasant feeling that finally, he/she can be free from the closed circuit environment of a school and is ready to lead a jolly, yet responsible life, in the college campus.

As the college reopens, the fresh batches of students enthusiastically step into their campus, with much excitement about their days ahead, including the interaction with their seniors. Very often, there is also a huge fear of ragging lurking as well, at the back of most minds, which acts as a major dampness for all the excitement. This fear is not unfounded, as it's a fact that college ragging has, at times had taken very ugly forms. What is, normally supposed to be an amicable welcoming of fresher into college life, by their seniors, sometimes turns into gory acts of physical and mental harassment.

Ragging is ideally meant to break the ice between the new entrant and senior. It gives a chance to the freshly passed out school students to act naturely and interact with their seniors.

All students of the institutions are aware of the punishments for being found to be indulged in any form of ragging. Anti-Ragging undertaking has been signed by students and their parents.

Anti Ragging movement/campaign/ Awareness has already been initiated among the students/teachers/ parents to prevent the incidents of ragging. ●



Ann Ajith
DC III
History

Darkness

Darkness,
it's not that dreadful,
instead it can be beautiful.

Just think,
I can cry & cry with my crest fallen soul
Till I empty out my heart filled with mold

Once I did want to escape
from this mess, from this filth
which left me with no air to breath.

When I tried to swim up
towards the light
I was pulled back into the
depths of the night.

There are many & there will be many
self proclaimed wise beings
who are like the howling hyenas
who prey on the vulnerable,
because they are unstable.
who taunt me & many broken souls
even after our decayed bones.
They will haunt us
our lives and our dreams.

There is no escape.
Heavenly beings, aren't you listening?
We are withering.

Surviving is hopeless
So I want to be lifeless.
Like how the pouring rain
touches the earth, my tears
rolled down my tired ruby eyes
touching my skin.

My skin, My face, My body I hated her
when that loathsome girl
looked back at me in the mirror.
I hated her, I wanted to end her.

Oh! How I wished I could
just rip her apart, her skin, her face, her body.

How I wished I was flawless piece of art.

But what can I do but
pray, pray to the celestial beings
to slay that worthless being.

So that I don't have to look at her,
but the reality was I was her.

Enyo or Kali, I don't care
Just take me away from this world I despair

Thus, I am not trying anymore
because I don't care anymore.

So I am letting myself drown, drown to the
depths of the watery grave.

So, you see darkness is not that dreadful
instead it can be beautiful. ●





Theresa Mathew
DC III
Physics

Little Bird

The little bird I saw humming last night,
Over the back of an old oak tree
Singing lullabies to her babies
For a safe and sound sleep,
It came back to my window
Rolled her bead eyes at me,
As she perched over my shoulder
Titled it's soft head,
As she wonders over those
Palms I hid over my back
She watched my mysterious chuckles,
As I showed her the little cocoon spun
Out of my hopes and weary dreams
I watched her gently pecking
The finelines of my fragile cocconns
And flying far away behind the oak trees.

I came back defeated to
My wasteland of nothingness,
Dreaming of auroras and sad prose
As my fantasies of indulging
Into the aura of unawareness....

A knock at the window as I wept
I peeked into the panes,
Saw the moonlight, the branches,
The delicate breeze and blooming jasmines
All the dark night souls,
Singing the hymns of lullabies,
The bird I saw last night,
Saw a beak full of seeds, of wisteria,
Seed of hope and new beginnings
On my weary plams.....
I steep in the hymns of lullabies
As I watched the flowers bloomed over my
palms. ●



Rima Suresh
Ascaite Alumni
English Literature

A Stopper on my Thoughts

I just put a stopper on my thoughts. And I don't do that often. It's so easy to think away, to beguile some of the time that usually goes into thinking harder thoughts, but thoughts nonetheless. I chip away at my thoughts like there's no tomorrow. I blend the backyard breeze that flows through the gentle Acacia leaves with it. Strongest potion for forgetfulness. And sometimes sleep.

I just put a stopper on my thoughts. Just like I pause Time in a Bottle, when my playlist accidentally gives Jim Croce the stage to croon the song that sounds like pain in a vial for me. A beautiful green glass vial nevertheless. The same green that you used to trap within your ink pen to draw up my reality again and again. Sometimes I swear I feel you going at it even now. And I would put a stopper to my thoughts.

I just put a stopper on my thoughts. I am advised to do so. By everyone around me, for that matter. I comply because they tell me that that is what is best for me. Since I am spoiled enough to have the luxury of not taking my own decisions, I often bring the glass stopper to the lip of my thought jar, I feel it's weight on my palm, and close it once the weight grounds me.

I just put a stopper on my thoughts. It's wearing me down at this point. Thinking became a task one of these days and I may as well have sealed the stopper to my thought jar. The glass is green, the liquid inside is freezing over. There is wind weaving through the Acacia leaves. It's flowers are saturated with pollen. The sun frowns down at the grass carpeted ground. I just put a stopper on my thoughts. ●



Rhea Bejoy
DC III
Economics

When Flowers bloomed in the Palm of my Hand

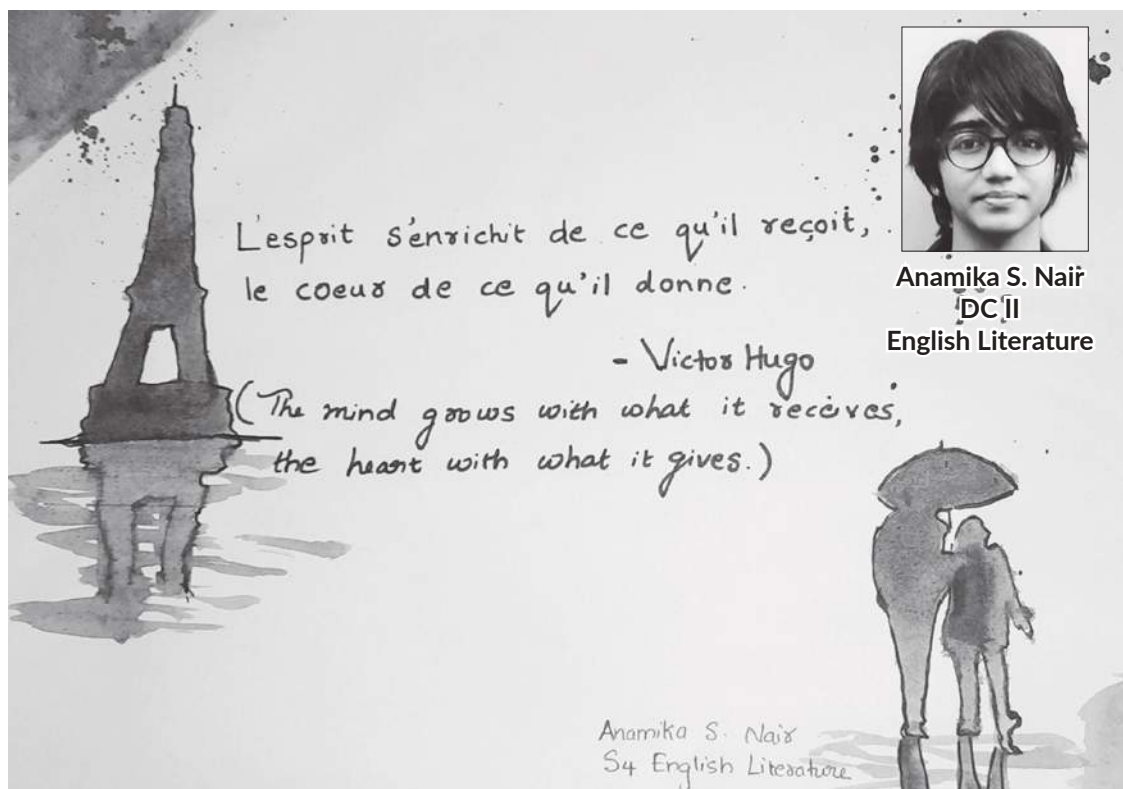


When flowers bloomed in the palm of my hand
With destiny being grasped from my hand
The endless possibilities of life was finally tempting
The idea of tomorrow was no longer suffocating

The peonies, roses and daisies bloomed like
It did in the white picket fenced garden of 31 westlike
The warmth of my mother making them bloom
While the loss plunged me into a silent doom.

The pain ravished and famished
The flower forever savaged
By neglect of maternal warmth
The wind forever savaged
By neglect of myself fueled by self-annihilation

The cuts marring my surface
Seemed to extinguish the plant from its surface
With the memory of maternal warmth and floral bloom,
I let the flower bloom;
Pulling me out of silent doom ●

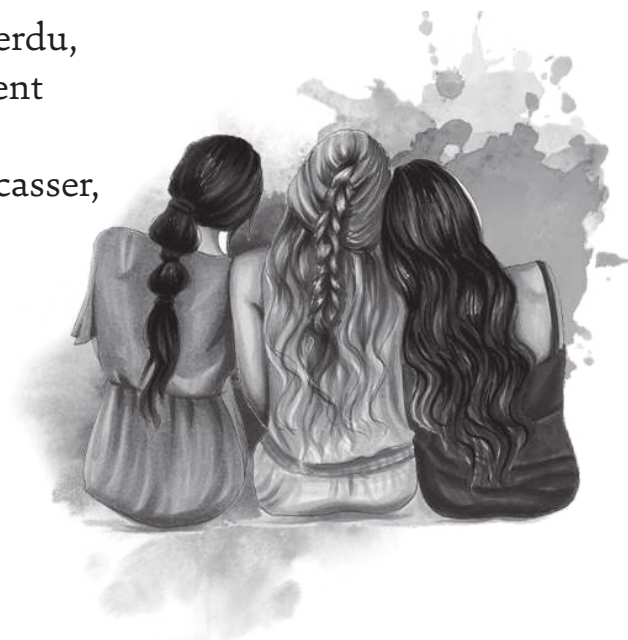


Anamika S. Nair
DC II
English Literature

Ma chère Amie

Tu, ma chère amie
Quand tous les espoirs sont perdu,
Quand tous les yeux regardaient
avec les jugements,
Quand les murs commence à casser,
Quand mes yeux sèchent

Tu, ma chère amie
Et ton sourire est suffisant
Pour remplir mon Jardin
encore avec les fleurs. ●



