

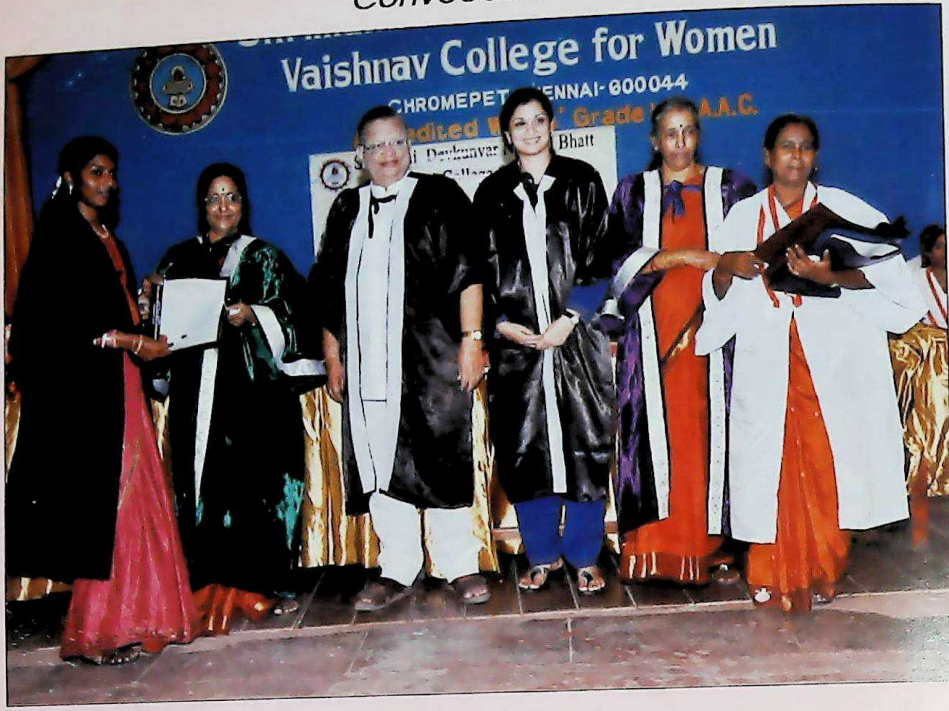
SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN



(Autonomous)
Re - Accredited with "A" Grade by NAAC
Affiliated to University of Madras



Convocation



कलाशाला प्रार्थना

1. सत्यव्रतं सत्यपरं त्रिमत्यं सत्यस्य योनिं निहिनं च सत्ये
सत्यस्थसत्यं ऋतसत्यनेत्रं सत्यात्मकं त्वां शरणं प्रपन्ना : ।

श्रीभागवतम् (20-2-26)

2. वाणी गुणानुकथने श्रृणौ कथायां हस्तौ च कर्मसु मनस्तव पादयोर्न : ।
स्मश्र्त्यां शिरस्तव निवासजगत्प्रणामे दशष्टिः सतां दर्शनेस्तु भवत्तन्नाम् ।

श्रीभागवतम् (10-10-34)

3. नमो भागवते तस्मै कशष्णायाद्भुतकर्मणे ।
रूपनामविभेदेन जगत्क्रीडितियो यतः ।

तत्त्वार्थदीपनिबन्ध शास्त्रार्थप्रकरण - 1

THE COLLEGE CREST



The College Crest is enshrined within a lotus in full bloom to represent the cult of the devotion preached by Mahaprabhu Shri Vallabhacharya. At the centre of the Crest is a sacrificial fire, which symbolises the Lord himself "Yagna Vai Vishnu". The Lord is reached by the three steps of the altar signifying KSHRA, AKSHARA and POORNA PURUSHOTHAMA. The Volume at the foot of the altar stands for the Book of knowledge (the Veda) and the three flowers on it show the factors that conduce to the accumulation and propagation of Knowledge. Intelligent Action and Material Resources. The aim of all Knowledge is the realisation of the Supreme Truth and this is embodied in the College Motto taken from Srimad Bhagavatam.

"SATYAM PARAM DHEEMAHÍ"

The colours are flaming red and sky blue

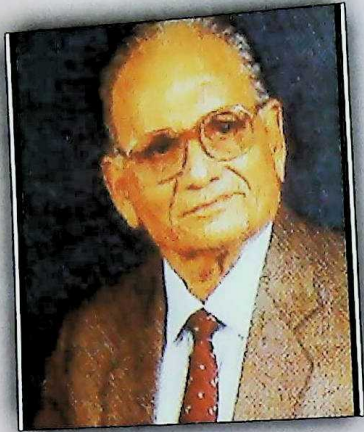


(Late) **Shri NANALAL BHATT**
Founder Chairman



(Late) **Smt DEVKUNVAR NANALA**

Management Committee



SHRI S.N. BHATT
FORMER CHAIRMAN



SHRI CHANDRAKANT M TOLIA
SECRETARY



DR. (SMT) T. SUMITRA
PRINCIPAL



SMT MAMTA D. BHATT
CHAIRMAN

Committee Members



SHRI C.N. BHATT



SHRI NIMESH TOLIA



SHRI KIRAN BHATT



SMT BHAVANA SHAH



SHRI P.B. RAMANUJAM



SMT THANGAM SHESAN



Dr. (Smt) T. SUMITRA



DR. ARULALAN
University Representative

Union Members (Day)



Dr. (Smt) T. SUMITRA



Dr. Mrs. L. Vijayalakshmi



Mrs. P. Vidhya



Dr. Mrs. M.S. Lekha



President
S.A.M. Five Rose



Secretary
S. Valliammai



Joint Secretary
V. Anu



Fine Arts Secretary
R. Deepa

Union Members (Evening)



Dr. Mrs. S. LAKSHMI
Evening Incharge



Mrs. T. Anitha



Mrs. G. Umamaheswari



Miss. Dhanalakshmi



President (UG)
S. Preethi Jain



Secretary
M. Fathima



Joint Secretary
P. Nithya



Fine Arts Secretary
Vaishnavi



President (PG)
M. Radha

EDITORIAL TEAM

President

Dr. (Mrs) T. Sumitra, M Com, MPhil, PhD
Principal

Faculty Editors

Dr. K. Kanthimathi, MA, MPhil, PGDJMC, Ph.D - Convener
Dept of English

Dr. (Mrs) R Kavitha, MA, BEd, MPhil, PhD
Dept of Tamil

K. Thulasi Devi, M.A., M. Phil, Ph.D
Dept of Hindi

C. Yogambal M.A., M. Phil, Ph.D
Dept of Sanskrit

Mrs. A. Arundhathi, M.A, M.Phil
Dept of English (Eve)

Student Editor

G. Swarnavarsha (III BSc Physics)
Sowbarnika (II. B.Com. CS)

INDEX

College Report

Sports Report

Prize list

Department Reports

Articles in English

Articles in Tamil

Articles in Hindi

Articles in Sanskrit

Editorial

Education is the most powerful weapon which you can use to change the world says Nelson Mandela. Imparting education and making the students think intensively and simultaneously building their character has been the mantra followed while educating the young girls in SDNB Vaishnav. The college provides avenues for scholars to enrich their intellect and update their learning skills and exhibit their histrionic talents. Our graduates are made employable by giving them ample training. SDNB Vaishnav College strives to promote academic excellence and equal access to all especially to the poor and the marginalized sections of the society.

The college has been growing in leaps and bounds. We have organized several national seminars and workshops. We have established our name in several quarters. The college has reached enviable heights in all its endeavors and has emerged triumphant in many platforms. Prizes and trophies have been won in inter-college competitions regularly from sports, debates, Quiz, dance and music.

The infrastructure has been advanced. The college faculty have been strengthened and is desperate to prove themselves. Students have infectious energy and enthusiasm and are determined to reach higher targets. There is sanguinity in the air and zeal to achieve. We are constantly striving to grow not just in terms of numbers but also, of quality. Let's strive to make our institution better with each passing day.

This volume of college magazine brings to you all the enrichment, achievements, enhancements that have taken place in SDNB Vaishnav College. The students' articles are reflective of their multifaceted talents.

Happy reading ...

Best Out Going Students



G. Swarnavarsha



Preethi Jain



S. Narmatha

Best Achievers



G. Swarnavarsha



Akila



M. Rekha



M. Akshaya

Best Out Going Players



Saritha



N. Shyamala

Best Speakers



S. Preethi



R. Rekha



V. Mokila



Priyanka Shekwat

NAAC



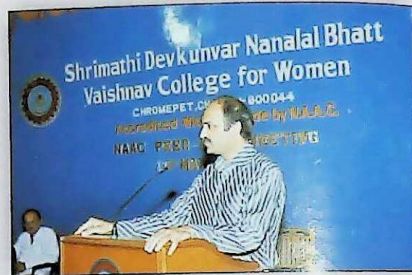
NAAC team with the Principal and Secretary



IQAC Presentation



Dr. Nirupa Rani HOD (Eng) Andhra University
Chairperson



Dr. Vivek Kohli Principal
D.A.V. College of Education



Dr. Sudipti Banerjee Director IQAC
University of Calcutta



Exhibition



Exit Meeting

Happy Retirement



Dr. (Smt) T. SUMITRA
Principal
Dept. of Commerce



Dr. S. Vijayalakshmi
H.O.D. Dept. of Comp. Science



M. Venkatesan
Office Asst. (Spl. Grade)



A. N. Ethirajan
Mechanical Grade II

New facilities



ATM



language Lab



Dubbing Theatre



Preview theatre



Edit Suit



Photography lab



Hostel



College Day



Dr. Mannar Jawahar
Vice-Chancellor Anna University



Former Chairman with retiring staff

Sports Day



R. Nataraj I.P.S.



Successful Players



Prize winners



Torch Relay



Closing Ceremony

Union Activities

The Students' union for the academic year 2010-2011 was inaugurated on 15 July 2010 by Mr. Ravichander, Senior General Manager HR, TVS, Chennai.

On 27th July, 2010, an inter class group dance competition was held as part of the fine arts activities.

The 64th Independence day was celebrated with true national spirit and fervor.

Radio Mirchi conducted talent hunt competition for students on 17 August 2010. The event was a great success and a great number of participants exhibited their talents with good spirit and cheer.

To impart moral and religious values amongst the student community, Sai Sathya Sai Seva Organisation conducted Sai baba bhajans on 19 August 2010.

The Citizens Consumer club conducted a variety of competitions for the celebrations of "Consumer Day" on 27 August 2010. Collage, Poster creation, 'T' shirt painting, cook without fire were some of the competitions which were conducted and prizes were awarded to the winners by the chief guest Mr. K. Murugan, Senior Advocate.

Gokulashtami was celebrated by performing pooja to Lord Krishna, the presiding deity of our college on 31 August 2010. Lord Krishna's teachings and its relevance to our society was ably taught by Dr. M.R. Thiyagarajan Retired Reader and Head, Dept. of Sanskrit, Presidency College.

SMRTI 2010 was conducted with grandeur and enthusiasm from 2 - 4 September 2010. All the three days witnessed a very enthusiastic participation of students from various colleges in and around Chennai in major cultural activities and the events were a grand success.

To stress the importance of mental and physical well being, Yoga classes were conducted for the first years on 13 September 2010 by Ulaga Samudaya Seva Sangam, Manavala kalai mandram.

The 'Wild Life Week' was celebrated on 8 October 2010 to emphasize the importance of Wild Life Protection and Conservation. The Chief guest of the day was Dr. S. David Raj, Forest Range Officer.

On 14 October 2010 Saraswathi pooja was performed to invoke the blessings of Goddess Saraswathi. This was followed by Founders' Day celebration on the very same day to seek their blessings for the welfare of the SDNB Vaishnav family. Both the events were celebrated with great reverence and sincerity.

Deepavali was celebrated on 25 October 2010 in a grand manner amidst the presence of the inmates of 'Arumbugal', an orphanage for destitute children. The Children were entertained by our students.

43rd COLLEGE DAY REPORT

Distinguished Chief Guest Dr.P.Mannar Jawahar, Vice Chancellor, Anna University, Revered Chairman Emeritus, our esteemed Chairperson, Honorable Secretary, respected members of the College Management Committee, distinguished invitees, media harbingers, dedicated Staff members Teaching and Non-teaching, dear students, ladies & gentlemen, I welcome you all to the 43rd College Day celebrations.

Saraswathi Namasthubyam Varathe Kama Rupinee
Vidyarambham Karishyami Siddir Bhavathume Sada

With the blessings of Almighty I begin the college day report for the academic year 2010-2011.

I enjoy justifiable pride on behalf of everyone connected to this institution on this joyful occasion, for the joint efforts, the tireless and meticulous striving towards the fulfillment of the promises to the students and society. Yet, not forgetting that there are many more promises to keep and many a mile to go, I proceed to give you all a quick glimpse into the high lights and spell out only a few samples picked out of the achievement galore of 2010-2011.

We take immense pleasure to inform you that Smt. Mamta Bhatt, our dynamic, young new chairperson has taken office from this academic year.

Infra Structure Facilities

Our college infrastructure facilities are restructured and modulated in accordance with timely needs. We trust that the Physical facilities reflect the academic environment. The college houses sophisticated buildings with fully equipped modern science and computer laboratories, libraries with a reading hall, audio visual room, well-furnished model class rooms, sports fields, auditorium, canteen and a newly built UGC and college management funded hostel.

Our lush, serene, eco-friendly campus provides a hygienic and healthy milieu to our students meticulously. Our college Brindavan is a visual treat and I am proud to acclaim that our students have contributed a lot for the beautification of our garden that houses many herbal and rare plants.

We express our special gratitude to our Chairman & Secretary for providing our students with the latest laboratory equipments especially in the field of visual communication. With their support the course is equipped with editing studio, TV production studio, preview theatre, dubbing studio, screening theatre and photographic studio with still cameras and exclusive processing units.

College Development Initiatives

Our benevolent Management has always contributed towards infrastructure expansion and other facilities for our staff and students. This year our new Hostel has been completed and inaugurated. Our official banker KV's ATM kiosk was also inaugurated on the campus.

Understanding the essence of technology our well-furnished UGC sponsored English language lab with modern equipments – skill phones, CDs, DVD console monitor, headphones, mikes etc., develops the various aspects of communicative competence and task-oriented fluency of students.

Video conferencing in our college enables our students to learn and participate by observing various eminent speakers across the world. Our college library is a resort of knowledge. It accommodates 38,000 books, 168 journals, 49 magazines and 938 CDs on various subjects. Public addressing system in our college links everyone under one roof through networking. Smart class is the in thing in today's educational arena and we are not far behind. The smart class helps students to learn logically and technically.

Autonomous Structure

Education is not merely collecting facts but with genuine understanding of the facts, keeping this in mind our college board of studies designs and develops syllabi which are career oriented with enriched contents and being approved by the academic council and governing body of our college.

Mere academic certificates will not suffice in the job market, so we equip our students with plethora of add-on-courses like communicative soft skills, inter personal skills, personality development, life & managerial skills to excel in their future endeavours.

Our zealous controller's office comes up with constructive and productive methods pertaining to our students' academic excellence. As a humble beginning our computer wizards have tested an on line test for our students with an in house software programme developed by them.

E-Edu Governance

E-Education is an indispensable tool in the present world. Our college E-Education has tasted its victory with the initiative and support of Mr.Nimesh Tolia, our management committee member since its inception in 2002. Every year the syllabus is revamped according to the new technological inventions, as a result students could equip themselves with the modern trends. This year's syllabus includes Macromedia Flash, Adobe Photoshop, Microsoft FrontPage, PHP, Microsoft Access, Networks, Operating System fundamentals and HTML.

College Information System (CIS) provides 100% information networking among the stake holders of the college, i.e. Management, teachers, students, and parents.

IQAC (Internal Quality Assurance Cell)

The Internal Quality Assurance Cell plays a predominant role in analyzing the quality management of the institution. It champions all the educational activities of the institution for the enhancement of learner's knowledge and personality enrichment.

IQAC aims to

f& ensure continuous improvement in the entire operations of the institution

f& introduce innovations in curricular & co-curricular activities

f& set periodic quality benchmarks in its quest for excellence

f& hold frequent meetings for quality enhancement strategies and

f& submit IQAC reports

Academic Excellence

Certificate Courses

Empowering the employability among students is the keyword of our college. So every year we introduce many career-oriented value added courses like capital marketing, cosmetology, apparel designing, life saving techniques & employability skills.

Intellectual Indepth Programme

Every department is cut above the rest in their approach to the student's betterment. All departments conduct various national, state level conferences, workshops and guest lectures by inviting doyens from the respective fields.

Students Training Programme

Physics

Department of Physics IIT Madras offered a workshop on Physics research & education for UG students & faculty members for colleges in and around chennai. Our students A.Ramya of III Yr and V.Vetriselvi of II yr. B.Sc(Physics) got selected and attended the course.

Mathematics

National Board of Higher Mathematics conducted a State Level Advanced Training camp in Mathematics in SSN college of Engineering from 17th December to 31st December 2010. Out of 800 applicants 3 students S.Vinaya, R.Sahana & M.Vanishree of II B.Sc(Maths-Day) from our college were selected after many layers of scrutiny.

UGC Minor Research Projects

Dr.C.P.Sumathi and Dr.Radha are doing a project on Performance Analysis of Text Formation Extraction Methods from Images.

UGC sponsored Students science projects

Students are given enough exposure to various practical understandings by getting various UGC science projects.

Physics – Synthesis & characterization of Samarium III Nitrate .
Chemistry – Preparation of organic compounds and their characteristics by spectroscopic studies.
Plant Biology & Plant Biotechnology – Vitamin E & Protein content of sea weeds

MOU

Our college has a congenial relationship with corporate sectors that help our students to have a good exposure in corporate fields too. The MOU with CTS has been renewed this year.

Research

No. of staff who have completed PhD - 35

No of staff who have completed M.Phil - 120

Faculty members currently pursuing Ph.D - 30

I am glad to place on records that nearly 22 staff members from evening college are pursuing Ph.D programme successfully.

Remedial Coaching

With the financial assistance from the UGC, the Remedial Coaching is functioning purposefully. The Remedial Coaching Cell is giving coaching to slow learners and the students of SC/ST and Minority Communities. UGC funded coaching classes are conducted to train IAS aspirants and coach for competitive exams meticulously.

Scholarships

Our management is always generous in supporting our economically and socially backward students financially. Our college management, with the help of government, has helped many students by giving scholarships to them. Scholarships to the tune of Rs.36,61,769 has been disbursed to 1599 economically weak students. This year our management has extended a helping hand by providing free education to 5 under graduate and 5 post graduate financially weak students.

Prizes instituted during the year 2010-2011

Mrs.C.P.R.Anuradha (Dept. of English)

Smt.Sakunthala Bai Memorial Prize for Part III English Literature

Mrs.V.K.Venkatalakshmi (Dept. of English)

Smt.Subhalakshmi Ammal Memorial Prize for Part III English Literature

Smt.Rajalashmi Ammal Memorial Prize for Part III English Literature

Union Activities

Our union functions actively under the dynamic guidance of our Principal. The students union was inaugurated on 15th July 2010 by Mr. Ravichander, Senior General Manager HR TVS Chennai. He spoke on the importance of employability to the student community and the means of having the skills to become employable.

'Blessing day' was celebrated and Parents of the I year students participated enthusiastically and expressed their views about the college. Freshers Day was celebrated by the second and third year students to welcome the I years.

August was an eventful month keeping our students busy with activities. 64th Independence Day was celebrated with true national spirit with the enthusiastic participation of our chairman Mrs.Mamta Bhatt. Radio Mirchi conducted talent hunt for students on 17th August 2010.To impart moral and religious values amongst the student community, Sri Sathya Sai Seva organization conducted Sai Baba Bhajans on 19th August 2010. Gokulashtami was celebrated and Lord Krishna's teachings and its relevance to our society was ably taught by Dr. M R Thiyagarajan ,retired Head of the Dept. of Sanskrit, Presidency college.

Yoga classes were conducted for the first years on 13th September by Ulaga Samudaya Seva Sangam Manavala Kalai Mandram to stress the importance of mental and physical well being.

Wild life week was celebrated on 8th October to emphasize the importance of Wild Life Protection and Conservation. Dr. S. David Raj, Forest Range officer, highlighted on the significance of wild life and the consequences of depletion of endangered species. Saraswathi Pooja was celebrated on 14th October 2010 to invoke the blessing of Goddess Sarawathi. On the same day Founder's day was celebrated and Dr.Mrs.Chandravathy, Head, Department of Commerce spoke on the occasion. Deepavali celebration was performed on 25th october in a grand manner in the presence of the inmates of "Arumbugal Aalayam" an orphanage for destitute children.

Our students participated in Pattukku ethir pattu conducted by sirpi media.

On National Consumer Day, the Citizens Consumer Club of our college conducted a variety of competitions such as Collage, Poster creation, T shirt painting, on 27th August 2010 and variety entertainment, adzap, product packaging & debate on 20th October.

The year 2011 began with everyone at Vaishnav extending a helping hand to the Weavers of Tamilnadu by buying their products and in participating in the KAITHARIKKU KAIKUDUPPOM programme. Close on the heels of academic distinction, came the grateful felicitations of the weaver's society, for the sale of handloom products for a fabulous Rs. 13 lakhs.

Republic Day was celebrated with national fervour by our staff and students. Our students emphasized the roll of youth in shaping modern India.

A lecture on STRESS MANAGEMENT was delivered by Sister Brahmakumari on 27th January 2011.

A Seminar on Higher Education was conducted by Mr. R. Gopinath CEO of Gopast Centre for Learning (Pvt) ltd on 31st Jan. He spoke on the leadership qualities and importance of academic achievements in one's life.

National Voter's day was celebrated on 2nd February. Mr.Naresh Gupta spoke on "Importance of Democracy". The relevance and importance of deciding one's own future was explicitly stated by Mr Sarath Nair, Assistant General Manager, IMS, on 10th February. Blood Donation Camp in the college was organised on 21st of February with support from Hindu Mission Hospital ,Tambaram and Lions Club.

International Women's Day was celebrated on March 8th Dr. Anitha Ratnam famous Dancer & Actress graced the occasion and gave a fantastic programme featuring the negative characters of Ramayana and how to face such evil people in today's world.

Smrti

symbolic Kuthuvilakku and inaugurated the function. The chief guests enthralled the audience with their speech.

Smrti started on high spirits and it went on for three days with the participation from more than 25 colleges and with new events, new initiatives. There was a whole lot of variety ranging from theme based contemporary dances to fast paced gushing performances. Classical Dance, Poetry, Tamil & English Oratory, Classical Vocal, Dumb-charades, Bridal-makeup, Group dance, light music, Mehendi, Face painting, Adaptune, Variety Entertainment, were some of the competitions which attracted the audience.

The cultural fiesta came to an end with the valedictory address by play back singer Miss.S.Sainthavi.

Placement Cell

The placement cell of our college is functioning in a very effective manner with the enthusiastic participation of the student volunteers along with the placement officer incharge. It trains the students to feel confident, to be expressive and hone their special skills.

Various corporate like TCS, CTS, WIPRO, Maveric, Dell Services, Ajuba and many others visited our campus for the recruitment drive. A total of 158 students have been placed in this year.

Women Entrepreneurial Development Cell (Wedc)

The Entrepreneur Development cell takes all efforts to promote women's empowerment and to enhance the entrepreneurial zeal. Our college has been spearheading Entrepreneurship movement with a notion that entrepreneurs need not necessarily be born, but can be developed through well conceived and cell directed activities. EDP cell organized a galore of classes viz. block printing, doll making, embossed cell directed activities. EDP cell organized a galore of classes viz. block printing, doll making, embossed painting, embroidery, vegetable carving. To tap the innate talents of its members the cell conducted an array of competitions.

Sife

Students in Free Enterprise – This year students of SIFE conducted a workshop on making– Home made chocolates. Many women actively participated and learnt the art of making chocolates.

Fine Arts

Fine Arts is any art form that is developed primarily for aesthetics. The Fine Arts Club of Vaishnav opens new vistas of excellence to motivate and inspire young talents of our students. The club provides ample opportunities for students to hone and polish their talents and harness their potential in music, drama and other skills. The Fine Arts Club had organized various inter class competitions like classical music, classical dance, adaptune, group dance, mehandi, bridal makeup, painting, face painting, pot painting and rangoli. The club is the right platform for students to gain confidence in skills to be nurtured outside the classroom.

Sports

Physical education is an integral part of the curriculum. The Physical Education Department has been busy building healthy minds in healthy bodies. Ample facilities for indoor, outdoor games, athletic events and recreational games are available in the campus. In sports our college has a rich tradition of winning laurels in national sports arena.

The 43rd annual sports day was celebrated with great spirit. It was declared open by Mr.Natraj, I.P.S., (Fire and Rescue Services Dept). He highlighted the importance of having a positive attitude and a healthy body. Vaishnav's torch bearers carried the Olympic torch during the Sports day, and students of all departments marched to give a lasting impression in the minds of people gathered.

Our college Foot ball, Kabadi, Cricket, basket ball and Kho-Kho teams have won many prizes in Bhatt tournament and other intercollegiate events. We are very proud to have Received the AL Meet 2009-10 Marchpast Runners Trophy From Madras University Vice Chancellor Dr G Thiruvassagam.

Quiz- Club

Students quizzing skill is whetted by our college quiz club. The club members are given an opportunity to equip themselves with current affairs.

Rotaract

As 'little drops of water make a mighty ocean' our students do small deeds to the society which in turn might help the nation as a whole. Rotaract in our college has a galore of achievements to its credit. It conducted a seminar on VAT in Tamilnadu. Our college Rotaract club joined hands with Rotaract club of Stella Maris and Rotaract club of Presidency college and conducted a Medical Camp at Baby Sarah Home- Puducherry and Share and Care Orphan school and 41 children were treated for various diseases like Ortho, Ophtho, Cardiac and Dental. A Sum of Rs.6.2 Lakhs was raised to support the cause. Our Rotaract conduct various social awareness programmes.

NSS

NSS places main thrust on community service. In adherence to the motto "Service to Humanity is service to GOD" the volunteers play the Good Samaritans, educating and serving the economically deprived. We are proud to inform that our NSS volunteers participated in social activities and showed their enthusiastic involvement in their services. We are glad to inform that our college has got 5th place in Book Donation organized by Col.Dr.G.Thiruvassagam, Vice chancellor, University of Madras. Our college wing has conducted various rural camps and awareness programs at various places.

NCC

The National Cadet Corps girls Battalion enforces rigorous parades and qualifies the cadets in 'B' and 'C' certificate examinations. Cadets attend NCC camps. In the year 2010-11 our cadets successfully attended various camps conducted by the NCC Directorate of Tamilnadu. Kiruthika.K won second place in Firing(Range & Skeet), Gracy Emelda.J won second place in Drill competition, Ranjani.M won second place in firing (Skeet), Ambika.S won second place in Flying

Participation in Conferences & Seminars

Our Staff faced challenges from academic intelligence both in National and International platforms. Eight of our staff members participated in International Conferences and eight in National seminar. Many among these staff members have more than two papers to their credit. They have participated in workshops, have many publications to their credit and they have guided many M.Phil students.