Meera Kamila
DC II
Zoology



Ilfa Sajad Sait
DC II
Eng Literature

CHER RÊVEUR

Cher rêveur,
Regarder la nuit bleue,

Cher rêveur,
Avec des yeux de feux,

Cher rêveur,
Le ciel n'est pas gris,

Cher rêveur,
Tu n'est pas brisé,

Cher rêveur,
Tu n'est pas prisonnier,

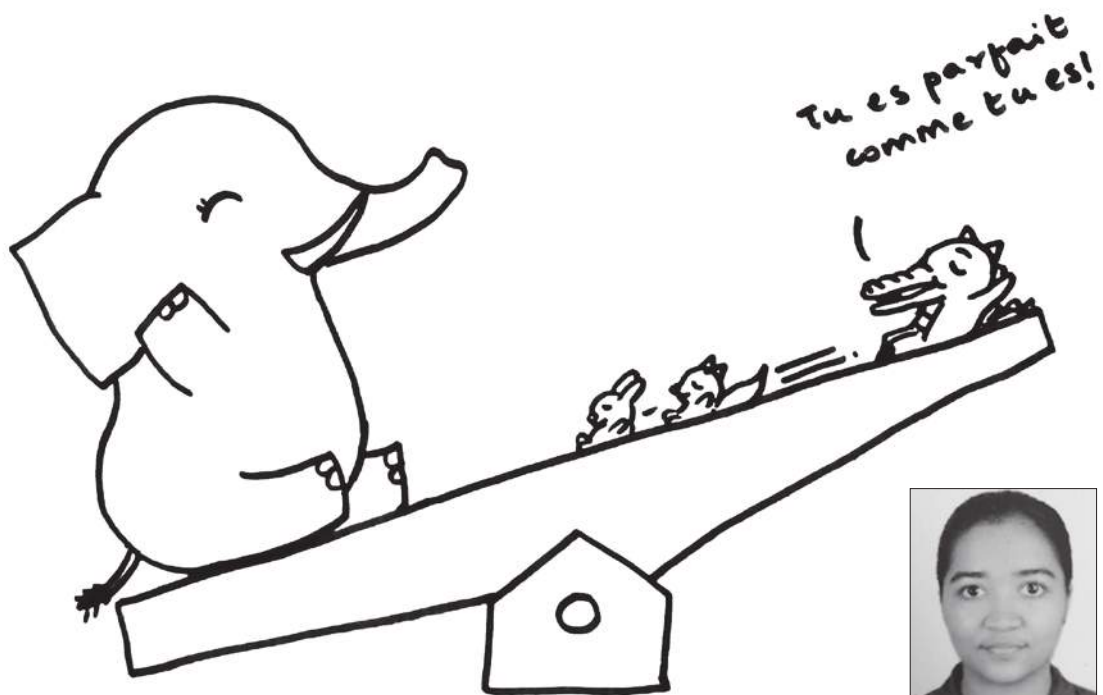
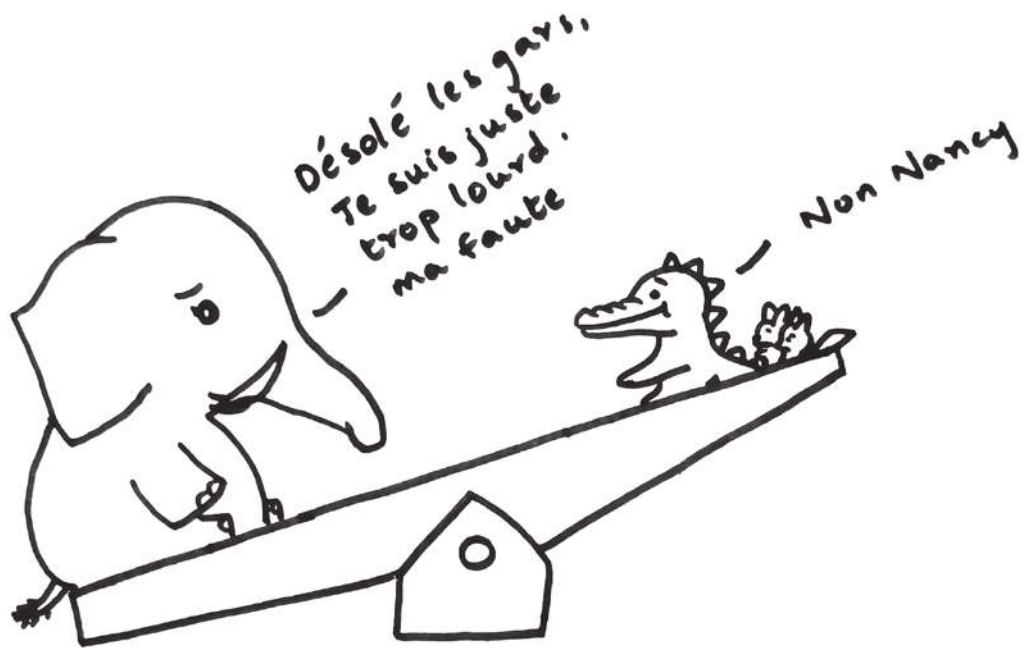
Cher rêveur,
Lève-toi et sois un guerrier,

Cher rêveur,
N'oublie pas de vivre,

Cher rêveur,
Tu es libre de rêver. ●



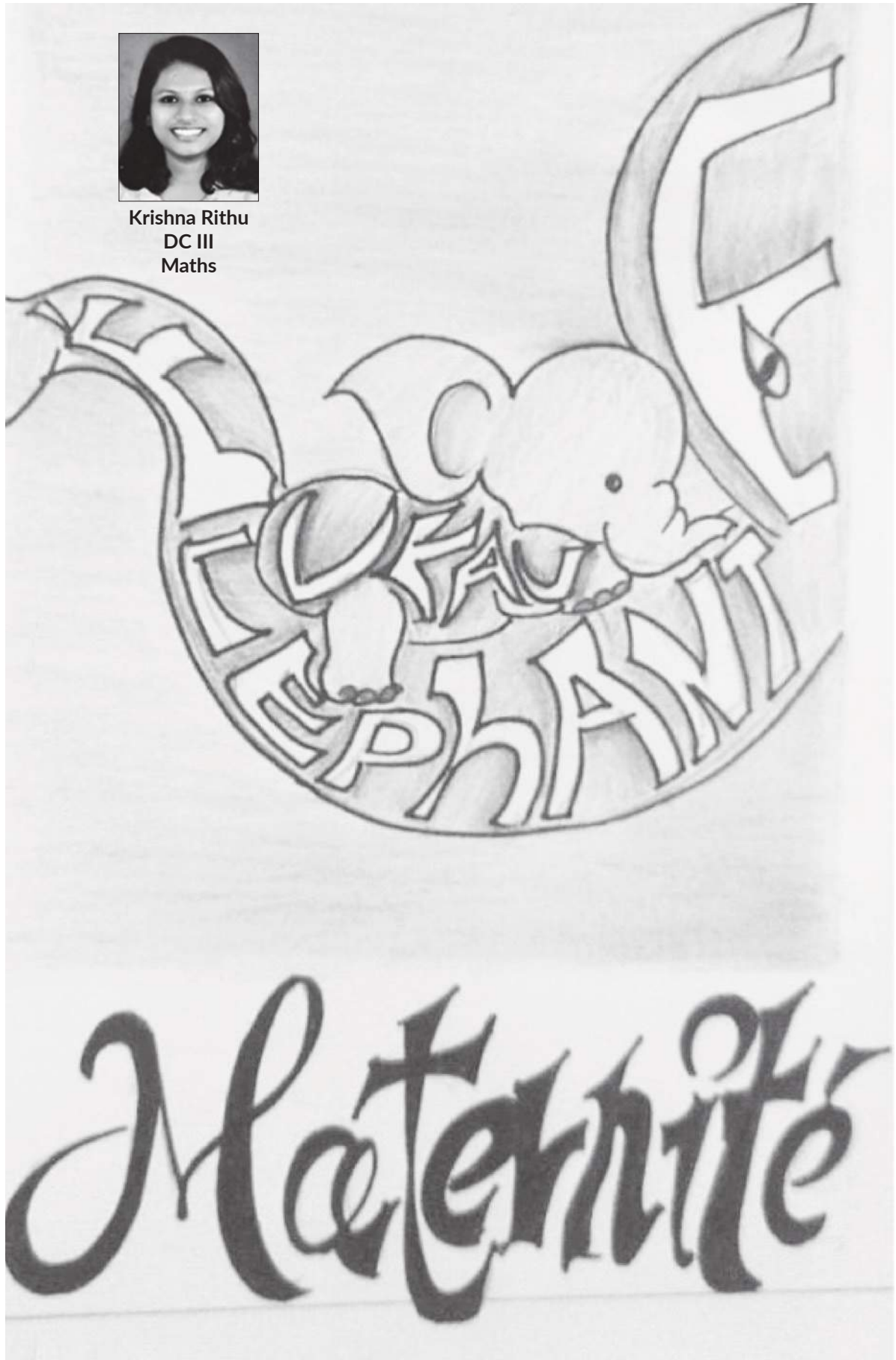




Meera Kamila
DC III
Zoology



Krishna Rithu
DC III
Maths



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COLLEGE DAY





Chief Guest
Rev. Father Rex Morais



CANDLE LIGHTING



DEPARTMENTAL Activities

ENGLISH

Author, Poet, Traveler Kiran Bhat interacted with the students and spoke about poetry and life.



Ms. Rachel R. Luke, student of the 2019-2022 batch releases her book of poems in the presence of the department.



The Young Communicators Club of the Department organized a participative learning session with Mr. Mohan Sivanand, former editor Reader's Digest on 04/08/2022. He addressed the students on Working (In) Media.



The Department carried out a Meet and Greet with the students of the Department on 07/06/2022 to mark the beginning of the new academic year.



The Department has initiated Faculty Exchange programmes with St. Joseph's College, Alappuzha. Dr. Sonja J Nair delivered the first lecture on Post Colonial Literatures on 27/09/2022.



MALAYALAM, HINDI & FRENCH

Dr. C Udayakala - receiving Chinakkara Ramankutti Smaraka Poetry Award



International Seminar - Hindi



International Seminar - French



Inauguration of 3 days international Seminar



HISTORY



Inter-Collegiate
Patriotic song
competition



Forum for
Democracy and
Social Justice
(FDSJ)



ECONOMICS



Discussion on the Union Budget
2023-24 on 7th February, 2023.



Mock Parliament – 10th March 2023

DEPARTMENTAL Activities

PHYSICS



Signing MoU
with Network
Systems



inauguration of
International
Seminar - ISLM 2022
@ backwaters
of Aleppy



seminar series for
PG students.



Sessions on Certificate
course on Python
programming

CHEMISTRY



World Environmental
Day Competition – on
the Theme Only One
Earth for Mankind,
Conserve it



Interdepartmental
Quiz competition
– organized by the
Science Club



A Poster
exhibition for World
Environment
Day on the topic
“SAVE EARTH”

The Science Club activity of Department of Chemistry - Inaugural address by Dr. Sajitha Biju, Crop Scientist, School of Agriculture and Food, Faculty of Veterinary and Agricultural Sciences (FVAS), The University of Melbourne, Australia



'Seminar Series on Research Methodology'- Dr. E. A. Siril, Professor and Head, Department of Botany, University of Kerala, Thiruvananthapuram. delivered a lecture on 'Formulating a Research Problem'



The students of the Department of Botany organized an Exhibition on 'GREEN CULTURE' on 18th November 2023. The exhibition was inaugurated by Dr. Sr. Pascoela D'souza Aldrich, Vice Principal, All Saints' College, Trivandrum.



Zoology Association was inaugurated with an invited talk on Nano drug delivery method in Cancer Biology by the Resource person Dr.K Santhosh Kumar, Senior Consultant, Scientist G and Dean (Rtd), Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram – 695014 on 16th November, 2022 at 10 am, Conference Hall of All Saints' College

5 NSS volunteers and 6 students participated in the Beach cleaning activity as part of the Trivandrum Corporation Haritha Tourism Mission project on June 8th, 2022. NSS volunteers : Gadha Vijayan, Ayina B J, Vijina, Snitha, Vijeesh B H; Students- Gowri P, Panchami Sankar, Sree Nandana, Avani Sekhar, Bismitha Binu, Chelsea



DEPARTMENTAL Activities

MATHEMATICS

Students of Mathematics Department conducted a project presentation



Inauguration of the Mathematics Association



Department of Mathematics conducted Exhibition "MATHEMATICA"



COMMERCE

Entrepreneurship Development Club of the department was inaugurated by Mrs. Vardhini Prakash, (Alumni of the department) Executive Director, Kalyan Hypermarket and Kalyan Silks



The inaugural function of the Commerce Association. Mr. Krishnan S Sharma, owner and president of Orbit Institutes Pvt Ltd and Mr Joy Ollukaran, business partner, Orbit Institutes were the chief guests for the function.

Inauguration of Lifestyle business by Dr. B Vijayakumar, Former Principal, Kerala Institute of Tourism and Travel Studies and Dr S N Kumar, Former HOD, Department of Geology, University of Kerala on 18, November 2022



Tourism Club was inaugurated by Mr. Prasanth Vasudev, Deputy Director, Kerala Tourism on 27th September 2022 @10.30 am

Career Opportunities in Tourism Industry – Talk by Ms Priyanka PJ.- Faculty Albind Academy





An interdepartmental poster making competition on the World Environment Day theme- ONLY ONE EARTH-LIVING SUSTAINABLY IN HARMONY WITH NATURE



Ms. Rajani V, Organized an inter departmental essay writing competition as part of the World Ozone day Celebrations 2022 on September 22, 2022.



Planeteers club of the department organised an Upcycling workshop at MSc lab



Faculty members, Students and research scholars of the department went for field trips to CMFRI, Vizhinjam, Vizhinjam Port (Construction site), Soil Museum, Parottukonam, Tree walk at Museum and Zoo premises, Biodiversity Museum, Vallakkadavu, and wetland Schooling at Punchakkari fields, Vellayani.



International Yoga Day



Inter departmental competitions
Throw ball, Chess, shuttle badminton



Annual Athletic Meet



Onam Olam

**Trendsetter
College Contest**
II Runner Up





OBITUARY

*In Loving
Memory*

ANUPAMA
DC III ECONOMICS



*"We do not have to rely on memories to recapture the spirit
of those we have loved and lost – they live within our souls
in some perfect sanctuary which even death cannot destroy."*

Nan Witcomb



Theressa Mary Joseph
DC I
History



Ne Tirez Pas Sur l'Oiseau Moqueur – de Harper Lee

Je voudrais écrire sur un livre que j'ai lu récemment. C'est l'un des romans classiques de la littérature américaine moderne, "Ne Tirez Pas Sur l'Oiseau Moqueur" de Harper Lee. Le récit se déroule dans une ville américaine imprégnée de préjugés, de violence et d'hypocrisie. Le livre parle du racisme auquel l'Amérique a été confrontée dans les années 1930. Le récit prend la forme des conseils d'un avocat à ses enfants alors qu'il tente de sauver une personne noire faussement accusée du viol d'une jeune fille américaine. à mon avis, c'est un excellent livre et c'est une lecture incontournable pour tout le monde. ●



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Les Parapluies de Cherbourg



Rhea Bejoy
DC III
Economics



Les Parapluies de Cherbourg est un film musical et romantique de 1964 écrit et réalisé par Jacques Demy, avec une musique et des paroles de Michel Legrand. Catherine Deneuve et Nino Castelnuovo interprètent deux jeunes amoureux dans la ville

française de Cherbourg. Les Parapluies de Cherbourg illustre une histoire simple de manière magnifique. Guy Foucher, un jeune mécanicien, est amoureux de Geneviève Emery, une ouvrière qui travaille dans le commerce de parapluies de sa mère. Alors que Guy part pour deux ans de service en Algérie, leur amour tourne au vinaigre et Geneviève se retrouve malade et le coeur brisé. Enceinte de l'enfant de Guy, Madame Emery, la mère de Geneviève, pousse sa fille vers un riche diamantaire nommé Roland Cassard.

Le film a remporté la prestigieuse Palme d'or au Festival de Cannes en 1964 et a été nominé aux Oscars dans cinq catégories.

La fin du film est tragique, car nous voyons la vie dont Geneviève et Guy rêvaient, mais avec des personnes différentes. La Geneviève que nous voyons à la fin est différente de celle que nous voyons au début. Elle n'est plus la jeune fille naïve avec des pastels et des rubans, mais une femme riche. Il est déchirant de voir Geneviève et Guy interagir comme des étrangers avec leur fille non reconnue dans la voiture dans un endroit dont ils ont rêvé.

C'est musicale a redéfini le genre avec tous les dialogues chantés sans les séquences de danse musicale qui font l'effet d'une bombe. La cinématographie de Demy est visuellement saisissante.

Ce film est le premier grand film de l'icône du cinéma français, Catherine Deneuve. La comédie musicale de Demy a été réalisée vers la fin du mouvement pionnier de la Nouvelle Vague française. C'est un mélange d'évasion et de réalisme.

Ce film occupe une place spéciale dans le cinéma français et est à voir absolument. ●

LES DEVINETTE SEN FRANÇAIS



Bhagya A.B.
DC I
English Literature



- Je suis un crustacé. J'ai 5 paires de pattes dont une a des pinces. Je vis dans l'océan.

Qui suis-je?

Le crabe

- Je suis un oiseau de proie nocturne. Je vois très bien et loin. Je mange des petits rongeurs.

Qui suis-je?

Le hibou

- Je suis un serpent. Je suis non-venimeux. Je suis le plus grand des serpents. Je m'en roule autour de mes proies.

Qui suis-je?

L'anaconda

- Je suis un petit reptile. Je mange des insectes. J'ai 4 pattes. Je peux changer de couleur.

Qui suis-je?

Le caméléon ●





Theressa Mary Joseph
DC I
History

Cher Étranger



Cher Étranger, La vie n'est pas pour léger.
C'est pour fort.

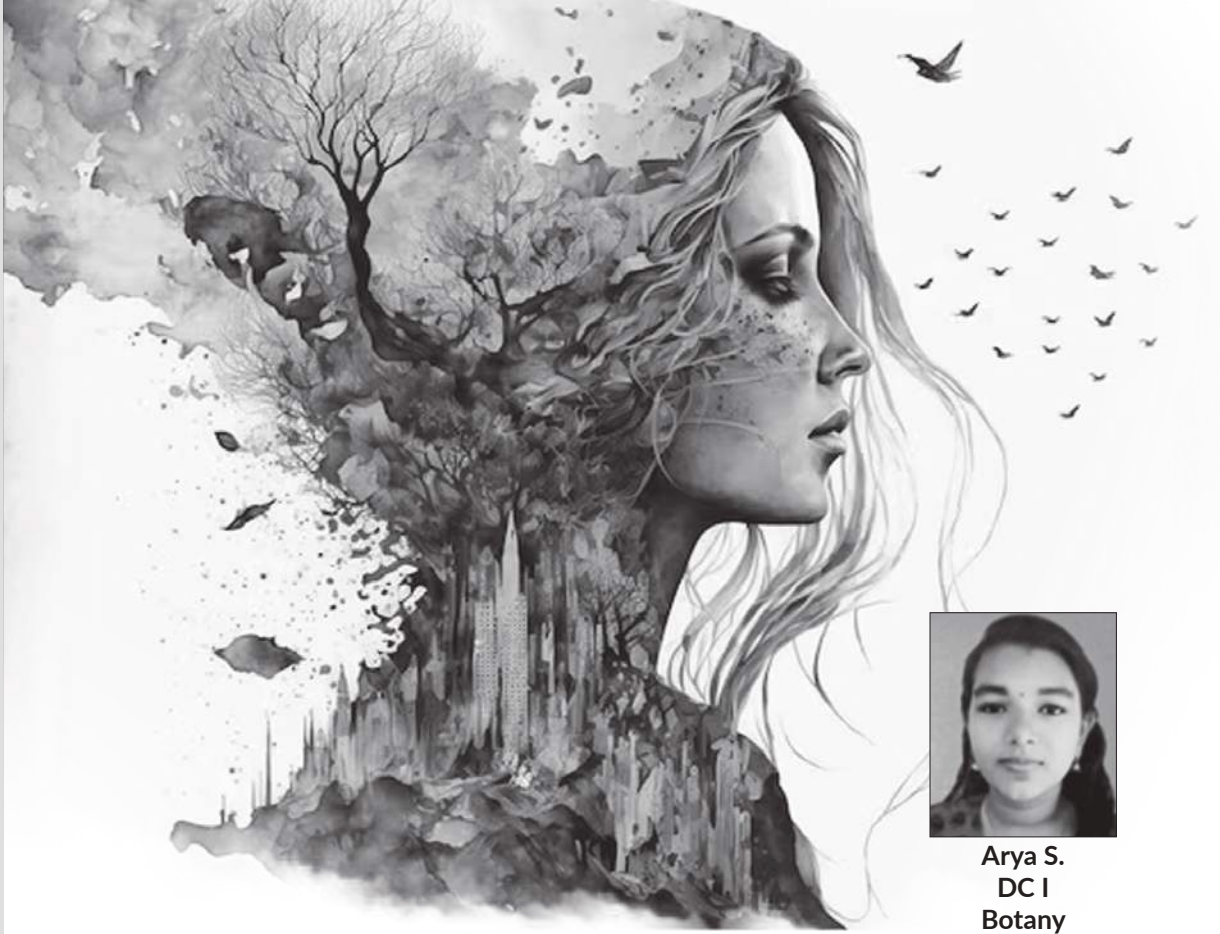
Je sais que tu ressens, Faire connaissance.
Vos réponses sont en vous.

Les problèmes ne sont pas mauvais-pour
vous

Ó cher comprenez-le.

Se lever; Combattez le.

Cher Étranger, La vie n'est pas pour léger. ●



Arya S.
DC I
Botany

हमारी माँ प्रकृति

हमारा जीवन आपसे जुड़ा हुआ है
आपके बिना - हम कुछ भी नहीं
मुझे आश्चर्य है कि आप कितनी सुंदर हो
आपके पास वह सब कुछ है जिसकी हमें
आवश्यकता है।

आप हमारी माँ हमारी प्रकृति माँ हैं
दिन और रात कितने सुंदर हैं
पक्षियों के गान की आवाज़
झीलों की आवाज़
ठंडी हवा जो शांत करती है.
सब कुछ कितनी सुंदर है।
आपके पास सब कुछ है।
हमारी माँ प्रकृति हैं। ●

आशा की आभा!