Equally our students have shown their excellence in many national forums. Our students have proved their mettle in other colleges also by winning overall trophies amidst heavy competitions. Students from Department of Maths [day] have won overall trophy from GSS Jain College, Vepery. Our students from B.B.A [eve] won overall trophy from JBAS College. Our students won over all trophy from Annai Vellakanni college, Chennai for their artistic extraordinary talents.

NAAC VISIT -Reaccreditation

NAAC Reaccreditation Peer Team had visited our college on 11th, 12th and 13th March 2011. Dr.Nirupa Rani, Former vice chancellor Adikavi Nannaya University and Head of the Department of English, Andhra University was the chairperson of the NAAC Peer Team. Dr.Sudipti Banerjee, Ex-Head of the Department of Commerce and Director IQAC, University of Calcutta and Dr.Vivek Kohli, Principal D.A.V. college of Education were the member coordinators of the peer Team. Our Principal Dr.Mrs.T.Sumitra had provided us excellent guidance in scheduling the Peer Team visit in order to get good rating from NAAC. Dr.Savithri and Dr.Geetha were the NAAC co-ordinators. All the staff both teaching and Non-teaching, especially the ESRM team headed by Mr.Satyaseelan and pioneered by Dr.Sumathi, Head, Dept of Computer Science had done round the clock work in making the peer Team visit successful. The students also worked in various capacities as volunteers of Exhibition committee, Hospitality committee and also participated in NSS, NCC, Rotaract, yoga, Aerobics pyramids, SIFE, Theatre club, consumer club and variety entertainment programme during the NAAC visit. The Model displayed the complete computer Networking of the college organized by computer science department and done by Mr.Baskar and Mr.Kannan our evening college non-teaching staff was declared as the best and this will be displayed permanently in IT Block. Mr.Senthil our evening college non teaching staff also helped in the model displayed by the physics department. Our Alumini and all the stakeholders, local govt. representatives, university representative and other well wishers interacted with NAAC Peer Team, thus making the NAAC Peer Team visit a meaningful and memorable one.

Bidding Farewell

This year we are bidding farewell to two of our non-teaching staff Mr.A.N.Ethirajan (Mechanic Grade II), M. Venkatesan, Office Asst.(Spl Grade).

Earlier in the beginning of this academic year we bid farewell to Dr. Mrs.S.Jayalakshmi (Head, Dept. of Computer Science). We wish them a happy, healthy and peaceful retired life.

The college believes in imparting an education which is essential to usher in a change – a change that is necessary for any meaningful growth. The task before us is formidable but after all Rome was not built in a day. I take this opportunity to place on record my gratitude to the Management, the excellent team of Staff members, cooperative Students, updated and ready office and above all the infinite blessings of God to enable the institution to explore the varied dimensions of excellence through diligence. I do have a deep sense of gratitude to our Almighty God, who has blessed all our endeavors throughout this year with His Love, Care and Protection.

Thank You

FIRST RANK HOLDERS - DAY COLLEGE
SPECIAL PRIZES GIVEN BY THE MANAGEMENT IN RECOGNITION OF THE
MERITORIOUS PERFORMANCE IN THE AUTONOMOUS EXAMINATIONS 2007-2010

S No	PARTICULARS	BRANCH/SUBJECT	Name of the Student
1.	Shri Nanalal Bhatt memorial medal	BR IA BA History and Tourism	Pradeepa R M
2.	Smt Nanalal Bhatt memorial medal	Br IV BA Economics	Mizriya S
3.	Shri S N Bhatt medal	Br. XII BA English lit	Catherine M
4.	Shri Chandrakant M Tolia Medal	Br I BSc Mathematics	Durga Devi R
5.	Shri C N Bhatt Medal	BSc Br II BSc Statistics	Vasudha Ramachandran
6.	Shri Shankarlal Jain Memorial medal	Br III BSc Physics	Kavitha P
7.	Shri Kanthilal K Patel medal	Br IV BSc Chemistry	Suganya N
8.	Shri Kapoor Chand Sutarla medal	Br. VA BSc Plant Biology and Plant Biotechnology	Emeemal Sharon S
9.	Shri Mahajan memorial medal	Br IX BSc Computer Sc	Jayapriya C (eve)
10.	Shrimathi Bhavana Shah medal	BCom Day	Lavanya S
11.	Shri Jayantilal shah medal	BCom CS	Kanaga S
12.	Shri Chandrakant M Tolia medal	BBA	Sangeetha P
13.	Shri Kiran Bhatt medal	BCA	Aishwarya N L
14.	Shri S N Bhatt medal	BISM	Sonam Gandhi
15.	Shri Kiran Bhatt medal	BSc Vis Com	Eswari K M
16.	Shri Chandrakant M Tolia medal	BA/ BSc Part I Tamil	Gunasundari G (BSc Phy)
17.	Shrimathi Mamta D Bhatt medal	BCom/ BBA/ BCA/BISM/ BCom (cs) Part I Tamil	Anusha G K BCom(eve)
18.	Shri Nimesh C Tolia medal	BA/ BSc Part I Hindi	Dhanalakshmi L (BSc Comp Sc)
19.	Shrimathi Mridula Bhatt memorial medal	BCom/ BBA/ BCA/BISM/ BCom (cs) Part I Hindi	Santosh Kumari (BISM)
20.	Shrimathi Devyani Tolia Medal	BA/ BSc Part I Sanskrit	Vasudha Ramachandran (BSc Stats)
21.	Shri Chandrakant M Tolia medal	BCom/ BBA/ BCA/BISM/ BCom (cs) Part I Sanskrit	Maneesha J (BCom CS eve)
22.	Shri S N Bhatt medal	BA/ BSc Part II Gen English	Vasudha Ramachandran (BSc Stats)
23.	Shri Manoj Bhatt medal	BCom/ BBA/ BCA/BISM BCom (cs) Part II Gen English	Aishwarya N L (BCA eve)

FIRST RANK - EVENING COLLEGE - PG COURSES
SPECIAL PRIZES GIVEN BY THE MANAGEMENT IN RECOGNITION OF THE MERITORIOUS
PERFORMANCE IN THE AUTONOMOUS EXAMINATIONS 2008-2010

PG courses			
S No	PARTICULARS	BRANCH / SUBJECT	Name of the Student
24.	Shri Chandrakant M Tolia medal	MSc IT	Shobana V
25.	Shri Nanalal Bhatt memorial medal	MSc Applicable Mathematics	Karpagam K
26.	Smt Nanalal Bhatt memorial medal	MSc Plant Biology and plant Biotech	Padma Priya K
27.	Shri S N Bhatt medal	MCom	Remya S
28.	Shri C N Bhatt Medal	MSW	Deepika Meenakshi J
29.	Shri Chandrakant M Tolia medal	MSc Biostatistics	Induja K
30.	Smt Mamta D Bhatt medal	MSc Physics	Thenmozhi S
31.	Sri Nimesh C Tolia medal	MA HRM	Rukumani M B

FIRST RANK HOLDERS - DAY COLLEGE
SPECIAL PRIZES GIVEN BY THE MANAGEMENT IN RECOGNITION OF THE MERITORIOUS
PERFORMANCE IN THE AUTONOMOUS EXAMINATIONS 2007-2010

S No	PARTICULARS	BRANCH/SUBJECT	Name of the Student
1.	Shri Nanalal Bhatt memorial medal	BR IA BA History and Tourism	Pradeepa R M
2.	Smt Nanalal Bhatt memorial medal	Br IV BA Economics	Mizriya S
3.	Shri S N Bhatt medal	Br. XII BA English lit	Catherine M
4.	Shri Chandrakant M Tolia Medal	Br I BSc Mathematics	Durga Devi R
5.	Shri C N Bhatt Medal	BSc Br II BSc Statistics	Vasudha Ramachandran
6.	Shri Shankarlal Jain Memorial medal	Br III BSc Physics	Kavitha P
7.	Shri Kanthilal K Patel medal	Br IV BSc Chemistry	Suganya N
8.	Shri Kapoor Chand Sutarla medal	Br. VA BSc Plant Biology and Plant Biotechnology	Emeemal Sharon S
9.	Shri Mahajan memorial medal	Br IX BSc Computer Sc	Jayapriya C (eve)
10.	Shrimathi Bhavana Shah medal	BCom Day	Lavanya S
11.	Shri Jayantilal shah medal	BCom CS	Kanaga S
12.	Shri Chandrakant M Tolia medal	BBA	Sangeetha P
13.	Shri Kiran Bhatt medal	BCA	Aishwarya N L
14.	Shri S N Bhatt medal	BISM	Sonam Gandhi
15.	Shri Kiran Bhatt medal	BSc Vis Com	Eswari K M
16.	Shri Chandrakant M Tolia medal	BA/ BSc Part I Tamil	Gunasundari G (BSc Phy)
17.	Shrimathi Mamta D Bhatt medal	BCom/ BBA/ BCA/BISM/ BCom (cs) Part I Tamil	Anusha G K BCom(eve)
18.	Shri Nimesh C Tolia medal	BA/ BSc Part I Hindi	Dhanalakshmi L (BSc Comp Sc)
19.	Shrimathi Mridula Bhatt memorial medal	BCom/ BBA/ BCA/BISM/ BCom (cs) Part I Hindi	Santosh Kuman (BISM)
20.	Shrimathi Devyani Tolia Medal	BA/ BSc Part I Sanskrit	Vasudha Ramachandran (BSc Stats)
21.	Shri Chandrakant M Tolia medal	BCom/ BBA/ BCA/BISM/ BCom (cs) Part I Sanskrit	Maneesha J (BCom CS eve)
22.	Shri S N Bhatt medal	BA/ BSc Part II Gen English	Vasudha Ramachandran (BSc Stats)
23.	Shri Manoj Bhatt medal	BCom/ BBA/ BCA/BISM BCom (cs) - Part II Gen English	Aishwarya N L (BCA eve)

Prizes Awarded by the private bodies for proficiency in Autonomous Examinations 2007 -2010

SNo	Particulars	Subject/ Course	Name of the student
24.	Rettakudi Smt Meenakshi Ammal memorial Prize	Br II BSc Part III Statistics	Vasudha Ramachandran
25.	Smt Visalakshi memorial medal	Br II BSc Part III Statistics	Vasudha Ramachandran
26.	Smt Uma Krishnamurthy memorial medal	Br II BSc Part III Statistics	Vasudha Ramachandran
27.	Sri Kanchi Paramachariyar Prize	Allied II BSc Br II Statistics	Ishwarya S
28.	Sir C V Raman Prize	Br III BSc Part III Physics	A Ramya
29.	Selvi Renuka Devi Memorial Prize	Br III BSc Part III Physics	Kavitha P
30.	Sri GDG Memorial medal	Br I A BA History & Tourism- Indian History	S M Ayisha Banu
31.	Sri T Neelamegam memorial prize	Br IV BA Economics Indian Economy	S Deepalishanthy
32.	Smt Indra memorial Prize	Br IV BA Economics Allied	S Deepalishanthy
33.	Sri V K Rangachari memorial Prize	Br IV BA Economics Mathematics & Statistics	G Saraanya
34.	Smt Rajalakshmi Rangachari Memorial Prize	Br IV BA Economics Part III	S Deepalishanthy
35.	Sri V G Shankar Memorial Prize	BCom (Day) Part III Accountancy	R Nandhini
36.	Smt R. Sarojini Memorial Prize	BCom (eve) Part III Accountancy	G K Anusha
37.	Sri M Narayanasamy memorial medal	BCom Day Allied I & II	Vinita Ghosh
38.	Sri R Hariharan Memorial Prize	BCom Day financial Accounting	R Pavithra
39.	Sri Anandhan memorial Prize	BCom Day financial services	J Srimathy
40.	Sri Velappan Pillai memorial Prize	BCom Day Part III	N Preethi
41.	Sri Gurupackiam memorial Prize	BCom Eve IT Law and Practice	N Preethi
42.	Sri V R Krishnasamy Iyer memorial Prize to a deserving student	II M Sc Biostatistics	D Shanthi
43.	Master P S Vijay memorial Prize to a deserving student	II M Sc Biostatistics	Dharani Sujini
44.	Sri D Sadasivam memorial medal	Br I A BA History & Tourism Allied	M Revathi
45.	Dr. P Gopalakrishna Kurup memorial Prize	BR XII BA English Lit	M Catherine
46.	Sri J R Ramamohan Memorial medal	Br I A BA History & Tourism of Tamilnadu	S M Ayisha Banu

COLLEGE DAY PROFICIENCY PRIZES AWARDED BY THE INSTITUTION - COLLEGE EXAMINATIONS 2008 - 2011 BATCH

S NO	SUBJECT	NAME OF THE STUDENT	CLASS, ROLL NO
1.	PART I B.A/B. SC TAMIL (DAY)	R. ARCHANA	III B. SC COMP SCI,
2.	PART I B. COM TAMIL (DAY)	G. RAMYA	III B. COM,
3.	PART I B. SC TAMIL (EVE)	B. NITHYA	III B. SC COMP SCI
4.	B. COM/BBA/BCA/BISM/ B.COM (CS) (EVE)	E. CHITRA	III B. COM,
5.	PART I B.A/B. SC HINDI (DAY)	S. NILOFAR BANU	III B. SC COMP SCI
6.	PART I B. COM HINDI (DAY)	VINITA GHOSH	III B. COM,
7.	PART I B. SC HINDI (EVE)	JAYA PRIYA	III B. SC COMP SCI,
8.	PART I B. COM/BBA/BCA/BISM /B.COM CS) HINDI(EVE)	PREETHI JAIN S	III BBA,
9.	PART I B.A/B. SC SANSKRIT (DAY)	V. ROHINI	III B. SC MATHS,
10.	PART I B. COM SANSKRIT (DAY)	K. PADMA	III B. COM,
11.	PART I B. SC SANSKRIT (EVE)	N. S. SANDHYA	III B. SC MATHS,
12.	PART I B. COM/BBA/BCA/BISM /B.COM (CS) SANSKRIT (EVE)	N. JAYA	III B. COM,
13.	PART II B.A/B. SC ENGLISH (DAY)	A. RAMYA	III B. SC PHYSICS,
14.	PART II B.COM ENGLISH DAY	VINITA GHOSH	III B. COM,
15.	PART II B. SC ENGLISH (EVE)	SIRIYA PUSHPAM	III B. SC VIS COM,
16.	PART II B. COM/BBA/B.COM (CS)/BCA/BISM ENGLISH (EVE)	VANITHA KUMARI JAIN	III BBA,
17.	PART III BA BR IV ECONOMICS	S. DEEPALI SHANTHY	III B.A ECO
18.	PART III Br. XII BA English lit	M. MARAGATAMEENA	III B.A LIT,
19.	PART III Br I BSc Mathematics (DAY)	S. ISWARYA	III MATHS
20.	PART III Br I BSc Mathematics (EVE)	N. S. SANDHYA	III MAT(E),
21.	PART III BSc Br II BSc Statistics	G. JEEVITHA	III STATS,
22.	PART III Br III BSc Physics	A. RAMYA	III PHY
23.	PART III Br IV BSc Chemistry	M. GOMATHY	III CHE
24.	PART III Br. VA BSc Plant Biology and Plant Biotechnology	SWETHA BALAKRISHNAN	III BPPB
25.	PART III Br IX BSc Computer Sc DAY	R. DIVYA	III C SC
26.	PART III Br IX BSc Computer Sc EVE	B. NITHYA	III C. SC,
27.	PART III BCom Day	S. HEMAVATHY	III B. COM,
28.	PART III BCom EVE	S. AISWARYA LAKSHMI	III B. COM,
29.	PART III BCom CS	S. SARASWATHI	III B. COM
30.	PART III BBA	A. VIVILYA MARGARET	III BBA,
31.	PART III BCA	U. POOJA	III BCA,
32.	PART III BISM	S. GAYATHRI DEVI	III BISM,
33.	PART III BSc Vis Com	E. SIRIYAPUSHPAM	III VISCOM,
34.	MSc Applicable Mathematics	D. KALAIARASI	II M SC,
35.	MSc IT	A. THAMAYANTHI	II M. SC,
36.	MSc Plant Biology and plant Biotech	C. BELLA ROSELIN	II M SC,
37.	MCom	M. SHARMILA	II M. COM,
38.	MSW	SHINE P. JOSHI	II MSW, E9804
39.	MSc Biostatistics	S. KOKILA	II M. SC,
40.	MSc Physics	N. KARTHIKA	II M. SC,
41.	MA HRM	M. REKHA	II MHRM,

**PRIZES AWARDED BY THE PRIVATE BODIES COLLEGE EXAMINATIONS
2010-2011**

S NO	ENDOWMENT	SUBJECT	NAME OF THE STUDENT,Class
1.	SMT C RAMAMIRTHAM MEMORIAL PRIZE	PART I TAMIL-IB A/B SC/B COM	V.ROHINI, III B SC MATHS,
2.	SMT MEENAKSHI ANANTHARAMAN MEMORIAL PRIZE	PART I SANSKRIT- B A/B SC/B COM	K PADMA, III B COM
3.	SELVI MALINI MEMORIAL PRIZE	BR IV PART III BA ECONOMICS	DEEPALISHANTHY S III ECONOMICS
4.	SRI S.ARUNACHALAM MEMORIAL PRIZE	BR XII B A ENG LIT ALLIED -I	R.PAAVAI, I B A ENGLISH LITERATURE
5.	SMT.SAKUNTHALA BAI MEMORIAL PRIZE	BR XII B A ENG LITELECTIVE JOURNALISM	M.MARAGATAMEENAI III B.A ENG LITERATURE
6.	SMT SUBBULAXMI AMMAL MEMORIAL PRIZE	BR XII B A ENG LIT PART III ALLIED II B A ENG LIT	CHITRA, DEIVANA III B A ENG LITERATURE
7.	SMT RAJALAKSHMI AMMAL MEMORIAL PRIZE	BR XII PART III MAJOR II B A ENG LIT	MITHYA JAYANI II B A ENG LITERATURE
8.	SMT ANDAL THULASINGAM AND SMT SHENBAGAVALLI DEIVASIGAMANI CASH AWARD	BR I PART III MATHEMATICS	S.ISWARYA, III B SC MATHS
9.	SRI S.A.TARUMUGASWAMY NADAR MEMORIAL MEDAL	BR III PART III PHYSICS	A.RAMYA, III B SC PHYSICS
10.	SRI KRISHNA BHATKAL MEMORIAL PRIZE	BR IV PART III CHEMISTRY	M.GOMATHY, III B SC CHEMISTRY
11.	SRI S.R SEETHARAMAN MEMORIAL BOOK AWARD	BR IV PART III CHEMISTRY FROM III B SC CHEMISTRY	R.ISWARYA LAKSHMI, III B SC CHEMISTRY
12.	SRI VELLAITHEVAR MEMORIAL AWARD	BR IV APPLIED CHEMISTRY FROM III B SC CHEMISTRY	L.KALPANA, III B SC CHEMISTRY
13.	SRI S.CHOCKALINGAM CASH PRIZE	BR IV PHYSICAL CHEMISTRY, III B SC CHEMISTRY	S.SANGEETHA, III B SC CHEMISTRY

**PRIZES AWARDED FOR
OVERALL PERFORMANCE 2010-2011**

S.No	PARTICULARS	NAME OF THE STUDENT	CLASS
1.	BEST SPEAKER IN TAMIL	R.REKHA,	II B SC MATHS
2.	SRI S.SUBRAMANIAN MEMORIAL PRIZE FOR THE BEST SPEAKER IN TAMIL	S.JAYAPRATHA,	II B SC MATHS (EVE)
3.	BEST SPEAKER IN HINDI	PRIYANKA SHEKHAWAT	II B COM (EVE)
4.	BEST SPEAKER IN SANSKRIT	V.MAKILAI	B SC STATISTICS
5.	SRI V.ANANTHARAMAN MEMORIAL PRIZE FOR GOOD PERFORMANCE IN SANSKRIT	V.ROHINI,	III MATHS
6.	BEST SPEAKER IN ENGLISH	S.PREETHI,	II B SC COMP SCI
7.	SMT S.SARASWATHI MEMORIAL PRIZE FOR THE BEST SPEAKER IN ENGLISH	S.ROHIN	III B SC PHYSICS
8.	SINGER OF THE YEAR	B.GOWRI SANKARI,	I B SC COMP SCI (EVE)
9.	SMT V.S.JAYALAKSHMI MEMORIAL PRIZE FOR THE BEST SINGER	RAKILA	I B COM
10.	BEST DANCER	SWARNA VARSHA GURUMOORTHY,	III B SC PHYSICS
11.	SPECIAL AWARD FOR THE PROMISING PLAYER OF THE YEAR	K.SARITHA,	III B.A ECONOMICS
12.	SRI C.N BHATT SPECIAL PRIZE FOR COLLEGE UNION PRESIDENT (DAY)	S.A.M.FIVE ROSE	III B.COM
13.	SRI C.N BHATT SPECIAL PRIZE FOR COLLEGE UNION PRESIDENT (EVE)	S.PREETHI JAIN	III BBA
14.	BEST OUTGOING STUDENT (DAY) - UG	SWARNA VARSHA GURUMOORTHY,	III B SC PHYSICS
15.	BEST OUTGOING STUDENT (EVE) - UG	S.PREETHI JAIN	III BBA
16.	BEST OUTGOING STUDENT (EVE) - PG	S.NARMATHA	II M SC PBPB

Union Activities



Inaugural



Mr. Ravichander HR TVS



Sai Bhajana



Wild Life Protection - Dr. S. David Raj
Forest range Officer



Dr. Thiagarajan - Gokulashtami



Blood Donation Camp



Mr. Naresh Gupta
former Chief Election Commissioner



Creating awareness to young voters



Consumer day



Awareness through skit to consumers



Celebrating Diwali with ARUMBUGAL Children



Fine Arts



NCC



NSS



Placement



Interview in Progress



Training

EDP



Embroidery



Doll making

43rd ANNUAL SPORTS REPORT

Distinguished chief guest of the 43rd Annual Sports Meet R.Nataraj, I.P.S., DGP/Director Fire and Rescue Service Tamil Nadu, venerable Chairman, respected Secretary, members of the Managing Committee, Dear Principal, beloved colleagues and my dear students. With great pride I present the annual sports report to you. Our girls have been bringing laurels from all quarters of sports.

In Football, our records are very impressive. It was a matter of pride when our Football team won the First place in Bhatt Memorial Tournament and Third place in Inter-collegiate A Zone match. C.Malasriganga of II M.com, P.Inbanila & S.Kavitha of I M.com and T.Nithya of I MHRM, R.Nivetha of I B.com were selected to represent the A Zone team and they were also selected for the Madras University team for All India Inter-University match held at Gwalior. In Kanchipuram District football match, our team won runner-up position. Seven girls have been are selected for the State match, they are T.Nithya of I MHRM, R.Angel deva priya of III Eco and M.Revathi of III History, R.Nivetha of I B.com, E.Divya of II BCA and Sonia Mari of I B.com (eve) S.Brindha of III B.com. R.Nivetha of I B.com (Day) participated in Junior National held at Chandigah from 29 June to 27th July 2010.

In Kho-Kho, our team secured the First place in the Bhatt Memorial Tournament held at our college. In the Intercollegiate Kho-Kho match held at Queen Mary's college, our team won the second place. Y.S.Salomi of II M.Sc Bio.statistics, K.Saritha of III Economics, A.Jayasudha of II Eco and S.Abinaya of II B.com and A.Prithika of II Maths were selected to represent the A Zone team and they won First place in inter zone match. K.Saritha of III Economics, A.Jayasudha of II Eco and A.Prithika of II Maths were Selected for the Madras University team for All India Inter-University match held at Visakapatnam. Our College won the Third place in KRMM College Kho-Kho Tournament and A.Jayasudha of II Eco secured the Best player award. In the Millenneium Trophy 2010 conducted by Dr. MGR Janaki College our College won the first place.

Our team won laurels at the District Kho-Kho match and A.Vithya of I MHRM, A.Jayasudha of II Eco, S.Abinaya & N.Sangeetha of II B.com and A.Prithika of II Maths represented State Kho-Kho match in Perambalur. A.Prithika of II Maths was selected for 36th Women National held at Karnataka. In Chaitanya Inter Collegiate Kho-Kho tournament conducted by Sri Kanyaka Parameswari Arts & Science College we won the first place. Gurunanak College Kho-Kho Tournament our College Won the Runner-up.

In Ball Badminton our college won laurels this year too. In the Bhatt Memorial tournament, our college secured Runner-up position. We won third place in the Inter-Collegiate Ball Badminton Tournament held at SRM College. A.S.Durgadevi of I MHRM, J.Suganya of I MSW, B.Bhuvaneshwari III Eco and S.Vanitha of II B.Com were selected to represent A Zone team and they won second place. A.S.Durgadevi of I MHRM and J.Suganya of I MSW were selected to the Madras University team and they got third place in the All India Inter-University match held at SRM University

In Hockey our team won the Second place in the Inter-Collegiate tournament held at our College. P.V.Subharana & S.Jothi of III B.com, G.R.Anjanadevi of II B.com and A.Vithya of I MHRM, S.Ambika of II Physics and S.Jayalakshmi of I BCS were selected to represent the A.Zone team. P.Eswari of I B.com were selected for the Madras University team. Our college team won the first place in Kancheepuram District match. A.Vidhya of I MHRM, S.Jothi & P.V.Subharana of III B.com, G.R.Anjanadevi II B.com and P.Eswari of I B.com participated in the State match held at Namakal.

In Bhatt Memorial Cricket tournament held in our college, our team won the first place. In the Inter-collegiate Cricket match our team secured second place and it is noteworthy that J.Swathika of II MHRM, H.Ramya of I MSW and M.Revathi of III History, G.Deepa of III BCA and R.Hemalatha of II B.Com of our College were selected to represent the A Zone and they won runner-up. In the All India Inter-University Cricket match held at Gwalior, M.Revathi of III History, J.Swathika of II MHRM and R.Hemalatha of II B.com were selected to represent Madras University. In the Gold cup Tournament conducted by A.M.Jain College our college team won the Runner-up position and Hemalatha of II B.com was conferred Man of Match award.

In the Inter-collegiate Chess Tournament held at Kumara Rani Meena Muthiah College, our team won First place. R.Keerthana of III B.com (Eve) and R.Monica of III Lit, R.Devi of III BCA and P.Nithya kalyani of II plant Bio were selected to participate in the Inter Zone. Our Chess team won Third place in the State level Inter college chess match conducted by D.G.Vaishnav College. In the Millennium Trophy 2011 conducted by Dr.MGR Janaki College on 3rd & 4th Jan 2011, we secured Winner position. In the Inter collegiate Kabaddi match our college won Fourth place. L.Janani III Comp.sci represented the A zone. Our Kabaddi team won the First place in the Kancheepuram District match. L.Janani of III Comp.sci, Iswariya of II B.com, B.P.Banu of I History and Saranya of III BCS were Selected for state match held at Coimbatore from 29th 31st January 2011.