मेरी दूटी परी
मैं याद न कर सकती तुझे
एक भी ऐसी आराम नहीं
तुझे राहत मिले
घावों से जो उन्होंने दिया तुम्हें।
'माफ़ी' सिर्फ एक और शब्द है उनका
उनके कलंक को छिपाने;
क्षणित अराजकता में
अहंकारोन्मादियों की यह भयावह दुनिया की
आश्चर्य है मुझे उनकी इस सोच पर
कि यह दूटे दिये को पा सकता है।
फिर भी आशा नहीं डूबी,
आँधरे खिलने की इस उमस भरी सवेरे में
उत्साह की यह विश्वास बनाए,
नखलिस्तान में नरगीस राक्षस जैसे।
अस्तव्यस्त एहसास के पल में,
मैं इकट्टा, मैं फँसा
मूर्ख विस्मरण में, अब
उदासीन बन सब याद करते
निर्मलता के क्षण ●



Keerthana S. Bhairav
DC II
Eng Literature





Ananya Chandra
DC II
Botany

कृष्ण बलदेव वैद का नाटक 'भूख आग है' : एक विश्लेषण

भूख आग है एक विडम्बना प्रधान नाटक है। इसकी विडम्बना बहुत संश्लिष्ट है। इसका यथार्थ यथार्थवादी नहीं और इसका विचार 'विचारधारावादी' भी नहीं है। यह एक ऐसा नाटक है जिसमें 'भूख' के कई प्रकारों का वर्णन बहुत ही सुन्दर ढंग से हुआ है। भूख पापी पेट से मात्र जुड़ी हुई नहीं है। जैसे कि दौलत की भूख, प्रशंसा की भूख, बड़े से और बड़े बनने की भूख आदि न जाने कितनी बातों की भूख लोगों में रहती हैं। लेकिन हमें यह समझना ज़रूरी है कि भूख किसी भी प्रकार की क्यों न हो, हृदय से गुज़र जाए तो वह विध्वंसता की ओर ही लौ जायेगी। इसी बात पर इस नाटक में गहनता से चर्चा है। इसके अलावा उस बीते हुए (गुज़रे हुए) ज़माने का ज़िक्र भी किया गया है, जहां लोग 'समानता' के सपने देखा करते थे। नौजवानों ने क्रांतिकारिता का बाना बहना था, और उसे आगे बढ़ाने का प्रण भी लिया था पर आगे जाकर उनका यह जोश ठंडा पड़ गया। लेकिन उनके अन्दर अब भी कोयले में छिपी चिंगारी की तरह अन्दर ही अन्दर सुलग लही है।

भूख आग है नाटक को तीन दृश्यों के अन्दर समाहित किया है। इसमें मुख्य रूप से छह पात्र हैं। इसके मुख्य पात्र हैं - मम्मी, पापा, बच्ची, बुढ़िया, बूढ़ा और भी दिखाया गया है। इसके अलावा कुछ भूखे लोगों को भी दिखाया गया है। इसमें बहले के तीन पात्र उच्च मध्यवर्ग के प्रतिनिधि हैं और बाकी के तीन निम्न वर्ग के। नाटक की नायिका बच्ची और उसके मम्मी-पापा के बीच हो रही बातचीत से बहला दृश्य शुरू होता है। बच्ची को स्कूल से होमवर्क के रूप में 'भूख' से सम्बंधित एक एस्से लिखना है। बच्ची भूख से अनजान है क्योंकि वह ऐसे खाते-पीते घर की औलाद है। वह एस्से लिख ही नहीं पा रही है। उसकी मां तो हमेशा कुछ न कुछ खाती ही रहती है। मम्मी को यही लगती है कि बच्चों को इतना होमवर्क देना ही नहीं चाहिए क्योंकि इससे बच्चे खा-पी नहीं पा रहे हैं। और उन्हें यह भी लग रही है कि 'भूख' एस्से के लिए उपयुक्त विषय भी नहीं है। मम्मी समझ ही नहीं पा रही है कि आखिर अध्यापक ऐसे विषय देते क्यों हैं जिसके बारे में बच्चों को जानना तक नहीं है, और वह भी हिंदी में। मम्मी को लगती है कि स्कूलों में हिंदी पढ़ानी ही नहीं चाहिए और हिंदी अध्यापकों की भी इसलिए ज़रूरत नहीं है। उसका प्रश्न है ऐसी वाहियात विषय पढ़ाने के लिए रखते ही क्यों हैं। बच्ची टीचर को बहुत चाहती है

इसलिए टीचर के खिलाफ एक भी लफ्ज़ वह बर्दाशत नहीं कर पा रही थी। वह टीचर का ही पक्ष लेती है। मम्मी-पापा के बीच एस्से और टीचर के सम्बन्ध में इस बीच थोड़ी सी लड़ाई भी हो जाती है। पापा टीचर से मिलकर यह बताना चाहता है कि ऐसे वाहियात एस्से बच्चों को देने की ज़रूरत नहीं है। लेकिन मम्मी यही समझती है कि पापा टीचर से मिलकर उससे फ़्लर्ट करना चाहता है। इसलिए वे पापा को अकेले भेजना नहीं चाहती है। बच्ची बार-बार भूख का मतलब समझाने की बात करती हैं तो पहले उसका मतलब हंगर बताया जाता है और बाद में एपीटईट। लेकिन ममी-पापा बच्ची को ठीक उत्तर नहीं दे पा रही है। अंत में पापा बच्ची को यही बताता है कि पोवेरटी की वजह से भूख का जन्म होता है। तब बच्ची यह पूछती है कि पोवेरटी होती है तो क्यों? तब उसे समझाया जाता है कि लोगों के पास काम नहीं है। माँ का यही सोच है कि लोग मेहनत करना नहीं चाहते, वे कामचोर हैं। इस बीच बातें करते करते बच्ची को यह पता चलता है कि उसके दादा-दादी जो टीचर थे वे भी पोवेरटी का शिकार थे और उसके पापा भी उसका शिकार हो चुका था। इसलिए पापा अपनी जिन्दगी के उस कड़वे सच को भुलाना चाहते हैं, जिसे उसने बचपन में भोगा था। वह अपनी पत्नी या अपने बच्चों से भूख का रू-ब-रू करवाना नहीं चाहता। इसलिए वह यही कहता है कि उससे अच्छा उसे लोग डाकू ही समझे। बच्ची के बार-बार कहने पर यह तय किया जाता है कि पापा और बच्ची कुछ देर चुप रहकर एस्से का आउटलाइन तैयार करेंगे। अंत में सोचने से भी कुछ नहीं मिलते तो यह किया जाता है कि किसी भूखे से ही उसके सम्बन्ध में पूछ लिया जाय।

उच्च मध्यवर्ग और उच्च वर्ग हमेशा आम आदमी से दूर ही रहते हैं। वे भूख से अनजान हैं। इसलिए उन्हें इसके सम्बन्ध में कुछ भी पता नहीं है। और जिस यह पता है वे अपने गुज़रे ज़माने को याद करना भी पसंद नहीं करता, जैसे पापा। भूख के बारे में चर्चा करते वक्त और भी कुछ बातें सामने आती हैं। जैसे एबॉर्शन। अगर कोख में बच्ची निकली तो उसे पेट में ही मारा जाता। बच्ची सिर्फ बारह-चौदह साल की है, पर उसे पता है कि बच्चों के लिंग निर्णय के लिए टेस्ट करवा दी जाती है और यह गैरकानूनी है। उसे हिंदी की टीचर से सब पता चलता है। उसे अपनी सहेली से यह भी पता चला कि मम्मी का बेटा होनेवाला है। इसलिए ममी इतना खुश है। भारत में लोग आज भी बेटा-बेटी में फर्क रखता है-इस बात पर यहाँ पर नाटककार ने व्यंग्य किया है।

दूसरे दृश्य में जमा मस्जिद के आसपास के कबाब के दूकान और उसके आसपास रहनेवाले भूखे लोगों का दृश्य दिखाया गया है। जब बच्ची और उसका परिवार वहाँ खा रहे होते हैं तो उनके इर्द-गिर्द भूखे लोगों का जमा हो जाता है। अंत

में भूख और लालच की वजह से भूखे लोग उनसे कहते हैं कि उन्हें भी खा जाए। इस बीच बच्ची उनमें से एस्से तैयार करने के लिए तीन लोगों को चुन भी लेती हैं।

तीसरे दृश्य में सारे मुख्य पात्र एक साथ मंच पर दिखाई देने लगते हैं। भूखी बच्ची, बच्ची के हमउम्र है। इस दृश्य में बच्ची यह जान जाती है कि सिर्फ उच्च वर्ग के लोग मात्र अंग्रेज़ी में बात नहीं करते बल्कि लोगों को भी यह भाषा आती है। बच्ची उनसे भूख का मतलब जानने की कोशिश करती है। पर चालाक भूखी बच्ची उसे पहले बताने को तैयार नहीं होती। वह तब तक नहीं बताना चाहती जब तक उसे भरपेट खाना खिलाया न जाय। अंत में उसे परिवारवाले न चाहते हुए भी खाना खिलाते हैं। भूखी बच्ची जब अकेले खाना खाती है तो बूढ़ा और बूढ़िया उसे भला-बुरा कहते हैं। भूखी बच्ची किसी भी बात पर पीछे नहीं है। उसे पता है कि किस तरह लोगों से काम निकाला जा सकता है। इस बीच भिखारी जो गाने गाते हैं, उनसे पापा परिचित है। उसे याद आता है कि वह गाना उसके माता-पिता गाया करते थे। जिसके बोल वह भूल सा गया है या फिर याद ही नहीं करना चाहता। पापा के सोच के बीच मम्मी ज्यादा खाने से बेहोश सा हो जाती है और पापा ज्यादा सोचने से। मौका फायदा उठाते हुए बूढ़ा, बूढ़िया और भूखी बच्ची घर के खाने लायक सब चीज़ों लेकर जाने को तैयार हो जाते हैं। बूढ़ा बच्ची को भी उठाकर ले जाना चाहता है और बच्ची के बदले तीन लाख रुपये बच्ची के पापा से एँठना चाहता है पर बूढ़िया उसे रोक लेती है। इस बीच पापा को होश आता है तो बूढ़ा, बूढ़िया और भूखी बच्ची खिड़की से भाग जाते हैं। यह सब देखकर बच्ची खबरा जाती है।

बच्ची इस हाद से यह जान जाती है कि भूख लोगों से क्या-क्या करवा सकते हैं। और उसे यह भी पता चलता है कि भिखारियों ने जो गाना गाया वह गाना उसके दादा-दादी गाया करते थे। इससे पापा की पुरानी यादें ताज़ा हो गयी हैं। उनके अन्दर अपने पापा-ममी के प्रति तिरस्कार और अपनी पुरानी जिन्दगी के प्रति घृणा ही है यह भी बच्ची जान जाती है।

प्रस्तुत नाटक के ज़रिये नाटककार ने आज के भारत की यथार्थता को हमारे सामने प्रस्तुत किया है। अपने व्यंग्य के कटार से नाटककार उन लोगों को लहू लुहान करते हैं जो बाह्याडम्बर के पीछे भागते हैं और अपनी पुरानी जिन्दगी को याद करके भी याद न करने का ढोंग करते हैं। साथ ही बच्चियों की भ्रूण हत्या पर भी चर्चा की गयी है, जो गैर कानूनी है। इस प्रकार भारत की समकालीन सच्चाइयों को हमारे सामने प्रस्तुत करने की कोशिश वैद जी ने भूख आग है नाटक के ज़रिये किया है। ●

ख़ूबसूरत प्रकृति



Devika S.
DCI
Botany

हरी भरी घास का मैदान
हर जगह नील रंग का आसमान।
हल्की हवा को सहलाना
बारिश की बूंदों तक स्पर्श।
पक्षियों का गीत
अदभुत दृश्य।
सब कुछ एक साथ आता है-हमारा प्रकृति,
हाँ क्या ख़ूबसूरत पल है।
यह आश्चर्य शब्दों में बयां
नहीं किया जा सकता।
यह दृश्य, मेरे आँखों के लिए
अविश्वसनीय है।
चमत्कारों से भरा हुआ
माँ है यह।
हमारी जननी है, यह “प्रकृति” ●