We won second place in the Inter-collegiate Handball match held at Madras University union ground. Y.S.Salomi of II MSC Bio.Stats and N.Shymala of III BCA, T.Nithya of I MHRM N.Anushiya of III BCS, were selected to the 'A' Zone team. Y.S.Salomi of II MSC.Bio.stats was selected to represent the Madras University team. We won the second place in Inter-Collegiate Basket ball match. S.Aparna, M.Logeswari and V.Geetha of II B.com, Ramya of II B.com (eve) were selected to represent the A Zone team. In Kancheepuram District match our college won the first place and six girls N.Syamala of III BCA, S.Aparna, M.Logeswari and V.Geetha of II B.com, Poonguzli of III Comp.sci (Day) and Ramya of II B.com (Eve) S.Kavitha of I Comp.sci and Bhuvana of I Stats were selected for the state match. Our College secured runner-up position in Tennis Inter-collegiate match held at Meenakshi College. D. Amudhavalli of III BCA and R.Bhavani of I BCS were selected to Represent A Zone and they won third place. R.Bhavani of I BCS selected to Represent Madras University team and they won third place in the South West Inter University match held at Kakinada.

Our College secured runner-up position in Table Tennis Inter-collegiate match held at KRMM College. N.Karthika of II MSC Physics and R.Bhavani and R.Nishanthi of I BCS were selected to Represent A Zone team and they secured runner-up position. In the State level Inter-Collegiate tournament held on 7th and 8th of Aug 2010. Our team got First place in South India Inter-collegiate 7-A-side Rugby Tournament conducted by TamilNadu Rugby Football union at Adyar on 28th Jan 2011. Y.S.Salomi of II MSc Bio.Stats got Ultimate Rugby player award, and K.Prathushadevi of II B.com got Most valuable player award.

In the Inter-collegiate Athletics meet held at Madras University Union, C.Pavithra of I B.com won First place in 100mts Hurdles and second place in 100mts, K.Prathushadevi of II B.com Thridplace in 100mts, S.Abinaya of II B.com second place in 800mts, J.Gracyemalda of II BCA won Thridplace in 5000mts and second place in 10000mts, G.Deepa of III BCA First place in Hammer throw, M.Bhooma of II BBA Third place in Javelin throw and Discus throw. We got third place in over all Athletics.

In Kancheepuram District Athletics meet Y.S.Salomi of II MSC.Bio Stats, won Third place in High jump, S.Abinaya of II B.com second place in 800mts and R.Sindhu of I Comp.sci (Day) Third place in 5000mts and second place in 100mts Hurdles, Firstplace in 4*100mts Relay and K.Saritha of III Eco won First place in 100mts. In Dr. A.Lakshmanaswamy Mudaliar Silver Jubilee Commemoration 43rd Athletic Meet C.Pavithra of I B.com secured Third place in 100mts Hurdles, and Gracy Emalda of II BCA won third place in Half Marathan. In Marchpast our College won Runner-up position.

In the Senior state Boxing tournament conducted by Tamilnadu boxing Association our girls added more feathers to the cap of Vaishnav. In the light fly weight category A.Vithya of I MHRM won the First place, and S.Abinaya of II B.com won the second place. A.Prithika of II Maths and S.Sangeetha of II B.com won the second position in Bantam weight category and Feather weight category respectively. J.Jayasudha of I Economics won the second position in Pin weight category A.S.Durgadevi of MHRM & J.Suganya of I MSW as the key players of Madras University Ball badminton team and they won third place in All India Inter-University Ball badminton match. R.Bhavani of I BCS won third place in South west Zone Inter University Tennis match. She is also selected for All India Inter- University match which was held at Chandigah from 23rd Feb to 1st march 2011.

In the South India Inter-collegiate Rugby Womens tournament our college emerged winners. In the same Tournament Y.S.Salomi of II Msc Bio.Stats was awarded Ultimate Rugby player award and Prathusha Devi of II B.com got the most valuable player award.

In 29th Bhatt Tournament our Kho-Kho team, Football team, Cricket team got the winners position and the Ballbadminton team got the runner-up position.

Laurels at a glance

Winner in SSS Jain College Rugby Tournament

Runner in A.M.Jain College Gold cup Cricket Tournament

- | | | |
|--------------------|---|-------------|
| 1. Chess | - | Winner |
| 2. Basketball | - | Runner-up |
| 3. Table Tennis | - | Runner-up |
| 4. Tennis | - | Runner-up |
| 5. Football | - | Third place |
| 6. Kho-Kho | - | Runner-up |
| 7. Cricket | - | Runner-up |
| 8. Hockey | - | Runner-up |
| 9. Handball | - | Runner-up |
| 10. Athletics | - | Third place |
| 11. Ball badminton | - | Third place |

To give you the statistics at a glance, we have 5 National players, 15 University players, 51 State players, 51 Inter-zone players, and 128 Inter-Collegiate players. The crowning glory is that we stand in the third position in the University of Madras, mainly due to the strong support of our beloved management & respected Principal. The next year shall be more promising, Urging us to occupy the first position.

With hope and confidence, we wish to set many more impressive records in the years to come.

Sports Team



Athletics



Ball badminton



Basketball



Boxing



Chess



Cricket



Football



Hockey



Handball



Khokho



Rugby



Shuttle Badminton



Sports Committee



Sports



State Players



Table tennis



Tennis



Volleyball

ASSOCIATION REPORTS HISTORY

The first meeting of the History Association was conducted on 30.07.2010. Dr. Banumathi Dharmarajan, Retd. Prof. & Head, Queen Mary's College addressed the gathering on Travels in History. On the same day a guest lecture sponsored by the UGC Autonomous Fund was arranged. Dr. Chandrasekar Retd. Prof. & Head, Dept of History, Distance Education, University of Madras spoke on lessons in History.

To discover the hidden talents of our students various inter department competitions were conducted. The details of the prize winners are as follows :

1. Food Carnival
I Prize – S.Noora I, PBPBT
II Prize - P.S.Vinodhini II B.A. Literature
2. Fancy Dress Competition
I Prize – A.Saraswathi & M.Vidhya. II B.A. History&Tourism
II Prize- A.Nivedita & S.Sitalakshmi. I Comp.Science
3. Skit
I Prize- S.Vinaya, S.Revathi, R.Sahana. II B.Sc. Maths

UGC SPONSORED ONE DAY SEMINAR

Bharat History Association has conducted one day seminar on Contemporary History on 25th February 2010. The Seminar was inaugurated by our college Chairman Smt Mamta D.Bhatt. We had three technical sessions. Sri Randor Guy addressed the students in the first technical session about the impact of Tamil Cinema on Society. After lunch during the second technical session, Dr Francis Adaikalam, Asst Prof, Department of Sociology, from Loyola College spoke on Human Rights and Contemporary Concerns. The third technical session was addressed by Dr. Hariharan, Asst.Prof. Dept of Political Science, from MCC spoke on history of Medicine. The valedictory address was given by Retd. Prof. Dept Of Political Science, University of Madras.

EXHIBITION

The Dept of History conducted an exhibition on Historical monuments. The students showcased their talents by exhibiting interesting models.

ECONOMICS

The Economics Association conducted varied events as a part of "CRUX ECO FUN" for the year 2010-2011. Debate and Bridal Makeup competition were conducted On 5th August 2010. The topic for Debate was "Are women really Empowered To-days World". S.Rohini (II BSc.,Physics) and J.Bhuvaneshwari (I B.A.History) won the First Place, Mahalakshmi Soundarajan and M.K.Saranya (III BSc Computer Science) won the Second Place and R.Nivedhitha and G.Ramya (III B Com) won the Third Place. Bridal Makeup Winners are U.Sapna of III B.Com. won the First Place, S.Sneha of I B A Economics won the Second Place and P.Thameem Naskath of II B.Sc., Plant Biology won the Third Place.

On 6th August 2010 Ad-Zap and Collage competitions were conducted, J.Deepika, L.Alarmelu, M.K.Saranya and J.Premalatha (III B.Sc. Computer Science) won the First Place, P.Radhika, S.Rukmini, U.Sapna and R.Swathi (III B.Com) won the Second Place and M.Archana, V.Rajeshwari and P.Nithya Kalyani won the third Place in AD-Zap Competition. The Collage was on the topic "Population" U.Sapna & R.Swathi of III B.Com., bagged the First Place, R.Radhika & S.Rukmini of III B.Com bagged the Second Place and Sujatha Chandran and Mahalakshmi Soundarajan of III B.Sc., Computer Science bagged the third place.

Dr.R.RAJKUMAR, Prof., & Head, Department of Economics, IDE, University of Madras, presided over the CRUX ECO FUN 2010-2011 function, which was held on 30th August 2010 and delivered a Special Lecture on Indian Economy, Past, Present & Future and Poverty Alleviation. He distributed the Prizes to the winners of various competitions.

UGC Sponsored one day Seminar CURRENT ISSUES & TRENDS IN INDIAN ECONOMY

The Department of Economics, S.D.N.B. Vaishnav College for Women, Chromepet, Chennai 600 044, has conducted a UGC Sponsered one day Seminar on Current Issues & Trends in Indian Economy on March 22, 2011. The Seminar witnessed three eminent speakers who spoke on the current issues and its disturbing impact on the Indian Economy.

Dr.R.Arunachalam, Prof. & Head, Department of Economics, University of Madras, spoke on the Inflationary trends in our economy and the various endogenous and exogenous factors causing inflation. He stressed on the structural deformities leading to inflation persisting and its repercussions faced by our country.

Dr.P.Govindarajan, Registrar, Vel's University spoke about the need and importance of Food security in India. He dealt with the problems of faulty policies, improper implementation and administrative inefficiency to the primary cause for food insecurity in India.

Dr.V.Lakshmi, Prof. of Economics, D.R.B.C.C., College, presented an indepth analysis of the Impact of Globalisation and its consequence of Feminisation in Agriculture in our Indian Economy and the measures to be undertaken to uplift woman labour force.

ENGLISH

Dr.Aruna Devi, Associate Professor, Department of English, Institute of Distant Education, University of Madras, inaugurated the association activities. She lectured on language and psychology [psycholinguistics]. Through PowerPoint Presentation, she explained how psychology is blend in with the language.

Divya

UGC SPONSORED GUEST LECTURES

Miss.Chandana, Executive HR, Cognizant Technologies, Tambaram, gave a lecdem on Soft skills, goal settings, and time and stress management. Games were conducted to drive home the points. The 2 hours student oriented activities kept the students involved and keenly interested.

Dr.K.Ganesh, Associate Professor, Department of English, Madras Christian College, delivered a lecture on Post Colonial Reading in Indian Writing in English. He traced the History of Indian Writings of English in India and the Impression formed by Indian Writing amongst English Writers.

Dr.A.Nirmala, Associate Professor, Department of English, Ethiraj College for Women, lectured on Post Colonialism. She dealt exhaustively on the Post Colonial Writers and the advent of Post Colonialism.

Dr.N.Bindu, Associate Professor, School of Social Sciences and Language, VIT, Kelambakkam, addressed the students on Significance of English in the Current Scenario. She demonstrated through PowerPoint, the pronunciation of words and common errors committed by students while using words.

INTER-DEPARTMENTAL COMPETITIONS

1. QUIZ COMPETITION:

S.NO	TEAM MEMBERS	CLASS	PRIZE
1.	1.G.RAMYA 2.G.JAYANTHI	III B.COM	I PRIZE
2.	1.S.SOWMYA 2.R.AKILA I B.COM		II PRIZE

2. POETRY READING:

S.NO	NAME	CLASS	PRIZE
1.	SOMIYO RAINGAM	III B. A English	I PRIZE
2.	S.PREETHI	II B. SC COMP SC	II PRIZE

3. SPELL BEE:

S.NO	NAME	CLASS	PRIZE
1.	G.RAMYA	III B.COM	I PRIZE
2.	C.NANDHINI	III B.COM	II PRIZE

4. DUMB-CHARADES :

S.NO	TEAM MEMBERS	CLASS	PRIZE
1.	1.K.MANJU PARKAVI 2.R.MONICA 3.A.AROKIYAAGESTA	III B. A ENGLISH	I PRIZE
2.	1.E.G.M.ANITHA 2.B.JANCY SUGANYA 3.K.A.HEMALATHA	III B. A ENGLISH	II PRIZE

5. DEBATE: (DAY & EVENING)

S.NO	NAME	CLASS	PRIZE
1.	B.JAYASHREE	II B.COM(DAY)	I PRIZE
2.	S.PREETHI JAIN	III BBA(EVE)	II PRIZE

6. ESSAY WRITING COMPETITION:

S.NO	NAME	CLASS	PRIZE
1.	V.NANDHITHA	I B.SC MATHS	I PRIZE
2.	B.JAYASHREE	II B.COM	II PRIZE

HINDI

Hindi Association "Sadbhavana" organised its inaugural meeting on 8 February 2011. The Chief Guest was Mrs. Srabani, Department of Hindi, Stella Maris College. She spoke about Journalism and News. It was very interesting, inspiring and informative. We also conducted a Report Writing competition and students participated and won the prizes. Students brought many laurels to the college by winning many prizes throughout the year

SANSKRIT

The Bhagavad Gita - "The Song Divine" is the most precious gift from God for the salvation of mankind. Every year our students are getting a golden opportunity to recite one of the chapters of Gita on the occasion of the Gokulashtami day celebration and few slokas from Gita are recited on every Friday in the Sarvodaya prayer.

In the month of February Dr.R.Ramachandran R.K.M.Vivekananda college addressed our Sanskrit students. He spoke about the "Renaissance of Sanskrit" and encouraged the students to develop their talents and communication skills. It was very interesting, inspiring and informative. We also conducted the quiz competition and several students participated and won the prizes. Students brought many laurels to the college by winning many prizes throughout the year.

MATHEMATICS

Inter - Collegiate Competitions were conducted on 15th December 2010. There was an overwhelming response from various colleges in and around Chennai. The following were the prize winners

Event	Prize	Name of the prize winners	Name of the College
Quiz	First	D. Jagadesh V. Ramprashanth Vinoth Kumar	Loyola College
	Second	Neel Roy B. Francis S. Vengateswaran	Loyola College
	Third	M. Nithya S. Mahalakshmi Elizabeth Thomas	Meenakshi College

Adzap	Prize	Name of the prize winners	Department
Adzap	First	S. Elavarasi A. Preethi S. Vennila A. Joseph Thomas Rajan A. Arulmozhi	Madras Christian College
	Second	V. Ramprashanth D. Jagadesh A. John Victor Xavier Vinoth Kumar Harish Ragav	Loyola College (Shift-II)
	Third	B. Aruna Kumar K. Priyanka V. Prakash Priya Nair P. Subramanian	D. G. Vaishnav College (Day)

Inter- Departmental Competitions:

Event	Prize	Name of the prize winners	Department
Cross Word	First	V. Rohini P. Nishanthi	Mathematics
	Second	R. Sahana S. Revathy	Mathematics
Exhibiting Model	First	M. Priyanka M. Shanthi	Mathematics
	Second	R. Sahana S. Revathy	Mathematics

Prizes/Awards won by our students during 2010-2011 in Inter-collegiate competitions :

- M. Priyanka of III Maths, R. Sahana, S. Vinaya and M. Jyothi of II BSc Maths have won the prestigious "Srinivasa Ramanujan Award" among several participants from various city colleges in the "Thesis writing competition" conducted by Srinivasa Ramanujan Academy.
- V. Rohini of III BSc Maths have won the prestigious "Srinivasa Ramanujan Award" in the "IQ Test" conducted by Srinivasa Ramanujan Academy.
- M. Priyanka, M. Shanthi, V. Rohini, M. Janani of III BSc Maths Participated in the 5-Day "APPRECIATION COURSE IN MATHEMATICS (ACM 2010)" during September 20 - 24, 2010 held at Institute of Mathematical Sciences (IMSC), Taramani, Chennai and excelled in the Innovative Mathematics Contest and won Merit Certificate.
- Among 800 applicants 48 students were selected from overall colleges in TamilNadu, and S. Vinaya, R. Sahana of II B. Sc Maths were selected one among them to attend Advanced Training Camp in Maths (ATCM) during December 17 - 31, 2010 sponsored by National board of Higher Mathematics held at SSN College of Engineering, Chennai.

Prizes won by our students in intercollegiate level competitions :

S.No.	Event	Name of the participants	Prize	Name of the college
1.	Fuse your Math	S.Revathy R.Sahana of II BSc MATHS	First S.Vinaya	MOP Vaishnav College
2.	Paper presentation	M. Priyanka M.Shanthi of III BSc MATHS	Second	GSS College
3.	Math Charades	B.Bhavani M.Pavithra of III BSc MATHS	First	
4.	Math Masque	S.Revathy S.Vinaya R.Sahana B.Vaishnavi Santhosh S.Kiruthika of II BSc MATHS	Second	
5.	Paper presentation	M.Priyanka of III BSc MATHS	Third	Stella Maris College
6.	Paper presentation	K.Paritha of III BSc MATHS	Third	Madras Christian College
7.	Quiz	M. Priyanka M.Shanthi V.Rohini of III BSc MATHS	First	Anna Adarsh College
8.	Adzap	S.Revathy S.Vinaya R.Sahana of II Maths K.Prema P.Kushpu of I BSc Maths	Second	
9.	Collage	M. Priyanka M.Shanthi V.Rohini of III BSc MATHS	Second	Loyola College
10.	Dumb C	B.Bhavani, M.Pavithra, R.Ishwarya of III BSc MATHS	First	Dr. MGR Janaki College
11.	Mathematical Modelling	M.Priyanka M.Shanthi of III BSc MATHS	Third	
12.	Oratorical Competition	S.Revathy of II B.Sc Maths	Third	Queen Marys College
13.	Maths Creative Singing	S.Revathy, S.Vinaya R.Sahana of II B.Sc Maths	First	
14.	Dumb Charades	M.Pavithra V.Gomathi B.Bhavani of III B.Sc Maths	Third	
15.	Quiz	M.Priyanka M.Shanthi V.Rohini of III B.Sc Maths	Third	

Our students have won over all "ROLLING SHIELD" from GSS Jain College

Guest Lectures:

1. Dr. E. Thandapani, Professor, Ramanujan Institute for Advanced Study in Mathematics, University of Madras - "The n triangles"
2. Dr. L. Jeganathan, Professor, Department of Sciences, VIT, Chennai. - "DNA Computers"
3. Dr. G. Palani, Assistant Professor, Dr. Ambedkar Government College of Arts and Science, Chennai - "Matrices - Applications of Eigen vectors and values"

STATISTICS

Statistics Association meeting "STAT QUEST" was held on Tuesday 25/1/2011. Dr. Bala Srinivasan, Associate Professor, Department of Statistics, Madras Christian College, inaugurated the festival. She spoke on the topic "WOMEN - THE MEANING AND MESSAGE". She highlighted the several gender issues still prevailing in the country, giving statistics on these issues. She brought out the disparity in the field of education and health between men and women, by showing relevant statistics. She quoted statistics which showed how little money was allocated for women's welfare in the National Budget. She also quoted poet Bharathiyar, who believed in women's liberation. She asked the student to look up to successful women like, Sonia Gandhi, Indira Nooyi, Letika Saran, Dr. Kiran Mazumdar-Shaw as their role model, women who have reached top positions in their fields. She urged the girls not to waste their time on frivolous activities and empower themselves, so that they could contribute towards upliftment of the society and the GDP of the country. Dr. Bala Srinivasan conclude the talk with the message that women should educate themselves, be bold, confident and courageous, have self respect and self esteem and keep themselves healthy, to be successful in life.

PHYSICS

The Physics association VAIS-PHYZ was inaugurated by Dr.J Daniel Chellapa, Senior Scientist - IGCAR on 4.08.10. He gave an interesting lecture on "Indian Nuclear Power Program".

The inter- college competitions were conducted on 3.02.11. Various city colleges participated in the competitions like Quiz, Ad-zap, Paper presentation etc and won prizes. The department also conducted a two-day state level seminar on "Research Avenues in Physics" on 21 & 22 of February 2011. The main focus of the seminar was to equip our students with an introduction to the recent research trends in the field of Nanotechnology, Crystal growth, Crystallography and Astrophysics.

The P.G. Department of Physics conducted "ONE DAY STATE LEVEL "TECHNICAL SYMPOSIUM ON MATERIALS SCIENCE" on 1st February 2011. This symposium was inaugurated by Prof. G. Shanmugam, Principal, Sriram College of Arts & Science, Former Head, Centre for Advanced Studies (CAS) in Crystallography & Biophysics and Controller of Examination (COE), University of Madras and gave interesting views of Raman Scattering.

First Invited talk was given by Prof. K. Ramamurthi, Head, School of Physics, Bharathidasan University, Trichy, on the topic "SYNTHESIS & CHARACTERIZATION OF TRANSPARENT CONDUCTING OXIDES THROUGH SPRAY PYROLYSIS METHOD".

Second Invited talk was given by Dr. R. Mahalakshmi, Head, Department of Physics, G.K.M. College of Engineering and Technology, on the topic "MATERIALS SCIENCE AND ENGINEERING".

Third Invited talk was given by Dr. A. Kala, Assistant Professor, Thiru. A.G. Government Arts College, Thiruvalluvar University, on the topic "RUBBER MATERIALS".

Fourth Invited talk was given by Dr. P. Murugakoothan, Assistant Professor, Pachaiappas College, on the topic "CERAMICS".

The department also organized oral presentation for the P.G. Physics students of Various Colleges. 60 P.G. Physics students from different Colleges participated in this Symposium and 7 of them gave Oral Presentation. The Certificates were issued by Dr. S. Chenthamarai, Head, P.G. Department of Physics, S.D.N.B. Vaishnav College For Women, to all the students who participated in this Symposium. The symposium was very useful and interesting and it will be a very good pathway for pursuing research in the field of Materials Science as it is a current topic of this decade. It will be a foundation for their higher studies for all students who have participated in this

CHEMISTRY

The activities of the Chemistry Association started off with an inaugural lecture by Dr. P. Aruna, Professor, Department of Physics, Anna University, Chennai, on 'The importance of Nuclear Energy'. This was followed by inter-class and inter-department competitions. The valedictory lecture on 'Environmental Awareness' was by Dr. V. Balasubramanian, Professor and Head, Department of Chemistry and Environmental Science, AMET University, Chennai.

PLANT BIOLOGY & PLANT BIOTECHNOLOGY

The department conducted various programmes, apart from the Intercollegiate competition under the auspices of the association Madhulika-2010.

III yr Plant Biology students underwent an hands on training programme on organic vegetable garden, under the able guidance of professors and Mr. Chinnaya Natesan, our Horticultural Consultant. The yield was enormous from ½ a ground area. It is an ongoing eco-friendly project, focusing on Reclamation of wasteland, Solid organic waste recycling, composting, multiple cropping, weeding, organic manuring, usage of biopesticides, continuous harvest of organic vegetables, greens & post harvest practices.

The outcome of the project was presented at the International Conference held at Indian Institute of Crop Processing Centre, Tanjore, in Oct 2010. Seeds harvested from above project & collected from various sources are conserved through a 'Seed Bank', initiated in the department, during the 'Wild Life Week' celebration in Oct 2010, in our campus. The significance of Seed Bank was depicted through a Tamil poem, which was expressed graciously by Mudhras of Classical Dance, by Plant Biology Students.

A preliminary study on Documentation of College Campus Flora has been taken up, along with a departmental herbarium, maintenance project.

To commemorate the International year for 'Biodiversity', a one day seminar on 'Nature & Biodiversity' sponsored by UGC and philanthropists, was organized, with 4 Invited Lectures, by eminent scientists. Many Scholars, Students, Professors & Scientists in and around Chennai participated in the above seminar. Various special lectures were organized in areas like Agro biodiversity, Cool the Globe, Bioethics and Biotechnology.

'Worshiping Nature' in connection with Harvest Festival was celebrated on the eve of Pongal 2011. Our students participated in various intercollegiate Competition and won number of prizes, from Loyola and Ethiraj College.

To mark the discovery of 'Raman Effect' by C.V.Raman, Indian Physicist and the first Nobel Laureate in Physics, NATIONAL SCIENCE DAY is celebrated on 28th Feb, every year, from 1987. This year, taking the theme, Expanding Horizons of Science, 2 special lectures are being organized with special focus on Aerobiology and Atmosphere.

III B.Sc students, K.Kanaga durga, B.Chandraleka, S.Kalpana, and Swetha Balakrishnan.-UGC sponsored basic science ongoing project. Topic:-Vitamin E and Protein content of some sea weeds.

Our III BSc., Plant Biology students were taken to a science exhibition at SRM college, Chennai which was conducted as a part of 2010 National Science Congress celebration.

Nurturing & Sharing Natural resources, for protecting our Environment is fulfilled to some extent, by the joint efforts of the students, staff, special invitees, expert consultants, technical support and above all, the encouragement from our college authorities.

ZOOLOGY

One day workshop on Vermitech was conducted by Dr.(Mrs.) C. Dhakshayani, the Senior executive- R & D(Natur Tec) Harita NTI Ltd, Chennai-600 058. The Zoology allied students and I chemistry students maintain the units after the college hours and have the pleasure of applying the compost to our plants. The main aim to start the unit is to train the students on simple vermicomposting methods and to recycle our college liter and increase the soil fertility during the year 2003-2004. I BSc Plant Biology and Plant Biotechnology students and 40 Non major First Year students who have taken Vermitechnolgy course participated in the workshop.

COMPUTER SCIENCE

The Department of Computer Science organized various inter-department competitions like Quiz, Parallel Processing, DumbCharades, Collage, Creative Singing, Adzap on 27/8/2010 and 28/8/2010. The department organized "Inter-Collegiate" competitions like Quiz, Parallel Processing, DumbCharades, Collage, Creative Singing, Adzap on 16/12/2010 and nearly 20 colleges participated.

A seminar on "CAREER COUNSELLING for Computer Science students" was addressed by Mr. K.Maran, Director, Sairam Institute of Management Studies, Sri Sairam Institute of Management studies, Sri Sairam Engineering College. In his address, he emphasized the students to handle the time effectively and advised to equip them with the employability skills as well. He also asked the students to do certificate courses and to get in-depth knowledge in their field.

The department organized PHP and LAMPP program iBytecode Trading Solutions, from 10/11/ 2010, for 10 days.

Following guest-lectures were also organized :

- Dr. T. Santhanam, Head, PG and Research Department of Computer Science, D.G. Vaishnav College lectured on "Datastructures and Algorithms". B.Sc., students.
- Mr. Praveen, iBytecode Trading Solutions, lectured on "Unix System and Unix commands" for B.Sc., and BCA students.
- Ms. Nithya, iBytecode Trading Solutions, lectured on "Advanced Java" for M.Sc., IT students
- Mr. T.Srinivasan, Head, Department of MCA, Rajalakshmi Engineering College, Chennai, lectured on "Computer Networks".

COMMERCE

The Annual Festival of the commerce department VAISH COMFEST–Battle of Brains was inaugurated on 12 Jan 2011 by Dr.T.Sumitra, our principal.

Various INTER - DEPARTMENTAL competitions like

- 1) Best manager
- 2) Product packaging
- 3) Ad-zap
- 4) Role- play
- 5) Logo designing
- 6) Dumb charades
- 7) Efficient Executive were held to bring out the hidden potential of the students.

A variety of INTER - COLLEGIATE competitions like

- 1) Ad-zap
- 2) Ad-lingo
- 3) Best manager
- 4) Product packaging
- 5) Variety entertainment were also conducted. The event witnessed the enthusiastic participation of 25 colleges from the city.

Mr.E.Sarath Babu, founder & CEO –Foodking, delivered the valedictory address on 13 Jan 2011, and also gave away the prizes. The event was a grand success. (

SOCIAL WORK

ORGAN DONATION WEEK- 2nd August 2010

Miss.Veena & Miss Sujatha, the transplant coordinators, MOHAN FOUNDATION shared the facts of organ donation among the students of our college. Donor cards were distributed to the students and staff.

CHILD POVERTY DAY- 23rd October 2010

Organized an entertaining programme for the children at TANSOWA Foundation, Arumbakkam and provided one time meal to the members and distributed prizes.

WORLD AIDS DAY- 1st December 2010

An initiative to create awareness on HIV/AIDS in the college premises by the students through slogans and still models.

World Leprosy Day -9th February 2010-"Share, Care and Support"- Presentation on Communicable Diseases

- Speakers:
- Mr. J. Paul Calap, Social worker
 - Mr. Srinivasalu, Health Education Officer, Gremaltes Hospital

World Cancer Day- 9th February 2011-"I Support Cancer"

Fund raising for the cancer survivors was done inside the college premises by selling stickers at the rate of Rs.5. The total fund collected was Rs.5000

VISUAL COMMUNICATION

"MEDIJI FIESTA '10" the association functions of the Department of Visual Communication was conducted on 26th and 27th of August 2010 in the college campus.

Mr. Jyothi Krishna, the Director of Enakku 20 Unnaku 18, Kedi and actor, inaugurated the function on 26th August 2010. The chief guest spoke about various nuances of film making and shared his experience on direction.

INTER - CLASS COMPETITIONS

A rocking on-stage RJ competition was conducted by Ms.Rohini, Radio Jockey of Aahaa FM, for the students of other departments.

A painting competition was also held for the students to portray their painting skills. Our judge Mr.Velprakash, a very famous and skillful Art director of Vijay TV, judged their works and awarded them. Students had an interactive session with him, and gained knowledge about art direction.

After a wonderful forenoon session, the day proceeded with a creative writing competition, which tested the student's ability of putting their imaginative skills in black & white. Mr.Kundril Kumar, the Sub Editor of Kumudham web, judged the performance of the students and congratulated them.

The next session was a dubbing competition, in which the students exposed their extraordinary talents in framing on-the-spot dialogues for the scenes, which were played on the screen. An exceptionally talented personality, Mr.Mani, the Mimicry Artist- 'Asatha povadhu Yaru' in Sun TV, captured the hearts of the gathering with his mind-blowing performance. He also judged the competition and rewarded the talented ones.

MEDIA EXHIBITION

In the media exhibition conducted on the same day, the students of Visual Communication Department exhibited their skills in different aspects like painting, animation, event management, television, radio & cinema and photography. All the judges viewed & congratulated the students for an awesome display in the exhibition.

SEMINAR ON MEDIA TRENDS

The 27th of August boomed with full of anticipation. The whole campus swelled with students from other colleges as our chief guest, Artist, Mr.Aadhi walked in. In the interactive session with the actor, the students posed questions about a career and work experience in the film industry.

Mrs. Radha, a social worker presented her ideas on event management.

The next session was a visual treat as Mr.Gnanakannan (Rereal academy/Supervisor Visual effects Indian arts) mesmerized the audience with his presentation on visual effects. He gave lecture about the scope of that field and shared his experience of working on the big flick "Endhiran".

At the midst of the sessions students exhibited their talents on stage like, singing, dancing, mimicry, etc. Mrs.Usha & Mrs.Chitra, the Editors of Deccan chronicle, gave lecture on journal editing and steps to be taken for a perfect journal entry.

Mr.John, the editor of Sun TV spoke about the techniques behind linear and non-linear editing. The day followed with a valedictory function presided over by the Actor Mr.Vimal, the Hero of 'Pasanga' & 'Kalavaani'. In the same session, the director Mr.Sargunam explained the Making of his movie "Kalavaani".

SEMINAR ON THE SCIENCE OF VISUALIZATION –CIENCIA VISUELL

A seminar on "The Science of Visualization - Ciencia Visuelle", was conducted on 2nd & 3rd of February 2011. Mr. AnanthaNarayanan, Film Director, inaugurated the function by lighting the lamp. Students had an interactive session with him in which, he explained about "The language of films". Some of the ad films, shot by the final year students, were screened. The session was very interesting and informative; the students enthusiastically participated in it. After a break, Ms. Samandha Smith, Assistant Professor, Sathyabama University, Chennai gave a lecture on television talent. In this informative session focused on the technical and interesting aspects of television.

The next day started with a lecture on "Television production" by Mrs. Ramaprabha, H.O.D of Visual Communication Department, Guru Nanak College, Chennai. The session was very informative and was even a visual treat for all the students. Next Mr. Kartik, Assistant Professor, Department of Visual communication, A.M. Jain College, Chennai presented a lecture on "Production with Multimedia".

Then the day continued with a lecture on "Aspects of anchoring" by Mr. Hariharan, VJ of Makkal Television As a part of the session many clippings were shown to the students and an interactive session was also held with him.

The day concluded with the session of Mr. Sudhan, Film Director, He enlightened the students with "Aesthetics in editing". A short film was screened and he gave a lot of informations about different types of procedures in editing.

PARTICIPATION IN INTERCOLLEGIATE COMPETITIONS, EXHIBITIONS, SEMINARS AND WORKSHOPS.

Our students actively participated in many intercollegiate competitions, Exhibitions, Seminars and Workshops.

- ❖ Attended the Media Exhibition 'Cinema Today' on 24-06-2010 in Trade Centre
- ❖ Attended the Film Festival on 29-10-10 & 30-10-10
- ❖ Participated in 'Karuthu Yutham' program in Kalaignar TV on 24th & 25th November, 2010
- ❖ Interviewed the actors of 'Inithu Inithu' movie organized by Imayam channel
- ❖ Participated in the shooting of 'Theeraatha Vilaiyattu' of Kalaignar Siripoli channel 4-12-10 and students exhibited their individual talents in that program
- ❖ Attended the workshop 'VFX' which was arranged by Re-Real Academy at T.Nagar
- ❖ Attended the workshop 'Workstett 10' in Madras Christian College
- ❖ The PSA 'No Smoking' of Rekashree of III Bsc Visual communication was screened in the PSA Video contest 2010 conducted by Don Bosco Institute of Communication Arts
- ❖ S.Sivasakthi of I B.Sc Vis com and her team mates won 2nd place in Volley Ball Tournament conducted in Kanchipuram District
- ❖ S.Sivasakthi of I B.Sc Vis com and her team mates won 2nd place in Intercollegiate Hockey Match

- ❖ Our students participated in rallies for social welfare programs like Children's Education Fund, Aids Awareness etc through Rotract and NSS
- ❖ Deviganesh of I Bsc Viscom, represented as a member of University of Madras, participated in Inter University Zonal Youth Festival Classical Dance competition at Sastra University, Thanjavur
- ❖ S.Sivasakthi of I Bsc Vis com and her team mates won 1st place in Hockey District Match at Nanganallur
- ❖ S.V.Sindhuja & R.Nandhini won 1st prize in Interdepartmental Rangoli Competition
- ❖ Our Students interviewed Mr. Prabhu Solomon, the Director Of Maina, organized by Imayam channel.

ALUMNI MEETING

Alumni Association meeting was held on 7th August 2010 at our college auditorium. Our college Principal **Dr.T.Sumitra** addressed the gathering and she expressed her happiness about their overwhelming response. She urged the students to participate in the alumni association activities regularly. Old students from different discipline shared their experiences and recalled their memories in our campus. The committee organized an entertainment, game and refreshments for the alumnae and the prizes were distributed to the winners.

CERTIFICATE COURSES SKILL BASED

I years- Compulsory Course (Feb-March)

Communicative Skills- Sieger Training Consultancy Private Limited

II years - Compulsory Course

ADD ON COURSES (July to October)

1.Capital Marketing-Intel Management Center

2. Life Saving Techniques-Hindu Mission Hospital

3. Cosmetology-Venus Beauty Parlour

4.Apparel Designing-Chennai Tailoring Institute

5.Travel and Ticketing with Computer Reservation-Professional Training and Consultancy

6.Interactive Application-Redox Media and Entertainment

III year - Optional

"Employability Skills with Placement Aptitude"- Sieger Training Consultancy Private Limited.

PG Courses

I YEAR

Essential Spoken and Presentation Skills

Advanced Spoken and Presentation Skills

WOMEN ENTREPRENEURSHIP DEVELOPMENT CELL

"Entrepreneurs are simply those who understand that there is little difference between obstacle and opportunity and are able to turn both to their advantage"

Our college has been spearheading entrepreneurship movement with a notion that entrepreneurs need not necessarily be born, but can be developed through well-conceived and well-directed activities. In consonance with this belief, WEDC conducted various classes to train the students. They are: doll making, glass painting, artificial jewellery making, pot painting, block printing, making eco-friendly bags, vegetable carving and embossed painting.

'Coats India' in collaboration with 'Kumudham Snehidhi' conducted a workshop on EMBROIDERY on 19.2.2011 on the college premises. Nearly 120 students participated. They were trained in Anchor free-style embroidery, Counted thread embroidery, Kasuthi with mirror work, Kundan stonework and Chamundi stitches. Students' presence was appreciated by distributing participation certificates.

WEDC is going to be a trend-setter for those who want to whet their entrepreneurial skills.

FINE ARTS

Fine arts association has conducted a galore of inter departmental activities on 9/7/2010, 12/7/2010, 13/7/2010, 14/7/2010, 16/7/2010, 27/7/2010 and 28/7/2010. Many on-stage and off stage events were conducted and students were given a chance to exhibit their artistic skills.

Our students (B.Com and BCS) participated in "HINDU NXG CAMPUS JIVE 2010" and were selected for finals. They were mentioned specially and got the 5th place. Our student Devi Ganesh of I Viscom was selected to represent the University of Madras for interuniversity competition (Classical Dance) conducted by SASTRA of Tanjore.

INOX cinemas in association with JOY ALUKKAS conducted POOKOLAM competition contest on 23rd August 2010. P.Hemamalini and R.Srividya of III BCS students got the IIIrd price in this event. Our college students participated in the various colleges events and won prizes. Some of the colleges are

- 1) SIET college – our students got 2nd & 3rd prize in Quiz, 2nd prize in ADZAP, 2nd & 3rd prize in Adapt tune and 2nd prize in classical dance
- 2) D.G.Vaishnav College – our students received both 1st & 2nd Prize in variety entertainment and 3rd prize in Rangoli
- 3) SRM university- our students attended national level symposium. They received 1 place with a cash award of Rs.1000 under the event Treasure Hunt, and 2nd prize in ADZAP (Rs. 1000)

- 4) Kanyaka Parameswari College- our students received 2nd prize in Dual Dance, 2nd prize in Adapt Tune, 2nd prize in Gangsters (Variety Entertainment), 2nd prize in debate (tamil) (vasavi Tamil Mandram), 1st prize in ECO-Bag
- 5) Madras Christian College – our students received 3rd prize in Group Dance (Rs.3000)
- 6) Annai Vellankani College- our students received 3rd prize in Mehendi, 2nd prize in cooking without fire, 2nd prize in Bridal Make-up, 1st prize in Rangoli, 2nd Prize in face painting, 2nd prize in Art of Juice from waste, and 1st prize in story writing
- 7) Our college students bagged the overall winner shield

NCC

The 1(TN) AIR SQN NCC of SDNB VAISHNAV COLLEGE FOR WOMEN comprises of 35 cadets. First years 16 cadets, Second years 10, Third years 9. We are proud to place our record that Senior cadets have qualified in 'B' Certificate and 'C' Certificate examination. In the year 2010-11 our cadets successfully attended various camps conducted by the NCC Directorate of TAMILNADU, PONDICHERRY, ANDAMAN & NICOBAR.

ACHIEVEMENTS :

Kiruthika.K, Deepalakshmi.T, Brindha.S, Abinaya.S, Ranjani.M, Priyadharshini.D, Prathusha Devi.K, Raksha.R, Krupa.S, Devaki.S, Ambika.S, Gracy Emelda.J participated in COMBINED ANNUAL TRAINING CAMP (CATC) conducted at Sathyabama University, Solingnallur from 21-6-2010 to 30-6-2010. In [VSC] IGC Camp held in Pondicherry from 7-8-2010 to 17-8-2010 Kiruthika.K won second place in Firing (Range and Skeet), Gracy Emelda.J won second place in drill competition, Ranjani.M won second place in Firing (Skeet), Ambika.S won second place in Flying and the team won GOLD medal in Group song and Dance.

Kiruthika.K, Gracy Emelda.J, Ambika S participated in VSC LAUNCH TRAINING CAMP held at in Tambaram Air force Station. Ambika S participated in VAYUSANIC Camp. [VSC] the main camp held in BANGALORE. In RDC Pre IGC 1 Camp held at Kancheepuram from 20-8-2010 to 29-8-2010, Deepalakshmi T, Abinaya S, Raksha R, Krupa.S, Priyadharshini D, Prathusha Devi.k, Devaki.S participated.

Deepalakshmi T, Abinaya.S, Raksha R, Krupa S, Priyadharshini.D, Prathusha Devi.k, Devaki.S participated in RDC Pre IGC 2 Camp and RDC Pre IGC 3 Camp Kancheepuram. In RDC IGC Camp, Deepalakshmi T, Abinaya.S, Raksha R, Krupa S, Priyadharshini D, Prathusha Devi.k, Devaki.S participated and won 3rd place in Contingent Drill, 1st place in Group song, 2nd place in Group dance, 1st place in Flag Area and Line Area, 1st place in NIAP [Main-Abinaya S and Priyadharshini.D] Raksha.R [Main Placard Holder] and Prathusha Devi.K participated in PM Rally and won SILVER Medals. Abinaya.S got 1st place in Cherry Blossom. Abinaya.S, Raksha R, Priyadharshini D, Prathusha Devi k in Pre RDC camp held in Trichy from 12-11-2010 to 21-11-2010

In CULTURALS CAPSULE CAMP, Prathusha Devi.K was the only cadet who took part in Ballet dance competition which was held in PONDICHERRY from 25-11-2010 to 4-12-2010. Cadet Abinaya.S attended the SSB Coaching Camp in Officer Training Academy Gwalior from 2-01-11 to 16-01-11 and participated in Individual Drill, obstacles, Extempo, Trekking and culturals. In REPUBLIC DAY PARADE held at Chennai Marina, Raksha.R, krupa.S, Abinaya.S, kruthika.K, Priyadharshini.D, Gracy Emelda.J, Deepalakshmi.T participated in the parade on 26-01-11 representing 1(TN) AIR SQN NCC Chennai.

NATIONAL SERVICE SCHEME

"Service to humanity is service to God"

Our NSS volunteers participated in social activities and showed that their enthusiastic involvement in their services. Our college has got 5th place in Book Donation organized by Mr. Thiruvassagam vice chancellor, University of Madras. A rural camp was conducted at Nagai Keni and Chandran Nagar, to create awareness in AIDS, cleanliness, road safety and the importance of education. A group of NSS volunteers went on a procession near Chrompet railway level crossing and created awareness among the public regarding safety in crossing the track, through their slogans. We visited orphanage center 'Arumbugal' and donated some stationery items, gifts to the children. Various competitions were conducted among the children and prizes were distributed. Yoga class was conducted. Meditation, a part of yoga has given mental strength and spiritual vibration to the students. During the camp, the students inculcate the qualities like, co-operation, adjustability, discipline, team work, a sense of responsibility and service mindedness.

NSS Regular Activities

- Participated in Road safety programme near Chrompet signal
- Traffic Regulation activities
- Service in Akshaya old age home(Mudichur)
- Participated in AIDS awareness programme conducted by Red-Ribbon Club
- Book arrangement in our college library
- Enthusiastic participation in Independence Day and Republic day celebration
- Participated in handloom project, organized by University of Madras
- Participated in Fire Demonstration programme

PLACEMENT CELL

The college has a very active Training and Placement cell. The Department organizes campus Interviews every year to facilitate suitable employment for the final year students immediately after graduation. Renowned Corporate Organizations from all over the country come to the campus for interviews and recruit the students. An exposure to a good work culture in the beginning of the students' professional life guarantees success in all their endeavors. We at Training and Placement cell, provide our students with the best avenues to utilize their skills by helping them find gainful employment with the best firms.

The college has provided complete infrastructure for effective functioning of the cell. Training activities are organized throughout the year in an effort towards preparing the prospective students for the campus selection programs. The cell keeps on inviting various industries and reputed firms for campus recruitment. The cell is sensitized to function all through the year towards generating placement and training opportunities for the students.

PLACEMENT RECORD ON CAMPUS

Name of the Company	Total No. Of Students Selected
CTS (Technical)	19
WIPRO(BPO) VOICE	-
MAVERIC	1
CTS(ACCOUNTS&FINANCE)	14
CTS(BPO)	16
CTS(Technical)- LITERATURE & VISCOM	4
DELL SERVICES(BPO)	18
AJUBA(BPO)	265 (Still in process)
CSS-CORP(BPO)	6
MAERSK(BPO)	37
GLOBAL SCHOLAR	-
RR DONNELLY(BPO)	17
TNQ(Books and Journals)	22
FIRST SOURCE(BPO)	65(Still in process)
Aspire Systems	5
HCL(BPO)	8
	32 on the job training
ARAVIND LABORATORIES(Eyetex Dazzler)	9 (Still in process)
TOTAL	167

OFF CAMPUS

Name Of The Company	No. Of students selected
TCS (TECHNICAL)	3
CTS (TECHNICAL)	1
TOTAL	4

SIFE (Students Inform Enterprises)

SIFE is our international organisations where students do projects for the welfare of the community

CURRENT PROJECT : CHOCOLATE FOR TASTE -BUDS

This time the project adopted was Chocolate For Taste Buds. The community focussed was Women Self- Help Groups from Vandalur. Miss Samyuktha-a young entrepreneur, under the guidance of Mrs. Manjula accompanied us in helping these women in making chocolates under the supervision of our Faculty Advisor. This was taught with various materials like dry fruits, chocolates, sugar balls, white chocolates and even both mixed together. They were even taught how to pack the chocolates and prepare it for selling in the market. The women were from a normal background were very delighted to learn it as a source of earning a penny. The process is too simple for the women to prepare it by themselves without involving machine effects. Our college SIFE team participated at the Regional Competition held in Chennai.

SMRTI- World of innovation

Smrti, the college cultural fiesta, was inaugurated on 2nd September 2010. The Inaugural by itself proved to be a gala event with a long list of celebrities attending the function. Film actor Mr. Delhi Ganesh and Add Director Mr. L. Venkatesan inaugurated the function.

We bring out the hidden potential of the students by conducting various competitions which include,

- Classical dance
- Dumb charades
- Quiz
- Adapt tune
- Rangoli
- Classical vocal
- Mehandhi
- Group dance
- Tamil kavithai
- Light music
- Face painting
- Hindi oratory
- English oratory
- Bridal make-up
- Variety entertainment
- Ad-zap
- Tamil oratory
- Sanskrit recitation

We had overwhelming response from many colleges, more than 40 colleges has participated in various events conducted during SMRTI -2010

Apart from the above, Bhatt Memorial tournament which included cricket, Kho-Kho, etc as part of SMRTI was also conducted.

Ms. Saindhavi playback singer was invited as a chief guest for the SMRTI 2010 valedictory function.

ROTARACT

Our students do small deeds to the society which in turn might helps the nation as a whole Rotaract in our college has a galore of achievements to its credit. It conducted a seminar on VAT in Tamilnadu. Our college Rotaract club joined hands with Rotaract club of Stella Maris and Rotaract club of Presidency college and conducted a Medical Camp at Baby Sarah Home- Puducherry and Share and Care Orphan school and 41 children were treated for various diseases like Ortho, Optho, Cardiac and Dental. A Sum of Rs.6.2 Lakhs was raised to support the cause. Our Rotaract conduct various social awareness programmes.

ASSOCIATION ACTIVITIES

History



Guest Lecture



Fancy dress



Lectures : Contemporary History



Economics



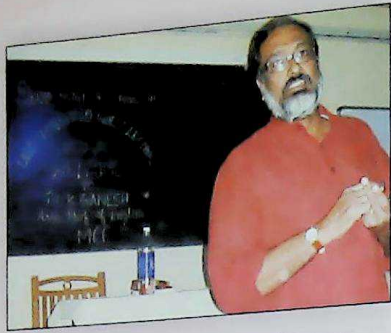
Dr. R. Rajkumar (Pro. & HOD ICE) Madras University
Eco. Department



Dr. P. Govindarajan - Registrar Vel's University



English



Dr. K. Ganesh - Lecture on Disapora



Dr. N. Bindu - Lecture on English for jobs

Maths



Mathematical Problem solving



Guest Lecture

Physics



Guest Lecture



Model Display

Statistics



Creative Singing



Dr. Mrs. Bala Srinivasan Asso. prof. MCC

Computer Science



Collage



Workshop in Progress

Plant bio-technology



Winners awarded



Chemistry



Dr. P. Aruna



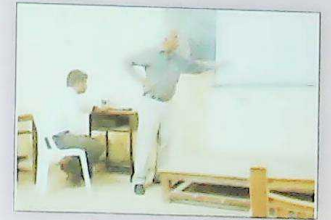
Guest Lecture



Lecture in Progress



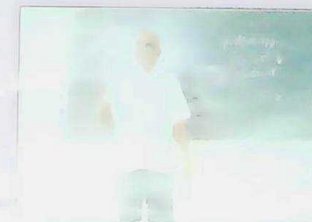
National Seminar



Solving Problems



Guest Speaker and audience



Guest Lecture



Tamil



Tamil Oratory



Dr. Valavan Principal
Valliamal Women's College



Dr. Mrs. Mythili Valavan
Valliammal College

Hindi

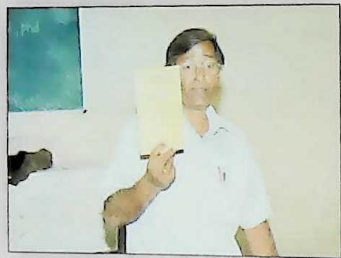


Dr. Shrabani - Stella Maris College



Teaching Report writing

Sanskrit



Guest Lecture
Zoology



Vermitech



Dr. C. Dhakshayani

Comfest



Dignitaries



Efficient Executive



Students at discussion



Suresh Babu - CEO Food king

Sife



Chocolate Making



Rotaract



Viscom



Audiance



Inagurating the fest



Appreciating the winners



Teaching the nuances

MSW



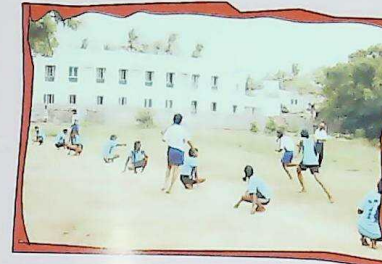
Smrti Cultural fest



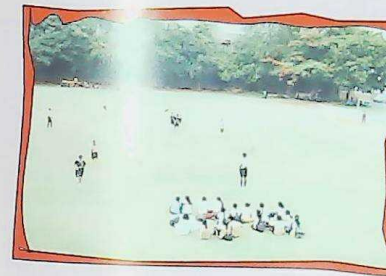
Mr. Delhi Ganesh



Mr. L. Venkatesan (Director)



Kho - Kho



Foot ball



Melodious moments



Lighting the Lamp



Bridal make up



Face Painting



Mehendi



Guests

Smrti Cultural fest



English Oratory



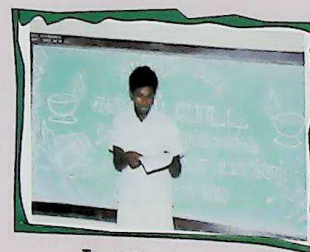
Tamil Oratory



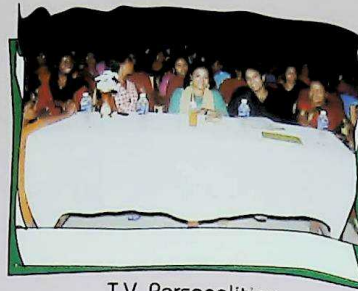
Dumb C



Prize winners



Tamil Poetry reading



T.V. Personalities



Street Play



Ms. Saindhavi (Playback Singer)



Classical Singing



Dancing to tunes

An Unforgettable Magnetic Personality.....

Some are born great
Some achieve greatness
And some have greatness thrust upon them



Only the rarest few in the world have achieved the first treat and most of the people in the world belong to the third category. But undoubtedly our Principal

- S : Simple
- U : Unique
- M : Magnanimous
- I : Incredible
- T : Tremendous
- R : Remarkable
- A : Altruistic

Dr. Sumitra has achieved the greatness by her whole hearted, sincere, devoted, and passionate work. The woman behind the remarkable growth and development of SDNB vaishnav college, and a role model for thousands of students and hundreds of staffs needs no preamble.

- One who knows nothing and thinks that he knows nothing is "Ignorant"
Pity Him
- One who knows nothing and thinks that he knows everything and feels proud is a "Fool"
Neglect him
- One who knows everything and thinks that he knows nothing is "Wise"
Follow him

Let us follow our Principal ma'm...!! Our Sumitra madam is a scholar and she has achieved million of things but still she is very simple and humble. Today whatever she is, it is definitely because of her hardwork and the golden good qualities she has.

The governing laws of a college should not be either too gentle or too severe. According to Benjamin Franklin:

"The Law of too gentle are seldom obey it, too severe seldom executed"
This pendulum should swing in between the two extremes in order to maintain discipline among students. All of us are aware that unless there is a close rapport and interaction between the Principal and students, the living process in the college will be a total failure and continuous vigilance is really required not to lose the aims of a reputed college. Finding a right balance might not be very easy but amazingly our Principal has maintained the right balance.

The sun is the source of light and heat and that's why there is only one sun that exists in the world. As G.K chesterton puts it:

"One Sun is Splendid, Six suns would only be vulgar"

Our Principal has the magnetic personality of the sun, and her dedication in her duty has transformed our student's playfulness and childishness into the joy of dedication.

Success is a journey, not a destination. Her journey of life is like a flowing river which gives a healthy message to the world. She has an ever charming and smiling face.