Revathy S.
DC II

Communicative English



1. अगर तुम सूरज की तरह चमकना चाहते हो तो पहले सूरज की तरह जलना सीखो।
2. लोग अपने अधिकारों को तो याद रखते हैं; लेकिन कर्तव्यों को भूल जाते हैं।
3. खुद को कमज़ोर समझना सबसे बड़ा पाप है।
4. हमारे अन्दर सबसे बड़ी कमी यह है कि हम चीज़ों के बारे में बातें ज्यादा करते हैं और काम कम।
5. सफलता की खुशी मानता अच्छा है पर उससे ज़रूरी है अपनी असफलता से सीख लेना।
6. विश्वास को हमेशा तर्क में तौलना चाहिए। जब विश्वास अंधा हो जाता है तो मर जाता है।
7. कुछ कर गुज़रने की इच्छा रखने वाले व्यक्ति केलिए इस दुनिया में कुछ भी असंभव नहीं है।
8. महानता कभी न गिरने में नहीं बल्कि बार-बार गिरकर उठ जाने में है।
9. हंसी के बिना बिताया हुआ दिन बवदि किये हुआ दिन है।
10. जानवर मेरे दोस्त है..... और मैं अपने दोस्तों को नहीं खाता है।

ए.पी.जे. अब्दुल कलाम
इंदिरा गाँधी
स्वामी विवेकानंद
जवहरलाल नेहरू
बिल गेट्स
महात्मा गाँधी
अब्रहाम लिंकन
ब्रूस ली
चार्ली चॉप्लिन
जॉर्ज बर्णाड शॉ



Diya Chandana
DC III
Mathematics

कलारिपयाटू

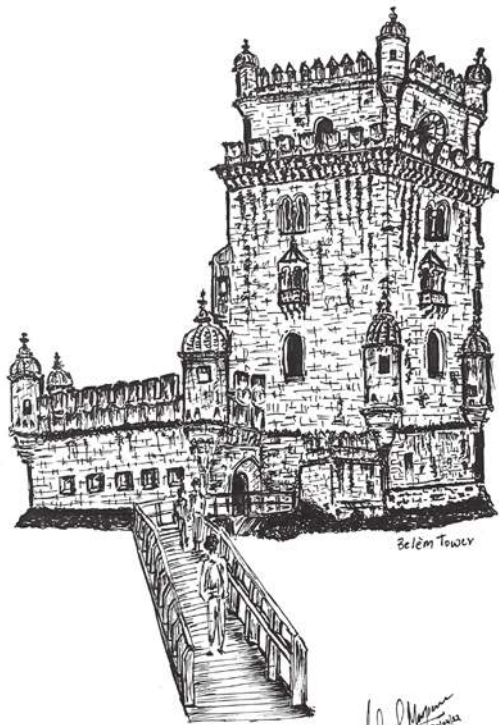
इसकी उत्पत्ति तीसरी शताब्दी ईसा पूर्व से दूसरी शताब्दी ईस्वी के दौरान केरल में हुई थी। यह अब केरल और तमिलनाडु के कुछ हिस्सों में प्रचलित है।

जिस स्थान पर इस युद्ध कला का अभ्यास किया जाता है उसे 'कलारी' कहा जाता है। यह एक मलयालम शब्द है जो एक प्रकार के व्यायामशाला को दर्शाता है। कलारी का शाब्दिक अर्थ है 'खलिहान' या युद्ध का मैदान'। कलारी शब्द पहली बार तमिल संगम साहित्य में एक युद्धक्षेत्र और युद्ध क्षेत्र दोनों का वर्णन करने के लिए प्रकट होता है।

इसे अस्तित्व में सबसे पुरानी युद्ध प्रणालियों में से एक माना जाता है।

इसे आधुनिक कुंग-फू का जनक भी माना जाता है। ●

Artist Palette



Aaliyah Moopan
penned



Aaliyah Ahamed Moopan
DC II B.Com



Revathy P.S.
DC II
Communicative English



Artist Palette



Swetha R. Rao
DC II
Communicative English



Keerthana S. Bhairav
DC II
English Literature



Artist Palette



Nandini S.R.
DC III
Mathematics



Nydia Saju
DC I
Communicative English



COLLEGE DAY AWARDS 2022 - 2023

**For the highest marks secured in the various Core
and Complementary Subjects at the U.G and P.G. Degree Examinations**

Academic Awards

1. The Rev. Mother Mary Angela Memorial Cash Award for good conduct and service in the College

ALEENA SELESTINE

DC III Economics

2. The OSA Award for Outstanding Contribution to the College

GOPIKA KRISHNAN

DC III Physics

3. The P.T.A. Cash Award for acquiring I Rank in the University of Kerala

I Rank

MANUSHA L. E

P.G Env't. Sciences

4. The P.T.A. Cash Award for the II and III University Rank Holders

II Rank

KAVYA MOHAN U.

PG Env't. Sciences

II Rank

SREELAKSHMI A. L

History

II Rank

ARDRA S.

Commerce Finance

III Rank

ANJANA B. S. KRISHNA

PG Env't. Sciences

III Rank

NIRANJANA S. P

Com. English

5. The Staff Cash Award for acquiring First Rank in the University of Kerala

I Rank

MANUSHA L.E

P.G Env't. Sciences

6. The Staff Cash Award for the University II and III Rank Holder

II Rank

KAVYA MOHAN U.

PG Env't. Sciences

II Rank

SREELAKSHMI A. L

History

II Rank

ARDRA S.

Commerce Finance

III Rank

ANJANA B. S. KRISHNA

PG Env't. Sciences

III Rank

NIRANJANA S. P.

Com English

COLLEGE DAY AWARDS 2022 - 2023

- | | | |
|-----|---|-------------------------------|
| 7. | The Department Special prize for the best outgoing student of the department:- | |
| | Department of Mathematics | AOSSHNA AJAY |
| | Department of Physics | ASWATHY B. |
| | Department of Chemistry | SREELEKSHMI P. |
| | Department of Zoology | ALEENA SAJAN |
| | Department of Botany | ASHIFA A. S |
| | Department of English | AAVANI VINOD |
| | Department of History | ADITHYA CHANDRAN |
| | Department of Economics | GANGA M. PRAVEEN |
| | Department of Commerce (Finance) | VAISHNAVI VIJAYA KUMAR |
| | Department of Commerce (TTM) | SWATHY V |
| | Department of Env't. Sciences | ANJANA B.S. KRISHNA |
| 8. | The Sr. Mary Xavier Memorial Cash Award for the highest marks in B.Sc. (Core): | |
| | RESHMI S. | Physics |
| 9. | The Sri J. Varadaraja Iyer Memorial Cash Award for the highest marks in B.Sc (Parts I, II, III) : | |
| | RESHMI S. | Physics |
| 10. | The Rt. Rev. Peter Bernard Pereira Memorial Cash Award for the highest marks in B.Sc. Physics (Core & Complementary) | |
| | RESHMI S. | Physics |
| 11. | The Mrs. Isabel Benjamin Memorial cash Award for the highest marks in B.Sc Mathematics (Core) | |
| | SANDRA P. S. | |
| 12. | The Prof. M.C. Thresiamma Cash Award for the highest marks in B.Sc Chemistry (Core & Complementary) | |
| | KRISHNAVENI | |
| 13. | The Sivasakthi N. Nandakumar Memorial Rolling Trophy and Cash Award for the highest marks in B.Sc Chemistry (Core) | |
| | KRISHNAVENI | |
| 14. | The Mrs. Chinnamma Chandy Machianical Memorial Cash Award for the highest marks in B.Sc Chemistry (Complementary) | |
| | NANDITHA R. | DC III Zoology |
| 15. | The Sr. Josephine K.R Memorial Cash Award for the highest marks in B.Sc Botany (Core and Complementary) | |
| | RAHNA I. S. | |
| 16. | The Tomy Thomas Aythmattam Memorial Cash award for the highest marks in B.Sc Botany (Complementary) | |
| | REEMA MARIAM ALEX | DC III Zoology |

COLLEGE DAY AWARDS 2022 - 2023

17. The Mr. P.C. Kuruvilla Pocudiyil Memorial cash Award for the highest marks in B.Sc Zoology (Core & Complementary)

KRITHIKA JOGESH

18. The Dr. Mathew Varghese Memorial Cash Award for the highest marks in B.Sc Zoology (Core)

KRITHIKA JOGESH

19. The Dr. K.C Girija Devi Reddiar Memorial Cash Award for the highest marks in B.Sc Zoology (complementary)

APARNA CHANDRAN

20. The Sri M. Subramoniam Memorial Cash Award for the highest marks in M.A. English Language and Literature

ANJANA AJI

21. The Dr. Lalitha Ramamurthy Cash Award for the highest marks in M.A. Paper XII, (Structure of Modern English)

KARTHIKA R.

22. The Dr. Sr. Mary Alice Memorial Cash Award for the highest marks in S6 Project and Project Viva Voce in B.A. Communicative English

AHALYA V. ELAYATH

23. The Miss Margaret P. Paulose Memorial Cash Award for the highest marks in B.A. English Language and Literature (Core only)

VANI U. K

24. The P.S. Santhi and P. S. Jayanthi Cash award for the highest marks in B.A English Language and Literature S1 S2 S3 (Complementary only)

UNNIMAYA PARAKKATU

DC III English

25. The Paul Taliath Cash award for the highest marks in B.A. Communicative English (Core only)

NIRANJANA S. P

26. The Miss Manju M.N. Memorial Cash Award for the highest marks in B.A. S1 S2 S3 Communicative English (complementary)

PREETHA S. B.

DC III Com. English

27. The Mr. George Thomas Memorial Cash award for the highest marks in B.A. Economics (Core and Complementary)

ANJANA B. NAIR

28. The Smt. Kanakam Memorial Cash Award for the highest marks in B.A.History (Core & Complementary)

SREELAKSHMI A. L.

COLLEGE DAY AWARDS 2022 - 2023

29. The Sr. Mary Agnes Memorial cash Award for the second highest marks in History (Core)
SREELAKSHMI A. L.
30. The Sivasakthi N. Nandakumar Memorial Cash Award for the highest marks in M.Com Finance
LEKSHMI NAIR G. P
31. The P.G Department of Commerce Cash Award for the highest marks in M.Com Finance
LEKSHMI NAIR G. P.
32. The P. G Department of Commerce Cash Award for the highest marks in B. Com Finance
ARDRA S.
33. The Cruz Bastian (Plavila) Memorial Rolling Trophy and Cash Award for the highest marks in B.Com Management Accounting
ARDRA S.
34. The Central Bank of India Trophy for the highest marks in DC II B. Com in Banking
AMALA IGNATIOUS **DC III B.Com Finance**
35. The P.T.A. Cash award for the highest marks in (General, Core & Complementary)

M.Com.	LEKSHMI NAIR G. P
M.Sc Env't Sc.	MANUSHA L. E
M.A. Eng	ANJANA AJI
B.Sc Maths	NAVYA SUGATHAN
B.Sc Physics	RESHMI S.
B.Sc Chemistry	KRISHNAVENI
B.Sc Botany	RAHNA I. S.
B.Sc Zoology	KRITHIKA JOGESH
B.A. English	VANI U. K.
B.A. Com. Eng	NIRANJANA S. P
B.A. Economics	ANJANA B. NAIR
B.A. History	SREELAKSHMI A. L
B.Com (Finance)	ARDRA S.
B.Com (TTM)	ANJANA S. NAIR
36. The Sr. Edviges Freitas Endowment Cash Award for securing highest marks in DC I
MEERA KAMILA **DC II Zoology**
37. The Sivagamu-Ramalinganar Memorial Cash Award for the highest marks in B.Sc S1 S2 S3 Chemistry (Core)
S. B. SANDRA RANI **DC II Chemistry**
38. The Sr. Mary Veera Cash Award for the highest marks in B.Sc Mathematics (Complementary)
SREELEKSHMI P.