" A Good Teacher, Teaches
The Best Teacher, Demonstrates
An Extraordinary Teacher, Motivates"

It is this motivation that is inculcated in the young minds. The success of our Principal lies in the unshakable belief she has towards the students. Her greatness lies in her humility. If you want to command then learn obedience. Humility should be the basis for success. Humility is the strength of our principal. Service is her motto. She loves all and serves all. She has taught us about the significance of eternal values such as compassion, conservation and tolerance and above all has given us hope and emerged us to lead more fruitful life, so as to make us good human beings and no doubt that will enable us to become good citizens.

Our Principal is physically strong, mentally alert, emotionally stable, socially able, culturally sound, ethically excellent and spiritually fit. Our students state that it is a pleasure to converse with her. We forget the time factor when we converse with her. Even an hour seems like a second when we converse with her, whereas it may relate to the Einstein's theory of relativity
"When you are talking to a nice and loving person, an hour seems like a second,
When you sit on red hot cinder a second seems like an hour" that is relativity.

Madam...!!

The woods are lovely dark and deep
And I have promises to keep
And miles to go before I sleep
And miles to go before I sleep.
-Robert Frost

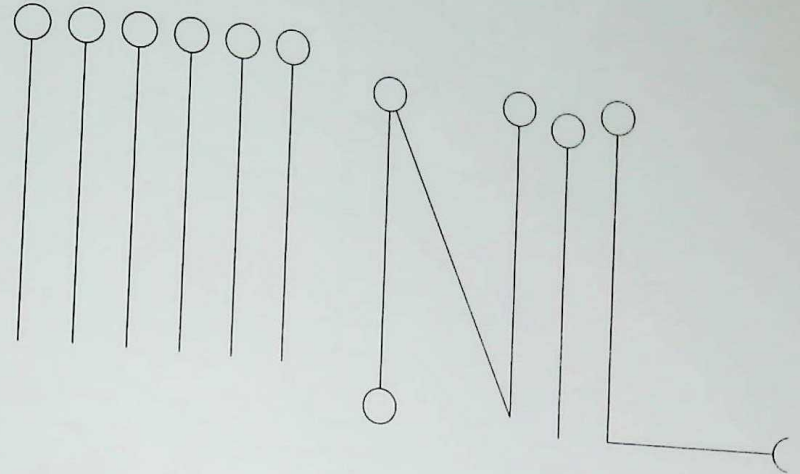
Even though you are retiring from our college, there is no end to your journey of dedicated work and achievements. We the students of SDNB pray to the almighty to bless this wonderful personality of multi various skills with fresh alacrity and everlasting will power which are the main features of brightening the future of each and every one of us under her loving and tender care.

Sai Janani S
BCom-"B" II year

PUZZLES TO PUZZLE YOU

1. The Six Matches

Shown in the sketch are six matches sticks can you rearrange them to make nothing?



2. Threes to make Thirty-One

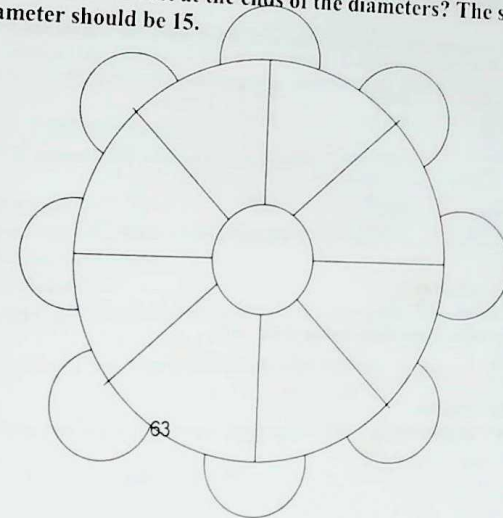
Can you write 31 using only digit 3 five times?

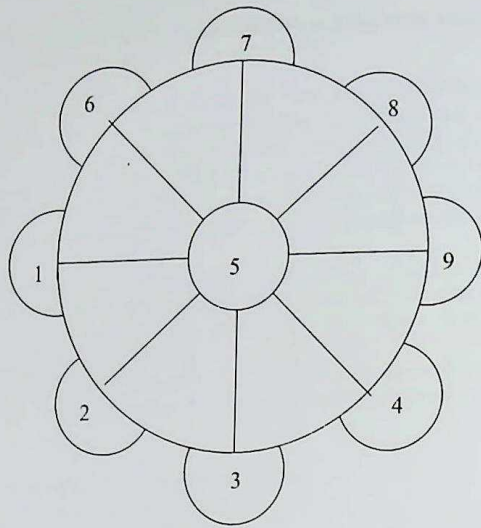
Ans:

$$3^3 + 3 + 3/3$$

3. Number Wheel

Here is a number wheel. Can you arrange the numbers 1 to 9 in such a way as to have one of them in the centre and the rest at the ends of the diameters? The sum of the 3 numbers on each diameter should be 15.





4. Substitute the question marks:
0,1,2,3,4,5,6,7,8,9

???
???
□□□□
□□□□

Using each of the digit given above and using each digit exactly once fill the question marks.

Ans: Here are four solutions. But with patience and pencil work you can find more.

7 6 5	8 5 9	3 6 4	8 4 9
3 2 4	7 4 3	7 2 5	3 5 7

□□□□	□□□□	□□□□	□□□□
1089	1602	1089	1206
□□□□	□□□□	□□□□	□□□□

5. Three digit number

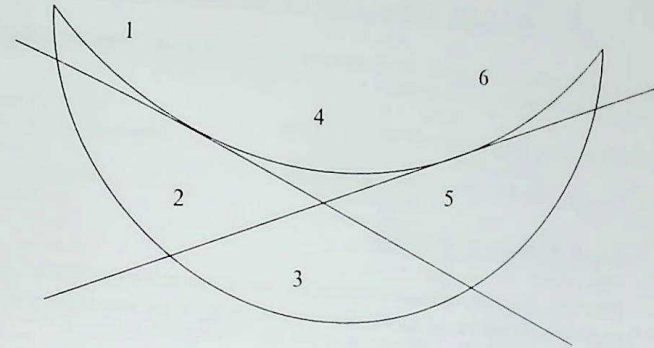
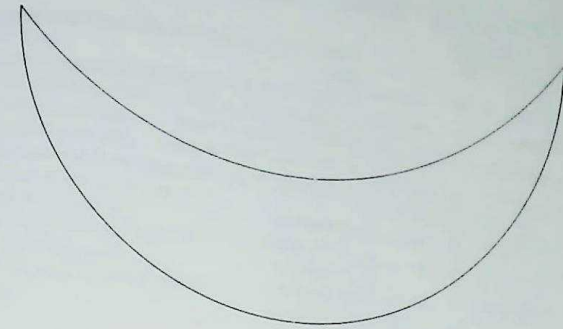
$$153 = 1^3 + 5^3 + 3^3$$

Can you find some other three digit numbers like this?

Ans: 370, 371, 407

6. Divide the Crescent

Here is a crescent. Can you divide it into six parts by drawing just two straight lines?



7. The Biggest Number

Can you name the biggest number that can be written with four 1's?

Ans: people often think of the number 1111 as the biggest number that can be written with four 1's. But there is a number many, many times greater than this number, namely: 11^{11}

$$11^{11} = 285311670611$$

As you can see 11^{11} is almost 250 million times greater than 1111.

8. The Sixteen Fours

How can you make a total of 1,000 by using sixteen 4's?

Ans: $444 + 444 + 44 + 44 + 4 + 4 + 4 + 4 + 4 + 4$

9. Do you have change?

Can you change a rupee note in such a way that there are exactly fifty coins?

No 2 paise coins.

Ans: 45 paise, 2 five paise, 2 ten paise and 1 twenty five paise.

EXCELLENT IS ALWAYS 100%

E - Stands in the 5 th place	- 5
X - Stands in the 24 th place	- 24
C - Stands in the 3 rd place	- 3
E - Stands in the 5 th place	- 5
L - Stands in the 12 th place	- 12
L - Stands in the 12 th place	- 12
E - Stands in the 5 th place	- 5
N - Stands in the 14 th place	- 14
T - Stands in the 20 th place	- 20
	<hr/>
	100

DO YOU KNOW THESE CITIES?

Here are the names of few "cities". See whether you have heard of them.

1. The city that will give you a shock.
2. The city that is fast.
3. The city that is wise.
4. The city that is truthful.
5. The city that is eloquent.

Answers:

1. Electricity.
2. Velocity.
3. Sagacity.
4. Veracity.
5. Loquacity.

DO YOU FIND ANY SIMILARITY?

Education, Communication, Automobile, Mountaineering, Permutation, Pulverization, Adventitious, Crematorium, Instrumentation, Mensuration.

Answers: All the above words consist of all the five vowels.

JOKES

1. Teacher : Who is the laziest in your class?
John : I don't know Sir.
Teacher : But I think you know. Anyway I will provide a clue. When all the others are doing their work, busy studying and writing their lesson, who is it that sits idly in his seat and watches the rest and does nothing else?
John : The teacher!
2. Teacher : Can you tell me something about 17th century scientist?
Student : Why not Madam?! They have all died.
3. An old lady carrying a heavy parcel to the post office.
Post man : Sorry. Your parcel is very heavy. You'll have to put more stamps.
Old lady : Idiot! If I put more stamps, it will become still heavier.

WHAT IS "MUSIC?"

J.CHITRA
II B.A. Eng Litt.

Melody
United with
Soulful
Inputs from
Culture

S.SOWMYA | B.com "B" (DAY)

BROAD VISION

Hey Indus mother, though started from India
Quenched the Pakistani's thirst,
But your sons and daughters had forgotten,
to inculcate the intention of your greatness.
Though we are unique in unity in diversity,
We didn't have faith on unity in strength,
Fighting and tormenting for useless frontiers.
When will the way to peace and harmony proceed?
Will discipline, truthfulness of our society
Dig a grave for white collar crime and corruption?
But you don't bother mother we are here,
We the young sprouts will create weed less India
There the routes are visible,
And it is possible
The days are being counted for the social weed to wear out
Your lithography can pursue the smile
We'll surely disclose you the brighter India.

EARLY MORNING

The world is in deep slumber,
But the Mighty Sun, as red as ember
Rose in full brightness
Amidst the morning-calmness
Ah!!! A new day is born ...

Music runs through my ears,
Is it the Mozart playing here?
No! Oh is the little nightingale
Crooning amidst the sudden but , a mild gale.
Ah!!! A new day is born ...

The trees groove gracefully,
to the rhythm of the west winds blowing ceaselessly.
Fresh air rushes into my nostrils,
giving a sense of feeling -brills.
Ah!!! A new day is born ...

Away from the bustling city,
My spirited self felt so mighty
My soul and the surrounding,
entered into a perfect blending.
Ah!!! A new day is born ...

Oh Lord! Give me yet another birth
to live in this beautiful Earth.
Yet another grace for this tiny creature,
to be one of with Mother nature.
Ah!!! How divine the morning is ...

SEVEN WONDER!!!

15873*7	=	111111
15873*14	=	222222
15873*21	=	333333
15873*28	=	444444
15873*35	=	555555
15873*42	=	666666
15873*49	=	777777
15873*56	=	888888
15873*63	=	999999

LIFE

We carry it,
We throw it,
We live it,
We waste it,
We are born with it,
We die with it,
But can we go back with it?
Ups and downs, twists and turns, sideways and back,
All have an end,
Just like life,
This journey indirectly shows what it is,
Do we care for that?
We don't get enough of it, do we?
always asking for a second chance.
We may be selfish, but that's just us,
Life just needs to live with us, the selfish ones

M.ARCHANA IYER
II PB&PBT.

BRAIN TWISTERS

1. A cube root of 4913 is 17. What is the peculiarity here?
2. Use the numbers only 8 times and make a total of 1000.

Answer:

1. 4913 is the cube of 17. The peculiarity of this is that the sum of its digits is 17 as well (4+9+1+3=17).
2. 888
88
8
8
8

1000

AROUND THE WORLD WITH SOCIAL NETWORKING

"Hey dude! Did you check out the video I posted yesterday on ma wall Ash?!" Arnab asked Ashwin... "No dude!! I'll check out today!" Ashwin answered. Overhearing this one fine morning on the train... two years back I wondered what was supposed to be a wall?! And posting a video there?!!

Hmmm! Then it struck me! Yeah man! It is era of social networking!
Social networking is customarily the grouping of individuals into specific groups, like pint-sized rural communities or a neighborhood subdivision. Although social networking is feasible especially in the workplace, universities, and high schools, it is most trendy online.

BASICALLY..... WHAT IS AN ONLINE SOCIAL NETWORKING?

When it comes to online social networking, websites are commonly used. These websites are known as social sites. Social networking sites (SNS) function like an online community of internet users. Many of these online community members share common pursuits in politics, hobbies, or religion. Once you are granted access to a social networking website you can begin to socialize. This socialization may include reading the profile pages of other members and even connecting to them.

"I AM NEW TO SOCIAL NETWORKING...WHAT DO I DO?"

My friend approached me one day asking, "Varsha... I am new to Facebook and I totally have no idea about it! Can you please introduce me into it?" So briefing about social networking sites, these sites tend to share some conventional features. Users are asked to create profiles containing various information about themselves and can upload pictures, post blog entries for others to read, search for other users and compile and share lists of contacts. The best part is that connected users can comment and share their views about posts!

"WELL, I DON'T HAVE A NET CONNECTION....."

Lately, mobile social networking has become ubiquitous. In most mobile communities, mobile phone users can now create their own profiles, make friends, participate or create chat rooms, hold private conversations, share photos and videos by using their mobile phone. Some companies provide wireless services that let their customers to form their own mobile community and brand it, but one of the most popular wireless services for social networking in North America is Facebook Mobile.

SO WHAT DOES IT GOT TO DO WITH THE SOCIETY?

Facebook and other social networking tools is increasingly the object of scholarly research. Scholars in many fields have begun to investigate the impact of social networking sites, investigating how such sites may play into issues of identity, privacy, social capital, youth culture, and education.

"HOW MUCH AM I GUARANTEED ABOUT MY SECURITY?"

- Never type anything into a profile page, bulletin board, instant that would expose you to unwanted visitors or the possibility of identity theft or malicious threats. This includes personal names and addresses, phone numbers, job titles, birth dates, schedule details, daily routines and business or family information
- Treat anything you see online — stock tips, advance news, personnel gossip and so on — with a high degree of skepticism. Some people even will lie in order to boost their persona.
- The Internet has a curious way of releasing personal barriers. Never type anything online that may affect you like barbaric claims, backbiting, obscenity and insults. Be cool and always think twice, thrice before typing
- If you're posting a picture or video to a social network site, make sure it is worth watching. Dress professionally as well.
- People on the Internet are not always who they seem to be! Many instances illustrate this!! BE CAREFUL!
- All major social network services have specific privacy guidelines published on the site. Read and understand these documents, since they include the types of information that they will reveal to others in the site. If you are not comfortable with the terms, don't use the service.

Facebook addiction may turn even addictive... as many of us are one already!! So let's know our do's and don'ts in social networking sites and make the perfect use of them to connect with friends and to propagate only good to the world!

Ending it up with a small famous joke... that may even turn real in the future!!

Dad writes on Son's wall....

"Son, how have you been?

Your Mom and I are fine.

We miss you a lot.

We wish to see you...

So please turn off your PC and

Come downstairs for Dinner".

So my friends.....

FACE YOUR BOOK CAREFULLY WITH FACE BOOK!!

THINK BEFORE YOU TWEET!!

MIND YOUR SPACE IN MYSPEACE!!

VEGETARIANISM

Vegetarianism, I define as eating and following a diet which subsumes fruits, vegetables, cereal grains, nuts, and seeds, with or without or eggs. The American Dietetic Association and Dietitians of Canada have stated that at all stages of life, a properly planned vegetarian diet is "healthful, nutritionally adequate, and provides health benefits in the prevention and treatment of certain diseases". It is the key to good physical and mental health.

- So why do I prefer Vegetarianism??

I personally feel that by consuming animal products we cause an ill treatment to the animal community. Moreover our teeth, jaws, digestive system support a diet that emphasizes plant foods. Vegetarianism is natural for man. Some people embraced vegetarianism later in their life, par example; George Bernard Shaw (the well-known writer) ate meat for a quarter century of his life. When he was twenty-five, he became a vegetarian. He wrote that it was the poet Shelly "who opened my eyes to the savagery of my diet." He quoted two lines from Shelly's book "Never again may blood of bird or beast stain with its venomous stream a human feast!" Shaw lived a strict vegetarian till he died at the age of 95. He said, "Meat is poison to the system. Animals are fellow creatures. I feel a strong sense of kinship with them. It is beneficial to one's health not to be carnivorous." Shaw was not only a vegetarian but never used alcohol in his diet, though he was married to a non-vegetarian

- Jainism and vegetarianism

Jainism is ancient religions of India Jains are vegetarians because they believe in nonviolence. Violence means to kill. If one does not take proper care of one's body and mind, one is committing violence of self. Thus vegetarianism helps to avoid violence of self.

- How are we different from carnivores?

CARNIVORES	HERBIVORES	HUMANS
Have claws for killing	Have no claws	Have no claws
Sharp front teeth for tearing meat	No sharp front teeth	No sharp teeth
Stomach acid is twenty times strong	Weak acid in stomach	Weak acid in stomach
Perspire through tongue	Perspire through skin	Perspire through skin

In general, vegetarians perk up from fatigue faster, are more efficient, and have better health, than non-vegetarians

- Killing and non vegetarianism

Scads of animals are killed for non-vegetarian food every year while in most cases, plants don't have to be killed for obtaining vegetarian food. Some people think that they cannot get enough protein from vegetarian food. This is not true. Vegetarian food can furnish all necessary nutrients. PETA provides many diet charts by way of helping people to resort to vegetarianism

Vegetarianism and celebrities

Here is a list of celebrities and great personalities who were/are strict veggies:
 Abdul Kalam Dr., President of India and Space Scientist
 Albert Einstein, renowned scientist
 Bryan Adams, singer and songwriter
 Leo Tolstoy, Russian writer and philosopher
 Michael Jackson, singer and The King of Pop
 Nikola Tesla, physicist and inventor
 Pamela Anderson, actress
 Rabindranath Tagore, Eastern Indian philosopher
 Shania Twain, Canadian country singer
 The list continues.....

SWARNA VARSHA GURUMOORTHY,

III BSc. PHYSICS

FUN WITH 3

37*3 = 111
 37*6 = 222
 37*9 = 333
 37*12 = 444
 37*15 = 555
 37*18 = 666
 37*21 = 777
 37*24 = 888
 37*27 = 999

FUN WITH MATH

123456789*18 = 22222222
 123456789*27 = 33333333
 123456789*36 = 44444444
 123456789*45 = 55555555
 123456789*54 = 66666666
 123456789*63 = 77777777
 123456789*72 = 88888888
 123456789*81 = 99999999

*Here is a number which will give you a lot of surprises. This magic number is 142857.

142857*1 = 142857
 142857*2 = 285714
 142857*3 = 428571
 142857*4 = 571428
 142857*5 = 714285
 142857*6 = 857142

If we multiply 142857 with 2, 3, 4, 5, 6 we would get the same number in the same order starting in a different place each time.

WONDERFUL PYRAMID

9*9 +7= 88
 9*98 +6= 888
 9*987 +5= 8888
 9*9876 +4= 88888
 9*98765 +3= 888888
 9*987654 +2= 8888888
 9*9876543 +1= 88888888
 9*98765432 +0= 888888888

MATHEMATICS

M - Memory
 A - Accuracy
 T - Talent
 H - Hard work
 E - Enthusiasm
 M - Mental practice
 A - Attention
 T - Tact
 I - Intelligence
 C - Calculation
 S - Sincerity

G.SHRI DEVI II B.Sc MATHS(DAY)

FASCINATING FACTS ABOUT DOGS

- The Great Dane breed of dog originates from Germany.
- The Greyhound is the fastest Dog on earth and can run 45 miles per hour for short periods of time.
- The Irish wolfhound is the largest dog.
- The Great Dane is the tallest dog.
- The Chihuahua is the smallest dog.
- The St. Bernard is the heaviest dog.
- The Chow Chow dog has a black tongue.
- When a dog bays at the moon, it is following its basic instinct to call the pack together.

Complied by, Aswine.G.R B.A.Eng III.

MISTAKE

- When the minister makes a mistake,
It's a new law.
- When the scientist makes a mistake,
It's a new invention.
- When the teacher makes a mistake,
It's a new lesson.
- When the parents make a mistake,
It's a new generation.

FRIENDSHIP.....

Friendship is a boon,
 when it is rightly used.
 Friendship is a curse,
 when it is misused.
 Friendship is a philosophy,
 when it is experienced
 Friendship is a crime,
 when it is betrayed.
 Friendship is a weed,
 when it is helpless.

G Pradeepa 1st B.Com ('B')

- When the tailor makes a mistake,

It's a new fashion.

- When the barber makes a mistake,

It's a new style.

But!!!!

- When a student makes a mistake,

It's a mistake.....

I.Kalaivani 1st B.A.Eng

NO KIDDING

Me and my Dad
 -My dad is old
 -I'm 18 years old
 -My dad is short-tempered
 -Me too short-tempered We are continents apart
 -The only similarity between us
 He worked for the STATE-BANK
 I work for the BLOOD-BANK I KALAIVANI 1ST B A ENG

தமிழ்ப்பேரவை - 2010 - 2011

நமது கல்லூரியின் தமிழ்துறையின் பேரவை விழா 20-09-2010 அன்று காலை 11.00 மணியளவில் நடைபெற்றது. அவ்விழாவிற்குச் சிறப்பு விருந்தினராக வள்ளியம்மாள் மகளிர் கல்லூரியின் முதல்வர் முனைவர் திரு. வளவன் அவர்களும், முனைவர். திருமதி. மைதிலி வளவன் அவர்களும் கலந்து கொண்டு மாணவிகள் பயன் பெறும் வகையில் நமக்குள்ளே பல்வேறு சிந்தனைகள் உள்ளது. அதை சரியான முறையில் வெளிக்கொணர வேண்டும் என்பதை எடுத்துக் கூறினார். எல்லாவற்றிற்கும் மேலாக புரிந்து கொள்ளுதல் அவசியம் என்பதை உணர்த்தினார். மேலும் தமிழ் மொழியில் ஒலிப்பு முறையையும் எழுவாய் பயனிலை செயல்படுபொருள் என்பதில்லாமல் பேசினாலும் பிழையில்லை, ஆனால் மொழியோடு ஒத்துபோக வேண்டும் என்பதை அழகாக எடுத்துக்காட்டினார். இக்கருத்துக்கள் மாணவர்களுக்கு மிகவும் பயனுடையதாக இருந்தது.

தமிழ்ப்பேரவை - 2010

வ.எண்.	போட்டி	பரிசு	பெயர்
1.	பேச்சு	முதல்பரிசு	சு. நூரா முதலாமாண்டு, தாவர தொழில் நுட்பவியல்
	பேச்சு	இரண்டாம் பரிசு	வெ. ஸ்ரீதேவி இரண்டாமாண்டு வரலாறு
2.	கவிதை	முதல் பரிசு	ர. ரேகா இரண்டாமாண்டு கணிதவியல்
	கவிதை	இரண்டாம் பரிசு	ஜஸ்வர்யா இரண்டாமாண்டு (மாலை) கணிதவியல்
3.	கட்டுரை	முதல் பரிசு	து. திவ்யா இரண்டாமாண்டு, கணிப்பொறியியல்
	கட்டுரை	இரண்டாம் பரிசு	கோ. சங்கீதா இரண்டாமாண்டு, கணிதவியல்
4.	சிறுகதை	முதல் பரிசு	ர. ரேகா இரண்டாமாண்டு கணிதவியல்
	சிறுகதை	இரண்டாம் பரிசு	து. திவ்யா இரண்டாமாண்டு, கணிப்பொறியியல்
5.	செய்கைமொழி	முதல் பரிசு	சை.ர. ஷபானா, ரா. ராகவி, ர. நந்தினி இரண்டாமாண்டு இயற்பியல்
		இரண்டாம் பரிசு	து. திவ்யா, ப. மீனா, இ. யுவராணி இரண்டாமாண்டு, கணிப்பொறியியல்

**தமிழ்த்துறை
அனைத்துக்கல்லூரிகட்டு கிடைசிலான போட்டிகள் 2010-2011**

வ.எண்.	போட்டிகள்	கிடம்	பெயர்	பரிசு
1	பேச்சுப்போட்டி	டாக்டர். எம்.ஜி.ஆர். ஜானகி கல்லூரி, சென்னை	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	பங்கேற்பு சான்றிதழ்
2	பேச்சுப்போட்டி	டாக்டர். தருமம்பாள் சுழற் கேடயப்பேச்சுப் போட்டி சென்னை மாணவர் மன்றம்	ர. ரேகா, இரண்டாமாண்டு கணிதவியல் சு. நூரா, முதலாமாண்டு தாவரவியல் மற்றும் தாவர தொழில்நுட்பவியல்	முதல் பரிசு+ ரூ.500 + சுழற்கேடயம் பங்கேற்பு சான்றிதழ்
3	கவிதைப்போட்டி	எஸ்.டி.என்.பி. வைணவ மகளிர் கல்லூரி, சென்னை-44.	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	முதல் பரிசு + சான்றிதழ்
4	சிறுகதை	எஸ்.டி.என்.பி. வைணவ மகளிர் கல்லூரி, சென்னை-44.	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	முதல் பரிசு + சான்றிதழ்
5	பேச்சு	இந்துக் கல்லூரி, பட்டாபிராம், சென்னை	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	முதல் பரிசு ரூ. 1000/- + புத்தகம் சான்றிதழ்
6	கவிதை	ஜெ.எச்.ஏ. அகர்சன் கலை மற்றும் அறிவியல் கல்லூரி, மாதவரம், சென்னை	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	ஆறுதல் பரிசு ரூ. 100/- + சான்றிதழ்
7	வினாடி-வினா	மாணவர் கம்பர் விழா. கல்கரல் அகாடமி, குரோம்பேட்டை.	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	முதல் பரிசு ரூ. 2000/- + கேடயம்
8	பேச்சு (கருத்தரங்கம்)	மாணவர் கம்பர் விழா. கல்கரல் அகாடமி, குரோம்பேட்டை.	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	பங்கேற்பு சான்றிதழ்
9	பேச்சு	ஸ்ரீ கன்யகா பரமேஸ்வரி கலை மற்றும் அறிவியல் கல்லூரி, சென்னை.	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	இரண்டாம் பரிசு + சான்றிதழ்
10	கருத்தரங்கம்	பொதிகை தொலைக்காட்சி 'காரசாரம்' நிகழ்ச்சியில் பங்கேற்பு	ர. ரேகா, இரண்டாமாண்டு கணிதவியல்	

சிறுகுகள்

காற்றில் ஓர் அரங்கம்
அங்கே...
கால் பரவாமல்
நிற்கும் ஒரு வித்தை...
நம்பமுடியவில்லை

கண்ணுக்குத் தெரியாத
கயிறொன்றைப் பிடித்திருக்கிறாயோ?
என் ஐயமனத்தில்
ஒரு கேள்வி.

“நாங்கள் இருக்கின்றோம்,
இருக்கின்றோம்.” - என்று
அதிவேகமாய் அடித்துக்கொள்ளும்
உன் சிறுகுகள்
பதிலாய்...

உன் சிறுகுகளால்
அறையப்படும் காற்று
என் முகத்தில் அறைய
துடிக்குது ஆசை.

ஓரிடத்தில் நிலைக்காத சிறுகுகள்
ஆனால்...

உன் முழு உடலையும்
காற்றில்
நிலை நிறுத்தும் அவை
நங்கூரமாய்

நிலையாமையால் நிலைத்து
பூமியின் முரணைப்
பிரதிபலிக்கிறாயோ?

அந்தரத்தில்...
தரைநேராக நிற்கும்
உன் பூஞ்சொர்க்கம்.

பூக்களும்,
வண்ணங்களும்,
நறுமணங்களும்,
மட்டும் அதில்.

மேலே ஜிவ்வென்று ஏறி,
கீழே சட்டென்று இறங்கி,
மூன்று சுற்றுகள் சுற்றி...
உனக்கு மட்டும்
எளிதில் புலப்படும்
பூக்களின் பாவை

பூக்களை
உயர்த்தித் தாங்கும்
காம்புகளுக்குப்
போட்டியாய்
உன் சிறகு பலம்.

உயர்ந்து நிற்கிறாய்
என் மனத்திலும்...
பூவின் மீதமராமல்
அதன் மென்மைக்கு மதிப்பளிப்பதால்
தள்ளி நின்று
தேனெடுக்கிறாயோ?

இல்லை,
அதன் அழகை படம்பிடித்துப்
புரிந்து கொள்ள
எட்ட நின்று
பார்க்கிறாயோ?

ஓயாத ஓட்டத்திலும்
இயற்கை ரசனைக்கு
நீ நேரம் ஒதுக்கி
நின்று நிதானிப்பதாய்ப்
படுகிறது எனக்கு.

பிறர் உழைப்பில்
வளர்ந்த தேனடைகளை
தீண்டுவதில்லை
உன் குழலழகு
சொந்த சிறுகுகளில்
சுயமாய் நிற்கிறாய்

நீ முணுமுணுப்பது எதை?
“ஓயாதே, உழை!” - என்றா?
“சோம்பாதே, செயலாற்று!” என்றா?

உன் முணுமுணுப்பைப் கேட்டு
உனக்கு பெயர் மட்டும்
வைத்திருக்கிறோம்.

.... நாங்களா?
கற்பனையில் இருக்கிறோம்
“நீ சிறகொடுக்கி இருந்தால்
எப்படி இருப்பாய்?” - என்று

ர. ரேகா
கணிதவியல்
இரண்டாமாண்டு

இந்த
உலகத்தின் எழிலைக்
கண்டேன்
உன்னால்

தாயின் ஏக்கம்

உன்னை
கமந்தேன், ஈன்றேன்
வளர்த்தேன் ஆனால்
இறுதியில் என்னை விட்டுவிட்டாய்
முதியோர் இல்லத்தில்!

கல்வி

என்
அறிவை உயர்த்தினேன்
உன்னை கொண்டு.

செ. பத்மபானு, பி.காம்
முதலாம் ஆண்டு

நட்பு

இறைவனால் நமக்கு அளிக்கப்பட்ட
ஓர் உன்னத உறவி
இரத்த பந்தமே இல்லாத
இரத்தத்தில் கலந்த உணர்வு
வாழ்வின் இலட்சியத்தை
எடுத்துரைக்கும்
தோல்வியின்போது தட்டிக்கொடுக்கும்
இன்றியமையாத நட்பு
நாம் படிக்கும் காலத்தில் மட்டுமே
நாம் பெருகின்ற உணர்வே நட்பு

நட்பின் அருமை

பழகும் முன் தனிமை
பழகிய பின் இனிமை
பிரிவு என்பதோ கொடுமை
பிரிந்தால்தான் தெரியும் நட்பின் அருமை.

இ. பாக்கியலக்ஷ்மி
பி.காம்
முதலாம் ஆண்டு

என் உயிர் தோழியே...
நான் துன்பப்படும் நேரத்தில்
தோள் கொடுத்து உதவினாய்,
நான் துவண்டு போகும் நேரத்தில்
உன் வார்த்தைகளால்
ஊக்கப்படுத்தினாய்,
நான் கண்ணீர் சிந்தும் நேரத்தில்
உன் கரங்களால் என்
கண்ணீர் துடைத்தாய்,
நாம் இன்று பிரிவின் விளிம்பில்
இருக்கிறோம்...
யார் நமக்கு உதவுவது?
யார் நம் நட்பின் இனிய நாட்களை
திருப்பித் தருவது...?

கோ. பிரதீபா, பி.காம்
முதலாம் ஆண்டு

ஒரு திருநங்கையின் குமுறல்

இறைவா நான் உன்னை கடுமையாக
நிந்திக்கிறேன்
உன்னைப் போல் ஒரு நம்மிக்கை துரோகி
எவரும் இவர்.
விறப்பால் ஒன்றுபட படைத்துவிட்டு
இடையில் எனக்கு மட்டும்
ஏன் இந்த நடுநிலைத் தன்மை?
அவ்வாறு இருந்தால் சூட பரவாயில்லை.
ஆனால்,
நான் ஏன் எல்லோராலும்,
ஒதுக்கப்பட வேண்டும்?
என் சகோதர சகோதரியினால்
ஒதுக்கப்பட வேண்டும்?
என் பெற்றோர் சூட
என்னை ஒதுக்கும்
இந்த அவதேகத்தைத் தந்தாயே...
நான் என்ன தவறு செய்தேன்?
திருநங்கையாக வாழ்வதற்கு...

பி. பத்மலா
ஆயுர்வியல்
முதலாமாண்டு

பால் நிலவு

கறுப்புப் பட்டாடையில் ஜொலிக்கும்
வட்ட மின்னல்
இருட்டு கடலில் மிதக்கும்
வெள்ளி ஓடம்
வைரம் போல் மின்னுகின்றாய் என்றால்
வடிவான வட்டமுகம் வைரத்திற்கில்லை
பால் போல் உன்றிற மென்றால்
ஒளிரும் திறம் பாலுக்கில்லை
சூரியன் போல் ஒளி வீசுகின்றாய்
எனினும் சுடுகின்ற குற்றம்
உந்தனுக்கில்லை
மின்னும் கண் மதியே
உனக்குவமை உலகிலில்லை

ர. பிரியா
இரண்டாம் கணிதம்

இளைஞனே!

தடுத்தாலும்
எழுகின்ற அலைகள்

உதிர்ந்தாலும்
பூக்கின்ற செடிகள்

தேய்ந்தாலும்
எழுகின்ற வெண்ணிலா

தோற்றாலும்
வெற்றி கொள்ளும் நம்பிக்கை

உன் பயம் என்னும் சிறையில்
நம்பிக்கை என்னும் சாவியைக் கொண்டு

விடைப்பெற்று வா,
எதிர்காலம் இருக்கிறது
இளைஞனே!

முயற்சி செய்தால்
முன்னேறலாம்....!

அ. பானு பிரியா
இரண்டாமாண்டு
ஆங்கில இலக்கியம்

தன்நம்பிக்கை

இருள் நிறைந்த வானில் தன்னை
வெளிச்சமாய் காட்டிக் கொள்ளும் நிலவு
அதுபோல் நானும் இருள் என்ற
பயத்தைப் போக்கி வெளிச்சம்
என்னும் கதையத்தால் முகத்தை
நிலவு போல் காட்டுவேன்.

விடுபட்டு செல்லும் ஆசிரியருக்கு

உன் வயிற்றில் பிறக்கவில்லை
என்று கவலைப்பட்டேன்
ஆனால்
இப்போது மகிழ்கிறேன்
உன் ஞானத்தில் பிறந்ததற்கு.

இ. பூயா
இரண்டாம் ஆண்டு
ஆங்கில இலக்கியம்

தேடல்

தன் வீட்டை
எங்கெங்கெல்லாம்
தேடியலைந்து தடுமாறியதோ
மரம் வெட்டின நாளின்
மாலையில் கூட்டை
அடைய திரும்பிய பறவை!

வறுமை

வான்மழை பொழிந்து
எங்கள் வீடே கப்பலாக மிதக்கிறது!
கால்வயிறு கூட நிரம்பாமல்
தூக்கமும் வராமல் தவிக்கின்றோம்!
விடிந்தால் வேலைக்கு செல்லவேண்டும்
என்கிறது மனநிலை!
வேலையில்லாமல் இருப்பதே எங்கள் நிலை!
நாய்களைக் காக்க சட்டங்கள் உள்ளன
எங்களைக் காக்க சட்டை போட்ட
மாந்தர் ஒருவருமில்லை!
உண்ண உணவு, உடுக்க உடை,
இருக்க வீடு என எதுவும்
இல்லாமல்,
விடியும் நாளெல்லாம்
நமக்கு புதிய விடியலாக இருக்காதா
என ஏங்கும் வறியோர்
உள்ளங்கள்.

ச. ஜெயலட்சுமி
இரண்டாமாண்டு புள்ளியில்

சிந்தனை சிறகுகள்

மனிதனை மனிதன்
மதிக்கும் காலம்
மண்ணில் பிறக்க
வேண்டும்.
வானில்
விண்மீன்கள்
சிறகடித்து
பறக்க வேண்டும்.
சின்னஞ்சிறு சிட்டுக் குருவிகளோ
தன் சிறகுகளைக் கொண்டு
பறக்கின்றன
ஆனால்! இந்த
மேகங்களோ! எதைக் கொண்டு
பறக்கின்றன
என்று தெரிந்திருந்தால் நானும்
பறந்திருப்பேன்
அதனோடு!....
ஓ! பறவையே

இப்புவலகில் வஞ்சகமானது
கூழ்ந்துள்ளது
அதனால் நீ செல்லும்
வானுலகில் ஓர் இடம் இருந்தால் சொல்
உடனே பறவையானது சொல்லுமாம்...
நானும் அதைத்தான் நீண்ட நாளாக
தேடிக்கொண்டிருக்கிறேன்
மனிதன் துன்பத்திற்கு அடிமையாகமல்
இன்பமாய்
பறவைப் போல் பறக்க வேண்டும்.

ஆ. சிலோ மீனா
இரண்டாமாண்டு
ஆங்கில இலக்கியம்

நட்பு

காதல் என்பது கலைந்து போகும்
மேகங்களைப் போல
நட்பு என்பது நிலைத்து நிற்கும்
வானம் போல
நான் மலராக இருந்தபோது - நீ
வாசமாக இருந்தாய்
நான் இதயமாக இருந்தபோது - எனக்கு
சுவாசமாக இருந்தாய்
உலகத்தில் இல்லை எனக்கு
உன் போல் உயர்ந்த நட்பு.

எஸ்.எஸ். அமிராமி
முதலாமாண்டு
வரலாறு & சுற்றுலா

குழந்தைத் தொழிலாளர்

கந்தல் துணி
பாட்டைத் தலை
எலும்பும் தோலுமாய்
உடல்
காரணம் கேட்டால்
அறைகூவலாய் வருகிறது
பதில் - அடிவயிற்றில் இருந்து
வறுமை என்று
வாழ்க்கையில் ஒரு
தடம் பதிக்க வேண்டும்
என்ற ஆசையில்
தடம் மாறும்
குழந்தைத் தொழிலாளர்கள்!
வருங்காலத்திற்காக
வருமானங்கள் அழியலாம்
வருமானத்திற்காக
வருங்காலமே அழியலாமா?
இரண்டாமாண்டு
கணிதியில்

து. திவ்யா
இரண்டாமாண்டு
கணிதியில்

கல்லூரி அன்னைக்கு பரிசு

வானளாவிய மரங்கள் மேகங்களுடன்
செந்தமிழில் பேசும்
பூத்துக்குலுங்கும் மலர்த்தோட்டங்களின் வாசம்
அங்கு வீசும்
மெல்லிய தென்றல் இளந்நங்கையின் ஆடை
தொட்டுச் செல்லும்
கலைவாணியின் இருப்பிடம் இதுவே என்று ஊர்
சொல்லும்
இங்குள்ள ஆசிரிய பெருமக்களின் அறிவும்,
திறமையும் - வளர்க்கும்
மாணவிகளின் கல்வித்திறனையும் ஆற்றலையும்;
இளந்தலைமுறையின் பல கலைகளையும்
தாண்டி வளர்ப்பதால்
இது ஒரு "பல்கலைக் கழகமே". ஆகும் கேள்ரி!
இளமைப் பருவத்தில் நீ இங்கு காணும்
யாவும் இனிமையே
காலங்கள் பல சென்ற பின்னும் உன் நெஞ்சை
விட்டு நீங்கா அவ்வெண்ணங்கள்
யாவும் பசுமையே
இயற்கை அன்னைக்கு நீ செய்யும்
கைம்மாறு "மாசற்ற சுற்றுச் சூழல்"....
உன் கல்லூரி அன்னைக்கு நீ தரும் பரிசு
"எஸ்.டி.என்.பி. வைஷ்ணவ் கல்லூரி பட்டதாரி -
இவள்" என்பதே

காவ்யா கே.
முதலாமாண்டு
வணிகவியல் (மாணல்)

உண்மையான நட்பு

மெழுகுவர்த்திக்கு உயிரைக் கொடுக்க தன்
உயிரை இழந்து விட்டது தீக்குச்சி...
தீக்குச்சியின் தூய்மையான அன்பினாலும் உண்மையான
நட்பினாலும் அதை நினைத்து நினைத்து உருகியது மெழுகுவர்த்தி...
தோழியே நிலவிற்கும் ஒரு நாள் விடுமுறை உண்டு
நம்முடைய நட்பிற்கு என்றுமே விடுமுறையே இல்லை...
தூண்டில் சிக்கிய மீனும் உன் அன்பில் சிக்கிய நானும்
எப்போதும் துடித்துக் கொண்டிருக்கிறோம்...
மீன் துடிப்பது அதன் விடுதலைக்காக ஆனால்
நான் துடிப்பது உன் நட்பிற்காக மட்டுமே...
வாழ்க்கை என்பது மொட்டுக்கள் நிறைந்த மலர்த்தோட்டம்
நாம் நட்பைச் சுவாசிக்கும் போது மட்டுமே...
அத்தோட்டத்தில் உள்ள மொட்டுக்கள் மலர்கின்றன
உன் மௌனத்தின் பின்னால் உள்ள வார்த்தைகளை...
யாரால் உணர முடியுமோ அவர்கள் தான் உனக்காக
இறைவனால் படைக்கப்பட்ட நண்பர்கள்...
தோழியே ஏனடி கவலைகளைச் சுமந்தக் கொண்டு
கண்ணீர் துளிகளைச் சிந்துகிறாய்...
நட்பை மனதில் எண்ணிக்கொண்டு என்னுடன் வந்து
இலட்சியங்களுக்காக இரத்தம் சிந்தி பார்...
உன் இதயத்தைக் கேட்டுப்பார் அதன் ஒவ்வொரு
துடிப்பிற்கும் ஒரு அர்த்தம் சொல்லும் ஆனால்...
என் இதயத்தைக் கேட்டுப்பார் அது துடிப்பதே
உண்மையான நட்பிற்காக மட்டுமே என்று சொல்லும்.

ச. அபர்ணா

வணிகவியல் - முதலாமாண்டு
மாலைக் கல்லூரி

எழுக

மலையிலிருந்து விழுந்த,
அருவி வெள்ளம்
ஜீவ நதியாக!

மண்ணில் விழுந்த,
வான்மழையின் துளிகள்
பயிர்கள் வளமாக!

பூமியில் விழுந்த,
செங்கதிரின் ஒளிகள்
உலகின் வெளிச்சமாக!

தரையில் விழுந்த
ஆல விழுதுகள்
மரத்தின் பலமாக!

கல்லில் விழுந்த,
உளியின் அடிகள்
வண்ண சிலையாக!

கொடியிலிருந்து விழுந்த,
மலர்கள்
சூடும் மாலையாக!

மூங்கிலில் விழுந்த,
துளைகள்
குழலின் இசையாக!

பாறையில் விழுந்த,
சிறு விதை
வாச பூவாக!

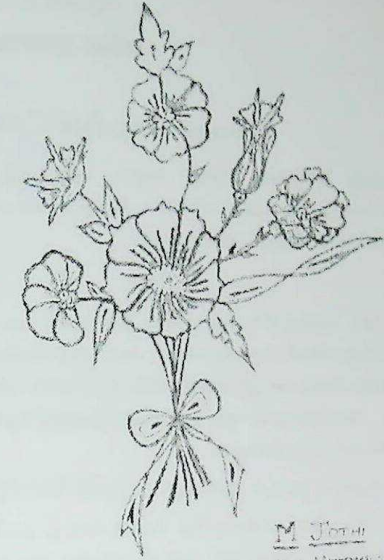
தீயில் விழுந்த,
பசுந் தங்கம்
பொன்நகையாக!

நெற்றியிலிருந்து விழுந்த,
உடன் வியர்வை
நல்உழைப்பாக!

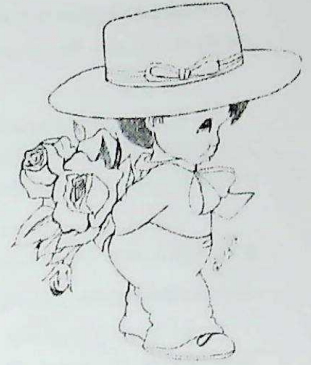
கடல் அலை
பலமுறை வீழ்ந்தாலும்
மீண்டும் எழுவதுபோல்

வீழ்வது வீழ்ச்சியென்று
எண்ணாமல் முயற்சி செய்து
எழுவது வாழ்வின் உயர்ச்சி!

நீ. மஞ்சு
இரண்டாமாண்டு
புள்ளியியல்



M. Jothi
10th A.S. ARTIST
2013



G. SURESH
10th A.S. ARTIST
2013



கட்டுரை
புதிய பாதை

முன்னுரை :

“பழையன கழிதலும் புதிய புத்தலும்”

என்பது நமது நாட்டில் வழங்கி வரும் பழமொழி. இந்த பழமொழி அனைத்து வகையான செயல்களுக்கும் பொருந்தும். புதிய பாதை - இந்த தலைப்பிற்கு மிகவும் பொருந்தும். நம் வாழ்க்கைக்கு வேண்டிய புதிய பாதையை பற்றிக் காண்போம்.

பொருளுரை :

நாம் செல்லும் பாதையில் சிக்கல்கள் இருந்தால் பல உபாதைகள் தோன்றும். எனவே தான் பலர் அந்த பாதையிலிருந்து விலகியிருக்கிறார்கள். பலர் அதிலிருந்து விலகி நடந்திருக்கிறார்கள். நாம் எப்போதும் பழைய பொருட்களை, பழைய வழிகளைப் பின்பற்றுவதால் அதிலிருந்து நமக்கு எந்தவொரு புது எண்ணமும் தோன்றுவதில்லை. ஆனால் நாம் ஒரு புதிய பாதையைத் தேர்ந்தெடுக்கும் போது அதிலிருந்து நமக்குப் பல புதிய புதிய எண்ணங்கள் பிறக்கின்றன.

பழைய பாதையை நாமும் பின்பற்றி நடந்தால் வரலாற்றில் நாமும் ஒரு மனிதராய் இருப்போம். நமக்கென ஒரு புதிய பாதையைத் தேர்வு செய்து நாம் வாழ்ந்தோம் என்றால் என்றுமே வரலாறாய் நாம் இருப்போம். நம்மை மற்றவர்கள் பின்பற்றுவதற்கு ஒரு உண்மையான காரணம் இருப்போம்.

அரசியலில் வேண்டும் - புதிய பாதை :

முற்காலத்தில் மக்களை காக்கவும் அவர்களின் பற்றாக்குறையை தீர்க்கவும் தான் தலைவர்களும், அரசியல் சட்டமும் இயற்றப்பட்டது. ஆனால் இப்போது அது தலைகீழாக மாறியுள்ளது.

“உன்பது நாழி உடுப்பவை இரண்டே”

உன்பதும் கொஞ்சம்தான், உடுப்பதற்கான ஆடையும் குறைவுதான் மக்களைக் காக்க தான் அதிக நேரம் என இருந்தனர் முற்காலத்தில். ஆனால் இப்போது அப்படி இல்லாமல், ஒரு வேலை ஆக வேண்டும் என்றால் லஞ்சம் வழங்க வேண்டும் என்றுள்ளது.

எனவே இந்த நிலை மாறி இதிலும் மீண்டும் நமக்கென்று ஒரு புதிய பாதை வேண்டும். ஆனால் இப்போது உள்ள அரசியல்வாதிகளிடம் யார் வெற்றி பெறுவது என்ற எண்ணம் தான் உண்டு.

பண்பாட்டில் வேண்டும் - புதிய பாதை :

நமது நாடு தொன்று தொட்டே “பண்பாட்டிற்கும்”, “நாகரிகத்திற்கும்” பெயர் பெற்றது. நமது நாட்டில் “விருந்தோம்பல்” என்ற சிறந்த பண்பு மேலோங்கி இருந்தது. தான் உண்பதற்கு இல்லையென்றாலும் பசி என்று வந்தவர்க்கு உணவு வழங்கி அவர்கள் பசியாற்றுவதைக் கண்டு தான் பசியாறுவார்கள். ஆனால் இப்போது “மேலைநாட்டு கலாச்சாரம்” என்ற பெயரில் நாம் நமது பண்பாட்டையும், நாகரிகத்தையும் மறந்து வருகிறோம்.

புதிதான உடை, நடை என்று தவறான பாதையை பல இளைஞர்கள் இப்போது தேர்ந்தெடுக்கின்றனர். இவை அனைத்தில் இருந்து மீண்டு நமக்கு நமது முன்னோர்கள் காட்டிய பாதையைப் புதிய பாதையாக தேர்ந்தெடுத்து வாழவேண்டும்.

மக்கள் எண்ணங்களில் வேண்டும் - புதிய பாதை :

நமது மக்கள் அன்று அடிமைகளாய் இருந்தார்கள் என்றுதான் 1947-ஆம் ஆண்டு அண்ணல் காந்தியடிகள் நமக்கு விடுதலை பெற்றுத் தந்தனர். ஆனால் இப்போதும் “முதலாளி” என்ற வர்க்கம் “தொழிலாளி” என்ற வர்க்கத்தினை அடிமைகளாய் நடத்துகின்றனர். மக்கள் ஜாதி, மதம், பேதம் என்று

மக்களைப் பிற்படுத்துகின்றனர். இதனை மேல்நாட்டு அறிஞர்

ஒரு யூதநாட்டினன் என்னைத் தேடி வந்தான் அப்போது நான் யூதனாக இல்லை ஒரு இஸ்லாமியன் என்னைத் தேடி வந்தான் அப்போது நான் இஸ்லாமியனாக இல்லை ஒரு மனிதனாக என்னைத் தேடிவந்தான் அப்போது நானில்லை

இதனையே நம் பாரதி அவர்கள்,

“எல்லோரும் ஓர் குலம்
எல்லோரும் ஓர் இனம்”

ஆம் நாம் நாட்டில் என்ன நடக்கிறது என அறிந்து நமக்கென ஒரு புதிய பாதையை உருவாக்க வேண்டும். ஒரு புதிய பாதையை ஏற்படுத்தி வாழவேண்டும். மனிதன் மானுடத்தைத் தேட வேண்டும். வெள்ளி என்னும் முத்து பிறந்து சாத, மத, பித்து என்னும் சனி தொலைந்தால் தான் ஞாயிறு என்ற சூரியன் பிறக்கும்.

முடிவுரை :

உழைக்கும் கூட்டம் அனைத்தையும் கொடுத்து என்றுமே வறுமையில் வாடுகிறது. அப்படி இல்லாமல் அவர்கள் அந்த நிலையில் இருந்து மாறி வாழவேண்டும் என்பதைப் பட்டுக்கோட்டை கல்யாண சுந்தரனார் பாடல் நினைவுப்படுத்துகிறது.

“காடு வெளஞ்சென்ன மச்சான் - நமக்கு
கையும் காலுமே மிச்சம்.”

நாம் இப்படி நடந்துவிட்டதே. இதை மாற்ற இயலாது என்று எண்ணிக் கொண்டிருந்தால் நம் வாழ்க்கை இருட்டில்ல்தான். ஒரு புதிய பாதையைத் தேர்ந்தெடுப்போம்.

இதையே நம் முண்டாசு கவிஞன்

“இனியொரு விதி செய்வோம்
அதை எந்த நாளும் காப்போம்.”

எனக்கூறி நமக்கு வழிகாட்டியாய் இருந்துள்ளார். புதிய பாதையில் சென்று பல வெற்றிகள் காண்போம்.



து. நிவ்யா
இரண்டாமாண்டு
கணினியியல்

சிறுகதை

விட்டில் பூச்சிகள்

நானும் அம்மாவும் மருத்துவமனைக்குப் போவதற்குத் தயாரானோம். யசோதா அத்தையைப் பெரும் காலவரத்திற்கு மத்தியில் மருத்துவமனையில் அனுமதித்திருந்தார்கள். நான் எனது பச்சை நிற இரப்பர் காலணியை அணிந்துகொண்டேன். அம்மாவுக்கு காலணி அணியும் பழக்கம் கிடையாது. மழையோ, வெயிலோ எந்தக் காலநிலையானாலும் அம்மா காலணி அணிவதில்லை. ஆனாலும் அம்மாவிடம் காலணி சோடியொன்று இருக்கிறது. அதனை அம்மா யாருடைய வீட்டிலாவது திருமணத்திற்கு அழைத்திருந்தால் அணிந்து கொண்டு போவாள். அங்கும் சமையல் வேலைகளை அவள்தான் பார்த்துக் கொள்ள வேண்டியிருக்கும். அணிந்து செல்லும் காலணியை சமையலறையின் மூலையில் கழற்றி வைக்கும் அவள் எல்லா வேலைகளும் முடிந்ததன் பின்னால் மீண்டும் காலணியை அணிந்து கொண்டு மணமகன், மணமகளைப் பார்த்துவிட்டு வருவாள். அவள் வீடு வரும் போது சாப்பாட்டின் மிச்சம் மீதிகளை எல்லாம் ஒரு காகிதப்பெட்டியில் போட்டு எங்களுக்காக எடுத்து வருவாள்.

அம்மா ஆகாய நீல சேலையொன்றை அணிந்து கொண்டிருந்தாள். எல்லா பயணங்களுக்கும் இதே சேலைதான். எங்கேயாவது உடுத்திக் கொண்டு போய் அழுக்காகி விடும் நாளில் வீட்டிற்கு வந்த உடனேயே கிணற்றடியில் கொண்டு போய் துவைத்து காயவைத்து எடுத்து மடித்து வைப்பாள். சாதாரணமாக வீட்டிலோ கூலி வேலைக்குச் செல்லும் நாட்களிலோ மேற்சட்டையும், சாதாரண சேலையும் மட்டும் தான்.