COLLEGE DAY AWARDS 2022 - 2023

39. The Rt. Rev. Dr. Vincent D. Dereere Memorial cash Award for the highest marks in Complementary Physics

ARSHA VASULA P. N.
DC III Chemistry
40. The Smt. Krishnakumari Narasimhan cash Award for the highest marks in B.Sc Mathematics for Complementary Statistics

GAYATHRY SANTHOSH
41. The Sri. N. Sangameswara Iyer Memorial Cash Award for the highest marks in B.A. Economics (Core)

ANJANA B. NAIR
42. The Smt. Bhageerathy Ammal Memorial Cash Award for the highest marks in B.A. Economics (Core and Complimentary in S1 S2 S3)

GANGA M. PRAVEEN
DC III Economics
43. The Prof. T. P. Thampy Cash Award for the highest marks in B.A./ B.Sc. Part II French

DHARA KRISHNA
DC III Physics
44. The Rt. Rev. Dr. Jacob Acharuparambil Memorial Cash Award for the highest marks in DC II B.Com Part II French

ASWATHY ANIL
DC III B.Com TTM
45. The Sr. Mary Laurentia Memorial Cash Award for the highest marks in B. A. Communicative English Part II French

GAYATHRI S.
DC III Com. English
46. The Sri. N C Pillai Memorial Cash Award for the highest marks in the Open Course in B. A English literature and Communicative English

SOPHIA S. R.
AHALYA A.
SABIHA SUMAR AHMED

B. A. English
B. A. English
B. A. Com. English
47. The Smt. Pauline Sebastian Memorial Cash Award for the highest CGPA in the S6 Project Viva Voce in B.A English Language and Literature

VANI U. K
48. The Rev. Father Clarence Fernandes Memorial Cash Award for the highest CGPA in B.A/ B.Sc. Part II Hind

ARCHANA T. J.
DC III Physics

ANCY ANTONY
DC III Physics
49. The Mrs. Sabeena Memorial Cash Award for the highest marks in B.Com Part II Hindi

VAISHNAVI VIJAYA KUMAR
DC III B.Com Finance
50. The Hindi Language Department Cash Award for the highest CGPA in B. A. Communicative English in Hindi :

PREETHA S. B
DC III Com. English

COLLEGE DAY AWARDS 2022 - 2023

51. The Malayalam Department Cash Award for the highest marks in DC II B.A./B.Sc Part II Malayalam

SONA E. L.

DC III Maths

52. The Malayalam Department Cash Award for the highest marks in DC II B.Com in Part II Malayalam

KALYANI U.

DC III B.Com Finance

53. The Malayalam Department Cash Award for the highest marks in DC II B.A. Communicative English -Part II Malayalam

SAIBA SYAM

DC III Com. English

54. The Sri. P. R. Menon Memorial cash Award for the highest CGPA in B.A. History for (Complementary Economics):-

ANISHA SARMILA ANILKUMAR

DC III History

55. The Prof. Lawrence Lopez Memorial cash Award for the student of B.A. Economic securing highest marks in (complementary History):-

MEENAKSHI SASIKUMAR

DC III History

56. The Dr. V. Mary Mettilda Rose Cash Award for the highest CGPA in B. Sc Mathematics (Core)

NAVYA SUGATHAN

57. The Rt .Rev Msgr. M. Joseph Memorial Cash Prize for the DC II student securing highest CGPA in DCI B.Com

ANNA LARCEN

DC II B.Com Finance

58. The Miss Sajani Daniel memorial Prize for the highest marks in M.A. Project and Project viva voce

AGATHA S. KUMAR

ANJANA AJI

KRIPA KISHOR

59. The Smt. Lekshmykutty Amma Prize for the highest marks in (Complementary Political Science)

MEENAKSHI SASIKUMAR

DC III Economics

Co-Curricular Awards & Scholarships

60. The G.V.S. Moni and Smitha Memorial Award for Proficiency in Music

NANDINI S.R.

DC III Maths

61. The Sr. Mary Amata Memorial Award for the best Essay in Christian Doctrine

GEENA P.

DC III Botany

62. The Rev. Mother Mary Frances Endowment cash award for the Best NSS Volunteer

PARVATHY A. S.

DC III Zoology

COLLEGE DAY AWARDS 2022 - 2023

63. The Rev. Mother Mary Elma Endowment Merit Scholarship for a Catholic student in DC II History
MEGAN JUSTUS **DC II History**
64. The Rev. Mother Mary Elma Endowment merit Scholarship for a catholic student in DC II Economics
SHEMY MATHEW **DC II Economics**
65. The Rev. Mother Mary Elma Endowment cash award for a Catholic student in DC II Zoology
VIJESHA B. H **DC II Zoology**
66. The Mrs. Mary Grace Pereira Memorial Scholarship for a zoology student
ARYA S. R. **DC II Zoology**
67. The Sr. Linis Noronha Memorial Scholarship for a DC II student
ASHNAMOL A. **DC II History**
68. The Helen Jacob Memorial merit Scholarship for a DC I student
ABIYA J. S. **DC I Botany**
69. The Sr. Mary Laetitia Memorial merit scholarship for a DC II Student
NAVYA SREEKUMAR **DC II B.Com TTM**
70. The Sr. M. Dora Memorial merit Scholarship
MARIA SHINY **DC II Botany**
71. The Mr. Jose Thomas Panikulam Memorial Merit Scholarship:-
AJNA SAKEN SHA **DC II Chemistry**
72. The Rev. Mother Mary Frances Endowment Merit Scholarship:-
GREESHMA **DC II B.Com Finance**
73. The Sr. Mercy C. V. Memorial Scholarship
AMEESHA S. **DC II Com. English**
74. The Mrs. Maria Apoline D'Souza memorial Merit Scholarship:-
FATHIMA S. **DC II Com. English**
75. The Sr. M. Vincent Memorial Scholarship
CHRISTEENA S. **DC III Zoology**
76. The Mrs. Shabina D'Souza memorial scholarship for a DC II Student
GOURI S. **DC II Maths**
77. The Sr. M. Anacleto Memorial Scholarship
ATHIRA S. **DC III English**

COLLEGE DAY AWARDS 2022 - 2023

78. The Mr. Carvalho Memorial Scholarship for a DC II Student
PARVATHY B.V. **DC II B.Com TTM**
79. The Sr. M. Maud Memorial Scholarship
SHIBINA M.S. **DC I History**
80. The OSA Scholarship for the entire Course of Study:
SHILPA GEORGE **DC III Chemistry**
SETHU XAVIER **DC III History**
LAKSHMI GIREESH **DC II English**
ARYA ALOSHIOUS U. A. **DC II Botany**
SHYAMA A.S. **DC I B. Com**
ROSHINI A. **DC I Physics**
81. The All Saints' College Prize for the best UG user of the Library for the year 2022 - 2023
ASHNA ABOOBAKER **DC III Economics**
82. The All Saints' College Prize for the best PG user of the Library for the year 2022 - 2023
JOMOL JOY **M A English**
83. The All Saints' College Prize for the Best Faculty user of the Library for the year 2022 - 2023
Ms DIVYA GRACE DILIP **Dept of Zoology**
84. The All Saints' College Appreciation Award for the Jesus Youth Core Group (College Unit)
MERLIN JOSEPH **DC III Botany**
GEENA P. **DC III Botany**
ADITHYA AUGUSTINE **DC II B.Com. Finance**
ANNA LARCEN **DC II B.Com. Finance**
SERIN D. **DC III Zoology**
85. The Mr. V. K. Purushothaman Nair Cash Award and Rolling Trophy for the student scoring highest points in the Annual Cultural Competitions:-
ANJANA CHANDRAN **DC III Com. English**
86. The DC III Maths Main (1998-'99) Ever Rolling Trophy for the Department scoring maximum points in the Annual Cultural Competitions :
DEPARTMENT OF ENGLISH
87. The Smt. Gowrikutty Amma Memorial award for the student securing the highest points in the Annual Cultural Literary Competitions
RITHIKA ANNA MATHEW **Dc III B.Com TTM**
KASTHURI K.S. **DC I English**
NEHA G.R. **DC I Maths**

COLLEGE DAY AWARDS 2022 - 2023

88. The Mr. Yesudasan Joseph Memorial Ever Rolling Trophy for the Department securing Overall Second Position in the Annual Cultural competitions:

DEPARTMENT OF COMMERCE

89. The Mr. K. N. Unnithan Memorial Ever Rolling Trophy for the department securing Third Position in the Annual Cultural Competitions:

DEPARTMENT OF ECONOMICS

90. The All Saints' College Golden Jubilee Ever Rolling Trophy for Excellence in Co-Curricular Activities:

DEPARTMENT OF ENGLISH

SPORTS

1. The Jayan Trophy for the best Athlete of the Year

AJMI S.U.

M Com

2. The Scott Kevin Prize for Inter-Departmental Shuttle Badminton

NITHYA J.S.

DC II Maths

STEFFY

DC III Maths

3. The All Saints' College special prize for the members of Kerala University and State teams

1. ARYA KRISHNA

(DC III Maths) - Member of Kerala University Yogasana team.

2. ANJU KRISHNA

(DC III Maths)- Member of Kerala University Yogasana team.

3. AJMI S.U.

(M Com I Year) - Member of Kerala University Athletics team.

4. ALICE T.

(DC III Economics) - Member of Kerala University Football team.

5. AKHILA S. KUMAR

(DC II Bcom TTM)- Member of Kerala University Rollball and Handball team.

6. ABHIRAMI A.B.

(DC I Eng Lit) - Member of Kerala University Tug of war team.

7. GREESHMA S.

(DC III Eng Lit.) - Member of Kerala University Football and Handball team.

8. AISWARYA JAGADEESH

(DC II Eng Lit) - Member of Kerala University Gymnastics and Rollball team.

9. HARICHANDANA

(DC III Comm Eng) - Member of Kerala University Rollball team.