யசோதா அத்தை எங்கள் வீட்டிற்கருகில் வந்து குடியிருக்கத் தொடங்கி அப்பொழுது ஆறு வருடங்களாகி விட்டிருந்தது. எனது மாமா, அம்மாவின் தம்பி எங்கேயோ தூர இருந்த நரகமொன்றிலிருந்து பதினெட்டு வயதிலிருந்த யசோதா அத்தையைத் தன்னோடு அழைத்து வந்திருந்தார். ஆரம்பத்தில் அம்மாவுக்கு இது பிடிக்கவில்லை. பின்னர் போகப் போக யசோதா அத்தையின் நற்குணங்கள் அம்மாவை அவர் பக்கம் ஈர்த்தது.

அவர் வந்த சில மாதங்களில் தான் நான் பிறந்தேனாம். மருத்துவமனையில் பூர்த்தி செய்துக் கொடுக்க வேண்டிய பிறப்புச் சான்றிதழ் பத்திரத்தை யசோதை அத்தை தான் பூரணப்படுத்திக் கொடுத்தாளாம். அவள் நன்றாகப் படித்த பணக்கார வீட்டுப்பெண். அவளது வீட்டில் வேலைக்காரனாக இருந்த எனது மாமாவிடம் தன் மனதைப் பறிகொடுத்து அவளது நகை, பட்டுப்புடவைகள் அனைத்தையும் எடுத்துக் கொண்டு மாமாவுடன் வந்து ஒருநாள் விடியற்காலையில் எழுந்து வீட்டுக்கதவைத் தட்டியிருக்கிறார்கள். கதவைத் திறந்த அம்மாவுக்கு முதலில் ஒன்றும் புரியாமல் பிறகு புரிந்து தம் தம்பியைத் தீட்டித் தீர்த்திருக்கிறார். அப்பாதான் சமாதானம் செய்து, இருந்த ஒரு அறையையும் அவர்களுக்கு ஒழுங்குபடுத்திக் கொடுத்திருக்கிறார்.

தனது மகள், வீட்டு வேலைக்காரனோடு ஓடிப்போய் விட்ட செய்தி அறிந்ததும் வீட்டில் அவளைத் தலை முழுகி விட்டனர். அவர்கள் உயர்சாதிக்காரர்கள்; பெரும் பணக்காரர்கள்; இந்தத் தீட்டை அவர்களுக்குள் பூசிக்கொள்ள விரும்பவில்லை. ஆனால் யசோதா அத்தையிடம் இது குறித்தான எந்தப் பெருமையையும் காணமுடியாது. மிக இயல்பாக இருந்தாள். என்னை அம்மா வளர்த்ததை விடவும் யசோதா அத்தை வளர்த்ததுதான் அதிகம்.

அம்மா எந்நாளும் வீட்டில் இருக்கமாட்டாள். பெரிய இடத்து வீட்டு வேலைகள், கூலிவேலைகள் இப்படி ஏதாவதொரு வேலை அவளைத் தேடி தினசரி வந்துகொண்டே இருக்கும். யசோதா அத்தை தான் என்னை அன்பாகப் பார்த்துக் கொண்டாள். கிணற்றடிக்குச் சென்று தண்ணீர் இறைத்து என்னைக் குளிப்பாட்டி விடுவதிலிருந்து, அழகாக உடுத்திவிடுவதும், உணவு சமைத்து ஊட்டி விடுவதும் அவளது வேலையாக இருந்தது. இந்த வேலைகளை அவள் விருப்பத்துடனேயே ஏற்றுக் கொண்டிருந்தாள்.

மாமா திரும்பவும் ஒரு தொழிலுக்காக அலைந்துக் கொண்டிருந்தார். கிராமங்களில் பெண்களுக்கு எளிதாகக் கிடைக்கும் கூலிவேலைகள் கூட ஆண்களுக்குக் கிடைப்பதில்லை. நான் பிறந்த சில மாதங்களில் மாமா, அத்தையின் நகைகளை விற்று எழுது வீட்டிற்கு அருகிலிருந்த அவரது பூர்வீகக் காணியில் ஒரு சிறிய மண்குடிசையைக் கட்டிக் கொண்டார். அதுவரையில் எனது வீட்டில் தங்கியிருந்து அவர்கள் அன்றிலிருந்து

அத்தக் குடிசையில் தங்கள் வாழ்க்கையைத் தொடர்ந்தனர். நான் பெரும்பாலும் அவர்களுடனேயே இருந்தேன்.

எங்கள் வீடு இருந்த மேட்டுப்பகுதியிலிருந்து குறுக்குவழியில் பிரதான வீதிக்கு நடந்தோம். அங்கு உடம்பெல்லாம் எரிந்த நிலையில் உயிர் மட்டும் மிச்சமிருக்க யசோதா அத்தை வேதனையில் ஓலமிட்டார். அத்தைக்கேட்ட அக்கம்பக்கத்து ஆண்கள் தூக்கிச் சென்று மருத்துவமனையில் சேர்த்தனர். உடனே நாங்கள் மருத்துவமனைக்குச் சென்ற போது யசோதா அத்தையைப் பார்க்க முடியவில்லை. நானும் அம்மாவும் அங்கு தண்டனேறும் காத்திருந்தோம். இருட்ட ஆரம்பித்த பிறகு அங்கிருந்து வெளியேறி பேருந்தில் வீட்டிற்குச் சென்று கொண்டிருந்தோம். அப்போது செய்தியைக் கேள்விப்பட்டு பக்கத்து நகர உணவகம் ஒன்றில் வேலை செய்து வந்த அப்பா வந்திருந்தார். அம்மா அவரிடம் விவரம் கூறி அழுதாள்.

யசோதா அத்தைக்கு அதிர்ந்து பேசத் தெரியாது; அழகான பெண்; எப்பொழுதுமே அவர் கண்கள் சிமிக்கும். எந்தக் கவலையானாலும் முகத்தில் ஒரு புன்னகை இழையோடும். மாமாவின் பரம்பரையே அது போன்ற பெண்ணொருத்தியைப் பார்த்திருக்க முடியாது. தன்னை பள்ளிக்கூடத்திற்கு அழைத்துச் செல்ல எனது மாமாவைத்தான் வேலைக்காரனாக போட்டிருந்தார் எனவும் அது பின்னர் காதலாக அரும்பிற்று என்றும் அம்மாவிடம் யசோதா அத்தை கூறியிருந்தாள்.

அடுத்த கிராமத்தில் மாமாவுக்கு பலகை அறுக்கும் இடமொன்றில் வேலை கிடைத்தது. காலை உணவைச் சாப்பிட்டு விட்டு, மதிய உணவை எடுத்துக் கொண்டு அவர் தினமும் புறப்பட்டால் வீடுவர இரவாகிவிடும். அதுவரையில் யசோதா அத்தைக்கு நான்தான் துணை. அம்மா வேலை முடிந்து வீடுவரும் வரைக்கும் அவர் வீட்டில் விளையாடிக் கொண்டிருப்பேன். அம்மா வந்ததும், யசோதா அத்தையும் அவர் வீட்டுக்கதவைப் பூட்டிக்கொண்டு எனது வீட்டிற்கு வருவார். இரவில் மாமா வேலை விட்டு வரும் போது எங்கள் வீட்டிற்கு வந்து அத்தையை அழைத்துச் செல்வார். அப்பொழுது அவரிடமிருந்து கடுமையான சாராய வாடையடிக்கும்.

அவர்கள் தங்கள் வீட்டிற்கு போன சிறிது நேரத்திலேயே தாறுமாறான சத்தங்கள் அந்த வீட்டிலிருந்து கேட்கத் தொடங்கும். யசோதா அத்தை அடிவாங்கிச் சிவந்திருப்பாள். போதையிலிருக்கும் மாமாவுக்குக் கோபம் வந்தால் கையில் எது கிடைத்தாலும் அதைக் கொண்டு அடிப்பார். யசோதா அத்தை கைகூப்பி மன்றாடுவாள். அவளது பெற்றோர்கள் கூட அவளை இதுவரை அடித்திருக்க மாட்டார்கள். சில நாட்களுக்கு அம்மா ஓடிச்சென்று என்னவென்று விசாரித்துத் தடுத்தாள். பின்னர் அதுகூடச் செய்வதில்லை.

மாமாவுக்கு இன்னொரு பெண்ணிடம் தொடர்பு இருந்தது என யசோதா அத்தை சந்தேகப்பட்டாள். அம்மாவிடம் அது பற்றிக் கூறியபோது அம்மா யசோதா அத்தையைத் திட்டினாள். தன் தம்பியோ, தனது பரம்பரையோ அப்படிப்பட்டதல்ல என உறுதியாகக் கூறினாள் அம்மா. ஆனாலும் யசோதா அத்தை தனது சந்தேகத்திற்குரிய காரணங்களை எடுத்துக் கூறினாள். தான் கணவனுக்குச் சமைத்துக் கட்டிக் கொடுக்கும் சாப்பாடு ஒருநாள் அவர்கள் போகும் ஒற்றையடிப்பாதையிலிருந்து வேப்பமரத்தடியில் வீசப்பட்டிருந்ததாகக் கூறினாள்.

அம்மாவுக்குத் தனது தம்பி மேல் சிறிதும் சந்தேகம் எழவில்லை. யசோதா அத்தையைப் போல் அழகான பெண் இந்த சுற்று வட்டாரத்திலோ, பக்கத்து கிராமங்களிலோ இருக்க மாட்டாள் என்பது அவளது உறுதியான நம்பிக்கையாக இருந்தது. அவளை விட்டுவிட்டு இன்னொரு பெண்ணைத் தன் தம்பி நினைத்துக்கூடப் பார்க்கமாட்டான் என யசோதா அத்தையிடம் உறுதிப்படக் கூறினாள்.

யசோதா அத்தையின் மனது ஓரளவு சமாதானமாகி விட்டாலும் தொடர்ந்து மாமாவின் நடவடிக்கைகள் சந்தேகத்தைக் கிளறியபடியே இருந்தன. சில தினங்கள் மாமா வேலைக்குப் போனால் இரவில் வீட்டிற்கு வருவதில்லை. அத்தினங்களில் யசோதா அத்தை, மாமாவுக்காகக் காத்திருந்து காத்திருந்து எங்கள் வீட்டில் தான் தூங்கிப்போவாள். மாமா தன் வீட்டிற்கு வந்த நாட்களிலும் அவர்கள் சண்டையிட்டுக் கொள்ளும் சத்தங்கள் தான் எங்கள் வீட்டிற்குக் கேட்கும்.

அன்று அம்மா வேலைக்குப் போகவில்லை. மாமாவை வேலைக்கு அனுப்பிவிட்டு யசோதா அத்தை

எங்கள் வீட்டிற்கு வந்தாள். தனக்கு நன்றாக தையல் வேலை தெரியும் எனவும், யாராவது கொஞ்சம் பணம் கொடுத்தால் ஒரு தையல் இயந்திரம் வாங்கி வீட்டிலிருந்து துணிமணி தைத்துக் கொடுத்து சம்பாதிக்கலாம் என கூறிக்கொண்டிருந்த வேளையில் மாமா வந்தார். நன்றாக மதுஅருந்தி விழிகள் சிவந்திருந்தன.

அத்தை, உடனே அவருடன் வீட்டிற்குச் சென்றார். சிறிது நேரத்தில் தான் அந்த மரண ஓலம் கேட்டது. நாங்கள் அனைவரும் ஓடிச்சென்று பார்த்தபொழுது அத்தை தன்னுடலை எரித்துக் கொண்டிருந்த தீயின் மத்தியிலிருந்து அலறிக்கொண்டிருந்தார். தன்னைக் காப்பாற்றும்படி ஓலமிட்டுக் கொண்டிருந்த தீயின் குரல் அக்கம்பக்கத்திலிருந்தவர்களை எல்லாம் அவள் வீட்டிற்கு அழைத்து வந்திருந்தது. மாமா எங்கேயோ தப்பிவிட்டிருந்தார்.

பார்வையாளர் நேரமென்பதால் மருத்துவமனை நிரம்பிவழிந்து கொண்டிருந்தது. நோயாளிகளைப் பார்வையிட வந்தவர்கள் நோயாளிகளின் அருகில் அவர்களுக்கு உணவூட்டிக் கொண்டும், நலம் விசாரித்துக் கொண்டுமிருக்க, அம்மா அவர்களுள் யசோதா அத்தையைத் தேடினாள். பெண்கள் பகுதிக்கு பெற்றுப்பாக இருந்த செவிலியரிடம் விசாரித்தோம். யசோதா அத்தை அவசர சிகிச்சைப் பிரிவில் அனுமதிக்கப்பட்டிருந்தாள்.

யசோதா அத்தையின் உடல் முழுவதும் வெள்ளைப் பருத்தித் துணியினால் மூடப்பட்டிருந்தது. அவளது முகத்தைப் பார்த்து அதிர்ந்தேன். அழகான சிவந்த முகம், காது மடல் என முழுவதும் கருகி அதன் மேல் மஞ்சள் நிறத்தில் ஏதோ பூசப்பட்டிருந்தது. அம்மா அத்தையைப் பார்த்து அழுதாள். அம்மாவின் அழகை சத்தம் கேட்டு அத்தை கண் திறந்தாள். வலிக்கிறதெனக் கூறி முனகினாள். பூசியிருந்த மஞ்சள் களிம்பின் மேலாக அத்தையின் கண்ணீர் ஓடியது.

நாங்கள் அத்தையைப் பார்த்துவிட்டு வரும்போது மருத்துவமனை வாயிலில் அப்பா எதிர்பட்டார். அவரும் உணவகத்திலிருந்து நேராக அத்தையைப் பார்க்க வந்திருந்தார். பார்வையாளர் நேரம் முடிந்துவிட்டிருந்த காரணத்தால் அவரால் உள்ளே வரமுடியவில்லை. அம்மா, அவரிடம் நடந்ததைக் கூறினார்.

அன்று மாமா அத்தையிடம் அவரது காதணியைக் கேட்டுச் சண்டை போட்டிருக்கிறார். அத்தை கொடுக்க மறுக்கவே போதையின் பிடயிலிருந்து அவர் அத்தையின் மேல் மண்ணெண்ணெய் ஊற்றி எரிய விட்டுவிட்டு அங்கிருந்து தப்பிவிட்டார். காலை மருத்துமனைக்கு வாக்குமூலம் பெற வந்த காவல்துறையினரிடம் குடும்ப பிரச்சனை காரணமாகத் தனக்குத்தானே தீ வைத்துக் கொண்டதாக சொல்லியிருக்கிறார் யசோதா அத்தை. அன்று மாலை நானும், அம்மாவும், அப்பாவும் அத்தையைப் பார்க்கச் சென்ற போது அத்தை இறந்துவிட்டிருந்தாள்.

அதன் பின்னர் சடங்குகள் எல்லாம் நடந்தன. அத்தையின் பெற்றோருக்குத் தகவல் அனுப்பியும் யாரும் வரவில்லை. அன்று ஓடிப்போன மாமாவும் வரவேயில்லை. அவரைப் பற்றி தகவல்கள் கூடக் கிடைக்கவில்லை. இது நடந்து ஒரு வருடமிருக்கும். ஒருநாள் விடியற்காலையில் வீட்டுக்கதவு தட்டப்பட்டது. அம்மாதான் கதவைத் திறந்தாள். வாசலில்வ மாமாவும், கரங்களில் மாமாவின் சாயலையொத்த இருவயதுக் குழந்தையோடு பதினெட்டு வயதில் ஒரு பெண்ணும் நின்றிருந்தனர்.

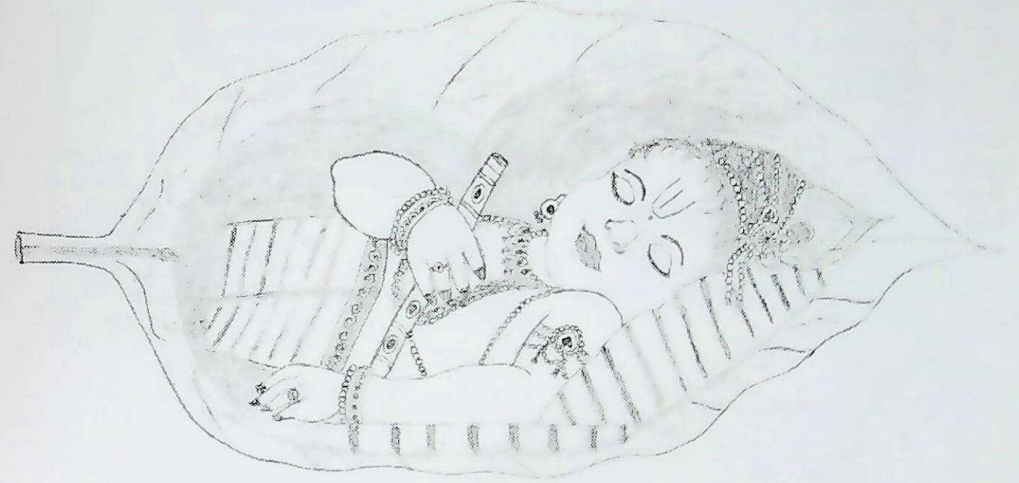
சிறு வயதிலிருந்து அன்போடு வளர்த்த பெற்றோரைத் தவிக்க வைத்துவிட்டு என் மாமாவை நம்பி வீட்டை விட்டு ஓடிவந்த யசோதா அத்தை இன்று என் மாமாவின் கையாலேயே கொல்லப்பட்டிருக்கிறாள். பாதியில் வந்த என் மாமாவிற்காக பெற்றவர்களையே உதறிதள்ளி விட்டு வந்த யசோதா அத்தை நம்பி வந்தவரின் கையாலேயே உயிரை இழந்தாள்.

இன்று யசோதா அத்தை மட்டுமல்ல எத்தனையோ பெண்கள் பெற்றோரை விட்டு காதலனை நம்பி வந்து இறுதியில் காதலன் கையாலேயே உயிரையும் இழக்கிறார்கள். எனவே,

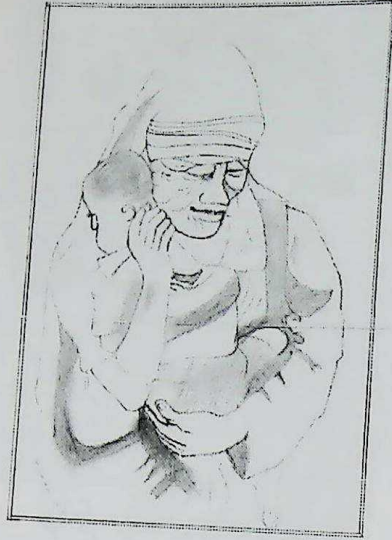
“பெண்களே ஆண்களை நம்பி ஏமாந்து, விட்டில் பூச்சியாய் வாழ்க்கையைத் தொலைக்காதீர்கள்”

ர. ரேகா
கணிதவியல்
இரண்டாமாண்டு

MOTHER TERESA



The Lasting symbol to celebrate the journey of heart



C. Durga Lakshmi
II Physics



R. Priya



Art by
A. S. Srinivas
11/11/2020



Art by
A. S. Srinivas
11/11/2020

கல்வித்தேரோட்டி

ஆயிரமாயிரம் மாணவ சித்திரங்களைக் கொண்ட
ஆசிரியர், மாணவியர், தீர்வாகும்,
ஆசிரியரல்லாத பணியாளர் என
நான்க சக்கரத் தீர்த்து
ஜுரைத் தலைவர்களும் வேகக் கதிரை யூட்டி
கீடு, கல்லூரி என இருவடம் பிடித்து
ஆக்க சக்தியும், ஆசிரியர் சக்தி தீரட்டி
தடைக் கற்களெல்லாம், வெற்றிப் படிக்கற்களாக மாற்றி,
கல்விப் பாதையைச் செப்பனிடடு
வழியெல்லாம் வெற்றி வாகை சூடி
பாரதி கண்ட புதுமைப்பண்ணையர்
அஞ்சா நெஞ்சம் கொண்ட தலைவியாய்
அபராஜ கல்வித் தேரோட்டி, வெற்றிக்கொடி காட்டி
புத்தூண்டிவு பலருக்கும் தந்து,
பணிகளை பெறும், நம் கல்லூரி முதல்வர்,

நின்றால் காற்று
நகர்த்தால் நெற்றல்
கீசினால் புயல்
சூழன்றால் சூறாவளி
கீழினால் சுனாமி
நணிக்நால் குளிர் நிலவு *
எழுந்தால் எண்ண அலை
முடிவின்மால் முகினேற்றம்
நிகைத்தால் செயலாக்கம்
எடுத்தால் முயற்சி அம்பு
நொடுத்தால் வெற்றிக் கனி

வைணவக் கல்லூரி வரலாற்றில் ஒன்பது ஆண்டு சித்திர நாயகி பெறலும் எனங்கள்
அகனத்தும் பரவலும் புலித் தீக்கெடும் என உளமாற வேண்டுகிறேன், அந்த உயவகளை



அன்புடன்

கி. சீதாலட்சுமி

ஜுரைத்தலைவர்

நாவா உயிரியல் மற்றும் தாவர நெருங்கிய பகிப்பல் ஜுரை

HINDI MAGAZINE 2011

शायरी

दोस्ती मिल जाती है कहानी बनकर,
दिल में बस जाती हैं निशानी बनकर,
दर्द होता है, जब वे बह जाते हैं,
आखों से पानी बनकर ।

Suchismitha bhattacharya

B.A (I yr Eng Lit.)

धूप का चित्रण

उफ ! यह गर्मी और यह धूप,
न दिखे हरी घास का कोई तिनका,
न गूँजे मधूर संगीत, न दिखती तितलियाँ,
उठ रही है हर तरफ से बस एक ही गूँज,

आओ सावन और मिटा दे यह धूप ।

PRIYANKA.R
I YR B.Sc (C.Sci)

लाडली बेटी

सजा नहीं सपना होती है बेटी,
माँ की छवी होती है ,
पिता का नाज होती है ,
नाजूक से पली, फूल सी कोमल होती है,
घर की शोभा, आँगन की तुल्सी होती है,
सब की लाडली होती है,
सुबह या शाम, धूप या छाँव,
हर मोड़ पर साथ निभाती है बेटी ।

B. DURGA DEVI

I YR B.Sc (C.Sci)

याद रखने योग्य बातें

वचन में होना है - सत्य
मन में होना है - प्रेम
गुण में होना है - अक्रोध
कर में होना है - दान

चित्त में होना है - दया

C. SARANYA

II YR B.SC (STATS)

स्त्री शिक्षा

आज के युग नवीन है । बिना शिक्षा कोई भी काम उच्च- स्तरीय नहीं हो सकता । आजकल स्त्री के लिए शिक्षा अनिवार्य हो गया है । समाज को शिक्षित स्त्रियों की आवश्यकता है ।

बच्चों के लिए माँ ही प्रथम गुरु होती है । एक शिक्षित माँ सौ शिक्षकों के सामर्थ्य रखती है । उदाहरण के लिए

शिवाजी अपनी धर्म-परायण माँ के कारण ही वीर राजा बने । गाँधीजी के सत्य और अहिंसा के पीछे उनकी माँ का धार्मिक रूप ही था । अतः बच्चों को अच्छी सीख देने के लिए स्त्री का शिक्षित होना आवश्यक है ।

शिक्षित होने के कारण ही इंदिरा गाँधीजी ने प्रधान मंत्री के रूप में भारत का नाम ऊँचा किया । साहित्यिक क्षेत्र में भी स्त्रियों का योगदान रहा है । महादेवी वर्मा का द्वितीय ज्ञान उनको अविस्मरणीय बना दिया है ।

शिक्षा एक सुंदर जिंदगी का द्वार है । परिवार को स्वस्थ रखने की जिम्मेदारी स्त्री पर है । इस हेतु स्त्रियों के लिए शिक्षा आवश्यक है ।

P.T. JEEVITHA

II YR B.Sc (C.Sci)

महँगाई की मार

हाय ये महँगाई

कित्ती को न भाई

उफ ! मेरे भाई ! करती सबकी बिचाई !

जब हम जाते हैं बाजार

खरीदने को अचार

निकल जाती है जब से पूरे महीने की पगार ।

अरे साहब, पूछो न कैसा लगता है झटका,

जब खरीदना होता है बच्चों का बस्ता

और बच्चों की किताबों का क्या कहना

अभी तो खरीदना होता है पत्नी का गहना

पत्नी पीछे से लगाती है बाँग, सुनो जी

कब चलोगे लेने को मेरा सामन ।

नेताओं की भरती है जब

परंतु अपनी तो फटती है जब

जैसे ही सुनते हैं ये पैगाम

कि बढ़ गये हैं दाम

तो अपना तो जीना हो जाता है हराम

और आता है सिर्फ यही याद

आम तो आम गुठलियों के दाम ।

हाय ये महँगाई की मार !

- NISHA RATHORE

B.COM (C.S) II YEAR

दस बातें जिनकी तुलना नहीं है

दान - कर्ण का
बाण - अर्जुन का
सौभाग्य - सावित्री का
सत्य - हरिश्चंद्र का
त्याग - भरत का
सतीत्व - सीता का
ताप - ध्रुव का
मित्रता - कृष्ण का
राज्य - राम का

- सिस्मी मिश्रा I YR BCA

धीरे धीरे INDIA ENGLAND हो रहा है

देश में DEVELOPMENT हो रहा है

PUBLIC में IMPROVEMENT हो रहा है

धीरे - धीरे INDIA ENGLAND हो रहा है

देश में DEVELOPMENT हो रहा है ।

दफतर नहीं RESTAURANT हो रहा है

काम से पहले REFRESHMENT हो रहा है

चमचा सिर पर PERMANENT हो रहा है

धीरे-धीरे INDIA ENGLAND हो रहा है

देश में DEVELOPMENT हो रहा है ।

दल बदल कर नेता चले

दल दल PARLIAMENT हो रहा है

गरीब बेचारा SILENT हो रहा है

नेता आजकल CORRUPT हो रहा है

धीरे-धीरे INDIA ENGLAND हो रहा है

देश में DEVELOPMENT हो रहा है ।

NISHA RATHORE, B.COM (C.S) II YR

कुरुक्षेत्र

तु क्षेत्र बनो
तु क्षेत्र बनो
अपना क्षेत्र बनो
सबका क्षेत्र बनो
पर अपने आपको कुरुक्षेत्र न बनाओ !

तु क्षेत्र बनो
बुराई से अच्छाई का क्षेत्र बनाओ
एक रंग से इंद्रधनुष बनाओ
पर अपने आपको कुरुक्षेत्र न बनाओ !

तु क्षेत्र बनो
अंधेरे से उजाले का क्षेत्र बनाओ
अज्ञान से ज्ञान-राशि का क्षेत्र बनाओ
पर अपने आपको कुरुक्षेत्र न बनाओ !