COLLEGE DAY AWARDS 2022 - 2023

- | | |
|---------------------------------|--|
| 10. KAVYA | (DC II Comm Eng) - Member of Kerala University Rollball team. |
| 11. KARISHMA AUGUSTINE | (DC III BCom Fin) - Member of Kerala University Archery team. |
| 12. SINSHA R.K. | (DC II History) - Member of Kerala University Boxing team and Senior National boxing team |
| 13. LIYA PAUL | (DC I B Com) - Member of Kerala University Football team. |
| 14. SHALUMOLE T. | (DC I History) - Member of Kerala University Football team. |
| 15. ANILA VIJAYAN | (DC I Bcom) Member of Kerala University Football team. |
| 16. JEEVITHA ANNA GEORGY | (DC I Physics) - Member of Kerala University Yogasana team. |
| 17. SHYNI L.S. | (DC II History) - Participation in Asian Karate championship |

4. The All Saints' College special Prize for the winners at the Kerala University Individual events

- | | |
|-----------------------------|---|
| 1. ARATHY A.S. | (DC III B Com Fin) - Gold in Boxing and Silver in Wushu |
| 2. ALEENA SELESTINE | (DC III Economics) – Bronze in Karate |
| 3. ANJU A.S. | (DC III History) – Gold in Power lifting, Bronze in Wushu and Weight lifting |
| 4. ANASWARA A. | (MSc I EVS) - Bronze in Powerlifting |
| 5. APARNA S. KUMAR | (MSc EVS II) - Bronze in Boxing and Weightlifting |
| 6. JYOTHIMA J. | (DC III Zool) - Bronze in Boxing |
| 7. ANEETA ANGEL | (DC I BCOM) - Bronze in Boxing |
| 8. NIRANJANA SUDHEER | (DC III Zool) - Silver in Boxing and Weight lifting |
| 9. SREE BHADRA | (DC I Bcom) - Silver in Wushu and Bronze in Boxing |
| 10. ANNIE A. | (DC I B Com) - Bronze in boxing |
| 11. GOPIKA B. | (DC II Physics) – Silver in Roller Skating |
| 12. RADHIKA | (DC I Eng) - Bronze in boxing |

COLLEGE DAY AWARDS 2022 - 2023

- | | |
|---------------------|--|
| 13. SANGEETHA C.L. | (DC I Botany) - Bronze in boxing |
| 14. DEVANANDHA A.V. | (DC III Zoology) - Bronze in boxing |
| 15. ISHANI NAIR | (DC I Eng Lit) - Bronze in boxing |
| 16. ADITHYA B. | (DC III Physics) - Silver in Archery |
| 17. AISWARYA C.P. | (DC I Com Eng) - Gold in Yogasana |
| 18. ADITHYA M.G. | (DC I Com Eng) - Gold in Yogasana |
| 19. APARNA HARI | (DC II Chemistry) - Silver in Powerlifting |
5. The All Saints' Special Prize for the All Rounder in Sports

ALICE T.	DC III Economics
-----------------	-------------------------
 6. The P.T.A. Award for the Best Team Player

SINSHA R.K.	DC III History
--------------------	-----------------------
 7. The P.T.A Cash award for the Best Team Game played

YOGASANA AND POWER LIFTING
 8. The P.T.A Award for the promising player

JEEVITHA ANNA GEORGY	DC I Physics
-----------------------------	---------------------
 9. The P.T.A Award for the highest number of participation in the University Sports Events
 (2 University sports participation in Football and Handball.)

GREESHMA S	DC III English
-------------------	-----------------------
 10. The All Saints' college Ever Rolling Trophy for the champions of Annual Sports day in March past

DEPARTMENT of MATHEMATICS
 11. The All Saints' college ever rolling trophy for the champions of various Inter-departmental Sports competitions

DEPARTMENT of MATHEMATICS

SPORTS PRIZES FOR TEACHERS

YOGASANA COMPETITION IN CONNECTION WITH INTERNATIONAL DAY OF YOGA

- | | | |
|-----------------|---------------------|------------------------------------|
| 1. FIRST PRIZE | Dr SINY G. BENJAMIN | Dept of ZOOLOGY |
| 2. SECOND PRIZE | Dr VIDYA NAIR | Dept of HIST AND POLITICAL SCIENCE |
| 3. THIRD PRIZE | Dr PARVATHY MENON | Dept of HISTORY |

COLLEGE DAY AWARDS 2022 - 2023

PENALTY SHOOTOUT COMPETITION IN CONNECTION WITH FIFA WORLD CUP 2022

1.	FIRST PRIZE FIRST PRIZE	Ms MEREET PAUL Dr LEKHA RANI M.L.	Dept of COMMERCE Dept of HISTORY
2.	SECOND PRIZE SECOND PRIZE	Dr SONYA J. NAIR Ms TRACY GEORGE BERTLE	Dept of ENGLISH Dept of COMMERCE
3.	THIRD PRIZE THIRD PRIZE	Ms APARNA MERIN MATHEW Ms DIANA V PRAKASH	Dept of COMMERCE Dept of ENGLISH

SPORTS DAY COMPETITIONS WINNERS

SHOT PUT

1.	FIRST PRIZE	Dr VINITHA	Dept of COMMERCE
2.	SECOND PRIZE	Dr Sr CICILIA	Dept of COMMERCE
3.	THIRD PRIZE	Dr DHANYA JOSE	Dept of PHYSICS

400 Meters WALKING

1.	FIRST PRIZE	Dr LEKHA RANI M.L.	Dept of HISTORY
2.	SECOND PRIZE	Ms SINI RAJ	Dept of COMMERCE
3.	THIRD PRIZE	Ms APARNA S. KUMAR	Dept of COMMERCE

Ektara Cultural Competitions

Musical Event

Light Music

Prize	Name	Class
1st	Neha G.R.	DC1 Maths
2nd	Devika V. Nair	DC2 Economics
3rd	Anandhi S.N.	DC2 Comm.English

Stringed Instrument (Guitar)

1st	Sam Rojiya S.	DC3 Maths
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Wind Instrument

1st	Rohini S.	DC1 Bcom. Finance
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Mapilapattu		
1 st	Devika V. Nair	DC2 Economics
Classical Music		
1 st	Neha G.R.	DC1 Maths
2 nd	Keerthana S Bhairav	DC1 Eng. Literature
Western Vocal solo		
1 st	Riya A Gireesh	DC1 Comm. English
2 nd	Sreelekshmi S.	DC2 Eng. Literature
3 rd	Gowri Nair A.	DC2 Bcom. finance
Dance Events		
Bharathanatyam		
1 st	Kasthuri	DC1 Eng. Literature
2 nd	Anjana Chandran	DC3 Comm. English
3 rd	Aiswarya C.P.	DC1 Comm. English
Kuchipudi		
1 st	Aiswarya C.P.	DC1 Comm. English
2 nd	Anjana Chandran	DC3 Comm. English
3 rd	Anaina Krishna R.	Dc1 History
Mohiniyattam		
1 st	Anjana Chandran	DC3 Comm. English
2 nd	Kasthuri K.S.	DC1 Eng. Literature
Kerala Nadanam		
1 st	Anjana Chandran	DC3 Comm. English
2 nd	Kasthuri K.S.	Dc1 Eng. Literature
Theatre Events		
Kathaprasangam		
1 st	Sandra S.	DC3 Eng. Literature
Monoact		
1 st	Gowri V. Menon	DC1 Economics
2 nd	Sandra S.	DC3 Eng. Literature
Fancy Dress		
1 st	Sandra S.	DC3 Eng. Literature
2 nd	Aparna Hari G.	DC2 Chemistry
Fine Arts		
Poster Making		
1 st	Mariam Firoz	DC2 Bcom. Finance
2 nd	Devina Biju	DC2 Bcom. Finance

Painting		
1 st	Aarcha Shaji	DC3 Zoology
2 nd	Avani	DC3 Eng. Literature
3 rd	Shyama A.S.	DC1 Bcom.finance
Consolation	K M Suvarna Panchami	DC1 Bcom. Finance
Consolation	Aiswarya K.S.	PG S1 Physics
Collage		
1 st	Mariam Firoz	DC2 Bcom. Finance
2 nd	Devina Biju	DC2 Bcom. Finance
Spot Photography		
1 st	Aleena Selestine	DC3 Economics
2 nd	Aaliyah M.F.	DC3 Eng.Literature
Miss Viva Nova All Saints' - Personality Contest		
Title	Ritika Anna Mathew	DC3 B Com TTM
First Runner Up	Aavani Vinod	DC3 Communicative English
Second Runner Up	Diya Chandana	DC3 Mathematics
Literary Events		
English Debate		
1 st	Gowri V. Menon	DC1 Economics
	Tanishka Nair	DC1 Economics
2 nd	Rhea Bejoy	DC3 Economics
	Malavika R.S.	DC3 Economics
3 rd	A.S. Ananya	DC3 Eng . Lit
	Zehra Khadeeja kutty Nishat	DC3 Eng. Lit
Best Speaker for the motion - Gowri V Menon		
Best Speaker against the motion - Rhea Bejoy		
English Recitation		
1 st	Lena Rachel Mathew	DC1 Bcom. Finance
2 nd	Varsha S.P.	DC2 Botany
3 rd	Gayathri S.S.	DC3 Eng. Literature
English Elocution		
1 st	Rhea Bejoy	DC3 Economics
2 nd	Riya Najeeb	DC2 History
3 rd	Akshaya MS	DC3 Eng. Literature
English Short story writing		
1 st	Rhea Bejoy	DC III Economics
2 nd	Fidah Fathima	DC II English Literature
3 rd	Swara Biju	DC III Economics

English Poetry writing / Versification		
1 st	Meera Sofia	DC I English Literature
2 nd	Theresa Mathew	DC III Physics
3 rd	Rhea Bejoy	DC III Economics
English Essay writing		
1 st	Rhea Bejoy	DC III Economics
2 nd	Felsa Ann	DC III Physics
3 rd	Manjima Anil	DC III Physics
Malayalam Debate		
1 st	Lena Rachel Manoj	DC1 Bcom Finance
2 nd	Gowri V. Menon	DC1 Economics
Malayalam Recitation		
1 st	Aditi P. Nair	DC3 Zoology
2 nd	Avani K.	DC1 Comm. Eng
	Ardra N.S.	DC3 English literature
3 rd	Anandi S.N.	DC2 Comm.English
Malayalam Elocution		
1 st	Gowri V. Menon	DC1 Ba economics
2 nd	Lena Rachel Manoj	DC1 Bcom Finance
3 rd	Akshaya Vincent	DC1 Ba economics
Short Story Writing-Malayalam		
1 st	Akhila Anu B.	DC 1 Zoology
2 nd	Abhirami Vinod	DC 2 History
3 rd	Nandana S.B.	DC 2 Maths
Essay Writing – Malayalam		
1 st	Sophiya S.R.	MA II English literature
2 nd	Aparna R.	DC 2 Maths
3 rd	Nandana S.B.	DC 2 Maths
Poetry writing-Malayalam		
1 st	Aarcha Shaji	DC 3 Zoology
2 nd	Sreelakshmi S.	MSc. Space physics
3 rd	Aardra Sudhakar	DC 2 Maths
Freshers' Day Competition		
Best Fresher	Lena Manoj	DC 1 B.Com Finance
First Runner Up	Gowri V. Menon	DC I Economics
Second Runner Up	Haneem Shahjahan S.	DC 1 Communicative English

Onam Competitions

ATHAPOOKKALAM

1st	DEPT OF CHEMISTRY
2nd	DEPT OF PHYSICS
3rd	DEPT OF BOTANY

Malayali Manka winners

Title	Ritika Anna Mathew	DC3 B Com TTM
First Runner Up	Nandhana Das	DC2 English Literature
Second Runner Up	Varsha Rajendran	DC2 Communicative English