तु क्षेत्र बनो
त्याग और बलिदान का क्षेत्र बनाओ
उपकार और परोपकार का क्षेत्र बनाओ
पर अपने आपको कुरुक्षेत्र न बनाओ !

तु क्षेत्र बनो
बापू , विनोभावे के आदर्शों का क्षेत्र बनाओ
भारत देश के लिए उज्ज्वल क्षेत्र बनाओ
पर अपने आपको कुरुक्षेत्र न बनाओ !

- PRIYANKA SHEKAWAT II B.COM

नारी शक्ति
नारी का सम्मान जहाँ है
धरती का उत्थान वहाँ है
है समाज की शक्ति नारी
उसका मन तो प्रेम तिजोरी !
जागो नारी जागो , जागो शक्ति जागो !
बीत चुकी है रात अंधेरी
सुबह सुहानी आयी है ।
पुनः प्रतिष्ठित कर नारी
नव जीवन ज्योति जगायी है
स्वाभिमान की खातिर नारी
करती सदा बलिदान यहाँ
है समाज की शक्ति नारी
त्याग, सेवा में वह है न्यारी !
जागो नारी जागो , जागो शक्ति जागो !
नारी नर की जननी है ।
वह प्रेम सुधा बरसाती है
वक्त पड़े तो हँसते हँसते
काँटों पर चल जाती है
पुरुषों के संग कदम मिलाकर
घर बाहर संभाल लिया
है समाज की शक्ति नारी
सब के लिये वह है प्यारी !
जागो नारी जागो , जागो शक्ति जागो !
दुनिया आगे बढ़ती जाये
नारी पीछे रहे कहाँ
अपनी प्रतिभा के प्रमाण से
स्थापित करती है यहाँ
महिला दिवस पर सुप्रिया ने
शब्दों की माला पिरोई है
है समाज की शक्ति नारी
उसके बिना यह दुनिया अधूरी !
जागो नारी जागो , जागो शक्ति जागो !

- SUPRIYA DUBEY B.C.A 'B' I.YR

धरती

मिट्टी की खुशबू , हवा का झोंका ,
सूरज की किरण और बादलों का घोंसला,
इस धरती पर पाया है
जनमानस को तृप्त कर देनेवाली
अमृत धारा की काया है ।

हो ऋणी तुम इस धरती के,
जिसने पग-पग तुम्हें बढ़ाया है,
आसमान को छूकर क्या ,
कोई धरती को भूल पाया है ।

धरती माँ है तुम्हारी ,
जग जननी सी न्यारी ,
धो रही है बरसों से ,
पाप की गठरी हमारी ।

क्या नहीं है फर्ज तुम्हारा
धरती माँ को मुक्त करने का ।
इस पाप की गठरी को
पुण्य में बदलने का ।

इस धरती में ही तो ,
सारी जगत की छाया है ।
धरती माँ ने समस्त बोझ
अपने कंधों पर उठाया है ।

लो शपथ तुम आज की
धरती को कभी मलीन न करोगे ,
इस भागती हुई दुनिया में भी ,
दो पल धरती का नमन करोगे ।

- PREETHI DUBEY

I.YR B.C.A

पहेलियाँ

पानी से निकला पेड़ एक
पात नहीं पर डाल अनेक
उस पेड़ की हैं ठंडी छाया
पर नीचे कोई बैठ न पाया
- फुहारा

हरा डिब्बा , पीला मकान
उसमें बैठे कलू राम ।
- पपीता

दिन को सोये , रात को रोए
जितना रोए उतना खोए
- मोमबत्ती

खड़ा द्वार ऐसा घोड़ा ,
जिसमे चाहा पेट मरोड़ा ।
- ताला

लकड़ी के घोड़े की लोहे की लगाम ।
- दरवाजा

- सिम्मी मिश्रा I.YR B.C.A

चुटकुला
औरत दूध वाले से : कितनी बार कहा है कि दूध
सुबह 6 बजे लाया करो ।
दूधवाला : क्या करू मेम साहब, सुबह
6 बजे नल में पानी ही नहीं आता ।
.....
राजू : कितनी देर से तुम्हारे घर में बैठा हूँ ।
ये मस्खियाँ बहुत परेशान कर रही हैं ।
आनंद : क्या करूँ यार ? मैं भी इनकी आदत से
बहुत परेशान हूँ । कोई भी गंदी चीज देखती है उस
पर बैठ जाती है ।
- सिम्मी मिश्रा I.YR B.C.A

संङ्गीतशास्त्रम् (रागवैभवम्)

What is music? Is Bird song music?

How about the tap-tap-tap of a hammer or the wail of a creaking door? Is playing a garbage can be different than playing a drum?

Music is an artistic form of auditory communication incorporating instrumental or vocal tones in a structured and continuous manner. Now let us venture into the various aspects of classical music. The present form of Carnatic music is based on historical developments that can be traced to the 15th-16th centuries AD and thereafter "Carnatic" in Sanskrit means "soothing to cars".

"Raga" is a prime factor or a vital principle in classic music. It forms the background of music. It forms the background of music. The raga is an active conscious principle that tinges the surface and at the same time depth of the mind.

It contains in it a kind of grace and sweetness (लावण्यं & मधुर्यं). They may be called the beauty of the "Raga". The Sanskrit noun "Raga" is derived from the verbal root

रङ्-ज् In Sanskrit it literally means "colour, hue" but also beauty, harmony, and melody.

Nature of Raga :

योऽसौ ध्वनिविशेषस्तु स्वरवर्णविभूषितः ।

रङ्-ज्कौ जनचितानां स च राग उदाहृतः ॥ ८

That which is a special ध्वनिः is bedecked with स्वरः & वर्णः and is colourful or delightful to the minds of the people is said to be the "Raga" - "मतङ्गः" in "Brihaddeshi"

Ragas and their seasons :

Many Hindustani (north Indian) ragas are prescribed for the particular time of a day or a season. When performed at the suggested time, the "raga" has its maximum effect.

Ragam	Effect
Asavari	Builds confidence to be heard in the morning.
Bageshri	cures insomnia to be heard in the night.
Basant bahar	cures insomnia to be cured in the morning.
Bhimpalās	cures anxiety hypertension to be heard in the afternoon.
Darbari	a sedative to be heard in the night.
Gurjari Todi	cures cough to be heard in the morning.
Kedar	cures headache, common cold, asthma to be heard in the night.
Yaman	cures Rheumatic Arthritis to be heard in the evening.
Puriya	cures anaemia to be heard in the evening.

Brihaddeshi is a classical Sanskrit work on "Indian classical Music" attributed to "Matanga Muni". He lists a few ragas in his work along with their effects on health

Ragam

Darbari

Shiva Ranjani

Darbar, Kanhara, Kamas, pooriya

Abirbhaviar and Tadi

Deepak

Gunakali, Jaunpuri

Mian ki Malhar, Darbari Kanada

Bhairavi

Tadi, Poorvi

Hindolam, Marva

Bageshri, Darbari

Effect

anti-stress raga

for intellectual excellence.

for defusing tension of the mind and hysteria.

for high B.P. for control over anger and inner violence

acidity

constipation

chronic asthma

sinusitis

headache and anxiety

high fevers like malaria

insomnia

Even it is believed that Kharahara Priya sarengthene the mind and relieves tension. By singing the 72 Melakarta ragas, stomach operation was avoided and ailment cured. Bilahari - gives relief from depression.

Indian music has emotions and it unites us with an unseen divine power.

Eg: Tansen was one of the नवरत्नः of Akbar's court was one of the finest singers of his time. Once when he sang the Raga 'Deepak' his body started burning. This was not because of anything else but because of the powerful swaras of the Deepak Raga, which created a fire effect. On the same time, when the shishya of Tansen sang the Raga "Megh" to stop the heating effect on Tansen's body, it started raining. Such is the impact of Raga in the Indian classical music.

Therefore one can't say that Indian classical music is baseless and these ragas are useless as each one of them has their own story to tell which is unique and different. These ragas not only turn the whole atmosphere melodious but also calm down one's soul and bring peace to the mind. These ragas are not just a piece of music but they work as a therapy for many diseases. It is for the same reason music therapy is now used by the Indian classical music. It is very wrong to say that it is becoming absolute. In fact, these days inclination towards Indian classical music is increasing. For a change, everybody is moving towards the classical music in search of peace. The classical music in search of peace realizing its importance and rich music.

K Aparna
B Sc (Statistics)

FIVE TYPES OF KARMAYOGA

Srimad Bhagavad Gita is a small treatise, but in no other book, the truth and secret of disinterested action and devotion are found discussed. There are five types of Karmayoga. They are:

- Simple Karmayoga
- Karmayoga with Bhakthi as its auxiliary
- Karmayoga combined with devotion.
- Karmayoga dominated by Bhakthi and
- Simple Bhaktiyoga.

Simple Karmayoga:-

It is that which is not combined with devotion. It stands delineated in the following verse of Bhagavad Gita.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽसत्त्वकर्मणि ॥

"Your right is to work only, but never to its fruit. Be not instrumental in making your actions bear fruit, nor let your attachment be to inaction."

Karmayoga with Bhakti as auxiliary :-

Karmayoga with bhakti as its auxiliary is that in which action predominates, though devotion is joined in it. This type of Karmayoga has been hinted at the following verse of Bhagavad Gita.

तस्मादसत्ततः सततं कार्यं कर्म समाचर ।
असत्ततो ह्याचरन् कर्म परमजोति पूरुषः ।

"Therefore, go on efficiently doing your duty without interruption and attachment, for doing work without attachment, man attains the Supreme."

Karmayoga combined with devotion :

This type of karmayoga in which action and devotion figure in an equal degree can be classified under this head. For example, Lorci' says,

यतः प्रवृत्तिर्भूतानां येन सर्वमिदं ततम् ।
स्वकर्मणा तमभ्यर्च्य सिद्धिं विन्दति मानवः ॥

"Man attains perfection by worshipping through his own natural duties. It is Him, from whom the tide of creation has streamed forth and by whom all this Universe is pervaded."

Karmayoga dominated by Bhakthi :

This type of Karmayoga lays stress on devotion and gives a secondary place to action, The Lord says in Bhagavad Gita,

ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः ।
अनन्येनैव योगेन मां ध्यायन्त उपासते ॥

"On the other hand, those who depend exclusively on Me, and surrender all actions to Me, worship Me (with attributes), constantly meditate on Me with a single-minded devotion."

Simple Bhaktiyoga :-

Simple Bhaktiyoga is that in which figures Bhakti alone unmixed with action. The following verse of Bhagavadgita deal with Simple Bhaktiyoga :-

अन्यचेताः सततं यो मां स्मरति नित्यशः ।
तस्याहं सुलभः पार्थ नित्ययुक्तस्य योगिनः ॥

Arjuna, whosoever always and constantly thinks of me with undivided mind, to that yogi ever absorbed in me i am easily attainable."

मन्मना भव मद्भक्ततो मद्याजो मां नमस्कुरु ।
मामेवैष्यसि सत्यं ते प्रतिजाने प्रियोऽसिमे ॥

Give me your mind to me, be devoted on me, worship me and bow to me. Doing so you will come to me alone, I truly promise you, for you are exceptionally dear to me."

Besides above verses quoted, Gita contains many more verses.

One can realize God by following any one of five types of karmayoga. God - realiyation is much easier to those who follow the teaching of Gita according to their respective qualifications.

Therefore those who follow the path of action should choose any one of five types of Karmayaga , that suits them and practise it diligently with reverence and devotion

V. Narmadda
B.Sc Statistics (1year)

कृष्णः मम बालकः

अतीव बाले शुकि कृष्णमातः
समस्तसौभाग्यनिदानभूते ।
विनाश्य खेदानिह लोक एव ।
मामुत्तमं कर्तुमिहागतासि ॥

सुस्वाद्याबालामृत । कृष्णमातः
समालपत्का चनचित्ररूपे ।
आदाय चालिङ्गितुमग्रतो मे
नृत्यत्समायातमधुस्वरूपे ॥

त्वय्यागतायां मयि कृष्णमातः
प्राप्नोति रौतयं मम भानसं तु ।
प्राणा मदियास्तव केलिजालं
दृष्ट्वा स्वयं प्राप्य परिष्वजन्ते ॥

मूर्धन्युपाग्रातवतो ममायं
गर्वः परां वृद्धिमुपैति मातः ।
प्रीत्या जनास्त्वां यादि संस्तुवन्ति
देहस्तदा मे पुलकाङ्कितः स्यात् ॥

कपोलयागस्य हि चुम्बनन
चित्तं सुरापानमदान्दितं स्यात् ।
आलिङ्गितायां त्वयि कृष्णमातः
उन्मत्ततामेति ममान्तरात्मा ॥

मुखं त्वदीयं यदि रागयुक्तं
तदा मन च चलतामुपैति ।
म्लानं ललाटं तव पश्यतो मे
प्रकम्पते मानसमत्र मातः ॥

कृष्णः मम बालकः

अतीव बाले शुकि कृष्णमातः
समस्तसौभाग्यनिदानभूते ।
विनाश्य खेदानिह लोक एव ।
मामुत्तमं कर्तुमिहागतासि ॥

सुस्वाद्याबालामृत । कृष्णमातः
समालपत्का चनचित्ररूपे ।
आदाय चालिङ्गितुमग्रतो मे
नृत्यत्समायातमधुस्वरूपे ॥

त्वय्यागतायां मयि कृष्णमातः
प्राप्नोति रौतयं मम भानसं तु ।
प्राणा मदियास्तव केलिजालं
दृष्ट्वा स्वयं प्राप्य परिष्वजन्ते ॥

मूर्धन्युपाग्रातवतो ममायं
गर्वः परां वृद्धिमुपैति मातः ।
प्रीत्या जनास्त्वां यादि संस्तुवन्ति
देहस्तदा मे पुलकाङ्कितः स्यात् ॥

कपोलयागस्य हि चुम्बनन
चित्तं सुरापानमदान्दितं स्यात् ।
आलिङ्गितायां त्वयि कृष्णमातः
उन्मत्ततामेति ममान्तरात्मा ॥

मुखं त्वदीयं यदि रागयुक्तं
तदा मन च चलतामुपैति ।
म्लानं ललाटं तव पश्यतो मे
प्रकम्पते मानसमत्र मातः ॥

दृष्टेऽश्रुपूर्णे नयने त्वदीये
रत्नप्रवाहो हृदया यवे न्मे
मन्त्रेतरारे । ननु कृष्णमातः
प्राणा मदीयास्तव सन्ति वदयाः ॥

अव्यक्तवाक्यैः ननु कृष्णमातः
दुः खानि सर्वाणि विनाशयेस्त्वम् ।
हास्यैर्मनोहारिवचोभिरे वचोभिरे व
मौर्ख्यं मदीयं त्वमपाकारोषि ॥

रम्याः कथा रत्न-चकमेव वक्तु
त्वया समं काव्यमिहास्ति किं नु ?
प्रीतिं परां वर्धयितुं जगत्यां
त्वया समानं किमु दैवमस्ति ? ॥
त्वया समो वक्षसि धारणार्हः
किं वर्तते वज्रमणिर्वरिष्ठः ? ।
परां श्रीयं प्राथयतां जनानां
त्वामन्तरा श्रेष्ठधनं किमन्यत् ? ॥

V. Nivedita B Sc Statistics (1 year)

THE ROLE OF FLORA AND FAUNA IN ENVIRONMENTAL EQUILIBRIUM

In his relentless pursuit of insatiable joy and self-aggrandizement, where regard for other beings, nay, his own environment became scant or even a casualty, man created many jungles of concrete and of technology, in which he has become the self crowned King of the created being. The greed and pride of technological advancement has prompted man to work against nature, rather than to go and grow in harmony with it. In the process, he had made himself a common enemy of the flora and fauna without which, he cannot, in any case live a life. The flora and fauna protect and complement each other, whence the saying वनेन रक्षितो व्याघ्रः वनं व्याघ्रेण रक्षितं. The Vedic seers looked upon the universe through the Earth, their seat of existence, not with a view to dominate it but with a sense of awe at the cosmic order, the "Rtam". An entire hymn in the form of *Bhumi sukta* of the *Atharvanaveda* bears testimony to this fact. The Rig Veda stanza मधुमान्नो वनस्पतिः ३. माध्वीः गावो भवन्तु नः stresses the importance of trees and animals in maintaining environmental purity.

The people who lived during the ancient period always treated them with respects and reverence. Numerous examples can be quoted from the Sanskrit Literature and from Vedas and Puranas to explain this. In *Sakuntalam*, Sakuntala considered the creeper as her own sister.

तात । लताभगिनी वनज्योत्स्नां तावदामन्त्रायिष्ये ।
She would not drink water without watering the trees

प्रातुं न प्रथमं व्यवस्यति जलं युष्मास्वप्रीतेषु या
Irrigation through fountains was known to King Harsha of 7th century A.D.
युन्त्रोन्मुक्तश्च वेगाच्चलति विटपिनां पूरयन्नालवालान ।

आपातोत्पीडहेलाहुतकुसुमरजः पित्र-जराऽयं जलौघः ॥
His contemporary, Bana was fond of describing the trees, creepers, glowing gardens and forests etc. He also speaks in his *Kadambari* about afforestation
तेनैव चेदं चैत्ररथं नामातिमनोहरं काननं निर्मितं ।
इदं च अघेदाभिधानं अतिमहत सरः खानितुं ।

Forests are of great help to mankind. It is better to worship them rather than Indra, says Lord Krishna to the cowherds.

अतियजेत निजां यदि देवतां
उभयतः च्यवते जुपतेऽयं ।
क्षितिभृतैव सदैवतका वयं
वनवता, अनवता, अनवता किमहिदुहा ॥

The trees, which constitute the forests, are equated with good people who are concerned about the welfare of others.

छायामन्यस्य कुर्वन्ति स्वयं तिष्ठन्ति चापते ।
फलान्यपि परार्थाय वृक्षाः सत्पुरुषाः इव ॥

Even a divine status is bestowed upon them. The greatness of *Tulasi, Bilva, or Asvattha* is very often mentioned in the Sanskrit Literature. We find one tree or the other associated with every temple. This concept of स्थलवृक्षः is nothing but bestowing a kind of divinity on them, whereby they are worshipped too, which is born out of the recognition of the fact that they play a major role in the environmental equilibrium.

The oft-repeated universal prayer is significant indeed.

काले वर्षतु पर्जन्यः पृथिवी सस्यशालिनी ।

Vedic man's concern for the animals was no less than for himself. The popular Vedic prayer, seeking their welfare also, only reflects the recognition of the fact that, as co-survivors on Earth, the animals have a lion's share in maintaining the equilibrium. The supremacy of man over the animals, what with the possession of the so-called sixth sense, should not prompt him to the senseless annihilation or subordination of animals. This could, probably, be the reason why even the animals and birds have been endowed with divinity or they at least have divine connection. The glorification of *Nandi, lions of Parvathi, the mouse of Ganesh* etc as reflected in the Puranas are endeavors in this direction.

The role of flora and fauna is not just confined to maintaining the environmental equilibrium but also the *moral and ethical equilibrium*. The involvement of so many species in Sanskrit tales etc act as an embodiment of their role in ecological equilibrium. The time is highly ripe for man to put a halt to his domination and derive inspiration from those tales and protect *MOTHER NATURE*.

S.Sowmya B Com (1 year)

YOGIC REMEDIES FOR COMMON AILMENTS

The science of breath is called in sankrit pranayama. The word pranayama is a compound word which consists of Prana and Ayama. Prana means life-force, or vital nenergy, or that force by which we have our life. Ayama means control, i.e. control of the breath. That is the literal maneing why it is calles the science of breath, we will now explain pataanjali said

The first expresson of life-force or prana is in the motion of the lungs. If a child does not breathe after its birth for sometime, we give up th hope of that child. The first expression of life would be the breath, and the motion of the lungs produces the breath. It is the primary function and all other functions of the heart, figestive organd and othrs are secondary.

ANAEMIA

PASCHIMOTTANASANA

This asana is useful in curing anaemia

1. Sit with legs stretched, toes turned inwards.
2. Cross both the arms along the sides of the trunk near the armpit.
3. Bend slightly backward and inhale.
4. When exhaling, bend the body forward with arms stretched in front to reach out for your toes, with head bent down.
5. Withdraw the arms back to the armpits when inhaling, and return to the original.

STRESS

TADASANA

This asana is useful for overcoming stress.

1. Bring the fet together. Hells big toes and kness should touch each other.
2. Keep the hands straight beside the body
3. The back, shoulder, neck, chest and abdomen should be kept straight and erect.
4. Look straight. Breathe normally.
5. Remain in the same posture for 30 seconds
6. Repeat three to five times

COMMONCOLD

SIRASANA

This asana is useful in curing commoncold, cough.

1. Kneel on the floor, and lean forward. Rest the elbows on the floor and interlock the fingers.
2. Keep the top of the head in between the clasped hands and elbows
3. Exhale, and slowly lift the legs by first resting on the toes pointing towards the sky.
4. Remain in the head stand posture for 20 seconds. Breath normaly
5. Repeat three times

DEFECTIVE VISION

BHUJANGASANA

This asana is useful in fighting flatulence, defective vision.

1. Lie on your abdomen, legs stretched and toes pointing outwards. Bring the hands just below shoulders
2. With the aid of arms, slowly raise the upper portion of the body above the waist while inhaling
3. Return to starting postion when exhaling before retiring to rest

LOW BLOOD PRESSURE

PADMASANA

This asana is useful in curing low blood pressure.

1. Sit with legs stretched forward.
2. Fold one leg and place the foot on the opposite thigh, heel pressing the pubic bone.
3. Similarly, bend the other leg in way that the ankles cross each other. In this way, each foot is on the opposite thigh with the soles turned upwards the two heel ends almost touching each other knees pressed to the ground. Rest the palms on the respective knees.
4. Keep the spine erect and neck straight. Place left hand with its back touching the two heels and then place the right hand overlapping this. Keep eyes fixed on any one object in front or keep eyes closed or gaze at the tip of your nose and concentrate.

HEADACHE

HALASANA

This asana is useful in headaches, high blood pressure.

1. Lie on your back, arms resting on respective sides.
2. Raise both legs slowly without bending the knees, when inhaling.
3. Raise the hips and lower the legs towards the head and then beyond it slowly exhale.
4. Let the toes touch the ground.
5. Arms should be returned to their original position.
6. Return to starting position when inhaling.

DIABETES MELLITUS

JANUSIRASANA

This asana is useful in diabetes mellitus, diarrhoea.

1. In a sitting position, stretch out the left leg and bend the right leg in such a manner that the sole touches the left thigh, with the heel exerting pressure on the perineum.
2. Keep the trunk and the head erect and breathe in.
3. With the exhalation bend the head forward the downward towards the knees and extend forward the forearms and fingers towards the extended left leg as such as is convenient.
4. When inhaling, return to the upright sitting position and straighten the folded leg.
5. Repeat.

G Sangeetha
B.Sc Maths (II year)

AYURVEDA

Ayurveda the science of life has been prevalent in India and its neighbouring countries, since time immemorial. According to Ayurveda health can not be a negative approach of keeping the body free from diseases, but a positive one enjoying an uninterrupted sense of physical, mental and spiritual happiness. It is therefore a way of living.

Man should live for a minimum life span 100 years. He should not be deprived of vigor with normal reflection of sense and vitality even in old age and to achieve this, one should follow the rules of Ayurveda. The goal of Ayurveda is the maintenance of health and to treat the diseased state. Health is defined very clearly in Ayurveda as a well balanced metabolism with a happy state of being, with sense & the mind. The harmonious functioning of body- mind and the soul indicates health, and disease is the imbalance of integrated functioning of the body and vitiation of dosha are due to indulgence in various habits (improper) and acts of genetic factors. Diseases are broadly classified in to two categories they are-

i) NIJA, ii) AGANTUJA NIJA means due to internal factors and AGANTUJA means diseases caused by external factors, both vitalise the doshas.

In a normal healthy person the entire body is nourished, regulated, and protected by three doshas. These vatadi doshas are also have their centre place of activation and are subdivided in five types according to their location and function. These three doshas are also responsible for stomatic constitution of a person (DEHA- PRAKRIT). Some pictorial representation of the above doshas and guna's activation is given below.

TRIDOSH

VATA
PITTA
KAPHA

DEHA+
PRAKRITI

TRIGUNA
MANAS +
PRAKRITI
SATVA
RAJAS
TAMAS

Psycho-somatic Constitution.

These doshas are influenced by kala (time) Desh (place), Age, Ahar (diet) Bihar (activities), Vichar (thought) and (vikar) Diseased states.

VATA: Vata is one of the dosha mainly arose due to suppression of natural urges, excessive libido, cool, dry, spicy, bitters doet in excess, cold water bath, over exertion, anxiety, and loss of body fluid due to any reason.

PITTA, pitta is due to acidic, spicy, salty diet in excess irregular meal. It can occur due to anger, fear, phobia, sun exposure in excess, Hot climate, synthetic diet, preservatives, chemicals, alcohol, tea, coffee in excess.

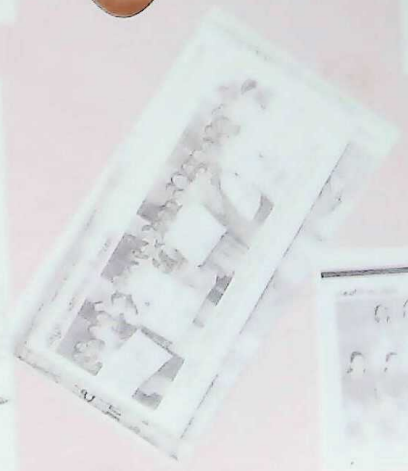
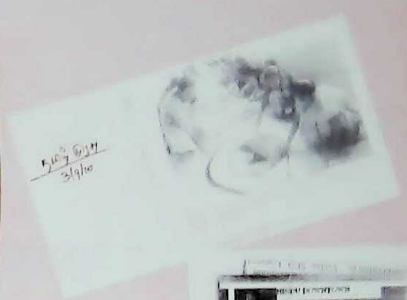
KAPHA, kapha dosha is due to sleeping in day time sedentary and luxurious life, fatty, vily sweet, ceremany diet, heavy diet, milk curd, over weight. There are the three basic dosha which emits various diseases in our body. Disease occur when there is any imbalance integration in our body. We have many diseases in each part of our body. Some diseases are cured and some diseases are not cured and such vaccines are searched through the way of Ayurveda. Ayurvedic medicines are more effective to cure the heavy diseases like cancer, tumour's etc. Now-a-days we can see many people's are affected by diseases in the respiratory systems and many death's occur due to cardio vascular disease. But this can be cured through the medicines of Ayurveda. But it was not popularised because of English medicines.

DEPT OF SANSKRIT
(EVENING)

Vaish in News



தினமணி 13/2/11
Sports day



தினமணி
4/9/10

WOMEN'S HOSTEL



Phone : 044-22655450 Fax : 044-22655450
Email : info.sdnbvc@gmail.com website : www.sdnbvc.com