Vadamvali

1st	Dept of Commerce
-----	------------------

Christmas Competitions

Christmas Carols

1st	DEPT OF COMMERCE
2nd	DEPT OF MATHEMATICS
3rd	DEPT OF ECONOMICS

Space Decor

1st	DEPT OF ENGLISH & DEPT OF COMMERCE
2nd	DEPT OF MATHEMATICS
3rd	DEPT OF HISTORY

Kerala University Youth Festival - Ekthwa 2022

Sl No	Event	Name	Class	Position
1	Western Vocal Solo	Riya A. Gireesh	DC I Communicative English	I
2	Mapilapattu	Devika V. Nair	DC II Economics	I
3	Wind Instrument	Rohini S.	DC I B Com Finance	II
4	Light Music	Neha G.R.	DC I Maths	III
5	Guitar	Sam Rojiya S.	DC III Mathematics	III
6	Oppana	Anjana Sanal	DC II History	I
		Riya Najeeb	DC II History	
		Anjana A.L.	DC II Mathematics	
		Karishma Augustine	DC III B Com Finance	
		Noor Fathima N.R.	DC I B Com TTM	
		Megha Sekhar S.	DC III B Com TTM	
		Merry Kalathil Jestus	DC III B Com Finance	

		Devika V. Nair	DC II Economics	
		Deepika S.	DC II B Com TTM	
		Neha G.R.	DC I Mathematics	
7	Group Dance	Varsha Rajendran	DC II Communicative English	I
		Anjana Chandran	DC III Communicative English	
		Devika S.S.	DC III Communicative English	
		Ardra S. Krishnan	DC II Economics	
		Meghana K.	DC II Economics	
		Kasthuri K.S.	DC I English Literature	
		Swathy S. Kumar	DC II Communicative English	
8	Margamkali	Parvathy Bijukumar	DC III Zoology	II
		Sreelekshmi S.V.	DC III Zoology	
		Mariya Tini Jestus	DC II BCom TTM	
		Teffy Titus	DC II Economics	
		Ann Maria Jose	DC II English Literature	
		Malavika B.	DC II Zoology	
		Anjana Santhosh	DC II Physics	
9	Vanchipattu	Divya Krishnan S.	DC II B Com Finance	II
		Devina Biju	DC II B Com Finance	
		Sandra S.	DC III English Literature	
		Keerthi K. Nair	DC III Chemistry	
		Ardra Sujith	DC III Chemistry	
		Aiswarya S.B.	DC III Zoology	
		Malavika S.	DC III B Com Finance	
		Radhika S.G.	DC II B Com TTM	
		Avani Ashtamoorthy	DC I Communicative English	
		Nikitha Saras G.K.	DC II Communicative English	
10	Western Vocal Group	Riya A. Gireesh	DC I Communicative English	II
		Mariya Tini Jestus	DC II B Com TTM	
		Ananya Chandran	DC II Botany	
		Sreelekshmi S.	DC II English Literature	
		Bisha BindhSha Khan	DC II Economics	
		Haneem Shajahan S.	DC I Communicative English	



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- Sports Injuries
- Haemorrhoid
- Paralysis
- ENT Disorders
- Skin Diseases
- Cervical Spondylosis
- Lumbar Spondylosis
- Life Style Diseases
- Digestive Disorders
- Spine Allignment
- Stroke & Complications
- Rheumatic Disorders
- Ankylo Spondylitis
- Gynaecological Problems
- Bone Joint & Spine Related Problems

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Club Activities



Unnat Bharath Abhiyan, Activities

Financial Literacy club - Conducted a talk on Financial Literacy by Mr Hariharan S. on



Science Club - Dept of Chem - Inter-departmental Poster making competition



Science Club - Poster Exhibition



Linking of Aadhar - with Voter's ID - Electoral Literacy Club



RETIRING STAFF



Mrs Shirly Joseph
Head - Department of Mathematics



Dr Dhanalekshmi T.G.
Head - Department of Zoology



Smt. Latha Varghese
Superintendent



Dr Sherly D.
Department of Zoology

ROLE OF HONOUR

RANK HOLDERS



EVS - I Rank

MANUSHA L.E.



EVS - II Rank

KAVYA MOHAN U.



EVS - III Rank

ANJANA B.S. KRISHNA



MSc Physics with specialization
in Space Physics 2022-2023 I Rank

APARNA P.



BSc Botany - II Rank

SAFNA S.



BSc Botany - III Rank

ALINA ERIC



BSc Botany - IV Rank

APARNA CHANDRAN



Zoology V Rank

ARCHA SHAJI



Zoology VIII Rank

NANDITHA R.



History - II Rank

ANISHA SARMILA ANIL



History - VI Rank

FATHIMA SITHARA J. S.



English II Rank

UNNIMAYA PARAKKATTU



English & Communicative
English IV Rank

AAVANI VINOD



English & Communicative
English V Rank

PREETHA S.B.

AWARDS AND RECOGNITION



Ms. Devi Krishna MAS2
– English Language and
Literature - won the Best
Paper Award at the Inter-
national Conference
conducted by REVA
University

Two of our research
scholars pursuing their
PhD at the Research
Department of English
under the guidance of
Dr Kavitha N. Assistant
Professor, Department of
English, won the coveted
ASPIRE Scholarships.



Meera Hari



Anjali A.R.



met us and took us to the third year class. The current year students were leaving, whispering to each other that we were old students, even as we were ushered in. There we spent some time reminiscing on the days we spent listening to our Physics and Chemistry teachers and wondered at the formulae we spent hours understanding. Many among us having followed their career in the field of education appre-

One of the most memorable days of our life was when we walked up the steps of our alma mater, into the haloed portals of All Saints' College. The college building itself was etched into our memory and each time we happened to pass by in car, train or even aeroplane our thoughts would pause for a moment as we fondly looked at it. Forty years seemed to have been wiped out of our life and each of us felt we were back in our twenties - worried about our lab results, records and our future itself. The excitement was palpable as we spied long lost friends, at a loss for words as we had so much to say to each other. Each time we met a student we blurted out - You know we too were once students of this college - 40 years back!!! And watched gleefully as they looked at us in surprise and awe.

We sauntered through the corridors and reached Principal's office and lost no time in introducing our '80's Chemistry class. It turned out that the administrators themselves were as excited as we were and we were then escorted through the corridors. We seemed to know exactly where we wanted to go as we made a beeline to the Chemistry Laboratory where we had spent hours standing amidst fumes of various chemicals sweating and wondering at the colourful reactions we used to generate by adding droplets from burettes into test-tubes and flasks. The corridors and rooms had barely changed but we did spend time looking up at the blue and white board that contained names of alumnae who made a mark by excelling in their studies. Up the stairs to peep into the first and second year classes and down the steps to the Staff room where the excited Professor

ciated the theories and practicals we had learnt. We were then informed that Mother Superior was waiting to meet us. Despite their busy schedule and our unscheduled appearance the convent sisters managed to host a tea-party for us with pastries and informed us that next time if they do get advance information they will host an even bigger event. Each of us gave a short in-



troductio showing the advancement we had made in our careers. Mother was very happy to note that each one of us had really made a success of our personal and career life and was as eager as the alumnae to take photos. It was a cheerful crowd that dispersed to continue our chitchat sessions during the lunch we had organised for exchanging tidbits from our personal lives. An unforgettable day it turned out to be.



REWIND '95

JASMINE MATHEW

Getting in touch with friends is one of the most valuable moments in our life, especially after 28 long years. The much awaited preparations for our College Reunion started in October 2019, which was planned to be our 25 years reunion to be held in March 2020. The Invitations, Promos, Save the date, Flight and Train bookings; Food and Accommodation for those coming from all parts of India and abroad were all done in advance. Everything was well arranged with 52 members excitedly willing to attend the meet. Our dreams were shattered when the pandemic COVID-19 hit hard and we were forced to cancel the programme.

In spite of the extended years of Corona, our dear friend Soja never let her hopes down. The preparations started again, our hopes were fulfilled on 5th March. 2023, the Commerce Batch of 1995 returned to the Alma Mater 'All Saints' to celebrate their 28th reunion. The function was themed ReWind '95 and 35 members of the alumni attended the meet. The moment we entered the college the "Pine trees" welcomed us, the sweet smell of wind and the fast moving trains and aeroplanes brought us back to our college days. It was fascinating to see all our batch mates dressed in black and gold, all were welcomed with flowers, smiley's and warm hugs. The meet was held in the old Pre degree block of the college, commencing with prayer and address by Rev Dr. Sr. Cecilia, Head of

the Department of Commerce. Cake cutting, sharing of memories, the reminiscence of our yester years "Chole Ke Peeche" by our trio friends added colours to the event. The much energetic Sr. Cecilia toured the alumni around the

college, showed us the Top Performers Board, our dear Bindhu L 's name was inscribed on the top list, she also led us to our old classroom in the Commerce block. The nostalgic feeling of being in the class room was indefinable; all rushed and occupied their old seats, started taking snaps and videos. Years may come and go



but these memories will last forever.

After dispersing from college, the next session was held at Uday Suites, Sanghumugham where we met up with our former teachers Ms Geetha and Ms Mary Titty who addressed the alumni. Following a day filled with fun, laughter, lunch and entertainment the function ended with high hopes of getting back together soon for the 30 years of reunion. The Beauty of reunion is that it reminds us of the bond we share and the memories we have made together. God Bless our Alma Mater.





KARISHMA AUGUSTINE
(DCIII BCOM FIN)
Selected to Kerala university
team to participate
in the All India University
championship



ALEENA SELESTINE
(DCIII ECONOMICS)
won the **Bronze medal** in
Kumite competition



AJMI S.U. (MCOM I YEAR)
got **first prize** in Long jump
and third prize for 100 mts
race. she also Selected to
Kerala university team to
participate in the All India
University Championship

SPORTS



SINSHA R.K.
(DCIII HISTORY) 52KG
GOLD She was selected to
Kerala university team to
participate in the All India
University **BOXING**
championship

FOOTBALL-
THIRD PRIZE





FENCING
THIRD PRIZE



ANJU A S (DCIII HIST)
GOLD
APARNA HARI
(DCII CHEMISTRY)
SILVER



HANDBALL
THIRD PRIZE



ROLLBALL
RUNNER UP



YOGASANA WINNER
ARYA KRISHNA (DC III MATHS)
ANJU KRISHNA (DC III MATHS)
JEEVITHA ANNA GEORGY (DCI
PHYSICS) were Selected to
Kerala university team to partici-
pate in the All India University
Yogasana championship



SINSHA R K
(DCIII HISTORY) 52KG-
GOLD She was selected to
Kerala university team to
participate in the All India
University WUSHU
championship



Courtesy and
thanks for the
photographs of
the campus and
the events
documented by
the Ascaites of
All Saints'
College



 **Aleena Selestine**
DC III Economics

 **Aaliya M.F.**
DC III English
Literature



 **Aathira R. Harikumar**
DC III Communicative
English

 **Ann Maria Jose**
DC II English
Literature



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O8+facial

Pearl facial

Golden Facial

Diamond Facial

Hair Spa

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